



**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

# **Rowing**

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

SPORT SPECIFIC FRAMEWORK	A	B	C	D	E
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>&lt;20 and 60 and above are to stay at home</p> <p>Limited mass transportation Sports travel is still non-essential</p> <p>No interzone travel – may travel to ECQ Intrazonal movement allowed No mass gathering</p> <p>Sporting events are prohibited Gyms, fitness facilities are closed</p> <p>Water parks are not allowed to operate</p> <p>Individual, Outdoor exercises are allowed within the zone- walks, jogs, biking, running</p> <p>Rehab clinics are on skeletal workforce</p> <p>No face to face school classes</p>	<p>Movement for leisure purposes are not allowed; essential travel only</p> <p>&lt;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) 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>No face to face classes; school sporting events are</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>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</p>	<p>NO DETAILED GUIDELINES yet as of June 25, 2020</p> <p>Intrazonal travel allowed, Interzonal travel allowed</p>

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			not allowed  Outdoor noncontact sports, walking, jogging, running, biking, golf, swimming, tennis, badminton, equestrian and skateboarding are allowed—limited clubhouse basic operations	but no gatherings.  Gathering of up to 10 socially distanced persons are allowed  Gyms, indoor fitness facilities are allowed to operate at maximum 50% capacity	
ROWING ACTIVITY RECOMMENDATIONS (For Stay-in Athletes)	Isolated and restricted at Athletes' Quarters (AQ).  Training at AQ premises. Restricted to within the La Mesa Rowing facility premises. Single (1x) and double (2x) boats only	Isolated and restricted at Athletes' Quarters (AQ).  Training at AQ premises. Restricted to within the La Mesa Rowing facility premises. Single (1x) and double (2x) boats only	Training restricted to within the La Mesa Rowing facility premises. (1x, 2x boats)	Training Restricted to within the La Mesa Rowing facility premises (1x, 2x boats)	Training Restricted to within the La Mesa Rowing facility premises (1x, 2x, 2-, 4x, 4boats; No pairing/grouping with Non-stay in athletes/coaches and Club/Individual Rowers unless tested)

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<p><b>GENERAL HYGIENE RECOMMENDATIONS (For Stay-in Athletes)</b></p>	<p>Mask use inside athletes' quarters optional.</p> <p>Strict observation of proper HANDWASHING, COUGHING ETIQUETTE, PHYSICAL/SOCIAL DISTANCING PROTOCOLS and NO PHYSICAL CONTACT with other persons.</p>	<p>Same as ECQ</p>	<p>Same as ECQ/mECQ plus:</p> <p>Observe social distancing and NO CONTACT with Non-stay in athletes and coaches and to the Club/Individual rowers</p>	<p>Observe social distancing and NO CONTACT with Nonstay in athletes and coaches and to the Club/Individual rowers</p>	<p>Same as ECQ/mECQ/GCQ/m GCQ plus:</p> <p>Consider testing of athletes, coaches, facility staff, admin staff</p>
<p><b>FACILITY RECOMMENDATIONS (For Stay-in Athletes)</b></p>	<p>Use of mask in the La Mesa Rowing facility premises is recommended.</p> <p>Regular cleaning and disinfection of</p>	<p>Same as ECQ</p>	<p>Same as ECQ/mECQ</p>	<p>Same as ECQ/mECQ/GCQ plus:</p> <p>Assignment of team safety protocol officer</p>	<p>Same as ECQ/mECQ/GCQ/m GCQ</p>

	<p>athletes' quarters and boathouse. Cleaning and thorough washing of singles boats and oars</p>				
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<p><b>ROWING ACTIVITY RECOMMENDATIONS</b> (For Non-stay-in Athletes)</p>	<p>Home-based training: workout limited to own home's premises</p>	<p>Home-based training: workout limited to own home's premises</p>	<p>Training at the La Mesa Rowing facility premises (1x, 2x boats)</p>	<p>Training Restricted to within the La Mesa Rowing facility premises (1x, 2x boats)</p>	<p>Training Restricted to within the La Mesa Rowing facility premises (1x, 2x, 2-, 4x, 4boats; No pairing/grouping with Stay-in athletes/coaches and Club/Individual Rowers unless tested)</p>
<p><b>GENERAL HYGIENE RECOMMENDATIONS</b> (Non-stayin athletes)</p>	<p>Mask use during home training is optional.  Strict observation of proper HANDWASHING, COUGHING ETIQUETTE, PHYSICAL/SOCIAL DISTANCING PROTOCOLS and NO PHYSICAL CONTACT with other persons.</p>	<p>Same as ECQ</p>	<p>Same as mECQ plus:  Observe social distancing and NO CONTACT with Stay-in athletes and coaches and to the Club/Individual rowers</p>	<p>Observe social distancing and NO CONTACT with Stayin athletes and coaches and to the club and individual rowers</p>	<p>Same as mGCQ plus:  Consider testing of athletes, coaches, facility staff, admin staff</p>
<p><b>FACILITY RECOMMENDATIONS</b> (Non-Stayin Athletes)</p>	<p>N/a</p>	<p>N/a</p>	<p>Handwashing. Regular cleaning and disinfection of boathouse.  Cleaning, thorough washing and disinfecting of singles boats and oars</p>	<p>Same as GCQ plus:  Assignment of team safety protocol officer</p>	<p>Same as ECQ/mECQ/GCQ/m GCQ</p>
<p><b>ROWING ACTIVITY RECOMMENDATIONS</b> (Clubs and Individual Rowers)</p>	<p>Home-based training: workout limited to own home's premises</p>	<p>Home-based training: workout limited to own home's premises</p>	<p>Pre-appointment on-water training.  Max of 5 pax per group. Single (1x)</p>	<p>Pre-appointment On-water training.  Maximum 5 pax per group. (1x, 2x</p>	<p>Training Restricted to within the La Mesa Rowing facility premises (1x, 2x, 2-, 4x, 4-</p>

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			boats only.	boats);	boats; No pairing/grouping with National Team and to other rowers from different clubs unless tested)
GENERAL HYGIENE RECOMMENDATIONS (Clubs and Individual Rowers)	Mask use during home training is optional.  Strict observation of proper HANDWASHING, COUGHING ETIQUETTE, PHYSICAL/SOCIAL DISTANCING PROTOCOLS and NO PHYSICAL CONTACT with other persons.	Same as ECQ.	Same as mECQ plus:  Observe social distancing; no close contact/person to person interaction with Philippine Rowing team; get in, get out	Same as GCQ plus:  No close contact with other Rowers (from Clubs and National Team)	Same as mGCQ
FACILITY RECOMMENDATIONS (Clubs and Individual rowers)	Use of mask is optional. Handwashing.	Same as ECQ	Handwashing.  Use of mask in the La Mesa Rowing facility premises is recommended.  Cleaning, thorough washing and disinfecting of singles boats and oars	Same as GCQ plus:  Assignment of team safety protocol officer	Handwashing. Regular cleaning and disinfection of boathouse.  Cleaning, thorough washing and disinfecting of singles boats and oars  Consider testing of athletes, coaches, facility staff, admin staff

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SPECTATOR / ADDITIONAL PERSONNEL / VISITORS	N/A	N/A	Spectators and visitors not allowed; authorized personnel to strictly observe health & safety protocols; only one accompanying person if minor	Spectators and visitors not allowed; authorized personnel to strictly observe health & safety protocols; only one accompanying person if minor	Spectators not allowed; visitor appointment; authorized personnel to strictly observe health & safety protocols; only one accompanying person if minor
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