



**PHILIPPINE
SPORTS
INSTITUTE**

MEDICAL AND SCIENTIFIC ATHLETES SERVICES

FRAMEWORK TOOL FOR REINTRODUCING SPORT IN A COVID-19 ENVIRONMENT PER SPORT GUIDELINE

#PSCKeepsActiveonECQ
#ProductiveTimeoutwithPSC
#parasainangbayan
#IAmSportsPositive

NETBALL

FRAMEWORK TOOL FOR REINTRODUCING SPORT IN A COVID-19 ENVIRONMENT - PER SPORT GUIDELINE

SPORT SPECIFIC FRAMEWORK					
	A	B	C	D	E
<p>COMMUNITY SCENARIO: HEALTH STATUS TRAVEL ENGINEERING</p>	<p>HIGH RISK (ECQ)</p>	<p>HIGH RISK (MECQ)</p>	<p>MODERATE RISK (GCQ)</p>	<p>MODERATE RISK (MGCO)</p>	<p>LOW RISK/ No Community Quarantine covid environment “NEW NORMAL”</p>
<p>IATF RESTRICTIONS**</p>	<p>Everyone is advised to “Stay -at- Home”</p> <p>No mass transportation</p> <p>No interzone travel</p> <p>No mass gathering</p> <p>Gyms, fitness facilities are closed</p>	<p>APOR allowed to travel</p> <p><20 and 60 and above are to stay at home</p> <p>Limited mass transportation</p> <p>Sports travel is still non-essential</p> <p>No interzone travel – may travel to ECQ</p> <p>Intrazonal movement allowed</p> <p>No mass gathering</p> <p>Sporting events are prohibited</p>	<p>Movement for leisure purposes are not allowed; essential travel only</p> <p><20 and 60 and above may be allowed to go outdoors only for exercise.</p> <p>Intrazonal travel allowed, Interzonal travel allowed</p> <p>Public transportation allowed to operate at limited capacity</p> <p>Category IV (fitness, kids establishments are still not allowed to operate)</p>	<p>All persons allowed to move outside of residence</p> <p>Intrazonal travel allowed, Interzonal travel allowed</p> <p>Individual and group outdoor activities including NON-CONTACT sports (golf/tennis/table tennis/swimming) are allowed – NO SHARING of equipment</p> <p>Sporting events of the above category (indoor and outdoor non-contact sports) are</p>	<p>NO DETAILED GUIDELINES yet as of May 23, 2020</p> <p>Intrazonal travel allowed, Interzonal travel allowed</p>

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		<p>Gyms, fitness facilities are closed</p> <p>Water parks are not allowed to operate</p> <p>Individual, Outdoor exercises are allowed within the zone- walking, jogs, biking, running</p> <p>Rehab clinics are on skeletal workforce</p> <p>No face to face school classes</p>	<p>School sports are still suspended</p> <p>Interzonal movement allowed</p> <p>No mass gathering</p> <p>Sporting events are prohibited</p> <p>Gyms, fitness facilities are closed</p> <p>No face to face classes; school sporting events are not allowed</p> <p>Outdoor non-contact sports, walking, jogging, running, biking, golf, swimming, tennis, badminton, equestrian and skateboarding are allowed—limited clubhouse basic operations</p>	<p>allowed but with 50% capacity of arena</p> <p>Category IV (fitness, kids establishments are allowed to operate at 50% capacity)</p> <p>Transportation is allowed to operate at the capacity dictated by DOTR; bikes and e- bikes encouraged</p> <p>Face to face classes may be conducted but no gatherings.</p> <p>Gathering of up to 10 socially distanced persons are allowed</p> <p>Gyms, indoor fitness facilities are allowed to operate at maximum 50% capacity</p>	
NETBALL ACTIVITY SUGGESTIONS	Own home workout within home premise	Online coaching/ drills and E-workouts	Online coaching/ drills and E-workouts	Conditioning, footwork and ball skills are allowed but done individually.	Conditioning, footwork and ball skills are allowed

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	<p>Continuous education of rules of the sport at own home</p> <p>Use of own equipment</p>	<p>Conditioning workout provided by coaches within home premise</p> <p>Individual outdoor exercise within the zone</p> <p>Use of own equipment</p>	<p>Conditioning workout provided by coaches within home premise</p> <p><20 and 60 and above may be allowed to go outdoors only for exercise.</p> <p>Use of own equipment</p> <p>Use of limited public equipment (goal, bench, chairs, tables)</p>	<p>Up to 10 participants in a venue per group including coaches but still no contact and team scrimmage (only individual drills or drills with social distancing)</p> <p>No sharing of equipment</p> <p>No practice games</p> <p>Coach and athlete must observe proper distancing and wearing of face mask</p> <p>Use of equipment indoor and outdoor with shared PPI</p>	<p>Up to 20 participants in a venue per group including coaches but still minimal contact (drills with social distancing is advised) if IATF permits</p> <p>Scrimmage once IATF allows</p> <p>Workout in public premise that is within interzonal area</p> <p>No sharing of equipment</p> <p>No deliberate contact</p> <p>One on one PPI with the coach for personal skills development</p> <p>Use of public and private equipment with limited number of</p>
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					<p>users per hour/session max of 10</p> <p>Consider testing and Vaccination for players/athletes participants</p>
GENERAL HYGIENE RECOMMENDATIONS	Mask use is optional; frequent hand washing	Mask use is recommended; frequent hand washing; disinfection protocol if with equipment (change of footwear when indoors and outdoors)	Mask use is required; frequent hand washing; disinfection of equipment (ball, footwear, clothes) Cross contamination precautions (water bottles, towel) Physical distancing	Mask use is required when going outside after training; frequent hand washing; disinfection of equipment (ball, footwear, clothes) Physical distancing Cross contamination precautions (water bottles, towel)	<p>No handshake or high fives</p> <p>Following hygienic and social distancing protocol by IATF</p> <p>Equipment sanitizing</p> <p>Mask use is required when going outside after training; frequent hand washing; disinfection of equipment (ball, footwear, clothes)</p> <p>Physical distancing</p> <p>Cross contamination precautions</p>

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					(water bottles, towel)
FACILITY RECOMMENDATIONS				<p>If facility is allowed to operate, facility protocols for disinfection are enforced</p> <p>50% capacity of facility</p> <p>Equipment sanitizing both prior to and after training</p> <p>One player one ball and property marked for training</p> <p>No usage of locker room</p> <p>Disinfection of facilities</p> <p>Engineering and safety protocols</p> <p>Assignment of team COVID safety</p>	<p>Engineering and safety protocols</p> <p>Assignment of team COVID safety protocol officer</p> <p>Facility protocols for disinfection are enforced</p> <p>Consider testing and Vaccination for players/ athletes participants</p> <p>CONSIDER TESTING and vaccinating FACILITY STAFF</p> <p>Equipment sanitizing both prior to and after training</p> <p>One player one ball and property</p>

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				<p>protocol officer</p> <p>A COVID safety officer must be assigned to make sure health measures are implemented</p> <p>A health declaration form completed with contact details must be filled up prior to playing for possible contact tracing</p>	<p>marked for training</p> <p>No usage of locker room</p> <p>A COVID safety officer must be assigned to make sure health measures are implemented</p> <p>A health declaration form completed with contact details must be filled up prior to playing for possible contact tracing</p>
SPECTATOR ADDITIONAL PERSONNEL	N/A	N/A	N/A	<p>No spectator</p> <p>Only one accompanying person if minor</p>	<p>No Spectator</p> <p>Maximum of 1 companion as necessary properly protected and distanced</p>