



Republic of the Philippines  
**Department of Education**  
Region X  
**SCHOOLS DIVISION OF TANGUB CITY**



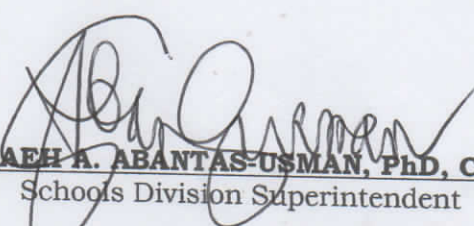
February 19, 2024

**DIVISION MEMORANDUM**  
No. 59, s. 2024

**OFFICIAL LIST OF QUALIFIED ATHLETES, COACHES, CHAPERONS IN  
ATHLETICS FOR THE 2024 NMRAA MEET**

To: Assistant Schools Division Superintendent  
Chief Education Supervisors (CID and SGOD)  
Education Program Supervisors  
Public Schools District In-Charge (PSDICs)  
Elementary and Secondary Teachers and School Heads  
All Others Concerned  
This Division

1. In adherence to the Memorandum No. 3, s. 2024 of the ONE ASENSO MISAMIS OCCIDENTAL PROVINCIAL ATHLETIC ASSOCIATION, this Office announces the list of qualified athletes, coaches, and chaperons in Athletics for the participation of the 2024 NORTHERN MINDANAO REGIONAL ATHLETIC ASSOCIATION Meet.
2. Identified athletes and coaches/assistant coaches/chaperons are enjoined to join the In-house training from February 19, 2024, to May 2, 2024, at Misamis Occidental Provincial Athletic Complex (MOPAC). Coaches of the identified athletes shall facilitate in securing for Parental Consent allowing the athletes to join the Intensive Training.
3. Further, to ensure the continuity of learning, school heads are directed to facilitate in the provision of learning modules among their student-athletes during the duration of the training. Special classes (Modular) for athletes participating in the training in their respective venues shall be facilitated by identified motivational speakers, teacher coaches, and chaperons under the supervision of Team Managers.
4. Attached is the Memorandum No. 003, s. 2024 of the association containing the details of the training program.
5. For immediate dissemination and compliance.

  
**SHAMBAEH A. ABANTAS-USMAN, PhD, CESO VI**  
Schools Division Superintendent *for fact*



Address: Anecito Siete St. Mantic, Tangub City  
Telephone: (088) 530 - 5988



Republic of the Philippines  
**Province of Misamis Occidental**  
**ONE ASENSO MISAMIS OCCIDENTAL PROVINCIAL ATHLETIC ASSOCIATION**



February 16, 2024

**MEMORANDUM**  
**No. 003 s. 2024**

**CONDUCT LIVE-IN TRAINING FOR ONE ASENSO MISAMIS OCCIDENTAL  
PROVINCIAL ATHLETIC ASSOCIATION WINNING ATHLETES, COACHES,  
CHAPERONS, AND TRAINERS**

To: Schools Division Superintendents  
Assistant Schools Division Superintendents  
Schools Operations Division Chiefs  
Division Sports Officers  
Public Schools District Supervisors  
Public Elementary and Secondary School Heads  
Secretariat  
All Others Concerned

1. The One Asenso Misamis Occidental Provincial Athletic Association announces the conduct of in-house training, school-based live-in training, and centralized live-in training in preparation for the 2024 Regional Meet to all winning athletes, coaches, chaperons, and trainers **including Saturdays and Sundays, except on March 28-31, 2024 in observance of the Holy Week.**
2. The training schedules and venues are as follows:
  - a. In-house training for the **Athletics** event shall be from **February 19, 2024, to May 2, 2024**, at Misamis Occidental Provincial Athletic Complex (MOPAC);
  - b. School-based live-in training for **other events** shall be from **February 26, 2024, to March 26, 2024**, and;
  - c. Centralized live-in training for **all events** shall be from **March 27, 2024, to May 2, 2024**, at Misamis Occidental Provincial Athletic Complex (MOPAC) except for Swimming (Tangub), Boxing (Baliangao), Pencak Silat, and Para Games (Oroquieta).
3. This in-house, school-based live-in, and centralized live-in training aims to:
  - a. hone and enhance the skills, tactics, and strategies of athletes to improve their performances;
  - b. focus on physical conditioning, strength, flexibility, and overall fitness to ensure the athlete's optimal shape for the competition; and
  - c. educate the athletes on proper warm-up techniques, injury prevention exercises, and safe practices to reduce the risk of injuries during training and

**ASENSO**





competition.

