



**PHILIPPINE
SPORTS
INSTITUTE**

MEDICAL AND SCIENTIFIC ATHLETE SERVICES

WEIGHTLIFTING

FRAMEWORK

TOOL FOR

REINTRODUCING

SPORT IN A

COVID-19

ENVIRONMENT

PER SPORT

GUIDELINE

#PSCKeepsActiveonECQ
#ProductiveTimeoutwithPSC
#parasainangbayan
#IAmSportsPositive

Weightlifting

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

SPORT SPECIFIC FRAMEWORK

SPORT:	A	B	C	D	E
WEIGHTLIFTING					
COMMUNITY SCENARIO: HEALTH STATUS TRAVEL ENGINEERING	<p>HIGH RISK</p> <p>(ECQ)</p>	<p>HIGH RISK</p> <p>(MECQ)</p>	<p>MODERATE RISK</p> <p>(GCQ)</p>	<p>MODERATE RISK</p> <p>(mGCQ)</p>	<p>LOW RISK/ "NEW NORMAL"/ Olympic Hopeful guidelines</p>

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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 NONCONTACT sports (golf/tennis/ table tennis/ swimming) are allowed – NO SHARING of equipment	
	No mass gathering	Sports travel is still non-essential	Public transportation allowed to operate at limited capacity		
	Gyms, fitness facilities are closed	No interzone travel – may travel to ECQ	Intrazonal movement allowed	Category IV (fitness, kids establishments are still not allowed to operate)	Sporting events of the above category (indoor and outdoor noncontact sports) are allowed but with 50% capacity of arena

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		No mass gathering	School sports are still suspended		
		Sporting events are prohibited Gyms, fitness facilities are closed	Interzonal	Category IV (fitness, kids)	
		Water parks are not allowed to operate			

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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>movement allowed No mass gathering</p> <p>Sporting events are prohibited</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</p>	<p>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>	
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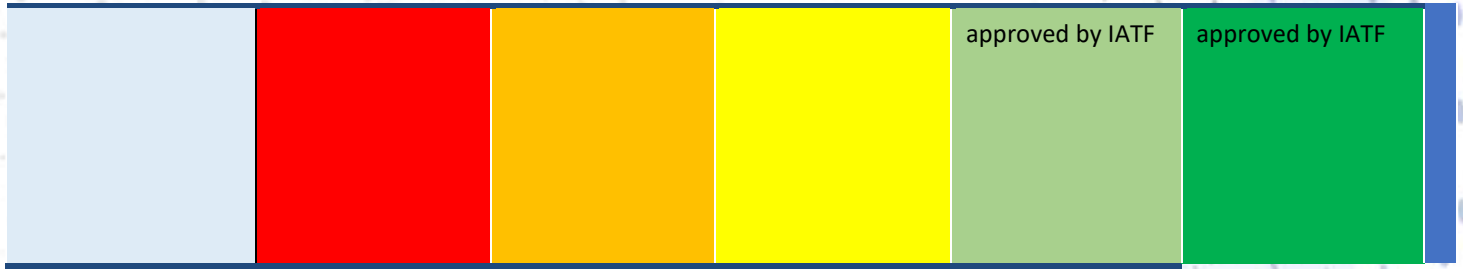
FRAMEWORK TOOL FOR REINTRODUCING SPORT IN A COVID-19 ENVIRONMENT - PER SPORT GUIDELINE

clubhouse basic
operations

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

<p>WEIGHTLIFTING ACTIVITY RECOMMENDATIONS</p>	<p>Training inside own premises such as</p> <p>Olympic lifts (Snatch, Clean & Jerk), Strength training (solo)</p>	<p>Training inside own premises such as</p> <p>Olympic lifts (Snatch, Clean & Jerk), Strength training (solo)</p>	<p>Training outside the house Olympic lifts (Snatch, Clean & Jerk), Strength training (solo)</p>	<p><u>*FOR RECOMMENDATION PENDING APPROVAL OF IATF AS AN MGCO 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>Local and Online tournaments/competition may be allowed, if</p>	<p><u>*FOR RECOMMENDATION PENDING APPROVAL OF IATF</u></p> <p>Free environment (Open Circuit) training at clubhouse and fitness gyms/centers</p> <p>Limited number of person per training (maximum of 10 persons)</p> <p>Local and Online tournaments/competitions may be allowed, if</p>
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<p>WEIGHTLIFTING GENERAL HYGIENE RECOMMENDATIONS</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 COVID19 Exposure Form</p> <p>Maintain Individual Health Monitoring Chart for contact tracing</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>Hand washing before and after training</p> <p>Health Declaration Form in the past 14 days and COVID-19 Exposure Form</p> <p>Maintain Individual Health Monitoring Chart for contact tracing</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>
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				<p>Ensure social distancing of at least 2 meters</p> <p>No sharing of equipment (barbell, plates, etc.)</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</p>	<p>Ensure social distancing of at least 2 meters</p> <p>No sharing of equipment (barbell, plates, etc.)</p> <p>Players must arrive at the venue in proper training attire/full gear</p> <p>Players must handle their own towels and</p>
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				athletes and coaches (High	personal belongings exclusively
					No physical contact between athletes and

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				Fives, Shaking of hands, etc.)	coaches (High Fives, Shaking of hands, etc.)	
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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 temperature will be taken by Health and Safety Officer upon entry</p> <p>Regular cleaning and disinfection of clubhouse and fitness gym</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 temperature will be taken by Health and Safety Officer upon entry</p> <p>Regular cleaning and disinfection of clubhouse and fitness gym</p> <p>Regular cleaning and disinfection of equipment before and after use</p> <p>Provide hand washing or sanitizing stations</p> <p>Participants shall be limited to fifty percent (50%) of</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>Use of communal areas such as Changing Rooms and Locker Rooms are not allowed</p>	<p>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>
SPECTATOR AND ADDITIONAL PERSONNEL	N/A	N/A	Only one accompanying person allowed if athlete under aged.	No spectators allowed	No spectators allowed

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				Maximum one (1) companion as necessary	Maximum one (1) companion as necessary
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