

**FAQs FOR RESUMPTION OF SPORT AND PHYSICAL EXERCISE & ACTIVITY
FOR PHASE TWO ("SAFE TRANSITION")**

A. GENERAL PUBLIC

Qn: Am I still allowed to exercise outdoors?

Ans: Individuals can engage in sport and physical activity either alone or in a group of no more than 5 participants. For organised programmes and classes, an additional coach or instructor is allowed and will not be part of the group size of 5.

A physical distancing of 2m (i.e. 2 arms-length) must be maintained when exercising or playing sport in general, while participants involved in indoor high intensity or high movement physical exercises such as Zumba and Piloxing, must maintain a physical distance of 3m (i.e. 3 arms-length) apart. Contact sport is permitted if they are modified to avoid extensive body contact.

Groups that are sharing a space must not interact and must maintain a distance of 3m apart at all times. Masks must be worn when not engaged in strenuous activities.

Qn: Which outdoor venues can I exercise at?

Ans: You can exercise at outdoor spaces and land areas that are opened by [NParks](#) and [SLA](#). Please refer to the relevant agencies' website for safe management measures.

Public facilities under ActiveSG are opened from 19 June. See [Annex A](#) for the list of ActiveSG facilities that will remain closed in Phase Two.

Qn: Am I allowed to exercise with my family members / friends outdoors?

Ans: Individuals can exercise outdoors with their family members / friends, but group activities and exercise must be kept to no more than 5 participants. An additional coach/instructor is allowed and will not be part of the group size of 5. They should also maintain at least 3m apart from other groups sharing the same space and wear their masks when not engaged in strenuous activities.

Qn: What are some examples of indoor high intensity or high movement physical exercises?

Ans: Some examples include Zumba and Piloxing. Individuals must maintain a physical distance of 3m from one another when engaged in indoor high intensity or high movement physical exercises.

Qn: Can I play football / basketball / ultimate flying disc with my friends?

Ans: Yes, you may proceed as long as the group size limit of 5 is observed. Distancing should still be maintained outside the play area.

Qn: Can I have a match with multiple groups?

Ans: No. All group activities are limited to a size limit of 5 and there should be no interaction between different groups. A physical distance of 3m between different groups must be maintained at all times.

Qn: Is contact sport involving hand-to-hand or hand-to-body touch between players allowed?

Ans: Contact sport is permitted within the normal nature of the sport. However, sport that require extensive and prolonged body contact should be modified to reduce the risk of infection.

Qn: When I am outside, is it compulsory to wear masks at all time?

Ans: According to the Multi-Ministerial Taskforce's announcement on 15 June 2020 and SportSG's 17 June 2020 "Advisory For Resumption Of Sport And Physical Exercises & Activities For Phase Two ("Safe Transition")", it is compulsory for all members of the public to wear a mask when they leave their homes. Individuals may remove their mask when doing strenuous exercises.

Qn: Will I be fined if I do not wear a mask when I go outside of my home?

Ans: Yes. First-time offenders will be issued composition, and repeat offenders will face higher fines or prosecutions in court for egregious cases.

Enforcement officers and ambassadors will be deployed daily across the island to enforce this requirement. Sport Singapore enforcement officers (EOs) can be identified by their corporate attire and the Safe Distancing EO pass and armband:



SportSG EO's Attire



Safe Distancing EO pass and armband

SENIORS

Qn: Who qualifies as seniors?

Ans: Those aged 60 years old and above.

Qn: Can senior-centric programmes resume in Phase Two?

Ans: Senior-centric¹ activities may resume under Phase 2, with safe management measures in place and no sharing of equipment between participants. Seniors can exercise either alone or in a group of no more than 5 participants. For organised programmes and classes, there should be no physical interaction and mingling between seniors in the same group. An additional coach or instructor is allowed for organised programmes and classes and will not be part of the group size of 5.

Seniors must maintain a physical distance of 2m from one another when exercising or playing sport.

As Seniors are more vulnerable to the virus, they should stay at home as much as possible, and continue to keep fit by doing exercises at home. There are also online resources available on <https://circle.myactivesg.com> (QR code provided), which offer access to virtual classes and events, as well as tips and advice on how to stay active at home.



¹ Refers to those who are 60 years and above

Qn: Can seniors visit the ActiveSG facilities?

Ans: Yes, seniors who are well may visit the ActiveSG gyms, swimming pools, and sport halls. There are seniors² only slots for lap swimming at our pools, from 6.30am to 8.45am daily that they can go for. Booking for our facilities (other than stadiums which do not require booking), are through the ActiveSG app or myactivesg.com.

We remind all seniors to stay home if they feel unwell and seek medical advice promptly.

Seniors can also continue to remain active and fit through exercises done at home. Some online resources they can refer to: <https://circle.myactivesg.com> or scan this QR code.



Qn: Can Seniors coach during Phase Two?

Ans: While seniors are allowed to coach, we strongly encourage them to minimise contact with other individuals and wear their mask whenever possible to keep themselves safe.

B. ACTIVESEG FACILITIES & PROGRAMMES

Qn: Which ActiveSG sport facilities are open to public?

Ans: ActiveSG facilities such as stadiums, gyms, sport halls and pools will re-open in Phase Two from 19 June. Tenants within these facilities will resume operations if their services are permitted under Phase Two. Members of public are advised to check with the respective tenants before heading down.

Dual-Use facilities in schools and Active Health Labs will remain closed in Phase Two.

See [Annex A](#) for the list of ActiveSG facilities that will remain closed in Phase Two.

Qn: Is there anyone who is not allowed into ActiveSG sport facilities?

Ans: Yes, users who display flu like symptoms (e.g. cough, fever above 38 degree Celsius), users who came back from overseas within the last 14 days, on Stay Home Notice / Quarantine Order, are not allowed within our premises.

Qn: What are some ActiveSG's measures to protect the safety and wellbeing of users?

