



**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

Taekwondo

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SPORT SPECIFIC FRAMEWORK

SPORT:	A	B	C	D	E
TAEKWONDO					
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" /Olympic Hopefuls Preparation
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</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>Water parks are not allowed to operate</p> <p>Individual, Outdoor</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>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>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 non-contact sports) are allowed but with 50% capacity of arena</p>	<p>Intrazonal travel allowed, Interzonal travel allowed</p>

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		<p>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>Gyms, fitness facilities are closed</p> <p>No face to face classes; school sporting events are not allowed</p> <p>Outdoor non-contact sports, walking, jogging, running, biking, golf, swimming, tennis, badminton, equestrian and skateboarding are allowed—limited clubhouse basic operations</p>	<p>Category IV (fitness, kids establishments 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 ACTIVITY RECOMMENDATIONS	<p>Movement is limited within own residence</p> <p>Online classes and competitions</p>	<p>Players aged 20 to 59 are now allowed to go OUTDOORS within their own zone to do non-contact training modalities like jogging, biking, and noncontact taekwondo training like forms and shadow taekwondo</p>	<p>*FOR RECOMMENDATION, PENDING APPROVAL OF IATF</p> <p>Use of kicking pad is still not allowed</p> <p>Players below 20 and above 60 are now allowed to train noncontact drills outdoors but should leave immediately once training is done</p>	<p>*FOR RECOMMENDATION, PENDING APPROVAL OF IATF</p> <p>Players can now use training facilities within and outside their zone at 50% capacity</p> <p>Use of kick pads are now allowed</p> <p>Strictly no sparring</p>	<p>Full sparring may be considered once approved by the IATF</p>

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		Players aged below 20 and above 60 are still limited to exercising within their own residence	Poomsae athletes only allowed to practice individually Facilities remain closed	Poomsae athletes now allowed to practice group routines but observing physical distancing of at least 2 meters	
GENERAL, HYGIENE RECOMMENDATIONS	Mask use is optional Sanitize equipment after use	Mask use is a must when going outdoors for exercise Mask use is optional during the actual exercise Bring own equipment and sanitation materials Wash hands upon arrival at residence	Health declaration for the past 14 days Always observe a distance of at least 2 meters between individuals No sharing of equipment Have towel and sanitation materials accessible in training area Avoid wiping sweat on face	Health declaration for the past 14 days No locker room use Bring own drinking bottles and water	Mask and face shield use outside training premises Observe physical distancing outside training areas and premises No sharing of equipment and personal belongings like water bottles and hygiene materials Equipment sanitized on a daily basis Daily health monitoring form to be accomplished online via QR Code system for monitoring of health status and exposure CONSIDER TESTING PLAYERS / ATHLETES OR PARTICIPANTS IN PREPARATION FOR "ACTUAL" RESUMPTION OF ORGANIZED SPORT

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FACILITY RECOMMENDATIONS	N/A	N/A	N/A	<p>Ensure proper ventilation</p> <p>Appointment basis for the use of facility</p> <p>Place barriers around areas where people are not allowed to stay</p> <p>Organize chairs and benches where people can rest while maintaining physical distancing.</p> <p>Place alcohol or hand sanitizers in designated areas around the facility</p> <p>Facility manager is allowed to reject players who come outside their schedule</p> <p>Facility protocols for disinfection are enforced</p> <p>Assign a team safety protocol officer</p>	<p>CONSIDER TESTING FACILITY STAFF</p> <p>Daily health monitoring form to be accomplished online via QR Code system for monitoring of health status and exposure</p> <p>Facility to be used only by accredited athletes, coaches and staff</p> <p>Assign team health and safety protocol officers</p> <p>Use only designated training venues</p>
SPECTATOR ADDITIONAL PERSONNEL	N/A	N/A	N/A	<p>One companion is allowed for minors provided companion is cleared from the virus and is properly protected and distanced</p>	<p>No other spectators allowed to watch players while playing</p>

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