



**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

Dancesport

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

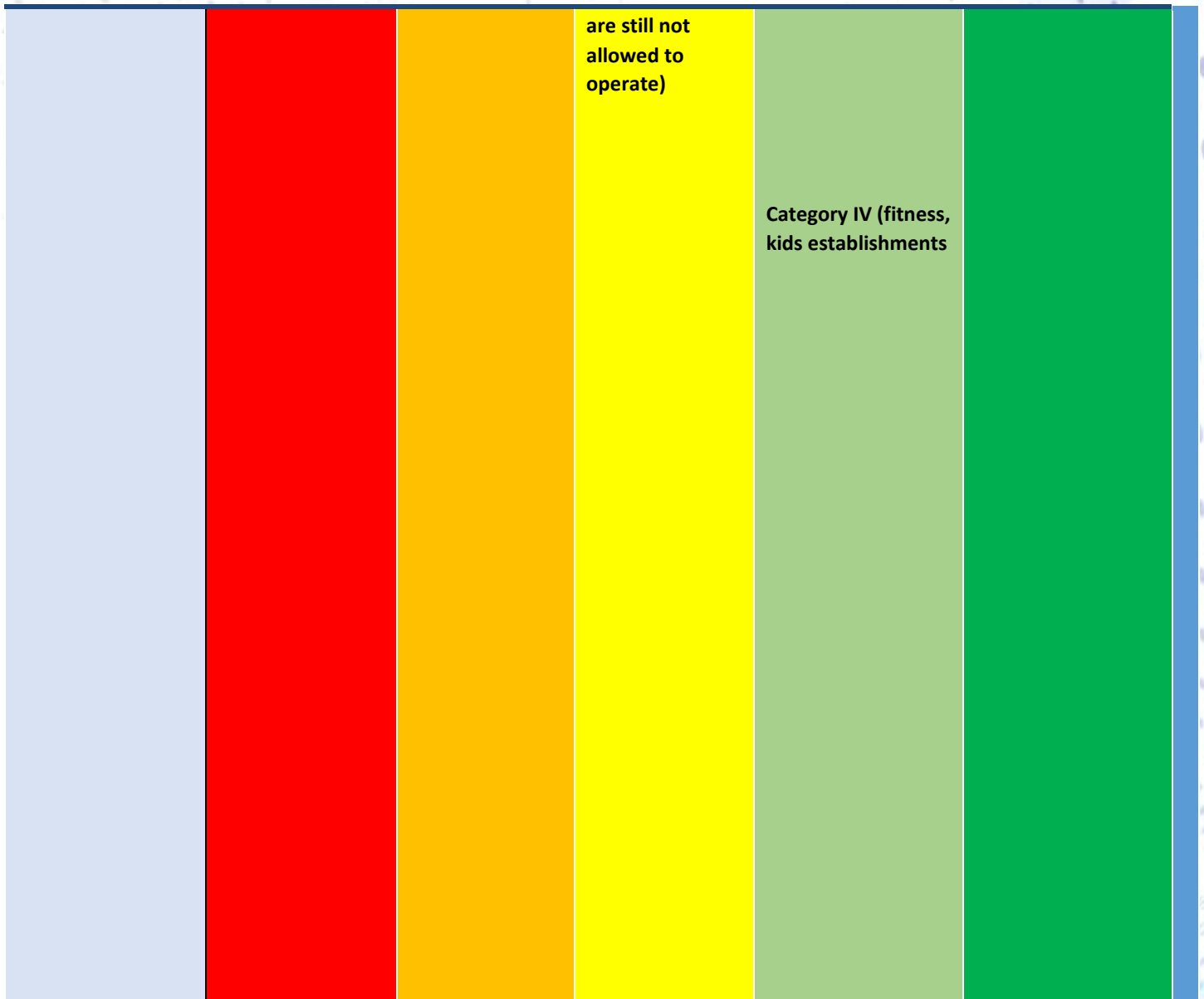
SPORT SPECIFIC FRAMEWORK

SPORT:	A	B	C	D	E
DANCESPORT					
COMMUNITY SCENARIO: HEALTH STATUS TRAVEL ENGINEERING	HIGH RISK	HIGH RISK	MODERATE RISK	MODERATE RISK	LOW RISK/
	(ECQ)	(MECQ)	(GCQ)	(mGCQ)	"NEW NORMAL"