Ans: In order to safeguard the wellbeing of our guests, the following safe management measures will be put in place at all ActiveSG Sport Centres:

- Implementing temperature taking and recording of visitor details via SafeEntry at our facilities.
- Keeping the operating capacity to no more than 10 Sqm per person or 50 persons at any one time, for stadiums, sport halls and swimming pools. Staff on the premises is not included as part of the maximum capacity of 10 Sqm per person or 50 persons.
- Regulating access at our ActiveSG sport centres to ensure adequate physical distancing among users. This applies to our all stadiums, sport halls, gyms, swimming complexes and studios that have facility/sport specific measures that may supersede general safe management measures.
- Ensuring that all gatherings, group activities and classes not exceed 5 persons. For organised programmes and classes, an additional coach or instructor is allowed and will not be considered as part of the group size of 5. There are also facility/sport specific measures that may supersede general safe management measures.
- Physical distancing of at least 2m between participants when exercising and 3m between different groups will be followed strictly at all times.
- Increasing cleaning and sanitising of our facilities.

² Refers to those who are 60 years and above

ACTIVESG FACILITY SPECIFIC QUESTIONS

1. ActiveSG Stadium

Qn: What are the operating hours of the stadiums?

Ans: The stadiums will be opened daily from 7.00am to 9.30pm.

Qn: What is the maximum number of pax allowed at the stadium?

Ans: A maximum of 50pax are allowed in the stadium at any one time.

Qn: Which stadiums are opened to the public?

Ans: Our stadiums (except for Jalan Besar Stadium and MOE Evans Stadium) are opened to members of public who need to exercise outdoors. Masks should be donned when not engaged in strenuous activities. Individuals should not linger after their exercise and should leave the facility after they are done with their exercise.

When engaged in sport and exercise, a physical distancing of 2m (i.e. 2 arms-length) between individuals and 3m (i.e. 3 arms-length) between groups must be maintained at all times. No mixing of groups is allowed.

Qn: Is anyone allowed in the stadium?

Ans: ActiveSG stadiums will be opened to the public in Phase Two and will have a venue capacity of 50 pax at any one time. ActiveSG staff will be deployed to ensure safe distancing, and we reserve the right to turn away visitors to avoid overcrowding within these facilities. Members of the public should practise safe distancing even in open spaces. Individuals who feel unwell, should not visit our stadiums and are to seek medical attention.

Members of the public may exercise in groups of no more than 5 participants. An additional coach/instructor is allowed and will not be part of the group size of 5. A physical distancing of 2m (i.e. 2 arms-length) between individuals and 3m (i.e. 3 arms-length) between groups must be maintained at all times. No mixing of groups is allowed.

Seniors can use our stadiums on their own or exercise in groups of no more than 5 participants, with safe management measures in place and no sharing of equipment between participants. For organised programmes and classes, there should be no physical interaction and mingling between seniors in the same group. An additional coach or instructor is allowed for organised programmes and classes and will not be part of the group size of 5.

Qn: Can I bring my family to the stadium to exercise together?

Ans: Yes. Individuals are allowed to exercise outdoors with their family members, but group activities and exercises must be kept to no more than 5 participants. An additional coach/instructor is allowed and will not be part of the group size of 5. They should also maintain at least 3m apart from other groups sharing the same space and wear their masks when not engaged in strenuous activities.

Qn: Are there temperature-taking or attendance-taking at Stadiums?

Ans: Yes. There will be temperature taking and recording of visitor details via SafeEntry at our Stadiums. users who display flu like symptoms (e.g. cough, fever above 38 degree Celsius), users who came back from overseas within the last 14 days, on Stay Home Notice / Quarantine Order, are not allowed within our premises.

ActiveSG staff will be deployed to ensure safe distancing, and we reserve the right to turn away visitors who do not comply to measures set and to avoid overcrowding.

Qn: Are lessons or trainings allowed at the stadium?

Ans: Organised trainings and lessons are allowed for groups of no more than 5 participants. An additional coach or instructor is allowed and will not be considered as part of the group size of 5. Each coach or instructor can teach up to a maximum of 5 groups at one time but must ensure a 3m distance is kept between groups at all times so that there is no intermingling between groups or coach/instructor.

Qn: Can I still use the toilets within the Stadium?

Ans: Toilets at the ActiveSG stadiums will remain open to the public. Members of the public are to observe safe distancing measures such as the safe distancing markers and signages, as well as maintain a physical distance of 1m at all times.

Qn: Can I use the lockers at the Stadium to keep my belongings while I exercise?

Ans: Yes. Lockers are available for use during this period.

2. ActiveSG Swimming Pool

Qn: Is anyone allowed in the swimming complex?

Ans: ActiveSG swimming pools will be opened to the public in Phase Two. There will be a venue capacity of 50pax at any one time and only competition and training pools will be opened. To facilitate usage by the different segments of public, there will be timebelts introduced. Prior booking is required via the ActiveSG app / myactivesg.com.

ActiveSG staff will be deployed to ensure safe distancing, and we reserve the right to turn away visitors to avoid overcrowding within these facilities. Individuals who feel unwell, should not visit our pools and are to seek medical attention.

Qn: Can seniors participate in organised activities in the swimming complex?

Ans: Senior-centric³ activities may resume under Phase 2, with safe management measures in place and no sharing of equipment between participants. Seniors can exercise either alone or in a group of no more than 5 participants. For organised programmes and classes, there should be no physical interaction and mingling between seniors in the same group. An additional coach or instructor is allowed for organised programmes and classes and will not be part of the group size of 5.

Currently, there are seniors⁴ only slots for lap swimming at our pools, from 6.30am to 8.45am daily that seniors can go for. Prior booking is required via the ActiveSG app / myactivesg.com.

Qn: What are the operating hours of the swimming pool?

Ans: The pools will be opened daily from 6.30am to 9.45pm.

However, ActiveSG swimming pools at Our Tampines Hub, Sengkang, Yio Chu Kang, Jurong Lake and Kallang Basin will operate from 6.30am to 11.00pm.

Some pools listed under [Annex A](#) will remain closed in Phase Two.

Qn: Can I come to swim at any time?

Ans: To protect the health and wellbeing of the community, specific swimming timings are being allocated for different segments and groups. Members of the public are to follow the allocated timings strictly and booking is required beforehand via the ActiveSG app or myactivesg.com.

