

Issued: 21 April 2020

**ADVISORY ON TIGHTENED MEASURES FOR SPORT AND PHYSICAL EXERCISE DURING THE EXTENDED CIRCUIT BREAKER PERIOD (TILL 1 JUNE 2020)**

1. In line with PM Lee Hsien Loong’s address and the Multi-Ministry Taskforce’s announcement on the extension of circuit breaker period and additional measures on 21 April 2020, Sport Singapore (SportSG) has updated the advisory on sport and physical exercise to cover tightened measures for sport and physical exercise during the circuit breaker period which is now extended till 1 June 2020. This advisory will come into effect on 21 April 2020, 2359hrs, and includes all the guidelines and rules on sport and physical exercise that have been covered in earlier advisories.

2. Continue Exercising at Home

Members of the public should continue exercising to stay healthy and boost their immunity. **They are urged to exercise at home, and do their part to reduce movement to a minimum and help to further reduce the transmission of the virus in the community.** Online resources such as <https://circle.myactivesg.com/circuit-breaker>, offer access to virtual classes and events, and tips and advice on how one can stay active at home.

3. Exercise Outdoors Alone

**While not encouraged, individuals may leave home to walk, run, cycle or engage in other similar exercise, alone, and in their immediate neighbourhoods, rather than travel unnecessarily to other parts of Singapore.** Individuals should not linger after their exercise and should return home immediately after they are done with their exercise. Safe distancing measures must be observed at all times between people of different households, and there shall not be any gathering in groups.

4. Mask Wearing During Exercise

**While exercising out of their homes, members of the public (above the age of 2) are required to wear masks.** Running, jogging, cycling and other similar activities are deemed strenuous that mask need not be donned during these activities. However, individuals should put on their masks after they have completed their exercises. As a guide, members of the public can refer to the following table on mask wearing while exercising:

<b>Exercise</b>	<b>Is Mask Needed?</b>
Running	No
Jogging	No
Cycling	No
Static exercises and drills for warm-ups, strength and flexibility	No
Walking <i>strenuously</i> such as brisk walking, walking on hilly terrain e.g. Bukit Timah Nature Reserve, Bukit Batok Nature Park	No
Walking or strolling <i>leisurely</i>	Yes
Any other permissible exercises	Yes

For not wearing masks/observing safe distancing measures, first-time offenders will be issued composition offers of \$300, and repeat offenders will face higher fines or prosecutions in court for egregious cases. Enforcement officers will continue to be deployed daily to enforce this requirement during this extended period.

5. Closure of Sport & Recreational Facilities

As announced by the Ministry of Health on 3 and 9 April 2020, sports and recreation facilities were to close from 7 April 2020 and 4 May 2020. These closures are now extended till 1 June 2020.

- a) **SportSG Facilities.** All SportSG facilities – ActiveSG stadiums, studios, gyms, indoor sport halls, swimming complexes, Active Health Labs, as well as The Float and The Rink@JCube – will remain closed during the extended period.
- b) **Other Facilities.** Likewise, all sports, fitness and recreation facilities and spaces shall be closed, including those operated by private apartments and condominiums, country clubs, golf clubs, businesses, and national sports associations, till 1 June 2020.

6. Everyone has a part to play in the fight against COVID-19. SportSG urges everyone to adhere to the measures in this advisory so that we can break the chain of transmission. Together, we are stronger, and we can overcome this.

7. For queries, members of the public can email the Sport Singapore QSM at [SPORT\\_QSM@sport.gov.sg](mailto:SPORT_QSM@sport.gov.sg) or call 1800-344-1177 during office hours (Mondays to Fridays, 9.00am to 6.00pm).

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