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## **ADVISORY FOR RESUMPTION OF SPORT AND PHYSICAL EXERCISE & ACTIVITY FOR PHASE THREE (“SAFE NATION”)**

1. This advisory provides members of the public and sport and physical exercise & activity organisers and operators with information on the resumption of sport and physical exercise under Phase Three (“Safe Nation”), as well as the safe management measures to be implemented.

2. As announced by the Multi-Ministry Taskforce, Phase Three will be commencing on 28 December 2020. Measures mandated in this advisory have to be in effect before the sport and physical exercise & activity are permitted to resume.

### **GENERAL POSTURE FOR SPORT AND PHYSICAL EXERCISE & ACTIVITY**

3. In Phase Three, all sport and physical exercise & activity may resume under the following conditions:

- a. Sport and recreational facilities can only admit a maximum number of persons according to its Gross Floor Area based on 8 Sqm per person.<sup>1</sup> No facility, regardless of size, shall admit more than 50 persons without specific approval by Sport Singapore. Requests for such approval may be considered for large facilities that can be organised into separate facilities, each with its own limit.
- b. Physical distancing of 2 metres (2 arms-length) between individuals should be maintained in general while exercising and playing sport. A physical distancing of 3 metres (3 arms-length) between individuals should be observed for indoors high intensity or high movement exercise classes.
- c. Group activities are limited to no more than 8 participants (up from 5 previously). Respective sports may resume normal activities within this group size limitation. Examples include sepaktakraw, 4v4 modified basketball and futsal, and up to 8 rowers in a dragonboat. Please refer to paras 10-12 and Annex.
  - If there is more than one group sharing a space, the groups must not interact and must maintain a distance of 3 metres apart from one another at all times.
  - For organised programmes and classes, an additional service provider (such as an instructor or a coach) from a permitted enterprise may guide the group.<sup>2</sup>

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<sup>1</sup> The Gross Floor Area includes exercise spaces, as well as other spaces such as changing rooms, rest areas within the facility. Facilities up to 64 sqm can admit up to 8 persons, e.g. a 20 sqm facility can accommodate 8 persons. This does not include staff.

<sup>2</sup> An instructor may coach multiple groups of 8 persons, subject to the venue capacity limit and safe management measures. For instructors who are interested to conduct large outdoor classes of up to 50 pax at outdoor public spaces, please see Addendum issued on 26 August for more information.

- d. Contact sports<sup>3</sup> are permitted notwithstanding point 3b above. Sports with prolonged grappling (such as wrestling, MMA and jujitsu or similar) are strongly advised to adopt cohorting arrangements to manage infection risks. Cohorting requires that no participant changes groups without observing a 14-day cooling period, during which the person changing groups should avoid participating in sports with prolonged grappling with any other group.
- e. Mask should be worn as a default. Masks can be taken off when performing strenuous exercise, although it is still recommended as good practice even under such circumstances.<sup>4</sup>
- f. Sharing of common equipment should be avoided. Personal equipment should not be shared. If this cannot be done, then equipment should be wiped down / sanitised frequently. This includes gym equipment such as weights, and sport equipment such as basketballs.
- g. Owners or Operators of facilities are responsible for ensuring safe management measures are implemented, and that their patrons/users comply.

4. The above conditions are elaborated in paras 5-7, and additional conditions for specific settings are set out in Table 1

### **FURTHER RE-OPENING OF SPORT & RECREATIONAL FACILITIES**

5. **Re-opening of Sport and Recreational Facilities.** Sport and recreational facilities, including but not limited to swimming pools, stadiums, fitness studios, gyms, indoor sport halls, outdoor courts, bowling centres, golf courses, managed by public, private and commercial entities, as well as those in condominiums, were allowed to re-open from Phase Two.

