

Issued: 21 November 2021  
Updated: 30 December 2021

## FAQs SAFE MANAGEMENT MEASURES FOR SPORT AND PHYSICAL EXERCISE & ACTIVITY FOR THE TRANSITION PHASE

### A. LATEST SAFE MANAGEMENT MEASURES (SMMs)

**Qn: What are the key changes to the safe management measures from 17 December 2021?**

**Ans:** It was announced on 14 December 2021 that:

**From 1<sup>st</sup> January 2022:**

- a. A recovered person from COVID-19 who is not fully vaccinated will only be given a 180-day exemption after infection. Non-fully vaccinated individuals who had recovered from COVID-19 infection prior to 1st January 2022 will also have their exemption period reduced from 270 days to 180 days. However, such individuals who will already exceed the 180-day period as at 1st January 2022 would be granted an additional one-month grace period till 31 January 2022 to complete their primary series vaccination regime).
- b. A valid Pre-Event Testing (PET) result will no longer be recognised in lieu of being considered a fully-vaccinated individual.

**From 1st February 2022:**

- c. Across all settings – All Indoor sport and fitness facilities must implement VDS at their premises and only fully vaccinated<sup>1</sup> individuals are permitted to enter these **indoor premises**.
  - d. From 1 February 2022, all Sport Events, irrespective of event size, must implement VDS in order to proceed.
- **[No change] Group Size.** The permitted group size for participation remains at 5.
  - **[No change] Physical Distancing.** The physical distancing between:

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<sup>1</sup> An individual is considered vaccinated if he/she a) has been fully vaccinated, i.e. received the appropriate regimen of World Health Organization Emergency Use Listing (WHO EUL) vaccines including their respective duration post-vaccination for the vaccine to be fully effective and b) had their vaccination records ingested in MOH's IT systems. Sinovac-CoronaVac will require a three-dose primary series regime, but all individuals who have taken two doses of Sinovac-CoronaVac should be regarded as fully vaccinated for 4 months after the second dose, or until 31 December 2021, whichever is later. Persons who have recovered from COVID-19 will be considered fully vaccinated 14 days after their single dose of the PSAR-authorized mRNA vaccines (i.e. Pfizer-BioNTech/Comirnaty, Moderna) or WHO EUL vaccines. Persons who have recovered from COVID-19 within the last 270 days (from 1 January 2022, this will be updated to 180 days), regardless of their vaccination status, may also be managed similarly to a fully vaccinated individual.

Unvaccinated individuals with a valid negative result on a Pre-Event Test (PET) taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event are of similarly lower risk, and may also join in the group of fully vaccinated individuals. However, from 1 January 2022, the concession for unvaccinated individuals to perform a PET in lieu of being fully vaccinated would be removed. *Unvaccinated employees will still be allowed at the workplace till 14 January 2022, if they have a negative PET result. For more info on workforce vaccination measures, please refer to MOM's advisory <https://www.mom.gov.sg/covid-19/advisory-on-covid-19-vaccination-in-employment-settings>*

From 1 December 2021, individuals who are medically ineligible for all COVID-19 vaccines under the National Vaccination Programme can take part in activities at VDS facilities (does not include participation under the "VDS+ART" Team Sport Pilot which will still require an ART) without needing to take a PET. Refer to <https://www.moh.gov.sg/covid-19/pet> for more details.

- a. Individuals for all types of physical exercise/activity will be standardised to 2 metres, unless the nature of activity requires the distance to be shortened
  - b. different groups is 2 metres, at all times.
- **[No change] Unvaccinated Children in Indoor Unmasked Setting.** Children 12 years old and below (born in 2009 and later) who are not fully vaccinated<sup>2</sup> will be allowed to participate in indoors unmasked classes/programmes/activities without needing to take any PET, subject to the following provisions:
    - a. No more than 5 participants (including instructor) in a group.
    - b. If the participants in the group include other unvaccinated children, all the children must be from the same household.
    - c. Other participants, including the instructor, must be fully vaccinated<sup>3</sup> to be able to be part of the group of 5 with the unvaccinated child(ren) from the same household.
    - d. There can be no multiple groups of 5 participants in an organised class/programme in this situation.

For indoor masked and outdoor masked/unmasked activity, the unvaccinated children in the group do not have to be from the same household, and there can be multiple groups of 5 participants up to 50 pax, or up to the venue capacity limit, whichever is lower.

- **[No change] Seniors 60 Years and Above.** To protect our seniors and at the same time provide them with safe outlets to stay active, healthy and socially connected, Sport Singapore will be piloting sport and physical activities for fully vaccinated or COVID-19 recovered seniors (60 years and above) in a controlled environment at selected ActiveSG Sport Centres under the supervision of Sport Singapore’s staff, Enforcement Officers and Safe Distancing Ambassadors, from 10 November 2021. Activities such as aquatic programmes, badminton, pickleball, square stepping, etc, will be held at specific sites and dedicated timings to ensure that the participating seniors do not mix with the participants of other programmes. More information will be available on [myactivesg.com](http://myactivesg.com).

## B. ON VACCINATION-DIFFERENTIATED SAFE MANAGEMENT MEASURES (VDS) & ELIGIBILITY

**Qn: What is vaccination-differentiated Safe Management Measures and where is it applicable at?**

**Ans:** As fully vaccinated individuals have better protection against infection and severe illness, fully vaccinated individuals may participate in activities in high-risk settings (unmasked activities that take place indoors<sup>4</sup>). The group size can go up to 5 individuals (including instructor / coach). For organised classes/programmes catered to fully vaccinated<sup>5</sup> individuals, multiple groups of 5, up to 30 pax or the capacity limit of the venue, whichever is lower, is allowed.

<sup>2</sup> Refer to footnote 1

<sup>3</sup> Refer to footnote 1

<sup>4</sup> Indoor spaces are defined as those enclosed by shelter and walls.

<sup>5</sup> Refer to footnote 1

Recovered COVID-19 individuals may also join in the group of fully vaccinated individuals. From 1 December 2021, individuals who are medically ineligible for all COVID-19 vaccines under the National Vaccination Programme can take part in activities at VDS facilities (does not include participation under the “VDS+Test” Team Sport Pilot) without needing to take a Pre-Event Test. Refer to <https://www.moh.gov.sg/covid-19/pet> for more details.

**Qn: What does fully vaccinated individual mean?**

**Ans:** An individual is considered vaccinated if he/she has been fully vaccinated, i.e. received the appropriate regimen of World Health Organization Emergency Use Listing (WHO EUL) vaccines including their respective duration post-vaccination for the vaccine to be fully effective, and had their vaccination records ingested in MOH’s IT systems.

Sinovac-CoronaVac will require a three-dose primary series regime, but all individuals who have taken two doses of Sinovac-CoronaVac should be regarded as fully vaccinated for 4 months after the second dose, or until 31 December 2021, whichever is later.

Persons who have recovered from COVID-19 will be considered fully vaccinated 14 days after their single dose of the PSAR-authorized mRNA vaccines (i.e. Pfizer-BioNTech/Comirnaty, Moderna) or WHO EUL vaccines.

Persons who have recovered from COVID-19 within the last 270 days (from 1st January 2022, this will be updated to 180 days), regardless of their vaccination status, may also be managed similarly to a fully vaccinated individual.

From 1 December 2021, individuals who are medically ineligible for all COVID-19 vaccines under the National Vaccination Programme can take part in activities at VDS facilities (does not include participation under the “VDS+TEST” Team Sport Pilot) without needing to take a PET. Refer to <https://www.moh.gov.sg/covid-19/pet> for more details.

**Qn: I want to organise *unmasked class/programme/activities* at my *indoor* facility. How do I go about it?**

**Ans:** Permitted enterprises are:

- to implement vaccination-differentiated SMMs at their indoor facilities
- to prominently display that vaccination-differentiated SMMs are implemented on their premises
- to set up proper checking protocol at their access control
- responsible to conduct checks on the vaccination status of their participants at their access control. Persons who fail to have their status verified will be denied participation in high-risk activities. Only fully vaccinated<sup>6</sup> individuals may be admitted for the indoor / unmasked class/ programme / activity.
- to ensure that every person who enter their premises have their vaccination status checked and recorded manually or electronically, beyond the usual screening measures such as TraceTogether-only SafeEntry (TT-only SE), SafeEntry Gateway (SEGW) check-in & check-out and temperature checks.
- to ensure that participants, instructors and staff also adhere to an enhanced set of SMMs per [Annex in the Sport Singapore guidance issued on 21 Nov 2021](#).

In addition, all indoor premises should refer to the latest guidance on improving ventilation and indoor air quality in buildings amid the COVID-19 situation, available at: <https://go.gov.sg/bca->

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<sup>6</sup> Refer to footnote 1

[circular-improving-ventilation-iaq](#) as well as enhance hygiene and cleanliness through the SGClean certification: <https://www.sgclean.gov.sg/join/for-owners/how-to-be-certified/>

**Qn: I am organising a class that requires vaccination-differentiated SMMs. How do I check my participants' vaccination status?**

**Ans:** You can refer to the information at <https://go.gov.sg/status-check>. You can also check the status of vaccination or their COVID test records on the participants' TraceTogether app.

For recovered individuals, they can show the pre-event test exemption notice. Operators/organisers should verify that the PET exemption notice belongs to the customer, i.e. NRIC/FIN on the document matches the NRIC/FIN on the customer's photo ID. Additionally, operators/organisers should verify that the exemption date is valid for the duration of the class/programme.

**MINISTRY OF HEALTH**  
SINGAPORE

**PRE-EVENT TESTING (PET) EXEMPTION NOTICE**

Full Name: ABCDEF  
(as per NRIC/FIN/Passport)

NRIC/FIN/Passport Number: XXXXX567A

Country of Passport Issue (only for foreigners without FIN): Country

To whom it may concern,

This is to certify that the abovementioned first tested positive for SARS-CoV-2 (COVID-19) via a Polymerase Chain Reaction (PCR) test\* on <date>. He/She is exempted from Pre-Event Testing (PET) till <date> (inclusive).

2. For further details, please contact [Name of Clinic (and Branch if applicable), email, phone number].

Thank you.

Stamp/ Signature/Date

Name:  
Designation:  
Clinic Name (and Branch if applicable):

\* Recovered travellers/ returning SCs/PRs with overseas PCR+ results with local S+ result must provide GP with proof of overseas PCR+ result for the issuance of the PET Exemption Notice.

