

Issued: 21 November 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 22 November 2021?

Ans: It was announced on 20 November 2021 that from **22 November 2021**, the **national group size will be increased to 5 pax**. For sport and physical exercise/activity, this would mean that group activities are allowed for up to **5 individuals** (including instructor / coach), up from 2 individuals as follows:

- a. Across all settings – indoors and outdoors regardless of masked or unmasked activity.
- b. If any of the participants are not fully vaccinated, then indoor unmasked activity for that group is prohibited. Please refer to paragraph below for treatment of unvaccinated children 12 years old and below (born in 2009 and later).
- c. Physical activity of a social nature (that does not involve any instructor / coach) should be kept to a limit of 5 participants.

With the change in the national group size, sports such as tennis, badminton, etc, can resume in 2v2 format.

For team sport pilot beyond a group of 5 and up to 10 fully-vaccinated individuals, please refer to Section C.

- **Organised Classes / Programmes.** For organised classes / programmes that are:
 - a. Indoor masked and outdoor masked or unmasked: 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.
 - b. Indoor unmasked: multiple groups of 5, up to 30 participants (including instructor / coach) or up to the capacity limit of the venue, whichever is lower, can take place. All participants have to be fully vaccinated¹ for the class/programme to take place. If any of the participants is not fully vaccinated (or does not have a valid PET result / is not a recovered COVID-19 individual), then indoor unmasked activity for that group is prohibited.

¹An 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, 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. 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) without needing to take a PET. Refer to <https://www.moh.gov.sg/covid-19/pet> for more details.

- **[No change] Physical Distancing.** The physical distancing between:
 - 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) are currently not eligible for any COVID-19 vaccine under the national vaccination programme. They 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 above 12 years old, including the instructor, must be fully vaccinated (includes those that have valid PET result / 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.
 - 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.

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 indoors²) from 10 August 2021. The group size can go up to 5

² Indoor spaces are defined as those enclosed by shelter and walls.

individuals (including instructor / coach). For organised classes/programmes catered to fully vaccinated individuals, multiple groups of 5, up to 30 pax or the capacity limit of the venue, whichever is lower, is allowed.

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, or recovered COVID-19 individuals, are of similarly lower risk, and 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+ART” 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, 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.

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) 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 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-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: Can I do a ontime check of vaccination status for regular patrons at my facility instead of checking their trace-together app each time they visit?

Ans: Yes. If you are implementing VDS at your facility, you need to:

- Implement Trace Together only SafeEntry or SafeEntry Gateway check-in and check-out
- Check the vaccination status of every person who enters your facility
- Record the vaccination status check manually or electronically
 - For regular patrons at your facility, you can do a one-time check of their vaccination status and record it in your master list of “pre-verified” fully vaccinated persons. Thereafter, each time these regular patrons visit your gym, you only need to verify they are in your master list of “pre-verified” persons before they are allowed to enter. This of course cannot be done for patrons who come in via PET where you will need to check their PET results every time they visit since it is only valid for 24 hours.

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: Country
(only for foreigners without FIN)

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) test¹ on 00/00/00. He/She is exempted from Pre-Event Testing (PET) till 00/00/00 (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 SCaPRs with overseas PCR+ results with total 5+ 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: Permitted enterprises are to determine if they would implement vaccination-differentiated SMMs at their facilities. Those who choose not to implement vaccination-differentiated SMMs will not be allowed to conduct indoor unmasked activities nor provide equipment at their facility.

Those that choose not to implement vaccination-differentiated SMMs may continue to conduct indoor masked activities without the provision of equipment or outdoor 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: If I do not implement vaccination-differentiated SMMs at my indoor facility, can I still offer common/shared equipment to my participants who are masked?

Ans: No, you cannot. If you choose not to implement vaccination-differentiated SMMs, you may only continue to conduct indoor masked activities without the provision of equipment. In addition, your 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: I am an unvaccinated instructor conducting classes in an indoor unmasked setting. What must I do?

