



PHILRECA

PHILIPPINE RURAL ELECTRIC COOPERATIVES ASSOCIATION, INC.
— The Philippines' Electric Cooperatives —

24 May 2023

ADVISORY 2023-A-120

FOR : MINDANAO ELECTRIC COOPERATIVES

ATTN : MINDANAO REGIONAL ORGANIZATION PRESIDENTS
JOSE RAUL A. SANIEL - RENECA
NONITO M. LABIS - NORMECA
AL D. CASTILLON - SEMECA
FELIX C. CANJA, JR. - CEMRECA
NORDJIANA DIPATUAN-DUCOL, DPA - BARMM
ENGR. DARWIN T. DAYMIEL - CRECA

SUBJECT : REGISTRATION, REMINDERS, AND SAFETY PRECAUTIONS
FOR THE MINDANAO WARRIORS OF LIGHT: LINEMEN
RODEO COMPETITION 2023

Greetings of Peace and Solidarity from PHILRECA!

In line with the upcoming conduct of the Warriors of Light Summit: Linemen Rodeo Competition 2023 for Mindanao on June 14-15, 2023, please be reminded of the following for your safety and guidance:

1. Safety Precautions

Safety of all linemen contingents and the rest of the support group are prioritized above all else. Kindly adhere to all safety protocols and guidelines throughout the competition and event. Always use the appropriate personal protective equipment (PPE), including helmets, safety glasses, gloves, and safety harnesses.

All linemen contingents must engage in regular physical exercise and maintain a healthy lifestyle leading to the competition. Get enough rest and sleep before the event to ensure you are in peak condition.

2. Registration

Please be reminded to register ALL participants (linemen contingents/Warriors of Light and support group) via online google form for proper monitoring and preparation of IDs and other administrative matters. Please do not forget to include the shirt sizes of the participants.

<https://docs.google.com/forms/d/e/1FAIpQLSeouA1opYemdXUVD2-HeU4BKorvGDCoLCY8AV7oL0WzGTxG6w/viewform>

Registration fee is Php 6,500.00/pax (contingents, support group, and drivers) which will cover the following:

- Meals
 - June 14 – AM Snack, lunch, PM snack
 - June 15 – AM snack, lunch, PM snack, and dinner
- Venue, kits, and other administrative expenses

"United We Stand, We Stand United."

2nd Floor, PNB Building, No. 92 West Avenue, Quezon City, Philippines
Telephone Nos.: 8967-1580/0917-850-6830/0939-905-2206
Website: www.philreca.org; e-mail address: core@philreca.org

Please be informed that payments will only be accepted on-site.

3. Schedule and Venue

Kindly be informed that registration will start at 7:30 AM and program proper will begin at exactly 8:00 AM. Please refer below for the venues of the two-day event.

Date	Venue
Day 1 – June 14, 2023	
8:00 AM – 3:00 PM (Plenary Sessions)	DASURECO MCO Center, DASURECO Hilltop, Brgy. Cogon, Digos City, Davao del Sur
Day 2 – June 15, 2023	
7:30 AM – 2:00 PM (Rodeo Competition)	Gov. Douglas Ralota Cagas Sports Complex & Business Center, Grand Stand, Brgy. Matti, Digos City, Davao del Sur
5:00 PM – 10:00 PM (Fellowship Night)	DASURECO MCO Center, DASURECO Hilltop, Brgy. Cogon, Digos City, Davao del Sur

Foreman of each team per event are requested to meet by June 14, 2023, 3:00 PM, after the plenary sessions for the final briefing/orientation in preparation for the rodeo competition.

4. List of Hotels

You may book the accommodation of your contingents, support group, and drivers. Attached in this advisory is the list of hotels in Digos City including their contact numbers.

5. Equipment and Tools

Make sure to bring your equipment and tolls required for the competition. Double-check your gear to ensure everything is in working order. Inspect your equipment for any damage or defects affecting performance and safety.

All regions are also requested to bring their regional organization’s banner which will be used for the parade of contingents on Day 2 - June 15.

6. Rules and Regulations

Linemen contingents must familiarize themselves with the competition rules and regulations (as provided in the manual/guidelines). Ensure understanding in the event procedures and scoring criteria.

Questions and clarifications regarding the rules should be addressed to the competition officials in advance.

7. Weather

Due to the expected hot weather conditions at the venue especially for the outdoor venue for the competitions, please take extra precautions and prepare/bring the following:

- Towels
- Umbrella
- Fan
- Sunblock
- Extra change of clothes
- Hygiene kit/toiletries

Here are also other important reminders:

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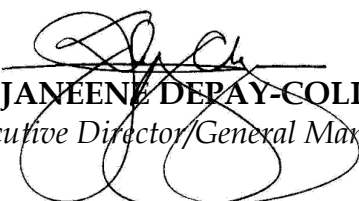
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- **Hydration is Key**
Stay adequately hydrated before, during, and after the competition. Drink plenty of water and electrolyte-rich beverages to replenish fluids and minerals lost through sweating. Carry a refillable water bottle and use the provided hydration stations to stay hydrated throughout the event.
- **Dress for the Heat**
Wear lightweight, breathable clothing that allows air circulation and helps with sweat evaporation. Opt for light-colored attire that reflects sunlight rather than absorbing heat. Wear a wide-brimmed hat or cap to shade your face and neck from direct sunlight.
- **Sun Protection**
Protect yourself from the sun's harmful rays by applying a broad-spectrum sunscreen with a high SPF rating. Reapply it regularly, especially if you're sweating heavily. Wear UV-protective sunglasses to shield your eyes, and consider using a cooling towel or bandana around your neck to help manage body temperature.
- **Look Out for Each Other**
Practice teamwork and support your fellow linemen. Monitor one another for signs of heat stress and encourage breaks, hydration, and shade when needed. Remember, safety is our top priority. You may approach our medical team on standby in the event for medical/health concerns.

We hope that all participants – linemen contingents and support group, will adhere to all the reminders and guidelines for the safety of everyone. For other inquiries and/or concerns, you may reach us at 0965.5333.318/0916.266.6888 or at core@philreca.org.

Thank you.

Respectfully Yours,


ATTY. JANEENE DEPAY-COLINGAN
Executive Director/General Manager


JOSE LITO P. YAP
President

cc: Regional PHILATMEC Presidents

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