



**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

Rugby

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

SPORT SPECIFIC FRAMEWORK

COMMUNITY SCENARIO: HEALTH STATUS TRAVEL ENGINEERING	HIGH RISK (ECQ)	HIGH RISK (MECQ)	MODERATE RISK (GCQ)	MODERATE RISK (MGCQ)	LOW RISK/ No Community Quarantine COVID environment "NEW NORMAL"
IATF RESTRICTIONS* *	<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>Gyms, fitness facilities are closed</p> <p>Water parks are not allowed to operate</p> <p>Individual,</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>School sports are still suspended</p> <p>Interzonal movement allowed No mass gathering</p> <p>Sporting events are prohibited</p> <p>Gyms, fitness facilities are closed</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 allowed but with 50% capacity of arena</p> <p>Category IV (fitness, kids establishments are allowed to operate at 50% capacity)</p>	<p>NO DETAILED GUIDELINES yet as of May 23, 2020</p> <p>Intrazonal travel allowed, Interzonal travel allowed</p>

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Outdoor exercises
are allowed within
the zone - walks,

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		<p>jogs, biking, running</p> <p>Rehab clinics are on skeletal workforce</p> <p>No face to face school classes</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>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>	
<p>RUGBY</p> <p>ACTIVITY SUGGESTIONS</p>	<p>Group exercise session within home for household members only, maintaining proper physical distance of at least 1m apart</p> <p>Online video exercises</p> <p>Online educational Rugby videos</p> <p>Own enclosed workout areas with members of the household</p> <p>Improvised weights,</p>	<p>May be participated in by a single person or your immediate household member only, maintaining proper physical distance of at least 1m apart</p> <p>Any training activity in front of own house but not in a public area (traffic enclosed street) i.e. passing and kicking</p> <p>Solo activity in a condo outdoor communal area (i.e. Yoga Mat) for strength and bodyweight workouts</p>	<p><u>*Pending Approval of IATF as a GQC Activity</u></p> <p>Solo training in community, barangay or village basketball or recreational area</p> <p>Use of open parks for individual trainings</p> <p>Partner training within the household premise.</p> <p>No sharing of equipment, interaction or contact</p>	<p><u>*Pending Approval of IATF as a MGCQ Activity</u></p> <p>Training drills within the household premise is allowed.</p> <p>Individual gym workouts using their own equipment.</p> <p>Scheduled gym time must be followed to ensure only 50% capacity of the gym is maintained</p> <p>Scheduled practice at public gyms and sports</p>	<p><u>*Pending Approval of IATF as a New Normal Activity</u></p> <p>Indoor or outdoor facility - based practice</p> <p>Team practice activities for small group training, maintaining a distance of at least 2m apart, groups of 5 people per drill for individual skill set training (solo passing, solo kicking and squad fitness training) but subject to change.</p> <p>No deliberate contact training/ competition, but (subject to change)</p>