6. **Facility Capacity.** The maximum number of persons allowed at each facility shall be limited according to its Gross Floor Area based on 8 Sqm per person or 50 persons, whichever is lower. This applies to all outdoors, indoors and sheltered facilities that are larger than 64 Sqm. This capacity limit is to minimise the risk of large clusters forming. For facilities smaller than 64 Sqm, facility operators have to ensure that the physical distancing measures are observed.<sup>5</sup>

7. **Safe Management Measures.** In consultation with industry stakeholders, Sport Singapore is providing operational guidance on the following safe management measures, which facility operators will have to put in place prior to the opening of their sport and recreational facilities to minimise the risk and consequence of infection. Operators of facilities are to ensure compliance by all users.

- a. Appoint Safe Management Officer. Facility operators are to designate a senior staff as Safe Management Officer (SMO) to ensure compliance with the measures. The SMO will be responsible for formulating the implementation plans, conducting

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<sup>3</sup> The advisory to avoid prolonged contact is removed wef 18 November 2020.

<sup>4</sup> Coaches/Instructors should wear masks when giving instruction, but may take their masks off when demonstrating strenuous actions. Swim instructors are not required to wear masks due to the nature of activity.

<sup>5</sup> This does not include staff.

inspections and checks, as well as maintaining records for subsequent audits by the authorities.

- b. Support Contact Tracing & Implement Temperature Screening. All sport and recreational facilities must implement SafeEntry for participants and visitors. Facility operators must conduct temperature screening<sup>6</sup> and checks on visible symptoms<sup>7</sup> for visitors, and turn away those with fever and/or who appear unwell. Employees and visitors are encouraged to download and activate the TraceTogether app, and collect their TraceTogether Tokens from the relevant authorities.
- c. Reduce Physical Interaction and Ensure Safe Distancing. Facility operators will have to organise human traffic flow and space management to ensure that the mixing of groups is minimised to transient contact. Equipment should be arranged to allow users to exercise at a safe distance with each other.
- d. Crowd Management. Facility operators will have to devise systems to ensure there is no overcrowding at or around their premises, such as through the use of booking systems. Facility operators will have to manage rest areas and changing room operations to prevent crowding and loitering.
- e. Wear Masks & Ensure Hygiene. Facility operators will have to ensure that all visitors don masks when they enter the facility. Hand sanitisers should be placed in close proximity of the facility entrance and high-touch surfaces like door handles. Visitors should be encouraged to sanitise their hands before entering the facility.
- f. Enhance Cleaning Protocols. Facility operators will have to frequently disinfect common spaces and interactive components (e.g. smart kiosks, turnstiles). Equipment will have to be thoroughly wiped down and cleaned after each use. Personal equipment should not be shared. Operators are strongly encouraged to adopt good sanitation and hygiene practices to achieve the SG Clean quality mark.
- g. Ventilation. Indoor spaces should be kept well-ventilated. For non-air-conditioned spaces, windows should be kept open and additional fans should be put in place.
- h. No Shouting Allowed Except For Communicating Instructions. Facility operators should ensure that participants do not shout unnecessarily while engaging in physical activities<sup>8</sup>. This is because shouting increases the risk of transmission via droplets. Coaches may raise their volume when communicating instructions or in the event of a potential danger.

**TABLE 1: ADDITIONAL MEASURES BY FACILITY TYPE**

Gymnasiums	<ul style="list-style-type: none"> <li>• Adhere to facility capacity.</li> <li>• Individual training in gyms may proceed.</li> <li>• Participants should not socialise and should minimise communication.</li> <li>• Equipment is placed and used such that there is a 2m distance between users.</li> </ul>
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<sup>6</sup> Individuals with temperatures 38 degrees celsius and above are considered as having a fever.

<sup>7</sup> Notable visible symptoms to look out for include: (a) coughing; (b) sneezing; (c) breathlessness; and (d) a runny nose.

<sup>8</sup> For instance, participants shouting to the dance beat in a dance fitness class is prohibited.

