

SAFE RETURN TO SPORT, PHYSICAL EXERCISE & ACTIVITY IN PHASE TWO

DO YOUR PART TO KEEP YOU & YOUR COMMUNITY SAFE

1



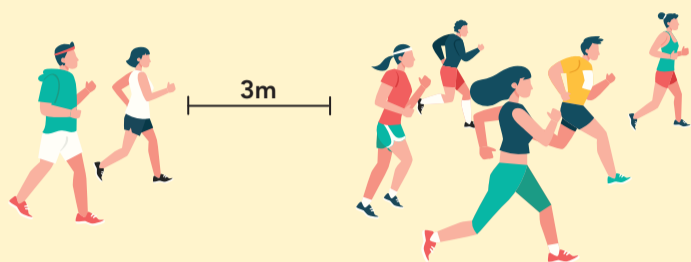
SafeEntry and temperature taking at all sport facilities

2



2m safe distancing while exercising.
3m distancing for indoors high intensity/
high movement exercise classes

3



Maximum 5 pax in group activities and classes⁺. Different groups must stay 3m apart when exercising

4



Contact sports are permitted in groups of 5. Avoid extensive body contact

5



Wear your mask unless you are doing strenuous activities

6



Avoid touching common public objects with your hands or any part of your body

7



Wipe your perspiration with your towel. Avoid touching your face with your hands

8



Bring your own personal equipment where possible. If not, please wipe down the equipment after use

9



Senior-centric* activities can resume, limited to activities done individually & no sharing of equipment

10



Children and youth programmes and activities may resume

⁺ 1 additional instructor is permitted

^{*} Seniors refer to 60 years old and above