



GENERAL ORDINANCE NO. 19-72
Series of 2020

AN ORDINANCE PROVIDING FOR THE GUIDELINES ON THE CONDUCT OF HEALTH ENHANCING PHYSICAL ACTIVITIES AND SPORTS DURING THE COVID-19 PANDEMIC

Authored by: Hon. Arvie G. Arcillas
Co- Authored by: Hon. Lorverle S. Caracol

WHEREAS, Physical Activities and Sports play an essential role in boosting the good physical and mental health condition of a person. It will make the human body stronger and its immune system resilient against the contamination of infectious diseases like the Corona Virus or COVID-19. That at this times of COVID-19 pandemic, the sports and physical activities of the town folks are restricted rendering themselves physically inactive and lowered immunity, which is a risk factor that contribute to poor health outcomes. It is therefore imperative that health enhancing physical activities and sports be integrated in the person's normative routine throughout the duration of the COVID-19 response.

NOW THEREFORE, BE IT ORDAINED by the 19th Legislative Council of Tungawan, Zamboanga Sibugay in its 52nd Regular Session, that

Section 1. **Title** – This Ordinance shall be known as “An Ordinance Providing for the Guidelines on the Conduct of Health Enhancing Physical Activities and Sports During the COVID-19 Pandemic”

Section 2. **Objective** – This ordinance aims to provide guidance for the conduct of exercise, sports and other form of health-enhancing physical activities for the duration of the Covid-19 response.

Section 3. **Definition of Terms**

- (a) **Administrative Control** – refers to procedural interventions or modifications in policies, standards, and processes that are meant to reduce the frequency and severity of exposure to infectious diseases (e.g. hygiene, and disinfection protocols, temperature scan, work shifting, etc).
- (b) **Contact Sports and Activities** – refer to sports or activities that will involve physical contact between and among participants (whether such physical contact is part of the rules of the games or not), or causing them to be within one (1) meter to any other person at any point during the activity. (e.g. football, basketball, etc.)
- (c) **Engineering Control** – refers to physical interventions or modifications in spaces or environments, that is meant to prevent the transmission of infectious diseases (e.g. use of physical barriers, exhaust ventilations, etc.)
- (d) **Indoor Sports and Activities** – refer to sports or activities that are conducted inside an enclosed or indoor constructed facility with artificial ventilation and overhead enclosure.
- (e) **Non-Contact Sports and Activities** – refer to sports or activities in which participants are physically separated throughout its duration, thus minimizing the possibility of making any form of purposeful or accidental physical contact (e.g. racquet sports, biking, etc).
- (f) **Outdoor Sports and Activities** – refer to sports or activities that are conducted in open spaces that are accessible to all individuals or in a space that may have a roof but not enclosed by walls.

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- (g) **Health-Enhancing Physical Activities** – refer to any form of physical activity that benefits health and functional capacity without undue harm or risk. For adults, this includes 30 minutes or more of moderate-intensity physical activity on most, but preferably all days of the week. For children, at least 60 minutes per day of moderate-intensity physical activity.
- (h) **Sports** – refer to activities practiced through exercise and/or competitions facilitated by sports organization or by individual organization.
- (i) **JAO No. 2020 -001** – shall refer to Joint Administrative Order No. 2020-001 of the Philippine Sports Commission (PSC), Games and Amusement Board (GAB) and Department of Health (DOH).