**Qn: I operate an indoor facility. Is it mandatory for me to implement vaccination-differentiated SMMs for all classes/programmes/activities at my indoor facility?**

**Ans:** Yes, from 1<sup>st</sup> February 2022, all permitted enterprises must implement vaccination-differentiated SMMs. Those who choose not to implement vaccination-differentiated SMMs will not be allowed to conduct indoor activities.

For indoor facility, participants, instructors and staff will also have to adhere to an enhanced set of SMMs per [Annex in the Sport Singapore guidance issued on 21 Nov 2021](#).

In addition, all indoor premises should refer to the latest guidance on improving ventilation and indoor air quality in buildings amid the COVID-19 situation, available at: <https://go.gov.sg/bca->

[circular-improving-ventilation-iaq](#) as well as enhance hygiene and cleanliness through the SGClean certification: <https://www.sgclean.gov.sg/join/for-owners/how-to-be-certified/>

**Qn: Do students need to carry their TraceTogether (TT) token during activity?**

**Ans:** Where it may not be practical to do so, the TT tokens need not be carried on the individual; however, the operator should keep records of class attendance and group lists to facilitate contact tracing. Depending on the specific circumstances (e.g. duration of close contact, nature of close contact environment, type of activity, prevailing COVID situation etc.), MOH may impose quarantine orders on group, class, facility level.

**Qn: I am a Fitness Studio offering low intensity Yoga classes. Can I have both unvaccinated and vaccinated students in the same class by making everyone wear their mask?**

**Ans:** No you cannot. As of 1<sup>st</sup> February 2022, **vaccination-differentiated SMMs** must be implemented at all indoor facilities for classes/activities to continue. Only fully vaccinated<sup>7</sup> individuals and recovered persons are permitted to enter all eligible indoor premises.

From 1<sup>st</sup> January 2022, a recovered person from COVID-19 who is not fully vaccinated will only be given a 180-day exemption after infection. Non-fully vaccinated individuals who had recovered from COVID-19 infection prior to 1st January 2022 will also have their exemption period reduced from 270 days to 180 days. However, such individuals who will already exceed the 180-day period as at 1st January 2022 would be granted an additional one-month grace period till 31 January 2022 to complete their primary series vaccination regime).

In addition, the concession for unvaccinated individuals to perform a PET or ART in lieu of being fully vaccinated would be removed with effect from 1st January 2022 as well.

**Qn: I am a Gym offering weights equipment and treadmills. Can I have both unvaccinated and vaccinated individuals use the gym at the same time by making everyone wear their mask?**

**Ans:** No you cannot. As of 1<sup>st</sup> February 2022, **vaccination-differentiated SMMs** must be implemented at all indoor facilities for classes/activities to continue. Only fully vaccinated<sup>8</sup> individuals and recovered persons are permitted to enter all eligible indoor premises.

From 1<sup>st</sup> January 2022, a recovered person from COVID-19 who is not fully vaccinated will only be given a 180-day exemption after infection. Non-fully vaccinated individuals who had recovered from COVID-19 infection prior to 1st January 2022 will also have their exemption period reduced from 270 days to 180 days. However, such individuals who will already exceed the 180-day period as at 1st January 2022 would be granted an additional one-month grace period till 31 January 2022 to complete their primary series vaccination regime).

In addition, the concession for unvaccinated individuals to perform a PET or ART in lieu of being fully vaccinated would be removed with effect from 1st January 2022 as well.

**Qn: I am a Gym offering weights equipment and treadmills and my patrons work out on their own time. Can I allow both unvaccinated and vaccinated individuals to work out in the gym at the same time and allow vaccinated individuals to remove their masks while working out, and the unvaccinated individuals to be masked?**

**Ans:** No you cannot. As of 1<sup>st</sup> February 2022, **vaccination-differentiated SMMs** must be implemented at all indoor facilities for classes/activities to continue. Only fully vaccinated<sup>9</sup> individuals and recovered persons are permitted to enter all eligible indoor premises.

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<sup>7</sup> Refer to footnote 1

<sup>8</sup> Refer to footnote 1

<sup>9</sup> Refer to footnote 1



From 1<sup>st</sup> January 2022, a recovered person from COVID-19 who is not fully vaccinated will only be given a 180-day exemption after infection. Non-fully vaccinated individuals who had recovered from COVID-19 infection prior to 1st January 2022 will also have their exemption period reduced from 270 days to 180 days. However, such individuals who will already exceed the 180-day period as at 1st January 2022 would be granted an additional one-month grace period till 31 January 2022 to complete their primary series vaccination regime).

In addition, the concession for unvaccinated individuals to perform a PET or ART in lieu of being fully vaccinated would be removed with effect from 1st January 2022 as well.

**Qn: Can I hold classes for unvaccinated individuals with mask on and vaccinated individuals without mask in the same studio but at different timings?**

**Ans:** No you cannot. As of 1<sup>st</sup> February 2022, **vaccination-differentiated SMMs** must be implemented at all indoor facilities for classes/activities to continue. Only fully vaccinated <sup>10</sup>individuals and recovered persons are permitted to enter all eligible indoor premises.

From 1<sup>st</sup> January 2022, a recovered person from COVID-19 who is not fully vaccinated will only be given a 180-day exemption after infection. Non-fully vaccinated individuals who had recovered from COVID-19 infection prior to 1st January 2022 will also have their exemption period reduced from 270 days to 180 days. However, such individuals who will already exceed the 180-day period as at 1st January 2022 would be granted an additional one-month grace period till 31 January 2022 to complete their primary series vaccination regime).

In addition, the concession for unvaccinated individuals to perform a PET or ART in lieu of being fully vaccinated would be removed with effect from 1st January 2022 as well.

**Qn: I run a badminton class for children below 12 years old. Do I need to check their vaccination status?**

**Ans:** If you are running an indoor badminton class involving unvaccinated children below 12 years old and all the participants are masked, you can have up to 5 individuals in a group including yourself (the coach), who do not have to be from the same household.

For indoor unmasked classes/programmes/activities, unvaccinated children below 12 years old can take part without needing to take any PET, subject to the following provisions:

- No more than 5 participants (including instructor) in a group.
- If the participants in the group include other unvaccinated children, all the children must be from the same household.
- Other participants above 12 years old, including the instructor, must be fully vaccinated (includes those who have recovered from COVID-19) to be able to be part of the group of 5 with the unvaccinated child(ren) from the same household.
- There can be no multiple groups of 5 participants in an organised class/ programme in this situation.

## C. ON PILOT RESUMPTION OF TEAM SPORTS UNDER VACCINATION-DIFFERENTIATED SMMS (VDS) + TEST PROTOCOL

**Qn: What is the team sports pilot about?**

**Ans:** From 1 November 2021, a pilot will be introduced allowing for up to 10 fully vaccinated persons (including players, umpires, linesmen, etc.) to play together in controlled and supervised settings.

Under this pilot, fully vaccinated individuals who have received the appropriate regimen of World Health Organisation Emergency Use Listing (WHO EUL) vaccines including their

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<sup>10</sup> Refer to footnote 1

respective duration post-vaccination for the vaccine to be fully effective and had their vaccination records ingested in MOH's national IT systems, and those who have recovered from COVID-19, can participate. Players will be required to produce a valid negative self-administered antigen rapid test (ART) result on-site prior to each game.

For groups of individuals who want to resume team sports, you may do so by booking selected sessions at:

- Designated ActiveSG facilities: <https://www.myactivesg.com/Facilities/Sport-Centres/Pilot-Resumption-of-Team-Sports-under-VDSplus-Framework>
- Designated People's Association's (PA) facilities: <https://www.pa.gov.sg/team-sports-pilot>

The next phase of the pilot was extended to selected private facility operators so that more fully vaccinated individuals can enjoy team sport safely. Sport Singapore will continue to expand this pilot where feasible.

**Qn: Will the ART test kits under this team sports pilot be provided by the sports facility?**

**Ans:** No. You will need to bring an unused ART test kit to the sports facility and administer the test on-site. Only after your ART test is negative on-site will you then be allowed to participate in team sports at that venue.

**Can I do my ART test at home and produce evidence of the negative result (either by photo evidence, or by bringing the used test kit) when I reach the sports facility?**

**Ans:** No. You will need to administer the ART test when you are at the venue.

**Qn: I have a valid PET (pre-event test) result from an MoH recommended clinic / I have taken an ART at the Quick Test Centre (QTC) and the result is reflected in my TraceTogether/HealthHub app. Will I still need to do an ART on-site for me to participate in team sports under VDS+ART?**

**Ans:** If you are fully vaccinated, a valid PET result taken at MOH approved Covid-19 test provider or an ART result taken at Quick Test Centre, may be used in-lieu of the ART on-site. The negative result needs to be reflected in your TraceTogether or Health Hub app and be within its 24-hour validity window till the end of the game.

If you are unvaccinated, you are not allowed to participate even if you have a valid negative PET result. This includes those who are medically ineligible for vaccination and children 12 years and below who are not fully vaccinated.

**Qn: Which venues will offer the pilot resumption of team sports?**

**Ans:** Team sport formats comprising up to 10 fully vaccinated individuals are allowed to take place at designated ActiveSG sports centres and PA community clubs.

At these designated venues, all players will be checked for their VDS status as well as self-administered ART result (test to be taken on-site) before being allowed to proceed to the field-of-play, which will be fully cordoned off to other users.

For more details on slots available at ActiveSG and PA and to make a new booking, please visit:

- <https://www.myactivesg.com/Facilities/Sport-Centres/Pilot-Resumption-of-Team-Sports-under-VDSplus-Framework> for ActiveSG
- <https://www.pa.gov.sg/team-sports-pilot> for PA

**Qn: I want to play 5v5 basketball at the open-air basketball court in a nearby park. Is this allowed?**

**Ans:** No, this is currently not allowed. Team sport formats in unsupervised settings will have to continue to adhere to the prevailing national group size of 5 persons i.e. you can play 2v2 or 2v3.

To be clear, playing amongst 2 groups of 5 pax i.e. 5v5, is not allowed.

**Qn: I want to play 5v5 football at the open-air field near my house. Is this allowed?**

**Ans:** No, this is currently not allowed. Team sport formats in other unsupervised settings will have to continue to adhere to the prevailing national group size of 5 persons i.e. you can play 2v2 or 2v3.

To be clear, playing amongst 2 groups of 5 pax i.e. 5v5, is not allowed.

