

Issued: 25 September 2021  
Updated: 8 October 2021

**FAQs**  
**SAFE MANAGEMENT MEASURES FOR SPORT AND PHYSICAL EXERCISE &  
ACTIVITY DURING THE STABILISATION PERIOD**

**A. SAFE MANAGEMENT MEASURES DURING THE STABILISATION PERIOD**

**Qn: What are the key changes to the safe management measures from 27 September 2021?**

**Ans:** The key changes from 27 September to 24 October 2021 are as follows:

- **Group Size.** Group activities are allowed for up to **2 individuals** (including instructor / coach). This applies for all settings – indoors and outdoors regardless of masked or unmasked activity. Physical activity of a social nature (that does not involve any instructor / coach) should be kept to a limit of 2 participants.
- **Organised Classes / Programmes.**
  - Multiple groups of **2**, up to **50 participants** (including instructor / coach) or up to the capacity limit of the venue, whichever is lower, can take place for **indoor masked and outdoor masked/unmasked activities**.
  - Multiple groups of **2**, up to **30 participants** (including instructor / coach) or up to the capacity limit of the venue, whichever is lower, can take place for **indoor unmasked activities**. All participants have to be fully vaccinated<sup>1</sup> 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.
- **Organised Classes/programmes for Children 12 Years and Below.** All organised sport or physical exercise/activity classes/programmes catering to children 12 years old and below (born in 2009 onwards) are to be **suspended or moved online from 27 September to 10 October 2021**.

In line with [Ministry of Education's announcement on 7 October](#) on the resumption of face-to-face classes, **all organised sport or physical exercise/activity classes/programmes catering to children 12 years old and below** (born in 2009 onwards) can resume in-person from 11 October 2021. However, operators are strongly encouraged to continue conducting these classes online as much as possible.

For **indoor masked** or **outdoor masked/unmasked** organised classes/programmes/activities, multiple groups of **2**, up to **50 participants** (including instructor / coach) or up to the capacity limit of the venue, whichever is lower, can take place.

For **Indoor unmasked organised classes/programmes/activities**, for children 12 years old and below (born in 2009 and after) may resume with the children not having to undergo a Pre-Event test, subject to the following provisions:

- a. Only 1 group of **not more than 2 participants** (including instructor)

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<sup>1</sup>An individual is considered fully vaccinated two weeks after he or she has received two doses of Pfizer-BioNTech/ Comirnaty, Moderna, or any WHO EUL vaccines. Unvaccinated individuals with a valid negative result on a Pre-Event Test taken within 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.

- b. There can be **no multiple groups** of 2 participants
- c. The instructor must be fully vaccinated (includes those that have valid PET result / have recovered from COVID-19).

To be clear, in an indoor, unmasked organised class/programme/activity, only a 1-on-1 class/programme/activity between the instructor and a participant who is 12 years and below can take place.

- **Seniors 60 Years and Above.** Seniors are advised to stay at home except for essential activities such as buying food, groceries, and individual exercise activities in uncrowded locations as they are vulnerable to the virus. To protect our seniors, **Sport Singapore will be suspending all senior-centric classes/programmes under ActiveSG from 27 September to 24 October 2021.**

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

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

**Ans:** As fully vaccinated individuals have better protection against infection and severe illness, fully vaccinated individuals may participate in activities in high-risk settings (unmasked activities that take place indoors<sup>2</sup>) from 10 August 2021. The group size can go up to 2 individuals (including instructor / coach). For organised classes/programmes catered to fully vaccinated individuals, multiple groups of 2, 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 a 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.

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

**Ans:** An individual is considered fully vaccinated two weeks after he or she has received two doses of Pfizer-BioNTech/ Comirnaty, Moderna, or any WHO EUL vaccines<sup>3</sup>.

Unvaccinated individuals with a valid negative result on a Pre-Event Test taken in the past 24 hours at a 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.

**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

<sup>2</sup> Indoor spaces are defined as those enclosed by shelter and walls.

<sup>3</sup> From 10 August 2021, individuals who are fully vaccinated with the World Health Organisation's Emergency Use Listing (WHO EUL) vaccines such as Sinovac-CoronaVac, Sinopharm, and AstraZeneca will be eligible for the vaccination-differentiated safe management measures.

