

**FAQs FOR ADVISORY ON TIGHTENED MEASURES FOR SPORT AND  
PHYSICAL EXERCISE DURING THE EXTENDED CIRCUIT BREAKER PERIOD  
(TILL 1 JUNE 2020)**

**A. Tightened Measures on Outdoor Activities**

**Qn: Am I still allowed to exercise outdoors?**

Ans: While not encouraged, individuals may leave home to walk, run, cycle or engage in other similar exercise, alone, or only with members living in the same household. They should do so in their immediate neighbourhoods, rather than travel unnecessarily to other parts of Singapore. Individuals should not linger after their exercise and should return home immediately after they are done with their exercise. All other exercises must be done at home.

Refer to [Etiquette for Exercising in Common Spaces](#) on how you can do your part in keeping you and your community safe.

**Qn: Am I allowed to exercise with my family outdoors?**

Ans: While not encouraged, individuals may leave home to walk, run, cycle or engage in other similar exercise, alone, or only with members living in the same household. They should do so in their immediate neighbourhoods, rather than travel unnecessarily to other parts of Singapore. Individuals should not linger after their exercise and should return home immediately after they are done with their exercise. All other exercises must be done at home.

Refer to [Etiquette for Exercising in Common Spaces](#) on how you can do your part in keeping you and your community safe.

**Qn: Which sport and physical activity are we allowed to do during this extended Circuit Breaker period?**

Ans: While not encouraged, individuals may leave home to walk, run, cycle or engage in other similar exercise, alone, or only with members living in the same household. They should do so in their immediate neighbourhoods, rather than travel unnecessarily to other parts of Singapore. Individuals should not linger after their exercise and should return home immediately after they are done with their exercise. All other exercises must be done at home.

Refer to [Etiquette for Exercising in Common Spaces](#) on how you can do your part in keeping you and your community safe.

**Qn: Am I allowed to exercise within my condominiums?**

Ans: According to [BCA's advisory on 12 May 2020](#), residents living in strata-titled residential buildings may exercise within the common areas of these private residential developments such as footpaths from 5 May 2020, but must continue to practise safe distancing measures. This includes walking, jogging (with or without pets). Residents are reminded to wear a mask when they go out for exercise.

All sports and recreational facilities within these private residential developments such as playgrounds, pools, gyms, barbeque pits and club houses are to remain closed.

**Qn: Am I allowed to walk my pets?**

Ans: Members of the public can walk their pets either alone or with members living in the same household, and in their immediate neighbourhood. If you are staying in condominiums, according to [BCA's advisory on 12 May 2020](#), you may walk your pets within the common areas of these private residential developments such as footpaths from 5 May 2020. Residents are reminded to wear a mask when they go out for exercise.

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

Ans: Based on MOH's 14 Apr 2020 announcement "Continued Stringent Implementation & Enforcement Of Circuit Breaker Measures", it is compulsory for all members of the public to wear a mask when they go out for essential services or exercise.

However, you may remove your mask when doing strenuous exercises such as running, jogging, cycling and other similar activities. You should put on your mask after you have completed your exercise. Individuals who do not comply are subjected to fines or prosecutions in court for egregious cases.

As a guide, members of the public can refer to the following table on mask wearing while exercising:

Exercise	Mask Needed?
Running	No
Jogging	No
Cycling	No
Static exercises and drills for warm-ups, strength and flexibility	No
Walking <i>strenuously</i> such as brisk walking, walking on hilly terrain e.g. Bukit Timah Nature Reserve, Bukit Batok Nature Park	No
Walking or strolling <i>leisurely</i>	Yes
Any other permissible exercises	Yes

Refer to [Etiquette for Exercising in Common Spaces](#) on how you can do your part in keeping you and your community safe.

**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 offers of \$300, 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

## B. Sport Singapore Facilities & Programmes

### ActiveSG Facilities

#### **Qn: Are all ActiveSG sport facilities closed?**

Ans: All ActiveSG sport facilities, including our 15 open-air stadiums, are closed to the public from 7 Apr 2020 until 1 Jun 2020. The 15 stadiums are:

1. Bedok Stadium	9. MOE (Evans) Stadium
2. Bishan Stadium	10. Queenstown Stadium
3. Bukit Gombak Stadium	11. Serangoon Stadium
4. Choa Chu Kang Stadium	12. Toa Payoh Stadium
5. Clementi Stadium	13. Woodlands Stadium
6. Home of Athletics	14. Yio Chu Kang Stadium
7. Hougang Stadium	15. Yishun Stadium
8. Jurong West Stadium	

#### **Qn: Which facilities within ActiveSG are still open to public?**

Ans: Tenants at ActiveSG Sport Centres offering essential services (such as F&B outlets and pharmacies) will remain open to the public, but F&B outlets will only offer take-away services.

All visitors are required to observe a physical distance of 1 metre between persons at all times. They should not loiter at these premises and should leave promptly after they have been served. See Annex A for the list of tenants that are opened at ActiveSG Sport Centres.