From 1 October 2021, unvaccinated instructors that work in VDS settings will need to take a pre-event test before conducting indoor classes with unmasked participants. In addition, you will need to adhere to the Fast & Easy Test and Vaccinate or Regular Test regimes.

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 have a mixed purpose facility that has a weights-training gym, exercise studio, outdoor pool, spa, can I offer classes for both fully vaccinated and non-vaccinated people?

Ans: Permitted enterprises that have multiple spaces may conduct different group activities for people who are fully vaccinated (includes those that have valid PET result / have recovered from COVID-19) and non-vaccinated in those spaces.

If you allow indoor unmasked activities, you will have to ensure that there is no intermingling of these two categories of individuals for the whole time these individuals are within the facilities (including common areas such as changing rooms and toilets). In such situation, the individuals from different categories should be clearly marked by use of different coloured wrist tags, passes or some other form of differentiating identification.

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: Yes, you can (up to 50 pax, or the capacity limit of the venue, whichever is lower). However, if any one person is unmasked at any point in time, including wearing the mask below the nose, all activity in the gym must stop until everyone is masked up again.

If you do not provide common equipment, you do not need to implement VDS.

If you provide common equipment such as yoga mats, you will need to implement VDS at your facility. Refer to earlier FAQ on implementing VDS at the indoor facility for more information.

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: You can (up to 50 pax, or the capacity limit of the venue, whichever is lower) if you implement vaccination-differentiated SMMs at your facility. However, if any one person is unmasked at any point in time, including wearing the mask below the nose, all activity in the gym must stop until everyone is masked up again.

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: You can (up to 50 pax, or the capacity limit of the venue, whichever is lower) if you implement vaccination-differentiated SMMs at your facility. You will need to clearly demarcate the workout areas for the two different categories of users such that they do not share the same common equipment or intermingle for the whole time they are within the facilities (including common areas such as changing rooms and toilets). In such situations, the individuals from different categories should also be clearly marked by use of different coloured wrist tags, passes or some other form of differentiating identification. Refer to earlier FAQ on implementing VDS at the indoor facility for more information.

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: Yes, you can do so as long as you ensure that there is sufficient time for the studio to be thoroughly cleaned before the next session begins and that there is no intermingling between the different classes in the common areas such as entrances/exits, toilets/changing rooms, etc.

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 that have valid PET result / 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) + ANTIGEN RAPID TEST (ART) 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 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 private facility operators so that more fully-vaccinated individuals can enjoy team sport safely. Registration for the pilot closed on 19 November 2021. Sport Singapore has been working closely with applicants to ensure they have the necessary measures in place and depending on their operational readiness, had allowed for some to start operations before the end of the registration period. Sport Singapore will continuously work with the applicants so that more can come on board over the next few weeks.

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 yet eligible for vaccination.

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

The next phase of the pilot was extended to private facility operators so that more fully-vaccinated individuals can enjoy team sport safely. Registration for the pilot closed on 19 November 2021. Sport Singapore has been working closely with applicants to ensure they have the necessary measures in place and depending on their operational readiness, had allowed for some to start operations before the end of the registration period. Sport Singapore will continuously work with the applicants so that more can come on board over the next few weeks.

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+ART)?

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 individuals³ 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 do not have valid PET result / 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 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.

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.

³ Refer to footnote 1

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

The next phase of the pilot was extended to private facility operators so that more fully-vaccinated individuals can enjoy team sport safely. Registration for the pilot closed on 19 November 2021. Sport Singapore has been working closely with applicants to ensure they have the necessary measures in place and depending on their operational readiness, had allowed for some to start operations before the end of the registration period. Sport Singapore will continuously work with the applicants so that more can come on board over the next few weeks.

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 does not implement VDS, you must not offer weight, strength, or resistance training of any form, and/or provide equipment (such as Yoga mats, stretch bands, dumbbells etc).

However, 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 testing requirements (FET / VoRT) from 13 September 2021.

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](#).

Those who choose not to implement vaccination-differentiated SMMs will not be allowed to conduct indoor unmasked activities nor provide common equipment at their facility.