3. To ensure continuity of learning among student-athletes, they shall have a distance and modular learning alternative with the given provisions and guidelines during the conduct of the said activity attached in Enclosure No. 1.

The arrangement of special classes (modular) for athletes participating in the Training in their respective playing venues shall be facilitated by motivational speakers, teacher coaches, and chaperons and supervised by Team Managers (PSDS). Materials during the special classes shall be taken care of by their respective schools.

4. Attached in Enclosure No. 1 also is the list of athletics technical working committees, qualified athletes, coaches, chaperons, trainers, and the total number of participants per event.

5. All teaching and non-teaching personnel involved in this in-house training, school-based live-in training, and centralized live-in training are entitled to a grant of service credits based on the provision articulated in DepEd Order Under DO 53, s. 2003, re: Revised DepEd Order for Granting Service Credits for Teachers and Compensatory Time Off (CTO) for the School Heads and Non-Teaching Personnel.

6. All delegations must adhere to the provisions of DepEd Order No. 40, s.2012 re: DepEd Child Protection Policy. As such, delegation officials shall be responsible for their student-athlete's protection, welfare, and safety.

7. Transportation, meals, and other incidental expenses shall be charged against school MOOE/local funds/SEF subject to the usual accounting and auditing rules and regulations.

5. Immediate dissemination and strict compliance of this Memorandum is desired.

**REYNALDO E. MANUEL, JR. PhD, CESO V**  
Schools Division Superintendent  
Division of Misamis Occidental,  
Co-Chairperson and Executive Officer  
Asenso Provincial Meet Executive Committee



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ONE ASENSO MISAMIS OCCIDENTAL PROVINCIAL ATHLETIC ASSOCIATION



Enclosure No. 1 to Memorandum No. s. 2024

No.	Event	ATHLETES, COACHES, CHAPERONS, TRAINERS / CONSULTANTS					
		Participants					
		Athletes	Coaches	Assistant Coach	Chaperons	Trainers / Consultant	Total
1	Archery	8	2	0	1	2	13
2	Arnis	16	4	0	2	2	24
3	Athletics	54	8	4	4	9	79
4	Badminton	16	4	0	2	5	27
5	Baseball	24	2	2	2	1	31
6	Basketball	44	6	1	2	1	54
7	Billiards	4	2	0	1	0	7
8	Boxing	10	1	0	0	2	13
9	Chess	8	4	0	1	1	14
10	Dance sport	32	4	0	4	2	42
11	Football	36	2	0	2	2	42
12	Futsal	12	1	0	1	0	14
13	Gymnastics	26	4	0	0	4	34
14	Lawn tennis	16	4	0	0	0	20
15	Sepaktakraw	21	3	0	1	1	26
16	Softball	24	2	0	2	0	28
17	Swimming	40	4	0	1	1	46
18	Table Tennis	16	4	0	0	0	20
19	Taekwondo	19	3	0	2	1	25
20	Volleyball	48	4	0	2	1	55
21	Wrestling	4	1	0	1	2	8



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<b>22</b>	<b>Wushu</b>	10	1	0	1	2	14
<b>23</b>	<b>Para Games</b>	21	5	7	6	0	39
<b>24</b>	<b>Pencak Silat</b>	10	2	0	0	1	13
	<b>TOTAL</b>	<b>519</b>	<b>77</b>	<b>14</b>	<b>38</b>	<b>40</b>	<b>688</b>