Table 1 - As of 16 July, the specific swimming timings are as follow:

Revised Time Slots from 16 July 2020		
Time	Mon – Fri	Sat & Sun
6:30am – 7:30am	Lap swim for Seniors only	Lap swim for Seniors only
7:45am – 8:45am		
9am – 10am	Lap swim for General Public	Organised swim classes
10am – 11am		

³ Refers to those who are 60 years and above

⁴ Refers to those who are 60 years and above

11am – 12pm		
12pm – 6pm	Organised swim classes	
6:15pm – 7:15pm	Lap swim for General Public	Lap swim for General Public
7:30pm – 8:30pm		
8:45pm – 9:45pm		
10pm – 11pm	Lap swim for General Public (Only at Our Tampines Hub, Sengkang, Yio Chu Kang, Jurong Lake and Kallang Basin)	

All members should use their booked slots responsibly so as to not deprive others of a chance to exercise.

Qn: Will all the swimming pool features be opened?

Ans: Only the training and competition pool will be opened. Wading pool / Wave Pool / Lazy River / Jacuzzi and feature play pools will be closed until further notice. Some pools listed under [Annex A](#) will remain closed in Phase Two.

➤ Booking of Swim Slots

Qn: How do I book for swim slots?

Ans: All visitors will need to book a swim slot via the ActiveSG app or myactivesg.com before visiting the swimming pool. Seniors can use our pools on their own during the "seniors only" timebelt (i.e. 6.30am to 8.45am). Other patrons may book for their preferred time slot by referring to Table 1.

Qn: How far ahead in advance can I start booking the slots?

Ans: The slots will be opened for booking 14 days ahead of the usage date at 0000hrs, right up till the usage time. ActiveSG members whose accounts have been verified enjoy one day in advance of non-members (i.e. 15 days).

Qn: What is the duration and rate for each swim slot at the swimming pool?

Ans: The duration for each swim slot is 60 minutes and there is no change to the rate, as per the published rates.

Qn: A 60 minutes slot is not enough for me to swim and change. Why can't ActiveSG increase the timing?

Ans: The 60min slot is to allow for as many people to use the facility to stay active, in a safe manner. In addition, we have extended the operating hours at 5 of our ActiveSG swimming pools to cater the increase in demand. We will continue to review our operations and make the necessary adjustments where required. In the meantime, we seek the public's understanding and cooperation as we continue to do our part to keep our community safe.

Qn: Can I walk-in if I have not booked a swim slot?

Ans: All visitors are required to book a swim slot via the ActiveSG app or myactivesg.com prior to visiting the swimming pool. However, if there are available slots at the timebelt that you are at the sport centre, you can still book and enter the facility.

Qn: What is the maximum number of pax allowed per swim slot?

Ans: Each swim slot is capped at a maximum of 50 pax.

Qn: Can I book two consecutive swim slots?

Ans: You will only be allowed to book ONE swim slot (60mins) per day. This is to ensure that all patrons have an equal chance to use the swimming pool facility.

Qn: Can I release the swim slot after booking?

Ans: No. All booked slots cannot be released and are non-refundable.

Qn: Can I use the swim pass/schemes that I currently have?

Ans: From 16 July, ActiveSG members with valid pass/schemes will be able to book a swim slot for free. All bookings must be made before the expiry date of their pass/scheme.

The following eligible schemes are:

1. Merdeka Generation scheme
2. MyActiveSwim schemes (Monthly)

In addition to the above schemes, Singaporeans aged 65 years and above will enjoy free entry to our pools. Booking can be made via the ActiveSG app or myactivesg.com.

Qn: My booking slot was cancelled due to lightning. Will I get a refund?

Ans: In the event of a lightning risk and you have at least 30 minutes of the timeslot remaining in your booking, a refund will be provided. The credit will be refunded to your account within 8-10 working days.

Qn: Is it safe for me to swim?

Ans: We test our pool waters 5 times a day, in accordance with NEA's guidelines. There is no evidence to suggest that the virus can be transmitted through swimming pool water. We also prominently display signs for users to observe the proper hygiene practices for the safety and benefit of all swimmers and have included enhanced measures.

Qn: What are some ActiveSG's measures at the swimming pools?

Ans: In order to safeguard the wellbeing of our guests, the following safe management measures will be put in place:

- Regulated access will be implemented at the Swimming Pool.
- Purchase the desired slot on ActiveSG app before visiting the Swimming Pool.
- Registration via SafeEntry and temperature screening is necessary for all patrons before entry. Patrons will be denied entry if they exhibit flu-like symptoms (e.g. cough, fever with temperature at 38-degree Celsius or more) or is currently on Stay Home Notice / Quarantine Order due to COVID-19.
- Demarcated swimming lanes to avoid unnecessary contact – users are encouraged to stay in their lane.

Qn: Can I still use the toilets and changing rooms within the swimming complex?

Ans: Yes, public amenities such as toilets and changing rooms will be opened to the public. Members of the public are to observe safe distancing measures such as the safe distancing markers and signages, as well as maintain a physical distance of 1m at all times.

Qn: The swimming pool looks empty, why can't I enter?

Ans: We are regulating access to all ActiveSG swimming pools to ensure adequate safe distancing among users. Only 50 pax are allowed in each slot.

Qn: Why is there a specific timebelt dedicated to seniors?

Ans: As seniors are more vulnerable to the virus, having a specific timebelt will ensure that they have minimal interactions with other members of the public, yet, at the same time provide them with opportunity to swim and keep active.

➤ *Coaching at Swimming Pools*

Qn: Can I conduct 1-to-1 coaching or group classes in the swimming complex?

Ans: Organised classes can only be conducted on 12pm to 6pm (Monday-Friday) and 9am to 6pm (Sat-Sun), Coaches will need to have a confirmed allocated slot before any coaching is allowed in the

ActiveSG pools. An additional coach or instructor is allowed and will not be considered as part of the group size of 5. There should be no intermingling between different groups.

Qn: I am a swimming coach. How do I book swim slots for my classes?

Ans: Coaches with valid Usage Permit will be informed when allocation exercise commences. The SportSG Booking office will process your application and allocate slots accordingly. Registration confirmation and receipt will be sent via email.

If there are caregivers within the group that needs to enter the pool, they must be included in one of the 5 pax quota.

