



Return to the Ring:

*A Roadmap to the Resumption
of Muaythai Activities in the Elite
and Grassroots Levels*



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Message from the Officers

11 May 2020

Dear Nak Muays, coaches, officials and parents,

We are facing unprecedented times with the CoVid-19 pandemic. Our lives have been disrupted with uncertainties of what the future holds. Our government is doing its best to safeguard the health of its citizens as well as ensuring the economic sustainability of the country with the creation of the Inter-Agency Task Force on Emerging Infectious Diseases. They have released guidelines and recommendations for local government units and other sectors in managing the Enhanced Community Quarantine (ECQ) and the pending General Community Quarantine (GCQ).

Sports have been one of the hardest-hit sectors with closures of training facilities and gyms and implementation of the ECQ. Our national athletes and coaches were sent home by the Philippine Sports Commission at the start of the pandemic and are struggling with training program compliance. The lack of proper gears and equipment coupled with tenuous technological structures are only some of the challenges that they have to overcome daily to meet their obligations as national pool members.

We, at the Muaythai Association of the Philippines, recognize the importance of innovation and collaboration to continue supporting the needs of our team for their sustained success, their safety, and well-being, as well as the uninterrupted growth of our grassroots program. We have crafted a 4-phase master plan that aims to address each stage of the pandemic in the context of participation within our sport. These recommendations are based on IATF, DOH, CDC, WHO, and IOC guidelines and were patterned after best practices of other sports. We are aware of the ever-changing conditions of this pandemic hence, we will be updating our guidelines as needed.

We know that everyone is eager to return to his or her normal lives but we have to be conservative in our approach by recognizing that we have a responsibility to our community. We anchor our policies on the core values of our sport – respect, tradition, honor, fair play, and excellence - and to our athlete-centered philosophy. Our organization remains steadfast in its commitment to persevere in placing the best interest of our national pool members and the rest of the Muaythai community.

We pray for our country's fast recovery and with God's grace, together, we will heal as one.



Gen. Lucas M. Managuelod
Chairman & President



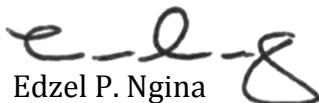
Pearl Anne D. Managuelod
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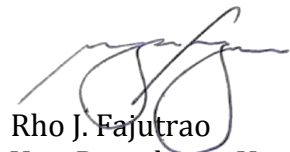
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“Return to the Ring”

Phase 1: Return to Routine

Phase 1 is implemented during the Enhanced Community Quarantine (ECQ) and General Community Quarantine (GCQ) and enforced until IATF lifts suspension of gym closures and sports training cessations. Digital platforms are utilized.

Phase 2: Return to the Gyms

Phase 2 includes 3 levels: *Level 1 – No Contact Training*, *Level 2 – Limited Contact Training*, and *Level 3 – Full Contact Training*. Each level is implemented depending on IATF and LGU guidelines, with Level 2 only possible with mass testing and Level 3 with vaccination and health clearance of our national team members.

Phase 3: Return to Match-up Events (single-day events)

Phase 3 is implemented once there are mass testing, vaccinations, and health clearances of local and regional participants.

Phase 4: Return to Bracketed Events (multi-day events)

Phase 4 allows the return of normal activities and operations when mass vaccinations have been performed.