Those that choose not to implement vaccination-differentiated SMMs may continue to conduct indoor masked activities without provision of equipment or conduct the activity outdoors. 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.

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 spaces⁴, 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.

⁴ 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.

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:

*Workforce defined as all workers⁵, including 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:		Fast and Easy Test (FET) Rostered Routine Testing (RRT)	Vaccinate or Regular Test (VoRT)	
Vaccinated workforce*	Indoor Masked	A. Employer-led Supervised Self-Swab (ESSS), B. Quick Test Centres (QTCs)	i. Employer-led Supervised Self-Swab (ESSS), ii. Quick Test Centres (QTCs) iii. MOH approved Covid-19 test provider	
	Indoor Unmasked			
	Outdoor Unmasked			
	All activities involving children 12yo and below			
Unvaccinated workforce*	Indoor Masked		1 x per week Tests funded by Govt till 31 Dec 2021	NA
	Indoor Unmasked			
	Outdoor Unmasked			
	All activities involving children 12yo and below			
				2 x per week • Each weekly FET RRT will count towards one of the twice weekly VoRT requirements. • Remaining test is not funded unless medically ineligible for vaccination.

⁵ Does not include volunteers and those who are not paid/compensated for their services.

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

Ans: All workforce⁶ (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: Who needs to do VoRT? Which types of staff need to do it?

Ans: All unvaccinated staff (including full-time/part-time workers such as cleaners and administrative staff) in the following sport / fitness settings will have to be tested twice 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 under 12 years old, regardless of masked or unmasked activities

Do note that your weekly FET RRT will count towards one of the twice weekly VoRT requirements and that the remaining test is not funded unless you are medically ineligible for vaccination.

Qn: I am an admin officer at my gym and are masked at all times with no interaction with anyone who is unmasked. I am unvaccinated. I understand that I need to do VoRT, but do I also need to do FET RRT?

Ans: Yes you will need to do FET RRT as that is a separate testing regime for the workforce under sport and fitness sector. Each weekly FET RRT will count towards one of the twice weekly VoRT requirements. So if you have already done your FET RRT, you will need to do just one more VoRT.

- 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.

Qn: Can the Government cover the cost of testing? Who is eligible for the subsidy of these tests?

Ans: FET RRT is subsidised for all specified workforce under the stipulated sport & fitness settings (regardless whether they are vaccinated or not) until 31 December 2021.

For unvaccinated workforce that will have to undergo VoRT from 1 October 2021, their weekly FET RRT will count towards one of the twice weekly VoRT requirements. The remaining test is not funded unless they are medically ineligible for vaccination.

⁶ Does not include volunteers and those who are not paid/compensated for their services.

Qn: I am a sport / fitness coach / instructor. Under MOH's new Health Protocols 1, 2, 3, what do I do if I am Covid Positive?

Ans: If you are unwell and have tested positive with your own ART kit or as part of your weekly FET RRT or VoRT, follow protocol 1. If you are well and have tested positive with your own ART kit or as part of your weekly FET RRT or VoRT, follow protocol 2. If you have received a Health Risk Warning (HRW) via SMS from MoH, follow protocol 3. Thereafter, if your ART is positive but you feel well, follow protocol 2. If your ART is positive and you are unwell, follow protocol 1.

Qn: I am a sport / fitness coach / instructor. As part of the weekly FET RRT or twice weekly VoRT, I got a positive ART test. What do I do next?

Ans: If you feel unwell, visit a doctor immediately. This follows Health Protocol 1.

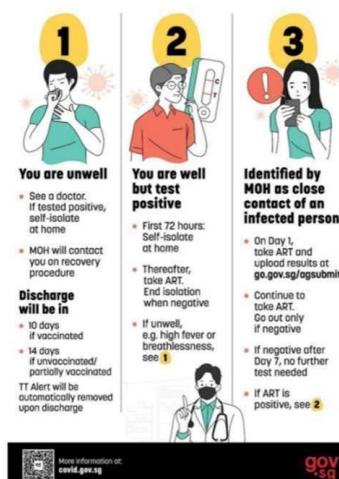
If you are well, self-isolate at home for 72 hours. This follows Health Protocol 2. Do not go to work. Thereafter, take ART test, and if negative, you may go back to work. If you develop symptoms (such as high fever or breathlessness) during the 72 hours, visit a doctor immediately. This then follows Health Protocol 1.