You will be required to assemble your students outside the pool and bring them in as a group. Please show your coaching confirmation email to the staff on duty. All students / parent / coaches are required to purchase an entry pass and tap the QR code for entry into the pool.

Qn: What is the duration for each swim slot at the swimming pool?

Ans: The duration for each slot is 60 minutes. You may coach up to 3 classes within the 180 minutes slot.

Qn: I am a swimming coach. How many students can I teach at one time?

Ans: Coaches can teach up to a maximum of 5 students at any one time. The maximum capacity of 5 persons would include parents or caregivers that are required to enter the pool. Coaches will not be considered as part of the group size of 5.

Qn: I am a parent/caregiver, do I need to book a swim slot while waiting for my child inside the swimming pool?

Ans: Yes, you are required to book a slot if you are entering the pool. This is to account for the venue capacity limit of 50pax per slot. You may book a swim slot via the ActiveSG app or myactivesg.com prior to visiting the swimming pool.

Please inform the coach if you require to book a slot during the "Organised swim classes" timeslot on 12pm to 6pm (Mon-Friday) and 9am to 6pm (Sat-Sun).

3. ActiveSG Sport Halls

Qn: Can I use the sport halls?

Ans: ActiveSG sport facilities will be opened to the public in Phase Two and will have a venue capacity of 50 pax at any one time. Prior booking via the ActiveSG app or myactivesg.com is required. ActiveSG staff will be deployed to ensure safe distancing, and we reserve the right to turn away visitors to avoid overcrowding within these facilities. Individuals who feel unwell, should not visit our sport halls and are to seek medical attention.

Members of the public may exercise in groups of no more than 5 participants. A physical distancing of 2m (i.e. 2 arms-length) between individuals should be observed, with transient contact permissible during play. The person who booked the court must be present and will be counted into the maximum number of pax allowed per court. It is also mandatory for the member who booked the slot to be present during the time of play and be part of the group of players on court. Coloured wrist-tags will be issued to those allowed to enter the sport hall and groups must keep to those of the same colour wrist-tags. There should be no intermingling between different groups. There are also facility/sport specific measures that may supersede general safe management measures.

Qn: What are the operating hours of the sport halls?

Ans: The sport halls will be opened daily from 7am to 10pm. Some sports halls listed under [Annex A](#) will remain closed in Phase Two.

Qn: What should I do before visiting the sport halls?

Ans: You are required to book a slot via the ActiveSG app or myactivesg.com before visiting the sport hall. The person who booked the court must be present and will be counted into the maximum pax allowed per court. It is also mandatory for the member who booked the slot to be present during the

time of play and be part of the group of players on court. Coloured wrist-tags will be issued to those allowed to enter the sport hall and groups must keep to those of the same colour wrist-tags. No mixing between groups is allowed.

There will be no refund of booking for players who fail to comply with ActiveSG rules.

Qn: How far ahead in advance can I start booking the slots?

Ans: The slots will be opened for booking 14 days ahead of the usage date at 0700hrs for badminton courts, right up till the usage time. ActiveSG members whose accounts have been verified enjoy one day in advance of non-members (i.e. 15 days).

Qn: Can I choose my preferred slot?

Ans: Yes. Each slot will have 50mins of playable time. All patrons should use the remaining 10mins to clear and clean up for the next group of users.

Qn: Can I walk-in if I have not booked a slot?

Ans: No. All patrons are required to book a slot prior to using the courts.

Qn: Can I book multiple courts in the same hour?

Ans: Patrons are encouraged to book ONE type of court (i.e. Badminton, Tennis, Table Tennis) per day.

Qn: Can I book two consecutive sessions?

Ans: You are encouraged to book ONE session (60mins) per day. This is to ensure that all patrons have equal chance to use the courts.

Qn: What is the maximum number of pax allowed per slot?

Ans: Each slot is capped at a maximum of 50pax.

Qn: Can I release the slot after booking?

Ans: All booked slots cannot be released are non-refundable.

Qn: How many people are allowed on court at any one time?

Ans: There are different capacity for different facilities, as follows, from 27 July:

- For **Badminton, Tennis, Table Tennis**: Max of 5 pax per court / table will be admitted into the facility. However, only 4 pax are allowed to play on court / table at any time. An instructor or a coach is permissible and will be included in the 5 pax allowed into the facility.
- For **Squash** (singles court): Max of 3 pax per court will be admitted into the facility. However, only 2 pax are allowed to play on court at any time. An instructor or a coach is permissible and will be included in the 3 pax allowed into the facility.
- For **Futsal, Netball, Volleyball, Basketball & Floorball**: Max of 5 pax per court. An instructor or a coach is permissible and will be in addition to the 5 pax allowed into the facility.

No mixing of groups is allowed. Individuals should not loiter/linger around the sport hall and to leave the facility after they are done with their exercise. ActiveSG staff will be deployed to ensure safe distancing, and we reserve the right to turn away visitors to avoid overcrowding within these facilities.

Qn: Can I still use the toilets within the sport halls?

Ans: Yes. Toilets at the ActiveSG indoor sport facilities will remain open to the public. Members of the public are to observe safe distancing measures such as the safe distancing markers and signages, as well as maintain a physical distance of 1m at all times.

Qn: Can I coach in the sport halls?

Ans: While ActiveSG's booking policy does not allow for coaching, league operations or business activities on our courts, ActiveSG will not enforce this policy based on goodwill basis due to the current COVID-19 situation. However, all safe distancing measures will still apply and be enforced.

ActiveSG will continue to review our booking policy on coaching.

4. ActiveSG Gym

Qn: What are the operating hours of the gym?

Ans: ActiveSG gyms will be opened daily from 7am to 12.30am except for Toa Payoh West CC, Ang Mo Kio CC & Enabling Village Gym, which will close at 10pm. Some gyms listed under [Annex A](#) will remain closed in Phase Two.

Qn: What should I do before visiting the gym?

Ans: You are required to book a gym slot via the ActiveSG app or myactivesg.com before visiting the gym.

Qn: Is everyone allowed in the gym?

