BOXING

FRAMEWORK					
SPORT:	А	В	С	D	E
BOXING					
COMMUNITY	HIGH RISK	HIGH RISK	MODERATE RISK	MODERATE RISK	LOW RISK/
SCENARIO:		(MECQ)	(GCQ)	(mGCQ)	No Community
HEALTH STATUS	(ECQ)				Quarantine covid
TRAVEL					environment
ENGINEERING					"NEW NORMAL"
IATF	Everyone is	APOR allowed	Movement for	All persons	NO DETAILED
RESTRICTIONS**	advised to	to travel	leisure purposes are	allowed to move	GUIDELINES yet as
	"Stay -at-	<20 and 60 and	not allowed;	outside of	of May 23, 2020
	Home"	above are to	essential travel only	residence	
	No mass	stay at home Limited mass	<20 and 60 and	Intrazonal travel	Intrazonal travel allowed, Interzonal
	transportat	transportation	above may be	allowed,	travel allowed
	ion	Sports travel is	allowed to go	Interzonal travel	
		still non-	outdoors only for	allowed	
	No	essential	exercise.		
	interzone travel	No interzone travel – may	Intrazonal travel	Individual and group outdoor	
	traver	travel to ECQ	allowed, Interzonal	activities including	
	No mass	Intrazonal	travel allowed	NON-CONTACT	
	gathering	movement		sports	
		allowed	Public	(golf/tennis/ table	
	Gyms, fitness	No mass	transportation allowed to operate	tennis/ swimming) are allowed – NO	
	facilities	gathering	at limited capacity	SHARING of	
	are closed		at innea capacity	equipment	
		Sporting events	Category IV (fitness,		
		are prohibited	kids establishments	Sporting events of	
		Gyms, fitness	are still not allowed	the above	
		facilities are closed	to operate) School sports are	category (indoor and outdoor non-	
		closed	still suspended	contact sports) are	
		Water parks are		allowed but with	
		not allowed to	Interzonal	50% capacity of	
		operate	movement allowed No mass gathering	arena	
		Individual,	NO mass gathering	Category IV	
		Outdoor	Sporting events are	(fitness, kids	
		exercises are	prohibited	establishments	
		allowed within		are allowed to	
		the zone- walks,jogs,bikin	Gyms, fitness	operate at 50%	
		g, running	facilities are closed	capacity)	
		<i>b, • •</i> • • • • • • • • • • • • • • • • •		Transportation is	
		Rehab clinics	No face to face	allowed to	
		are on skeletal	classes; school	operate at the	
		workforce	sporting events are	capacity dictated	

CDORT.		No face to face school classes	not allowed Outdoor non- contact sports, walking, jogging, running, biking, golf, swimming, tennis, badminton, equestrian and skateboarding are allowed—limited clubhouse basic operations	by DOTR; bikes and e- bikes encouraged Face to face classes may be conducted but no gatherings. Gathering of up to 10 socially distanced persons are allowed Gyms, indoor fitness facilities are allowed to operate at maximum 50% capacity	
SPORT ACTIVITIES RECOMMENDAT ONS	Home training only Boxing drills and S&C with social distancing No sharing of equipment Other forms of training (Mental training, webinars and/or consultatio ns) via online video meetings and other Social chat group application s	Home training only Boxing drills and S&C with social distancing No sharing of equipment Other forms of training (Mental training, webinars and/or consultations) via online video meetings and other Social chat group applications Solo jogging around the area	Home training only Boxing drills and S&C with social distancing No sharing of equipment Other forms of training (Mental training, webinars and/or consultations) via online video meetings and other Social chat group applications Solo jogging around the area	Training at gyms and training venues will resume with the following restrictions: -Maintain social distancing of at least 2m -Ensure that the safety coordinator or compliance officer is present on each training session to ensure compliance with all safety protocols -Entry to the training facility must be refused to any person with COVID-like symptoms, or who is known in the last 14 days to have symptoms, or contact with a known or suspected case -Staggered training schedule to reduce the number of people in the facility at	Training methods will return to new normal with proper guidelines from IATF: -Ensure that the safety coordinator or compliance officer is present on each training session to ensure compliance with all safety protocols -Entry to the training facility must be refused to any person with COVID-like symptoms, or who is known in the last 14 days to have symptoms, or contact with a known or suspected case -A record of all attendees (including support staff and administrators) must be kept for the purposes of contact tracing, including full name

				once	and date and time
				-At least 30	of attendance
				minutes of gap in	
				between	
				scheduled training	
				sessions to allow	
				for disinfection	
				and to avoid a	
				large group of	
				people in the	
				facility	
				-A record of all	
				attendees	
				(including support staff and	
				administrators)	
				must be kept for	
				the purposes of	
				contact tracing,	
				including full	
				name and date	
				and time of	
				attendance	
				-No contact	
				between boxers,	
				coaches and	
				instructors	
				-Regular breaks	
				will be provided	
				for the purpose of	
				rehydrating and	
				sanitizing	
				-No social activity	
				will be allowed	
				once training has	
				ended	
				Other forms of	
				training sessions	
				will be held	
				through either	
				online meetings or	
				group meetings(can be	
				divided into online	
				and on site in one	
				session) with	
				applied proper	
				restrictions	
				(maximum of 10	
				person)	
GENERAL	Use of mask	Use of mask	Health Declaration	Health Declaration	Health Declaration
HYGIENE	USC OF Mask	OSC OF HIASK	Form in the past 14	Form in the past	Form in the past 1
RECOMMENDA-	Hand washing	Hand washing	days and COVID-19	14 days and	days and COVID-19
	in a share in a shiring				
TIONS			Exposure Form	COVID-19	Exposure Form

