



MEDICAL AND SCIENTIFIC ATHLETES SERVICES

FRAMEWORK TOOL FOR REINTRODUCING SPORT IN A COVID-19 ENVIRONMENT

PER SPORT GUIDELINE

#PSCKeepsActiveonECQ
#ProductiveTimeoutwithPSC
#parasainangbayan
#IAmSportsPositive

Basketball

**FRAMEWORK TOOL FOR REINTRODUCING SPORT
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SPORT SPECIFIC FRAMEWORK

SPORT:	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” /Olympic Hopefuls Preparation

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IATF RESTRICTIONS**	Everyone is advised to "Stay -at-Home"	APOR allowed to travel <20 and 60 and above are to stay at home Limited mass transportation Sports travel is still nonessential	Movement for leisure purposes are not allowed; essential travel only	All persons allowed to move outside of residence	Intrazonal travel allowed, Interzonal travel allowed
	No mass transportation	No interzone travel – may travel to ECQ Intrazonal movement allowed No mass gathering	<20 and 60 and above may be allowed to go outdoors only for exercise.	Intrazonal travel allowed, Interzonal travel allowed	
	No interzone travel	Sporting events are prohibited Gyms, fitness facilities are closed	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	Water parks are not allowed to operate	Public transportation allowed to operate at limited capacity		
	Gyms, fitness facilities are closed		Category IV (fitness, kids establishments are still not allowed to operate) School sports are still suspended	Sporting events of the above category (indoor and outdoor noncontact sports) are allowed but with 50% capacity of arena	

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		Individual, Outdoor exercises are allowed within the zone-wlaks,jogs,biking, running	Interzonal movement allowed No mass gathering Sporting events are prohibited	Category IV (fitness, kids establishments are allowed to operate at 50% capacity)	
		Rehab clinics are on skeletal workforce	Gyms, fitness facilities are closed	Transportation is allowed to operate at the capacity dictated by DOTR; bikes and e- bikes encouraged	
		No face to face school classes	No face to face classes; school sporting events are not allowed	Face to face classes may be conducted but no gatherings.	
			Outdoor noncontact sports, walking, jogging, running, biking, golf,	Gathering of up to 10 socially distanced persons are allowed	

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			swimming, tennis, badminton, equestrian and skateboarding are allowed—limited clubhouse basic operations	Gyms, indoor fitness facilities are allowed to operate at maximum 50% capacity	
BASKETBALL ACTIVITY RECOMMENDA- TIONS	Movement is limited within own residence	Players aged 20 to 59 are now allowed to go outdoors within their own zone to do noncontact training modalities like jogging, biking, and dribbling	*FOR <u>RECOMMENDATION PENDING APPROVAL OF IATF AS A GCQ ACTIVITY</u>	FOR <u>RECOMMENDATION PENDING APPROVAL OF IATF AS A MGCG ACTIVITY</u>	*FOR <u>RECOMMENDATION PENDING APPROVAL OF IATF</u>

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			now go outdoors to exercise.	courts within and outside their zone at 50% capacity	Sessions (court and weights) are
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		basketball courts	only 2 people occupying one court at a time if approved by IATF	Drills involving more than 1 individual passing and shooting can now be done Basketballs can now be shared	limited to 1 hour and 30 minutes
		Players aged below 20 and above 60 are still limited to exercising within their own residence No sharing of basketball with other individuals	No sharing of basketball No drills involving more than 1 person	Strictly no scrimmages (offense and defense) in any form whether 1x1, 2x2, 3x3, 4x4 or 5x5	Only 1 coach and 5 players allowed per goal in the court

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			Leave when training and playing is done		
BASKETBALL GENERAL, HYGIENE RECOMMENDA- TIONS	<p>Mask use is optional</p> <p>Sanitize equipment after use</p> <p>Bring own equipment and sanitation materials</p>	<p>Mask use is a must when going outdoors for exercise</p> <p>Mask use is optional during the actual exercise</p> <p>No sharing of basketballs when shooting and dribbling</p>	<p>Health declaration for the past 14 days</p> <p>Always observe a distance of at least 2 meters between individuals</p>	<p>Health declaration for the past 14 days</p> <p>No locker room use</p> <p>Bring own drinking bottles and water</p> <p>Health declaration form from players and coaches</p>	<p>Online Health Declaration Form via QR Code system for subsequent monitoring of health and exposure</p> <p>Consider testing players / athletes or participants in preparation for “actual” resumption of organized sport</p> <p>May not repeat RTPCR Testing depending on</p>

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				Observe physical distancing outside training premises
				Avoid public transportation
				Use of private transportation is encouraged. Carpooling is allowed with observance of physical distancing and limited to 4 people including driver or 50% capacity for vans and buses
				No sharing of personal equipment like water bottles

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					Sanitize equipment before and after use
BASKETBALL FACILITY RECOMMENDA- TIONS	N/A	N/A	N/A	Facility observes scheduling of players Ensure proper ventilation	Consider testing facility staff Assign team safety and health protocol officer

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				Place barriers around areas where people are	Online Health Declaration Form via QR Code system
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			not allowed to stay Organize chairs and benches where people can rest while maintaining physical distancing.	for subsequent monitoring of health and exposure Presence of a doctor at all times for monitoring of proper protocols
			Place alcohol or hand sanitizers in designated areas around the facility	Only designated team members and staff allowed in facilities
			Facility manager is allowed to reject players who come outside their schedule	Sanitize all facilities before and after sessions
			Facility protocols for disinfection are enforced	Only 1 entrance and 1 exit pathway for team using facility

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				Assign a team safety protocol officer	Use thermal scanner and foot bath at entrance prior to entering
				Players and staff are to stay and rest only in assigned places	
SPECTATOR ADDITIONAL PERSONNEL	N/A	N/A	N/A	One companion is allowed for minors provided companion is cleared from the virus and is properly protected and distanced	No other spectators allowed to watch players while playing

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