## D. GENERAL QUESTIONS ON SPORT & PHYSICAL EXERCISE / ACTIVITY SMMs

**Qn: What is the maximum number of people who can exercise in a group (for venues not in the pilot resumption of team sports under VDS+Test)?**

**Ans:** Sport and physical activities must be confined to groups of no more than 5 individuals (including instructor / coach).

For organised classes / programmes, there may be multiple groups of 5 up to 50 pax or the capacity limit of the venue, whichever is lower, except for indoor unmasked activities.

Only fully vaccinated individuals<sup>11</sup> may participate in **indoor unmasked activities**. No more than 5 individuals (including instructor / coach) can be in the same group. Organised classes / programmes may have multiple groups of 5 up to 30 pax fully vaccinated individuals, or the capacity limit of the venue, whichever is lower. If any one of the participants is not fully vaccinated or have not recovered from COVID-19, then such activity is prohibited.

While exercising and playing sport, the following physical distancing requirements apply:

- a. 2-metre physical distancing between individuals for all physical activities, unless the nature of activity requires the distance to be shortened.
- b. 2-metre physical distancing between groups for all physical activities.
- c. No cross-mixing or cross-playing between groups i.e. no modified versions of games where a ball is being played between two groups.

**Qn: What is the maximum number of people a sport facility can accommodate?**

**Ans:** All sport/ recreational facilities can only admit a maximum number of persons according to its Gross Floor Area based on 10 Sqm per person, up to a maximum of 50 persons. No facility, regardless of size, shall admit more than 50 persons.

However, large complexes or multi-function premises such as country clubs may treat different parts of their premises as separate facilities, provided that they are well separated by physical barriers such that intermingling is not possible. Each of these facilities are to have separate

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<sup>11</sup> Refer to footnote 1



TraceTogether-only SafeEntry (TT-only SE) or SafeEntry Gateway (SEGW) check-in & check-out, as well as other screening provisions.

**Qn: Can there be large group sport and physical activities/classes?**

**Ans:** Yes, there can be subject to the prevailing SMMs for masked/unmasked activities held indoors and outdoors. For activities involving seniors 60 years & above, and unvaccinated children 12 years old and below, please refer to page 2.

**Qn: Will I be allowed to swim in a group?**

**Ans:** Yes, you are allowed to swim outdoors as an individual or in a group of no more than 5 persons, including yourself.

**Qn: Will I be allowed to play sports such as badminton, basketball, football and table tennis?**

**Ans:** You are allowed to play sports in a group of no more than 5 persons (i.e.: 2v2, 2v3). There shall be no cross-mixing or cross-playing between groups i.e. no modified versions of games where a ball is being played between two groups of 5 pax.

Masks must be worn at all times when playing sports indoors, unless the indoor facility you are playing in deploys vaccination-differentiated SMMs and all participants in your group are fully vaccinated/tested/recovered.

From 10 November 2021, team sport formats comprising up to 10 fully vaccinated individuals are allowed to take place at designated ActiveSG sports centres and PA community clubs. The next phase of the pilot was extended to selected private facility operators so that more fully vaccinated individuals can enjoy team sport safely. Sport Singapore will continue to expand this pilot where feasible.

At these designated venues, all players will be checked for their VDS status as well as self-administered ART result (test to be taken on-site) before being allowed to proceed to the field-of-play, which will be fully cordoned off to other users.

For more details on slots available at ActiveSG and PA and to make a new booking, please visit:

- <https://www.myactivesg.com/Facilities/Sport-Centres/Pilot-Resumption-of-Team-Sports-under-VDSplus-Framework> for ActiveSG
- <https://www.pa.gov.sg/team-sports-pilot> for PA

**Qn: Can I continue to conduct 1-on-1 sessions at my indoor gym / fitness/exercise studio / indoor facility where my participant and I are a) masked, b) unmasked?**

**Ans:**

- a) Yes, you can have masked activities indoors.

If your indoor facility implements VDS, you may provide equipment for participants' use.

- b) You can only have unmasked activities indoors if the facility implements VDS and admits only vaccinated individuals.

If your participant is an unvaccinated child under 12 years old, please refer to page 2.

Do refer to section F to ensure you meet the Fast & Easy testing requirements.

**Qn: Can high intensity classes such as martial arts, combat sports, still take place indoors?**

**Ans:** High intensity classes held indoors where participants are unmasked can only take place if vaccination-differentiated SMMs are in place.

Such enterprises are:

- to implement vaccination-differentiated SMMs at their facilities
- to prominently display that vaccination-differentiated SMMs are implemented on their premises
- to set up proper checking protocol at their access control
- responsible to conduct checks on the vaccination status of their participants at their access control. Persons who fail to have their status verified will be denied participation in high risk activities.
- to ensure that every person who enter their premises have their vaccination status checked and recorded manually or electronically, beyond the usual screening measures such as TraceTogether-only SafeEntry (TT-only SE), SafeEntry Gateway (SEGW) check-in & check-out and temperature checks.
- to ensure that participants, instructors and staff also adhere to an enhanced set of SMMs per [Annex in the Sport Singapore guidance issued on 21 Nov 2021](#).

From 1st February 2022, those who choose not to implement vaccination-differentiated SMMs will not be allowed to conduct indoor activities. For indoor facility, participants, instructors and staff will also have to adhere to an enhanced set of SMMs per [Annex in the Sport Singapore guidance issued on 21 Nov 2021](#).

In addition, classes such as TKD, MMA, Muay Thai, BJJ, Fencing, Judo, Boxing, and other similar activities that take place in enterprises without vaccination-differentiated SMMs must:

- Modify the activities to minimise contact as much as possible. Keep total grappling time to no more than 15 minutes in total per session.
- Ensure that participants and instructors are masked on at all times, refraining from conducting activities that are strenuous to the point that they feel the need to remove their masks.
- Not offer weight, strength or resistance training or cardio training of any form, and/or provide equipment for such training, such that they become strenuous activities. Not provide common equipment such as punching pads, bags, dummies, use of boxing ring, etc, where fomite transmission risk is high.
- Keep to cohorting to limit the extent of any contact tracing.

If there are participants who are unvaccinated children 12 years old and below, please refer to page 2.

**Qn: I am moving my classes to the outdoor area near to my indoor facility. Can my participants enter to use the changing room/toilet/shower facilities in my gym/exercise studios after they are done with the physical activity?**

**Ans:** Yes, they may use the changing room/toilet/shower facilities subject to prevailing safe management measures such as facility capacity and safe distancing. You have to take measures to ensure that transmission risks are minimised in such places. Participants should keep their masks on whilst in the changing rooms, and if they are taking a shower, to put on their mask promptly when done. You should make sure that changing rooms/toilet/shower facility are not overcrowded, and encourage people not to linger on the premises post-activity if they do not need to. If you are not able to ensure participants' compliance to the necessary safe management measures, you are advised to close off the toilet/shower facilities. Violation of this may result in stop work order issued by the authorities.

Do seek the approval of the venue owner of the outdoor location that you will be using before you move your classes outdoors.

Government agencies will be conducting inspections. Enforcement action(s) under the COVID-19 (Temporary Measures) Act will be taken against businesses or individuals who fail to comply with safe management measures.

**Qn: I am a Fitness Studio offering high intensity classes to children 12 years old and below where the children are unmasked. Can I have two groups of 3 children in the class separated by a 2-metre distance between them? The 3 children in each group are from the same household.**

**Ans:** No, you may not. Please refer to page 2 information on classes/programmes for unvaccinated children 12 years old and below.

**Qn: I run a yoga class for children below 6 years old. Do my young participants need to don masks?**

**Ans:**

- For indoor unmasked yoga classes, please refer to page 2 on treatment for unvaccinated children 12 years old and below.
- For indoor masked and outdoor masked/unmasked activity, the unvaccinated children in the group do not have to be from the same household, and there can be multiple groups of 5 participants up to 50 pax, or up to the venue capacity limit, whichever is lower.

You may not conduct a yoga class for multiple groups (of unvaccinated children 12 years and below) indoors and unmasked.

However, if your yoga classes take place indoors masked OR outdoors masked/unmasked, then you may have multiple groups of 5 participants each (up to 50 pax or venue capacity, whichever is lower). Please ensure that the groups do not intermingle.

**Qn: Can I conduct a 1-on-1 private training with my 10-year-old student?**

**Ans:** Yes, you can. Please refer to page 2 for more details.

**Qn: Is there a minimum time gap between the end of an indoor class and the start of another?**

**Ans:** A minimum of 15 minutes is required to prevent intermingling and mixing between participants before and after class. Operators will have to clean and ventilate the room after each class ends.

**Qns: Can studios/gyms sell food and drinks? What about vending machines and water fountains?**

**Ans:** SportSG continues to discourage operators from selling food and beverages on their premises. Vending machines and water coolers (for refilling purposes) are allowed.

**Qn: I am a sport / fitness coach / instructor. What do I do if**

- **I am feeling unwell but test negative on?**
- **I am well but have tested positive for COVID-19 on my ART?**
- **I am a close contact of someone who has COVID-19?**

**Ans:** Please visit <https://www.covid.gov.sg/> for more information on what to do.

## E. ON LARGE GROUP OUTDOOR CLASSES

**Qn: I am a registered instructor under Sport Singapore’s Large Group Outdoor Classes. How does the latest measures (during the stabilisation period) affect me?**

**Ans:** Approved large outdoor classes at public spaces<sup>12</sup>, such as parks and HDB common areas, can continue.

For organised programmes and classes outdoors, a service provider (such as an instructor or a coach) from a permitted enterprise may guide the group. Multiple groups of 5 remain allowable up to 50 participants (including instructor) or the capacity limit of the venue, whichever is lower. The groups of 5 are not to intermingle and must remain 2 metres apart.

**Qn: I am Zumba instructor conducting outdoor classes. Can I instruct 3 different groups of 5 participants at one go? Can I approach participants to guide them?**

**Ans:** You may coach multiple groups of 5 persons, up to 50 pax or the venue capacity limit, whichever is lower. The groups of 5 are not to intermingle and must remain 2 metres apart, and that the participants do not switch groupings during the session.

You should maintain a contact list of how the groups are organised to assist with contact tracing in the event of an infection. The records should be kept for 1 month.

You can guide the participants from a 2-metre physical distancing at all times. Should you be unable to do so, and need to approach the participants to guide them, you would then need to be part of that group and not intermingle with the other groups.

