



**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

Fencing

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"

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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 <20 and 60 and above are to stay at home Limited mass transportation Sports travel is still non-essential No interzone travel – may travel to ECQ Intrazonal movement allowed No mass gathering Sporting events are prohibited Gyms, fitness facilities are closed Water parks are not allowed to operate Individual, Outdoor exercises are allowed within the zone- walks, jogs, biking, running Rehab clinics are on skeletal workforce No face to face school classes</p>	<p>Movement for leisure purposes are not allowed, essential travel only <20 and 60 and above may be allowed to go outdoors only for exercise Intrazonal travel allowed, Interzonal travel allowed Public transportation allowed to operate at limited capacity Category IV (fitness, kid's establishments are still not allowed to operate) School sports are still suspended Interzonal movement allowed No mass gathering Sporting events are prohibited</p> <p>Gyms, fitness facilities are closed No face to face classes; school sporting events are not allowed Outdoor non-</p>	<p>All persons allowed to move outside of residence Intrazonal travel allowed, Interzonal travel allowed Individual and group outdoor activities including NON-CONTACT sports (golf/tennis/ table tennis/ swimming) are allowed – NO SHARING of equipment Sporting events of the above category (indoor and outdoor non-contact sports) are allowed but with 50% capacity of arena Category IV (fitness, kid's establishments can operate at 50% capacity) Transportation can operate at the capacity dictated by DOTR; bikes and e- bikes encouraged Face to face classes may be conducted but no gatherings. Gathering of up to 10 socially</p>	<p>NO DETAILED GUIDELINES yet as of May 23, 2020</p> <p>Intrazonal travel allowed, Interzonal travel allowed</p>
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			contact sports, walking,			
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			jogging, running, biking, golf, swimming, tennis, badminton, equestrian and skateboarding are allowed—limited clubhouse basic operations	distanced persons are allowed Gyms, indoor fitness facilities can operate at maximum 50% capacity		
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SPORT ACTIVITY SUGGESTIONS			<u>*Pending Approval of IATF as a GCQ Activity</u>	<u>*Pending Approval of IATF as an MGCQ Activity</u>	<u>*Pending Approval of IATF as a New Normal Activity</u>
	<p>TRAINING AT HOME 1. STRENGTH AND CONDITIONING LEVEL 1</p> <p>Strictly individual home training</p> <p>Agility and weight training with strict implementation of social distancing of 1 meter.</p> <p>(With the use of Improvised Equipment) (3x a week)</p> <p>2. ONLINE FENCING TRAINING a. Fencing Drills</p>	<p>TRAINING AT HOME 1. STRENGTH AND CONDITIONING LEVEL 2</p> <p>Strictly individual home training</p> <p>Agility and weight training with strict implementation of social distancing of 1 meter.</p> <p>(With the use of Improvised Equipment) (3x a week)</p>	<p>TRAINING AT HOME 1. STRENGTH AND CONDITIONING LEVEL 2</p> <p>Small group training sessions at home may be permitted with social distancing of 1 meter from each other.</p> <p>Agility and weight training.</p> <p>(With the use of Improvised Equipment) (3x a week)</p>	<p>1. STRENGTH AND CONDITIONING a. Weight training Gym b. 3x a week</p> <p>2. TRAINING DIVIDED IN TO 3 SHIFTS. 2 HOURS PER TRAINING AND 10 PERSONS MAXIMUM PER TRAINING SESSION IN THE FENCING HALL(2 coaches 8 athletes per training session are allowed): 9:00-11:00AM 2:00-4:00PM 5:00-7:00PM</p> <p>3. SPORTS PSYCHOLOGISTS CONSULTATION (Once a week)</p>	<p>“NEW NORMAL” TRAINING AT PHILSPORTS COMPLEX</p> <p>1. STRENGTH AND CONDITIONING a. Weight training Gym b. 3x a week</p> <p>2. TRAINING DIVIDED IN TO 3 SHIFTS. 2 HOURS PER TRAINING AND 10 PERSONS MAXIMUM PER TRAINING SESSION IN THE FENCING HALL (2 coaches 8 athletes per training session are allowed): 9:00-11:00AM 2:00-4:00PM 5:00-7:00PM</p>

