

Issued 22 February 2022

SAFE MANAGEMENT MEASURES FOR SPORT AND PHYSICAL EXERCISE & ACTIVITY FROM 25 FEBRUARY 2022

1. On 16 February 2022, the Multi-Ministry Taskforce [announced](#) the nation's move to resetting the nation's posture to live with the Omicron variant and continue the transition to a COVID-19 resilient nation. Under this posture, the Safe Management Measures (SMMs) have been rationalised and simplified.

2. From **25 February 2022 (unless otherwise stated below)**, the following streamlined SMMs will apply to all sports and physical exercises & activities, and public & private sports & recreational facilities in Singapore.

SMMs for Sport & Physical Exercise / Activity From 25 February 2022

3. Permitted enterprises are responsible to ensure that these SMMs are adhered to on their premises.

4. **[Updated] Safe Distancing.** Safe distancing is encouraged for **masked** settings but will no longer be mandatory. However, there should be no intermingling between different groups. Safe distancing will continue to be required for all **unmasked** indoor and outdoor settings as follows:

- a. At least 1-metre physical distancing between groups for all **unmasked** physical activities, unless the nature of activity requires the distance to be shortened (e.g., grappling in martial arts and combat sports).
- b. No cross-mixing or cross-playing between groups, unless it takes place at supervised/operated sports facilities such as ActiveSG and PA facilities and approved private facilities under the Resumption of Bigger Team Sport Formats under Vaccination-Differentiated SMMs (VDS) (see paragraph 8).

5. **Venue Capacity and Density.** All sport/recreational facilities can only admit a maximum number of persons according to its Gross Floor Area based on 10 Sqm per person¹, up to a maximum of 50 persons (not inclusive of staff). No facility, regardless of size, shall admit more than 50 persons at any single point in time (not inclusive of staff). However, large complexes or multi-function premises such as country clubs or larger premises, 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.

¹ The Gross Floor Area includes exercises spaces, as well as other spaces such as changing rooms, rest areas within the facility. Facilities smaller than 50 sqm can admit up to 5 persons but must adhere to distancing rules; the 5 persons do not include staff.

6. **Group and Class Sizes.** Group size for activities remain up to 5 individuals (including instructor / coach). Details of class sizes as follows:

Setting		Segment	Class size
<u>MASKED</u>	Indoor (VDS setting)	Fully vaccinated individuals ² Unvaccinated children aged 12 years & below (born in 2010 or later)	Multiple groups of 5, <u>up to 50 pax</u> (including instructor/s) or the venue capacity limit, whichever is lower [Updated] Unvaccinated children aged 12 years and below need not be from the same household No intermingling between groups
	Outdoor	All individuals	
<u>UNMASKED</u>	Indoor (VDS setting)	Fully vaccinated individuals ³	Multiple groups of 5, <u>up to 30 pax</u> (including instructor/s) or the venue capacity limit, whichever is lower [Updated] Safe distancing of 1m between groups No intermingling between groups
		Unvaccinated children aged 12 years & below (born in 2010 or later)	Only 1 group of 5 is allowed [Updated] Unvaccinated children aged 12 years and below need not be from the same household
	Outdoor	All individuals	Multiple groups of 5, <u>up to 50 pax</u> (including instructor/s) or the venue capacity limit, whichever is lower No intermingling between groups

7. **Vaccination-Differentiated SMMs (VDS) at All Indoor Sport Facilities.** VDS is applicable to all indoor sports facilities.

- a. Facilities that do not implement checks on vaccination status will not be allowed to operate.

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 b) had their vaccination records ingested in MOH's IT systems. Persons who have recovered from COVID-19 within the last 180 days, regardless of their vaccination status, 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>

With the introduction of Workforce Vaccination Measures (WVM) from 1 January 2022, only fully vaccinated employees will be allowed at the workplace. For more info on WVM and work arrangements for unvaccinated employees, please refer to MOM's advisory at <https://www.mom.gov.sg/covid-19/advisory-on-covid-19-vaccination-in-employment-settings> and the FAQs at <https://www.mom.gov.sg/covid-19/frequently-asked-questions/covid-19-vaccinations>

Unvaccinated children 12 years and under (refer to paragraph 6), and individuals who are medically ineligible for all COVID-19 vaccines under the National Vaccination Programme can take part in activities at VDS facilities (except for the team sport formats under paragraph 8) without needing to take a PET.

