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ANNEX

BROAD GUIDELINES BY SPORTING ACTIVITY FOR PHASE THREE

Sport Grouping	Sporting Activity	<u>Phase 3 - Sport Specific Guidelines (non-exhaustive)</u>
		<ul style="list-style-type: none"> • Small groups of not more than 8 participants in total (additional 1 Coach / Instructor permitted). • Physical distancing of 2 metres (2 arms-length) should be maintained in general while exercising, unless engaging under the normal sport format. • Physical distancing of 3 metres (3 arms-length) is required for indoors high intensity or high movement exercise classes, unless engaging under the normal sport format. • No mixing between groups and maintain 3m distance apart at all times. • Masks should be worn by support staff and coach.
Racquet Sports - Indoor	Badminton	Normal activities within group size limitation of 8 pax on court permitted, singles or doubles.
	Table Tennis	
	Pickle-ball	
	Squash	
Racquet Sports - Outdoor	Tennis	Normal activities within group size limitation of 8 pax on court permitted, singles or doubles.
Team Sports – Indoor	Basketball	Normal activities within group size limitation of 8 pax permitted. Any match play has to adhere to group size limitation with no inter-mixing between
	Floorball	

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	Futsal Handball Hockey - Indoor Sepaktakraw Volleyball - Indoor Tchoukball, etc.	groups. Multiple groups to maintain 3m apart when sharing venue. No intermingling between participants from different groups.
Team Sports – Outdoors	Baseball Softball Cricket* Football Hockey - Field Netball Rugby Volleyball Beach i.e. Ultimate Flying Disc, etc.	Normal activities within group size limitation of 8 pax permitted. Any match play has to adhere to group size limitation with no inter-mixing between groups. Multiple groups to maintain 3m apart when sharing venue. No intermingling between participants from different groups (* Cricket - No shining cricket ball with sweat/saliva during training)
Combat Sports	Boxing Judo	Normal activities within group size limitation of 8 pax permitted. Multiple groups to maintain 3m apart when sharing venue. No intermingling between participants from different groups.

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	Karate-Do Kendo Muaythai Silat Taekwondo Wushu Dragon & Lion Dance i.e. Aikido, Kickboxing, Sambo & Kurash, etc.	
Combat Sports with prolonged grappling	Wrestling Jujitsu & MMA, etc.	<p>Normal activities within group size limitation of 8 pax permitted. Multiple groups to maintain 3m apart when sharing venue. No intermingling between participants from different groups.</p> <p>Wrestling, Jujitsu, MMA and similar combat sports that have prolonged grappling body contact are strongly advised to adopt cohorting arrangements (in the form of a 14-day cooling period should participants wish to change groups).</p>
Watersports	Canoe Dragon Boat* Rowing Sailing*	<p>Normal activities within group size limitation of 8 pax permitted; (groups of more than 8 are not to come alongside on the water, unless it is a water safety issue)</p> <p>Modify land training for safe physical distancing.</p> <p>Normal activities within group size limitation permitted.</p>

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	Waterski & Wakeboard	<p>Disinfecting high touch surfaces as per the manufacturer's guidelines. Dedicated PFD to each participant. Active disinfection of all possible contact surfaces on boats before, after and at pre-decided intervals during each session.</p> <p>(*Sailing: Max. of 8 pax per sailboat not including coach/instructor) (*Dragonboat: Max. of 8 pax per boat not including coach/instructor)</p>
Mindsports / Esports	Chess	<p>Normal activities within group size limitation of 8 pax permitted. Mask should be worn. Total number based on max capacity of facility (as per GFA).</p>
	Contract Bridge	
	Esports	
	Weiqi	
	Xiangqi	
Aquatics	Swimming	<p>Normal activities within group size limitation of 8 pax permitted. Up to 8 participants per lane for lane swimming. Class size limited to 8. This does not include the 1 instructor/coach.</p> <p>Instructor may adopt the most appropriate position and distance in the interest of water safety. Instructor should wear a mask or a face shield where feasible.</p>
	Water Polo	<p>Any match play has to adhere to group size limitation of 8 pax with no inter-mixing between groups. Multiple groups to maintain 3m apart when sharing venue. No intermingling between participants from different groups.</p>

