

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



**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

Skateboarding

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SPORT SPECIFIC FRAMEWORK

SPORT	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/ "NEW NORMAL"/ Olympic hopefuls guide

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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</p> <p><20 and 60 and above are to stay at home</p> <p>Limited mass transportation</p> <p>Sports travel is still nonessential</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>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</p>	

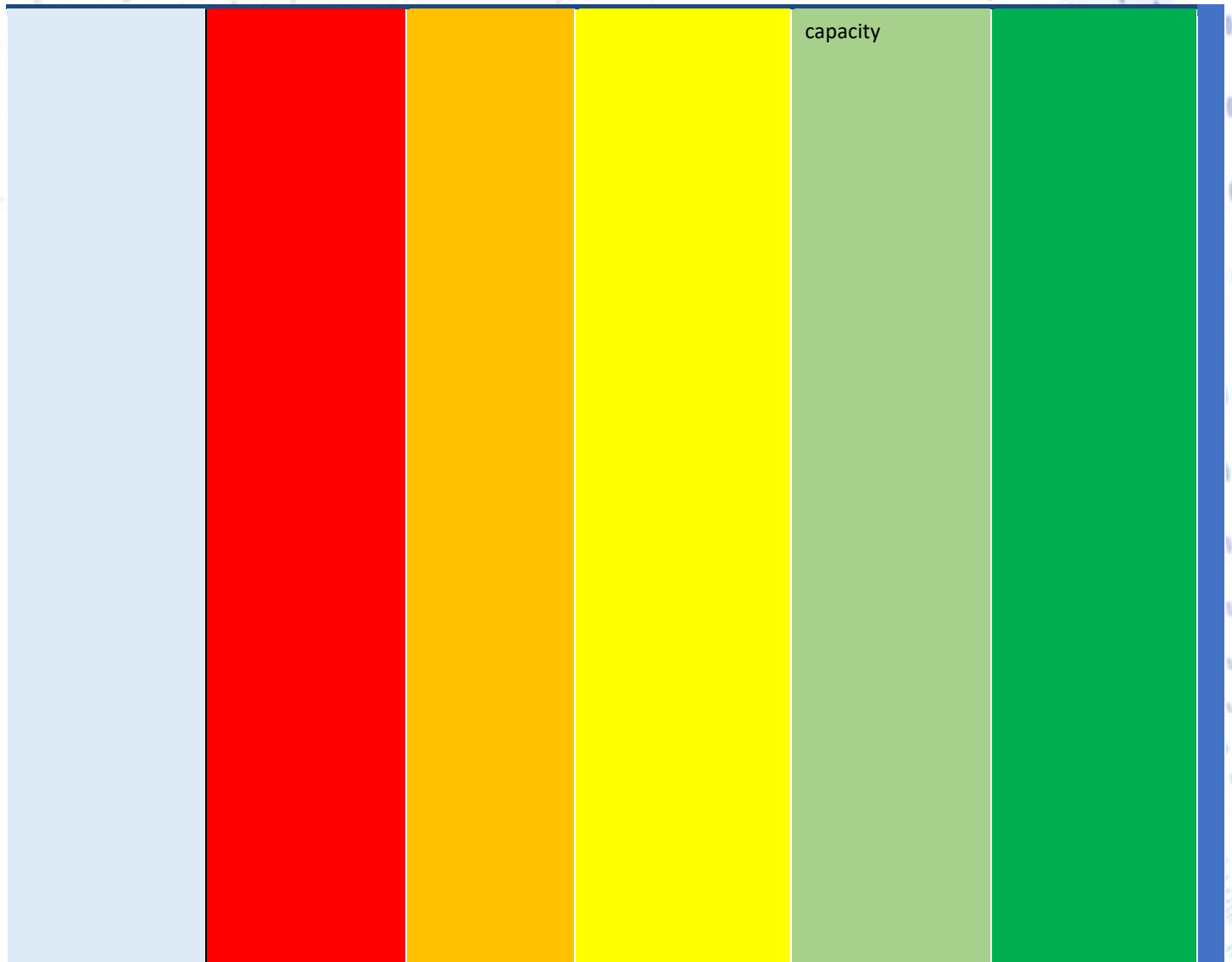
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		<p>Water parks are not allowed to operate</p> <p>Individual, Outdoor exercises are</p>	<p>Category IV (fitness, kids establishments are still not allowed to operate)</p> <p>School sports are still suspended</p> <p>Interzonal movement allowed</p> <p>No mass gathering</p> <p>Sporting events are prohibited</p>	<p>noncontact sports) are allowed but with 50% capacity of arena</p> <p>Category IV (fitness, kids establishments are allowed to operate at 50%)</p>	
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		<p>allowed within the zone-walks, jogs, biking, running</p> <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 noncontact sports, walking, jogging, running, biking, golf, swimming, tennis, badminton, equestrian and skateboarding are allowed—limited clubhouse basic operations</p>	<p>capacity)</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%</p>	
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SPORT ACTIVITY SUGGESTIONS	<p>Online coaching via digital platform</p> <p>Indoor board skills training</p>	<p>Online coaching via digital platform</p> <p>Indoor board skills training</p>	<p>Indoor and outdoor board skills training while practicing proper social distancing protocol</p> <p>Maximum of three (3) skaters at a time inside the field of play</p> <p>Use of own protective gear (training) – helmet, pads, gloves, shoes, etc</p>	<p>Indoor and outdoor board skills training while practicing proper social distancing protocol</p> <p>Use of own protective gear (training) – helmet, pads, gloves, shoes, etc</p> <p>In the event sport facilities are being allowed to open, outdoor training sessions in small groups (up to 5 skateboarders per</p>	<p>Indoor and outdoor board skills training while practicing proper social distancing protocol</p> <p>Use of own protective gear (training) – helmet, pads, gloves, shoes, etc</p> <p>In the event sport facilities are being allowed to open, indoor training will be up to 50% maximum capacity or depends on the pending guidelines</p>
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				<p>group) may resume, following physical distancing and hygiene regulations in and outside the field of play</p> <p>No major events, competitions</p>	<p>of IATF. Outdoor training sessions in small groups (up to 5 skateboarders per group) may resume, following physical distancing and hygiene regulations in and outside the field of play</p>
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<p>GENERAL HYGIENE RECOMMENDATIONS</p>	<p>Use of own equipment</p> <p>Mask use if recommended</p>	<p>Use of own equipment</p> <p>Mask use if recommended</p>	<p>Hand washing/Hand sanitizing is necessary before entering the venue</p> <p>Equipment must be disinfected before and after use</p> <p>No sharing of equipment – boards, towels, water bottles</p> <p>Athletes are advised to shower at home</p> <p>Facemask before and after training/while outside field of play</p> <p>No loitering in the field of play</p>	<p>Hand washing/Hand sanitizing is necessary before entering the venue</p> <p>Equipment must be disinfected before and after use</p> <p>No sharing of equipment – boards, towels, water bottles</p> <p>Athletes are advised to shower at home</p> <p>Facemask before and after training/while outside field of play</p>	<p>Use of face mask when no skateboarding</p> <p>Face shield is recommended</p> <p>Hand washing/Hand sanitizing is necessary before entering the venue</p> <p>Consider testing and vaccination for players/athletes/participants and facility staff</p> <p>Equipment used must be disinfected before and after use</p>
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			Wounds should have proper dressing and bandage before entering the facility	No loitering in the field of play Wounds should have proper dressing and bandage before entering the facility	No loitering in the field of play Health declaration form for athletes and coaches
FACILITY RECOMMENDATIONS	No sporting events, training camps, competitions No regular outdoor board	No sporting events, training camps, competitions No regular outdoor board	Alcohol/Hand sanitizers must be placed at the entrance of the facility and at the field of play	Alcohol/Hand sanitizers must be placed at the entrance of the facility and at the field of play	Hand washing station will be available Temperature check for anyone who enters the facility

