



**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

VOLLEYBALL

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

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"
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>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>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>NO DETAILED GUIDELINES yet as of May 23, 2020</p> <p>Intrazonal travel allowed, Interzonal travel allowed</p>

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

		<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>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 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>	
VOLLEYBALL ACTIVITY RECOMMENDATIONS	<p>Online Coaching and Training exercises will be done at home (ex. Skills Training, Resistance Training)</p> <p>Strength and sports specific training is allowed using own equipment at home</p>	<p>Online Coaching and Training exercises will be done at home and garage (ex. Skills Training, Resistance Training)</p> <p>Strength and sports specific training is allowed using own</p>	<p>Online Coaching and Training exercises will be done at home and garage, and may allow limited outdoor skillset training.</p> <p>(ex. Skills Training, Resistance Training)</p> <p>Strength and sports specific training is allowed using own equipment at home</p>	<p><u>*FOR RECOMMENDATION PENDING APPROVAL OF IATF AS A MGCOQ ACTIVITY</u></p> <p>Individual Skills Training such as Passing, Blocking, Hitting, Setting, Serving drills, will be allowed in small groups.</p>	<p><u>*FOR RECOMMENDATION PENDING APPROVAL OF IATF</u></p> <p>Individual Skills Training such as Passing, Blocking, Hitting, Setting, Serving drills, will be allowed in small groups.</p> <p>Training will be done in batches to</p>

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

		<p>equipment at home</p> <p>Short distance outdoor exercises such as Running and Jogging will be allowed within the zone</p>	<p>Short distance outdoor exercises such as Running and Jogging will be allowed within the zone</p>	<p>Training will be done in batches to limit the number of athletes.</p> <p>Partner training may be allowed among distanced persons on opposite sides of the net. It will be limited to one pair per court using 1 ball.</p> <p>Partners must be assigned for ball training. This includes rallies, spike receives, and service receives.</p> <p>Competition and practice games will not be allowed.</p>	<p>limit the number of athletes.</p> <p>Partner training may be allowed among distanced persons on opposite sides of the net. It will be limited to one pair per court using 1 ball.</p> <p>Partners must be assigned for ball training. This includes rallies, spike receives, and service receives.</p> <p>Competition and practice games may be allowed if approved by the IATF.</p> <p>Outdoor Volleyball may be allowed.</p>
<p>GENERAL HYGIENE RECOMMENDATIONS</p>	<p>Frequent handwashing and personal hygiene practices</p>	<p>Frequent handwashing and personal hygiene practices</p>	<p>Frequent handwashing and personal hygiene practices</p>	<p>No sharing of personal equipment such as water bottles, knee pads, and towels</p> <p>Physical contact will not be allowed (shaking of hands, hugging, etc.)</p> <p>Athletes are advised to arrive in full training gear and leave immediately after training</p> <p>Physical Distancing during training will</p>	<p>No sharing of personal equipment such as water bottles, knee pads, and towels</p> <p>Physical contact will not be allowed (shaking of hands, hugging, etc.)</p> <p>Physical Distancing during training will be strictly implemented</p> <p>Wearing of masks before and after training</p>

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

				<p>be strictly implemented</p> <p>Wearing of masks before and after training</p> <p>Proper cleaning and disinfection of equipment (weights, balls, etc)</p> <p>Athletes will be asked to submit a health declaration form for the past 14 days.</p>	<p>Athletes will be asked to submit a health declaration form for the past 14 days.</p>
FACILITY RECOMMENDATIONS	N/A	N/A	N/A	<p>Courts will be disinfected before and after training</p> <p>Disinfectants will be placed in prominent areas of the facility.</p> <p>Use of communal facilities are not allowed (Bathrooms, Changing rooms, etc)</p> <p>Proper cleaning and disinfection of equipment (weights, balls, etc)</p> <p>Facility will be limited to 50% of its capacity.</p> <p>A safety control officer will be assigned to facilitate</p>	<p>Courts will be disinfected after every training</p> <p>Disinfectants will be placed in prominent areas of the facility.</p> <p>Use of communal facilities are not allowed (Bathrooms, Changing rooms, etc)</p> <p>Proper cleaning and disinfection of equipment (weights, balls, etc)</p> <p>Facility will be limited to 50% of its capacity.</p> <p>A safety control officer will be assigned to facilitate disinfection or</p>

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

				disinfection or cleaning of the venue.	cleaning of the venue. Consider testing and vaccination for players/athletes/p participants and facility staff.
SPECTATOR AND ADDITIONAL PERSONNEL	N/A	N/A	N/A	Athletes below 18 y/o will be allowed 1 companion. Companion will be required to wear face mask at all times and observe physical distancing among other companions	Athletes below 18 y/o will be allowed 1 companion. Companion will be required to wear face mask at all times and observe physical distancing among other companions