

Issued 25 August 2022

SAFE MANAGEMENT MEASURES FOR SPORT AND PHYSICAL EXERCISE & ACTIVITY FROM 29 AUGUST 2022

1. On 24 August 2022, the Multi-Ministry Taskforce (MTF) announced¹ a further easing to the community safe management measures (SMMs) as the COVID-19 situation in Singapore continues to stabilise and the nation progressively transitions towards a new normal.

2. From **29 August 2022**, the following SMMs will apply to all sporting and physical exercises & activities, and public & private sporting & recreational facilities in Singapore. Permitted enterprises are responsible to ensure that these SMMs are adhered to on their premises.

Changes to SMMs from 29 August 2022

3. **Mask Wearing.** From 29 August 2022, masks will be optional indoors but will 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 settings², 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.
- Nevertheless, members of the public are encouraged to continue to exercise responsibility and caution, by wearing masks to protect themselves and others especially when visiting crowded places or interacting with vulnerable persons.

4. **Vaccination-Differentiated SMMs (VDS)³ for Sporting Events.** There are no changes to existing VDS.

- Sporting Events with >500 participants (including staff, officials, etc) 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.

¹ Please refer to <https://www.moh.gov.sg/news-highlights/details/emerging-safer-and-stronger-together> for MOH's press release

² 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.

³ For more information on VDS and the VDS implementation process, visit: <https://file.go.gov.sg/vdsminfo.pdf>

- VDS Exemptions. Individuals who have recovered from a COVID-19 infection⁴, 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.

5. In addition to the SMMs under the preceding paragraphs, as good practice, facility owners/operators are encouraged to:

- a. 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 encouraged to adopt good sanitation and hygiene practices to achieve the SG Clean quality mark.
- b. 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.
- c. 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.
- d. Ensure that instructors/coaches/participants do not shout while engaging in physical activities. This is because shouting increases the risk of transmission via droplets.
- e. Ventilate the room after each class ends.

Towards a COVID-19 Resilient Nation

6. While this round of SMM easing signals our return to normalcy and living with COVID-19 for the longer-term, members of the public are encouraged to continue exercising personal and social responsibility. We all have a part to play in protecting ourselves and our loved ones.

7. 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 SMMs.

⁴ 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>

8. For the latest updates on COVID-19 for sporting 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).

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