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 25 Sep 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 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) test\* on <date>. He/She is exempted from Pre-Event Testing (PET) till <date> (inclusive).

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

Thank you.

Stamp/ Signature/Date

**Name:**

**Designation:**

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

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

**Qn: Can I do a one-time 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 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 25 Sep 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 25 Sep 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, 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:** All organised sport or physical exercise/activity classes/programmes catering to children 12 years old and below are to be suspended or moved online from 27 September to 10 October 2021.

From 11 October 2021, operators are strongly encouraged to continue conducting these classes online as much as possible.

**For indoor unmasked badminton classes**, you may only have a 1-on-1 session (i.e.: only the instructor, and the student under 12 years old who is not required to take PET). The instructor must be fully vaccinated (includes those that have valid PET result / have recovered from COVID-19).

### C. ON GROUP SIZE FOR SPORT & PHYSICAL ACTIVITIES

**Qn: What is the maximum number of people who can exercise in a group?**

**Ans:** From 27 September 2021, sport and physical activities must be confined to groups of no more than 2 individuals (including instructor / coach). Physical activity of a social nature (that does not involve any instructor / coach) should be kept to a limit of 2 participants.

For organised classes / programmes, there may be multiple groups of 2 up to 50 pax or the capacity limit of the venue, whichever is lower, except for indoor unmasked activities.

Only fully vaccinated individuals<sup>4</sup> may participate in **indoor unmasked activities**. No more than 2 individuals (including instructor / coach) can be in the same group. Organised classes / programmes may have multiple groups of 2 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, a) 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; b) a 3-metre physical distancing between individuals for indoors high intensity or high movement exercise classes (where allowed), unless the nature of activity requires the distance to be shortened.

If there are multiple groups, the groups must maintain a distance of 3 metres apart at all times and not intermingle. To be clear, 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.

**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.

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<sup>4</sup> An individual is considered fully vaccinated two weeks after he or she has received two doses of approved vaccines. Unvaccinated individuals with a valid negative result on a Pre-Event Test taken within 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.

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. In addition, during the stabilisation period:

- **Children 12 years & below.** All organised sport or physical exercise/activity classes/programmes catering to children 12 years old and below (born in 2009 onwards) are to be suspended or moved online from 27 September to 10 October 2021. From 11 October 2021, in line with Ministry of Education's announcement on 7 October on the resumption of face-to-face classes, **all organised sport or physical exercise/activity classes/ programmes** catering to **children 12 years old and below** (born in 2009 and after) can resume in-person. However, operators are strongly encouraged to continue conducting these classes online as much as possible.

For indoor masked or outdoor masked/unmasked organised classes/programmes/activities, multiple groups of 2, up to 50 participants (including instructor / coach) or up to the capacity limit of the venue, whichever is lower, can take place.

For Indoor unmasked organised classes/programmes/activities, for children 12 years old and below (born in 2009 and after) may resume with the children not having to undergo a Pre-Event test, subject to the following provisions:

- a. Only 1 group of not more than 2 participants (including instructor)
- b. There can be no multiple groups of 2 participants
- c. The instructor must be fully vaccinated (includes those that have valid PET result / have recovered from COVID-19).

To be clear, in an indoor, unmasked organised class/programme/activity, only a 1-on-1 class/programme/activity between the instructor and a participant who is 12 years and below can take place.

- **Seniors 60 years & above.** Seniors are advised to stay at home except for essential activities such as buying food, groceries, and individual exercise activities in uncrowded locations as they are vulnerable to the virus.

**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 2 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 2 persons (i.e.: 1 v 1). 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 2 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.

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

**Ans:** All organised sport or physical exercise/activity classes/programmes catering to children 12 years old and below are to be suspended or moved online from 27 September to 10 October 2021.

From 11 October 2021, operators are strongly encouraged to continue conducting these classes online as much as possible.

**For indoor unmasked yoga classes**, you may only have a 1-on-1 session (i.e.: only you the instructor, and the student under 12 years old who is not required to take PET). You must be fully vaccinated (includes those that have valid PET result / have recovered from COVID-19).

You may not conduct a yoga class for multiple groups (of 6 years old 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 2 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:** All organised sport or physical exercise/activity classes/programmes regardless of group size, catering to children 12 years old and below are to be suspended or moved online from 27 September to 10 October 2021. From 11 October 2021, 1-on-1 private training may be conducted. However, you are strongly encouraged to continue conducting these classes online as much as possible.