#### **Qn: Members of the public are encouraged to remain active, hence why are the ActiveSG sport facilities being closed?**

Ans: The decision to close all ActiveSG sport facilities is to protect the health and wellbeing of the public. By minimising the gathering and mixing between individuals from different households, we can further reduce the transmission of COVID-19.

Members of the public can remain active and fit through functional exercises done at home. Some online resources they can refer to: <https://circle.myactivesg.com/circuit-breaker> or scan this QR code.



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

Ans: No. All ActiveSG stadiums are closed till 1 Jun 2020. We strongly encourage all members of the public to remain active and fit by exercising at home.

**Qn: I don't want to miss any of my programmes. Can I still come to your facility?**

Ans: No. All sport programmes are suspended, and sport facilities are closed till 1 Jun 2020.

### **Bookings & Refunds**

**Qn: How will affected participants be informed?**

Ans: Affected participants will be/have been notified via SMS. They can also check for more information on our myactivesg website.

**Qn: If swimming pools/gyms close, can I get a refund for my monthly swim/gym pass?**

Ans: The membership duration will be extended accordingly for your pass. No action is needed on your part.

**Qn: If gyms close, can I get a refund for my bi-annual gym pass?**

Ans: The membership duration will be extended accordingly for your pass. No action is needed on your part.

**Qn: Will I be refunded for the cancellation of courts/programmes?**

Ans: Yes, refunds will be automatically credited back to the patron's eWallet, which can be used to offset payment for future bookings of SportSG facilities/programmes. We seek your patience to allow us some time to process the refund back to your eWallet.

**Qn: Will I be refunded for the cancellation of my programmes at The Rink@JCube?**

Ans: Requests for refunds can be done via email to [info@therink.sg](mailto:info@therink.sg) with your booking confirmation voucher, cancellation rationale (e.g. COVID-19) and contact details.

## **C. All Sport Facilities**

**Qn: When will sport facilities be suspended until?**

Ans: Based on PM Lee Hsien Loong's address and Multi-Ministerial Taskforce's announcement on the extension of circuit breaker period and guidelines on 21 April 2020, all sports and recreation facilities will be closed till 1 Jun 2020.

**Qn: Which sport facilities are closed to general public access?**

Ans: Based on PM Lee Hsien Loong's address and Multi-Ministerial Taskforce's announcement on the extension of circuit breaker period and guidelines on 21 April 2020, all sports and recreation facilities will be closed till 1 Jun 2020.

This includes those stated in the earlier advisories<sup>1</sup>, and is not limited to gyms, studios, fields, courts, swimming pools, as well as golf courses and driving ranges in public and private/commercial spaces. Facilities and spaces operated by town councils, private apartments and condominiums, country clubs, golf clubs, businesses and national sports associations are also closed during this extended Circuit Breaker period.

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<sup>1</sup> MOH's 3 Apr 2020 advisory "Circuit Breaker To Minimise Further Spread Of COVID-19", SportSG's 5 Apr 2020 "Advisory on Sport and Physical Exercise & Activities for the Control Period of 7 April 2020 to 4 May 2020", and updated COVID-19 (Temporary Measures) (Control Order) Regulations 2020.

**Qn: Can I still access the public sport facilities around my estate?**

Ans: Except for permitted spaces<sup>2</sup>, all shared sport facilities such as swimming pools, gyms, courts and exercise corners within public housing estates and condominiums are closed until 1 Jun 2020.

**Qn: Are sport or exercise allowed on water-bodies during this extended period?**

Ans: No sport and exercise on water-bodies such as basins, rivers, reservoirs, lakes and seas are to be conducted.

**Qn: With this new advisory, is it compulsory for all private academies and clubs to close their training centre?**

Ans: Yes. All sports and recreation facilities must be closed until 1 Jun 2020.

**Qn: I am a private coach, can I conduct coaching at condominiums/private clubs/private homes?**

Ans: No coaching of any group sizes and ages are to be conducted in condominiums/private clubs/private homes. There should be no mixing between households, and this means that private coaches must not be physically present with clients to run individual or group programmes at home or outdoors except through online channels.

**Qn: I am a private coach, can I still conduct one-to-one coaching at Parks or Stadiums?**

Ans: No. There should be no mixing between households, and this means that private coaches must not be physically present with clients to run individual or group programmes at home or outdoors except through online channels.

**Qn: I stay at this condominium. Can I continue using my own facility?**

Ans: Based on MOH's 3 Apr 2020 advisory "Circuit Breaker To Minimise Further Spread Of COVID-19", SportSG's 5 Apr 2020 "Advisory on Sport and Physical Exercise & Activities for the Control Period of 7 April 2020 to 4 May 2020", and updated COVID-19 (Temporary Measures) (Control Order) Regulations 2020, swimming pools, gyms, studios and exercise corners in condominiums are closed until 4 May 2020. This has since been extended to 1 Jun 2020 based on PM Lee Hsien Loong's address and Multi-Ministerial Taskforce's announcement on the extension of circuit breaker period and guidelines on 21 April 2020.