## ATHLETICS DELEGATES

NO.	NAME	POSITION	EVENT	SCHOOL	DISTRICT	DIVISION
1	Jydan Hienz C. Lumantas	Athlete	Athletics- Sec Boys/Track	Mis. Occ. NHS	District 10	Oroq. City
2	Veinz Jaime S. Esolana	Athlete	Athletics- Sec Boys/ Track	Aloran Trade HS	Aloran	MIS OCC
3	Eljay B. Astillero	Athlete	Athletics- Sec Boys/Track	Tangub City NHS	Central B	Tangub City
4	Edzel B. Baritua	Athlete	Athletics- Sec Boys/Track	Sacred Heart CI	Calamba	MIS OCC
5	CESAR A. TAYANTAYAN	ATHLETE	Athletics- Sec Boys/ Track	DIWAT NHS	BONIFACIO EAST	MIS OCC
6	Charles James A. Villapana	ATHLETE	Athletics- Sec Boys/Track	Aloran Trade HS	Aloran	MIS OCC
7	Jay D. Clarabal	ATHLETE	Athletics- Sec Boys/ Track	Looc NHS	Plaridel	MIS OCC
8	Brent Alberto N. Palangan	Athlete	Athletics- Sec Boys/ Track	MSU Community High School	Lopez Jaena	MIS OCC
9	Niel Jun B. Lague	Athlete	Athletics- Sec Boys/Track	Tangub City NHS	Central B	Tangub City
10	Arsenio Jr. D. Quinlob	Athlete	Athletics- Sec Boys/Field	Calamba NCHS	Calamba	MIS OCC
11	Tristan P. Payong	Athlete	Athletics- Sec Boys/Field	Sta. Maria NHS	North A	Tangub City
12	Jan Mick P. Baldecasa	Athlete	Athletics- Sec Boys/Field	Calamba NCHS	Calamba	MIS OCC
13	Rolex M. Feja	Athlete	Athletics- Sec Boys/Field	Tudela NHS	Tudela	MIS OCC
14	Carl Kevin C. Adelan	Athlete	Athletics- Sec Boys/Field	Mis. Occ. NHS	District 10	Oroq. City
15	Franklin G. Lera	Athlete	Athletics- Sec Boys/Field	Mis. Occ. NHS	District 10	Oroq. City
16	Jose Lorenzo Masas	Coach	Athletics- Sec Boys/Track	Calamba NCHS	Calamba	MIS OCC
17	Lloyd Ian N. Balagtas	Coach	Athletics- Sec Boys/Field	Calamba NCHS	Calamba	MIS OCC
18	Junelou Marie C. Lapinig	Chaperon	Athletics- Sec Boys	Tangub City NHS	Central B	Tangub City



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19	Gretel C. Soriano	Athlete	Athletics- Sec Girls/Track	BSF	Baliangao	MIS OCC
20	Jennelyn P. Oniong	Athlete	Athletics- Sec Girls/Track	Sacred Heart CI	Calamba	MIS OCC
21	Shane M. Cabrera	Athlete	Athletics- Sec Girls/Track	Roque L. Su MNHS	Baliangao	MIS OCC
22	Jenny Mae B. Lague	Athlete	Athletics- Sec Girls/Track	Tangub City NHS	Central B	Tangub City
23	Julie May S. Bocatot	Athlete	Athletics- Sec Girls/Track	Katipunan NHS	Sinacaban	MIS OCC
24	Ashley Queen B. Astillero	Athlete	Athletics- Sec Girls/Track	Tangub City NHS	Central B	Tangub City
25	Junela E. Sanchez	Athlete	Athletics- Sec Girls/Track	Katipunan NHS	Sinacaban	MIS OCC
26	April Shane A. Luza	Athlete	Athletics- Sec Girls/Track	Aloran Trade HS	Aloran	MIS OCC
27	Chilou O. Rubi	Athlete	Athletics- Sec Girls/Track	Tangub City NHS	Central B	Tangub City
28	Hansel C. Soriano	Athlete	Athletics- Sec Girls/Field	BSF	Baliangao	MIS OCC
29	GESA A. POLOYAPOY	ATHLETE	Athletics-Sec Girls/Field	PISAAN NHS	Bonifacio	MIS OCC
30	Lea S. Paltingca	Athlete	Athletics- Sec Girls/Field	Panalsalan IS	Plaridel	MIS OCC
31	Angel May P. Bautista	Athlete	Athletics- Sec Girls/Field	Talairon NHS	District 3	Oroq. City
32	Kaila Paragoso	Athlete	Athletics- Sec Girls/Field	Montol NHS	District 7	Ozamiz City
33	Julian Claire M. Saturre	Athlete	Athletics- Sec Girls/Field	Taboc IS	District 8	Oroq. City
34	Roxan C. Atoz	Coach	Athletics- Sec Girls/Track	Roque L. Su MHS	Baliangao	MIS OCC
35	Anna Lou S. Enerio	Coach	Athletics- Sec Girls/Field	Baliangao School of Fisheries	Baliangao	MIS OCC
36	Sharon Mae S. Madarimot	Chaperon	Athletics- Sec Girls	Mis. Occ. NHS	District 10	Oroq. City
37	Cesar Josph P. Rodriguez	Athlete	Athletics- Elem Boys/Track	Jimenez CS	Jimenez	MIS OCC
38	Mark G. Mariquit	Athlete	Athletics- Elem Boys/Track	Santa Ana ES	Aloran	MIS OCC
39	Gian Carlo Lague	Athlete	Athletics- Elem Boys/Track	Silanga ES	North B	Tangub City
40	Ramil C. Ibasan	Athlete	Athletics- Elem Boys/Track	Binuangan ES	District 3	Oroq. City
41	Rudy III T. Baroro	Athlete	Athletics- Elem Boys/Track	Panalsalan IS	Plaridel	MIS OCC
42	Chris John Luza	Athlete	Athletics- Elem Boys/Track	Aloran CS	Aloran	MIS OCC
43	JL S. Cabasura	Athlete	Athletics- Elem Boys/Field	Panalsalan IS	Plaridel	MIS OCC



