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FAQs
UPDATED SAFE MANAGEMENT MEASURES FOR SPORT AND
PHYSICAL EXERCISE & ACTIVITY

A. LATEST SAFE MANAGEMENT MEASURES (SMMs)

Qn: What are the key changes to the SMMs from 26 April 2022?

Ans: From 26 April 2022, the following streamlined SMMs will apply to all sports and physical exercises & activities, and public & private sports & recreational facilities in Singapore.

1. **Safe Distancing.** Safe distancing will no longer be required between individuals or between groups, regardless of settings i.e. indoor/outdoor, masked/unmasked.
2. **Group Size Limits.** There will no longer be a group size limit, meaning that individuals will not be required to keep to a group of 10 persons for unmasked activities.
3. **Venue Capacity.** Previously, larger settings/events with >1,000 pax and that are masked were subject to a capacity limit of 75%. This requirement will no longer be needed.
4. **Class Sizes.** Class size limits for all settings will be lifted. They will just be subjected to the prevailing fire safety and capacity requirements of the room/venue.
5. **Vaccination-Differentiated SMMs (VDS) for Indoor Sport Facilities and Sporting Events.**
 - a. Indoor Sport Facilities. VDS is no longer required for indoor sports facilities. These facilities do not need to implement checks on vaccination status.
 - b. Sporting Events with
 - a. ≤500 participants at any one time, irrespective of setting (indoors/outdoors, masked/unmasked), do not need to implement VDS or checks on vaccination status.
 - b. >500 participants at any one time, will have to continue implementing VDS. Event organisers will need to implement checks on participants' vaccination status before they enter the venue.
 - c. VDS Exemptions. Individuals who have recovered from a COVID-19 infection¹, medically ineligible for COVID-19 vaccination and unvaccinated children aged 12 and below are exempted from VDS and can participate in VDS activities similar to fully vaccinated individuals.
 - d. Workforce Vaccination Measures (WVM). In line with the removal of VDS, the Workforce Vaccination Measures (WVM) implemented by the Ministry of Manpower (MOM) will also be lifted. Nevertheless, employers will still be allowed the flexibility to continue imposing WVM. Please refer to MOM's website for further details.

¹ Persons who have completed their vaccination regime and recovered from COVID-19, as well as persons who are unvaccinated or have incomplete vaccination status, and recovered from COVID-19 within 180 days will not be managed similarly to a fully vaccinated individual. From 1 June 2022, these recovered persons will need to receive the booster dose within 9 months of their last primary vaccination dose in order to maintain their vaccinated status. Individuals may check whether they are considered "fully vaccinated" at <https://go.gov.sg/vax-status-query>

- e. In line with the removal of group size, the Team Sport Formats under VDS for up to 30 fully vaccinated individuals at approved sport facilities such as ActiveSG and PA facilities, and SportSG approved private facilities, will be discontinued.
6. **Sunsetting of TraceTogether (TT) and SafeEntry (SE).** MOH will no longer collect and use TT/SE data and the public will not be required to upload TT data or submit their TT tokens. However, the TT/SE functionality will be maintained as a means of conducting VDS checks for the settings that still require it. The public is strongly encouraged to keep the TT application on their phones and/or hold on to their TT tokens, as a means of remaining resilient and retaining the capability to rapidly step-up contact tracing and VDS checks should these be needed, e.g. in the event of the next Variant of Concern.
7. **Sporting Events.** In addition to the VDS details under paragraph 5(b) the following measures apply to all sporting events:
- a. Food & beverage can be supplied and consumed at all sporting events. When indoors, masks can only be removed when eating/drinking or performing strenuous activities.
 - b. Spectator Sporting Events. Mask-wearing will continue to be required for spectator sporting events held indoors. Masks can only be removed when consuming food and drinks. VDS will be implemented for events with >500 spectators.
 - c. Mass Participation Sporting Events. Mass participation sporting events, such as mass runs, open-water swims, cycling and triathlon events, can proceed without a specific event size limit. As good practice to avoid overcrowding, event organisers can organise participants in waves of up to 100 persons.