	<ul style="list-style-type: none"> <li>Coaching and spotting may proceed with safe distancing. The trainer should be masked.</li> <li>Organised programmes/classes of up to 8 persons may proceed, with an additional instructor or a coach. An instructor may coach multiple groups of 8 persons, subject to the venue capacity limit and safe management measures.<sup>9</sup></li> <li>No mixing between groups throughout.</li> </ul>
Studio	<ul style="list-style-type: none"> <li>Adhere to facility capacity.</li> <li>Group activities shall be limited to 8 persons. For organised programmes/classes, an additional service provider (such as an instructor or a coach) is permissible. An instructor may coach multiple groups of 8 persons, subject to the venue capacity limit and safe management measures.<sup>7</sup></li> <li>3 metre distance between different groups should be maintained at all times.</li> <li>No mixing between groups throughout.</li> </ul>
Indoor sport halls	<ul style="list-style-type: none"> <li>Adhere to facility capacity.</li> <li>Human traffic flow is to be managed to ensure no mixing of groups, and no loitering or waiting outside of sport halls.</li> </ul>
Swimming pools	<ul style="list-style-type: none"> <li>Adhere to facility capacity. Facility operator to put in place measures to ensure venue capacity is observed so that there will be no overcrowding.</li> <li>Group activities shall be limited to 8 persons. For organised programmes/classes, an additional service provider (such as an instructor or a coach) is permissible.</li> <li>Instructor may adopt the most appropriate position and distance in the interest of water safety.</li> <li>3 metre distance between different groups should be maintained at all times.</li> <li>No mixing between groups throughout.</li> </ul>
Outdoor facilities (courts, pitches)	<ul style="list-style-type: none"> <li>Adhere to facility capacity. Facility operator to ensure measures are in place to ensure venue capacity is observed so that there will be no overcrowding.</li> <li>Group activities shall be limited to 8 persons. For organised programmes/classes, an additional service provider (such as an instructor or a coach) is permissible. An instructor may coach multiple groups of 8 persons, subject to the venue capacity limit and safe management measures.<sup>7</sup></li> <li>3 metre distance between different groups should be maintained at all times.</li> <li>No mixing between groups throughout.</li> </ul>

8. **Sport Singapore Facilities.** ActiveSG stadiums, studios, gyms, indoor sport halls, and swimming complexes remain open to the public. Bookings for ActiveSG facilities and Dual Use Scheme (DUS) facilities can be made via the ActiveSG app or [myactivesg.com](https://myactivesg.com), and more details on the facility locations, opening hours, and how to book ActiveSG facilities can be found on [myactivesg.com](https://myactivesg.com). There will be facility-specific safe management measures in place at our ActiveSG and DUS facilities, and members of public are advised to follow these strictly and comply with the instructions of ActiveSG staff for their wellbeing.

TABLE 2: SAFE MEASUREMENT MEASURES AT ACTIVESG AND DUS FACILITIES	
Facility Type	Safe Management Measures
Stadiums (including hockey pitches)	<ul style="list-style-type: none"> <li>Venue capacity of 50 pax per facility at any one time.</li> <li>Operating hours from 7am to 9.30pm.</li> <li>No booking required (exception: Boon Lay hockey pitch requires booking)</li> <li>Queues will be dispersed, with users asked to return at non-peak times.</li> </ul>

<sup>9</sup> For instructors who are interested to conduct large outdoor classes of up to 50 pax at outdoor public spaces, please see Addendum issued on 26 August for more information.

