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UPDATED SAFE MANAGEMENT MEASURES FOR SPORT AND PHYSICAL EXERCISE & ACTIVITY

1. On 11 March 2022, the Multi-Ministry Taskforce (MTF) announced the streamlining of Safe Management Measures (SMMs) as we resume our transition to a COVID-19 resilient nation. **[Updated]** On 24 March 2022, the [MTF announced](#) the easing of community SMMs as part of the nation's further progress towards living with COVID-19.

2. **[Updated]** From **29 March 2022** (unless otherwise stated), the following streamlined SMMs will apply to all sporting and physical exercises & activities, and public & private sporting & recreational facilities in Singapore.

SMMs for Sport & Physical Exercise / Activity From 29 March 2022

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

4. **[Updated] Mask Wearing.** Mask wearing will continue to be required for indoor¹ settings but will be optional in outdoor settings.

a. 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.

b. For **outdoor** activities, individuals are encouraged to wear their masks for personal protection and to protect others, especially in crowded areas.

5. **Safe Distancing and Prevailing Group Size Limits.** Safe distancing is encouraged for **masked** settings but will no longer be mandatory. Safe distancing will continue to be required for all unmasked settings as follows:

a. **[Updated]** At least 1-metre physical distancing between groups of up to 10 individuals.

b. No cross-mixing or cross-playing between groups.

¹ **[Updated]** Indoor places refer to areas within buildings or enclosed places, and typically have clearly defined entrances/exits. They include office buildings, shopping malls, public transport (i.e. when commuting in trains and buses), and hawker centres and coffeeshops. Places which are sheltered but which are not enclosed at the sides and allow open access generally will be regarded as outdoor areas. For example, Housing Development Board (HDB) void decks, retail block walkways, bus stops, and naturally ventilated bus interchanges will be regarded as outdoor areas.

6. **Venue Capacity.** For facilities that can admit:

- a. ≤1,000 pax (including staff) based on its fire safety requirement, they can proceed without any capacity limit. However, these facilities will need to adhere to the safe distancing and prevailing group size limits under paragraph 5 if they have **unmasked** activities.
- b. >1,000 pax (including staff) based on its fire safety requirement, and hold:
 - **[Updated] masked** activities, they would be subjected to a **capacity limit of 75%**.
 - **unmasked** activities, they would be subjected to the safe distancing and prevailing group size limits under paragraph 5.

7. **[Updated] Class Sizes.** For organised classes/programmes, please observe the following:

Setting		Segment	Class size
<u>MASKED</u>	Indoor² (VDS setting)	Fully vaccinated individuals ³ Unvaccinated children aged 12 years & below (born in 2010 or later)	Class size limits for masked classes will be lifted, subject to the prevailing fire safety and room/venue capacity requirements Unvaccinated children aged 12 years and below need not be from the same household
<u>UNMASKED</u>	Indoor⁴ (VDS setting)	Fully vaccinated individuals	[Updated] Class size limits for unmasked indoors classes involving only fully vaccinated individuals will be lifted, subject to the prevailing fire safety and room/venue capacity

² Refer to footnote 1

³ 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>

With the introduction of Workforce Vaccination Measures (WVM) from 1 January 2022, only fully vaccinated employees and self-employed persons (SEPs) will be allowed at the workplace. For more info on WVM and work arrangements for unvaccinated employees and SEPs, 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 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, unless otherwise stated.

⁴ Refer to footnote 1

Setting		Segment	Class size
			requirements. Fully vaccinated individuals can be in multiple groups of up to 10 pax per group (including instructor/s) with safe distancing of 1m between groups. No intermingling between groups
		Unvaccinated children aged 12 years & below (born in 2010 or later)	[Updated] Only 1 group of 10 is allowed (including instructor/s) Unvaccinated children aged 12 years and below need not be from the same household
	Outdoor	All individuals	Multiple groups of up to 10 pax per group, <u>up to 50 pax</u> (including instructor/s) with safe distancing of 1m between groups No intermingling between groups

8. Vaccination-Differentiated SMMs (VDS) at All Indoor⁵ 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. 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. 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. Persons who do not have their vaccination status verified will be denied participation in indoor activities.

Permitted enterprises/establishments within a larger facility such as shopping malls that already require VDS upon entry, will no longer need to conduct their own VDS checks. However, if the establishment operates outside of the main facility’s operating hours, it should conduct its own VDS checks.

- b. 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

⁵ Refer to footnote 1

in VDS activities. 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 but are subjected to guidelines under paragraph 7.