Spectators are permitted but must comply with the requirements at paragraph 7(b) above.

- d. Sporting Competitions & Tournaments refer to competitions involving timed races or head-to-head matches where there could be multiple heats or qualifying rounds. While there is no group size requirements, the number of individuals at the facility is subjected to the prevailing fire safety and room/venue capacity requirements. Organisers may consider arranging competitions with different sessions, adequately separated within a day (i.e., at different times of a day) or across multiple days, to avoid congregation of participants.

Spectators are permitted but must comply with the requirements at paragraph 7(b) above.

- e. At sporting events where public speaking is necessary, such as by the guest-of-honour or an event emcee, the speaker can be unmasked. 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 indoors.

B. ON VACCINATION-DIFFERENTIATED SAFE MANAGEMENT MEASURES (VDS) FACILITIES & ACTIVITIES, & TRACE-TOGETHER REQUIREMENTS

Qn: What is VDS and where is it applicable at?

Ans: VDS for fully vaccinated² individuals have been implemented since 10 August 2021 for selected premises, activities and events.

However, from 26 April 2022:

- a. VDS is no longer required for indoor sports facilities. These facilities do not need to implement checks on vaccination status.
- b. Sporting Events with
 - i. ≤500 participants at any one time, irrespective of setting (indoors/outdoors, masked/unmasked), do not need to implement VDS or checks on vaccination status.
 - ii. >500 participants at any one time, will have to continue implementing VDS. Event organisers will need to implement checks on participants' vaccination status before they enter the venue.
- c. VDS Exemptions. Individuals who have recovered from a COVID-19 infection³, medically ineligible for COVID-19 vaccination and unvaccinated children aged 12 and below are exempted from VDS and can participate in VDS activities similar to fully vaccinated individuals.

Qn: What does fully vaccinated individual mean?

Ans: An individual is considered vaccinated if he/she a) has been fully vaccinated, i.e. 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 boosters for eligible individuals, and b) had their vaccination records ingested in the National Immunisation Registry. Persons who have completed their vaccination regime and recovered from COVID-19 as well as persons with unvaccinated or incomplete vaccination status and recovered from COVID-19 within 180 days from the day of the first positive PCR/healthcare-administered ART result, may also be managed similarly to a fully vaccinated individual. Individuals may check whether they are considered “fully vaccinated” at <https://go.gov.sg/vax-status-query>.

Unvaccinated children 12 years and under and individuals who are medically ineligible for all COVID-19 vaccines under the National Vaccination Programme can take part in activities at VDS facilities and events.

² An individual is considered vaccinated if he/she a) has been fully vaccinated, i.e. 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 boosters for eligible individuals, and b) had their vaccination records ingested in the National Immunisation Registry. Persons who have completed their vaccination regime and recovered from COVID-19 as well as persons who are unvaccinated or have incomplete vaccination status and recovered from COVID-19 within 180 days from the day of the first positive PCR/healthcare-administered ART result, may also be managed similarly to a fully vaccinated individual. Individuals may check whether they are considered “fully vaccinated” at <https://go.gov.sg/vax-status-query>. Unvaccinated children 12 years and under and individuals who are medically ineligible for all COVID-19 vaccines under the National Vaccination Programme can take part in activities at VDS facilities and events.

³ Refer to footnote 1

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

Ans: For indoor activities, masks may be taken off when performing strenuous activity or as part of a class requirement but will have to be put on after the completion of such strenuous sporting and physical activity/class and during rest breaks.

Class size and group size limits have been lifted. The number of participants allowed will be subjected to the prevailing fire safety and capacity requirements of the room/venue.

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-guidance-note-iaq-26sep> as well as enhanced hygiene and cleanliness through the SGClean certification: <https://www.sgclean.gov.sg/join/for-owners/how-to-be-certified/>

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

Ans: From 26 April 2022, VDS is no longer required for indoor sports facilities. These facilities do not need to implement checks on vaccination status.

In line with the removal of VDS, the Workforce Vaccination Measures (WVM) implemented by the Ministry of Manpower (MOM) will also be lifted. Nevertheless, employers will still be allowed the flexibility to continue imposing WVM. Please refer to MOM's website for further details.

