

Issued 8 October 2022

## **UPDATES TO SAFE MANAGEMENT MEASURES FOR SPORT AND PHYSICAL EXERCISE & ACTIVITY FROM 10 OCTOBER 2022**

1. On 7 October 2022, the Multi-Ministry Taskforce (MTF) announced<sup>1</sup> the lifting of vaccination differentiated safe management measures (VDS) as Singapore progresses towards a COVID-19 resilient nation.
2. From **10 October 2022**, VDS for sporting events with >500 participants at any one time, will no longer be required.
3. Mask wearing continues to be optional indoors but will still be required in selected healthcare and public transport settings. For sport/fitness facilities such as gyms, fitness/exercise studios/areas that are located within healthcare settings<sup>2</sup>, mask wearing is required. 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.

### ***Moving Together Towards a COVID-19 Resilient Nation***

4. Even as most safe management measures are lifted, we must continue to exercise personal and social responsibility, keep up-to-date with vaccinations and be mindful of growing reinfection rates, or new variants. Should the situation worsen, there may be a need to put in place necessary mitigatory measures at short notice, so as to protect everyone. The latest updates on COVID-19 for sporting and physical exercise & activity can be found on <https://www.sportsingapore.gov.sg/COVID19>.
5. Individuals who are unwell should continue to stay at home and avoid going out. If they feel unwell, when out or in the workplace, they should go home immediately to rest or see a doctor.
6. As good practice, facility owners/operators and event organisers are encouraged to:
  - a. Voluntarily require the vaccination of workers, customers and event participants as a condition of employment/deployment/entry/service.
  - b. Frequently disinfect common spaces/equipment and interactive components (e.g., shared exercise equipment, smart kiosks, turnstiles, changing benches, hooks for clothes, etc.). Operators are strongly

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<sup>1</sup> Please refer to <https://www.moh.gov.sg/news-highlights/details/vaccination-our-primary-defence-in-living-with-covid-19> for MOH's press release

<sup>2</sup> Healthcare settings where masks are still required indoors: all indoor premises of hospitals (inclusive of retail, food and beverages (F&B) outlets and other facilities within the hospital compound); all primary care facilities, specialist facilities, Traditional Chinese Medicine (TCM) clinics, renal dialysis centres, dental clinics, day hospices; homes that provide residential care to the elderly; as well as COVID-19 care facilities, testing centres and vaccination centres.

encouraged to adopt good sanitation and hygiene practices to achieve the SG Clean quality mark.

- c. Refer to the latest guidance on improving ventilation and indoor air quality in buildings amid the COVID-19 situation, available at <https://www.nea.gov.sg/our-services/public-cleanliness/environmental-cleaning-guidelines/advisories/advisory-on-co2-monitoring-to-assess-ventilation-adequacy> if they are operating indoor facilities.
  - d. Place hand sanitisers in close proximity of the facility entrance and high-touch surfaces like door handles. Attendees should be encouraged to sanitise their hands before entering and upon leaving the facility.
7. This guidance supersedes all advisories issued by Sport Singapore before this date.

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