Ans: ActiveSG gyms will be opened to the public in Phase Two and will have a venue capacity capped at 10 Sqm per person or 50 persons, whichever is lower, at any one time. Prior booking via the ActiveSG app or myactivesg.com is required. ActiveSG staff will be deployed to ensure safe distancing, and we reserve the right to turn away visitors to avoid overcrowding within these facilities. Members of the public should practise safe distancing even in open spaces. Individuals who feel unwell, should not visit our gyms and are to seek medical attention.

A distance of 2m must be maintained by all gym users at all times. Mask should be donned unless one is doing strenuous activities.

➤ Booking of Gym Slots

Qn: How do I book for gym slots?

Ans: All visitors will need to book a slot via the ActiveSG app or myactivesg.com before visiting the gym.

Qn: How far ahead in advance can I start booking the slots?

Ans: The slots will be opened for booking 14 days ahead of the usage date at 0000hrs, right up till the usage time. ActiveSG members whose accounts have been verified enjoy one day in advance of non-members (i.e. 15 days).

Qn: What is the duration and rate for each gym slot?

Ans: The duration for each slot is 90 minutes and the rate is as per published pre-COVID.

Qn: Can I walk-in if I have not booked a gym slot?

Ans: No. All patrons are required to book a slot via the ActiveSG app or myactivesg.com prior to visiting the gym.

Qn: Can I choose my preferred gym slot?

Ans: Yes. Each slot will be 90mins.

Qn: Can I release the gym slot after booking?

Ans: No. All booked slots cannot be released and are non-refundable.

Qn: What is the maximum number of pax allowed per gym slot?

Ans: Capacity varies for different gyms, depending on their Gross Floor Area. All facilities will keep to maximum capacity of 10 Sqm per person or 50 pax, whichever is lower, at any one time. Staff on the premises is not included as part of the maximum capacity of 10 Sqm per person or 50 persons.

Qn: What are some ActiveSG's measures at the gyms?

Ans: In order to safeguard the wellbeing of our guests, the following safe management measures will be put in place:

- Regulated access will be implemented at the gym.
- Purchase the desired slot on ActiveSG app before visiting the gym.
- Registration via SafeEntry and temperature screening is necessary for all patrons before entry. Patrons will be denied entry if they exhibit flu-like symptoms (e.g. cough, fever with temperature

at 38-degree Celsius or more) or is currently on Stay Home Notice / Quarantine Order due to COVID-19.

- No clustering or bunching of users.
- Users should be reminded to wipe down after using the equipment.
- Demarcation of spaces around equipment to discourage overcrowding.
- Mask wearing is compulsory unless one is doing strenuous activities.

Qn: Can I book two consecutive sessions?

Ans: You will only be allowed to book ONE session (90mins) per day. This is to ensure that all patrons have equal chance to use the gym.

Qn: Can I use the gym pass/schemes that I currently have?

Ans: From 16 July, ActiveSG members with valid pass/schemes will be able to book a gym slot for free. All bookings must be made before the expiry date of their scheme.

The following eligible schemes are:

1. Merdeka Generation scheme
2. MyActiveGym scheme (Monthly / 6 months / 12 months)

In addition to the above schemes, Singaporeans aged 65 years and above will enjoy free entry to our gyms. Booking can be made via the ActiveSG app or myactivesg.com.

Qn: Can I still use the toilets within the gym and studios?

Ans: Yes. Toilets at the ActiveSG gyms will remain open to the public. Members of the public are to observe safe distancing measures such as the safe distancing markers and signages, as well as maintain a physical distance of 1m at all times.

Qn: The gym looks empty, why can't I enter?

Ans: We are regulating access to all ActiveSG gyms to ensure adequate personal space among users. We advise all users to book their gym slots in advance to avoid disappointment. However, if there are available slots at the timebelt that you are at the sport centre, you can still book and enter the facility.

5. ActiveSG Studio

Qn: Who is allowed in the studios?

Ans: ActiveSG studios will be opened to the public in Phase Two and will have a venue capacity capped at 10 Sqm per person or 50 persons, whichever is lower, at any one time. Prior booking via the ActiveSG app or myactivesg.com is required. ActiveSG staff will be deployed to ensure safe distancing, and we reserve the right to turn away visitors to avoid overcrowding within these facilities.

Dependent on facility capacity. Group activities shall be limited to 5 persons. For organised programmes/classes, an additional service provider (such as an instructor or a coach) is permissible. If facility capacity allows for more than one group of 5 pax to share the same venue, a 3m distance between different groups should be maintained at all times. No mixing between multiple groups is allowed.

Qn: Will the studio programmes resume?

Ans: Selected studio programmes will be allowed to resume with the necessary safe management measures in place. Look out for more details on the ActiveSG app or myactivesg.com.

➤ Coaching at studios

Qn: Is coaching allowed in the studios?

Ans: Yes, organised classes and exercises are allowed if kept to no more than 5 participants. An additional coach or instructor is allowed and will not be considered as part of the group size of 5. A physical distance of 2m (or 3m for high intensity/movement activities) to be kept between individuals.

Coaches and instructors are also allowed to teach multiple groups if 3m between each group of 5 persons is maintained. The coach or instructor must stay with one of the groups at all times. No mixing between multiple groups is allowed.

Studios are limited according to its Gross Floor Area based on 10 Sqm per person or 50 persons, whichever is lower, at any one time. Staff on the premises is not included as part of the maximum capacity of 10 Sqm per person or 50 persons. Facilities up to 50 sqm can admit up to 5 persons. For example, a 20 sqm facility can accommodate 5 persons. This does not include staff.

If participants are involved in indoor high intensity or high movement physical exercises such as Zumba and Piloxing, they must maintain a physical distance of 3m (i.e. 3 arms-length) apart. Otherwise a 2m distancing is needed.

C. SPORT & RECREATIONAL FACILITY OPERATORS & SPORT, PHYSICAL EXERCISE & ACTIVITY ADMINISTRATORS

Qn: Are sport and recreational facilities opened to the public?

Ans: Based on the Multi-Ministerial Taskforce's announcement on 15 June 2020, all sport and recreational facilities, including but not limited to swimming pools, stadiums, studios, gyms, indoor sport halls, hardcourts, bowling centres, and function rooms, may be opened from Phase Two.