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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 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>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)</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>NO DETAILED GUIDELINES yet as of May 23, 2020</p> <p>Intrazonal travel allowed, Interzonal travel allowed</p>
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		Water parks are not allowed to operate	School sports are still suspended	are allowed to operate at 50% capacity)	
		Individual, Outdoor exercises are allowed within the zone-wlaks,jogs,biking, running	Interzonal movement allowed No mass gathering	Transportation is allowed to operate at the capacity dictated by DOTR; bikes and e- bikes encouraged	
		Rehab clinics are on skeletal workforce	Sporting events are prohibited	Face to face classes may be conducted but no gatherings.	
		No face to face school classes		Gathering of up to 10 socially distanced persons are allowed	
			Gyms, fitness facilities are closed		
			No face to face classes; school	Gyms, indoor fitness facilities are allowed to operate at maximum 50% capacity	

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			<p>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>		
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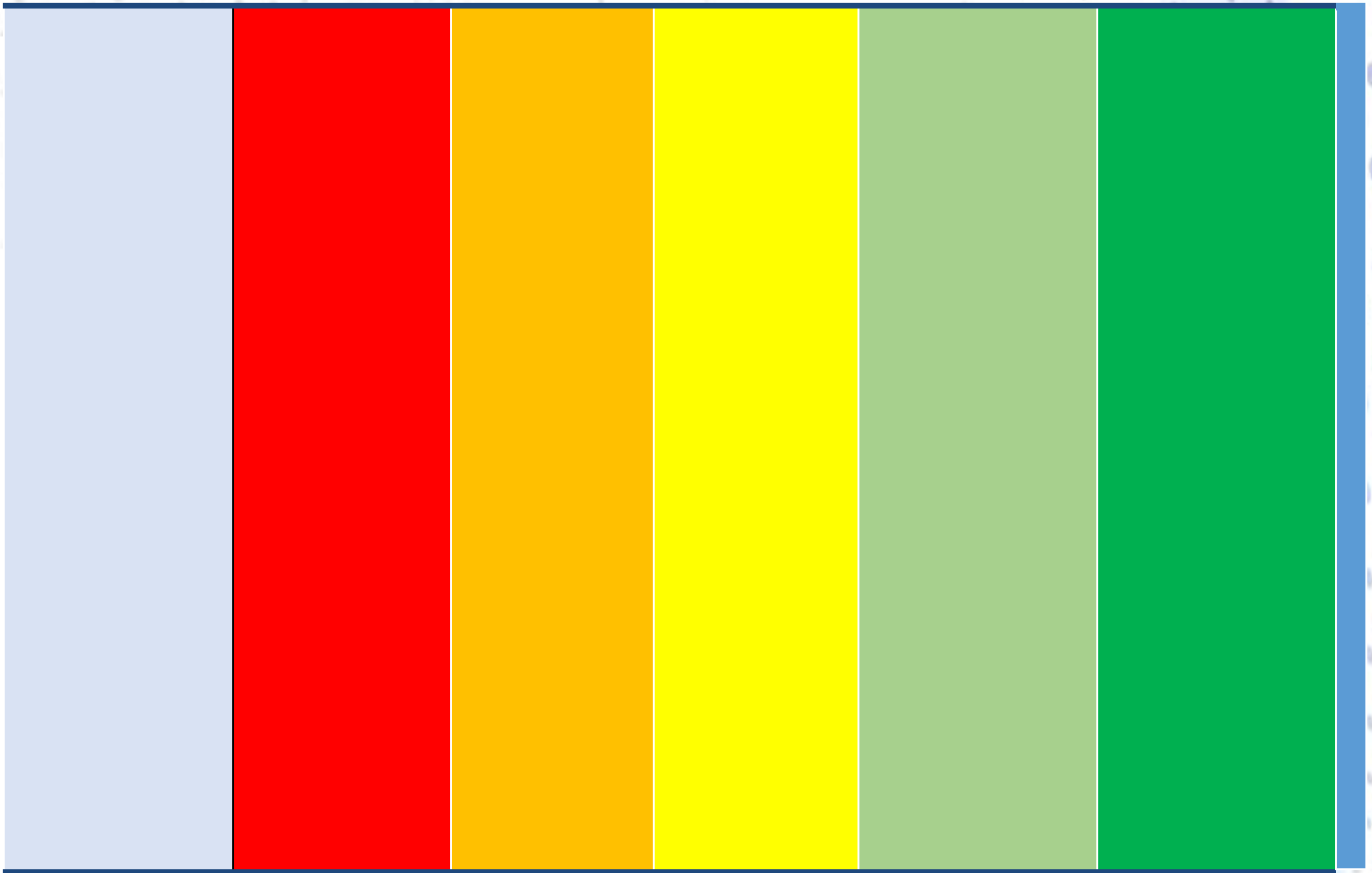
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<p>DANCESPORT ACTIVITY RECOMMENDATIONS</p>	<p>Training inside own premises such as</p> <p>Physical conditioning/ Individual skills training</p>	<p>Training inside own premises (including garage) such as</p> <p>Physical conditioning/ Individual skills training</p>	<p>Training inside own premises (including garage) such as</p> <p>Physical conditioning/ Individual skills training</p>	<p><u>*FOR RECOMMENDATION PENDING APPROVAL OF IATF AS AN MGCQ ACTIVITY</u></p> <p>Dancesport couples or partners may be</p>	<p><u>*FOR RECOMMENDATION PENDING APPROVAL OF IATF</u></p> <p>Dancesport couple or partners may be</p>
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		<p>Short distance running/jogging will be allowed within the zone.</p>	<p>Short distance running/jogging will be allowed within the zone.</p>	<p>allowed to train, pending approval of IATF</p> <p>Group classes and Individual lessons or training with coaches may be allowed, if approved by IATF</p> <p>Athletes are not allowed to travel abroad for training and/or competitions</p> <p>Minor Dancesport events such as congresses, training camps are not allowed.</p>	<p>allowed to train, pending approval of IATF.</p> <p>Group classes and Individual lessons or training with coaches may be allowed, if approved by IATF</p> <p>Athletes may be allowed to travel abroad for training and/or competitions, pending approval of IATF</p> <p>Minor Dancesport events such as congresses, training camps and local competitions may be allowed, if approved by IATF.</p>
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<p>GENERAL HYGIENE RECOMMENDATIONS</p>	<p>Hand washing.</p>	<p>Hand washing.</p>	<p>Hand washing.</p>	<p>Hand washing before and after training</p> <p>Health Declaration Form in the past 14 days and COVID-19 Exposure Form.</p> <p>Athletes/Coaches with symptoms will be advised to stay at home</p> <p>Wearing of face masks/face shield is required</p> <p>Ensure social distancing of at least 2 meters during group classes and individual training with coaches</p>	<p>Frequent hand washing before and after training</p> <p>Health Declaration Form in the past 14 days and COVID-19 Exposure Form.</p> <p>Athletes/Coaches with symptoms will be advised to stay at home</p> <p>Wearing of face masks/face shield is required</p> <p>Ensure social distancing of at least 2 meters during group classes and individual training with coaches</p>
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FRAMEWORK TOOL FOR REINTRODUCING SPORT IN A COVID-19 ENVIRONMENT - PER SPORT GUIDELINE

