

Issued: 11 June 2021  
Updated: 21 June 2021

**FAQs**  
**CALIBRATED EASING OF SAFE MANAGEMENT MEASURES FOR SPORT**  
**AND PHYSICAL EXERCISE & ACTIVITY FROM 14 JUNE 2021**

**A. ON GROUP SIZE FOR SPORT & PHYSICAL ACTIVITIES**

**Qn: What is the maximum number of people who can exercise in a group?**

**Ans:** From 14 June 2021, sport and physical activities must confine to groups of no more than 5 individuals (including instructor).

From 21 June, mask can be removed in an **indoor** environment, but the group size restriction will remain at 2 persons (including instructor). For mask-up activities indoors, the group size may be 5 (including instructor). Individuals should restrict their use of indoor facilities to no more than 2 hours each time.

The physical distancing of 2 metres between individuals (3 metres between individuals for **indoors** high intensity or high movement exercises) except when the nature of the sport does not permit so, and 3 metres between groups of up to 2 or 5 individuals must be maintained while exercising and playing sport.

**Qn: What is the maximum number of people a sport facility can accommodate?**

**Ans:** All sport/ recreational facilities can only admit a maximum number of persons according to its Gross Floor Area based on 10 Sqm per person, up to a maximum of 50 persons. No facility, regardless of size, shall admit more than 50 persons.

The maximum number of pax for organised classes is 30 pax (multiple groups of 5) or the capacity limit of the venue, whichever is lower, and is inclusive of the instructor.

**Qn: Will I be allowed to play sports such as badminton, basketball and table tennis?**

**Ans:** From 14 June, you are allowed to play sports in a group of no more than 5 persons.

- If you are playing sports **indoors**, between 14 to 20 June, you will need to be masked-up for the entire duration of play and not to remove it. From 21 June, you can remove your mask when you are playing sports **indoors**, but the group size restriction will remain at 2 persons (including instructor). For mask-up activities indoors, the group size may be 5 (including instructor). Individuals should restrict their use of indoor facilities to no more than 2 hours each time.
- If you are playing sports **outdoors** with your mask up/mask down, you can do so in a group of 5 (including instructor).

**B. ON CHILDREN & YOUTH-CENTRIC CLASSES / PROGRAMMES**

**Qn: I run sport classes for youths and children under 18 years old. Can I resume these classes?**

**Ans:** Classes for this age group can resume as follows:

- From 14 to 20 June 2021, only **outdoor** sport / physical activity programmes may be conducted for up to 1 group of 5 participants in total. If the activity is strenuous, masks can be taken off, but will have to be put on immediately after the end of the activity.

- From 21 June 2021, the following are permissible:

**Indoors**

- Mask-up activities (low intensity) in groups of 5 (including instructor), up to 30 participants or the capacity limit of the venue
- Mask-down activities (high intensity) allowed in groups of 2 (including instructor), up to 30 participants or the capacity limit of the venue

**Outdoors**

- Groups of 5 (including instructor), up to 30 participants or the capacity limit of the venue, whichever is lower for mask-down / mask-up activities

**Qn: Are 1-on-1 classes / coaching for children & youths who are 18 years old & under in indoor settings allowed?**

**Ans:** From 19 May to 20 June 2021, **indoor** classes / programmes regardless of size are not allowed to take place. Instructors are urged to suspend classes or move them online.

From 21 June 2021, mask-up activities (low intensity) held indoors can be done in groups of 5 (including instructor), up to 30 participants or the capacity limit of the venue.

Mask-down activities (high intensity) held indoors are allowed in groups of 2 (including instructor), up to 30 participants or the capacity limit of the venue.

In addition, all indoor premises should refer to the latest guidance on improving ventilation and indoor air quality in buildings amid the COVID-19 situation, available at: <https://go.gov.sg/bca-circular-improving-ventilation-iaq>

**Qn: I run a yoga class for children below 7 years old. Do my young participants need to don masks?**

**Ans:** Children under 6 years old are not required by law to wear mask, but it would be good practice for them to do so where possible. However, do note that from 16 May to 20 June 2021, all indoor classes / programmes regardless of class size, are to be suspended or moved online.

From 21 June 2021, mask-up activities (low intensity) held indoors can be done in groups of 5 (including instructor), up to 30 participants or the capacity limit of the venue. Mask-down activities (high intensity) held indoors are allowed in groups of 2 (including instructor), up to 30 participants or the capacity limit of the venue.

