

**GUIDELINES ON THE IMPLEMENTATION OF  
SOCIAL DISTANCING AND PUBLIC HEALTH PROTOCOLS  
IN DRAGON BOAT TRAINING OF CLUBS UNDER THE  
PHILIPPINE DRAGON BOAT FEDERATION**

**WHEREAS**, the national government through the Inter-Agency Task Force for the Management of Emerging Infectious Diseases (IATF) by virtue of Executive Order No. 168 mandates the prevention and minimization of local spread of emerging infectious diseases in the country through a system of screening, contact tracing, identification of mode of exposure to COVID-19 and implementation of effective quarantine and proper isolation procedures.

**WHEREAS**, on 16 June 2020, the President issued an Executive Order imposing a General Community Quarantine in the National Capital Region and different community quarantine declarations in other areas of the country including the Provinces of Davao, Cebu and Bohol where provincial team members of the PDBF are based, and such Executive Order is adopted in the herein Guidelines on the Implementation of Social Distancing and Public Health Protocols in Dragon Boat Training of Clubs Under the Philippine Dragon Boat Federation (PDBF), and for other purposes;

**WHEREAS**, upon approval by the IATF of these Guidelines on the Implementation of the Community Quarantine in the said areas of dragon boating, these Guidelines shall be implemented by the PDBF.

**NOW, THEREFORE**, in consideration of the premises set forth herein, the PDBF hereby issues these Guidelines to harmonize and codify existing policies of the PDBF with the guidelines prescribed by the IATF and member-agencies pertaining to community quarantine, applicable to all areas with dragon boat trainings under the PDBF.

**SECTION 1. *Definition of Terms.*** – For purposes of these Guidelines, the following shall be defined as follows:

- a. ***Community Quarantine*** refers to the implementation of temporary measures limiting movement and transportation of members, officers and volunteers including the boatman of the PDBF, and strict regulation of dragon boat trainings and activities including land exercises and warm ups within the immediate vicinity of the PDBF docksite in Manila and other training sites of regional teams to enforce community quarantine protocols.
- b. ***COVID-19*** refers to the Coronavirus Disease 2019 which is caused by the virus known as the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2).
- c. ***Enhanced Community Quarantine or ECQ*** refers to the implementation of temporary measures imposing stringent limitations on movement and transportation of people, strict regulation of operating industries including the conduct of sports activities, particularly, dragon boating under the PDBF, to enforce community quarantine protocols, as sanctioned by the Inter-Agency Task Force for the Management of Emerging Infectious Diseases (IATF).

- d. **General Community Quarantine or GCQ** refers to the implementation of temporary measures limiting movement and transportation, regulation of operating industries including the conduct of sports activities, particularly, dragon boating under the PDBF, to enforce community quarantine protocols, as defined by the IATF.
- e. **Minimum public health standards** refer to guidelines set by the DOH under Administrative Order No. 2020-0015, as well as sector-relevant guidelines issued by national government agencies as authorized by the IATF, to aid all sectors in all settings to implement non-pharmaceutical interventions, which refer to public health measures that do not involve vaccines, medications or other pharmaceutical interventions, which individuals and communities can carry out in order to reduce transmission rates, contact rates, and the duration of infectiousness of individuals in the population to mitigate COVID-19.
- f. **Modified Enhanced Community Quarantine or MECQ** refers to the transition phase between ECQ and GCQ, when the following temporary measures are relaxed and become less necessary: (1) stringent limits on movement and transportation of people and (2) strict regulation of operating industries including the conduct of sports activities, particularly, dragon boating under the PDBF to enforce community quarantine protocols, as defined by the IATF.
- g. **Modified General Community Quarantine or MGCQ** refers to the transition phase between GCQ and the New Normal, when the following temporary measures are relaxed and become less necessary: (1) limiting movement and transportation and (2) the regulation of operating industries including the conduct of sports activities, particularly, dragon boating under the PDBF to enforce community quarantine protocols, as defined by the IATF.
- h. **New normal** refers to the emerging behaviors, situations, and minimum public health standards that will be institutionalized in common or routine practices and remain even after the pandemic while the disease is not totally eradicated through means such as widespread immunization. These include actions that will become second nature to the general public as well as policies such as bans on large gatherings that will continue to remain in force.