				Players must arrive at the venue in	Players must arrive at the venue in
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				proper training attire	proper training attire
				Players must handle their own towels exclusively	Players must handle their own towels exclusively

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<p>FACILITY RECOMMENDATIONS</p>	<p>N/A</p>	<p>N/A</p>	<p>N/A</p>	<p>Health and Safety control officers will be assigned</p> <p>Body temperatures will be taken by the Health and Safety officer upon entry</p> <p>Regular cleaning and disinfection of studios and fitness gyms before and after use</p> <p>Regular cleaning and disinfection of equipment before and after use</p> <p>Provide hand washing or sanitizing stations</p>	<p>Health and Safety control officers will be assigned</p> <p>Body temperatures will be taken by the Health and Safety officer upon entry</p> <p>Regular cleaning and disinfection of studios and fitness gyms before and after use</p> <p>Regular cleaning and disinfection of equipment before and after use</p> <p>Provide hand washing or sanitizing stations</p>
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				<p>Group classes or training sessions are allowed but limited to 50% capacity of the facility</p> <p>Use of communal areas such as changing rooms and locker rooms are not allowed</p>	<p>Group classes or training sessions are allowed but limited to 50% capacity of the facility</p> <p>Use of communal areas such as changing rooms and locker rooms are not allowed</p>
SPECTATORS AND ADDITIONAL PERSONNEL				<p>No spectators allowed</p> <p>Max. of 1 companion, if athlete is a minor</p>	<p>No spectators allowed</p> <p>Max. of 1 companion, if athlete is a minor</p>

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