Qn: I am a sport / fitness coach / instructor. I had received a High-Risk Warning from MoH and followed Protocol 3. I had done daily ART tests on my own at home. Does this mean that I am exempted from FET RRT / VoRT for that week?

The FET RRT / VoRT requirements are such that the tests need to be supervised. Once you have tested negative after Day 7, you may leave your house to conduct FET RRT / VoRT at (i) Employer-led Supervised Self-Swab (ESSS), or (ii) Quick Test Centres (QTCs).

If the ESSS however, is conducted online by your employer and not on-site, this may be counted towards one of your daily ART tests while you are following Health Protocol 3.

Health Protocols



G. ON SPORT EVENTS

Qn: What sport events are currently permitted?

Ans: Sport events can continue during the stipulated period as follows:

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 vaccinated⁷.

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 session⁸, if all participants are fully vaccinated (includes those that have valid PET result / 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.

⁷ Refer to footnote 1

⁸ 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 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 that have valid PET result / 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.

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 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 Sport Singapore, as the event may require modifications before it may proceed.⁹ 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.

⁹ 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.

H. ON ACTIVESEG 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: From 22 November 2021, 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+ART) 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 7 for more details.

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+ART pilot?

Ans: You do not have to apply for the VDS+ART 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 resume**. Activities will be conducted in a controlled environment and at stipulated timings at 19 selected ActiveSG facilities found here: [myactivesg.com](https://www.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.
- From 22 November 2021: 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 (from 22 November 2021, the group size will be capped at 5 pax from previous 2 pax).

- Please refer to page 2 for more details on indoor/outdoor, masked/unmasked Safe Management Measures for organised classes/programmes, for **Unvaccinated Children 12 Years old and below**.
- From 22 November 2021, 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 have valid PET result / 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-authorized mRNA vaccines (i.e. Pfizer-BioNTech/Comirnaty, Moderna) or WHO EUL vaccines, or recovered from COVID-19 within the last 270 days (regardless of their vaccination status).

From 22 November 2021, 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 that have valid PET result / have recovered from COVID-19). If any one of the participants is not fully vaccinated, then such activity is prohibited.

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+ART) 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: What will happen to the VDS+ART facility bookings secured between 10 – 24 November?

Ans: If the hirer fulfils the criteria of applying for VDS+ART, he will be able to apply and utilise the slot. For cases where the hirer was not able to book a 2-hour slot and the facility he had

booked falls under the VDS+ART category, ActiveSG will refund the hirer, as there should be clear segregation of VDS+ART courts and these courts should not mix with non VDS+ART's.

Qn: Can two persons in the same group combine their hourly booking to secure a spot under the VDS+ART 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+ART slot but was not able to secure 2 hourly slots back-to-back, or if I decide not to proceed with VDS+ART 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+ART pilot scheme, what can I do?

Ans: If you are keen to apply for the VDS+ART 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+ART zone, will I be able to continue playing under the VDS+ART 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+ART slot?

Ans: You will need to fill up and submit the online application form to apply for a VDS+ART 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: From 16 Nov 2021, 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 person¹⁰ 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

¹⁰ 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.

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.
- 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.

From 22 November 2021, members of the public may exercise in groups of no more than 5 participants¹¹ 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.

¹¹From 22 November 2021, 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.

Registered instructors can book the stadium galleries and selected ActiveSG outdoor spaces at SportSG facilities at 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 7 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 resume**. Activities will be conducted in a controlled environment and at stipulated timings at 19 selected ActiveSG facilities found here: 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 \(from 22 November 2021, the group size will be capped at 5 pax from previous 2 pax\).](#)
- Please refer to page 2 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. [From 22 November 2021, 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. From 22 November, 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.

