

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



**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

Basketball

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SPORT SPECIFIC FRAMEWORK

SPORT:	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" /Olympic Hopefuls Preparation

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<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 nonessential</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>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>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 noncontact sports) are allowed but with 50% capacity of arena</p>	<p>Intrazonal travel allowed, Interzonal travel allowed</p>
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		<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>Interzonal movement allowed No mass gathering 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 noncontact sports, walking, jogging, running, biking, golf,</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>	
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			swimming, tennis, badminton, equestrian and skateboarding are allowed—limited clubhouse basic operations	Gyms, indoor fitness facilities are allowed to operate at maximum 50% capacity	
BASKETBALL ACTIVITY RECOMMENDATIONS	Movement is limited within own residence	Players aged 20 to 59 are now allowed to go outdoors within their own zone to do noncontact training modalities like jogging, biking, and dribbling	<u>*FOR RECOMMENDATION PENDING APPROVAL OF IATF AS A GCQ ACTIVITY</u> Players aged below 20 and above 60 can	<u>FOR RECOMMENDATION PENDING APPROVAL OF IATF AS A MGCC ACTIVITY</u> Players can now use commercial	<u>*FOR RECOMMENDATION PENDING APPROVAL OF IATF</u> May consider scrimmages once approved by the IATF

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		Strictly no shooting in public	now go outdoors to exercise. Shooting in public and private courts now allowed with	courts within and outside their zone at 50% capacity	Sessions (court and weights) are
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		basketball courts Players aged below 20 and above 60 are still limited to exercising within their own residence No sharing of basketball with other individuals	only 2 people occupying one court at a time if approved by IATF No sharing of basketball No drills involving more than 1 person	Drills involving more than 1 individual passing and shooting can now be done Basketballs can now be shared Strictly no scrimmages (offense and defense) in any form whether 1x1, 2x2, 3x3, 4x4 or 5x5	limited to 1 hour and 30 minutes Only 1 coach and 5 players allowed per goal in the court
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			Leave when training and playing is done		
BASKETBALL GENERAL, HYGIENE RECOMMENDATIONS	Mask use is optional Sanitize equipment after use	Mask use is a must when going outdoors for exercise Mask use is optional during the actual exercise Bring own equipment and sanitation materials	Health declaration for the past 14 days Always observe a distance of at least 2 meters between individuals No sharing of basketballs when shooting and dribbling	Health declaration for the past 14 days No locker room use Bring own drinking bottles and water Health declaration form from players and coaches	Online Health Declaration Form via QR Code system for subsequent monitoring of health and exposure Consider testing players / athletes or participants in preparation for "actual" resumption of organized sport May not repeat RTPCR Testing depending on

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			Have towel and sanitation materials accessible in playing area		subsequent health declaration symptoms recording or exposure
		Wash hands upon arrival at residence	Avoid wiping sweat on face	Regularly sanitize basketballs	Mask and face shield use outside training premises
				Wear mask when not playing	

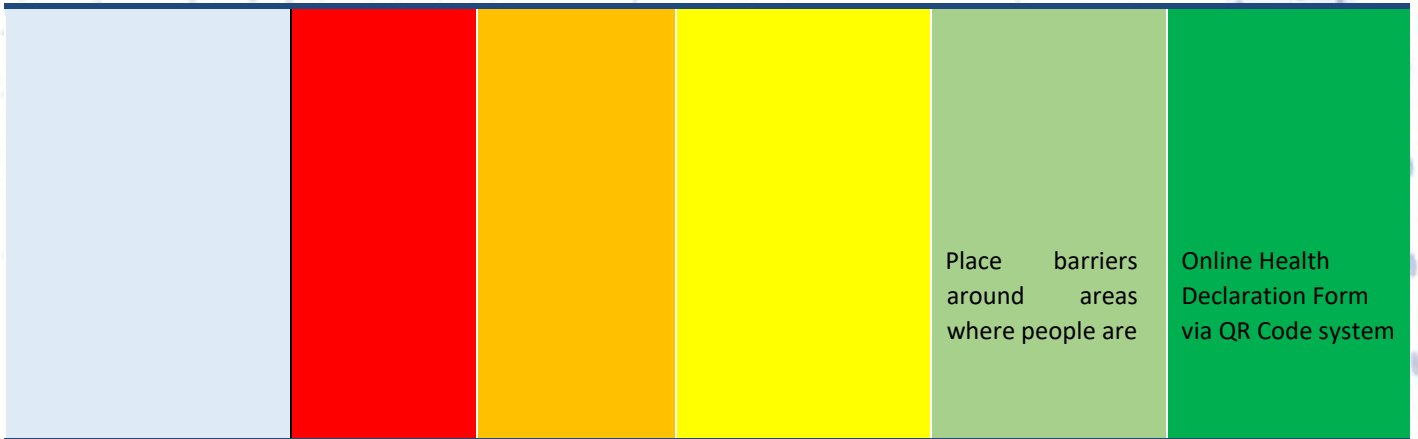
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					<p>Observe physical distancing outside training premises</p> <p>Avoid public transportation</p> <p>Use of private transportation is encouraged. Carpooling is allowed with observance of physical distancing and limited to 4 people including driver or 50% capacity for vans and buses</p> <p>No sharing of personal equipment like water bottles</p>
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					Sanitize equipment before and after use
BASKETBALL FACILITY RECOMMENDATIONS	N/A	N/A	N/A	Facility observes scheduling of players Ensure proper ventilation	Consider testing facility staff Assign team safety and health protocol officer

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				<p>not allowed to stay</p> <p>Organize chairs and benches where people can rest while maintaining physical distancing.</p> <p>Place alcohol or hand sanitizers in designated areas around the facility</p> <p>Facility manager is allowed to reject players who come outside their schedule</p> <p>Facility protocols for disinfection are enforced</p>	<p>for subsequent monitoring of health and exposure</p> <p>Presence of a doctor at all times for monitoring of proper protocols</p> <p>Only designated team members and staff allowed in facilities</p> <p>Sanitize all facilities before and after sessions</p> <p>Only 1 entrance and 1 exit pathway for team using facility</p>
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				Assign a team safety protocol officer	Use thermal scanner and foot bath at entrance prior to entering Players and staff are to stay and rest only in assigned places
SPECTATOR ADDITIONAL PERSONNEL	N/A	N/A	N/A	One companion is allowed for minors provided companion is cleared from the virus and is properly protected and distanced	No other spectators allowed to watch players while playing

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