Phase 1: Return to Routine

ELITE	GRASSROOTS
<p align="center">Training</p>	<p align="center">Development</p>
<ul style="list-style-type: none"> • Virtual training sessions via FB video call (1 hour per day) • M-W-F Muaythai Skills • T-Th-S Strength and Conditioning/Nutrition thru PSC via a digital platform • Supplemental individual training program 	<ul style="list-style-type: none"> • Launch of Muaythai All Access via Facebook, Zoom, and YouTube <ul style="list-style-type: none"> • Virtual instructors courses • Virtual referee & judge courses • Bi-monthly virtual regional coaches forums • Bi-monthly virtual local athletes forums • Weekly virtual workout videos • Local and regional virtual competitions
<p align="center">Athlete/Coach Development</p>	
<ul style="list-style-type: none"> • Weekly sports psychology group session thru PSC via video call • Bi-monthly athletes/coaches virtual forum • Leadership roles as forum speakers • Participation in local and international virtual competitions 	
<p align="center">Administrative</p>	
<ul style="list-style-type: none"> • Daily update of training program on group chat in case of internet issues • Daily checking of attendance thru video sessions • Weekly monitoring of athlete welfare • Continuity of financial support from NSA • Coordination with PSC departments on training programs, reports, allowances 	

Phase 2: Return to the Gyms

Level 1: Non-contact Training

ELITE	GRASSROOTS
Training	Development
<ul style="list-style-type: none"> • Strictly no sparring or pad works • Strictly individual bag works, shadow boxing only • Continuation of virtual training programs as supplemental support • Limit of 10pax in the gym (1:4 coach/athlete ratio) • Maximum of 1 hour per training per session (AM/PM) • Training shifts to be enforced (max 10pax per shift) • Strictly no sharing of equipment, BYOE (bring your own equipment) • Strength and conditioning thru PSC (via digital platform and in-person) 	<ul style="list-style-type: none"> • Strictly no sparring or pad works • Strictly individual bag works, shadow boxing only • Continuation of Muaythai All Access • Standard issue gym and athlete protocols strictly enforced
Athlete/Coach Development	
<ul style="list-style-type: none"> • Weekly sports psychology group session thru PSC via video call and in-person • Bi-monthly athletes/coaches virtual forum • Leadership roles as forum speakers • Participation in local and international virtual competitions 	
Administrative	
<ul style="list-style-type: none"> • Coordination of use of gym facilities with LGUs and PSC • Sanitation protocols are enforced (see guidelines) • Strict implementation of social distancing, use of face mask, respiratory etiquette and hygiene protocols 	

<ul style="list-style-type: none"> • Strict monitoring of temperature and health checks every training shift • Daily update of training program on group chat in case of internet issues • Daily checking of attendance thru video sessions and in-person • Weekly monitoring of athlete welfare • Continuity of financial support from NSA • Coordination with PSC departments on training programs, reports, allowances 	
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Level 2: Limited Contact Training (implemented after mass testing of national athletes and coaches)

ELITE	GRASSROOTS
Training	Development
<ul style="list-style-type: none"> • Strictly no sparring allowed • Focus mitts and pad works allowed given protocols are followed (see guidelines) • Continuation of virtual trainings as supplemental support • Limit of 10pax in the gym (1:4 coach/athlete ratio) • Maximum of 1 hour per training per session (AM/PM) • Training shifts to be enforced (max 10pax per shift) • Strictly no sharing of equipment, BYOE (bring your own equipment) • Strength and conditioning thru PSC (via digital platform and in-person) 	<ul style="list-style-type: none"> • Strictly no sparring allowed • Focus mitts and pad works allowed given protocols are followed (see guidelines) • Continuation of Muaythai All Access • Standard issue gym and athlete protocols strictly enforced

Athlete/Coach Development	
<ul style="list-style-type: none"> • Weekly sports psychology group session thru PSC via video call and in-person • Bi-monthly athletes/coaches virtual forum • Leadership roles as forum speakers • Participation in local and international virtual competitions 	
Administrative	
<ul style="list-style-type: none"> • Coordination of use of gym facilities with LGUs and PSC • Sanitation protocols are enforced (see guidelines) • Strict implementation of social distancing, use of face mask, respiratory etiquette and hygiene protocols • Strict monitoring of temperature and health checks every training shift • Daily update of training program on group chat in case of internet issues • Daily checking of attendance thru video sessions and in-person • Weekly monitoring of athlete welfare • Continuity of financial support from NSA • Coordination with PSC departments on training programs, reports, allowances 	