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44	Norjahid C. Arcenio	Athlete	Athletics- Elem Boys/Field	Oroquieta City CES	District 1	Oroq. City
45	Harry Dominique Marcial	Athlete	Athletics- Elem Boys/Field	Rizal ES	District 3	Oroq. City
46	Carlo G. Fernandez	Athlete	Athletics- Elem Boys/Field	Mohon ES	Aloran	MIS OCC
47	Jestony Besangre	Athlete	Athletics- Elem Boys/Field	Hasaan ES	Lopez Jaena	MIS OCC
48	Benerando Basan	Athlete	Athletics- Elem Boys/Field	Panalsalan IS	Plaridel	MIS OCC
49	Resalito B. Dado	Coach	Athletics- Elem Boys/Track	Aloran CS	Aloran	MIS OCC
50	Rhowena T. Baroro	Coach	Athletics- Elem Boys/Field	Panalsalan IS	Plaridel	MIS OCC
51	Romnick T. Aguirre	Chaperon	Athletics- Elem Boys	Rizal ES		Oroq. City
52	Ira Ryzah A. Salvacion	Athlete	Athletics- Elem Girls/Track	Pan-ay ES	Clarin	MIS OCC
53	Cheryl Jane S. Aca-ac	Athlete	Athletics- Elem Girls/Track	Kinangay ES	Clarin	MIS OCC
54	Katherine Gelera Natividad	Athlete	Athletics- Elem Girls/Track	Tituron ES	North A	Tangub City
55	Sitael P. Anadon	Athlete	Athletics- Elem Girls/Track	Dullan PS	Aloran	MIS OCC
56	Patricia Mae E. Martinez	Athlete	Athletics- Elem Girls/Track	Punta Sulong ES	Baliangao	MIS OCC
57	Samantha Liannah A. Animas	Athlete	Athletics- Elem Girls/Track	Aloran CS	Aloran	MIS OCC
58	Arjen S. Aranas	Athlete	Athletics- Elem Girls/Track	Hoyohoy ES	North A	Tangub City
59	Precious Ann D. Liwanag	athlete	athletics Elem.Girls/Field	Binuangan ES	District 3	OROQ. CITY
60	Erika A. Paragoso	athlete	athletics Elem.Girls/Field	Del Pilar ES	Calamba	MIS.OCC.
61	Lichel Jhen A. Senit	athlete	athletics Elem.Girls/Field	Panalsalan IS	Plaridel South	MIS.OCC.
62	Rhea Mae S. Batapa	athlete	athletics Elem.Girls/Field	Panalsalan IS	Plaridel South	MIS.OCC.
63	Bb Jane B. Dunting	athlete	athletics Elem.Girls/Field	Panalsalan IS	Plaridel South	MIS.OCC.
64	Emelita G. Tabal	Coach	Athletics- Elem Girls/Track	Penacio ES	Clarin	MIS OCC
65	Sannie Glenn N Santarita	Coach	athletics Elem.Girls/Field	Panalsalan IS	Plaridel South	MIS.OCC.
66	Nitchel N. Tumala	Chaperon	Athletics- Elem Girls	Marcelino E. Regis IS	District 8	Ozamiz City