Section 4. General Guidelines

- (a) Health-Enhancing Physical Activities (HPA) and Sports Activities permitted by this Ordinance shall satisfy ALL of the conditions provided for under Annex A.1 and Annex A.2 of the Joint Administrative Order No. 2020-001 of PSA, GAB and DOH, which stratifies HPAs per risk areas using the 4Ps Framework, namely:
 - i) **Participant** – refers to the allowable number of participants per activity;
 - ii) **Public/Private Location** – refers to the categorization of the physical property where the physical activity will be conducted, whether private or public (i.e. shared with others);
 - iii) **Physical Environment** – refers to the setting where the physical activity will be conducted, whether indoor or outdoor; and,
 - iv) **Participation** – refers to the level of interaction or contact among the participants involved in the conduct of the physical activity;
- (b) Recreational and Non-Professional Contact Sports and Activities shall be temporarily suspended regardless of risk severity, until an effective vaccine and/or appropriate standard of care for COVID -19 cases is developed. On the other hand, professional contact sports and activities shall be allowed for Filipino professional players with scheduled tournaments abroad and in the low risk areas, which observing appropriate protocols and guidelines.
- (c) Non-Professional sporting events such as tournaments, competitive events, and athletic meets shall not be permitted. Professional sporting events may be allowed in low-risk areas, provided such events are compliant to the minimum public health standards. Provided further, that no live audience shall be permitted regardless of the risk severity, until an effective vaccine and/or appropriate standard or care for COVID-19 cases is developed.
- (d) Relevant entities shall administer appropriate engineering and administrative controls as provided for by DOH AO No. 2020-0015 entitled “*Guidelines on the Risk-Based Public Health Standards for COVID-19 Mitigation*” and its iterations, such as but not limited to monitoring of symptoms, placement of hand washing facilities and sanitizers, and routine disinfection of frequently touched surfaces and equipment for areas or settings or facilities that will be used for physical activities. (See Annex B.1 and Annex B.2 of JAO No. 2020-001).
- (e) Intrazonal movement within moderate risk or low risk areas, for the purpose of conducting HPA shall be categorized as essential travel. On the other hand, interzonal movement for the purpose of conducting physical activities and sports may be permitted, subject to the approval of the Municipal Mayor and compliance with applicable laws, guidelines and protocols. All individuals however, are encouraged to carry out physical activities and sports within their areas of domicile.



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Section 5. Implementing Guidelines

1. All actors and entities shall anchor their policies, plans, and guidelines for the reintroduction of physical activities and sports in the routine function of individuals and community, based on the risk severity grading of the area.

Depending on the risk severity of the municipality, the following tiered implementation of conducting physical activities and sports shall apply, provided that minimum public health standards shall still be observed:

- a. **High Risk Areas.** The conduct of physical activities and sports in areas placed under ECQ shall remain limited to solo or individual activities conducted indoors or anywhere within the individual's private property, whereas limited outdoor exercises and activities are allowed in areas placed under MECQ.
 - b. **Moderate Risk Areas.** The conduct of physical activities and sports in these areas shall permit indoor or outdoor non-contact, non-professional sports or activities and strength and sport-specific training.
 - i. Mass gatherings during GCQ shall not be allowed in both government-owned and privately-owned sports facilities.
 - c. **Low Risk Areas.** The conduct of physical activities and sports in these areas shall permit indoor or outdoor non-contact sports or activities for non-professional sports and contact sports or activities for professional sports.
 - i. Communal and shared spaces or facilities for physical activities such as swimming pools, gyms, yoga studios, dance and fitness studios are permitted to operate, provided that the minimum public health standards are followed. Commercial physical activity-related facilities shall ensure proper ventilation (e.g. open windows, installation of high-efficiency particulate air filtration system or HEPA) and observance of the maximum number of participants allowed at a given time. Provided further, that such facilities comply with the guidelines issued by the Department of Trade and Industry.
 - ii. Sharing of non-personal equipment is permitted, provided these are routinely disinfected before and after every use. HOWEVER, equipment that is used orally (e.g. water gear used for snorkelling and scuba diving, and mouth guards), and equipment that has prolonged contact with the face (e.g. headgear or helmets and fencing masks) are not allowed to be shared or rented out.
2. All entities shall routinely carry out disinfection and sanitation procedures on frequently touched surfaces at home and in open areas and shared equipment as provided for in DOH DM No. 2020-0157. (See Annex C of JAO No. 2020-001)
 3. Professional players and individuals who are engaging in high-intensity exercise or workouts may be allowed not to wear mask DURING the conduct of exercise or physical activity ONLY, subject to the observance of at least two (2) meters physical distancing in outdoor facilities or three (3) meters in enclosed and indoor facilities and other preventive measures (i.e. placement of barriers between individuals, proper ventilation, etc.) Individuals engaging in physical activities in public spaces or high-density areas are recommended to wear their masks, but maintain the conduct of physical activity to a low or moderate intensity. If unable to wear a mask due to high-intensity exercises, face shields may be worn to prevent COVID-a9 transmission.
 4. In line with the Omnibus Guidelines on the implementation of Community Quarantine in the Philippines, the promoter of the sports event is discouraged from allowing athletes, coaches, and other personnel who fall under any of the following categories to resume training and engage in other physical activities:



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- a. Individual below twenty-one (21) years old;
- b. Individuals who are sixty (60) years old and above;
- c. Individuals of any age with co-morbidities or pre-existing illness; and
- d. Women with high-risk pregnancy.

