



**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

Swimming

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

SPORT SPECIFIC FRAMEWORK

COMMUNITY SCENARIO: HEALTH STATUS TRAVEL ENGINEERING	HIGH RISK (ECQ)	HIGH RISK (MECQ)	MODERATE RISK (GCQ)	MODERATE RISK (MGCQ)	LOW RISK/ "NEW NORMAL"/ Olympic Hopeful guidelines
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 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>Water parks are not allowed to operate</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>ok</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>Gyms, fitness facilities are closed</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 NONCONTACT 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>Category IV (fitness, kids establishments)</p>	<p>Intrazonal travel allowed, Interzonal travel allowed</p>

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		<p>Individual, Outdoor exercises are 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>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>are allowed to operate at 50% 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% capacity</p>	
SPORT SWIMMING General Recommendation	<p>Individual home workouts / dryland training done within household premise</p> <p>Use of own indoor / outdoor pool at home is allowed</p> <p>Individual setting online coaching sessions</p>	<p>Individual home workouts / dryland training done within household premise</p> <p>Use of own indoor/ outdoor pool at home is allowed</p> <p>Individual setting online coaching sessions</p>	<p>Individual home workouts / dry-land training</p> <p>Use of own indoor / own or clubhouse outdoor pool is allowed</p> <p>Use of outdoor clubhouse swimming pool must be scheduled beforehand to limit capacity</p> <p>Individual training with coach-athlete body contact in delivering skill corrections / instructions not permissible</p>	<p>Use of swimming pool must be scheduled beforehand to ensure 50% capacity is maintained</p> <p>Team training is allowed in small groups depending on the available capacity of the pool / clubhouse and maintain a distance of 1.5m. Coach-athlete body contact in delivering skill corrections / instructions not permissible</p>	<p>Maximum pool capacity observed; group training allowed but maintain a distance of 6 ft apart; avoid physical contact with other swimmers (subject to change). There should be at least ten minutes transition period between sessions to observe social distancing</p> <p>Use of own equipment only</p> <p>No common shower or changing areas,</p>

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		<p>Pool capacity to 2-3 persons per lane maximum capacity without physical contact; pool entry on one side, pool exit on the other side; swimmers can interact with each other with minimum distance of 6 ft apart; swimmers in adjacent lanes must be swimming in opposite directions. There should be at least ten minutes transition period between sessions to observe social distancing</p> <p>Use of own equipment only</p> <p>No common shower or changing areas, athletes must come to the pool with their suits on and ready to swim</p> <p>Coaches must wear face mask and face shield at all times during training; athletes must wear face mask before and after swimming</p> <p>A COVID safety liaison must be assigned to make sure health measures are implemented</p> <p>A health declaration form completed</p>	<p>Pool capacity to 4-6 persons per lane maximum capacity without physical contact; pool entry on one side, pool exit on the other side; swimmers can interact with each other with minimum distance of 6 ft apart; swimmers in adjacent lanes must be swimming in opposite directions. There should be at least ten minutes transition period between sessions to observe social distancing</p> <p>Use of own equipment only</p> <p>No common shower or changing areas, athletes must come to the pool with their suits on and ready to swim</p> <p>Coaches must wear face mask and face shield at all times during training; athletes must wear face mask before and after swimming</p> <p>A COVID safety liaison must be assigned to make sure health measures are implemented</p>	<p>athletes must come to the pool with their suits on and ready to swim (subject to change)</p> <p>Coaches must wear face mask at all times athletes must wear face mask before and after swimming</p> <p>Competitions will require IATF approval</p> <p>A COVID safety liaison must be assigned to make sure health measures are implemented</p> <p>A health declaration form completed with contact details must be filled up prior to training / competitions for possible contact tracing</p> <p>Consider testing and Vaccination for players / athletes / staff / participants</p> <p>Focus should be on a healthy environment, quality experience, progressive training, and safety</p>
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			with contact details must be filled up prior to training for possible contact tracing Focus should be on a healthy environment, quality experience, progressive training, and safety	A health declaration form completed with contact details must be filled up prior to training for possible contact tracing Focus should be on a healthy environment, quality experience, progressive training, and safety	
GENERAL HYGIENE RECOMMENDATIONS	<p>Proper hand washing before and after home exercise workouts</p> <p>Use of own equipment and location</p> <p>Equipment sanitation before and after</p> <p>Mask use is optional</p> <p>Disinfection protocol of footwear and clothing if outdoors for essential items</p> <p>No sharing of water bottles or towels</p>	<p>Mask use is recommended to and from outdoor training, not during training</p> <p>Proper hand washing before and after home exercise workouts</p> <p>Use of own equipment and location</p> <p>Equipment sanitation before and after</p> <p>Disinfection protocol of footwear and clothing if outdoors for essential items</p> <p>No sharing of water bottles or towels</p>	<p>'Get in, Get Out' – Arrive ready to train and shower at home</p> <p>Mask use is recommended to and from outdoor training, not during training</p> <p>Proper hand washing before and after home exercise workouts</p> <p>Social distancing required at training venue and during training (1.5m apart)</p> <p>Use of own equipment</p> <p>Equipment sanitation before and after</p> <p>Disinfection protocol of footwear and clothing if outdoors</p> <p>No sharing of water bottles or towels</p>	<p>'Get in, Get Out' – Arrive ready to train and shower at home</p> <p>Mask use is recommended to and from outdoor training, not during training</p> <p>Proper hand washing before and after home exercise workouts</p> <p>Social distancing required at training venue and during training (1.5m apart)</p> <p>Use of own equipment</p> <p>Equipment sanitation before, and after</p> <p>Disinfection protocol of footwear and clothing after training</p> <p>No sharing of water bottles or towels</p> <p>No sharing of</p>	<p>'Get in, Get Out' – Arrive ready to train and shower at home (subject to change)</p> <p>Proper hand washing before and after home exercise workouts</p> <p>Social distancing required at training venue and during training (1.5m apart) (subject to change)</p> <p>Use of own equipment</p> <p>Equipment sanitation before, and after</p> <p>Disinfection protocol of footwear and clothing after training</p> <p>No sharing of water bottles or towels</p> <p>Proper cough and</p>