**C. ON SPORT & PHYSICAL ACTIVITIES IN INDOOR SPORT & RECREATIONAL FACILITIES**

**Qn: What sport and physical activities are allowed indoors?**

**Ans:** Between 8 May to 20 June, only low intensity sport and physical activities with masks on at all times are allowed in indoor sport & recreation facilities. The activity has to cease immediately, if any participant removes his or her mask.

From 21 June 2021, mask-down (high-intensity) activities can only be in groups of 2 (including instructor), up to 30 participants or the capacity limit of the venue. For mask-up (low-intensity) activities indoors, the group size may be 5 (including instructor). Individuals should restrict their use of indoor facilities to no more than 2 hours each time. Common equipment may also

be provided for use by participants<sup>1</sup>. Gyms, studios, climbing walls and other indoor facilities may resume normal operations subject to prevailing SMMs in [Sport Singapore's guidance on 18 June 2021](#).

In addition, all indoor premises should refer to the latest guidance on improving ventilation and indoor air quality in buildings amid the COVID-19 situation, available at: <https://go.gov.sg/bca-circular-improving-ventilation-iaq>

**Qn: What are some examples of low intensity sport/physical activities?**

**Ans:** These are activities that can be done with mask on at all times such as Yoga, Pilates, stretching exercises, Tai Chi, etc. There may have to be some modification to how it is done, e.g. without the use of equipment, during this period of time.

**Qn: I run a gym. When can I resume operations?**

**Ans:** Between 8 May to 20 June, indoor facilities such as gyms can continue to operate as long as they offer low intensity, mask-up activities and do not provide common equipment to participants.

From 21 June 2021, mask-down (high-intensity) activities can only be in groups of 2 (including instructor), up to 30 participants or the capacity limit of the venue. For mask-up (low-intensity) activities indoors, the group size may be 5 (including instructor). Common equipment may also be provided for use by participants<sup>2</sup>. Gyms, studios, climbing walls and other indoor facilities may resume normal operations subject to prevailing SMMs in [Sport Singapore's guidance on 18 June 2021](#).

In addition, all indoor premises should refer to the latest guidance on improving ventilation and indoor air quality in buildings amid the COVID-19 situation, available at: <https://go.gov.sg/bca-circular-improving-ventilation-iaq>

**Qn: I run a private sport academy (e.g. gymnastics, martial arts, combat sports) in an indoor setting similar to a studio. When can I reopen?**

**Ans:** Between 8 May to 20 June, if the activities being offered<sup>3</sup> are modified as per the guidance below and you have factored in the reduced group size and facility capacity, as well as enhanced measures as per [Annex in the Sport Singapore guidance](#), you can still operate. These apply to activities such as TKD, MMA, Muay Thai, BJJ, Fencing, Judo, Boxing and other similar activities.

The private sport academies that continue to open must:

- Modify their activities to minimise contact as much as possible. Keep total grappling time to no more than 15 minutes in total per session.
- Ensure that their participants and instructors are masked on at all times, refraining from conducting activities that are strenuous to the point that they feel the need to remove their masks.
- Not provide common equipment such as punching pads, bags, dummies, use of boxing ring, etc, where fomite transmission risk is high.

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<sup>1</sup> A physical distancing of 3 metres between individuals should be observed for indoors high intensity or high movement exercise classes unless the nature of activity requires the distance to be shortened. The restriction against common equipment indoors imposed since 8 May 2021 will be rescinded from 21 June 2021.

<sup>2</sup> A physical distancing of 3 metres between individuals should be observed for indoors high intensity or high movement exercise classes unless the nature of activity requires the distance to be shortened. The restriction against common equipment indoors imposed since 8 May 2021 will be rescinded from 21 June 2021.

<sup>3</sup> From 19 May to 13 Jun 2021, all indoor classes / programmes, regardless of class size, and outdoor group classes / programmes catering to 18 years old (born in 2003) & below are to be suspended or moved online.

- Not offer weight, strength or resistance training or cardio training of any form, and/or provide equipment for such training, such that they become strenuous activities.
- Keep to cohorting to limit the extent of any contact tracing.

From 21 June 2021, mask-down (high-intensity) activities can only be in groups of 2 (including instructor), up to 30 participants or the capacity limit of the venue. For mask-up (low-intensity) activities indoors, the group size may be 5 (including instructor). Common equipment may also be provided for use by participants<sup>4</sup>. Gyms, studios, climbing walls and other indoor facilities may resume normal operations subject to prevailing SMMs in [Sport Singapore's guidance on 18 June 2021](#).

