



**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

Sailing

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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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 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,bikin g, runnin 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</p> <p>Intrazonal travel allowed, Interzonal travel allowed Public transportation allowed to operate at limited capacity Category IV (fitness, kids 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-contact sports, walking, jogging, running, biking,golf, swimming, tennis, badminton, equestrian and</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, kids establishments are allowed to operate at 50% capacity) Transportation is allowed to operate at the capacity dictated by DOTR; bikes and e- bikes encouraged Face to face classes may be</p>	<p>NO DETAILED GUIDELINES yet as of May 23, 2020</p> <p>Intrazonal travel allowed, Interzonal travel allowed</p>
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skateboarding are
allowed—limited

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			clubhouse basic operations	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 ACTIVITY SUGGESTIONS	-Dry land training within home or owned premises only (MONITORED BY COACHES THROUGH GROUP VIDEO CALL	-Same activities limited to an enclosed public street fronting the household or within zone	-Same activities limited to an enclosed public street fronting the household or within zone (IF PERMITTED)	-Facility based practices for individual class {Lazer and Optimist} may resume {* Depending on IATF Approval} -No person to person interaction - Health / no exposure declaration -Assignment of safety officer for health protocol enforcement -Must come to venue in Sailing gear -Train, play, get-out	-Facility based practices for all classes {*depending on IATF approval} - No person to person interaction -Training venue at 50% capacity - Health / no exposure declaration -Assignment of safety officer for health protocol enforcement -Must come to venue in Sailing gear -Train, play, get-out
GENERAL HYGIENE RECOMMENDATIONS	-Wearing of mask is optional within home - Observe personal hygiene protocols	-Wearing of mask mandatory if outside home -No person to person interaction - Observe personal hygiene protocols	Wearing of mask mandatory if outside home -No person to person interaction - Observe personal hygiene protocols	Wearing of mask mandatory if outside home -No person to person interaction - Observe personal hygiene protocols	Wearing of mask mandatory if outside home -No person to person interaction - Observe personal hygiene protocols

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FACILITY RECOMMENDATIONS				<p>Training venue at 50% capacity</p> <ul style="list-style-type: none"> -No locker room/ Shower room usage -Complete boat sanitation before and after play 	<p>Training venue at 50% capacity</p> <ul style="list-style-type: none"> -No locker room/ Shower room usage -Complete boat sanitation before and after play - Consider testing athletes/facility staff in preparation
					for actual resumption of organized sport.
SPECTATOR ADDITIONAL PERSONNEL	N/A	N/A	N/A	N/A	N/A