Level 3: Full Contact Training (implemented after vaccination of national athletes and coaches; clearance of IATF/DOH)

ELITE	GRASSROOTS
Training	Development
<ul style="list-style-type: none"> • Sparring allowed • Continuation of virtual trainings as supplemental support • Limit of 10pax in the gym (1:4 coach/athlete ratio) • Maximum of 1 hour per training per session (AM/PM) • Training shifts to be enforced (max 10pax per shift) • Strictly no sharing of equipment, BYOE (bring your own equipment) • Strength and conditioning thru PSC (via digital platform and in-person) 	<ul style="list-style-type: none"> • Sparring allowed • Continuation of Muaythai All Access • Standard issue gym and athlete protocols strictly enforced
Athlete/Coach Development	
<ul style="list-style-type: none"> • Weekly sports psychology group session thru PSC via video call and in-person • Bi-monthly athletes/coaches virtual forum • Leadership roles as forum speakers • Participation in local and international virtual competitions 	
Administrative	
<ul style="list-style-type: none"> • Coordination of use of gym facilities with LGUs and PSC • Sanitation protocols are enforced (see guidelines) • Strict implementation of social distancing, use of face mask, respiratory etiquette and hygiene protocols • Strict monitoring of temperature and health checks every training shift • Daily update of training program on group chat in case 	

of internet issues

- Daily checking of attendance thru video sessions and in-person
- Weekly monitoring of athlete welfare
- Continuity of financial support from NSA*
- Coordination with PSC departments on training programs, reports, allowances

**continuity of financial support from NSA will be implemented until such time that athletes/coaches are allowed to return to PSC dormitories and compounds*



Phase 3: Return to Match-Up Events (Single-day events)

ELITE	GRASSROOTS
Competition	Competition
<ul style="list-style-type: none"> • Single weight category match-ups only (local setting) • IFMA technical guidelines enforced (modified) • Medical declaration form and weigh in to include temperature check and client information disclosure • Live streaming of events • Limited audience following protocols (see guidelines) • Maximum of 10pax in the field of play to be enforced <ul style="list-style-type: none"> • 1 coach; 1 athlete per corner • 1 referee • 3 judges • 1 timer • 1 gear attendant (to check gear of athlete) • BYOE per athlete (bring your own equipment) • Sanitation of ring every bout 	<ul style="list-style-type: none"> • Intra/interclub events allowed (local setting) • Single weight category match-ups only (local setting) • IFMA technical guidelines enforced • Medical declaration form and weigh in to include temperature check and client information disclosure • Live streaming of events • Limited audience following protocols (see guidelines) • Maximum of 10pax in the field of play to be enforced <ul style="list-style-type: none"> • 1 coach; 1 athlete per corner • 1 referee • 3 judges • 1 timer • 1 gear attendant (to check gear of athlete) • BYOE per athlete (bring your own equipment) • Sanitation of ring every bout
Training	Development
<ul style="list-style-type: none"> • Sparring allowed • Continuation of virtual trainings as supplemental support • Limit of 10pax in the gym (1:4 coach/athlete ratio) • Maximum of 1 hour per training per session (AM/PM) • Training shifts to be enforced (max 10pax per shift) • Strictly no sharing of equipment, BYOE (bring your own equipment) • Strength and conditioning thru PSC (via digital 	<ul style="list-style-type: none"> • Sparring allowed • Continuation of Muaythai All Access • Standard issue gym and athlete protocols strictly enforced

platform and in-person)	
Athlete/Coach Development	
<ul style="list-style-type: none"> • Weekly sports psychology group session thru PSC via video call and in-person • Bi-monthly athletes/coaches virtual forum • Leadership roles as forum speakers • Participation in local and international virtual competitions 	
Administrative	
<ul style="list-style-type: none"> • Coordination of use of gym facilities with LGUs and PSC • Sanitation protocols are enforced (see guidelines) • Strict implementation of respiratory etiquette and hygiene protocols • Strict monitoring of temperature and health checks every training shift • Daily update of training program on group chat in case of internet issues • Daily checking of attendance thru video sessions and in-person • Weekly monitoring of athlete welfare • Continuity of financial support from NSA* • Coordination with PSC departments on training programs, reports, allowances 	

