

**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

**Table  
Tennis**

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

## SPORT SPECIFIC FRAMEWORK

SPORT:	A	B	C	D	E
TABLE TENNIS					
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

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IATF RESTRICTIONS**	Everyone is advised to "Stay-at-Home"	APOR allowed to travel	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 are to stay at home	<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	Limited mass transportation	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	
	No mass gathering	Sports travel is still non-essential			
	Gyms, fitness facilities are closed	No interzone travel – may travel to ECQ	Public transportation allowed to operate at limited capacity	Sporting events of the above category (indoor and outdoor noncontact sports) are allowed but with 50% capacity of arena	
		Intrazonal movement allowed	Category IV (fitness, kids establishments are still not allowed to operate)	Category IV (fitness, kids establishments	

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		No mass gathering	School sports are still suspended	are allowed to operate at 50% capacity)	
		Sporting events are prohibited Gyms, fitness facilities are closed	Interzonal movement		
		Water parks are not allowed to operate			
		Individual,			

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		<p>Outdoor exercises are allowed within the zone- walks, jogs, biking, running</p>	<p>allowed No mass gathering</p>	<p>Transportation is allowed to operate at the capacity dictated by DOTR; bikes and e- bikes encouraged</p>	
		<p>Rehab clinics are on skeletal workforce</p>	<p>Sporting events are prohibited</p>	<p>Face to face classes may be conducted but no gatherings.</p>	
		<p>No face to face school classes</p>	<p>Gyms, fitness facilities are closed</p>	<p>Gathering of up to 10 socially distanced persons are allowed</p>	
			<p>No face to face classes; school sporting events are not allowed</p>	<p>Gyms, indoor fitness facilities are allowed to operate at maximum 50% capacity</p>	
			<p>Outdoor noncontact sports, walking, jogging, running, biking, golf, swimming, tennis, badminton, equestrian and skateboarding</p>		

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are allowed—  
limited  
clubhouse basic  
operations

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<p>TABLE TENNIS ACTIVITY RECOMMENDATIONS</p>	<p>Training inside own premises such as</p> <p>Running/Aerobic/Agility training (solo), Resistance training (solo), skills training (solo)</p>	<p>Training inside own premises such as</p> <p>Running/Aerobic/Agility training (solo), Resistance training (solo), skills training (solo)</p> <p>Use of own equipment such as treadmill, stationary bike and own table tennis is allowed</p>	<p>Training outside the house (solo jogging, solo running, etc.)</p> <p>Use of own equipment such as treadmill, stationary bike and own table tennis is allowed</p>	<p><u>*FOR RECOMMENDATION PENDING APPROVAL OF IATF AS AN MGCQ ACTIVITY</u></p> <p>Individual training at clubhouse and fitness gyms/centers</p> <p>Limited number of person per training (maximum of 10 persons)</p> <p>Singles Rally and Matches are allowed</p>	<p><u>*FOR RECOMMENDATION PENDING APPROVAL OF IATF</u></p> <p>Individual training at clubhouse and fitness gyms/centers</p> <p>Limited number of person per training (maximum of 10 persons)</p> <p>Doubles Rally and Matches may be allowed, if</p>
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						approved by IATF
				Local tournaments/competition (Singles Division) may be allowed, if approved by IATF		Local tournaments/competitions (Singles and Doubles Division) may be allowed, if approved by IATF