From 22 November 2021, 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 7 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 resume**. Activities will be conducted in a controlled environment and at stipulated timings at 19 selected ActiveSG facilities found here: 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 (from 22 November 2021, the group size will be capped at 5 pax from previous 2 pax).
- Please refer to page 2 for more details on indoor/outdoor, masked/unmasked Safe Management Measures for organised classes/programmes, for **Unvaccinated Children 12 Years old and Below**.

From 22 November 2021, 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 pax¹² 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.

¹² The maximum group size for toilets will be capped at 5 pax, or 10 Sqm per pax.

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.

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.

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.

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 will be opened. Wave Pool / Lazy River / Jacuzzi, wading pools 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://www.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://www.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.

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 pax¹³ 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.

¹³ The maximum group size for toilets will be capped at 5 pax, or 10 Sqm per pax

➤ 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 7 for more details.

- Senior-centric programmes (60 years and above) organised by ActiveSG for **fully-vaccinated or COVID-19 recovered** seniors **will resume**. Activities 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 (from 22 November 2021, the group size will be capped at 5 pax from previous 2 pax).
- Please refer to page 2 for more details on indoor/outdoor, masked/unmasked Safe Management Measures for organised classes/programmes, for **Unvaccinated Children below 12 Years old**.

From 22 November 2021, 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 pax¹⁴ quota (from 22 November 2021, the group size will be capped at 5 pax from previous 2 pax).

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.

¹⁴ From 22 November 2021, 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.

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 7 for more details.

- Senior-centric programmes (60 years and above) organised by ActiveSG for **fully-vaccinated or COVID-19 recovered** seniors **will resume**. Activities 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 (from 22 November 2021, the group size will be capped at 5 pax from previous 2 pax).
- Please refer to page 2 for more details on indoor/outdoor, masked/unmasked Safe Management Measures for organised classes/programmes, for **Unvaccinated Children 12 Years old and Below**.

From 22 November 2021, 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. From 22 November 2021, the activities must be confined to no more than 5 individuals (including instructor / coach) if all participants are **fully vaccinated** ([includes those that have valid PET result / have recovered from COVID-19](#)). If any one of the participants **is not fully vaccinated**, then such activity is prohibited.

From 22 November 2021, 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 have valid PET result / 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 7 for more details.

- Senior-centric programmes (60 years and above) organised by ActiveSG for **fully-vaccinated or COVID-19 recovered** seniors **will resume**. Activities 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 (from 22 November 2021, the group size will be capped at 5 pax from previous 2 pax).
- Please refer to page 2 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 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):

From 22 November 2021:

- 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 2 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 2 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- authorised mRNA vaccines (i.e. Pfizer-BioNTech/Comirnaty, Moderna) or WHO EUL vaccines, or recovered from COVID-19 within the last 270 days (regardless of their vaccination status).

Vaccinated and unvaccinated individuals are not allowed to participate in activities within the same area. There should be no intermingling between groups.

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 pax¹⁵ 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).

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. From 22 November 2021, group activities must be confined to no more than 5 individuals (including instructor / coach) **if all participants are fully-vaccinated** (includes those that have valid PET result / have recovered from COVID-19). If any one of the participants is **not fully-vaccinated**, then such activity is prohibited.

¹⁵ 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 resume**. Activities 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 (from 22 November 2021, the group size will be capped at 5 pax from previous 2 pax).
- Please refer to page 2 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-authorized mRNA vaccines (i.e. Pfizer-BioNTech/Comirnaty, Moderna) or WHO EUL vaccines, or recovered from COVID-19 within the last 270 days (regardless of their vaccination status).

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. **From 22 November 2021, activities must be confined to no more than 5 individuals (including instructor / coach) if all participants are fully-vaccinated (includes those that have valid PET result / 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 have valid PET result / 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 resume**. Activities 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 (from 22 November 2021, the group size will be capped at 5 pax from previous 2 pax).
- Please refer to page 2 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.