Instructors who are interested to conduct large outdoor classes of up to 50 pax at outdoor public spaces must be registered. Please visit

<https://circle.myactivesg.com/programmes/classes/coaches/outdoor-classes-instructor-registration> for more information.

## F. ON FAST & EASY TEST (FET) AND “VACCINATE OR REGULAR TEST” (VoRT) REGIME FOR SPORT AND FITNESS SECTOR

**Qn: What are the testing requirements for the sport / fitness sector?**

**Ans:** The mandatory testing regime for the sport and fitness sector is as follows:

- a. Under the mandatory Fast and Easy Test (FET) Rostered Routine Testing (RRT) regime, all workforce<sup>13</sup> (include full-time/part-time workers at the same premises such as cleaners, administrative staff, etc, even if they are masked and do not interact with unmasked persons) in the following sport / fitness settings will have to be tested once every seven days:
  - i. All indoor (regardless of masked or unmasked activities) sport / fitness facilities and activities
  - ii. All outdoor unmasked sport / fitness activities
  - iii. Activities involving unvaccinated children 12 years old and below, regardless of masked or unmasked activities

<sup>12</sup> An instructor may coach multiple groups of 5 persons, up to 50 pax or the venue capacity limit, whichever is lower. Instructors who are interested to conduct large outdoor classes of up to 50 pax at outdoor public spaces must be registered. Please visit <https://circle.myactivesg.com/programmes/classes/coaches/outdoor-classes-instructor-registration> for more information.

<sup>13</sup> Does not include volunteers and those who are not paid/compensated for their services.

- b. FET can be conducted via the Employer-led Supervised Self-Swab (ESSS) system<sup>14</sup>, or at Quick Test Centres (QTCs). The Government will be funding the cost of antigen rapid test (ART) kits for ESSS and the cost of testing at QTCs till 31 December 2021 for all workforce stipulated under (a).

Update (17 December 2021): The Government will continue to fund the cost of the kits for sectors on mandatory RRT until 31 March 2022. Beyond that, employers and businesses should be prepared to factor in testing costs as part of their normal business operations. More details on FET for sport and fitness sector is available [here](#) or through the QR code.



With the introduction of Workforce Vaccination Measures (WVM) from 1 January 2022, the “Vaccinate or Regular Test” (VoRT) regime for unvaccinated workers under (a), will be phased out as of the same date. Under WVM, unvaccinated employees will still be allowed at the workplace till 14 January 2022, if they have a negative PET result. For more info on WVM and work arrangements for unvaccinated employees, please refer to MOM’s advisory at <https://www.mom.gov.sg/covid-19/advisory-on-covid-19-vaccination-in-employment-settings>

**Qn: Who needs to do FET? Which types of staff need to do it?**

**Ans:** All workforce<sup>15</sup> (including full-time/part-time workers such as cleaners and administrative staff even if they are masked and do not interact with unmasked persons) in the following sport / fitness settings will have to be tested once a week:

- i. All indoor (regardless of masked or unmasked activities) sport / fitness facilities and activities
- ii. All outdoor unmasked sport / fitness activities
- iii. Activities involving unvaccinated children 12 years old and below, regardless of masked or unmasked activities

**Qn: I am an admin officer at my gym, working on-site and I am masked at all times with no interaction with anyone who is unmasked. I am unvaccinated. Do I need to do FET RRT?**

**Ans:** Yes you will need to do FET RRT. In addition, with the introduction of Workforce Vaccination Measures (WVM) from 1 January 2022, unvaccinated employees will only be allowed at the workplace if they have a negative PET result till 14 January 2022. From 15 January 2022, unvaccinated employees will need to be fully vaccinated in order to enter your workplace as detailed in the MOM advisory: <https://www.mom.gov.sg/covid-19/advisory-on-covid-19-vaccination-in-employment-settings>

- FET RRT may be done via (i) Employer-led Supervised Self-Swab (ESSS), or (ii) Quick Test Centres (QTCs);
- VoRT may be done via (i) Quick Test Centres (QTCs), or (ii) MOH approved Covid-19 test provider.

## G. ON SPORT EVENTS

**Qn: What sport events are currently permitted?**

**Ans:** Sport events that implement VDS can continue during the stipulated period as follows:

<sup>14</sup> Self-administered ART not under ESSS is not valid for FET.

<sup>15</sup> Does not include volunteers and those who are not paid/compensated for their services.



**Spectator Sport Events.** Spectator sport events, such as Singapore Premier League football matches can proceed with up to 1,000 spectators (in zones of up to 100 persons) if all spectators are fully vaccinated<sup>16</sup>.

**Mass Participation Sport Events.** Mass participation sport events, such as mass runs, open-water swims, cycling and triathlon events, can proceed with up to 1,000 participants (in waves of up to 100 persons) per session<sup>17</sup>, if all participants are fully vaccinated (includes those who have recovered from COVID-19).

At this juncture, mass participation sport events will not be allowed to have invited spectators. Organisers are to put in place measures to prevent the spontaneous gathering of onlookers for such events.

**Sport Competitions & Tournaments** refer to competitions involving timed races or head-to-head matches where there could be multiple heats or qualifying rounds (“sessions”). Such events can continue but must not exceed 50 persons in each facility at any single point in time. Organisers are advised to arrange competitions with different sessions, adequately separated within a day (i.e. at different times of a day) or across multiple days, to avoid congregation.

Each match is allowed to have up to 5 persons in the field of play at any single point in time. For indoor unmasked competitions or activities, only fully vaccinated persons (includes those who have recovered from COVID-19) may participate in such events.

For such sport competitions and tournaments, spectators are permitted, but must comply with the requirements under Spectator Sport Events above.

From 1 February 2022, all Sport Events, irrespective of event size, must implement VDS in order to proceed.

Unvaccinated children 12 years old and below may be included and exempted from PET but must be limited to no more than 20% of total attendance. If there are any spectators/participants who are unvaccinated or untested (other than unvaccinated children 12 years old and below), the event will have to be capped at 50 persons.

At sport events where public speaking is necessary, such as a by the guest-of-honour or an event emcee, the speaker can be unmasked as long as he/she maintains a distance of at least 2 metres from the audience whilst speaking. The speaker will have to be masked after delivering his/her speech. To be clear, this provision does not apply to an instructor/coach/referee unmasking to give instructions.

**Qn: I would like to organise a mass running event for 100 persons. What do I need to do?**

**Ans:** All sport events that involve more than 50 persons in total (including participants, spectators, officials, event crew and support staff) will need to be endorsed by Sport Singapore before they can be conducted. Organisers will have to submit an application to Sport Singapore using the form in Annex A, emailing it to [SPORT\\_Covid@sport.gov.sg](mailto:SPORT_Covid@sport.gov.sg) at least 14 days prior to the start of the event to give time for evaluation and discussion. Organisers are advised not to carry out related marketing/publicity efforts before receiving endorsement from

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<sup>16</sup> Refer to footnote 1

<sup>17</sup> Different sessions are required to be adequately separated by time to avoid the congregation of participants at the venue and its vicinity. Organisers may propose the number of sessions and time interval between sessions to ensure safe participation, which may vary depending on context.

Sport Singapore, as the event may require modifications before it may proceed.<sup>18</sup> Sport Singapore's endorsement is only for the sport event SMMs. Organisers will need to seek further approval from facility owner / relevant agencies before their event can proceed. Events that were previously endorsed by Sport Singapore will need to have their SMMs updated and organisers are to resubmit their plans using the prescribed form for endorsement by Sport Singapore.

**Qn: I have previously submitted my application and received Sport Singapore's endorsement to organise an event. Can I still carry on?**

**Ans:** Events that were previously endorsed by Sport Singapore will need to have their SMMs updated and organisers are to resubmit their plans using the prescribed form for endorsement by Sport Singapore.

**Qn: I am an NSA and will like to conduct a tournament/competition during this period, for athletes' international qualifications. Is it still possible?**

**Ans:** NSAs are advised to approach their NSA Partnership officer from Sport Singapore as soon as possible to discuss these plans, and to obtain approval for the event, before they can proceed.

## H. ON ACTIVESG FACILITIES & PROGRAMMES

**Qn: Which ActiveSG sport facilities are closed?**

**Ans:** ActiveSG indoor and outdoor facilities such as indoor courts, gyms, studios, stadiums, tennis courts, pools, as well as tenants of permitted services, **will be open**. Members of public are advised to check with the respective tenants before heading down. For a list of open/closed ActiveSG indoor facilities and programmes during this period, please visit <https://www.myactivesg.com/Facilities/Sport-Centres/Facilities-Closure>.

**Qn: Is there anyone who is not allowed into ActiveSG sport facilities?**

**Ans:** Yes, individuals who display flu like symptoms (e.g. cough, fever above 38 degree Celsius), or those who have recently arrived from overseas and are on Stay Home Notice, those on Quarantine Order / Stay Home Notice, are not allowed within our premises.

**Qn: Which programmes under ActiveSG are affected and are there any exceptions between vaccinated and non-vaccinated individuals?**

**Ans:** The group count for all activities/programmes across all settings (indoor and outdoor) is capped at 5 pax. There can be multiple groups of 5 pax (including instructor), up to 30 pax for indoor classes and up to 50 pax for outdoor classes.

Under an Enhanced Vaccination-Differentiated SMMs (VDS+Test) Protocol, a pilot will be introduced which will allow up to 10 **fully-vaccinated** persons (including players, umpires, linesmen, etc.) to play together in controlled and supervised settings. Please refer to page 6 for more details.

**From 1st January 2022**, all recovered persons from COVID-19 who are **not fully vaccinated** will only be given a 180-day exemption after infection to enter ActiveSG Sport Centres (where vaccination-differentiated SMMs (VDS) are implemented.<sup>19</sup>) **Non-fully vaccinated** individuals who had recovered from COVID-19 infection prior to 1st January 2022 will also have their exemption period reduced from 270 days to 180 days. However, such individuals who will already exceed the 180-day period as at 1st January 2022 would be granted an additional

<sup>18</sup> Organisers will be responsible for the costs of the event (including the additional costs of modifications), and/or compensation to participants arising from event postponement or cancellation.

<sup>19</sup>This exemption does not apply to entry into VDS+Test events or activities i.e. individuals will still have to do Antigen Rapid Test (ART) prior to these events.

one-month grace period till 31 January 2022 to complete their primary series vaccination regime. In addition, the concession for unvaccinated individuals to perform a pre-event test (PET) or an Antigen Rapid Test (ART) in lieu of being fully vaccinated would be removed with effect from 1st January 2022 as well.

