



**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

Boxing

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

SPORT SPECIFIC FRAMEWORK

SPORT: BOXING	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 <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, Outdoor exercises are allowed within the zone-walks, jogs, biking, running</p> <p>Rehab clinics are on skeletal workforce</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</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</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</p>	<p>NO DETAILED GUIDELINES yet as of May 23, 2020</p> <p>Intrazonal travel allowed, Interzonal travel allowed</p>

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

		No face to face school classes	not allowed Outdoor non-contact sports, walking, jogging, running, biking, golf, swimming, tennis, badminton, equestrian and skateboarding are allowed—limited clubhouse basic operations	by DOTR; bikes and e- bikes encouraged Face to face classes may be conducted 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	
SPORT ACTIVITIES RECOMMENDATIONS	Home training only Boxing drills and S&C with social distancing No sharing of equipment Other forms of training (Mental training, webinars and/or consultations) via online video meetings and other Social chat group applications	Home training only Boxing drills and S&C with social distancing No sharing of equipment Other forms of training (Mental training, webinars and/or consultations) via online video meetings and other Social chat group applications Solo jogging around the area	Home training only Boxing drills and S&C with social distancing No sharing of equipment Other forms of training (Mental training, webinars and/or consultations) via online video meetings and other Social chat group applications Solo jogging around the area	Training at gyms and training venues will resume with the following restrictions: -Maintain social distancing of at least 2m -Ensure that the safety coordinator or compliance officer is present on each training session to ensure compliance with all safety protocols -Entry to the training facility must be refused to any person with COVID-like symptoms, or who is known in the last 14 days to have symptoms, or contact with a known or suspected case -Staggered training schedule to reduce the number of people in the facility at	Training methods will return to new normal with proper guidelines from IATF: -Ensure that the safety coordinator or compliance officer is present on each training session to ensure compliance with all safety protocols -Entry to the training facility must be refused to any person with COVID-like symptoms, or who is known in the last 14 days to have symptoms, or contact with a known or suspected case -A record of all attendees (including support staff and administrators) must be kept for the purposes of contact tracing, including full name

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

				<p>once</p> <ul style="list-style-type: none"> -At least 30 minutes of gap in between scheduled training sessions to allow for disinfection and to avoid a large group of people in the facility -A record of all attendees (including support staff and administrators) must be kept for the purposes of contact tracing, including full name and date and time of attendance -No contact between boxers, coaches and instructors -Regular breaks will be provided for the purpose of rehydrating and sanitizing -No social activity will be allowed once training has ended <p>Other forms of training sessions will be held through either online meetings or group meetings (can be divided into online and on site in one session) with applied proper restrictions (maximum of 10 person)</p>	and date and time of attendance
GENERAL	Use of mask	Use of mask		Health Declaration	Health Declaration

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

HYGIENE RECOMMENDATIONS	Hand washing Showering	Hand washing Showering	Health Declaration Form in the past 14 days and COVID-19 Exposure Form	Form in the past 14 days and COVID-19 Exposure Form	Form in the past 14 days and COVID-19 Exposure Form

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

	<p>immediately after training sessions at home</p> <p>Protocol for disinfection are enforced</p> <p>Social distancing between persons</p> <p>Regular use of alcohol</p>	<p>immediately after training sessions at home</p> <p>Protocol for disinfection are enforced</p> <p>Regular use of alcohol</p>	<p>Use of mask</p> <p>Hand washing</p> <p>Showering immediately after training sessions at home</p> <p>Protocol for disinfection are enforced</p> <p>Social distancing between persons</p> <p>Regular use of alcohol</p>	<p>Use of mask(only during skills training)</p> <p>Hand washing</p> <p>Showering at home after training</p> <p>Protocol for disinfection are enforced</p> <p>Social distancing between persons</p> <p>Regular use of alcohol</p> <p>No sharing of drinking bottles and clearly label their own bottle</p> <p>No sharing of exercise equipment such as skipping ropes, boxing gloves, hand wraps, and head guards</p> <p>No sharing of pens or clipboards</p> <p>Avoid unnecessary body contact such as handshakes, high fives, and hugs</p> <p>Ensure that they do not leave their training outfit or any other items worn/used during training and that they wash them individually soon after training</p>	<p>Use of mask(only during skills training)</p> <p>Hand washing</p> <p>Showering at home after training</p> <p>Protocol for disinfection are enforced</p> <p>Social distancing between persons</p> <p>Consider testing and vaccination of players/athletes/p participants and facility staffs</p> <p>No sharing of drinking bottles and clearly label their own bottle</p> <p>No sharing of exercise equipment such as skipping ropes, boxing gloves, hand wraps, and head guards</p> <p>No sharing of pens or clipboards</p> <p>Avoid unnecessary body contact such as handshakes, high fives, and hugs</p> <p>Ensure that they do not leave their training outfit or any other items worn/used during training and that they wash them individually soon</p>
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					after training
FACILITY RECOMMENDATIONS	No Gyms and training venues are allowed to operate	No Gyms and training venues are allowed to operate	No Gyms and training venues are allowed to operate	Equipment sanitizing and disinfection Prominent signage promoting frequent and	Equipment