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	<p>b. Legwork c. Arm drills (Pads) *Guided by coach (5x a week)</p> <p>3. SPORTS PSYCHOLOGISTS ONLINE CONSULTATION (Once a week)</p> <p>4. SPORTS NUTRITIONISTS CONSULTATION (2x a week)</p>	<p>2. ONLINE FENCING TRAINING a. Fencing Drills b. Legwork c. Arm drills (Pads) *Guided by coaches (5x a week)</p> <p>3. SPORTS PSYCHOLOGISTS ONLINE CONSULTATION (Once a week)</p> <p>4. SPORTS NUTRITIONISTS CONSULTATION (2x a week)</p>	<p>2. ONLINE FENCING TRAINING a. Fencing Drills b. Legwork c. Arm drills (Pads) *Guided by coaches (5x a week)</p> <p>3. SPORTS PSYCHOLOGISTS ONLINE CONSULTATION (Once a week)</p> <p>4. SPORTS NUTRITIONISTS CONSULTATION (2x a week)</p>	<p>4. SPORTS NUTRITIONISTS CONSULTATION (2x a week)</p> <p>Warm up and fencing drills with 3 meters social distancing</p> <p>Swab testing is a requirement for all coaches, athletes, and staff entering training</p>	<p>3. SPORTS PSYCHOLOGISTS CONSULTATION (Once a week)</p> <p>4. SPORTS NUTRITIONISTS CONSULTATION (2x a week)</p> <p>Warm up and fencing drills with 3 meters social distancing.</p>
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				<p>facility and/or dormitories.</p> <p>Daily health symptoms questionnaire screening form with logbook</p> <p>A COVID safety officer must be assigned to make sure health measures are implemented</p>	<p>Swab testing is a requirement for all coaches, athletes, and staff entering training facilities and/or dormitories.</p> <p>Daily health symptoms questionnaire screening form with logbook.</p> <p>A COVID safety officer must be assigned to make sure health measures are implemented</p>
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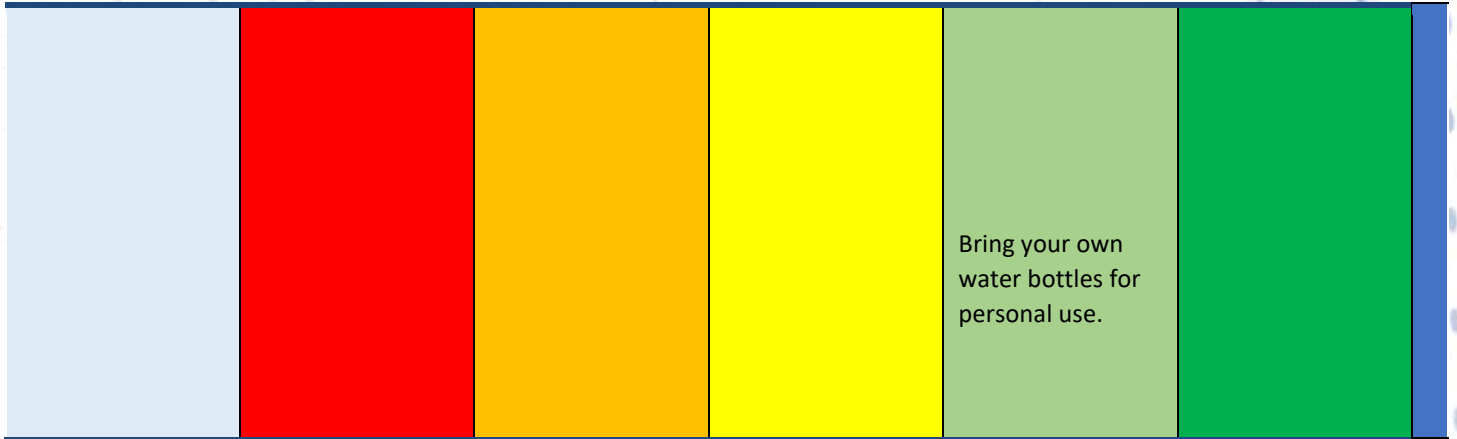
<p>GENERAL HYGIENE RECOMMENDATIONS</p>	<p>Mask use is recommended during training handwashing is required</p>	<p>Mask use is mandatory whenever stepping out of their residence during training handwashing is required</p>	<p>Mask use is mandatory whenever stepping out of their residence during training</p> <p>Social distancing between persons</p> <p>Facility protocols for disinfection are enforced</p> <p>No sharing of equipment</p> <p>Handwashing is required</p>	<p>Strict implementation of social distancing 3 meters person to person</p> <p>Use of face mask, respiratory etiquette</p> <p>Hand washing and bring own alcohol.</p> <p>Fencers should come directly from home, fully dressed for training already</p> <p>No handshake, only salute after the lesson with the coach and pre fencing</p>	<p>Strict implementation of social distancing 3 meters person to person.</p> <p>Use of face mask, respiratory etiquette.</p> <p>Hand washing and bring own alcohol.</p> <p>Fencers should come directly from home, fully dressed for training already.</p> <p>No handshake, only salute after the lesson with the coach and pre fencing.</p>