**continuity of financial support from NSA will be implemented until such time that athletes/coaches are allowed to return to PSC dormitories and compounds*

Phase 4: Return to Bracketed Events (Multi-day events)

ELITE	GRASSROOTS
Competition	Competition
<ul style="list-style-type: none"> • Regular competition guidelines • Regional and national championships • Medical declaration form and weigh in to include temperature check and client information disclosure sanitation of ring per hour • Live audience allowed • Local and international travels allowed 	<ul style="list-style-type: none"> • Regular competition guidelines • Regional and national championships • Medical declaration form and weigh in to include temperature check and client information disclosure sanitation of ring per hour • Live audience allowed
Training	Development
<ul style="list-style-type: none"> • Regular training program • Return to PSC facilities and dormitories • Local and international travels allowed for training • Sanitation protocols enforced 	<ul style="list-style-type: none"> • Regular training program • Continuation of Muaythai All Access • Local travels allowed for competitions
Athlete/Coach Development	
<ul style="list-style-type: none"> • Return to in-person consultations and programs 	
Administrative	
<ul style="list-style-type: none"> • Return to normal operations • Temperature and health checks enforced 	

APPENDIX A: Events Management Guidelines

Athletes	Spectators
Pre-event	Pre-event
<ul style="list-style-type: none"> • Pre-registration is needed. • Temperature checks before weigh-ins are enforced. • If feeling ill, athletes are not advised to proceed. • Only 1 athlete allowed per medical check or weigh-in. Scheduled weigh-in per athlete will be posted 1 day before. • Availability of alcohol alcogel in all areas. • Masks are required up until the field of play on actual fight for all staff/athletes. • Social distancing strictly enforced. • Identify isolation areas in case of exposure. • All athletes expected to shower before a bout. • No loitering around. • Practice respiratory etiquette and hygiene protocols. 	<ul style="list-style-type: none"> • Open areas are advised as opposed to closed spaces. • Limit live audience following social distancing protocols (2m or 6ft apart). • Reservation of seats is recommended to avoid overcrowding. • Temperature checks for spectators will be implemented. If feeling ill, the spectator should stay home. • Spectators should go to assigned seats and avoid loitering. • Masks must be worn at all times. • Bring your own alcohol, alcogel, or disinfectant wipes.
During event	During event
<ul style="list-style-type: none"> • Bouts will be scheduled. Only come to the gear area at the specified time. • BYOE (bring your own equipment). • Gear attendant to check gear right before gear set-up. • Only athletes and coaches allowed in the field of play. • No mask required once they enter the field of play. • Alcohols or alcogels provided by gear area and ring. • Sanitation of ring after every bout. • Bring your own water bottles, towels, and spit pails. 	<ul style="list-style-type: none"> • Stay in assigned seats unless an emergency for the duration of the event. • Practice respiratory etiquette. • Drink from your own bottles. • Masks must be worn. • Avoid going to the toilet unless necessary. • Call an usher if you are not feeling well to take you to the medical team.

