



**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

Wrestling

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GUIDELINES FOR WRESTLING

SPORT SPECIFIC FRAMEWORK					
WRESTLING	A	B	C	D	E
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”
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>Individual, Outdoor exercises are allowed within the zone- walks,jogs,biking, running</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 No mass gathering</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 NON-CONTACT 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>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>	IATF RESTRICTIONS**

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		<p>Rehab clinics are on skeletal workforce</p> <p>No face to face school classes</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 clubhouse basic operations</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 RECOMMENDATIONS	<p>Mat training inside of the residence is allowed.</p> <p>Individual Home Program/Online Coaching:</p> <ul style="list-style-type: none"> Individual Sportsspecific Drills Strength training, utilizing available home equipment. Conditioning drills at home 	<p>Mat training inside of the residence is allowed.</p> <p>Individual Home Program/Online Coaching:</p> <ul style="list-style-type: none"> Individual Sports-specific Drills Strength training, utilizing available home equipment. Conditioning drills may be done outside but only within the area of 	<p><u>*FOR RECOMMENDATION PENDING APPROVAL OF IATF AS A GCQ ACTIVITY</u></p> <p>Mat training inside of the residence is allowed.</p> <p>Individual Home Program/Online Coaching:</p> <ul style="list-style-type: none"> Individual Sports-specific Drills Strength training, utilizing available home 	<p><u>*FOR RECOMMENDATION PENDING APPROVAL OF IATF AS AN MGCO ACTIVITY</u></p> <p>Mat training at nearby facilities is allowed at 50% of maximum capacity of the facility.</p> <p>Individual Training Sessions are allowed:</p> <ul style="list-style-type: none"> STRICTLY NO PERSON-PERSON CONTACT during training, which includes partner drills. Face-to-face Coaching, 1:6 Coach 	<p>IF ALLOWED:</p> <p>Partner drills (e.g. throwing, grappling) and Sparring may be conducted.</p> <p>Competitions are allowed when COVID-19 vaccines are available.</p>

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		residence.	equipment. <ul style="list-style-type: none"> Conditioning drills may be done outside but only within the area of residence. 	<ul style="list-style-type: none"> Individual Sportsspecific Drills. Personal weighted dummies may be utilized. Strength training, utilizing available personal equipment. Conditioning drills may be done outside of residence. <p>Maximum of 90 mins. of training inside the facility for each session. Including warm-ups and cooldowns.</p>	<p>FOR OLYMPIC HOPEFULS SUGGESTIONS:</p> <ul style="list-style-type: none"> -Specify Number of training partners and coaches included in the Russian Training Camp. -Specify Duration of Training Bubble/Camp -Specify Training Protocols of Bubble.
GENERAL HYGIENE RECOMMENDATIONS	<p>Sanitize Equipment, before and after use.</p> <p>Frequent hand washing is a must.</p> <p>Mandatory use of face masks.</p>	<p>Sanitize Equipment, before and after use.</p> <p>Practice social distancing when doing conditioning drills outside of your residence.</p> <p>Frequent hand washing is a must.</p> <p>Mandatory use of face masks.</p>	<p>Sanitize Equipment, before and after use.</p> <p>Practice social distancing when doing conditioning drills outside of your residence.</p> <p>Frequent hand washing is a must.</p> <p>Mandatory use of face masks.</p>	<p>Health declaration for the past 14 days.</p> <p>Sanitize Equipment including mats, before and after use.</p> <p>Practice social distancing when training outside of your residence.</p> <p>Frequent hand washing is a must. Strictly no sharing of equipment.</p>	<p>Health declaration for the past 14 days.</p> <p>Sanitize Equipment, including mats, before and after use.</p> <p>Practice social distancing when training outside of your residence.</p> <p>Frequent hand washing is a must.</p> <p>Strictly no sharing of equipment.</p>

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					<p>FOR OLYMPIC HOPEFULS SUGGESTIONS:</p> <ul style="list-style-type: none"> -Health protocols during overseas training. -Online baseline health declaration form should be sent to all athletes via our QR code system for documentation of current health status and subsequent symptom and exposure monitoring
<p>FACILITY RECOMMENDATIONS</p>				<p>Facility must operate at only 50% of maximum capacity.</p> <p>Consider COVID-19 testing of Facility staff.</p> <p>Temperature check upon entry of the facility.</p> <p>Assign health safety officer for the facility.</p> <p>No personal towel, no training policy.</p> <p>Implement training schedules, 1 athlete per 3 sqm of mats.</p> <p>Locker Room may only be used for changing of clothes. Strictly 5 persons at a time.</p> <p>Allow additional time after each training session for sanitizing of mats.</p> <p>Provide adequate ventilation for the facility. Open windows.</p> <p>Regular cleaning and</p>	<p>Facility must operate at only 50% of maximum capacity.</p> <p>Consider COVID-19 testing and Vaccination (if available) of Facility staff.</p> <p>Assign health safety officer for the facility.</p> <p>No personal towel, no training policy.</p> <p>Allow additional time after each training session for sanitizing of mats.</p> <p>Provide adequate ventilation for the facility. Open windows.</p> <p>Regular cleaning and disinfecting of frequently</p>

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						touched items at the training
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				<p>disinfecting of frequently touched items at the training facility (door handles, table, light switches, toilets, faucets, sink, electric fans, gym equipment, etc.)</p>	<p>facility (door handles, table, light switches, toilets, faucets, sink, electric fans, gym equipment, etc.)</p> <p>IF ALLOWED:</p> <p>Individual shower cubicles may be allowed for use.</p> <p>FOR OLYMPIC HOPEFULS SUGGESTIONS:</p> <ul style="list-style-type: none"> -Specify location of Training Bubble (Gym) -Specify Billeting Arrangements
SPECTATOR ADDITIONAL PERSONNEL	No spectators allowed.	No spectators allowed.	No spectators allowed.	No spectators allowed. Only 1 Parent/Guardian is allowed (if necessary). Parents/Guardians are not allowed to enter the training floor.	<p>No spectators allowed. Only 1 Parent/Guardian is allowed (if necessary). Parents/Guardians are not allowed to enter the training floor.</p> <p>FOR OLYMPIC HOPEFULS SUGGESTIONS:</p> <ul style="list-style-type: none"> - Specify number of personnel/staff included in the bubble.