



Republic of the Philippines
Department of Education
MIMAROPA REGION
SCHOOLS DIVISION OF MARINDUQUE



Office of the Schools Division Superintendent

DIVISION MEMORANDUM

TO: Asst. Schools Division Superintendent
Chief Education Supervisor
Public Schools District Supervisors
Public Elementary and Secondary School Heads
All Others Concerned

FROM: **LYNN G. MENDOZA, EdD**
OIC, Schools Division Superintendent

SUBJECT: **REITERATION ON THE HEALTH AND SAFETY PROTOCOLS
DURING THE CONDUCT OF SCHOOL SPORTS COMPETITION**

DATE: April 8, 2024

Please find attached Regional Memorandum ESSD-2024-042 from the Office of the Regional Director Nicolas T. Capulong, PhD, CESO III titled **“Reiteration on the Health and Safety Protocols During the Conduct of School Sports Competitions,”** dated April 3, 2024, for information, guidance, and reference of all concerned.

Immediate dissemination of and compliance with the contents of this Memorandum are desired.

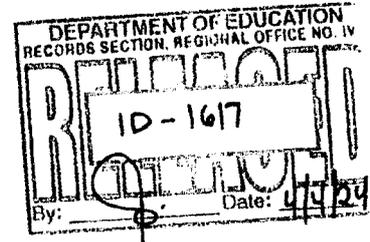
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Republic of the Philippines
Department of Education
MIMAROPA REGION



Office of the Regional Director

REGIONAL MEMORANDUM
ESSD-2024-042

TO : ALL SCHOOLS ~~DIVISION~~ SUPERINTENDENTS

FROM : *Nepu*
NICOLAS T. CARULONG, PhD, CESO III
Director IV
Regional Director *HC*

SUBJECT : REITERATION ON THE HEALTH AND SAFETY PROTOCOLS
DURING THE CONDUCT OF SCHOOL SPORTS COMPETITIONS

DATE : APRIL 3, 2024

As we enter a period where extreme weather conditions may pose additional challenges to our school sports competitions, it is essential to emphasize the importance of prioritizing the health and safety of all participants and spectators. In this regard, this Office reiterates the preventive measures for the conduct of school sports competitions especially the installation of an isolation area on all billeting schools per delegation. Isolation areas must be situated near the entrance gate where athletes and officials exhibiting symptoms of highly contagious diseases such as Measles, Pertussis (Whooping cough) and Mumps may be temporarily held while preparing for transport to the appropriate health facility (if necessary).

The following are additional measures in preventing the spread of infectious diseases and heat-related illnesses due to extreme weather conditions:

Heat Safety Measures:

- a. Hydration:** Encourage frequent hydration before, during, and after sports activities. Provide access to water stations and remind participants to drink plenty of fluids. All delegates, including technical officials, should have individual water bottle/tumbler and eating utensils.
- b. Rest Breaks:** Schedule regular rest breaks in shaded or cool areas to allow athletes to rest and cool down.
- c. Protective Clothing:** Recommend lightweight, breathable clothing and hats to shield against sun exposure. Use sunscreen with a high SPF.
- d. Disinfection:** Disinfection of sports equipment and all billeting and playing areas before and after the Sports Meet.
- e. Monitoring:** Continuously monitor athletes for signs of heat-related illnesses such as heat exhaustion or heatstroke. Immediate reporting of sick delegates to respective medical teams for appropriate management.



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Communication and Preparedness:

- a. Educate Participants:** Educate athletes, coaches, officials, and spectators about the potential risks associated with extreme weather conditions and the importance of following safety guidelines.
- b. Emergency Contacts:** Ensure that emergency contact information is readily available and accessible to all staff members.
- c. Regular Updates:** Provide regular updates and reminders about weather conditions and any changes to the schedule or protocols.

Flexibility and Adaptability:

- a. Monitor Conditions:** Continuously assess weather conditions throughout the duration of sports competitions and be prepared to modify or postpone activities as necessary.
- b. Adjust Schedules:** Consider adjusting competition schedules or relocating events to alternate venues if weather conditions pose significant risks to participants' safety. Suspend the conduct of outdoor sports events from 10am to 3pm as these are the hottest times of the day.

It is paramount that we prioritize the well-being of our learner/student-athletes, staff, and spectators during school sports competitions, particularly in the face of extreme weather conditions. By adhering to these health and safety protocols and maintaining open communication, we can ensure a safe and enjoyable experience for all involved.

For strict compliance.