Qn: Can I open my private gym or fitness facilities to the public?

Ans: According to the Multi-Ministerial Taskforce's announcement on 15 June 2020, all sport and recreational facilities, including but not limited to swimming pools, stadiums, studios, gyms, indoor sport halls, hardcourts, bowling centres, and function rooms, may be opened from Phase Two.

However, to protect the health and wellbeing of the community, each facility is subjected to a capacity limit according to its Gross Floor Area based on 10 Sqm per person or 50 persons, whichever is lower. Facilities up to 50 sqm can admit up to 5 persons. For example, a 20 sqm facility can accommodate 5 persons. This does not include staff. Please refer to our [latest advisory](#) on the necessary safe management measures to be implemented.

A physical distancing of 2m (i.e. 2 arms-length) between individuals and 3m (i.e. 3 arms-length) between groups must be maintained at all times. There should be no intermingling between different groups.

Qn: Must facility operators appoint a Safe Management Officer (SMO) for each facility?

Ans: Yes, each facility must appoint a senior staff as a Safe Management Officer (SMO) to ensure their patrons/users comply with safe management measures. The SMO is also responsible for formulating the implementation plans, conduct inspection and checks, as well as maintain records for subsequent audits by the authorities.

Qn: There are available courses for Safe Management Officers (SMO) in July. Does this mean that all SMOs require a certification from an established institution before we can start business?

Ans: Certification is not compulsory for all SMOs but highly encouraged. SMOs must be well aware of the safe management plans and they may be asked to explain the measures or plans when approached by a safe distancing officers or enforcement officers.

Qn: Must facility operators submit their safe distancing plans to SportSG before they can start operating?

Ans: Facility operators can start operating from 19 June 2020 by complying to SportSG's 17 June 2020 "[Advisory For Resumption Of Sport And Physical Exercises & Activities For Phase Two \("Safe Transition"\)](#)". All safe management measures (SMM) must be put in place prior to the opening of their sport and recreational facilities. Your facility is subjected to visits by safe distancing ambassadors or enforcement officers who will check on compliance to SMM.

Qn: What are some sport-specific safe management measures facility operators must have in place?

Ans: See [Annex B](#) for the list of sport-specific safe management measures that facility operators must put in place before the opening of their sport and recreational facilities to minimise the risk and consequence of infection.

Facility operators must also designate a senior staff as Safe Management Officer to ensure compliance by all visitors. SportSG is engaging the National Sports Associations that governs the various sport in Singapore on the necessary sport-specific safe management measures (SMM). More information about the endorsed SMM plans will be made available on their websites and <https://circle.myactivesg.com/ssi/safe-return-to-sport/plan-listing> from 19 June onwards.

Qn: What is the specific safe distancing protocol for Martial Arts or Dancesports?

Ans: SportSG is working with the respective national sports associations on the necessary sport-specific safe management measures (SMM). More information about the endorsed SMM plans will be made available on their websites and <https://circle.myactivesg.com/ssi/safe-return-to-sport/plan-listing> from 19 June onwards.

Qn: Must all facility operators log the health and travel history forms of its patrons/users?

Ans: It is mandatory for all sport and recreational facilities to implement SafeEntry, conduct temperature screening⁵ and checks on visible symptoms⁶ for visitors. Health history and travel declaration would assist with screening and consequence management. By keeping a log, facility operators would be able to turn away those with fever and/or who appear unwell and contact trace if a case of infection happens.

Qn: Are water coolers or dispensers allowed in sporting facilities such as gyms and studios?

Ans: Water coolers or dispensers for individuals to fill up their own water bottles is allowed. However, water coolers or dispensers that require the individuals to drink from the fountain are discouraged as they carry a high risk of transmission.

Qn: I noticed SportSG's Advisory has measures for cuesports? Can I open my Billiard saloon?

Ans: According to the Singapore Police Force's 30 June 2020 "[Advisory For Re-opening Of Certain Public Entertainment Venues](#)", billiard saloons can reopen from 4 July 2020. All safe management measures (SMM) must be put in place prior to the opening of their facilities. All sport and recreational facilities are subjected to visits by safe distancing ambassadors or enforcement officers who will check on compliance to SMM.

Qn: Is Paintball allowed to open in Phase Two?

Ans: No. According to MTI, paintball is not allowed to operate in Phase Two. For the full list of permitted services in Phase Two, visit <https://covid.gobusiness.gov.sg/permittedlist/>

Qn: How far apart must the equipment in my gym be placed?

Ans: Equipment is placed and used such that there is a 2m distance between users.

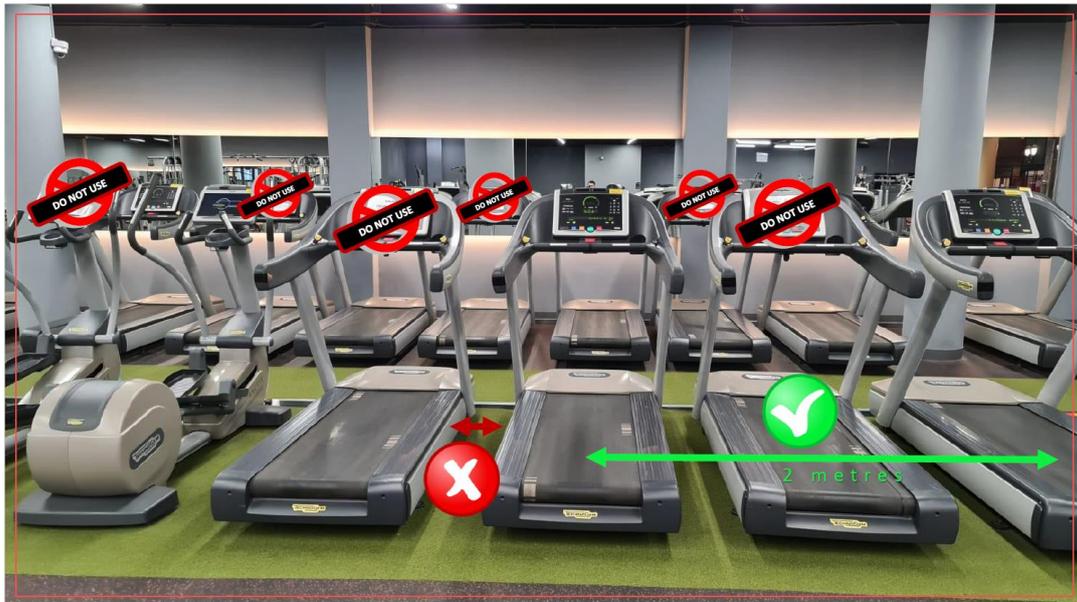
	Equipment	Position	Movement	Distance
	Free weights / kettlebell	Exercise bench	Relatively Static	As free weights and kettlebells are mobile equipment, exercise routines using such equipment are mainly static with minimal movement, this can be achieved within a 4 SQM area per user clearly demarcated, and a 2m distance between users of the individual space.