**SEC 2. Guidelines for Areas Placed Under ECQ, MECQ.** – Areas placed under ECQ and MECQ shall observe the following protocols in the conduct of dragon boat training related activities:

- a. Dragon boat trainings, races and other activities, including land training or warm-ups are **absolutely prohibited** within the immediate 300-meter radius of the PDBF docksite. No dragon boat activity shall be sanctioned by the PDBF during ECQ and MECQ.
- b. Except for the PDBF officers, the stay-in boatman and other deputized PDBF member athletes expressly authorized in writing by the PDBF, as sanctioned by the IATF or other concerned authorities, no person shall be allowed entry or access to the PDBF docksite. Purposes of entry to the docksite premises are limited only to: (a) emergency or critical maintenance or upkeep work on boats and other PDBF equipment in the event of typhoons and other calamities that greatly expose PDBF equipment to severe

damage; and (2) humanitarian activities for the benefit of the PDBF community allowed by the IATF.

- c. In no case shall the exemption provided in immediately preceding paragraph be granted to any person below twenty-one (21) years old, those who are sixty (60) years old and above, those with immunodeficiency, comorbidity, or other health risks, and pregnant women, except when indispensable under the circumstances for obtaining essential goods and services, or for the maintenance of PDBF equipment and property.
- d. Face-to-face or in-person dragon boat coaching are suspended within areas under ECQ and MECQ. In lieu thereof, online coaching, meetings and gatherings are encouraged.

**SEC 3. *Guidelines for Areas Placed Under GCQ and MGCQ.*** Areas placed under GCQ and MGCQ shall observe the following protocols for dragon boat training:

- a. Minimum public health standards shall be complied with at all times for the duration of the GCQ and the MGCQ.
- b. Respiratory hygiene and cough etiquette shall be required to be practiced by all athletes, coaches and staff. All team representatives are required to attend an online workshop on proper respiratory hygiene and cough etiquette, which must be cascaded to all team members of each team. Onsite tissue dispensers, alcohols and sanitizers, as well as signages on respiratory hygiene will be installed within the docksite premises. Teams are also advised to use available handwashing facilities within the park area as often as possible, especially after every training.
- c. Wearing of face masks at all times during land-based exercises is mandatory. Land-based exercises include warm-ups, land training, walking to and fro the team lockers and loading area, temperature check at the docksite entrance, loading to and unloading from boat training, cool down and huddle. Specific guidelines are provided in the succeeding paragraphs.
- d. Social or physical distancing is mandatory at all times, whether during land or boat trainings. For land training, a minimum distance of one and a half meters (1 ½ m.) shall be observed as can be shown in Illustration 1 hereunder. For boat training, a minimum distance of one (1) meter must be kept following the alternating boat seating arrangement described in Paragraph e (5) of this Section.
- e. Before a person is allowed entry to the docksite premises, a mandatory body temperature check and a quick assessment whether a person exhibits COVID-19 symptoms is required. The boatman or a designated person of the day shall conduct the required body temperature check to all persons entering the docksite. The Medical Services Special Committee shall assist in this task on a rotational basis with at least one committee member designated for the task per day.

Persons experiencing symptoms of COVID-19 such as, but not limited to, fever, shortness of breath, headache, body malaise, cough, colds, sore throat, rashes and diarrhea must be immediately sent home. It is the responsibility of the team leader present during training to make sure that all players present do not exhibit any COVID-19 symptoms. For this purpose, it shall be necessary for the team leader to conduct a

pre-training assessment of the members present to determine existence of COVID-19 symptoms and the necessary actions that must be undertaken.

Those with fever shall be refused entry to the docksite premises. The boatman or a designated officer of the day will call the attention of the team leader concerned to direct the paddler to immediately leave the premises and undertake appropriate quarantine measures. For this purpose, teams are advised to allot 30 to 40 minutes of pre-loading preparation.

Refusal of a member to get screened by the team leader and by the boatman, or to go home upon instruction of the team leader, boatman or the assigned Medical Services Special Committee member for the day, will automatically bar the entire team present from entering the loading area and do a boat training for that day. Those sent home are not allowed to go back to training for at least twenty-one (21) calendar days, except when a medical clearance stating that said person is negative from COVID-19 is presented.