9. **Resumption of Bigger Team Sport Formats under VDS at Approved Sport Facilities.**

- a. Team sports are allowed for up to 30 fully vaccinated⁶ persons (including players, coaches, umpires etc), at selected supervised/operated sports facilities i.e. ActiveSG and PA facilities and SportSG-approved private facilities from 15 March 2022. 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. **[Updated]** The prevailing SMMs such as wearing of masks and safe distancing, will apply before and after the sporting 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 court or field. There should be no mingling before and after the game between groups of up to 10 individuals.
- c. No additional testing requirement will be imposed but participants are strongly encouraged to self-test before arriving for the sporting activity, and to stay home if they test positive or develop symptoms. Participants will be required to fill in a health declaration form prior to the sporting activity.
- 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. Team sport formats in other non-approved settings such as outdoor courts or fields in public areas must adhere to the prevailing group size limits in paragraph 5.
- f. Enforcement officers and safe distancing ambassadors will conduct regular checks to ensure compliance with the required SMMs by the participants.

10. 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. Reducing physical interaction & hygiene and ensuring safe distancing. Facility owners/operators must:

⁶ Only fully vaccinated and COVID-19 recovered individuals are allowed to participate in the expanded 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.

- i. Organise human traffic flow and space management to ensure that the mixing of groups is minimised to transient contact.
 - ii. Implement TraceTogether-only SafeEntry (TT-only SE) or SafeEntry Gateway (SEGW) for participants and visitors.⁷ 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/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.
 - iv. 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> if they are operating indoor facilities.
 - 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 instructors/coaches/participants do not shout while engaging in physical activities. This is because shouting increases the risk of transmission via droplets.
- b. Enhanced SMMs for sporting and physical activities for *indoor* facilities.
- i. Participants are urged to 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. **[Updated]** Food and drink can be supplied and consumed, subject to the safe distancing and prevailing group size limits under paragraph 5.
 - v. Operators should 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.

⁷ Permitted enterprises/establishments within a larger facility such as shopping malls that already require VDS upon entry, will no longer need to conduct their own VDS checks. However, if the establishment operates outside of the main facility's operating hours, it should conduct its own VDS checks.

Large Group Outdoor Classes

11. **[Updated]** Instructors conducting large group outdoor classes at public spaces such as parks and HDB common areas are no longer required to be registered with Sport Singapore but should continue to adhere to prevailing SMMs such as class size. In addition, they should continue to seek approval from the facility owner before activities are conducted and remind participants to observe prevailing SMMs.

Sporting Events

12. All sporting events, irrespective of event size, must implement VDS in order to proceed, i.e., only fully vaccinated⁸ individuals may attend or participate in these events.

- a. Spectator Sporting Events. Spectator sporting events where spectators are masked can proceed based on the following parameters:
 - i. up to 1,000 spectators; OR
 - ii. **[Updated]** over 1,000 spectators, as long as the total number of spectators does not exceed 75% of the capacity limit of the venue either based on its fire safety requirement, or the number of available fixed seats.

While zoning is no longer required, spectators should be reasonably spread out across the venue capacity or fixed seats. Venue staff will need to prevent/minimise the congregation of spectators within the event venue.

[Updated] Spectators are allowed to cheer, sing, or whistle only if they are wearing masks.

- b. Mass Participation Sporting Events. Mass participation sporting events, such as mass runs, open-water swims, cycling and triathlon events, where there are unmasked participants can proceed without a specific event size limit⁹ as long as the participants comply with the 1-metre safe distancing and prevailing group size limit requirements. As good practice to avoid overcrowding, event organisers can organise participants in waves of up to 100 persons.

At this juncture, mass/major participation sporting 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.

- c. Sporting Competitions & Tournaments refer to competitions involving timed races or head-to-head matches where there could be multiple heats or

⁸ Refer to footnote 3

⁹ Different sessions are required to be adequately separated by time to avoid the congregation of participants at the venue and its vicinity. Organisers should put in place an adequate number of sessions and time interval between sessions to ensure safe participation, which may vary depending on context.

qualifying rounds (“sessions”). **[Updated]** The number of individuals at the facility is subjected to the prevailing fire safety and room/venue capacity requirements and measures under paragraph 6. 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.

[Updated] Each match is only allowed to have up to 10 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 SportSG-approved private facilities under the Resumption of Bigger Team Sport Formats under VDS (see paragraph 9).

For such sporting competitions and tournaments, spectators are permitted, but must comply with the requirements at paragraph 12(a) above.

13. At sporting 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.

14. **[Updated]** The consumption of food and drink is permitted during sporting events in areas within the venue specially designated for such consumption¹⁰, subject to prevailing dining-in activity requirements, which includes eating/drinking at a fixed position, as well as the safe distancing and prevailing group size limits under paragraph 5.

15. **[Updated] Organising Sporting Events.** Sporting events that are organised within prevailing SMMs no longer need Sport Singapore’s endorsement to proceed. Only events with SMM deviations, such as competitions beyond prevailing group size limits in paragraph 5, will need to have an endorsement 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 proceed¹¹.

16. Sport Singapore’s endorsement is only for the sporting event SMMs. Organisers will need to seek further approval from facility owner / relevant agencies before their event can proceed.

¹⁰ Consumption of food and drink is not allowed at the spectator stands.

¹¹ 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

17. Members of the public are urged to remain vigilant and observe SMMs in place. We all have a part to play in keeping COVID-19 at bay and protecting ourselves and our loved ones.

18. 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.

19. 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).

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