As recovered individuals need only one dose of the mRNA COVID-19 vaccines or two doses of Sinovac\* under the National Vaccination Programme to complete their primary series vaccination regimen, they should do so latest by 17 January, to allow an interval of 14 days from the completion of the regimen to be considered fully vaccinated. During the grace period, these individuals can produce their discharge memo for entry into VDS settings.

*\*For non-fully vaccinated recovered persons, it is recommended that you receive one dose of mRNA COVID-19 vaccine (two doses if Sinovac under National Vaccination Programme or Sinopharm under Special Access Route) at least 3 months after the date of diagnosis of COVID-19 infection.*

**Qn: From 22 November 2021, we can play team sport in a group of up to 5 pax. Will I still have to apply for the VDS+Test pilot?**

**Ans:** You do not have to apply for the VDS+Test pilot. The game (e.g. 2v2. 2v3) can proceed with 5 players (including the coach, if applicable).

#### **For ActiveSG-Organised Classes / Programmes for Seniors**

- Senior-centric programmes (60 years and above) organised by ActiveSG for **fully-vaccinated or COVID-19 recovered** seniors will be conducted in a controlled environment and at stipulated timings at 19 selected ActiveSG facilities found here: myactivesg.com.
- **Only fully-vaccinated or COVID-19 recovered** seniors can take part in ActiveSG-organised programmes. Unvaccinated seniors are not allowed to join even with negative ART results. Participants must undergo an onsite self-administered ART (test kits to be **self-provided**) for **indoor and outdoor unmasked** activities.
- For **indoor masked or outdoor masked/unmasked** classes/programmes/activities, multiple groups of 5, up to 50 participants (including instructor / coach) or up to the capacity limit of the venue, whichever is lower, can take place. There can be multiple groups of 5, up to 30 participants for **indoors unmasked** classes/programme/activities. 2-metre distancing between individuals, and 2-metre between groups should be maintained at all times.

#### **For Organised Classes / Programmes applicable across Children & Youths & General Programmes and activities**

- In-person programmes catering to **12 years old and below** may resume. Participants must adhere strictly to the prevailing SMMs, with maximum group size of 5.
- Please refer to page 1 for more details on indoor/outdoor, masked/unmasked Safe Management Measures for organised classes/programmes, for **Unvaccinated Children 12 Years old and below**.
- Multiple groups of 5, up to **30 participants** (including instructor / coach) or the capacity limit of the venue, whichever is lower, can take place in high-risk settings only if all participants are fully vaccinated (includes those who have recovered from COVID-19). A record of the grouping is to be maintained to aid contact tracing. The records should be kept for 1 month.

## **Background on Vaccination-Differentiated SMMs for high-risk settings (Indoors unmasked activities)**

**Definition of Fully Vaccinated Individuals:** As fully vaccinated individuals have better protection against infection and severe illness, they may participate in activities in high-risk settings. You may participate if you fulfil one of the following conditions:

- Fully vaccinated (two weeks after he or she has received two doses of Pfizer-BioNTech/ Comirnaty, Moderna, or any WHO EUL vaccines); Sinovac-CoronaVac will require a three-dose primary series regime, but all individuals who have taken two doses of Sinovac-CoronaVac should be regarded as fully vaccinated for 4 months after the second dose, or until 31 December 2021, whichever is later.
- Unvaccinated individuals with a valid negative result on a Pre-Event Test taken in the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event.
- Recovered from COVID-19 and 14 days after his/her single dose of the PSAR- authorised mRNA vaccines (i.e. Pfizer-BioNTech/Comirnaty, Moderna) or WHO EUL vaccines, or recovered from COVID-19 within the last 270 days (from 1st January 2022, this will be updated to 180 days), regardless of their vaccination status. In addition, from 1st January 2022, the concession for unvaccinated individuals to perform a PET or an ART in lieu of being fully vaccinated would be removed.

High-risk (indoor unmasked) activities must be confined to no more than 5 individuals (including instructor / coach) if all participants are fully vaccinated (includes those who have recovered from COVID-19). If any one of the participants is not fully vaccinated, then such activity is prohibited. Please refer to page 1 for more details on indoor/outdoor, masked/unmasked Safe Management Measures for organised classes/programmes, for Unvaccinated Children 12 Years old and below.

## **ON PILOT RESUMPTION OF TEAM SPORTS UNDER VACCINATION-DIFFERENTIATED SMMS (VDS) + ANTIGEN RAPID TEST (ART) PROTOCOL**

**Qn: I have booked a slot under the Enhanced Vaccination-Differentiated SMMs (VDS+Test) pilot. I will be joining a friend under his booked slot after my game ends. As this is back-to-back, will I need to undergo another ART if both slots are within the same facility?**

**Ans:** There is no need to undergo another ART as long as you still remain within the same facility. Do note that if you are playing at a different facility on the same day, you will need to undergo another self-administered ART at the next facility.

**Qn: Can two persons in the same group combine their hourly booking to secure a spot under the VDS+Test pilot scheme?**

**Ans:** Yes - the 2 hirers must be in the same group of 10. They will have to arrive as a group to perform the self-administered ART before the start of the game.

**Qn: Will I be able to get a refund if I booked the hourly VDS+Test slot but was not able to secure 2 hourly slots back-to-back, or if I decide not to proceed with VDS+Test booking?**

**Ans:** Yes, the Sport Centre will process the refund.

**Qn: I managed to book 2 hourly slots back-to-back but was not aware of the mandatory online application form for the VDS+Test pilot scheme, what can I do?**

**Ans:** If you are keen to apply for the VDS+Test pilot scheme, you can still submit the form before performing an onsite self-administered ART.

**Qn: I managed to book 2 hourly slots back-to-back in different courts within the VDS+Test zone, will I be able to continue playing under the VDS+Test pilot scheme?**

**Ans:** Yes - the 2 hirers must be in the same group of 10 and they will have to arrive as a group to perform the self-administered ART before the start of the game. The group must also move as a singular unit to the next court for the next hour.

**Qn: How will I know if I have successfully booked a VDS+Test slot?**

**Ans:** You will need to fill up and submit the online application form to apply for a VDS+Test slot. The application grants you an in-principal approval. You will need to come 30 minutes before the start of your booked slot timing with your group. Do bring along your ART kit to self-administer the test on site. You will be able to enter the facility if your test result is negative.

**Qn: What will happen if I did not bring my ART kit along?**

**Ans:** You will be able to purchase an ART kit from vending machines located at the designated Sport Centres.

**Qn: What are some ActiveSG's measures to protect the safety and wellbeing of users?**

**Ans:** To safeguard the wellbeing of our guests, the following safe management measures will be put in place at all ActiveSG Sport Centres:

- Recording of visitor details via TraceTogether-only SafeEntry (TT-only SE) or SafeEntry Gateway (SEGW) at our facilities.
- Keeping the operating capacity to no more than 10 Sqm per person<sup>20</sup> or the venue capacity limit.
- Regulating access at our ActiveSG sport centres to ensure adequate physical distancing among users. This applies to our all stadiums, sport halls and swimming complexes that have facility/sport specific measures that may supersede general safe management measures.
- While exercising and playing sport, a 2-metre physical distancing between individuals should be maintained for general physical activities, unless the nature of activity requires the distance to be shortened; a 2-metre physical distancing between individuals for indoors high intensity or high movement exercise classes (only when it is not prohibited), unless the nature of activity requires the distance to be shortened. If there are multiple groups, the groups must not interact and must maintain a distance of 2 metres apart from one another at all times. Groups should not intermingle at all times.
- Sharing of common equipment (when it is not prohibited) should be minimised as far as possible. The equipment (provided by facility) should be wiped down / sanitised before passing on for use by the next user. This includes equipment such as weights and balls.

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<sup>20</sup> Sport/recreational facilities can only admit a maximum number of persons according to its Gross Floor Area based on 10 Sqm per person, up to a maximum of 50 persons. This is not inclusive of staff.



- Ensuring that participants, including the instructor, do not talk loudly, sing, or shout while engaging in physical activities to minimise risk of transmission via droplets. Instructor may raise their volume when communicating instructions or in the event of a potential danger.
- Increased cleaning and sanitising of our facilities.

## **ACTIVESG FACILITY SPECIFIC QUESTIONS**

### **1. ActiveSG Stadium**

#### **Qn: What are the operating hours of the Stadiums?**

**Ans:** The Stadiums will operate daily from 7.00am to 9.30pm and 7.00am to 10.00pm for organised programmes held at the Stadium gallery.

#### **Qn: What is the maximum number of pax allowed at the Stadium?**

**Ans:** The maximum number of pax is dependent on the number of facilities in each Stadium. Each facility inside the Stadium has a capacity limit of up to 50pax.

#### **Qn: Which Stadiums are opened to the public?**

**Ans:** Our Stadiums (except for Jalan Besar Stadium, Jurong East Stadium and MOE Evans Stadium) are opened to members of public who need to exercise outdoors. Masks must be donned when not engaging in strenuous exercises. Individuals should not linger after their exercise and should leave the facility after they are done exercising.

#### **Qn: Is anyone allowed in the Stadium?**

**Ans:** ActiveSG Stadiums remain open to the public till further notice. ActiveSG staff will be deployed to ensure safe distancing, and we reserve the right to turn away visitors to avoid overcrowding within these facilities. Members of the public should practise safe distancing even in open spaces. Individuals who feel unwell, should not visit our Stadiums and are to seek medical attention.

Members of the public may exercise in groups of no more than 5 participants<sup>21</sup> or in organised groups of 5 participants (including instructor), up to a total class size of 50 persons or lower depending on venue capacity and Safe Management Measures. If there are multiple groups, the groups must not interact and must maintain a distance of 2-metres apart from one another at all times. Groups should not intermingle at all times. Masks must be worn when not engaged in strenuous exercises.

Registered instructors can book the stadium galleries and selected ActiveSG outdoor spaces at SportSG facilities at [myactivesg.com](http://myactivesg.com) and will be responsible for ensuring that all safe management measures are being adhered to a physical distancing of 2 metres between individuals and 2 metres between groups must be maintained at all times. No mixing of groups is allowed.

From 10 November 2021, a pilot will be introduced which will allow up to 10 **fully-vaccinated** persons (including players, umpires, linesmen, etc.) to play together in controlled and supervised settings. Please refer to page 6 for more details.

