

Issued: 26 August 2020

**UPDATE ON LARGE OUTDOOR EXERCISE CLASSES
UNDER PHASE TWO (“SAFE TRANSITION”)¹**

1. Following the announcement by the Multi-Ministry Taskforce on 21 August 2020 to make more public facilities available for large outdoor exercise classes, more public spaces within Sport Singapore facilities, parks, and HDB common areas, will be opened up for this purpose from 1 September 2020. This update provides organisers of large group exercise activities information on the measures to ensure that these activities can take place safely.

Requirement for a Registered Instructor

2. Instructors conducting large outdoor exercise classes must first be registered under a framework which is jointly administered by Sport Singapore and agency partners such as NParks and People’s Association, before the classes can take place. Registration can be done online at <https://go.gov.sg/outdoor-classes-instructor-registration> from 26 August 2020, 3pm. A response will be given within three working days.



3. Venue bookings are to be made separately with the premise owners, after registration. Only those that have successfully registered (see point 2) can book these spaces. Registered instructors can book new spaces that have been opened up within Sport Singapore facilities to conduct their classes, at myactivesg.com from 28 August 2020, 3pm. For the use of venues such as parks and HDB common areas, instructors who have successfully registered will also have to seek approval from the respective venue owners (e.g. NParks and Town Councils) and abide by their venue regulations. For the use of NParks’ venues, registered instructors can submit their application at <https://go.gov.sg/group-exercise-parks>, from 28 August 2020, 3pm. For classes at HDB common areas, instructors should approach the respective Town Councils for bookings.

4. The registered instructor will be responsible for ensuring that the safe management measures are in place and adhered to. These measures include temperature and symptoms screening, safe distancing, and maintaining a list of participants in venues where SafeEntry is not deployed. Instructors and participants must follow the stipulated safe management measures as well as any other conditions stipulated by the facility owner. See [paras 6-13](#) for safe management measures.

5. General group exercises of a social nature will continue to be capped at five persons, in addition to any conditions stipulated by the facility owner.

Safe Management Measures

6. Gathering size and physical distancing. Total class size may not exceed 50 persons including participants, the registered instructor and any assistants, and is subject to the venue capacity and safe distancing measures.

¹ This is an addendum To the Advisory On Safe Advisory For Resumption Of Sport And Physical Exercise & Activity For Phase Two (“Safe Transition”) issued on 17 June 2020. Sport-specific measures in the [17 June advisory](#) must continue to be adhered to.

7. The registered instructor must ensure that class participants are split into groups of no more than five, with a 2-metre safe distancing between individuals, and a 3-metre safe distancing between groups, with no intermingling between the groups. The safe distancing requirement between individuals in a group can be waived for contact sports or other sports that may involve close bodily proximity. However, instructors should modify the classes to avoid extensive body contact.

8. Temperature Screening & Contact Records. The registered instructor must conduct temperature screening² and checks on visible symptoms³ for class participants, and turn away those with fever and/or who appear unwell. Instructor(s) must maintain records of class participants (including groupings where relevant) in venues where SafeEntry is not deployed, and keep these records for at least 25 days after the class. Instructor(s) should also encourage class participants to download and activate the TraceTogether app during classes.

9. Masks are required to be worn. The registered instructor must ensure that all class participants don masks, which can only be taken off during strenuous exercise.

10. Limit Physical Interaction. The registered instructor must ensure that activities do not bring about physical interactions between the different groupings of up to five participants. Instructors should remind class participants not to intermingle before and after class and to observe physical distancing at all times.

11. Sharing of common equipment should be avoided. Personal equipment should not be shared. If this cannot be done, then equipment should be wiped down / sanitised frequently. Disinfecting agents (e.g. hand sanitisers) should be made available at all times.

12. All other relevant safe management measures, including sport-specific measures, in the [17 June Sport Singapore advisory](#) must continue to be adhered to.

13. The registered instructor should ensure that the area used for the class does not deviate from the approved allocated space, and that all individuals leave the premises immediately after the class is completed.

Enforcement of Measures

14. Enforcement Officers and Safe Distancing Ambassadors will continue to conduct inspections. Instructors and class participants who do not comply with safe management measures may face penalties under the COVID-19 (Temporary Measures) (Control Order) Regulations 2020. Errant instructors may also be de-registered and barred from conducting exercise classes under this framework.

Everyone Has a Part to Play Against COVID-19

15. With the gradual easing of measures, Singaporeans are urged to remain vigilant and observe safe management measures in place to minimise community transmissions. Together, we all have a part to play in keeping COVID-19 at bay, and protect ourselves and our loved ones.

² Individuals with temperatures of 38 degrees Celsius and above are considered as having a fever.

³ Notable visible symptoms to look out for include: (a) coughing; (b) sneezing; (c) breathlessness; and (d) a runny nose.

16. For the latest updates on COVID-19 for sport and physical exercise & activity, please visit sportsingapore.gov.sg. For queries, members of the public can email the Sport Singapore QSM at SPORT_QSM@sport.gov.sg or call 1800-344-1177 during office hours (Mondays to Fridays, 9.00am to 6.00pm).

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