

Issued: 15 April 2020

**ADVISORY ON SPORT AND PHYSICAL EXERCISE & ACTIVITIES FOR THE CONTROL PERIOD OF 7 APRIL 2020 TO 4 MAY 2020 (UPDATED MEASURES)**

1. On 14 April 2020, the Multi-Ministry Taskforce announced further implementation and enforcement of circuit breaker measures to break the chain of COVID-19. These measures include mandatory wearing of masks for anyone leaving their home, including those exercising out of their homes. This advisory covers the type of exercises that members of the public can engage in at public spaces, and provides guidelines on mask wearing while exercising during this Control Period. Sport Singapore’s advisory issued on 5 April 2020<sup>1</sup>, and the subsequent closure of ActiveSG stadiums, remains in effect.

2. Singaporeans are encouraged to continue exercising to stay healthy and boost their immunity. Individuals may leave home for the purpose of health, to walk, run, cycle or engage in other similar exercises, either alone or with any other individual living in the same place of residence as the individual<sup>2</sup>. Members of the public (above the age of 2) are required to wear masks when exercising out of their homes. Running, jogging, cycling and other similar activities are deemed strenuous that mask need not be donned. However, they should put on their masks after they complete their exercises. As a guide, members of the public can refer to the following table on mask wearing while exercising:

Exercise	Mask Needed?
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 activities	Yes

3. As per the new 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 these new requirements during this Control Period.

4. Singaporeans can also keep fit by doing exercises at home. There are also online resources available on <https://circle.myactivesg.com/circuit-breaker> (QR code provided), which offer access to virtual classes and events, as well as tips and advice on how to stay active at home.



5. During these unprecedented times, Singaporeans need to stand united against COVID-19. Sport Singapore urges everyone to adhere to the tightened circuit breaker measures so as to minimise movements and interactions in public and private spaces, and continue to remain socially responsible and stay home as much as possible. For queries,

<sup>1</sup> <https://www.sportsingapore.gov.sg/Newsroom/Media-Releases/2020/Advisory-on-Sport-and-Physical-Exercise-and-Activities-from-7-April-to-4-May-2020>

<sup>2</sup> Reg. 4(d) of the COVID-19 (Temporary Measures) (Control Order) Regulations 2020.



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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