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<sup>21</sup>The total class capacity (of multiple groups of 5) will be capped at 50 or the venue capacity limit, whichever is lower. Prevailing Safe Management Measures will apply.

### **For ActiveSG-Organised Classes / Programmes for Seniors**

- Senior-centric programmes (60 years and above) organised by ActiveSG for **fully-vaccinated or COVID-19 recovered** seniors will be conducted in a controlled environment and at stipulated timings at 19 selected ActiveSG facilities found here: [myactivesg.com](http://myactivesg.com).

### **For Organised Classes / Programmes applicable across Children & Youths & General Programmes and activities**

- In-person programmes catering to 12 years old and below may resume. Participants must adhere strictly to the prevailing SMMs, with maximum group size of 5.
- Please refer to page 1 for more details on indoor/outdoor, masked/unmasked Safe Management Measures for organised classes/programmes, for **Unvaccinated Children 12 Years old and Below**.

#### **Qn: Can I bring my family to the Stadium to exercise together?**

**Ans:** Individuals can exercise outdoors with their family members / friends, social group exercise. Activities must be kept to no more than 5 participants when exercising. They should also maintain at least 2 metres apart from other groups sharing the same space and wear their masks when not engaged in strenuous exercises.

#### **Qn: Will there be attendance-taking at Stadiums?**

**Ans:** Yes. There will be recording of visitor details via ToS at our Stadiums. Users who display flu like symptoms (e.g. cough, fever 38 degree Celsius and above), users who came back from overseas and are on Stay Home Notice, those on Quarantine Order / Stay Home Notice, are not allowed within our premises.

ActiveSG staff will be deployed to ensure safe management measures are adhered to, and we reserve the right to turn away visitors who do not comply to measures set and to avoid overcrowding.

#### **Qn: Are lessons or trainings allowed at the Stadium?**

**Ans:** Instructors will need to be registered under a framework which is jointly administered by Sport Singapore and agency partners before the classes can take place at the Stadium. Registered instructors will be allowed to conduct outdoor classes unmasked activities at the Stadium with a class capacity capped at 5 pax per group (including instructor) of up to 50 persons. The groups of 5 are not to intermingle before, during, and after the class, and must remain 2 metres apart.

Registration can be done online at <https://go.gov.sg/outdoor-classes-instructor-registration> and a response will be given within three working days. Only those who have successfully registered can book these spaces. As booking slots are limited, ActiveSG encourage hirers to adhere to their allocated time slot to allow others to enjoy the facilities. There will be a \$45 deposit required, which will be refunded back to the hirer's Active Wallet upon commencement of the programme. No-show (without a valid reason) by the hirer will result in the forfeiture of the deposit.

General group exercises not conducted by registered instructors will be capped at the permitted group size of 5 (including instructor), up to 50 pax. Instructors must ensure a 2-metre distance is kept between other groups sharing the same space, at all times so that there is no intermingling between groups.

From 10 November 2021, a pilot will be introduced which will allow up to 10 **fully-vaccinated** persons (including players, umpires, linesmen, etc.) to play together in controlled and supervised settings. Please refer to page 6 for more details.

#### **For ActiveSG-Organised Classes / Programmes for Seniors**

- Senior-centric programmes (60 years and above) organised by ActiveSG for **fully-vaccinated or COVID-19 recovered** seniors will be conducted in a controlled environment and at stipulated timings at 19 selected ActiveSG facilities found here: [myactivesg.com](http://myactivesg.com).

#### **For Organised Classes / Programmes applicable across Children & Youths & General Programmes and activities**

- In-person programmes catering to 12 years old and below may resume. Participants must adhere strictly to the prevailing SMMs, with maximum group size of 5.
- Please refer to page 1 for more details on indoor/outdoor, masked/unmasked Safe Management Measures for organised classes/programmes, for **Unvaccinated Children 12 Years old and Below**.

All physical activity of a social nature should also be kept to 5 participants.

#### **Qn: Can I still use the toilets and changing rooms within the Stadium?**

**Ans:** Yes. The toilets, changing rooms and shower facilities at the ActiveSG Stadiums will remain open to the public. Members of the public are to observe safe distancing measures such as the safe distancing markers and signages, as well as maintain a physical distance of 1m at all times. Toilets / changing rooms with showering facilities will be limited to a maximum capacity of up to 5 pax<sup>22</sup> at any one time.

Users are to keep their masks on whilst in changing rooms, and if they are taking a shower, to put on their mask promptly when done. Users are also not to mingle with others and to leave as soon as they are done using the facility.

#### **Qn: Can I use the lockers at the Stadium to keep my belongings while I exercise?**

**Ans:** Yes. Lockers are available for use during this period.

## **2. ActiveSG Swimming Pool**

#### **Qn: Is anyone allowed in the swimming complex?**

**Ans:** ActiveSG competition and training pools will continue to remain open to the public till further notice. Wave Pool / Lazy River / Jacuzzi, wading pools and feature play pools will be closed until further notice. To facilitate usage by the different segments of public, there will be time belts introduced. Prior booking is required via the ActiveSG app / [myactivesg.com](http://myactivesg.com).

ActiveSG staff will be deployed to ensure safe distancing, and we reserve the right to turn away visitors to avoid overcrowding within these facilities. Members of the public should practise safe distancing even in open spaces. Individuals who feel unwell, should not visit our Stadiums and are to seek medical attention.

#### **Qn: What are the operating hours of the swimming pool?**

**Ans:** The pools will be opened daily from 6.30am to 9.45pm.

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<sup>22</sup> The maximum group size for toilets will be capped at 5 pax, or 10 Sqm per pax.

Please refer to <https://www.myactivesg.com/Facilities/Sport-Centres/Facilities-Closure> for latest updates of closure.

**Qn: Can I come to swim at any time?**

**Ans:** To protect the health and wellbeing of the community, specific swimming timings are being allocated for different segments and groups. Members of the public are to follow the allocated timings strictly and booking is required beforehand via the ActiveSG app or [myactivesg.com](https://www.myactivesg.com).

Table 1 - The specific swimming timings are as follows:

Revised Time Slots till further notice		
Time	Mon – Fri	Sat & Sun
6:30am – 7:30am	Lap swim for General Public	Lap swim for General Public
7:45am – 8:45am		
9am – 10am*		Organised swim classes
10am – 11am*		
11am – 12pm*		
12pm – 1pm*	Lap swim for General Public**	
1pm – 2pm*		
2pm – 3pm*		
3pm – 6pm	Organised swim classes	Lap swim for General Public
6:15pm – 7:15pm	Lap swim for General Public	
7:30pm – 8:30pm		
8:45pm – 9:45pm		
**A small number of organised swim classes will run concurrently *Subject to the resumption of MOE SwimSafer Programme		

All members should use their booked slots responsibly so as to not deprive others of a chance to exercise.

**Qn: Will all the swimming pool features be opened?**

**Ans:** The training and competition pools and wading pools will be opened. Wave Pool / Lazy River / Jacuzzi, and feature play pools will be closed until further notice. Some pools listed under <https://www.myactivesg.com/Facilities/Sport-Centres/Facilities-Closure> will remain closed.

➤ Booking of Swim Slots

**Qn: How do I book for swim slots?**

**Ans:** All visitors will need to book a swim slot via the ActiveSG app or [myactivesg.com](https://myactivesg.com) before visiting the swimming pool.

**Qn: How far ahead in advance can I start booking the slots?**

**Ans:** The slots will be opened for booking 3 days ahead of the usage date at 1200hrs, right up till the usage time. Users who do not show up for three booked slots in a month will have their membership temporarily suspended for two weeks. They will not be able to book any ActiveSG facilities while their membership is being suspended.

**Qn: What is the duration and rate for each swim slot at the swimming pool?**

**Ans:** The duration for each swim slot is 60 minutes and there is no change to the rate, as per the published rates.

**Qn: A 60 minutes slot is not enough for me to swim and change. Why can't ActiveSG increase the timing?**

**Ans:** The 60min slot is to allow for as many people to use the facility to stay active, in a safe manner. We will continue to review our operations and make the necessary adjustments where required. In the meantime, we seek the public's understanding and cooperation as we continue to do our part to keep our community safe.

**Qn: Can I walk-in if I have not booked a swim slot?**

**Ans:** All visitors are required to book a swim slot via the ActiveSG app or [myactivesg.com](https://myactivesg.com) prior to visiting the swimming pool. However, if there are available slots at the timebelt that you are at the sport centre, you can still book and enter the facility.

**Qn: What is the maximum number of pax allowed per swim slot?**

**Ans:** The maximum number of pax is dependent on the number of facilities in each swimming complex. Each facility inside the swimming complex has a capacity limit of up to 50pax.

**Qn: Can I book two consecutive swim slots?**

**Ans:** You will only be allowed to book ONE swim slot (60mins) per day. This is to ensure that all patrons have an equal chance to use the swimming pool facility.

**Qn: Can I cancel the swim slot after booking?**

**Ans:** Yes, you will be able to cancel your pool booking up to 2 hours before the start of the timeslot. No refunds will be provided for cancellation made by the user. Cancelled booking will not count towards the no-show quota.

**Qn: Can I use the swim pass/schemes that I currently have?**

**Ans:** ActiveSG members with valid pass/schemes will be able to book a swim slot for free. All bookings must be made before the expiry date of their pass/scheme.

The following eligible schemes are:

1. Merdeka Generation scheme
2. MyActiveSwim schemes (Monthly)

In addition to the above schemes, Singaporeans aged 65 years and above will enjoy free entry to our pools. Booking can be made via the ActiveSG app or [myactivesg.com](https://myactivesg.com).



**Qn: My booking slot was cancelled due to lightning. Will I get a refund?**

**Ans:** In the event of a lightning risk and you have at least 30 minutes of the timeslot remaining in your booking, a refund will be provided. The credit will be refunded to your account within 8-10 working days.

**Qn: Is it safe for me to swim?**

**Ans:** We test our pool waters 5 times a day, in accordance with NEA's guidelines. There is no evidence to suggest that the virus can be transmitted through swimming pool water. We also prominently display signs for users to observe the proper hygiene practices for the safety and benefit of all swimmers and have included enhanced measures.

