

Issued: 17 June 2020
(Updated 26 August 2020)

Annex A

LIST OF ACTIVE SG FACILITIES THAT WILL REMAIN <u>CLOSED</u> IN EARLY PHASE TWO (“SAFE TRANSITION”)	
<ul style="list-style-type: none"> List is correct as of 26 August 2020 	
1. Stadiums	<ul style="list-style-type: none"> Jalan Besar Stadium MOE Evans Stadium
2. Swimming Pools	<ul style="list-style-type: none"> Choa Chu Kang Swimming Complex Delta Swimming Complex MOE Evans Swimming Complex Bishan Swimming Complex Yio Chu Kang Swimming Complex (Competition Pool)
3. Indoor Sport Facilities	<ul style="list-style-type: none"> Delta Sport Hall Delta Table Tennis MOE Evans Sport Hall Sengkang Table Tennis
4. Outdoor Sport Facilities	<ul style="list-style-type: none"> Jurong West Tennis Centre Pasir Ris Tennis Court Pasir Ris Futsal Court MOE Evans Squash & Tennis Courts
5. Gyms	<ul style="list-style-type: none"> Delta Gym Senja Cashew Gym
6. Studios	<ul style="list-style-type: none"> Clementi Studio Delta Studio Sengkang Studio
7. Others	<ul style="list-style-type: none"> Delta Hockey Pitch MOE Evans Hockey Pitch All Dual-Use Facilities in schools All Active Health Labs

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Annex B

BROAD GUIDELINES BY SPORTING ACTIVITY FOR PHASE TWO

Sport Grouping	Sporting Activity	Phase 2 - Sport Specific Guidelines (non-exhaustive)
		<ul style="list-style-type: none"> • Small groups of not more than 5 participants in total (additional 1 Coach / Instructor permitted). • Physical distancing of 2 metres (2 arms-length) should be maintained in general while exercising & playing sport. • Physical distancing of 3 metres (3 arms-length) is required for indoors high intensity or high movement exercise classes. • Mixing between groups prohibited with 3m apart at all times. • Grouping should be maintained throughout the phase. • Masks should be worn by support staff and coach.
Racquet Sports - Indoor	Badminton	Normal activities on court permitted, singles or doubles. (*Squash - Max of 2 pax per court for single court & max of 4 pax per court for doubles court.)
	Table Tennis	
	Pickle-ball	
	Squash*	
Racquet Sports - Outdoor	Tennis	Normal activities within group size limitation on court permitted, singles or doubles.
Team Sports – Indoor	Basketball	Normal activities within group size limitation 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 deliberate body contact drills and activities.
	Floorball	
	Futsal	
	Handball	

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Sport Grouping	Sporting Activity	Phase 2 - Sport Specific Guidelines (non-exhaustive)
	Hockey - Indoor Sepaktakraw Volleyball - Indoor Tchoukball, etc.	
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 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 deliberate body contact drills and activities. (* Cricket - No shining cricket ball with sweat/saliva during training) (* Rugby - No rucks, mauls, lineouts or scrums, no tackling/wrestling)
Combat Sports	Boxing Judo Karate-Do Kendo Muaythai Silat	<u>No extensive full body contact activities:</u> Modify activities to be avoid extensive body contact (i.e. such as grappling or restraining). Transient contact such as kicking and punching are acceptable.

Sport Grouping	Sporting Activity	Phase 2 - Sport Specific Guidelines (non-exhaustive)
	Taekwondo Wrestling Wushu Dragon & Lion Dance i.e. Aikido, Jujitsu, Kickboxing, Sambo, Kurash & MMA, etc.	
Watersports	Canoe Dragon Boat* Rowing Sailing* Waterski & Wakeboard	Normal activities within group size limitation permitted; (groups of more than 5 persons are not to come alongside on the water, unless it is a water safety issue) Modify land training for safe physical distancing. Normal activities within group size limitation permitted. 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. (*Sailing: Max. of 5 pax per sailboat not including coach/instructor) (*Dragonboat: Max. of 5 pax per boat not including coach/instructor)
Mindsports / Esports	Chess Contract Bridge Esports Weiqi Xiangqi	Normal activities within group size limitation permitted. Mask should be worn. Total number based on max capacity of facility (as per GFA).