**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.

Do refer to section E to ensure you meet testing requirements (FET / VoRT) from 13 September 2021.

Do note that your participant(s) cannot be children 12 years old and below, as any classes/programmes for this segment are to be suspended or moved online from 27 September to 10 October 2021. In line with [Ministry of Education's announcement on 7 October](#) on the resumption of face-to-face classes, **all organised sport or physical exercise/activity classes/ programmes** catering to **children 12 years old and below** (born in 2009 onwards) can resume in-person from 11 October 2021. However, operators are strongly encouraged to continue conducting these classes online as much as possible.



For **indoor masked** organised classes/programmes/activities, multiple groups of **2**, up to **50 participants** (including instructor / coach) or up to the capacity limit of the venue, whichever is lower, can take place.

For **indoor unmasked organised classes/programmes/activities**, for children 12 years old and below (born in 2009 and after) may resume with the children not having to undergo a Pre-Event test, subject to the following provisions:

- a. Only 1 group of **not more than 2 participants** (including instructor)
- b. There can be **no multiple groups** of 2 participants
- c. The instructor must be fully vaccinated (includes those that have valid PET result / have recovered from COVID-19).

To be clear, in an indoor, unmasked organised class/programme/activity, only a 1-on-1 class/programme/activity between the instructor and a participant who is 12 years and below can take place.

**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 7 August 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 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 7 August 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.

Do note that your participant(s) cannot be children 12 years old and below, as any classes/programmes for this segment are to be suspended or moved online from 27 September to 10 October 2021. [In line with Ministry of Education's announcement on 7 October](#) on the resumption of face-to-face classes, **all organised sport or physical exercise/activity classes/ programmes catering to children 12 years old and below** (born in 2009 onwards) can resume in-person from 11 October 2021. However, operators are strongly encouraged to continue conducting these classes online as much as possible.

For **indoor masked** organised classes/programmes/activities, multiple groups of **2**, up to **50 participants** (including instructor / coach) or up to the capacity limit of the venue, whichever is lower, can take place.

For **indoor unmasked** organised classes/programmes/activities, for children 12 years old and below (born in 2009 and after) may resume with the children not having to undergo a Pre-Event test, subject to the following provisions:

- a. Only 1 group of **not more than 2 participants** (including instructor)
- b. There can be **no multiple groups** of 2 participants
- c. The instructor must be fully vaccinated (includes those that have valid PET result / have recovered from COVID-19).

To be clear, in an indoor, unmasked organised class/programme/activity, only a 1-on-1 class/programme/activity between the instructor and a participant who is 12 years and below can take place.

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

**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 3m distance between them? The 3 children in each group are from the same household.**

**Ans:** No, you may not. All organised sport or physical exercise/activity classes/programmes catering to children 12 years old and below are to be suspended or moved online from 27 September to 10 October 2021.

**From 11 October 2021, for Indoor unmasked organised classes/programmes/activities,** for children 12 years old and below (born in 2009 and after) may resume with the children not having to undergo a Pre-Event test, subject to the following provisions:

- Only 1 group of **not more than 2 participants** (including instructor)
- There can be **no multiple groups** of 2 participants
- The instructor must be fully vaccinated (includes those that have valid PET result / have recovered from COVID-19).

To be clear, in an indoor, unmasked organised class/programme/activity, only a 1-on-1 class/programme/activity between the instructor and a participant who is 12 years and below can take place.

**Qn: For indoors, if an instructor keeps mask on but participants do not, does that count as low- or high- risk activity?**

**Ans:** Even if an instructor is masked, the activity is considered high-risk if the participants/students are unmasked.

**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 spaces<sup>5</sup>, such as parks and HDB common areas, can continue.

For organised programmes and classes outdoors, a service provider (such as an instructor or a coach) from a permitted enterprise may guide the group. Multiple groups of 2 remain allowable up to 50 participants (including instructor) or the capacity limit of the venue, whichever is lower. The groups of 2 are not to intermingle and must remain 3 metres apart.

