



**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

Dragon Boat, Canoe, & Kayak

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GUIDELINES FOR DRAGON BOAT, CANOE, & KAYAK

SPORT SPECIFIC FRAMEWORK					
DRAGON BOAT, CANOE, & KAYAK	A	B	C	D	E
	ECQ	MECQ	GCQ	MGCQ	NO CQ
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, Outdoor exercises are allowed within the zone- walks, jogs, biking, running</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>All persons allowed to move outside of residence</p> <p>Intrazonal travel allowed, Interzonal travel allowed</p> <p>Individual and group outdoor activities including NONCONTACT 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>	IATF RESTRICTIONS**

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		<p>Rehab clinics are on skeletal workforce</p> <p>No face to face school classes</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 noncontact 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>	
SPORT RECOMMENDATIONS	<p>Home training is allowed.</p> <p>Boat Training is not allowed.</p> <p>Individual Home Program/Online Coaching:</p> <ul style="list-style-type: none"> • Paddling techniques, if there is a personal swimming pool available. • Strength training, utilizing available home equipment. 	<p>Home training is allowed.</p> <p>Individual Home Program/Online Coaching:</p> <ul style="list-style-type: none"> • Paddling techniques, if there is a personal swimming pool available. • Strength training, utilizing available home equipment. 	<p><u>*FOR RECOMMENDATION PENDING APPROVAL OF IATF AS A GCQ ACTIVITY</u></p> <p>Water Training in a single boat at least 6 meters apart (per lane) individual paddling.</p> <p>Canoe singles (C1) and Kayak (K1) singles are allowed.</p> <p>No person to person interaction and no sharing of paddles, knee pads or boats.</p> <p>Individual Home Program/Online</p>	<p><u>*FOR RECOMMENDATION PENDING APPROVAL OF IATF AS AN MGCC ACTIVITY</u></p> <p>Boat training is allowed up to 4 paddlers in a 10seater boat.</p> <p>Face-to-face coaching is allowed. Coaches' boat capacity is limited to 2 persons.</p> <p>Boats must be at least 6 meters apart (per lane).</p> <p>Canoe (C1) and Kayak (K1) singles are allowed.</p>	<p>IF ALLOWED:</p> <p>Canoe doubles (C2) and Kayak doubles (K2) are allowed.</p> <p>Dragon Boat training may be allowed up to 10seater boats.</p> <p>Virtual Time-trial competitions for the ff:</p> <p>Canoe doubles Kayak doubles Dragon Boat</p>

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	<ul style="list-style-type: none"> Conditioning drills at home. 	<ul style="list-style-type: none"> Conditioning drills may be done outside but only within the area of residence. 	<p>Coaching:</p> <ul style="list-style-type: none"> Strength training, utilizing available home equipment. Conditioning drills may be done outside but only within the area of residence. 	<p>Weight training inside the training facility (Docksite) is allowed at 50% capacity on a staggered appointment basis.</p> <p>Continue supplemental home programs.</p> <p>Virtual Time-trial competitions for the ff: (if available)</p> <p>Canoe singles Kayak singles</p>	<p>Normal competitions are allowed when COVID-19 vaccines are available.</p>
<p>GENERAL HYGIENE RECOMMENDATIONS</p>	<p>Sanitize Equipment, before and after use.</p> <p>Frequent hand washing is a must.</p> <p>Mandatory use of face masks.</p>	<p>Sanitize Equipment, before and after use.</p> <p>Practice social distancing when doing conditioning drills outside of your residence.</p> <p>Frequent hand washing is a must.</p> <p>Mandatory use of face masks.</p>	<p>Health declaration for the past 14 days.</p> <p>Sanitize Equipment, before and after use.</p> <p>Practice social distancing when doing conditioning drills outside of your residence.</p> <p>Frequent hand washing is a must.</p> <p>Mandatory use of face masks.</p>	<p>Health declaration for the past 14 days.</p> <p>Strictly no person to person interaction, and no sharing of equipment(paddles, boats, gym equipment)</p> <p>Practice Social Distancing while training outside of the residence and inside the training facility.</p> <p>Sanitize Equipment, before and after use.</p> <p>Strictly no person to person interaction, and no sharing of equipment(paddle s, boats, gym equipment)</p> <p>Frequent hand washing is a must.</p>	<p>Health declaration for the past 14 days.</p> <p>Practice Social Distancing while training outside of the residence and inside the training facility.</p> <p>Sanitize Equipment, before and after use.</p> <p>Strictly no person to person interaction, and no sharing of equipment(paddle s, boats, gym equipment)</p> <p>Frequent hand washing is a must.</p>

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					<p>FOR OLYMPIC HOPEFULS Suggestions -</p> <p>Online baseline health declaration form should be sent to all hopefuls and olympians via our QR code system for documentation of current health status and subsequent symptom and exposure monitoring.</p> <p>-Face mask policy as part of personal hygiene. Worn outside of athletic activity.</p>
FACILITY RECOMMENDATIONS				<p>Facility (Docksite) must operate at only 50% of maximum capacity.</p> <p>Consider COVID-19 testing of Facility staff. Temperature check upon entry of the facility.</p> <p>Assign health safety officer for the facility.</p> <p>No personal towel, no training policy.</p> <p>Scheduled training, limited to persons each training session.</p> <p>Locker Room may only be used for</p>	<p>Facility must operate at only 50% of maximum capacity.</p> <p>Consider COVID-19 testing and Vaccination (if available) of Facility staff.</p> <p>Assign health safety officer for the facility.</p> <p>No personal towel, no training policy.</p> <p>Regular cleaning and disinfecting of frequently touched items at</p>

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				<p>changing of clothes. Strictly 5 persons at a time.</p> <p>Regular cleaning and disinfecting of frequently touched items at the training facility (door handles, table, light switches, toilets, faucets, sink, electric fans, gym equipment, etc.)</p>	<p>the training facility (door handles, table, light switches, toilets, faucets, sink, electric fans, gym equipment, etc.)</p> <p>IF ALLOWED:</p> <p>Individual shower cubicles may be allowed for use.</p> <p>FOR OLYMPIC HOPEFULS Suggestions - Specify Location of training</p> <ul style="list-style-type: none"> - Billeting arrangements - Suggest a log at the training venue with a condensed version of the health declaration form for all who will use the facility for contact trace purposes.
SPECTATOR ADDITIONAL PERSONNEL	No spectators allowed.	No spectators allowed.	No spectators allowed.	No spectators allowed. Only 1 Parent/Guardian is allowed (if necessary). Parents/Guardians are not allowed to enter the training area.	No spectators allowed. Only 1 Parent/Guardian is allowed (if necessary). Parents/Guardians are not allowed to enter the training area.

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