While not encouraged, individuals may leave home to walk, run, cycle or engage in other similar exercise, alone, or only with members living in the same household. They should do so in their immediate neighbourhoods, rather than travel unnecessarily to other parts of Singapore. Individuals should not linger after their exercise and should return home immediately after they are done with their exercise. All other exercises must be done at home.

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**Qn: Can my family members (those who don't stay with me) come to my condominium to use my facility?**

Ans: Swimming pools and gyms in condominiums are closed until 1 Jun 2020. We also urge interaction between individuals to be kept to members staying within the same household and for all members of the public to stay home as much as possible.

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<sup>2</sup> Refers to a length of path that is a public path, on a green or an open space that is managed or maintained by the Government or a public body and is accessible to the general public without payment of any fee.



Members of the public can remain active and fit through functional exercises done at home. Some online resources they can refer to: <https://circle.myactivesg.com/circuit-breaker> or scan this QR code.



**Qn: Can I move my programmes outdoor?**

Ans: No. All organised sports and physical activities shall cease during the Control Period, regardless of location or group size. This includes competitions and matches, coaching and training programmes, as well as social games.

**Annex A**

**UPDATED LIST OF SERVICES THAT REMAIN AVAILABLE IN  
ACTIVESG SPORT CENTRES DURING THE  
EXTENDED CIRCUIT BREAKER PERIOD (TILL 1 JUN 2020)**

- List is correct as of 17 May 2020, 12pm.
- Members of the public are advised to contact the respective tenants before heading down. The sport facilities will be closed to the public.
- \*Childcare / student care centres may be opened with limited service provision.

1. Bishan Sport Centre	<ul style="list-style-type: none"> <li>• Good Bites</li> </ul>
2. <del>Bukit Gombak Sport Centre</del>	<ul style="list-style-type: none"> <li>• <del>Singapore Post (POPStation)</del></li> </ul>
3. Choa Chu Kang Sport Centre	<ul style="list-style-type: none"> <li>• Kentucky Fried Chicken</li> <li>• Singapore Post (POPStation)</li> <li>• Star Learners @ CCK Sports Centre*</li> </ul>
4. Heartbeat@Bedok ActiveSG Sport Centre	<ul style="list-style-type: none"> <li>• Burger King</li> <li>• Heavenly Wang</li> <li>• <del>NTUC Income Insurance Co-operative Bedok</del></li> <li>• Kaki Makan</li> <li>• <del>QB House</del></li> <li>• RedMan at Heartbeat@Bedok</li> <li>• <del>Ren Tian Tang Herbal Haircare</del></li> <li>• SuperGenius Preschool HBB*</li> <li>• Subway</li> <li>• Swee Heng Bakery</li> <li>• <del>Tian Ma Group</del></li> <li>• Unity Dental</li> <li>• Watson's Personal Care</li> </ul>
5. Hougang Sport Centre	<ul style="list-style-type: none"> <li>• Singapore Post Limited (POPStation)</li> </ul>
6. Jalan Besar Sport Centre	<ul style="list-style-type: none"> <li>• Broadway Food Centre</li> </ul>

7. Jurong East Sport Centre	<ul style="list-style-type: none"> <li>• Kentucky Fried Chicken</li> <li>• PastaMania</li> <li>• Singapore Post (POPStation)</li> </ul>
8. Jurong West Sport Centre	<ul style="list-style-type: none"> <li>• MindChamps PreSchool @ Jurong West*</li> <li>• The Enrichment Childcare*</li> <li>• Singapore Post (POPStation)</li> </ul>
9. Pasir Ris Sport Centre	<ul style="list-style-type: none"> <li>• Burger King</li> <li>• Kcuts</li> <li>• McDonald's</li> <li>• MSF Social Service Office</li> <li>• Singapore Post (POPStation)</li> </ul>
10. Sengkang Sport Centre	<ul style="list-style-type: none"> <li>• Kcuts</li> <li>• McDonald's</li> <li>• PastaMania</li> <li>• Singapore Post (POPStation)</li> <li>• Star Learners*</li> </ul>
11. Serangoon Sport Centre	<ul style="list-style-type: none"> <li>• Singapore Post (POPStation)</li> </ul>
12. Woodlands Sport Centre	<ul style="list-style-type: none"> <li>• Citrus By The Pool</li> <li>• Singapore Post (POPStation)</li> </ul>
13. Yio Chu Kang Sport Centre	<ul style="list-style-type: none"> <li>• MindChamps Pre-school*</li> <li>• Singapore Post (POPStation)</li> </ul>
14. ActiveSG Hockey Village@Boon Lay	<ul style="list-style-type: none"> <li>• Little Explorers' Cove*</li> </ul>