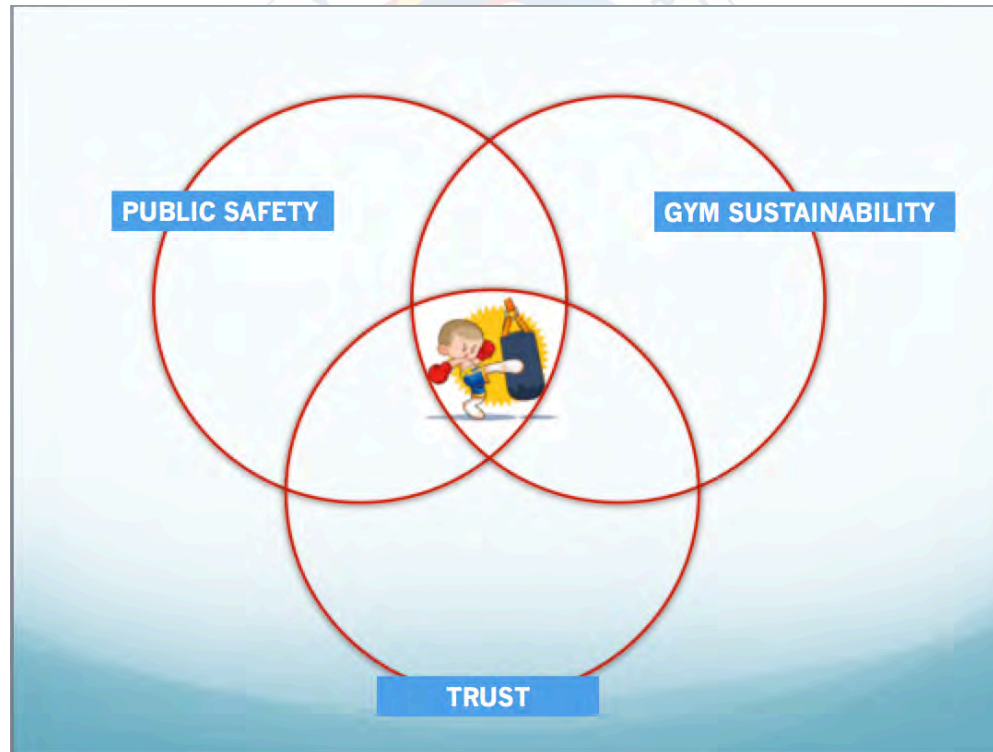
After the event	After the event
<ul style="list-style-type: none"> • Leave the field of play as soon as the bout is over. • No loitering around in FOP. Go directly to the designated area for changing and decontamination. • Shower after cooling down. • Strictly no sharing of towels and water bottles. • Practice respiratory etiquette. 	<ul style="list-style-type: none"> • Leave only once usher calls your row. Maintain proper social distancing. • No loitering around the area. Proceed to exit. • Masks must be worn. • Dispose of waste, tissue, and food only after the event and in proper trash bins.



APPENDIX B: GYM PROTOCOLS – Phase 2

These protocols were drafted as safety nets under the guiding principles of trust, public safety and gym sustainability. Our MAP affiliated members must take responsibility for the clients' and the community's protection.

Hence, all affiliated gyms must sign an agreement between MAP and the gym owner that they will strictly follow all protocols. Anyone found not adhering would be fined correspondingly with possible revocation of membership. Photos of gym premises, as well as sanitation products used and proof of staff training must be submitted before re-opening of gyms.



Pre-opening

- Decide on class hours. Maximum of 45 minutes per class. Give 15 minutes to clear the gym after each class and another 15 minutes to sanitize.
- Fix staff scheduling for individual and group classes as well as front office staff.
- Prepare sign up/appointment sheets for clients.
- Prepare a waiver and client disclosure sheet for contact tracing if needed.
- Inform clients of new gym guidelines.
- Prepare client numbers for entry/exit regulation.
- Educate and train staff/instructors of sanitation, proper waste disposal, and gym protocols.
- Purchase necessary hygiene and sanitation equipment – non-contact thermometers, disposal gloves, bleach, alcohol/alcohol, disinfectants, masks.
- Re-arrange/re-configure the gym as needed. See the recommended layout.
- Put X markings on the floor.
- Put X marks by the door for entry/exit and proper social distancing.
- Put up gym and sanitation guidelines in visible areas.
- Identify and classify risk areas in the gym – low, medium, high.
- SANITIZE all equipment and entire premise before opening.
- Set up alcohol/alcohol/disinfectant wipes at the front desk and gym area.
- Set up a makeshift changing room near the entrance if possible.
- Put X mark number on the floor near the walls where the client can leave their belongings.
- No airconditioning allowed. Open all windows doors for proper ventilation or provide rotating fans.
- Arrange for bank transfers for gym payments.