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				<p>Outdoor shoes are not allowed inside the fencing hall. Provide different fencing shoes when entering the hall.</p>	<p>Outdoor shoes are not allowed inside the fencing hall. Provide different fencing shoes when entering the hall.</p>
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				<p>Use of own equipment</p> <p>Equipment sanitation before, during, and after</p>	<p>Equipment sanitation before, during, and after</p> <p>Bring your own water bottles for personal use.</p>
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FACILITY RECOMMENDATIONS	N/A	N/A	N/A	<p>If facility is permitted to open, protocols for disinfection are regularly and strictly enforced</p> <p>Assignment of team safety protocol officer</p> <p>Engineering and safety protocols in place</p> <p>Athletes are not allowed to take shower and loiter around locker rooms.</p> <p>COVID-19 Team Manager to cross-check venue health measures</p>	<p>National team, national coaches and selected/invited fencers from universities can train in the fencing gym in ultra.</p> <p>Protocols for disinfection are regularly and strictly enforced</p> <p>Assignment of team safety protocol officer.</p> <p>Engineering and safety protocols in place</p> <p>COVID-19 Team Manager to cross-check venue health measures</p>
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				<p>Social distancing enforced within venues</p> <p>Avoid group gatherings</p> <p>No water bottle, No entry (players advised to bring their own water to Fencing hall training sessions.</p> <p>Temperature monitoring implemented upon entry.</p>	<p>Social distancing enforced within venues</p> <p>Avoid group gatherings</p> <p>No water bottle, No entry (players advised to bring their own water to Fencing hall training sessions.</p> <p>Body temperature testing and sterilization mats to be used upon entry</p>
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				<p>Disinfection of facilities, provision of alcohol, hand sanitizers and soap</p> <p>A health declaration form completed with contact details must be filled up prior to training for possible contact tracing</p>	<p>Disinfection of facilities, provision of alcohol, hand sanitizers and soap</p> <p>A health declaration form completed with contact details must be filled up prior to training for possible contact tracing</p>
SPECTATOR ADDITIONAL PERSONNEL	N/A	N/A	N/A	<p>No spectators allowed</p> <p>Maximum one companion as necessary - properly protected and distanced</p>	<p>No spectators allowed</p> <p>Maximum one companion as necessary - properly protected and distanced</p>