



**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

**KARATEDO
(UPDATED WITH
OLYMPIC HOPEFUL
GUIDELINES)**

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 / OLYMPIC HOPEFUL GUIDELINES"

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IATF RESTRICTIONS**	Everyone is advised to "Stay-at-Home"	APOR allowed to travel <20 and 60 and above are to stay at home Limited mass transportation Sports travel is still nonessential No interzone travel – may travel to ECQ Intrazonal movement allowed No mass gathering	Movement for leisure purposes are not allowed; essential travel only	All persons allowed to move outside of residence	NO DETAILED GUIDELINES yet as of May 23, 2020
	No mass transportation		<20 and 60 and above may be allowed to go outdoors only for exercise.	Intrazonal travel allowed, Interzonal travel allowed	Intrazonal travel allowed, Interzonal travel allowed
	No interzone travel		Intrazonal travel allowed, Interzonal travel allowed	Individual and group outdoor activities including NONCONTACT sports (golf/tennis/table tennis/swimming) are allowed – NO SHARING of equipment	
	No mass gathering	Sporting events are prohibited Gyms, fitness facilities are closed	Public transportation allowed to operate at limited capacity	Sporting events of the above category (indoor and outdoor non-contact sports) are allowed but with 50% capacity of arena	
	Gyms, fitness facilities are closed	Water parks are not allowed to operate	Category IV (fitness, kids establishments are still not allowed to operate) School sports are still suspended	Category IV (fitness, kids establishments are allowed to operate at 50% capacity)	
		Individual, Outdoor exercises are allowed within the zone-walks, jogs, biking, running	Interzonal movement allowed No mass gathering		
			Sporting events are prohibited		

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		<p>Rehab clinics are on skeletal workforce</p> <p>No face to face school classes</p>	<p>Gyms, fitness facilities are closed</p> <p>No face to face classes; school sporting events are not allowed</p> <p>Outdoor non-contact sports, walking, jogging, running, biking, golf, swimming, tennis, badminton, equestrian and</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>skateboarding are allowed</p> <p>clubhouse basic operations</p>	<p>Gyms, indoor fitness facilities are allowed to operate at maximum 50% capacity</p>	

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<p>KARATE (INDIVIDUAL KUMITE)</p>	<p>NSA COACHES APPROVED PROGRAM HOME WORKOUT:</p> <p>STRENGTH AND CONDITIONING WITH THE USE OF IMPROVISED EQUIPMENT.</p>	<p>NSA COACHES APPROVED PROGRAM HOME WORKOUT:</p> <p>STRENGTH AND CONDITIONING WITH THE USE OF IMPROVISED EQUIPMENT.</p> <p>JOGGING AND CARDIO WITHIN HOME PREMISES, KATA AND KUMITE (WITHIN SUBDIVISION, VILLAGE, BARANGAY – INTRAZONAL MOVEMENT ALLOWED)</p> <p>DRILLS ONLINE SUPERVISION BY NSA COACHES.</p> <p>INDIVIDUAL KATA CAN TRAIN AND JOIN ONLINE COMPETITIONS.</p> <p>PRACTITIONERS <20 YRS AND 60 YRS AND OLDER SHOULD TRAIN AT HOME/ WITHIN HOME PREMISES</p>	<p>*PENDING APPROVAL OF IATF AS A GCQ ACTIVITY</p> <p>NSA COACHES APPROVED PROGRAM:</p> <p>INDIVIDUAL TRAINING OUTSIDE (JOGGING, STRENGTH AND CONDITIONING) WITH NO PERSON TO PERSON INTERACTION.</p> <p>INTERZONAL TRAVEL IS ALLOWED: 1.GCQ TO MGCQ IS ALLOWED</p> <p>2.GCQ TO EITHER MECQ OR ECQ – NOT ALLOWED</p> <p>INTRAZONAL TRAVEL: GCQ TO GCQ/ WITHIN GCQ AREAS IS ALLOWED</p> <p>KATA AND KUMITE DRILLS CHECKED ONLINE BY NSA COACHES.</p> <p>INDIVIDUAL KATA CAN TRAIN AND JOIN ONLINE COMPETITIONS.</p>	<p>NSA COACHES APPROVED PROGRAM:</p> <p>SMALL GROUPS (UP TO 10 PEOPLE) TRAINING OUTDOORS WITH COACH WITH SOCIAL DISTANCING.</p> <p>INTERZONAL & INTRAZONAL TRAVEL IS ALLOWED</p> <p>INDIVIDUALIZED TRAINING AND NO CONTACT.</p> <p>NO SHARING OF EQUIPMENT.</p> <p>INDIVIDUAL KATA CAN TRAIN AND JOIN ONLINE COMPETITIONS.</p>	<p>NORMAL TRAINING WILL RESUME INSIDE THE “BUBBLE” OR ISOLATED LOCATION FOR TRAINING.</p> <p>MAIN PROSPECT FOR TRAINING SITE: PHILSPORTS COMPLEX</p> <p>TEAM AND INDIVIDUAL SKILLS AND STRENGTH TRAINING WITH KARATE PILIPINAS NATIONAL COACHES.</p>
<p>AND</p>	<p>JOGGING AND CARDIO WITHIN HOME PREMISES</p>	<p>–</p>	<p>–</p>	<p>–</p>	<p>–</p>
<p>KARATE (INDIVIDUAL KATA)</p>	<p>KATA AND KUMITE DRILLS ONLINE SUPERVISION BY NSA COACHES</p> <p>INDIVIDUAL KATA CAN TRAIN FOR ONLINE COMPETITIONS</p>	<p>–</p>	<p>–</p>	<p>–</p>	<p>–</p>