<sup>5</sup> An instructor may coach multiple groups of 2 persons, up to 30 pax or the venue capacity limit, whichever is lower. Instructors who are interested to conduct large outdoor classes of up to 30 pax at outdoor public spaces must be registered. Please visit <https://circle.myactivesg.com/programmes/classes/coaches/outdoor-classes-instructor-registration> for more information.

In addition, during the stabilisation period:

- All organised sport or physical exercise/activity classes/programmes catering to **children 12 years old and below** (born in 2009 onwards) are to be suspended or moved online from 27 September to 10 October 2021. From 11 October 2021, in line with [Ministry of Education's announcement on 7 October](#) on the resumption of face-to-face classes, **all organised sport or physical exercise/activity classes/ programmes** catering to **children 12 years old and below** (born in 2009 onwards) can resume in-person. However, operators are strongly encouraged to continue conducting these classes online as much as possible.
- Seniors are advised to stay at home except for essential activities such as buying food, groceries, and individual exercise activities in uncrowded locations as they are vulnerable to the virus.

**Qn: I am Zumba instructor conducting outdoor classes. Can I instruct 3 different groups of 2 participants at one go? Can I approach participants to guide them?**

**Ans:** You may coach multiple groups of 2 persons, up to 50 pax or the venue capacity limit, whichever is lower. The groups of 2 are not to intermingle and must remain 3 metres apart, and that the participants do not switch groupings during the session. You should maintain a contact list of how the groups are organised to assist with contact tracing in the event of an infection. The records should be kept for 1 month.

You can guide the participants from a 3-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.

In addition, during the stabilisation period:

- All organised sport or physical exercise/activity classes/programmes catering to **children 12 years old and below** (born in 2009 onwards) are to be suspended or moved online from 27 September to 10 October 2021. From 11 October 2021, in line with [Ministry of Education's announcement on 7 October](#) on the resumption of face-to-face classes, **all organised sport or physical exercise/activity classes/ programmes** catering to **children 12 years old and below** (born in 2009 onwards) can resume in-person. However, operators are strongly encouraged to continue conducting these classes online as much as possible.
- Seniors are advised to stay at home except for essential activities such as buying food, groceries, and individual exercise activities in uncrowded locations as they are vulnerable to the virus.

**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 starting 13 September 2021?**

**Ans:** As announced by the Multi-Ministry Taskforce on 6 September 2021, there will be a need to increase the frequency of testing regimes for all workforce, especially those in high-risk settings. From 13 September 2021, the mandatory testing regime for the sport and fitness sector will be as follows:

<b>*Workforce defined as all workers<sup>6</sup>, 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:</b>		<b>Fast and Easy Test (FET) Rostered Routine Testing (RRT)</b>	<b>Vaccinate or Regular Test (VoRT)</b>
<b>Vaccinated workforce*</b>	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		
<b>Unvaccinated workforce*</b>	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
			<ul style="list-style-type: none"> <li>Each weekly FET RRT will count towards one of the twice weekly VoRT requirements.</li> <li>Remaining test is not funded unless medically ineligible for vaccination.</li> </ul>

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

**Ans:** All workforce<sup>7</sup> (including full-time/part-time workers such as cleaners and administrative staff even if they are masked and do not interact with unmasked persons) in the following sport / fitness settings will have to be tested once a week:

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

<sup>7</sup> Does not include volunteers and those who are not paid/compensated for their services.

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

## **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 50 persons) if all spectators are fully vaccinated (includes those that have valid PET result / have recovered from COVID-19).

**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 50 persons) per session<sup>8</sup>, 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.

**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 2 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.

From 27 September to 24 October 2021, mass participation sport events / sport competitions & tournaments catering to seniors 60 and above are discouraged. From 27 September to 10 October 2021, mass participation sport events catering to children 12 years and below are to be suspended. From 11 October 2021, sport events catering to children 12 years and below can resume.

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

**Ans:** All sport events that involve more than 50 persons in total (including participants, spectators, officials, event crew and support staff) will need to be endorsed by Sport Singapore before they can be conducted. Organisers will have to submit an application to Sport Singapore using the form in Annex A, emailing it to [SPORT\\_Covid@sport.gov.sg](mailto:SPORT_Covid@sport.gov.sg) at least 14 days prior to the start of the event to give time for evaluation and discussion. Organisers are advised not to carry out related marketing/publicity efforts before receiving endorsement from Sport Singapore, as the event may require modifications before it may proceed.<sup>9</sup> Sport Singapore’s endorsement is only for the sport event SMMs. Organisers will need to seek further approval from facility owner / relevant agencies before their event can proceed. Events that were previously endorsed by Sport Singapore will need to have their SMMs updated and organisers are to resubmit their plans using the prescribed form for endorsement by Sport Singapore.