Sport Grouping	Sporting Activity	Phase 2 - Sport Specific Guidelines (non-exhaustive)
Aquatics	Swimming	<p>Normal activities within group size limitation permitted. Up to 5 participants per lane for lane swimming. Class size limited to 5. This does not include the 1 instructor/coach. 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>Modify activities (and match play) to avoid extensive body contact. Transient contact is permitted within group size limitation. No full contact/defending drills that involves body checking / wrestling. 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.</p>
	Diving	<p>Normal activities within group size limitation permitted.</p>
	Artistic Swimming	<p>Normal activities within group size limitation permitted.</p>
	Swimming - Open Water	<p>Normal activities within group size limitation permitted.</p>
	Life Saving	<p>Normal activities within group size limitation permitted. Multiple groups are to maintain 3m distancing when on land throughout.</p>

Sport Grouping	Sporting Activity	Phase 2 - Sport Specific Guidelines (non-exhaustive)
	Underwater Sports	5 participants per lane for lane swimming. No sharing of personal equipment.
Ice Sport	Ice Hockey	Normal activities within group size limitation permitted. Modify activities to avoid extensive body contact.
	Speed Skating	
	Figure Skating	
Motorised Sport	Motor Sports	Normal activities within group size limitation 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 permitted.
	Athletics	Normal activities within group size limitation 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.

Sport Grouping	Sporting Activity	Phase 2 - Sport Specific Guidelines (non-exhaustive)
	Bowling	Normal activities within group size limitation 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.
	Cuesports <i>(Applies to National Training Centre only. Commercial cuesports outlets will re-open at a later juncture)</i>	Normal activities within group size limitation 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).
	Cycling	Avoid cycling in slipstream of others — maintain 3m from cyclist in front. Group size limited to 5 and no merging / mixing of groups esp at rest areas
	DanceSport	Modify activities to avoid extensive body contact. Mask should be worn unless engaged in strenuous activities.
	Equestrian	Normal activities within group size limitation permitted. No sharing of personal equipment (helmets, saddles, etc.).
	Fencing	Normal activities within group size limitation permitted. No sharing of personal equipment.
	Gateball	Normal activities within group size limitation permitted. No sharing of equipment.

Sport Grouping	Sporting Activity	Phase 2 - Sport Specific Guidelines (non-exhaustive)
	Golf	Normal activities within group size limitation permitted (No more than 5 pax per flight.) Mask should be worn unless one is engaged in strenuous activities. 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 permitted. Disinfecting high touch surfaces as per the manufacturer's guidelines.
	Lawn Bowls	Normal activities within group size limitation 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 permitted. Refer to measures for different disciplines.
	Sport Climbing	Normal activities within group size limitation permitted. Climb 'lanes' are to be separated by 2m. No sharing of harnesses and helmets.
	Sports Boules	Normal activities within group size limitation 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).
	RollerSports	Normal activities within group size limitation permitted. No sharing of equipment (helmets, etc).

Sport Grouping	Sporting Activity	Phase 2 - Sport Specific Guidelines (non-exhaustive)
	Shooting	Normal activities within group size limitation 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 permitted. No sharing of personal equipment. Disinfecting high touch surfaces as per the manufacturer's guidelines.
	Triathlon	Normal activities within group size limitation permitted. Refer to measures for relevant disciplines.
	Weightlifting	Normal activities within group size limitation permitted.
	Powerlifting	Small groups only — 1 athlete per bar. Disinfecting high touch surfaces as per the manufacturer's guidelines.