



TAGUIG CITY
PHILIPPINES

TAGUIG SAFE CITY TASK FORCE

15 May 2020

TAGUIG SAFE CITY TASK FORCE
ADVISORY NO. 01

TO: **ALL RESIDENTS OF THE CITY OF TAGUIG**

RE: **Guidelines on Outdoor Exercise during the Modified Enhanced Community Quarantine (MECQ)**

To properly implement the Guidelines of the Inter-Agency Task Force on Emerging Infectious Diseases (IATF-EID) on allowing outdoor exercise such as walking, jogging, running, or biking, during the MECQ, the following rules and guidelines shall be followed:

1. Only one (1) member of a household at a time shall be allowed to go out of their residence to exercise or workout from 5:00 a.m. to 8:00 a.m. and 4:00 p.m. to 6:00 p.m.;
2. Exercise must be performed within the barangay of residence;
3. The following individuals are not allowed to go out of their residence to exercise or work out:
 - a. Any person below twenty-one (21) years old;
 - b. Any person who are sixty (60) years old and above;
 - c. Those with immunodeficiency, co-morbidities, or other health risks; and
 - d. Pregnant women.
4. Though difficult, face masks must be worn at all times;
5. All pools, gyms, fitness studios, and sports facilities shall remain closed;
6. In compliance with the advice of our City Epidemiology and Disease Surveillance Unit (CEDSU), each individual must maintain a distance of at least five (5) meters from other individuals who are also exercising or working-out; and
7. All individuals must present their Taguig City Unified Quarantine Pass upon inspection or at all designated checkpoints.

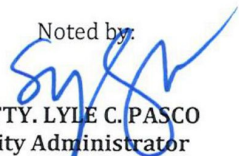
Any person in violation of these guidelines shall be penalized in accordance with Republic Act No. 11469 otherwise known as "Bayanihan We Heal as One Act", Republic Act No. 11332 otherwise known as "Mandatory Reporting of Notifiable Diseases and Health Events of Public Health Concern Act" in relation to Presidential Proclamation No. 922, and other applicable laws and ordinances. This will be without prejudice to the filing of administrative case if the violator is a government official or employee.

For strict compliance.

By Authority of the Mayor:


ATTY. CLARENCE S. SANTOS
Chairman, Taguig Safe City Task Force

Noted by:


ATTY. LYLE C. PASCO
City Administrator

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