Qn: I am a Fitness Studio offering unmasked Yoga classes. Can I have both unvaccinated and vaccinated students in the same class?

Ans: Yes, you can.

Qn: I am organising an event that requires VDS. 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. See additional info on Sporting Events under Section C.

Qn: I am a Fitness Gym operating within a shopping mall. Am I still required to conduct TraceTogether-only SafeEntry (TT-only SE) or SafeEntry Gateway (SEGW) for individuals entering the gym?

Ans: From 26 April 2022, there will be no need to conduct TraceTogether-only SafeEntry (TT-only SE) or SafeEntry Gateway (SEGW) for individuals entering the gym.

MOH will no longer collect and use TT/SE data and the public will not be required to upload TT data or submit their TT tokens. However, the TT/SE functionality will be maintained as a means of conducting VDS checks for the settings that still require it. The public is strongly encouraged to keep the TT application on their phones and/or hold on to their TT tokens, as a means of remaining resilient and retaining the capability to rapidly step-up contact tracing and VDS checks should these be needed, e.g. in the event of the next Variant of Concern.

C. ON SPORTING EVENTS

Qn: What sporting events are currently permitted?

Ans: The following sporting events are currently permitted.

- a. Spectator Sporting Events. Mask-wearing will continue to be required for spectator sporting events held indoors. Masks can only be removed when consuming food and drinks.

- b. Mass Participation Sporting Events. Mass participation sporting events, such as mass runs, open-water swims, cycling and triathlon events, can proceed without a specific event size limit. As good practice to avoid overcrowding, event organisers can organise participants in waves of up to 100 persons.

Spectators are permitted but must comply with the requirements at paragraph (a) above.

Sporting Competitions & Tournaments refer to competitions involving timed races or head-to-head matches where there could be multiple heats or qualifying rounds. While there is no group size requirement, the number of individuals at the facility is subjected to the prevailing fire safety and room/venue capacity requirements. Organisers may consider arranging competitions with different sessions, adequately separated within a day (i.e., at different times of a day) or across multiple days, to avoid congregation of participants.

Spectators are permitted but must comply with the requirements at paragraph (a) above.

- c. At sporting events where public speaking is necessary, such as by the guest-of-honour or an event emcee, the speaker can be unmasked. 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 indoors.

Qn: I would like to organise a mass running event for 1000 persons. What do I need to do?

Ans: Sporting events that are organised within prevailing SMMs do not need Sport Singapore's endorsement to proceed.

From 26 April 2022, sporting events with more than 500 participants at any one time, will have to continue implementing VDS. Event organisers will need to implement checks on participants' vaccination status before they enter the venue.

D. GENERAL SMM QUESTIONS ON SPORT & PHYSICAL EXERCISE / ACTIVITY

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

Ans: The previous requirement for a time gap of at least 15 minutes after the end of a class to the start of the next, has been removed. However, operators are urged to clean and ventilate the room after each class ends.

Qn: Can studios/gyms provide vending machines and water fountains?

Ans: Vending machines and water coolers (for refilling purposes) are allowed. As good practice, operators may wish to ensure that there is no congregation in these areas.

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: From 26 April 2022, VDS is no longer required for indoor sports facilities. All individuals may enter these indoor facilities **and** use the changing room/toilet/shower facilities subject to prevailing safe management measures such as mask wearing when indoors.

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 sport / fitness coach / instructor. What do I do if

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

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

Qn: When can I resume physical activity after COVID-19 infection?

Ans: Generally, persons with mild or asymptomatic COVID-19 infection can resume normal activities as tolerated. It may be advisable to avoid strenuous physical activity or intense exercise (e.g. jogging, swimming, cycling, school PE or sports) for up to 2 weeks after testing positive for COVID-19 by PCR or ART. If they experience chest pain, severe shortness of breath or fainting spells as they resume physical activities, they should consult their doctor. High-risk persons (as listed in Protocol 2: <https://www.covid.gov.sg/well-and-positive-or-condition-assessed-mild-by-doctor>) or persons with severe symptoms should consult their doctor for further advice if needed.