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**ONE ASENSO MISAMIS OCCIDENTAL PROVINCIAL ATHLETIC ASSOCIATION**



**TECHNICAL WORKING GROUP FOR ATHLETICS**

<b>Name</b>	<b>Position</b>	<b>Station</b>
1. Reynaldo E. Manuel, Jr.	SDS	Division Office
2. Lorena P. Serrano	ASDS	Division Office
3. Samuel C. Silacan	SGOD Chief	Division Office
4. Maria Cheryl T. Samonte	OIC-CES /Division Sports Coordinator	Division Office
5. Ma. Alona E. Maghanoy	EPSvr	Division Office
6. Joseph Boniao	EPSvr	Division Office
7. Rey V. Baluarte	Deputy Division School Sports Officer / Athletics TM	Aloran CES
8. Nelia L. Lanzaderas	Athletics Team Manager /Inspection - Vice Chair	Plaridel

**DIFFERENT COMMITTEES FOR ATHLETICS**

<b>FINANCE COMMITTEE</b>		
1. Maria Cheryl T. Samonte	OIC-CID / Division Sports Officer	Chairman
2. Ma. Alona E. Maghanoy	EPSvr	Co-Chairman
3. Glady A. Maderal	ADA	Member
4. Ronilyn M. Pacatan	ADA III	Member

<b>HEALTH AND SAFETY COMMITTEE</b>		
1. Dr. Antonino Abrasaldo	Doctor	Chairman
2. Arvin Garcia	Nurse	Co-Chair
3. Jureza Quijano	Nurse	Member
4. Jezzah Supangan	Nurse	member
5. Caryl Luchavez	Nurse	member
6. Bliss M. Roa	Nurse	member
7. Ann Mariely Baldero	Nurse	member

**CHILD PROTECTION**

1. Leah G. Xenos	PSDS	Child Protection - Chair
2. Junideth G. Catalon	PSDS	Child Protection - Vice Chair

**PREFECT OF DISCIPLINE AND SAFETY AND SECURITY COMMITTEE**

1. Jumar Ydulzura	School Head	Chairman
2. Del Noel Cadiatan	School Head	Member
3. Joel Pangasian	School Head	Member
4. Longino Gamulo	School Head	Member

**MOTIVATIONAL SPEAKERS AND MODULE FACILITATORS**

1. Liezel Talip	School Head	Chairman
2. Rose Calod	School Head	Member
3. Jessica Hornejos	School Head	Member
4. Jessie Mae Paalisbo	School Head	Member





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## Province of Misamis Occidental

ONE ASENSO MISAMIS OCCIDENTAL PROVINCIAL ATHLETIC ASSOCIATION



### PROCUREMENT COMMITTEE

1. Edwin V. Palma	PSDS	Procurement - Chair
2. Domingo Maulas	School Head	Chairman
3. Jonard Cale	School Head	Member
4. Windilyn Namuag	ADAS III	Member

### RECORDS AND SECRETARIAT

1. Caryl Joy P. Tangcasan	PDO 1	Chairman
2. Glady A. Maderal	ADA	Co-Chairman

### TRAINING COMMITTEE

1. Romeo Sarrento	Retired School Principal	Training Consultant
2. Joel M. Pangasian	School Head	Training Director (Elementary)
3. Glenn D. Cabatuan	School Head	Training Director (Secondary)