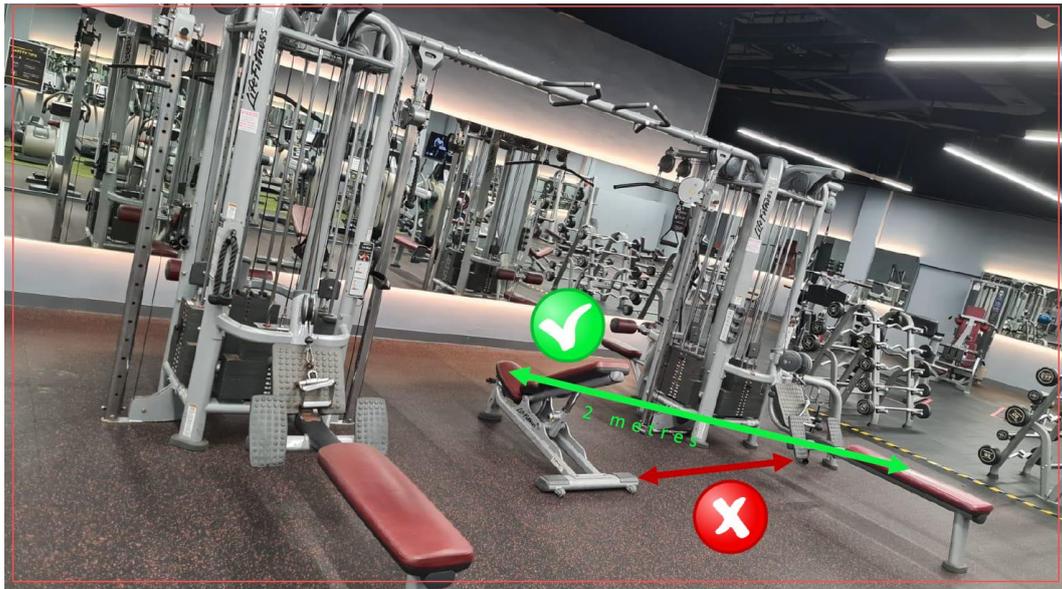
⁵ Individuals with temperatures above 38 degrees Celsius are considered as having a fever.

⁶ Notable visible symptoms to look out for include: (a) coughing; (b) sneezing; (c) breathlessness; and (d) a runny nose.

	<p>Multi-Function equipment</p>	<p>Stationary seat (part of equipment)</p>	<p>Static</p>	<p>Exercise routines on multi-function machines are predominately static in nature and one would be seated or standing within the confines of the equipment itself. Due to the size of such equipment, a safe distance of 2m between could be relatively easy to achieve when positioning the machine.</p>
	<p>Treadmill / Air Bike</p>	<p>Stationary position/ seat (part of equipment)</p>	<p>Static</p>	<p>Exercise routines are mainly fixed for such equipment, either running on the treadmill and seated on the air bike, as such, position these equipment in clearly marked out area to achieve the required safe distancing of 2m.</p>

Please refer to the following illustration as a guide:

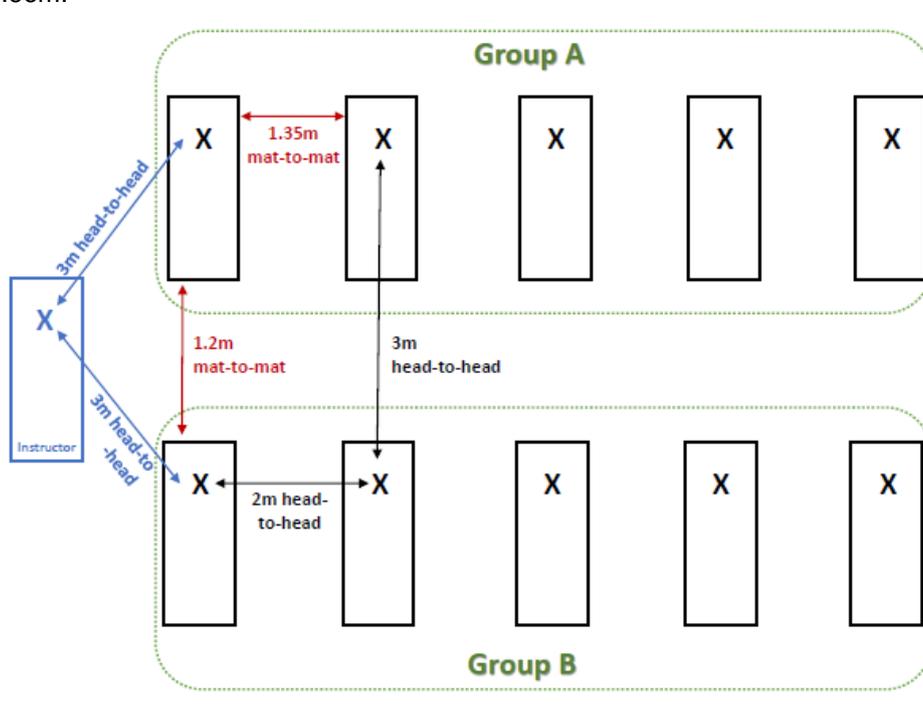




Qn: I run a yoga studio. What are some of the safe management measures (SMM) that I need to take note of?