The promoter shall provide alternative arrangements to such players and personnel with no diminution in fees or salaries.

5. All sports or physical fitness facilities shall designate a Health and Safety Officer to perform the following functions:
 - a. Ensure compliance to the minimum public health standards during the conduct of allowed physical activities and establish mechanism to monitor compliance with the said standard;
 - b. Monitor the health status and symptoms of athletes and personnel.
 - c. Keep records, through minimal contact means of individuals who used the facilities for the purpose of contact tracing in the event the need for such arises; and,
 - d. Refer symptomatic individuals to appropriate health authority/health facilities, as necessary;
6. All players, coaches/managers, promoter and other personnel exhibiting flu-like symptoms including but not limited to fever, dry cough, and tiredness shall be reported immediately to the Barangay Health Emergency Response Team (BHERT), Municipal Health Office and/or other appropriate authorities/facilities for monitoring and observance of the following protocols:
 - a. All symptomatic individuals shall be isolated immediately;
 - b. The promoter, through the Health and Safety Officer, shall compile records of all individuals who have been on-site or who have had close contact with the suspect case/s.
 - c. If the suspect case is confirmed COVID-19 positive, the promoter shall provide the records to the Municipal Health Office or Municipal IATF through the Municipal Epidemiology and Surveillance Unit (MESU) to facilitate contact tracing;
 - d. All close contacts shall be notified and undergo a 14-day self-quarantine with specific instructions from the Health and Safety Officer and/or MHO-MIATF on monitoring of symptoms and possible next steps;
 - e. All facilities, surfaces and equipment used shall be rigorously disinfected; and
 - f. In the event that an individual is confirmed COVID-19 positive, the conduct of training and other activities shall be suspended;

Section 6. Roles and Responsibilities

- A. Municipal Health Office (MHO) and/or Municipal Inter-Agency Task Force (MIATF) on Management of Emerging Infectious Disease, shall:
 1. Continuously update the set minimum public health standards based on most recent evidence available and issue succeeding updates through DOH Department Circulars, NIATF issuances, and national, provincial and municipal executive orders related to COVID-19 response;
 2. Provide technical assistance in developing the necessary health standards, protocols, and guidelines on the conduct of health-enhancing physical activities and sports;
- B. Municipal Police Office (MPO), Philippine Army (PA), Bureau of Fire Protection (BFP) and Philippine Coast Guard (PCG), are strongly enjoined to:



MUNICIPALITY OF TUNGAWAN

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OFFICE OF THE SANGGUNIANG BAYAN

MP No. 09262641885E-mail: sbstung@yahoo.com



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1. Assist the Municipal Government of Tungawan, the MHO, MIATF, MLGOO, BHERT, Barangay Governments and other concerns, in the enforcement of this ordinance.

C. Sports, Exercise, and Other Physical Fitness Facilities are strongly enjoined to:

1. Ensure compliance with this Ordinance and other related issuances from other government agencies;
2. Provide alternative mechanism to deliver physical fitness services such as but not limited to online coaching and training programs;

Section 7. **Penalty** – Any person or entity found to have violated this Ordinance shall be penalized by the following administrative fines, to wit:

1. First Offence P 1,500.00
2. 2nd Offence 2,000.00
3. 3rd and Succeeding Offences 2,500.00

Section 8 **Separability Clause** – Should any provision of this Ordinance be declared invalid, the other provisions, insofar as they are separable from the invalid ones, shall remain in full force and effect.

Section 9. **Repealing Clause** – Other related ordinance and local issuances which are inconsistent with the provisions of this Ordinance are hereby modified, rescinded and repealed accordingly.

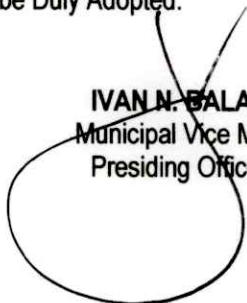
Section 10 **Effectivity** – This Ordinance shall take effect immediately upon approval.

ADOPTED and ORDAINED this 15th day of September, 2020.

Certified Correct:


DANTE D. IBARRA
 Secretary to the SB

Attested to be Duly Adopted:


IVAN N. BALANO
 Municipal Vice Mayor
 Presiding Officer

Approved:


CARLMAN C. CLIMACO
 Municipal Mayor

 Date Signed