Gym Operations

- STRICTLY NO CONTACT TRAINING, including but not limited to focus mitts, pad works, sparring, stretching, etc.
- STRICTLY BY APPOINTMENT ONLY. All classes or sessions must be booked in advance. No drop-ins.
- No locker or shower room use is allowed.
- Continue monitoring updates from your local and national government units.
- Staff/instructors with temperatures of 37.5 degrees and above should not be allowed to work.

- Water stations strictly for refilling only. No cups will be provided.

Staff

- Wear masks at all times. Daily change of mask is highly recommended.
- Wear disposable gloves. Daily change of gloves is strictly imposed.
- Wear a face shield if possible.
- Proper waste disposal must be observed. Separate hazardous/infectious materials.
- Clients with temperatures of 37.5 degrees and above should not be admitted.
- Stay home if feeling ill or have flu-like symptoms.
- Monitor client entry and exit through a client number. Only give clearance to enter/exit to the next client once the previous client has left.
- Practice respiratory etiquette. Cover your mouth and nose with a tissue or flexed elbow when sneezing or coughing.

Instructors

- Strictly no contact with clients.
- Wear masks at all times. Change daily.
- Use your own gear/equipment. Strictly no sharing.
- Remind clients of proper social distancing.
- Instruct clients to leave the gym as soon as a session is finished. Client number will be called out to give clearance to exit.
- Practice respiratory etiquette. Cover your mouth and nose with a tissue or flexed elbow when sneezing or coughing.

Clients

- Stay home if feeling ill or have flu-like symptoms.
- Bring own water bottles and towels for personal use.
- BYOE – bring your own equipment (gloves, hand wraps, shin guards, etc.) – STRICTLY NO SHARING or USE OF GYM EQUIPMENT.
- Bring a change of clothes and socks.
- Bring own alcohol/alcogel and mask.
- Gym fees should be paid online. Strictly no cash or card transactions at the gym.
- Please follow all gym protocols. This is for your safety.
- Practice respiratory etiquette. Cover your mouth and nose with a tissue or flexed elbow when sneezing or coughing.

Pre-entry

- Leave all footwear outside. No footwear allowed inside. Wear socks if preferred.
- Clients must change to gym clothes ONLY before entering the gym premises. No outside clothes allowed in the gym. Or clients can wear gym clothes under their outerwear and remove outerwear before entering the premises.
- Clients must sign a waiver and client disclosure sheet.
- Client must submit to temperature check.
- Client must wear a mask before entering.
- Client must follow proper social distancing while waiting for their turn.
- Only 1 client is allowed to enter at a time.
- Client will be given a Client Number corresponding to their equipment and order of entering/exiting the gym.
- Locker use is strictly prohibited.

Inside the Gym

- Client must follow X markings on the floor.
- Client must leave their belongings on assigned X mark number.
- Client must go directly to assigned space. No loitering in the entrance, front desk, or other parts of the gym.
- Clients must wear masks at all times.
- Clients must observe proper social distancing at all times.
- Clients must not touch other equipment not assigned to them.
- Once the class or session is over, client is given 5 minutes to vacate the gym. No chitchat or loitering after.
- Minimize the use of toilet breaks unless urgent.

Leaving the Gym

- Clients must take all personal belongings.
- Clients are encouraged to change clothes once they are at home or in their private vehicles.
- Clients will be allowed to leave according to their Client Number while still observing proper social distancing.
- Only 1 client is allowed to leave at a time to avoid crowding in the entrance/exit door.
- Gym staff to sanitize all floorings, equipment, changing room, and other areas every after class.

*** Recommended social distancing: 3m per client, maximum of 8 clients plus 1 instructor and 1 front desk staff per class.**