	<ul style="list-style-type: none"> <li>• Temperature screening and access with SafeEntry. No entry to those with temperature of 38 degrees and above.</li> <li>• Exercise in groups of 8 permitted. For organised programmes/classes, one additional service provider (such as an instructor or a coach) is permissible.</li> <li>• Toilets are open. Users to observe safe distancing measures.</li> <li>• If there is more than one group sharing a space, the groups must not interact and must maintain a distance of 3m apart at all times.</li> <li>• No socialisation beyond activities.</li> </ul>
Swimming Complexes (only competition, training and wading pools will be available)	<ul style="list-style-type: none"> <li>• Venue capacity of 50 pax per facility at any one time.</li> <li>• For lap swimming, max 8 pax per lane. For organised classes, groups of 8 pax + 1 coach / instructor.</li> <li>• Only competition, training and wading pools are open</li> <li>• Booking required via ActiveSG app / <a href="http://myactivesg.com">myactivesg.com</a>.</li> <li>• Temperature screening and access with SafeEntry. No entry to those with temperature of 38 degrees and above.</li> <li>• Lane ropes for lap swimming.</li> <li>• As of early November, specific swimming timings: <ul style="list-style-type: none"> <li>○ Lap swim for general public (max 8 per lane): Mon to Fri – 6.30am to 12.00pm and 6.15pm to 9.45pm; Sat &amp; Sun – 6.30am to 8.45am and 6.15pm to 9.45pm</li> <li>○ Organised classes (Groups of 8 + 1 coach/instructor): Mon to Fri - 12.00pm to 6.00pm; Sat &amp; Sun - 9.00am to 6.00pm</li> </ul> </li> <li>• Toilets and changing rooms are open. There will be a queue system to access changing rooms. Swimmers are encouraged to wipe dry after swimming, and put on their attire without accessing changing rooms.</li> <li>• No socialisation beyond activities.</li> </ul>
Indoor & Outdoor Sport Facilities	<ul style="list-style-type: none"> <li>• Venue capacity of 50 pax per facility at any one time.</li> <li>• Booking required via ActiveSG app.</li> <li>• From 28 Dec 2020, <ul style="list-style-type: none"> <li>○ For <u>Badminton and Tennis</u>: a max of 8 pax and an additional instructor / coach per court will be admitted into the facility.</li> <li>○ For <u>Table Tennis</u>: only a max of 5 pax and an instructor / coach per table will be admitted into the facility due to confined space.</li> <li>○ For <u>Squash (singles court)</u>: A max of 5 pax and an instructor / coach per court will be allowed into the facility due to confined space.</li> </ul> </li> <li>• For <u>Team Sport</u> (e.g. Futsal, Netball, Volleyball, Basketball, Floorball): Max of 8 pax per group. For these team sports, an additional service provider (such as an instructor or a coach) is permissible and will be in addition to the 8 pax allowed into the facility. Depending on facility capacity, multiple groups of 8 can share the court but must maintain 2m distancing between individuals and 3m distancing between groups.</li> <li>• There shall be clear segregation between groups and no cross-mixing or cross-playing between groups.</li> <li>• Toilets are open. Users to observe safe distancing measures.</li> <li>• No socialisation beyond activities.</li> </ul>
Gyms / Studios	<ul style="list-style-type: none"> <li>• Studios: Dependent on facility capacity. Group activities shall be limited to 8 persons with a 2m (or 3m for high intensity/movement activities) distancing between individuals. For organised programmes/classes, an additional service provider (such as an instructor or a coach) is permissible. If facility capacity allows for more than one group of 8 pax to share the same venue, a 3m distance between different groups should be maintained at all times. No mixing between multiple groups throughout.</li> <li>• Gyms: Capped at 8 Sqm per pax or 50 pax per facility, whichever is lower.</li> </ul>