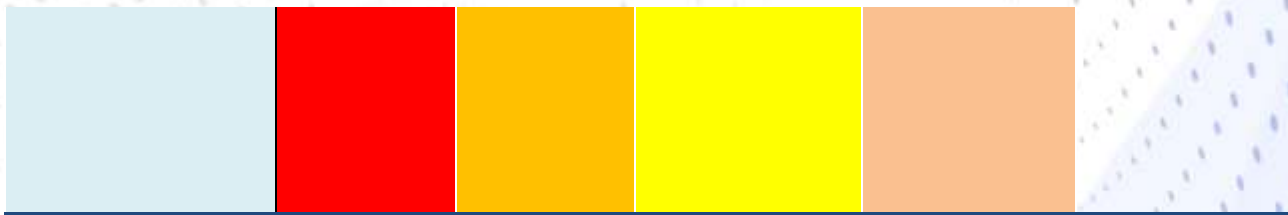
FRAMEWORK TOOL FOR REINTRODUCING SPORT IN A COVID-19 ENVIRONMENT - PER SPORT GUIDELINE

				<p>thorough hand washing will be put at entry/exit points, walls of training gym, toilet, hallway, and other high traffic areas around the facility.</p> <p>Prominent signage instructing people when not to attend training (e.g., if with flulike symptoms, respiratory symptoms, or exposure to known or suspected COVID19 cases) will also be put in their rooms, hallways, and high traffic areas around the facility.</p> <p>Hand sanitizer dispensers will be provided in prominent areas like entry/exit points, walls of training gym, toilet, hallway, and other high traffic areas around the facility. It will also be regularly refilled.</p> <p>Soap dispensers will be put in toilets and will be regularly refilled.</p>	<p>sanitizing and disinfection</p> <p>Prominent signage promoting frequent and thorough hand washing will be put at entry/exit points, walls of training gym, toilet, hallway, and other high traffic areas around the facility.</p> <p>Prominent signage instructing people when not to attend training (e.g., if with flu-like symptoms, respiratory symptoms, or exposure to known or suspected COVID-19 cases) will also be put in their rooms, hallways, and high traffic areas around the facility.</p> <p>Hand sanitizer dispensers will be provided in prominent areas like entry/exit points, walls of training gym, toilet, hallway, and other high traffic areas around the facility. It will also be regularly refilled.</p> <p>Soap dispensers will be put in toilets and will be regularly refilled.</p>
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					Toilet facilities will be regularly
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FRAMEWORK TOOL FOR REINTRODUCING SPORT IN A COVID-19 ENVIRONMENT - PER SPORT GUIDELINE



				<p>Toilet facilities will be regularly cleaned with disinfectant.</p> <p>A prominent signage will be put in toilets indicating that not more than 1 person is permitted per toilet facility at a time.</p> <p>Trash bins will be provided around the facility and will be regularly emptied and disinfected.</p> <p>Athletes and coaches will not be allowed to use locker rooms</p>	<p>cleaned with disinfectant.</p> <p>A prominent signage will be put in toilets indicating that not more than 1 person is permitted per toilet facility at a time.</p> <p>Trash bins will be provided around the facility and will be regularly emptied and disinfected.</p>
	N/A	N/A	N/A		No spectators or

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SPECTATOR ADDITIONAL PERSONNEL				No spectators or media personnel will be allowed inside the training facility. Visitors will require approval of ABAP and will wait outside the training facility and observe safety protocols such as wearing of mask and social distancing.	media personnel will be allowed inside the training facility. Visitors will require approval of ABAP and will wait outside the training facility and observe safety protocols such as wearing of mask and social distancing.
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