Do note that from 27 September to 24 October 2021, mass participation sport events catering to seniors 60 and above are discouraged. From 27 September to 10 October 2021, mass participation sport events catering to children 12 years and below are to be suspended. From 11 October 2021, mass participation sport events catering to children 12 years and below can resume.

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<sup>8</sup> Different sessions are required to be adequately separated by time to avoid the congregation of participants at the venue and its vicinity. Organisers may propose the number of sessions and time interval between sessions to ensure safe participation, which may vary depending on context.

<sup>9</sup> Organisers will be responsible for the costs of the event (including the additional costs of modifications), and/or compensation to participants arising from event postponement or cancellation.

**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.

Do note that from 27 September to 24 October 2021, mass participation sport events catering to seniors 60 and above are discouraged. From 27 September to 10 October 2021, mass participation sport events catering to children 12 years and below are to be suspended. From 11 October 2021, mass participation sport events catering to children 12 years and below can resume.

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

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

## H. ON ACTIVESG FACILITIES & PROGRAMMES

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

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

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

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

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

**Ans:** From 27 September 2021, the group count for all activities/programmes across all settings (indoor and outdoor) will be reduced from 5 to 2 pax. There can be multiple groups of 2 pax (including instructor), up to 30 pax for indoor classes and up to 50 pax for outdoor classes.

- **Programmes organised by ActiveSG for 60 years and above will be suspended** till 24 October 2021.

From 11 October 2021:

- All 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 two.
- Programmes and physical activities **organised by ActiveSG** catering to 6 years and below will continue online.

*Please refer to Page1 for more details on indoor/outdoor, masked/unmasked Safe Management Measures for organised classes/programmes, for **Children 12 Years and Below**.*



## **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:

- An individual is considered fully vaccinated two weeks after he or she has received two doses of Pfizer-BioNTech/ Comirnaty, Moderna, or any WHO EUL vaccines<sup>10</sup>.
- 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.

High-risk (indoor unmasked) activities are allowed and must be confined to no more than 2 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.

### **For Organised Classes / Programmes in High-Risk Settings (Indoors unmasked activities - applicable across Children & Youths & General Programmes and activities)**

From 11 October 2021:

- All 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 two.
- Programmes and physical activities organised by ActiveSG catering to 6 years and below will continue online.

*Please refer to Page1 for more details on indoor/outdoor, masked/unmasked Safe Management Measures for organised classes/programmes, for **Children 12 Years and Below**.*

Multiple groups of 2, 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.

### **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 ToS at our facilities.

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<sup>10</sup> From 10 August 2021, individuals who are fully vaccinated with the World Health Organisation's Emergency Use Listing (WHO EUL) vaccines such as Sinovac-CoronaVac, Sinopharm, and AstraZeneca will be eligible for the vaccination-differentiated Safe Management Measures.

- Keeping the operating capacity to no more than 10 Sqm per person<sup>11</sup> or the venue capacity limit.
- Regulating access at our ActiveSG sport centres to ensure adequate physical distancing among users. This applies to our all stadiums, sport halls and swimming complexes that have facility/sport specific measures that may supersede general safe management measures.
- While exercising and playing sport, a 2-metre physical distancing between individuals should be maintained for general physical activities, unless the nature of activity requires the distance to be shortened; a 3-metre physical distancing between individuals for indoors high intensity or high movement exercise classes (only when it is not prohibited), unless the nature of activity requires the distance to be shortened. If there are multiple groups, the groups must not interact and must maintain a distance of 3 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

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<sup>11</sup> Sport/recreational facilities can only admit a maximum number of persons according to its Gross Floor Area based on 10 Sqm per person, up to a maximum of 50 persons. This is not inclusive of staff.

even in open spaces. Individuals who feel unwell, should not visit our Stadiums and are to seek medical attention.

#### **From 27 September 2021:**

Members of the public may exercise in groups of no more than 2 participants<sup>12</sup> or in organised groups of 2 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 3 metres apart from one another at all times. Groups should not intermingle at all times. Masks must be worn when not engaged in strenuous exercises.