	<p>Operating hours is from 7.00am to 11.00pm, except for Toa Payoh West CC Gym, Ang Mo Kio CC Gym, Bukit Batok Gym, Senja-Cashew CC Gym and Enabling Village Gym which will close at 10.00pm.</p> <ul style="list-style-type: none"> <li>• Booking required via ActiveSG app / <a href="https://myactivesg.com">myactivesg.com</a>.</li> <li>• Toilets are open. Users to observe safe distancing measures.</li> <li>• No socialisation beyond activities.</li> </ul>
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9. **More Open Spaces for Sport and Physical Exercise & Activity.** There will be more open spaces for members of the public to participate in sport and physical exercise & activity. In addition to ActiveSG stadiums, lawns, playfields and open spaces in parks and state lands under NParks and the Singapore Land Authority, will be re-opened for public use. Organised group sport and physical exercise & activity may proceed in these spaces. Please visit the agencies' websites (NParks: <https://www.nparks.gov.sg/noticeboard>, SLA: <https://www.sla.gov.sg/newsroom/press-release>) for the safe management measures that are in place. Members of the public are advised to be socially responsible when using these shared spaces and to observe these safe management measures. Enforcement officers and Safe Distancing Ambassadors will continue to be deployed around the island to ensure adherence to these measures.

#### **MEASURES CONCERNING NATURE OF ACTIVITIES**

10. A 2-metre distancing should be maintained as the default posture and observed wherever possible when one is exercising, because of the higher risk of spread of respiratory droplets.

11. Contact sports are permitted subject to group size limitation of 8 per group.<sup>10</sup> However, sports with prolonged grappling (e.g. MMA, wrestling and jujitsu and similar) are strongly advised to adopt cohorting arrangements, with organisers maintaining records on their cohorting system. Participants who are changing groups should avoid participating in other prolonged grappling activities during the 14-day cooling period.

12. Sport Singapore has been engaging the national sport associations that govern the various sport in Singapore on the safe management measures for their particular sport. The governing bodies of these sport will be publishing their endorsed safe management plans on their websites and on Sport Singapore website: <https://circle.myactivesg.com/ssi/safe-return-to-sport/plan-listing>. In the interim, Sport Singapore is providing sport specific broad guidelines (see [Annex](#)) as a reference to those who engage in these sport and facility operators.

#### **AGE SEGMENT SPECIFIC MEASURES**

13. There is no restriction on organised activities for children and youth. Senior-centric<sup>11</sup> activities may continue under Phase Three, with safe management measures in place.

<sup>10</sup> The advisory to avoid prolonged contact is removed wef 18 November 2020.

<sup>11</sup> Refers to those who are 60 years and above

14. Seniors may also consider online resources available on <https://circle.myactivesg.com> (QR code provided), which offer access to virtual classes and events, as well as tips and advice on how to stay active at home.



### **ENFORCEMENT OF MEASURES**

15. Government agencies will be conducting inspections following Phase Three reopening, where those who do not comply with safe management measures may face penalties.

16. Fitness activities organisers and operators should only resume operations when they can comply with safe management measures. Within two weeks of the date of resumption of on-site operations, they are required to:

- a. Submit the number of workers who are working on-site via the GoBusiness portal (<https://covid.gobusiness.gov.sg>); and
- b. Prepare and have ready a safe management plan covering the measures relevant to their operations.

Sport Singapore will be conducting on-site inspections, where businesses found not complying with safe management measures may be required to close. Businesses that are unable to comply are advised to approach Sport Singapore on alternative arrangements at <https://members.myactivesg.com/feedback>.

### **PERIODIC REVIEW**

17. These parameters will be reviewed from time to time, and more persons may be allowed at a later juncture in Phase Three, taking into account how well the safe measures are implemented by operators and the compliance of the users in these settings, and the broader COVID-19 situation at the time.

### **EVERYONE HAS A PART TO PLAY AGAINST COVID-19**

18. With the gradual easing of measures, Singaporeans are urged to remain vigilant and observe safe distancing measures in place to minimise community transmissions. Together, we all have a part to play in keeping COVID-19 at bay, and protect ourselves and our loved ones.

19. For the latest updates on COVID-19 for sport and physical exercise & activity, please visit [sportsingapore.gov.sg](https://sportsingapore.gov.sg). For queries, members of the public can email the Sport Singapore QSM at <https://members.myactivesg.com/feedback> or call 1800-344-1177 during office hours (Mondays to Fridays, 9.00am to 6.00pm).

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