In case a valid clearance is presented, the team leader may, at their discretion, allow the person concerned to join training. Moreover, the boatman may, at his discretion upon satisfactorily ascertaining the authenticity of the medical certificate, allow the person entry to the loading area for training. In all cases, the PDBF board, through the deputized Medical Services Special Committee created under Section 5 herein, reserves the right to overturn any approval to allow a member to train in any of the following cases:

- i. If validity of medical results is questionable;
  - ii. Current physical condition of the member concerned is not medically apt for training due to possible COVID-19 infection, exposure or symptoms;
- f. Dragon boating as an outdoor, non-contact sport and exercise is allowed, provided minimum health standards, as prescribed by the IATF are observed and that the following are complied with:
- i. ***Maximum number of persons allowed.***<sup>1</sup> – During GCQ, only a maximum of five (5) persons are allowed to train per team per day. Additional five (5) persons or a total ten (10) persons may be allowed, provided the other five (5) individuals are coaches, drummer, steersman, managers or other officers of the team. Only one team is allowed to train and load the boat any given schedule. Boat schedules must be at least one hour apart, with the one-hour difference allotted for disinfection procedures. During the scheduled break, no person will be allowed entry to the docksite premises, except authorized PDBF officer or staff on duty only.

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<sup>1</sup> This effectively modifies the PDBF guidelines on loading during training. This shall be effectively observed for the entire duration of the community quarantine or until earlier modified by subsequent PDBF Community Quarantine Training Guidelines.

During MGCQ with modifiers, a maximum of ten (10) persons are allowed to train per team per day. Additional two (2) persons or a total of twelve (12) persons may be allowed, provided the other two (2) individuals are coaches, drummer, steersman, managers or other officers of the team. Only two (2) teams are allowed to train and load the boat at any given schedule.

During MGCQ without modifiers, a maximum of ten (10) persons are allowed to train per team per day. Additional two (2) persons or a total of twenty (12) persons may be allowed, provided the other two (2) individuals are coaches, drummer, steersman, managers or other officers of the team. A maximum of four (4) teams are allowed to train and load the boat at any given schedule.

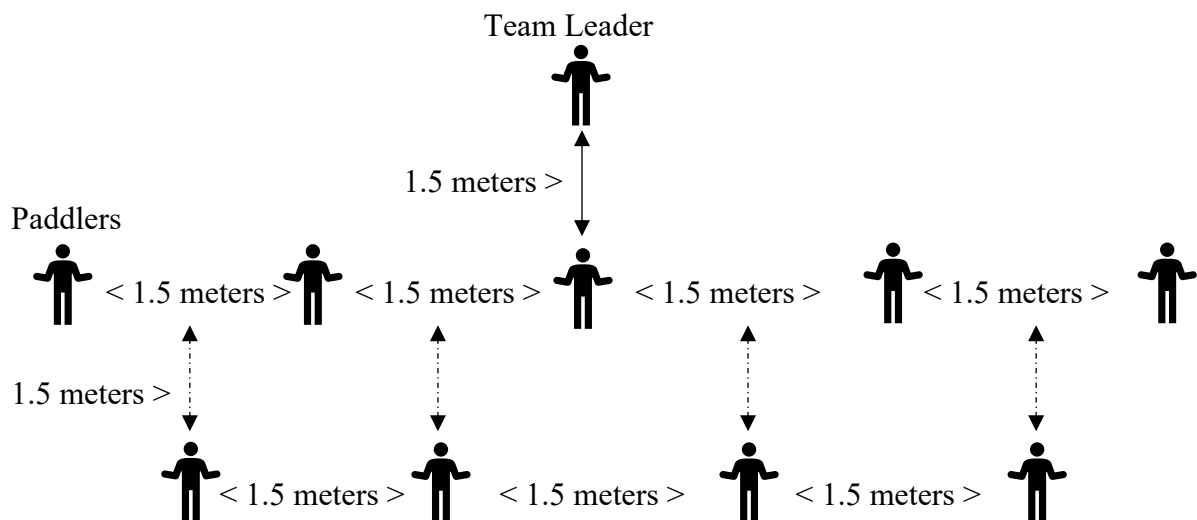
In both cases of MGCQ, boat schedules must be at least thirty minutes (30 mins) apart, with the window time allotted for disinfection procedures. During the scheduled break, no person will be allowed entry to the docksite premises, except authorized PDBF officer or staff on duty only.

The PDBF Vice President for Internals shall revise the training schedule of teams accordingly to comply with the maximum number of athletes allowed to train per day. Earliest training schedule is from 5AM to 6AM while last training sched for the day will be from 8AM to 9AM. No sharing of boats or merging for training of two or more clubs, regardless if the team uses its own boat or not, will be allowed.

For this purpose, team leaders are responsible for the pre-enlistment of members allowed to train on their assigned schedule. Pre-enlistment must be done no later than one day before training schedule. Use of digital platform, social media and other applications is encouraged. It shall be the exclusive responsibility of the team leaders to make sure that the maximum allowed number of members per day are strictly adhered to.