Registered instructors can book the stadium galleries and selected ActiveSG outdoor spaces at SportSG facilities at [myactivesg.com](http://myactivesg.com) and will be responsible for ensuring that all safe management measures are being adhered to a physical distancing of 2 metres between individuals and 3 metres between groups must be maintained at all times. No mixing of groups is allowed.

From 27 September 2021, **programmes organised by ActiveSG for 60 years and above will be suspended** till 24 October 2021.

#### **From 11 October 2021:**

- All 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 two.
- Programmes and physical activities **organised by ActiveSG** catering to 6 years and below will continue online.

*Please refer to Page1 for more details on indoor/outdoor, masked/unmasked Safe Management Measures for organised classes/programmes, for **Children 12 Years 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 and activities must be kept to no more than 2 participants when exercising. They should also maintain at least 3 metres apart from other groups sharing the same space and wear their masks when not engaged in strenuous exercises.

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

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

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

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

**Ans:** Instructors will need to be registered under a framework which is jointly administered by Sport Singapore and agency partners before the classes can take place at the Stadium. Registered instructors will be allowed to conduct outdoor classes unmasked activities at the

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<sup>12</sup>From 27 September 2021, the total class capacity (of multiple groups of 2) will be capped at 50 or the venue capacity limit, whichever is lower. Prevailing Safe Management Measures will apply.

Stadium with a class capacity capped at 2 pax per group (including instructor) of up to 50 persons. The groups of 2 are not to intermingle before, during, and after the class, and must remain 3 metres apart.

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

General group exercises not conducted by registered instructors will be capped at the permitted group size of 2 (including instructor), up to 50 pax. Instructors must ensure a 3m distance is kept between other groups sharing the same space, at all times so that there is no intermingling between groups.

From 27 September 2021, **programmes organised by ActiveSG for 60 years and above will be suspended** till 24 October 2021.

From 11 October 2021:

- All 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 two.
- Programmes and physical activities **organised by ActiveSG** catering to 6 years and below will continue online.

*Please refer to Page1 for more details on indoor/outdoor, masked/unmasked Safe Management Measures for organised classes/programmes, for **Children 12 Years and Below**.*

All physical activity of a social nature should also be kept to 2 participants.

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

**Ans:** Yes. The toilets, changing rooms and shower facilities at the ActiveSG Stadiums will remain open to the public. Members of the public are to observe safe distancing measures such as the safe distancing markers and signages, as well as maintain a physical distance of 1m at all times. Toilets / changing rooms with showering facilities will be limited to a maximum capacity of up to 5 pax<sup>13</sup> at any one time.

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

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

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

## **2. ActiveSG Swimming Pool**

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<sup>13</sup> The maximum group size for toilets will be capped at 5 pax, or 10 Sqm per pax.

**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](https://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](https://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](http://myactivesg.com).

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

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

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

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

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

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

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

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

**Ans:** Yes, public amenities such as toilets and changing rooms will be opened to the public. Members of the public are to observe safe distancing measures such as the safe distancing markers and signages, as well as maintain a physical distance of 1m at all times. Toilets / changing rooms with showering facilities will be limited to a maximum capacity of up to 5 pax<sup>14</sup> at any one time.

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

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

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

➤ [Coaching at ActiveSG Swimming Pools](#)

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<sup>14</sup> The maximum group size for toilets will be capped at 5 pax, or 10 Sqm per pax

**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 27 September 2021, **programmes organised by ActiveSG for 60 years and above will be suspended** till 24 October 2021.

From 11 October 2021:

- All 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 two.
- Programmes and physical activities **organised by ActiveSG** catering to 6 years and below will continue online.

*Please refer to Page1 for more details on indoor/outdoor, masked/unmasked Safe Management Measures for organised classes/programmes, for **Children 12 Years and Below**.*

For SwimSafer bronze level and above (Stages 4,5,6), a coach may take up to 2 groups of 2 participants provided the groups maintain a distance of 3m 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: 1 participant. For beginner lessons and SwimSafer Stages 1,2, 3, a coach can only take 1 participant. The group size restriction will be 2 persons (including coach), ie 1 coach : 1 participant.

