



Republic of the Philippines
Department of Education
NEGROS ISLAND REGION

MAR 5, 2026

REGIONAL MEMORANDUM

No. 232, s. 2026

**REITERATION OF HEALTH AND SAFETY PROTOCOLS FOR
THE CONDUCT OF REGIONAL MEETS**

To: Schools Division Superintendents
Chiefs, Functional Divisions
All Others Concerned

1. This Office, through the Education Support Services Division (ESSD), disseminates the enclosed Memorandum from the Office of the Undersecretary for Governance and Operations titled "**Reiteration of Health and Safety Protocols for the Conduct of the Regional Meets,**" which is self-explanatory.
2. Anent this, all delegation heads of the **Negros Island Regional Athletic Association Meet 2026** are hereby directed to strictly enforce the following health reminders:
 - a. **For Athletes:**
 - observe strictly hydration protocols before, during, and after the competitions;
 - take scheduled hydration breaks as directed by technical officials;
 - proceed immediately to shaded or cooling areas after the competition;
 - avoid unnecessary exposure to direct sunlight, particularly between 10:00 AM and 4:00 PM; and
 - report to the coach or medical team if any of the following signs and symptoms are experienced: dizziness, headache, muscle cramps, nausea, unusual fatigue, and rapid heartbeat.
 - b. **For Coaches and Delegation Officials:**
 - enforce hydration protocols among athletes;
 - monitor athletes closely for early signs of heat-related illness;
 - ensure the availability of shaded or cooling areas in playing venues;
 - ensure that athletes rest in shaded or well-ventilated areas between events; and
 - coordinate immediately with the medical team if symptoms of heat-related illness are observed.



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3. Additionally, the Tournament Directors, Assistant Tournament Directors, Technical Officials, Health and Safety, and DRRM Committees are hereby directed to strictly follow the following:

- implement scheduled hydration breaks during competitions and related activities;
- suspend all games from 10:00 a.m. to 2:00 p.m. to avoid extreme heat;
- ensure the availability of accessible drinking water stations and shaded rest areas within the playing venues;
- adjust the pacing or scheduling of competitions, when necessary, in consideration of prevailing heat conditions;
- take prescribed maintenance medications, as applicable;
- undergo self-assessment of health condition prior to officiating or administering the games; and
- coordinate closely with on-site medical personnel to ensure prompt response to heat-related incidents.

4. Immediate dissemination of and compliance with this Memorandum are desired.


RAMIR B. UYTICO EdD, CESO III
Regional Director

Reference: As stated

Incl: As stated.

To be indicated in the Perpetual Index
under the following subjects:

LEARNERS
PROGRAMS
SAFETY
SPORTS

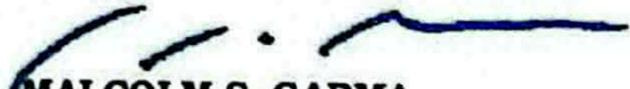
FDM/ESSD-RM/Reiteration of Health and Safety Protocols
____/March 5, 2026



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Department of Education
OFFICE OF THE UNDERSECRETARY FOR GOVERNANCE AND OPERATIONS

MEMORANDUM
OM-OUGOPS-2026-01-72

TO : ALL REGIONAL DIRECTORS
ALL REGIONAL SPORTS OFFICERS
ALL OTHER OFFICES CONCERNED

FROM :  **MALCOLM S. GARMA**
Undersecretary
Office of the Undersecretary for Governance and Operations
Secretary-General, Palarong Pambansa



SUBJECT : REITERATION OF HEALTH AND SAFETY PROTOCOLS
FOR THE CONDUCT OF REGIONAL MEETS

DATE : 03 MARCH 2026

The Department of Education (DepEd), through the supervision of the *Palarong Pambansa Board*, continues to monitor the simultaneous conduct of regional meets nationwide in preparation for the upcoming *Palarong Pambansa 2026*.

In this regard, the Office of the Undersecretary for Governance and Operations (OUGOPS) **reiterates the strict observance of precautionary measures to safeguard the health and well-being of all student-athletes and personnel**. Particular attention must be given to the prevention and immediate management of health-related and other medical conditions, including heat stroke, hypertension, dehydration, and hyperventilation, especially as prevailing temperatures have reached alert levels.

Accordingly, all Regional Offices are directed to ensure that student-athletes and concerned personnel undergo proper medical check-ups conducted by qualified physicians before and during the conduct of local sports meets. Regions are likewise enjoined to implement and maintain adequate and accessible hydration stations and other necessary health and safety measures to guarantee the safe and orderly conduct of all sporting events under their jurisdiction.

Immediate dissemination of this memorandum and submission of acknowledgment of receipt, together with confirmation of compliance and corresponding actions undertaken, are hereby requested.

[PPS/EA]



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