### CAMP PREFECT/ SAFETY AND SECURITY

1. Joseph T. Boniao	Camp Prefect- Chair	EPSvrs
2. Melchesiedick Q. Bolanio	Camp Prefect- Vice Chair	School Principal

### CAMP SET-UP / DECORATION COMMITTEE

1. Alvey Apao	Chairman	School Head
2. Noel Quirog	Co-Chair	School Head

### KITCHEN AND MESS HALL

NAME	POSITION	SCHOOL/ DISTRICT/ STATION
Luzviminda G. Tactacon	PSDS Kitchen - Chair	Aloran District
Loida A. Intong	PSDS Kitchen- Vice Chair	Calamba District
Noel Quirog -	School Head	Clarin District -
Glena Parba -	School Head	Clarin District
Eugene Nazareno	ADA	Tigdok ES, Tudela District
Raul Namilit -	School Head	Tudela District
Noli Palubon	School Head	Sapangdalaga District
Alvey Apao	School Head	Sinacaban District
Roina Baliton -	School Head	Sinacaban District
Elizabeth Cabatuan	School Head	Don Victoriano District
Jimmy Mejos	School Head	Sinacaban District
Charlie Dimol	School Head	Plaridel District
Melva Gulbe	School Head	Bonifacio West District
Elvie Sumagang	School Head	Concepcion District
Jose Eldy Testa	School Head	Baliangao District
Charlene Jumalon	School Head	Sapangdalaga
Esterlina Villarimo	School Head	Calamba District
Junmar Esalit	School Head	Plaridel District



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Frietzl Hazel Malarejes	School Head	Lopez Jaena District
Neil Rodriges	School Head	Don Victoriano District
Renbo Lusdoc	School Head	Baliangao District

**IN-HOUSE TRAINING, SCHOOL-BASED LIVE-IN TRAINING, AND CENTRALIZED LIVE-IN TRAINING GUIDELINES**

1. School-based live-in training shall be conducted within the school or specified training venue from February 26 to March 26, 2024.
2. Centralized live in-training is a unified training of all athletes in all events.
3. Transport of athletes to the training venue for centralized training shall be by Division on March 27, 2024. They shall report to the Registration Committee upon arrival at their respective venues.
4. MONHS ( Oroquieta City Division) will be the billeting for the Centralized training except for Athletics, Para games, Swimming, Pencak Silat, and Boxing.
5. Training venues for school-based live-in training will be as follows:

No.	Event	TRAINING VENUES
1	Archery	Clarín District
2	Arnis	Lopez Jaena District
3	Athletics	MOPAC
4	Badminton	Oroquieta City Division
5	Baseball	Jimenez District
6	Basketball	Ozamiz City Division
7	Billiards	Oroquieta City Division
8	Boxing	Baliangao District
9	Chess	c/o Mr. Orbistundo
10	Dance sports	School-Based
11	Football	MOPAC
12	Futsal	MOPAC
13	Gymnastics	Aloran District
14	Lawn tennis	School-Based
15	Sepaktakraw	Talairon
16	Softball	School-Based
17	Swimming	Tangub
18	Table Tennis	School-Based
19	Taekwondo	Oroquieta City Division
20	Volleyball	School-Based
21	Wrestling	School-Based
22	Wushu	School-Based
23	Para Games	Oroquieta City Division



**PROVISIONS FOR LEARNING CONTINUITY AMONG STUDENT-ATHLETES DURING IN-HOUSE TRAINING ( SCHOOL-BASED LIVE-IN AND CENTRALIZED LIVE-IN )**

1. The guidelines/agreement must include the grading system of the athletes, how the module shall be distributed and who will supervise the actual teaching-learning delivery.
2. Parents' Consent shall cover all the possible related activities during the conduct of the In-House Training. It shall be submitted in bunches per event to the Camp Directors.
3. Consideration shall be given to the athletes for their grades and absences. They shall deserve the necessary academic support from the school authorities by arranging special classes to ensure that they can cope with their lessons and subject area requirements because they shall be competing and representing their respective schools, Districts, Division, and the Province of Misamis Occidental.
4. The arrangement of special classes (modular) for athletes participating in the In-House Training (school-based and centralized) in their respective playing venues shall be facilitated by the teacher coaches and chaperons and supervised by team managers (PSDS).
5. Materials during the special classes shall be taken care of by their respective schools. School Heads must ensure no disruption of classes per DO 09, s. 2005
6. Only parents or legal guardians (per registration) can get/take/pull out athletes from the venue. A waiver must be signed by the parents/legal guardians before leaving the venue
7. In case an athlete has other co-curricular activities, he or she may opt for one.
8. Gambling, smoking, vaping, and any other illegal acts during the training are prohibited.
9. Coaches, trainers, consultants, Technical Officials, Team Managers, and Technical Directors are encouraged to observe the rules in DO 40, s. 2012 (Child Protection Policy).
10. Psychological first-aid training among coaches, Technical Officials, Team Managers, Technical Directors, and athletes shall be conducted.
11. If there are policies not mentioned can be added anytime during the duration of the training/activity.