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			<p>Proper cough and sneeze etiquette</p> <p>No eating at venue</p> <p>If you or anyone living with you are feeling sick, STAY at HOME</p> <p>Do not attend practice if you, or a member of your household does not feel well</p>	<p>water bottles or towels</p> <p>Proper cough and sneeze etiquette</p> <p>No eating at venue</p> <p>If you or anyone living with you are feeling sick, STAY at HOME</p> <p>Do not attend practice if you, or a member of your household does not feel well</p>	<p>sneeze etiquette as new normal</p> <p>If you or anyone living with you are feeling sick, STAY at HOME.</p> <p>Do not attend practice if you, or a member of your household does not feel well</p>
FACILITY RECOMMENDATIONS			<p>Protocols for disinfection are regularly and strictly enforced</p> <p>No locker room usage</p> <p>Engineering and safety protocols in place</p> <p>COVID-19 safety liaison to crosscheck venue health measures</p> <p>Proper implementation of hygiene and sanitation. A constant monitoring on the Chlorine level and water chem to at least 5 times a day</p> <p>Social distancing enforced within venues</p>	<p>Protocols for disinfection are regularly and strictly enforced</p> <p>No locker room usage</p> <p>Engineering and safety protocols in place</p> <p>COVID-19 safety liaison to crosscheck venue health measures</p> <p>Proper implementation of hygiene and sanitation. A constant monitoring on the Chlorine level and water chem to at least 5 times a day</p> <p>Social distancing enforced within venues</p>	<p>Protocols for disinfection are regularly and strictly enforced</p> <p>No locker room usage (subject to change)</p> <p>Engineering and safety protocols in place</p> <p>COVID-19 safety liaison to crosscheck venue health measures</p> <p>Proper implementation of hygiene and sanitation. A constant monitoring on the Chlorine level and water chem to at least 5 times a day</p> <p>Social distancing enforced within venues (subject to</p>

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			Avoid group gatherings	Avoid group gatherings	change)
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			<p>No water bottle, No entry (players advised to bring own water to training sessions)</p> <p>Temperature monitoring implemented</p> <p>Venue to have hand sanitation measures at entry and exit points with hygiene guidelines</p> <p>Sanitation areas for equipment (buckets, water, sanitizers, towels)</p> <p>Increase frequency of cleaning and disinfection of the common areas (locker rooms, pool office, etc), pool deck, windows, surface areas</p> <p>Maximize airflow. Open all electric fans and air passages (windows, doors, etc.) Eliminate use of low ventilated spaces and rooms that prevent social distancing, such as locker rooms and small dryland rooms</p> <p>Create visible markers on the floor to indicate appropriate spacing on the pool</p>	<p>No water bottle, No entry (players advised to bring own water to training sessions)</p> <p>Temperature monitoring implemented</p> <p>Venue to have hand sanitation measures at entry and exit points with hygiene guidelines</p> <p>Sanitation areas for equipment (buckets, water, sanitizers, towels)</p> <p>Increase frequency of cleaning and disinfection of the common areas (locker rooms, pool office, etc), pool deck, windows, surface areas</p> <p>Maximize airflow. Open all electric fans and air passages (windows, doors, etc.) Eliminate use of low ventilated spaces and rooms that prevent social distancing, such as locker rooms and small dryland rooms</p> <p>Create visible markers on the</p>	<p>No water bottle, No entry (players advised to bring own water to training sessions)</p> <p>Venue to have hand sanitation measures at entry and exit points with hygiene guidelines</p> <p>Sanitation areas for equipment (buckets, water, sanitizers, towels)</p> <p>Increase frequency of cleaning and disinfection of the common areas (locker rooms, pool office, etc), pool deck, windows, surface areas</p> <p>Maximize airflow. Open all electric fans and air passages (windows, doors, etc.) Eliminate use of low ventilated spaces and rooms that prevent social distancing, such as locker rooms and small dryland rooms.</p> <p>Create visible markers on the floor to indicate appropriate spacing on the pool deck, entrances, etc</p> <p>Enforce the</p>
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			deck, entrances, etc Enforce the implementations of the safety guidelines and hygiene rules of the facility at all times	floor to indicate appropriate spacing on the pool deck, entrances, etc Enforce the implementations of the safety guidelines and hygiene rules of the facility at all times	implementations of the safety guidelines and hygiene rules of the facility at all times
SPECTATOR ADDITIONAL PERSONNEL	-n/a	-n/a	Outdoor recreational areas open with social distancing, no spectators Dropping off and pick up patterns	Max of 1 companion per minor if necessary Only essential personnel to be at training venue (Players, coaching and management staff) Dropping off and pick up patterns	Max of 1 companion per minor if necessary (subject to change) Only essential personnel to be at training venue (Players, coaching and management staff) (subject to change) Spectators will be allowed if and when approved by IATF with social distancing measures Dropping off and pick up patterns