³ Refer to footnote 2

- b. Permitted enterprises are responsible for conducting checks on the vaccination status of all staff and participants and are to set up proper checking protocol at their access control points.
 - c. Beyond the usual screening measures such as ensuring that every person who enters their premises perform their TraceTogether-only SafeEntry (TT-only SE) and SafeEntry Gateway (SEGW) check-in & check-out, they are to ensure that these persons have their vaccination status checked and recorded manually or electronically.
 - d. Persons who do not have their vaccination status verified will be denied participation in indoor activities.
 - e. Individuals who have recovered from a COVID-19 infection, medically ineligible for COVID-19 vaccination and unvaccinated children aged 12 and below are exempted from VDS and can enter VDS premises or participate in VDS activities. **[Updated] From 25 February 2022**, unvaccinated children aged 12 years and below (i.e. born in 2010 or later) need not be from the same household to be included within a group in VDS settings.
8. **[Updated] Resumption of Bigger Team Sport Formats under VDS at Supervised Sport Facilities.** The following will take effect from 25 February 2022:
- a. All sports will be allowed to proceed with up to 30 fully vaccinated⁴ persons (including players, coaches, umpires etc), at supervised/operated sports facilities such as ActiveSG and PA facilities and approved private facilities. The number of players who can be admitted into the premises and onto each court or field will also depend on the venue capacity and safe-distancing considerations.
 - b. The prevailing SMMs such as wearing of masks and safe distancing, will apply before and after the sport activity, and during rest breaks. Any participants not playing during the game, will have to be masked and observe a 1-metre safe distancing from unmasked players on the field of play. There will be no mingling before and after the game between groups of the prevailing social group size (i.e., 5).
 - c. No additional testing requirement will be imposed as long as all participants are fully vaccinated⁵, but participants are strongly encouraged to self-test before arriving for the sport activity, and to stay home if they test positive or develop symptoms. (NB: The medically ineligible, and unvaccinated individuals including unvaccinated children aged 12 years old and below, are not allowed to participate in the team sport formats.)
 - d. For more details on slots available for booking at ActiveSG and PA facilities, please visit: <https://www.myactivesg.com/> and <https://www.pa.gov.sg/team-sports-pilot>.
 - e. Private operators that are interested to run this team format can register their interest at <https://www.sportsingapore.gov.sg/COVID19/Team-Sport-Format-Under-VDS> from **12pm on 23 February 2022**.

⁴ Only fully vaccinated individuals are allowed to participate in the team sports format under VDS. All unvaccinated (including unvaccinated children aged 12 years old and under) and medically ineligible individuals are not allowed to participate.

⁵ Refer to footnote 2

- f. Team sport formats in other unsupervised settings such as outdoor courts or fields in public areas will continue to adhere to the prevailing national social gathering group size of 5 persons.
 - g. Enforcement officers and safe distancing ambassadors will conduct regular checks to ensure compliance with the required SMMs by the participants.
9. In addition to the SMMs under the preceding paragraphs, other SMMs will continue to be in place, and should be complied with. These include, but are not limited to:
- a. Mask wearing. Masks should be worn as a default. Masks may be taken off when performing strenuous activity, and it must be put on immediately after the completion of high intensity sport and physical activities.
 - b. Intermingling to be avoided in changing rooms / toilets. Individuals should not intermingle with others and linger within the facilities. Masks must be worn when one is changing in and out of one's sport attire / swimwear. If a mask is removed during shower or face-washing, it is to be worn promptly after. Changing rooms and toilets must be closed off if individuals cannot comply with these SMMs.
 - c. Sharing of common equipment should be minimised. The sharing of equipment should be minimised as far as possible. The equipment should be wiped down / sanitised before passing on for use by the next user. This includes equipment such as weights and balls.
 - d. Reducing physical interaction & hygiene and ensuring safe distancing. Facility owners/operators must:
 - i. Organise human traffic flow and space management to ensure that the mixing of groups is minimised to transient contact.
 - ii. TraceTogether-only SafeEntry (TT-only SE) or SafeEntry Gateway (SEGW) must be implemented for participants and visitors. All participants and staff are to use either the TraceTogether app or the TraceTogether Tokens for check-in and check-out. Enforcement of this will be stepped up to ensure full compliance by all permitted enterprises.
 - iii. Frequently disinfect common spaces and interactive components (e.g., smart kiosks, turnstiles, changing benches, hooks for clothes, etc.). Operators are strongly encouraged to adopt good sanitation and hygiene practices to achieve the SG Clean quality mark.
 - iv. 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>
 - v. 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.
 - vi. Ensure that participants do not shout while engaging in physical activities. This is because shouting increases the risk of transmission via droplets.