- ii. ***Contactless submission of loading form.*** – Submission of loading forms is mandatory. A designated clipboard per team will be provided at the docksite. Loading forms are to be clipped thereon by the team leader who accomplished the same. Paper loading forms are NOT TO BE HANDED OVER PHYSICALLY to the boatman. Prior to loading, the boatman will verify if a fully accomplished loading form is clipped and if the maximum number of persons is observed. Each team leader must bring own pen.
- iii. ***Land Training.*** – Observance of proper physical distancing is mandatory during warm-ups, loading, actual boat trainings, unloading and cool down. Paddlers doing land-based warm-ups must be at least one and a half meters (1 ½ m.) away from each other. Proper wearing of face masks is required prior to loading even during land training or land-based warm-ups. Teams are advised to refrain from making extraneous land training exercises since **face masks are not to be removed at any time** while within the PDBF training ground.

## ILLUSTRATION 1. Land Training, Cool Down & Huddle



- iv. **Pre-loading.** – Social distancing and wearing of face masks must be observed even after land training and prior to loading. The physical distance of one and a half meters (1 ½ m.) must be maintained while members go to their respective team lockers. Members are to get their equipment one-by-one, still keeping the required distance from each other. Once paddle, life vest and other equipment have been claimed from the locker, each member is required to orderly proceed and fall in a queue to the docksite entrance to have their temperature checked.
- v. **Loading and boat training.** – Face masks are still required to be worn during loading. Once a member is seated on the boat, that is the only time a member is allowed to take off masks for the duration of the water training only. A second mask is required to be brought in the boat and placed in individual clean, sealed bags. The second mask must be worn immediately after water training, during unloading process and must remain worn until after cool down, huddle and the member finally leaves the training site.

Seating arrangement in the boat must likewise maintain physical distancing. Paddlers must not sit side by side. For this purpose, the team leader or coach must consider balancing of paddlers' weight to ensure optimal boat stability. For a maximum of fifty percent (50%) boat capacity, crew position must be observed as follows:

## OPTION 1 (GCQ)

	BOW	STROKE
Drummer (Coach)		
Seat 1	Empty	Empty
Seat 2	Paddler 1	Empty
Seat 3	Empty	Empty
Seat 4	Empty	Paddler 2
Seat 5	Empty	Empty
Seat 6	Paddler 3	Empty
Seat 7	Empty	Empty
Seat 8	Empty	Paddler 4
Seat 9	Empty	Empty
Seat 10	Paddler 5	Empty
Helm/ Steersman		

## OPTION 2 (MGCQ with and without qualifier)

	BOW	STROKE
Drummer (Coach)		
Seat 1	Paddler 1	Empty
Seat 2	Empty	Paddler 2
Seat 3	Paddler 3	Empty
Seat 4	Empty	Paddler 4
Seat 5	Paddler 5	Empty
Seat 6	Empty	Paddler 6
Seat 7	Paddler 7	Empty
Seat 8	Empty	Paddler 8
Seat 9	Paddler 9	Empty
Seat 10	Empty	Paddler 10
Helm/ Steersman		

The drummer must stay in the middle front and seats on the boat must be alternately filled. If members present are below 10 (but must not be lower than six), the middle seats must be occupied first while still keeping the alternate seating arrangement described above. Those training below 10 members must use the small boats available. Only when no small boat is available will they be allowed to use a standard boat.

Boat training is strictly for a maximum of one (1) hour only. No extension will be granted. Failure to observe the training hours will subject the team to appropriate sanctions prescribed herein. Wearing of life vests during boat training is still mandatory at all times.