immediately	immediately	Use of mask	Use of mask(only	Use of mask(only
after training	after training		during skills	during skills
sessions at home	sessions at home	Hand washing	training)	training)
		Showering	Hand washing	Hand washing
Protocol for	Protocol for	immediately after		
disinfection are enforced	disinfection are enforced	training sessions at home	Showering at home after	Showering at home after training
Contal	Desidencies of	Ducto cal fan	training	Ductocal fau
Social distancing	Regular use of alcohol	Protocol for disinfection are	- · · · · ·	Protocol for disinfection are
between	alconor	enforced	Protocol for disinfection are	enforced
persons		Social distancing	enforced	Social distancing
Regular use of		Social distancing between persons	Social distancing	Social distancing between persons
alcohol			between persons	
		Regular use of		Consider testing
		alcohol	Regular use of	and vaccination of
			alcohol	players/athletes/p articipants and
			No sharing of	facility staffs
			drinking bottles	
			and clearly label	No sharing of
			their own bottle	drinking bottles
				and clearly label
			No sharing of	their own bottle
			exercise	
			equipment such as	No sharing of
			skipping ropes,	exercise
			boxing gloves,	equipment such as
			hand wraps, and	skipping ropes,
			head guards	boxing gloves,
				hand wraps, and
			No sharing of pens	head guards
			or clipboards	
				No sharing of pens
			Avoid unnecessary	or clipboards
			body contact such	
			as handshakes,	Avoid unnecessary
			high fives, and	body contact such
			hugs	as handshakes,
				high fives, and
			Ensure that they	hugs
			do not leave their	
			training outfit or	Ensure that they
			any other items	do not leave their
			worn/used during	training outfit or
			training and that	any other items
			they wash them	worn/used during
			individually soon	-
			after training	training and that
				they wash them
				individually soon

					after training
CILITY	No Gyms	No Gyms and	No Gyms and	Equipment	Equipment
ECOMMENDA-	and	training venues	training venues are	sanitizing and	sanitizing and
ONS	training venues are	are allowed to operate	allowed to operate	disinfection	disinfection
	allowed to			Prominent signage	Prominent signage
	operate			promoting	promoting
				frequent and	frequent and
				thorough hand	thorough hand
				washing will be put at entry/exit	washing will be put at entry/exit
				points, walls of	points, walls of
				training gym,	training gym,
				toilet, hallway,	toilet, hallway, and
				and other high	other high traffic
				traffic areas	areas around the
				around the	facility.
				facility.	
					Prominent signage
				Prominent signage	instructing people
				instructing people when not to	when not to attend
				attend training	training (e.g., if with flu-like
				(e.g., if with flu-	symptoms,
				like symptoms,	respiratory
				respiratory	symptoms, or
				symptoms, or	exposure to known
				exposure to	or suspected
				known or	COVID-19 cases)
				suspected COVID-	will also be put in
				19 cases) will also	their rooms,
				be put in their	hallways, and high
				rooms, hallways, and high traffic	traffic areas
				areas around the	around the facility.
				facility.	Hand sanitizer
				identy.	dispensers will be
				Hand sanitizer	provided in
				dispensers will be	prominent areas
				provided in	like entry/exit
				prominent areas	points, walls of
				like entry/exit	training gym,
				points, walls of	toilet, hallway, and
				training gym,	other high traffic areas around the
				toilet, hallway, and other high	facility. It will also
				traffic areas	be regularly
				around the	refilled.
				facility. It will also	Soap dispensers
				be regularly	will be put in
				refilled.	toilets and will be
				Coord all	regularly refilled.
				Soap dispensers	
				will be put in	Toilet facilities will
				toilets and will be	be regularly
		and the second		regularly refilled.	

					cleaned with
				Toilet facilities will	disinfectant.
				be regularly	
				cleaned with	A prominent
				disinfectant.	signage will be put
					in toilets indicating
				A prominent	that not more than
				signage will be put	1 person is
				in toilets	permitted per
				indicating that not	toilet facility at a
				more than 1	time.
				person is	
				permitted per	Trash bins will be
				toilet facility at a	provided around
				time.	the facility and will
					be regularly
				Trash bins will be	emptied and
				provided around	disinfected.
				the facility and	
				will be regularly	
				emptied and	
				disinfected.	
				Athletes and	
				coaches will not	
				be allowed to use	
				locker rooms	
SPECTATOR	N/A	N/A	N/A	No spectators or	No spectators or
ADDITIONAL				media personnel	media personnel
PERSONNEL				will be allowed	will be allowed
				inside the training	inside the training
				facility. Visitors	facility. Visitors will
				will require approval of ABAP	require approval of ABAP and will wait
				and will wait	outside the
				outside the	training facility and
				training facility	observe safety
				and observe	protocols such as
				safety protocols	wearing of mask
				such as wearing of	and social
				mask and social distancing.	distancing.
				uistancing.	