- e. Enhanced SMMs for sport and physical activities for *indoor* facilities. Operators and participants will have to comply with all the following SMMs:
- i. Participants must leave the premises immediately once they have completed their classes.
 - ii. Operators will have to ventilate the room after each class ends.
 - iii. The premises must be wiped down / sanitised before passing on to the next user to minimise the risk of COVID-19 transmission.
 - iv. Food and drink must not be supplied or consumed within the activity area, except if the consumption of a drink is necessary to preserve life or prevent injury in an emergency.
 - v. Operators to ensure that participants, including the instructor, do not talk loudly, sing, or shout while engaging in physical activities to minimise risk of transmission via droplets.

Large Group Outdoor Classes

10. Approved large outdoor classes at public spaces such as parks and HDB common areas can continue, subject to the venue size and SMM requirements as stated in this guidance. All instructors must also be registered with Sport Singapore via <https://www.sportsingapore.gov.sg/COVID19/Outdoor-Classes-Registration>. Subsequent approval from facility owner needs to be sought before activities can be conducted.

Sport Events

11. From 1 February 2022, all Sport Events, irrespective of event size, must implement VDS in order to proceed.

- a. Spectator Sport Events. Spectator sport events, such as Singapore Premier League football matches can proceed with up to 1,000 spectators, in zones of 100, if all spectators are fully vaccinated⁶.
- b. 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 per session⁷, if all participants are fully vaccinated⁸. Participants will be organised in waves of up to 100 persons.

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.

⁶ Refer to footnote 2

⁷ 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.

⁸ Refer to footnote 2

- c. Sport Competitions & Tournaments refer to competitions involving timed races or head-to-head matches where there could be multiple heats or qualifying rounds (“sessions”). Such events can continue but must not exceed 50 persons in each facility at any single point in time. Organisers are advised to arrange competitions with different sessions, adequately separated within a day (i.e., at different times of a day) or across multiple days, to avoid congregation.

Each match is allowed to have up to 5 persons in the field of play at any single point in time, unless it takes place at supervised/operated sports facilities such as ActiveSG and PA facilities and approved private facilities under the Resumption of Bigger Team Sport Formats under VDS (see paragraph 8). For indoor competitions or activities, only fully vaccinated⁹ persons may participate in such events.

For such sport competitions and tournaments, spectators are permitted, but must comply with the requirements at paragraph 11(a) above.

12. **[Updated]** At sport events where public speaking is necessary, such as by the guest-of-honour or an event emcee, the speaker can be unmasked as long as he/she maintains a distance of at least 1-metre from the audience whilst speaking. The speaker will have to be masked after delivering his/her speech. To be clear, this provision does not apply to an instructor/coach/referee unmasking to give instructions.

13. **Application to Organise Sport Events.** 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 at <https://www.sportsingapore.gov.sg/COVID19/Sport-Event-Applications> 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 proceed¹⁰.

14. 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.

[Updated] Rostered Routine Testing (RRT) Fast & Easy Testing (FET) for Sport and Fitness Sector

15. RRT FET regime will be streamlined to focus only on settings catering to vulnerable groups. In view of this all workforce under the RRT FET for sport and fitness sector, will no longer be required to continue testing from 18 February 2022. **However**, those who are employed in third-party vendors in entities catering to vulnerable groups such as children below 5 years old, e.g., Preschools, Early Intervention centres, and Private Education Institutions, will still be subjected to RRT. More details can be found on [https://www.sportsingapore.gov.sg/COVID19/Fast-and-Easy-Testing-\(FET\)-Regime](https://www.sportsingapore.gov.sg/COVID19/Fast-and-Easy-Testing-(FET)-Regime)

⁹ Refer to footnote 2

¹⁰ 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.

Towards a COVID-19 Resilient Nation

16. Singaporeans are urged to remain vigilant and observe safe distancing measures in place to minimise community transmissions. We all have a part to play in keeping COVID-19 at bay, and protect ourselves and our loved ones.

17. Government agencies will be conducting inspections. Enforcement action(s) under the COVID-19 (Temporary Measures) Act and the Infectious Diseases Act will be taken against businesses or individuals who fail to comply with safe management measures.

18. For the latest updates on COVID-19 for sport and physical exercise & activity, please visit <https://www.sportsingapore.gov.sg/COVID19>. For queries, members of the public can email the Sport Singapore QSM at <https://members.myactivesg.com/feedback> or call 1800-344-1177 during office hours (Mondays to Fridays, 9.00am to 6.00pm).

19. This guidance supersedes all advisories issued by Sport Singapore before this date.