- vi. ***Cool down and huddle.*** – Upon docking, all members are required to wear their second face mask which they brought in the boat during loading. Protocols for returning the boats remain the same. Once on land, teams may take a quick cool down and do a brief huddle while still keeping physical distance provided in Illustration 1. The cool down and huddle must not exceed thirty (30) minutes. The entire team must disperse and leave the training ground immediately after training.
- g. Sharing of dragon boat paddles, life vests, seat pads and the likes shall be prohibited where applicable. Before and after every use of training equipment, the same must be properly sanitized and disinfected by the team concerned by using appropriate disinfectants. Team leaders are advised to take care of their own disinfectants for their team equipment. The PDBF equipment shall properly be sanitized and disinfected after every use.
- h. Contact tracing procedures shall be in place. The PDBF loading form is hereby modified to include current temperature of each member, existing contact numbers and addresses of team members present in training. Refer to Annex 1 for the revised PDBF loading form. The team leaders shall be responsible in making sure that details in the loading form are correct and updated.
- i. No person below twenty-one (21) years old, those who are sixty (60) years old and above, those with immunodeficiency, comorbidity, pregnant women, or in other health risks, shall be allowed to train whether in land or water at all times. Team leader in charge for the day shall be liable for violation of these Guidelines if any person described in this paragraph is allowed to do land or water training.
- j. Acts of discrimination inflicted upon healthcare workers, repatriated OFWs and non-OFWs, COVID-19 cases, whether confirmed, recovered or undergoing treatment, as well as suspect and probable cases, and Persons under Monitoring are denounced in the strongest of terms. Acts in furtherance of discrimination, such as, but not limited to, coercion, libel, slander, physical injuries and imputation of dishonor, shall be dealt with accordingly under PDBF membership guidelines and code of conduct, notwithstanding the filing by the aggrieved party of possible criminal or civil lawsuit.
- k. Appropriate mental health support services are available to PDBF members. Team leaders are hereby constituted as Mental Health Support Group heads of their respective teams. For team leaders, coaches, support staff and PDBF officers, the PDBF Vice President for Internal Affairs shall be the overall head the federation support services group which must monitor appropriate psychological interventions applied or required to be included in its counselling activities available. Counseling shall be made available online within a schedule to be determined by the overall head of the group created herein.
- l. Reiterating existing PDBF Guidelines on absolute prohibition on the consumption of cigarette, tobacco and vaping products within the docksite, no person is allowed to smoke within the PDBF premises as it is an identified risk factor for COVID-19 transmission. Any athlete caught violating will be subject to appropriate disciplinary action through sanctions to their respective clubs.



- m. Since the PDBF has no formal employees, volunteers and support staff providing essential services for the maintenance and upkeep of the PDBF docksite and equipment are given appropriate provisions for transportation, lodging, food and services required for sustenance during the pandemic. In no case shall the volunteers and support staff exceed three (3) persons be physically present per day for the daily routines and activities of the federation.

**SEC. 4. *Areas with No Community Quarantine.*** – Member clubs of the PDBF in areas where no community quarantine is declared or when community quarantine in their area has been completely lifted, are advised to exercise due diligence and caution during trainings. Guidelines for the conduct of training during GCQ and MGCQ are prescribed to still be observed in their respective dragon boat trainings even in the absence of community quarantine declaration in their respective areas.

**SEC. 5. *Medical Services Special Committee.*** – An interim Medical Services Special Committee (MSSC) for dragon boat training is hereby created for the entire duration of the community quarantine in Metro Manila, Province of Davao, Province of Cebu, the Province of Bohol and other areas where the PDBF has member clubs. Each training area of PDBF member clubs shall have one Medical Services Special Committee which shall consist of seven (7) individuals, subject to additional appointment by the MSSC Chair, as may be necessary. Members of the MSSC must possess the following qualifications:

- a. Must be a medical practitioner such as a licensed physician, registered nurse, occupational and safety professional, a certified first responder or emergency medical technician, and other allied occupations;
- b. Must be a member of any PDBF member club;
- c. At least 21 but not more than 59 years old.

**SEC. 6. *Functions of the Medical Services Special Committee.*** –The MSSC shall exercise the following duties and responsibilities:

- a. Station at least one but no more than two MSSC members or their duly deputized representative every training day at the entry point of the PDBF docksite to ensure compliance with minimum public health standards such as but not limited to:
  - i. Temperature check;
  - ii. Proper wearing of face masks at all times while on land, from warm up to loading and from unloading to cool down;
  - iii. Observance of one and a half-meter (1 ½ m.) physical distancing among members present;
  - iv. Reasonable examination of persons entering the training facility for possible symptoms of COVID-19 and denial of entry or access to the training facility to any person exhibiting said symptoms or those who have had exposure to the virus or can potentially pose a hazard of infecting other people;