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			PRACTITIONERS <20 YRS AND 60 YRS AND OLDER MAY TRAIN OUTDOORS		
GENERAL HYGIENE RECOMMENDATIONS	MASK USE IS RECOMMENDED HANDWASHING IS A MUST	MASK USE IS RECOMMENDED HANDWASHING IS A MUST	LEVEL A, B, PLUS... SOCIAL DISTANCING BETWEEN COACH AND ATHLETE. GYM AND EQUIPMENT MUST BE SANITIZED AND DISINFECTED BEFORE AND AFTER WORKOUT.	LEVEL A, B, AND C.	ALL PLAYERS, COACHES, OFFICIALS, STAFF AND HEALTH OFFICIALS WILL UNDERGO SWAB TESTS BEFORE ALLOWED ENTRY INTO THE TRAINING FACILITY. ONCE TEST HAS BEEN TAKEN, THEY WILL ALL BE QUARANTINED PENDING RESULTS.
FACILITY RECOMMENDATIONS	N/A	N/A		IF FACILITY IS PERMITTED TO OPERATE, TRAINING WITHIN THE DOJO IS PERMITTED WITH PROPER SOCIAL DISTANCING AND SANITATION OF VENUE.	ONCE INSIDE THE "BUBBLE" FACILITY, THEY WILL NOT BE ALLOWED TO EXIT THE PREMISES. IN CASES THAT THEY WOULD BE ALLOWED TO LEAVE, THEY MUST AGAIN COMPLY WITH THE AFOREMENTIONED GUIDELINES BEFORE ENTRY. DESIGNATED HEALTH OFFICER WILL ENSURE THE FOLLOWING: A. KARATE EQUIPMENTS, MATTED FLOOR, AND GYM TRAINING AREA ARE

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SPECTATOR ADDITIONAL PERSONNEL	N/A	N/A	ONLY ONE ACCOMPANYING PERSON IF A CHILD	NO SPECTATORS ALLOWED MAXIMUM ONE COMPANION AS NECESSARY – PROPERLY PROTECTED AND DISTANCED	NO UNAUTHORIZED VISITORS WILL BE ALLOWED TO ENTER UNLESS THEY HAVE GONE THRU THE PROPER ENTRY PROTOCOLS.
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