There should be no intermingling between different groups. Coaches will have to wear masks at all times when they are not in the pool.

**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 2 pax<sup>15</sup> quota.

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

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

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

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

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

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<sup>15</sup> Group activities are now limited to no more 2 participants (subject to the venue capacity limit and safe management measures. Physical distancing of 2 metres between individuals and 3 metres between groups must be maintained at all times. No mixing of groups is allowed.



From 27 September 2021, **programmes organised by ActiveSG** for 60 years and above **will be suspended** till 24 October 2021.

From 11 October 2021:

- All 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 two.
- Programmes and physical activities **organised by ActiveSG** catering to 6 years and below will continue online.

*Please refer to Page1 for more details on indoor/outdoor, masked/unmasked Safe Management Measures for organised classes/programmes, for **Children 12 Years and Below**.*

For SwimSafer bronze level and above (Stages 4,5,6), a coach may take up to 2 groups of 2 participants provided the groups maintain a distance of 3m 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: 1 participant. For beginner lessons and SwimSafer Stages 1,2, 3, a coach can only take 1 participant. The group size restriction will be 2 persons (including coach), ie 1 coach : 1 participant.

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 and must be confined to no more than 2 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 2, 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 27 September 2021, **programmes organised by ActiveSG** for 60 years and above **will be suspended** till 24 October 2021.

From 11 October 2021:

- All 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 two.
- Programmes and physical activities **organised by ActiveSG** catering to 6 years and below will continue online.

Please refer to Page1 for more details on indoor/outdoor, masked/unmasked Safe Management Measures for organised classes/programmes, for **Children 12 Years and Below**.

**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](https://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 27 September 2021:**

- Squash: Max of 2 pax per group (including coach) per court.
- Table tennis: Max of 2 pax per group (including coach) per table.
- Badminton: Max of 2 pax per group (including coach) for each court.
- Tennis: Max of 2 pax per group (including coach) for each court.

- For Team Sport (outdoor): Max of 2 pax per group (including coach).

For Team Sport (indoor):

- Basketball: Max of 2 pax per group (including coach) per half court
- Volleyball: Max of 2 pax per group (including coach) per half court
- Floorball: Max of 2 pax per group (including coach) per half court
- Netball: Max of 2 pax per group (including coach) per half court

Patrons **must be prepared** to produce proof of any one of the above conditions 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.

**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 2 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.

Please note that from 27 September 2021, **programmes organised by ActiveSG for 60 years and above will be suspended** till 24 October 2021.

From 11 October 2021:

- All 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 two.
- Programmes and physical activities **organised by ActiveSG** catering to 6 years and below will continue online.

*Please refer to Page1 for more details on indoor/outdoor, masked/unmasked Safe Management Measures for organised classes/programmes, for **Children 12 Years 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 the 3 conditions:

- **Fully vaccinated** (two weeks after he or she has received two doses of Pfizer-BioNTech/ Comirnaty, Moderna, or any WHO EUL vaccines),
- 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.

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 pax<sup>16</sup> at any one time.

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

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

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

ActiveSG will continue to review our booking policy on coaching.

**4. ActiveSG Gym**

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

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

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

**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 and must be confined to no more than 2 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 27 September 2021, **programmes organised by ActiveSG for 60 years and above will be suspended** till 24 October 2021.

From 11 October 2021:

- All 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 two.
- Programmes and physical activities **organised by ActiveSG** catering to 6 years and below will continue online.

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<sup>16</sup> The maximum group size for toilets will be capped at 5 pax, or 10 Sqm per pax.

Please refer to Page1 for more details on indoor/outdoor, masked/unmasked Safe Management Measures for organised classes/programmes, for **Children 12 Years 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 3 conditions:

- Fully vaccinated (two weeks after he or she has received two doses of Pfizer-BioNTech/ Comirnaty, Moderna, or any WHO EUL vaccines),
- 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.

#### **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 and must be confined to no more than 2 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 2, 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.

From 27 September 2021, **programmes organised by ActiveSG** for 60 years and above **will be suspended** till 24 October 2021.

From 11 October 2021:

- All 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 two.
- Programmes and physical activities **organised by ActiveSG** catering to 6 years and below will continue online.

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#### **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 from 21 August 2021 onwards. Bookings can be made in advance through the ActiveSG app from 17 August 2021.

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://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.