**Qn: What are some ActiveSG's measures at the swimming pools?**

**Ans:** In order to safeguard the wellbeing of our guests, the following safe management measures will be put in place:

- Regulated access will be implemented at the Swimming Pool.
- Purchase the desired slot on ActiveSG app before visiting the Swimming Pool.
- Registration via ToS is necessary for all patrons before entry. Patrons will be denied entry if they exhibit flu-like symptoms (e.g. cough, fever with temperature at 38-degree Celsius or more) or is currently on Stay Home Notice / Quarantine Order due to COVID-19.
- Demarcated swimming lanes/zones to avoid unnecessary contact – users are encouraged to stay in their lane/zone.

**Qn: Can I still use the toilets and changing rooms within the swimming complex?**

**Ans:** Yes, public amenities such as toilets and changing rooms will be opened to the public. Members of the public are to observe safe distancing measures such as the safe distancing markers and signages, as well as maintain a physical distance of 1m at all times. Toilets / changing rooms with showering facilities will be limited to a maximum capacity of up to 5 pax<sup>23</sup> at any one time.

Users are to keep their masks on whilst in changing rooms, and if they are taking a shower, to put on their mask promptly when done. Users are also not to mingle with others and to leave as soon as they are done using the facility.

**Qn: The swimming pool looks empty, why can't I enter?**

**Ans:** We are regulating access to all ActiveSG swimming pools to ensure adequate safe distancing among users. Depending on facility size, there will be a limited number of pax allowed each time.

➤ Coaching at ActiveSG Swimming Pools

**Qn: Can I conduct 1-to-1 coaching or group classes in the swimming complex?**

**Ans:** Organised classes can only be conducted on 3pm to 6pm (Monday-Friday) and 9am to 6pm (Sat-Sun). Coaches will need to have a confirmed allocated slot before any coaching is allowed in all ActiveSG pools.

From 10 November 2021, a pilot will be introduced which will allow up to 10 **fully-vaccinated** persons (including players, umpires, linesmen, etc.) to play together in controlled and supervised settings. Please refer to page 6 for more details.

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<sup>23</sup> The maximum group size for toilets will be capped at 5 pax, or 10 Sqm per pax

- Senior-centric programmes (60 years and above) organised by ActiveSG for **fully-vaccinated or COVID-19 recovered** seniors will be conducted in a controlled environment and at stipulated timings at 19 selected ActiveSG facilities found here: myactivesg.com.
- In-person programmes catering to 12 years old and below may resume. Participants must adhere strictly to the prevailing SMMs, with maximum group size of 5.
- Please refer to page 1 for more details on indoor/outdoor, masked/unmasked Safe Management Measures for organised classes/programmes, for **Unvaccinated Children below 12 Years old**.

For **SwimSafer** bronze level and above (Stages 4,5,6), a coach may take up to 2 groups of 5 participants provided the groups maintain a distance of 2 metres apart from one another and the coach has no contact with any in the group at all times. Otherwise, group size is limited to 1 Coach: 4 participants. For beginner lessons and SwimSafer Stages 1,2,3, a coach can take up to 4 participants. The group size restriction will be 5 persons (including coach), ie 1 coach : 4 participants.

There should be no intermingling between different groups. Coaches will have to wear masks at all times when they are not in the pool. Face shields are not allowed; unless it is worn additional to the mask. Sharing of common equipment should be avoided. If this cannot be done, then equipment should be wiped down / sanitised frequently. This includes equipment such as floats etc.

**Qn: I am a swimming coach. How do I book swim slots for my classes?**

**Ans:** Coaches with valid Usage Permit will be informed when allocation exercise commences. The SportSG Booking office will process your application and allocate slots accordingly. Registration confirmation and receipt will be sent via email.

If there are caregivers within the group that needs to go into the pool, they must be included in one of the 5 pax<sup>24</sup> quota.

You will be required to assemble your students outside the pool and bring them in as a group. Please show your coaching confirmation email to the staff on duty. All students / caregivers / coaches are required to purchase an entry pass and tap the QR code for entry into the pool.

**Qn: What is the duration for each coaching slot at the swimming pool?**

**Ans:** The duration for each allocated slot is 180 minutes. You may coach an unlimited number of classes within the 180 minutes slot.

**Qn: I am a swimming coach. How many students can I teach at one time?**

**Ans:** There is no restriction on the number of sessions to be held consecutively within the allocated slot. Coaches will need to have a confirmed allocated slot before any coaching is allowed in all ActiveSG pools.

From 10 November 2021, a pilot will be introduced which will allow up to 10 **fully-vaccinated** persons (including players, umpires, linesmen, etc.) to play together in controlled and supervised settings. Please refer to page 6 for more details.

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<sup>24</sup>Group activities will be limited to no more 5 participants (subject to the venue capacity limit and safe management measures. Physical distancing of 2 metres between individuals and 2 metres between groups must be maintained at all times. No mixing of groups is allowed.

- Senior-centric programmes (60 years and above) organised by ActiveSG for **fully-vaccinated or COVID-19 recovered** seniors will be conducted in a controlled environment and at stipulated timings at 19 selected ActiveSG facilities found here: myactivesg.com.
- In-person programmes catering to 12 years old and below may resume. Participants must adhere strictly to the prevailing SMMs, with maximum group size of 5.
- Please refer to page 1 for more details on indoor/outdoor, masked/unmasked Safe Management Measures for organised classes/programmes, for **Unvaccinated Children 12 Years old and Below**.

For **SwimSafer** bronze level and above (Stages 4,5,6), a coach may take up to 2 groups of 5 participants provided the groups maintain a distance of 2 metres apart from one another and the coach has no contact with any in the group at all times. Otherwise, group size is limited to 1 Coach: 4 participants. For beginner lessons and SwimSafer Stages 1,2,3, a coach can take up to 4 participants. The group size restriction will be 5 persons (including coach), ie 1 coach:4 participants.

However, the coach must ensure that the previous class of students must exit the swimming complex before the next class of students can enter the swimming complex. This is to ensure that the capacity at the swimming complex is kept within the permissible limit at any one time. The classes must be conducted in adherence to the Safe Management Measures.

### **3. ActiveSG Sport Halls and Courts**

***Vaccination-Differentiated SMMs apply to all high-risk settings (indoors unmasked activities)***

#### **Qn: Can I use the sport halls and courts?**

**Ans:** Yes, sport halls and courts will be open. High-risk (indoor unmasked) activities are allowed. The activities must be confined to no more than 5 individuals (including instructor / coach) if all participants are **fully vaccinated** (includes those who have recovered from COVID-19). If any one of the participants is **not fully vaccinated**, then such activity is prohibited.

Multiple groups of 5, up to 30 participants (including instructor / coach) or the capacity limit of the venue, whichever is lower, can take place in high-risk settings only if all participants are **fully vaccinated** (includes those that who have recovered from COVID-19). A record of the grouping is to be maintained to aid contact tracing.

From 10 November 2021, a pilot will be introduced which will allow up to 10 **fully-vaccinated** persons (including players, umpires, linesmen, etc.) to play together in controlled and supervised settings. Please refer to page 6 for more details.

- Senior-centric programmes (60 years and above) organised by ActiveSG for **fully-vaccinated or COVID-19 recovered** seniors will be conducted in a controlled environment and at stipulated timings at 19 selected ActiveSG facilities found here: myactivesg.com.
- In-person programmes catering to 12 years old and below may resume. Participants must adhere strictly to the prevailing SMMs, with maximum group size of 5.

- Please refer to page 1 for more details on indoor/outdoor, masked/unmasked Safe Management Measures for organised classes/programmes, for **Unvaccinated Children Below 12 Years old**.

**Qn: What are the operating hours of the sport halls and courts?**

**Ans:** The facilities will be opened daily from 7am to 10pm.

**Qn: What should I do before visiting ActiveSG outdoor facilities (i.e. tennis court, outdoor netball courts)?**

**Ans:** You are required to book a slot via the ActiveSG app or [myactivesg.com](http://myactivesg.com) before visiting the sport hall or outdoor court. The person who booked the court must be present and will be counted into the maximum pax allowed per court. It is also mandatory for the member who booked the slot to be present during the time of play and be part of the group of players on court. Coloured wrist-tags will be issued to those allowed to enter and groups must keep to those of the same colour wrist-tags. No mixing between groups is allowed.

There will be no refund of booking for players who fail to comply with ActiveSG rules.

**Qn: How far ahead in advance can I start booking the slots?**

**Ans:** ActiveSG Verified Members can book ActiveSG facilities up to 15 days in advance; ActiveSG Non-verified Members and Account holders (i.e. non-members) can book ActiveSG facilities up to 14 days in advance.

**Qn: Can I choose my preferred slot?**

**Ans:** Yes. Each slot will have 50mins of playable time. All patrons should use the remaining 10mins to clear and clean up for the next group of users.

**Qn: Can I walk-in if I have not booked a slot?**

**Ans:** No. All patrons are required to book a slot prior to using the courts.

**Qn: Can I book multiple courts in the same hour?**

**Ans:** No, patrons can only book one type of court in the same hour.

**Qn: Can I book two consecutive sessions?**

**Ans:** You are encouraged to book ONE session (50mins) per day. This is to ensure that all patrons have equal chance to use the courts.

**Qn: What is the maximum number of pax allowed inside the facility?**

**Ans:** The maximum number of pax is dependent on the number of facilities in each sports hall. Each facility inside the sports hall has a capacity limit of up to 30pax.

**Qn: Can I release the slot after booking?**

**Ans:** All booked slots cannot be released and are non-refundable.

**Qn: How many people are allowed on courts that will remain open at any one time?**

**Ans:** Capacity limits for different facilities have been adjusted in accordance to the latest SMM as follows (Vaccination-Differentiated SMMs apply):

- Squash: Max of 5 pax per group (including coach) per court.
- Table tennis: Max of 5 pax per group (including coach) per table.
- Badminton: Max of 5 pax per group (including coach) for each court.
- Tennis: Max of 5 pax per group (including coach) for each court.
- For Team Sport (outdoor): Max of 5 pax per group (including coach).

For Team Sport (indoor):

- Basketball: Max of 5 pax per group (including coach) per half court
- Volleyball: Max of 5 pax per group (including coach) per half court
- Floorball: Max of 5 pax per group (including coach) per half court
- Netball: Max of 5 pax per group (including coach) per half court

Patrons **must be prepared** to produce proof of Vaccination-Differentiated SMMs status before **entry is allowed**. Patrons are strongly encouraged to arrive 15 minutes earlier for the Vaccination-Differentiated SMMs verification process and to avoid delays. We seek your understanding for the longer wait time.