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	<p>resistance devices, dumbbells and bands</p> <p>*Own means personal residential detached property with an outdoor location such as lawn or garage</p> <p>*Own also means inside the main door of residential condo or unit</p>	<p>Solo runs on public street or grass fields</p> <p>Solo activities in outdoor areas (biking)</p>		<p>facilities for solo training.</p> <p>Team practice activities for small group training of a maximum of 10 people, maintaining a distance of at least 2m apart, groups of 5 people per drill for individual skill set training (solo passing, solo kicking and squad fitness training)</p> <p>Non-interactive practice</p> <p>Sharing of equipment not permitted</p> <p>No contact or scrimmaging</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 training for possible contact tracing</p>	<p>Gradual shift of training phase: from small group to big group; from 2m distance to no requirement; from equipment sanitation to no restrictions; from no contact drills to full contact drills. (IF IATF PERMITS)</p> <p>One on one PPI with the coach for personal skills development, maintaining at least 2m physical distance (subject to change)</p> <p>One on one PPI with the physio-therapist for wellness, maintaining at least 2m physical distance (subject to change)</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 training for possible contact tracing</p> <p>Consider testing and Vaccination for players / athletes / staff / participants</p>
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GENERAL HYGIENE RECOMMENDATIONS					
<p>GENERAL HYGIENE RECOMMENDATIONS</p>	<p>Proper hand washing before and after home exercise workouts</p> <p>Use of own equipment and location</p> <p>Equipment sanitation before and after</p> <p>Mask use for buying essential items</p> <p>Disinfection protocol of footwear and clothing if outdoors for essential items</p> <p>No sharing of water bottles or towels</p>	<p>Mask use is recommended for buying essential items, not during training</p> <p>Proper hand washing before and after home exercise workouts</p> <p>Use of own equipment and location</p> <p>Equipment sanitation before and after</p> <p>Disinfection protocol of footwear and clothing if outdoors for essential items</p> <p>No sharing of water bottles or towels</p>	<p>Mask use is recommended for buying essential items, not during training</p> <p>Proper hand washing before and after home exercise workouts</p> <p>Use of own equipment and location</p> <p>Equipment sanitation before and after</p> <p>Disinfection protocol of footwear and clothing if outdoors for essential items</p> <p>No sharing of water bottles or towels</p>	<p>Avoid high congestion in Public Transport</p> <p>Social distancing in private transport (limited seats only)</p> <p>‘Get in, Get Out’ – Arrive ready to train and shower at home</p> <p>Completion of World Rugby COVID – 19 System Checker Form prior to training</p> <p>Mask use is recommended to and from outdoor training, not during training</p> <p>Social distancing required at training venue and during training (2m apart)</p> <p>Each player to bring personal hygiene and sanitation supplies for proper hand washing before and after exercise</p> <p>Use of own equipment and location</p> <p>Equipment sanitation before, during, and after</p> <p>Disinfection protocol of footwear and clothing after training</p> <p>No sharing of water bottles or towels</p> <p>Proper cough and sneeze etiquette as new normal</p>	<p>‘Get in, Get Out’ – Arrive ready to train and shower at home. (subject to change)</p> <p>Completion of World Rugby COVID – 19 System Checker Form prior to training</p> <p>Social distancing required at training venue and during training (2m apart) (subject to change)</p> <p>Each player to bring personal hygiene and sanitation supplies for proper hand washing before and after exercise</p> <p>Use of own equipment and location</p> <p>Shared equipment will be allowed if and when approved by IATF</p> <p>Equipment sanitation before, during, and after</p> <p>Disinfection protocol of footwear and clothing after training</p> <p>No sharing of water bottles or towels</p> <p>Proper cough and sneeze etiquette as new normal</p>

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				<p>Disinfection protocol of footwear and clothing after training</p> <p>No sharing of water bottles or towels</p> <p>Proper cough and sneeze etiquette</p> <p>No eating at venue</p>	<p>If anyone at training is diagnosed with COVID – 19, the entire group must self-isolate for 14 days</p>
<p>FACILITY RECOMMENDATIONS</p>				<p>If facility is permitted to open, protocols for disinfection are regularly and strictly enforced</p> <p>No locker room usage</p> <p>Engineering and safety protocols in place</p> <p>COVID-19 Team Manager to cross-check venue health measures</p> <p>Proper implementation of hygiene and sanitation</p> <p>Social distancing enforced within venues</p> <p>Avoid group gatherings</p> <p>No water bottle, No entry (players advised to bring</p>	<p>Protocols for disinfection are regularly and strictly enforced</p> <p>No locker room usage</p> <p>Engineering and safety protocols in place</p> <p>COVID-19 Team Manager to cross-check venue health measures</p> <p>Proper implementation of hygiene and sanitation</p> <p>Social distancing enforced within venues</p> <p>No water bottle, No entry (players advised to bring own water to club training sessions</p> <p>Venue to have hand sanitation</p>

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						measures at entry and exit points
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				<p>own water to club training sessions</p> <p>Temperature monitoring implemented</p> <p>Venue to have hand sanitation measures at entry and exit points with hygiene guidelines</p> <p>A health declaration form completed with contact details must be filled up prior to training for possible contact tracing</p> <p>Sanitation areas for equipment (buckets, water, sanitizers, towels)</p>	<p>with hygiene guidelines</p> <p>A health declaration form completed with contact details must be filled up prior to training for possible contact tracing</p> <p>Social distancing measures for spectators</p>
SPECTATOR ADDITIONAL PERSONNEL	-n/a	-n/a	Outdoor recreational areas open with social distancing, no spectators	<p>Max of 1 companion per minor if necessary</p> <p>Only essential personnel to be at training venue (Players, coaching and management staff)</p>	<p>Max of 1 companion per minor if necessary (subject to change)</p> <p>Only essential personnel to be at training venue (Players, coaching and management staff) (subject to change)</p> <p>Spectators will be allowed if and when approved by IATF through social distancing measures</p>