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	training sessions	training sessions	<p>Regular disinfecting before and after use of the facility</p> <p>Disinfecting station for equipment used.</p> <p>Disinfecting mat for shoes used during training inside the field of play</p> <p>No sporting events, training camps, competitions</p> <p>No regular outdoor board training sessions</p> <p>No shower facilities</p>	<p>Regular disinfecting before and after use of the facility</p> <p>Disinfecting station for equipment used.</p> <p>Disinfecting mat for shoes used during training inside the field of play</p> <p>Use of facility (field of play) shall be by schedule</p> <p>No shower facilities</p> <p>Engineering and safety protocols</p>	<p>Regular disinfecting before and after use of the facility</p> <p>Field of play trainings may accommodate maximum of 10 athletes at a time</p> <p>Physical distancing and hygiene regulations to be enforced within the facility – inside and outside field of play</p> <p>Use of shower facilities is not encouraged</p>
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			<p>Use of facility (field of play) shall be by schedule</p> <p>Social distancing outside field of play</p> <p>Assignment of team safety protocol officer</p> <p>No major events, competitions</p> <p>Log book post for easy contact tracing</p> <p>A COVID safety officer must be</p>	<p>Assignment of team safety protocol officer</p> <p>All coaches, athletes, and associated chaperones participating in training sessions should be tested prior to the start of resumption of training. Those who have positive results are not allowed to resume participation in training.</p> <p>One safety protocol officer</p> <p>Social distancing outside field of play</p>	<p>Engineering and safety protocols</p> <p>Assignment of team safety protocol officer will be given a checklist of protocols for safety</p> <p>All coaches, athletes, and associated chaperones participating in training sessions should be tested prior to the start of resumption of training. Those who have positive results are not allowed to resume participation in training.</p> <p>A COVID safety officer must be assigned to make sure health measures are</p>
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				A COVID safety officer must be assigned to make sure health measures are implemented	<p>implemented</p> <p>Log book post for easy contact tracing</p> <p>Team Health Safety Officer will be made aware of the crucial communication needed with PSIMSAS team of doctors of an incident</p>
SPECTATOR ADDITIONAL PERSONNEL	N/A	N/A	<p>No spectators allowed</p> <p>No companion per athlete, if possible</p>	<p>No spectators allowed</p> <p>No companion per athlete, if possible</p>	<p>No spectators allowed</p> <p>No companion per athlete, if possible</p>