**Qn: I am a coach for indoor sports (e.g. badminton, table tennis, squash), can I coach different groups of students consecutively within my allocated 50min timeslot?**

**Ans:** Yes, you can, under the following conditions: the coach is the hirer and the hirer must always be present. The first group of students must leave the Sport Hall before the next group of students can enter.

In addition, please refer to page 1 if any of your students are unvaccinated children 12 years old and below.

**Qn: I am a coach for indoor sports (eg badminton, table tennis, squash). The hirer of the court is the parent of my student(s). As up to 5 pax are (Vaccination-Differentiated SMMs apply) allowed into the court (including coach), can we still proceed with the coaching session?**

**Ans:** For the coaching session, the hirer must be present to sign in for the booked court but is not required to stay throughout the session. Parents may wait outside the Sport Hall or return to pick their children after. Using screenshots of the booking to sign in is not permissible.

In addition, please refer to page 1 if any of your students are unvaccinated 12 years old and below.

**Qn: I am not vaccinated, can I enter the sport hall to play badminton or any other sports with my mask kept on at all times?**

**Ans:** You may enter the premise for masked off activities if you fulfil any one of these conditions:

- Fully vaccinated (two weeks after he or she has received two doses of Pfizer-BioNTech/ Comirnaty, Moderna, or any WHO EUL vaccines); Sinovac-CoronaVac will require a three-dose primary series regime, but all individuals who have taken two doses of Sinovac-CoronaVac should be regarded as fully vaccinated for 4 months after the second dose, or until 31 December 2021, whichever is later.
- Unvaccinated individuals with a valid negative result on a Pre-Event Test taken in the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event.
- Recovered from COVID-19 and 14 days after his/her single dose of the PSAR-authorized mRNA vaccines (i.e. Pfizer-BioNTech/Comirnaty, Moderna) or WHO EUL vaccines, or recovered from COVID-19 within the last 270 days (from 1st January 2022, this will be updated to 180 days), regardless of their vaccination status. In addition, from 1st January 2022, the concession for unvaccinated individuals to perform a PET or ART in lieu of being fully vaccinated would be removed.



- Non-fully vaccinated individuals who had recovered from COVID-19 infection prior to 1st January 2022 will have their exemption period reduced from 270 days to 180 days. However, such individuals who have already exceeded the 180-day period as of 1st January 2022 would be granted an additional one month grace period till 31 January 2022 to complete their primary series vaccination regime, so as to continue being able to enter VDS settings.

As such recovered individuals need only one dose of the mRNA COVID-19 vaccines or two doses of Sinovac\* under the National Vaccination Programme to complete their primary series vaccination regimen, they should do so latest by 17 January, to allow an interval of 14 days from the completion of the regimen to be considered fully vaccinated. During the grace period, these individuals can produce their discharge memo for entry into VDS settings.

*\*For non-fully vaccinated recovered persons, it is recommended that you receive one dose of mRNA COVID-19 vaccine (two doses if Sinovac under National Vaccination Programme or Sinopharm under Special Access Route) at least 3 months after the date of diagnosis of COVID-19 infection.*

- Please refer to page 1 for more details on indoor/outdoor, masked/unmasked Safe Management Measures for organised classes/programmes, for **Unvaccinated Children Below 12 Years old**.

**Qn: Can I still use the toilets and changing rooms within the sport halls?**

**Ans:** Yes. The toilets, changing rooms and shower facilities at the ActiveSG Stadiums will remain open to the public. Members of the public are to observe safe distancing measures such as the safe distancing markers and signages, as well as maintain a physical distance of 1m at all times. Toilets / changing rooms with showering facilities will be limited to a maximum capacity of up to 5 pax<sup>25</sup> at any one time.

Users are to keep their masks on whilst in changing rooms, and if they are taking a shower, to put on their mask promptly when done. Users are also not to mingle with others and to leave as soon as they are done using the facility.

**Qn: Can I coach in the sport halls?**

**Ans:** While ActiveSG's booking policy does not allow for coaching, league operations or business activities on our courts, ActiveSG will not enforce this policy on goodwill basis due to the current COVID-19 situation. However, all safe distancing measures will still apply and be enforced.

ActiveSG will continue to review our booking policy on coaching.

**4. ActiveSG Gym**

***Vaccination-Differentiated SMMs apply to all high-risk settings (indoors unmasked activities)***

**Qn: What are the operating hours of the gym?**

**Ans:** All gyms will be open from Monday-Sunday from 7.00am-10.40pm (except the gyms at Toa Payoh West CC, Ang Mo Kio CC, Senja-Cashew, Bukit Batok Swimming Complex and Enabling Village which will operate from 7.00am to 10.00pm).

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<sup>25</sup> The maximum group size for toilets will be capped at 5 pax, or 10 Sqm per pax.



**Qn: How far ahead must I book for gym slots?**

**Ans:** ActiveSG Verified Members and ActiveSG Non-verified Members and Account holders (i.e. non-members) can book ActiveSG facilities up to 3 days in advance.

**Qn: Can I exercise with a friend or attend a coaching session?**

**Ans:** High-risk (indoor unmasked) activities are allowed. Group activities must be confined to no more than 5 individuals (including instructor / coach) **if all participants are fully-vaccinated** (includes those who have recovered from COVID-19). If any one of the participants is **not fully-vaccinated**, then such activity is prohibited. Please note that from 1st January 2022, the concession for unvaccinated individuals to perform a PET or ART in lieu of being fully vaccinated would be removed.

- Senior-centric programmes (60 years and above) organised by ActiveSG for **fully-vaccinated or COVID-19 recovered** seniors will be conducted in a controlled environment and at stipulated timings at 19 selected ActiveSG facilities found here: <https://www.myactivesg.com/>.
- In-person programmes catering to 12 years old and below may resume. Participants must adhere strictly to the prevailing SMMs, with maximum group size of 5.
- Please refer to page 1 for more details on indoor/outdoor, masked/unmasked Safe Management Measures for organised classes/programmes, for **Unvaccinated Children 12 Years Old and Below**.

**Qn: I am not vaccinated. Can I use the gym with my mask kept on at all times?**

**Ans:** No, unless you fulfil any one of the these conditions:

- Fully vaccinated (two weeks after he or she has received two doses of Pfizer-BioNTech/ Comirnaty, Moderna, or any WHO EUL vaccines); Sinovac-CoronaVac will require a three-dose primary series regime, but all individuals who have taken two doses of Sinovac-CoronaVac should be regarded as fully vaccinated for 4 months after the second dose, or until 31 December 2021, whichever is later.
- Unvaccinated individuals with a valid negative result on a Pre-Event Test taken in the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event.
- Recovered from COVID-19 and 14 days after his/her single dose of the PSAR- authorised mRNA vaccines (i.e. Pfizer-BioNTech/Comirnaty, Moderna) or WHO EUL vaccines, or recovered from COVID-19 within the last 270 days (from 1st January 2022, this will be updated to 180 days), regardless of their vaccination status. In addition, from 1st January 2022, the concession for unvaccinated individuals to perform a PET or ART in lieu of being fully vaccinated would be removed.
- Non-fully vaccinated individuals who had recovered from COVID-19 infection prior to 1st January 2022 will have their exemption period reduced from 270 days to 180 days. However, such individuals who have already exceeded the 180-day period as of 1st January 2022 would be granted an additional one month grace period till 31 January 2022 to complete their primary series vaccination regime, so as to continue being able to enter VDS settings.

As such recovered individuals need only one dose of the mRNA COVID-19 vaccines or two doses of Sinovac\* under the National Vaccination Programme to complete their primary series vaccination regimen, they should do so latest by 17 January, to allow an interval of 14 days from the completion of the regimen to be considered fully vaccinated. During the grace period, these individuals can produce their discharge memo for entry into VDS settings.

*\*For non-fully vaccinated recovered persons, it is recommended that you receive one dose of mRNA COVID-19 vaccine (two doses if Sinovac under National Vaccination Programme or Sinopharm under Special Access Route) at least 3 months after the date of diagnosis of COVID-19 infection.*

- Please refer to page 1 for more details on indoor/outdoor, masked/unmasked Safe Management Measures for organised classes/programmes, for **Unvaccinated Children Below 12 Years old**.

#### **5. ActiveSG Studio**

***Vaccination-Differentiated SMMs apply to all high-risk settings (indoors unmasked activities)***

**Qn: Will the studios be/remain open?**

**Ans:** Yes, the studios will be open. High-risk (indoor unmasked) activities are allowed. Activities must be confined to no more than 5 individuals (including instructor / coach) if all participants are **fully-vaccinated** (includes those who have recovered from COVID-19). If any one of the participants is **not fully-vaccinated**, then such activity is prohibited. Please note that from 1st January 2022, the concession for unvaccinated individuals to perform a PET or ART in lieu of being fully vaccinated would be removed.

Multiple groups of 5, up to 30 participants (including instructor / coach) or the capacity limit of the venue, whichever is lower, can take place in high-risk settings only if all participants are **fully-vaccinated** (includes those who have recovered from COVID-19). A record of the grouping is to be maintained to aid contact tracing. The records should be kept for 1 month.

- Senior-centric programmes (60 years and above) organised by ActiveSG for **fully-vaccinated or COVID-19 recovered** seniors will be conducted in a controlled environment and at stipulated timings at 19 selected ActiveSG facilities found at <https://www.myactivesg.com/>.
- In-person programmes catering to 12 years old and below may resume. Participants must adhere strictly to the prevailing SMMs, with maximum group size of 5.
- Please refer to page 1 for more details on indoor/outdoor, masked/unmasked Safe Management Measures for organised classes/programmes, for **Unvaccinated Children 12 Years Old and Below**.

#### **Dual-Use Scheme Facilities**

**Qn: What school facilities will be open for public use under the Dual-Use Scheme (DUS)?**

**Ans:** In line with the progressive resumption of activities in Singapore, SportSG and MOE will reopen selected DUS Chargeable Fields (CFs) and Indoor Sport Halls (ISHs) for public use. Bookings can be made in advance through the ActiveSG app.

All other DUS free-to-play (FTP) facilities will remain closed to the public till further notice.

For more information on the DUS facilities that will be open for public use, as well as the booking details, please refer to <https://www.myactivesg.com/>

MOE and SportSG will continue to review the DUS arrangements as the COVID-19 situation evolves.

More updates will be provided in due time.