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<p>GENERAL HYGIENE RECOMMEN- DATIONS</p>	<p>Hand washing</p>	<p>Hand washing</p>	<p>Hand washing</p>	<p>Hand washing before and after training</p> <p>Health Declaration Form in the past 14 days and COVID-19 Exposure Form.</p> <p>Athletes/Coaches with symptoms will be advised to stay at home.</p> <p>Wearing of face mask/face shield outside training period is required</p> <p>Ensure social distancing of at least 2 meters</p> <p>No equipment sharing (racket, ball,</p>	<p>Hand washing before and after training</p> <p>Health Declaration Form in the past 14 days and COVID-19 Exposure Form.</p> <p>Athletes/Coaches with symptoms will be advised to stay at home.</p> <p>Wearing of face mask/face shield outside training period is required</p> <p>Ensure social distancing of at least 2 meters</p>
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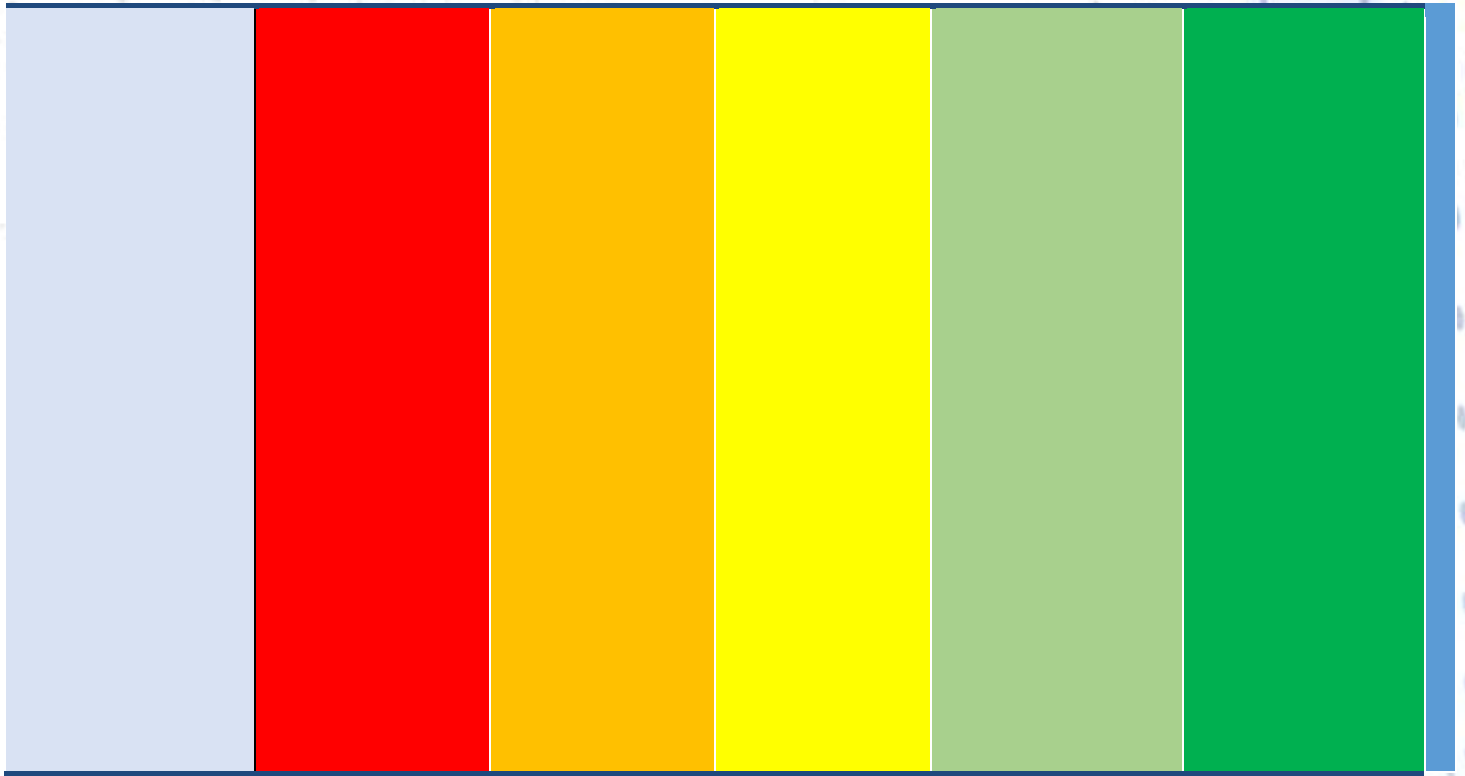
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				<p>etc.)</p> <p>Balls should only be touched by one person at the same table. Balls should be clearly marked so that each player only serves with their ball (<i>ITTF Covid 19 Recommendation</i>)</p> <p>No switching of table sides</p> <p>No touching or</p>	<p>No equipment sharing (racket, ball, etc.)</p> <p>Balls should only be touched by one person at the same table. Balls should be clearly marked so that each player only serves with their ball (<i>ITTF Covid 19 Recommendation</i>)</p> <p>No switching of table sides</p> <p>No touching or</p>
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				<p>cleaning of table with hands during practice</p> <p>Players must arrive at the venue in proper training attire/full gear</p> <p>Players must handle their own towels and personal belongings exclusively</p> <p>No physical contact between athletes and coaches (High Fives, Shaking of hands)</p>	<p>cleaning of table with hands during practice</p> <p>Players must arrive at the venue in proper training attire/full gear</p> <p>Players must handle their own towels and personal belongings exclusively</p> <p>No physical contact between athletes and coaches (High Fives, Shaking of hands)</p>
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<p>FACILITY RECOMMENDATIONS</p>	<p>N/A</p>	<p>N/A</p>	<p>USE OF INDOOR FACILITIES IS NOT ALLOWED <i>IATF Resolution no. 38</i></p>	<p>Health and Safety control officers will be assigned</p> <p>Body temperatures will be taken by the Health and Safety officer upon entry</p> <p>Regular cleaning and disinfection of clubhouse and fitness gym before and after use</p> <p>Regular cleaning and disinfection of equipment before and after use</p> <p>Provide hand washing or sanitizing stations</p>	<p>Health and Safety control officers will be assigned</p> <p>Body temperatures will be taken by the Health and Safety officer upon entry</p> <p>Regular cleaning and disinfection of clubhouse and fitness gym before and after use</p> <p>Regular cleaning and disinfection of equipment before and after use</p> <p>Provide hand washing or sanitizing stations</p>
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				<p>Participants shall be limited to fifty percent (50%) of the venue</p> <p>Properly ventilated fitness gyms, clubhouses and other indoor venue</p>	<p>Participants shall be limited to fifty percent (50%) of the venue</p> <p>Properly ventilated fitness gyms, clubhouses and other indoor venue</p>
				<p>Use of communal areas such as Changing Rooms and Locker Rooms are not allowed</p>	<p>Use of communal areas such as Changing Rooms and Locker Rooms are not allowed</p>

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SPECTATOR AND ADDITIONAL PERSONNEL	N/A	N/A	Only one accompanying person allowed if athlete is a child or under aged.	No spectators allowed  Maximum one (1) companion as necessary	No spectators allowed  Maximum one (1) companion as necessary