

PHILIPPINE TAEKWONDO TEAM
PROPOSAL OF TAEKWONDO ATHLETES FOR OLYMPIC QUALIFYING RETURN TO
TRAINING PROTOCOLS

I. Coaches and Athletes for the 2020 Olympic Qualifying Team

A. COACHES

- Carlos Padilla and/or Dindo Simpao
- Christian Al Dela Cruz and/or Paul Romero and/or Devy Singson
- Luis De Mesa (Strength & Conditioning)
- Jeaneth Aro (Nutritionist)

B. ATHLETES

- Pauline Louise Lopez (Female Under 57 Kg)
- Kirstie Elaine Alora (Female Over 67 Kg)
- Kurt Bryan Barbosa (Male Under 58 Kg)
- Arven Alcantara (Male Under 68 Kg)
- Unnamed Training Partner
- Unnamed Training Partner

II. Determining Baseline Health and Covid-19 Exposure Status of Returning Athletes and Coaches

- A. SWAB TESTING – Returning athletes and coaches for the Olympic Qualifiers shall undergo a mandatory RT-PCR Swab Test before being given a green light to proceed to the training camp.
- B. TESTING FREQUENCY – Athletes and Coaches shall undergo mandatory swab testing twice every month.
1. In the event of sickness of a team member showing symptoms consistent with COVID-19, said individual should immediately be isolated, checked up by a physician and undergo swab test as recommended by the doctor.
- C. TESTING CENTER – The COVID-19 RT-PCR Swab Test shall be conducted by the Singapore Medical Laboratories Inc. located in Legaspi Village in Makati City who has offered to provide the test to our athletes and coaches on-site and for a discounted fee of P4,000 per person.

III. Personal Hygiene and Safety Measures^[SEP]

- A. FACE MASKS – Masks should be worn at all times before and after training sessions.
- B. FACE SHIELDS – Face shields are encouraged outside the living and training areas.
- C. HAND WASHING – Frequent and regular hand washing shall be practiced.
- D. PHYSICAL DISTANCING – Social distancing should be strictly observed outside the living and training areas.
- E. SANITIZING MATERIALS – Disinfectants such as alcohol, hand soap, sanitizers and the likes shall be made available both in the living and training areas of the athletes and coaches.
- F. WATER BOTTLES – All hydration materials shall be personal, sharing of water bottles should be strictly discouraged.

IV. Facility and Equipment Disinfection Measures^[SEP]

- A. FACILITY – The facility shall be for the exclusive use of the Olympic-Qualifying bound team members. No outsider shall be allowed to use or be present at the training area.
- B. EQUIPMENT – All training equipment such as kick pads, body armors, head gears, kick shields, and the likes shall be sanitized on a daily basis.

V. Designation of a Sport/Team Health and Safety Officer

- A. SAFETY OFFICERS – Coaches Carlos Padilla and Christian Al Dela Cruz shall be designated as the Team Health and Safety Officers.

VI. Protocol for Confirmed Covid-positive status of Athletes, Coaches and Support Staff

- A. CONFIRMED COVID-19 POSITIVE – The Team shall follow nationally established protocols in handling COVID-19 positive cases amongst Team members.

VII. Training Venue (3 Options)

- A. (Option 1) Burgundy West Bay Tower Multi Purpose Room at Pablo Ocampo St. Vito Cruz, Manila
- Arven Alcantara and Kirstie Elaine Alora are currently staying in this condominium. The condominium admin allowed them to use a Multi-Purpose Room exclusively for their training after residents complained of noise coming from their respective units while they were training individually.
 - Coaches Carlos Padilla, Christian Al Dela Cruz and Luis De Mesa, as well as athletes Pauline Lopez (Subic and QC) and Kurt Bryan Barbosa (Abra) should have to move in and get units for themselves to be able to train as a group.
- B. (Option 2) Taekwondo Central Gymnasium at RMSC
- The venue is not so ideal at the moment. The RMSC is currently being utilized by the national government for various purposes such as holding place for locally stranded individuals, quarantine venue and the likes. The venue is not an optimal place at the moment.
 - Should this option be used, coaches and athletes should get an apartment or a condominium unit to house them as a group so that outside exposure and contamination be minimized.
- C. (Option 3) Out of Town Site / Resort / Training Camp
- The most ideal option which will truly isolate our team. This however will entail more cost.

VIII. Budget (3 Months) for Option 1

- A. Accommodation
- 2 Units X P40,000 per unit x 3 months = P240,000
- B. Training Facility Rental
- Free as of now
- C. Transportation Expense
- None

D. Food

- 8 Persons X P500 per day X 90 days = P360,000

E. COVID-19 RT-PCR Swab Test

- 8 Persons X P4,000 X 6 (2X per month for 3 months) = P192,000

F. Disinfecting Materials & Protective Equipment

(Alcohol, Lysol, Masks, Face Shields, Hand Soap, Cleaning Materials , Laundry, etc.)

- P1,000 per head X 8 persons X 3 months = 24,000

G. Training Equipment

- P30,000 for training materials and equipment

TOTAL 846,000

PREPARED BY:

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APPROVED BY:



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