- v. Making sure that proper isolation procedures are observed for persons suspected of having COVID-19 until properly endorsed to emergency health care professionals or until sent home for self-quarantine;
  - vi. Have access to the revised loading forms with names of persons present in training and their contact information, for contact tracing and monitoring;
  - vii. Information dissemination on proper sanitation protocols; and
  - viii. Avoidance of physical contact between members, as far as practicable, from submission of loading forms and IDs to equipment use and proper parking of boats after training.
- b. Implement supplemental health and safety protocols for training, as may be endorsed to and approved by the PDBF board;
- c. Send home a person exhibiting symptoms of COVID-19 and for this purpose, deputize as many PDBF club team members present to assist in the safe, contactless and smooth handling of the matter. It shall be the primary responsibility of the team leader present to determine fitness for training of club team members present, subject to further examination of the MSSC present or the deputized officer for the day.
- d. Require PDBF members present to:
- i. Abate any possible threat of exposure to the virus, from rearranging physical setup of the entry/ exit points to reporting of possible violations of these guidelines, as may be necessary;
  - ii. Assist in handling any person who insists on entering the training facility despite denial therefrom by reason of the person's physical condition, exposure or actual infection;
  - iii. Ensure peace and orderliness of trainings in conjunction with current PDBF training guidelines and actions of docksite management officers;
- e. Ensure humanitarian treatment and prohibit any discriminatory act by any person against a member or athlete exhibiting COVID-19 symptoms or suspected of having COVID-19;
- f. Appoint additional members of the special committee, as may be necessary subject to the confirmation of the PDBF board;
- g. Recommend to the PDBF board, appropriate sanctions to any person violating these Guidelines, the measures adopted by the MSSC, and applicable laws and government issuances.

**SEC. 7. Penalties.** – Violation of these Guidelines shall be subject to the following penalties:

- a. Refusal of a member to get screened by the team leader and by the boatman, or to go home upon instruction of the team leader, boatman or the assigned Medical Services Special Committee member for the day, will automatically bar the entire team present from entering the loading area and do a boat training. Those sent home are not allowed to go back to training for at least twenty-one (21) calendar days, except when a medical clearance stating that said person is negative from COVID-19 is presented. The refusing member concerned may be suspended from training for up to three (3) months, upon finding by the PDBF board of undue reasons for such actions.
- b. Any person who willfully attends land or boat training with knowledge that he or she tested positive for COVID-19, is a person under investigation or is a person under monitoring, or in any way, has been exposed to the virus, shall be suspended for three (3) months, upon proper complaint submitted to the PDBF by any PDBF club team or individual member, the MSSC or the boatman, and after an investigation by the PDBF board.
- c. Failure to arrive at the docking area within the designated time slot for the team will subject the erring team to the following sanctions:
  - i. Fine of two hundred pesos (P200) for every five-minute delay in going back to the docksite. A team is in delay when, in the end of the training schedule, the boat has not yet entered the orange inner spill boom adjacent Manila Ocean Park or the concrete bridgeway of the Manila Hotel. A fraction of every five minutes shall be considered one full five-minute delay and will incur the team concerned additional fine of two hundred pesos (P200) until the boat is within the vicinity of the docking area.
  - ii. For the second offense, the fine mentioned in the preceding paragraph and a penalty of one-week suspension shall be imposed.
  - iii. For the third offense, the fine mentioned in paragraph c (i) of this Section and a penalty of one-month suspension shall be imposed. For every delay in the return of the boats thereafter, the erring team shall be subjected to additional one-month suspension.
- d. Failure of the team leader concerned to undertake minimum public health standards and protocols prescribed in these Guidelines will subject the said team leader to disciplinary action, from an official warning to suspension from training for one (1) week to three (3) months, subject to evaluation by the PDBF board, observing appropriate due process and investigation, as may be applicable.
- e. Violation of any other provision of these Guidelines shall subject the member or team concerned to suspension from one (1) month to six (6) months, as may be determined by the PDBF board upon proper complaint submitted to the PDBF by any PDBF club team or individual member, the MSSC or the boatman, and after an investigation by the PDBF board.

**SEC. 8. *Modifying PDBF Guidelines.*** – All PDBF guidelines, resolutions or issuances, or parts thereof inconsistent with these Guidelines are hereby modified accordingly, notwithstanding the suppletory application of existing PDBF guidelines not covered herein.

**SEC. 9. *Effectivity.*** These Guidelines shall take effect immediately upon approval by the IATF or the local government unit having jurisdiction on the place of training, and dissemination of the approved Guidelines to the PDBF team leaders. These Guidelines is equivalent to a PDBF Board Resolution (No. 001-2020).

Adopted this 27<sup>th</sup> day of August 2020 in Manila.



**NYLLRESSAN P. FACTOLARIN**  
Chairman of the Board



**CHRISTIAN S. VILLAR**  
Board Member



**JAY PEE M. VILLANUEVA**  
Board Member



**AARON ILKKA B. GARCIA**  
Board Member