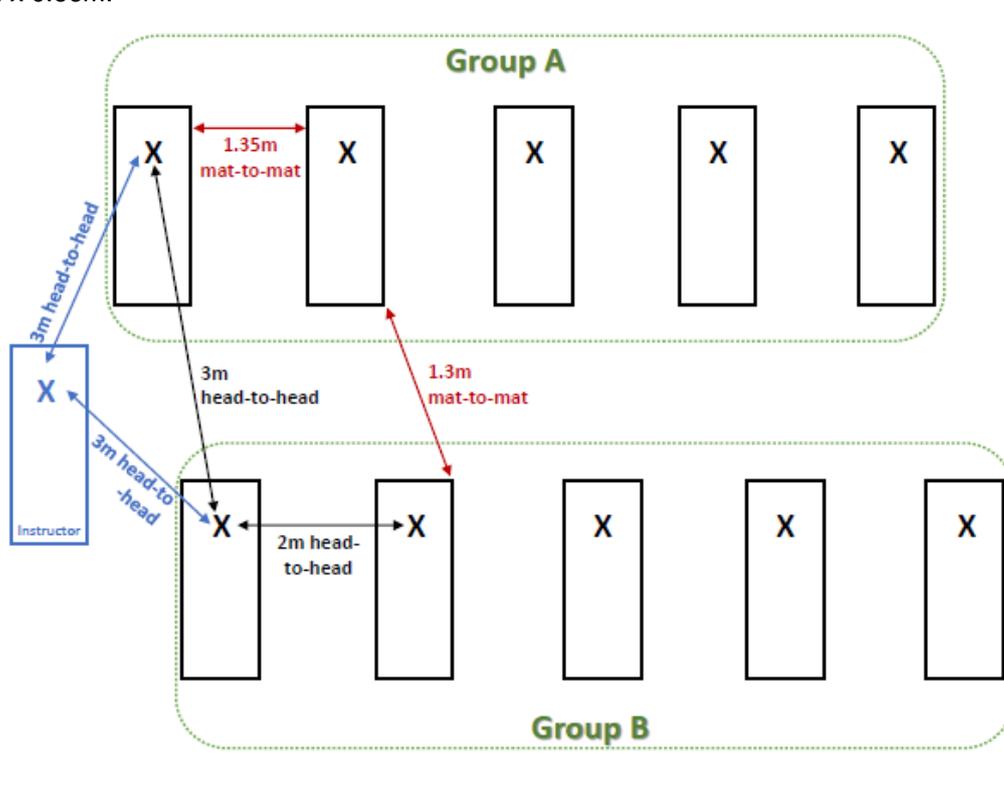
Ans: Some SMM for Yoga studios include adhering to the maximum facility capacity, limiting groups activities to no more than 5 participations and 1 instructor, as well as maintaining 3m between different groups and ensuring no intermixing between different groups. For a full list of SMM, please visit our [latest advisory](#). In addition, SportSG has engaged some industry partners⁷ on the SMM and they have provided inputs (below) to the yoga studio layout so that other studios would have examples to refer to.

Example 1 Current spacing assumptions: Standard yoga studio room of 10m x 10m; standard yoga mat of 1.8m x 0.66m.



⁷ Align Studio, Anahata Yoga, Fitness First, Freedom Yoga, Jyan Yoga, Kate Porter Yoga, Pure Yoga, Sweatbox Yoga, Terra Luna Yoga, TFX, The Yoga Mandala, The Yoga Space, Trium Fitness, True Fitness, Yoga+, Yoga Inc, Yoga Lab, Yoga Movement, Ziva Yoga, Zoi Yoga

Example 2 Current spacing assumptions: Standard yoga studio room of 10m x 10m; standard yoga mat of 1.8m x 0.66m.



Qn: Can TeamSG athletes return to training?

Ans: Yes. All organised trainings and exercise are permitted in Phase Two, but groups must be kept to no more than 5 persons. An additional coach is allowed and will not be part of the group size of 5. Safe management measures must be adhered to at all times and there must be no socialising before or after the training session. Masks must be worn when not engaged in strenuous activities.

➤ Facility Capacity

Qn: Can I admit more than 50 persons in my facility?

Ans: All sport and recreational facilities is limited to 10 Sqm per person based on its Gross Floor Area or 50 persons, whichever is lower. Staff on the premises is not included as part of the maximum capacity of 10 Sqm per person or 50 persons. Facilities that need to admit more 50 persons can apply for approval by Sport Singapore via email at SPORT_QSM@sport.gov.sg.

Qn: My facility is less than 50 Sqm, what is the maximum capacity?

Ans: Facilities up to 50 Sqm can admit up to 5 persons. For example, a 20 Sqm facility can accommodate 5 persons, excluding staff. Facility operators have to ensure that the physical distancing measures are observed. These parameters will be reviewed from time to time, and more may be allowed at a later juncture in Phase Two.

Qn: I operate a large venue with multiple sport facilities including swimming pools, gymnasium, F&B outlet and golf driving range, are they considered separate facilities for the purpose of establishing the capacity limit?

Ans: The principle is that there should not be congregation of more than 50 persons in any particular space. If the facilities can be managed separately such that there is no mixing of the users of the different facilities, they may be considered as separate facilities for this purpose.

For example, a function room used for Zumba class, the restaurant, the swimming pool and the gymnasium in a country club may be dealt with separately. A system for managing access to these places should be established to ensure adherence.

➤ Coaching

Qn: I am a private coach, can I conduct 1-to-1 or group coaching?

Ans: Yes, coaching and organised programmes and classes of no more than 5 participants is allowed. An additional coach or instructor is allowed and will not be considered as part of the group size of 5. A physical distancing of 2m (i.e. 2 arms-length) between individuals should be maintained at all times.

Qn: Regardless of sport, can coaches teach multiple groups of 5 at one time?

Ans: Coaches are allowed to teach multiple groups of 5 at one time if safe distance of 2m between participants and 3m between different groups can be maintained at all times. There should be no inter-mixing between groups and coaches. If the coach would like to be part of one group, he/she should limit contact only with that group and not intermingle with the other group(s).

Qn: Must the coach or instructor wears a mask?

Ans: Coaches should keep their mask on whenever possible.