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	Diving	Normal activities within group size limitation of 8 pax permitted.
	Artistic Swimming	Normal activities within group size limitation of 8 pax permitted.
	Swimming - Open Water	Normal activities within group size limitation of 8 pax permitted.
	Life Saving	Normal activities within group size limitation of 8 pax permitted. Multiple groups are to maintain 3m distancing when on land throughout. 8 participants per lane for lane swimming. No sharing of personal equipment.
	Underwater Sports	
Ice Sport	Ice Hockey	Normal activities within group size limitation of 8 pax permitted.
	Speed Skating	
	Figure Skating	
Motorised Sport	Motor Sports	Normal activities within group size limitation of 8 pax permitted.
	Power Boat	
Para Sport	Para Sport	Para-athletes require individualised consideration and assessment through all phases of return to sport and exercise. Some para-athletes have medical conditions that will require detailed planning and consultation with their regular treating medical team prior to a return to formal training/competition, or progression through return to sport. Specific para-athlete equipment (e.g. wheelchairs, prostheses) will require regular cleaning (for all levels).
	Special Olympics	
Others	Archery	Normal activities within group size limitation of 8 pax permitted.

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	Athletics	<p>Normal activities within group size limitation of 8 pax permitted. Multiple groups to keep 3m apart when sharing venue. No sharing of equipment e.g. javelin, discus, high-jump mats, pole vault, shot put, hammer, starting blocks). Avoid running in slipstream of others.</p>
	Bowling	<p>Normal activities within group size limitation of 8 pax permitted. Rest area to be managed to prevent mixing. Alternative seating per lane. No sharing of bowling balls. House balls and shoes are to be individually issued and cleaned before re-issue.</p>
	Cuesports	<p>Normal activities within group size limitation of 8 pax permitted. Mask to be worn. Disinfecting high touch surfaces as per the manufacturer's guidelines. Other equipment cannot be shared between players (e.g. cues, chalk).</p>
	Cycling	<p>Group size limited to 8 and no merging / mixing of groups, especially at rest areas. Avoid cycling in slipstream of others — maintain 3m from cyclist in front.</p>
	DanceSport	<p>Mask should be worn unless engaged in strenuous exercises. No intermingling between participants from different groups.</p>
	Equestrian	<p>Normal activities within group size limitation of 8 pax permitted. No sharing of personal equipment (helmets, saddles, etc.).</p>
	Fencing	<p>Normal activities within group size limitation of 8 pax permitted. No sharing of personal equipment.</p>

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	Gateball	Normal activities within group size limitation of 8 pax permitted. No sharing of equipment.
	Golf	Normal activities within group size limitation of 8 pax permitted. Mask should be worn unless one is engaged in strenuous exercises. No sharing of clubs. Facilities capacity limit applies separately to Clubhouse and other ancillary facilities. It does not apply to the golf course proper.
	Gymnastics	Normal activities within group size limitation of 8 pax permitted. Disinfecting high touch surfaces as per the manufacturer's guidelines.
	Lawn Bowls	Normal activities within group size limitation of 8 pax permitted. All players are to use separate mats and jacks (or ensure that the same player on each rink places mats or places/rolls jacks). Other bowls equipment cannot be shared between players (e.g. bowls, cloths, measures).
	Modern Pentathlon	Normal activities within group size limitation of 8 pax permitted. Refer to measures for different disciplines.
	Sport Climbing	Normal activities within group size limitation of 8 pax permitted. Climb 'lanes' are to be separated by 2m. No sharing of harnesses and helmets.
	Sports Boules	Normal activities within group size limitation of 8 pax permitted. All players are to use separate mats and jacks (or ensure that the same player on each rink places mats or places/rolls jacks). Other bowls equipment cannot be shared between players (e.g. bowls, cloths, measures).

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	RollerSports	Normal activities within group size limitation of 8 pax permitted. No sharing of equipment (helmets, etc).
	Shooting	Normal activities within group size limitation of 8 pax permitted. Groups separated by empty lanes or with physical separator. Rest area to be managed to prevent mixing. No sharing of personal equipment.
	Ski & Snowboarding	Normal activities within group size limitation of 8 pax permitted. No sharing of personal equipment. Disinfecting high touch surfaces as per the manufacturer's guidelines.
	Triathlon	Normal activities within group size limitation of 8 pax permitted. Refer to measures for relevant disciplines.
	Weightlifting	Normal activities within group size limitation of 8 pax permitted. Small groups only – 1 athlete per bar.
	Powerlifting	Disinfecting high touch surfaces as per the manufacturer's guidelines.