In addition, all indoor premises should refer to the latest guidance on improving ventilation and indoor air quality in buildings amid the COVID-19 situation, available at: <https://go.gov.sg/bca-circular-improving-ventilation-iaq>

**Qn: Are sports such as table tennis, basketball, badminton and volleyball be allowed indoors?**

**Ans:** Between 8 May to 20 June, all indoor activities have to be changed to low intensity with masks on in a group of no more than 2 persons (till 13 June) / no more than 5 persons (from 14 June). While practice drills may still be possible, competitive sports will typically be high intensity and if allowed to proceed would put participants at risk of flouting the law. Therefore, we advise venue operators to ensure that competitive sports do not take place and masks are worn at all times.

From 21 June 2021, mask-down (high-intensity) activities can only be in groups of 2 (including instructor), up to 30 participants or the capacity limit of the venue. For mask-up (low-intensity) activities indoors, the group size may be 5 (including instructor). Common equipment may also be provided for use by participants<sup>5</sup>. Common equipment may also be provided for use by participants<sup>6</sup>. More information on the SMMs can be found in [Sport Singapore's guidance on 18 June 2021](#).

**Qn: I am moving my classes at the outdoor area near to my indoor facility. Can my participants enter to use the toilet/shower facilities in my gym/exercise studios after they are done with the physical activity?**

**Ans:** Yes they may use the toilet/shower facilities subject to prevailing safe management measures such as facility capacity and safe distancing. You have to ensure that they do not linger in the premises / use any of the equipment within. If you are not able to ensure participants' compliance to the necessary safe management measures, you are advised to close off the toilet/shower facilities.

Do seek the approval of the venue owner of the outdoor location that you will be using, before you move your classes outdoors.

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<sup>4</sup> A physical distancing of 3 metres between individuals should be observed for indoors high intensity or high movement exercise classes unless the nature of activity requires the distance to be shortened. The restriction against common equipment indoors imposed since 8 May 2021 will be rescinded from 21 June 2021.

<sup>5</sup> A physical distancing of 3 metres between individuals should be observed for indoors high intensity or high movement exercise classes unless the nature of activity requires the distance to be shortened. The restriction against common equipment indoors imposed since 8 May 2021 will be rescinded from 21 June 2021.

<sup>6</sup> A physical distancing of 3 metres between individuals should be observed for indoors high intensity or high movement exercise classes unless the nature of activity requires the distance to be shortened. The restriction against common equipment indoors imposed since 8 May 2021 will be rescinded from 21 June 2021.

**Qn: I am a freelance instructor and the gym / fitness/exercise studio that I provide my services to is closed. Can I conduct my classes up to 5 persons, at home?**

**Ans:** You are strongly discouraged from doing so. As the intent is to reduce the risk of further community spread in this period of heightened alert, we strongly discourage sports providers from hosting physical fitness classes for up to 5 persons in residential premises due to the high intensity and close contact nature of the activity. We seek the cooperation of all sports providers to remain unified and disciplined in our fight against COVID-19, and to keep our loved ones and community safe.

**Qn: I am an indoor facility owner. Can I rent out my facility space for physical activities/sport use?**

**Ans:** You may rent out your facility spaces for low intensity exercises/sport where participants are masked on at all times and are in compliance to the stricter safe management measures found in [Annex in the updated Sport Singapore guidance](#).

From 21 June 2021, mask-down (high-intensity) activities can only be in groups of 2 (including instructor), up to 30 participants or the capacity limit of the venue. For mask-up (low-intensity) activities indoors, the group size may be 5 (including instructor). Common equipment may also be provided for use by participants<sup>7</sup>. Indoor facilities may resume normal operations subject to prevailing SMMs in [Sport Singapore's guidance on 18 June 2021](#).

In addition, all indoor premises should refer to the latest guidance on improving ventilation and indoor air quality in buildings amid the COVID-19 situation, available at: <https://go.gov.sg/bca-circular-improving-ventilation-iaq>

## D. ON SPORT EVENTS

**Qn: What sport events are currently permitted?**

**Ans:** As part of the gradual resumption of sport and physical activity & exercise, sport events will resume as follows:

- [Live Spectator Sport Events](#) may resume from 14 June 2021, with up to 50 spectators without the need for attendees to undergo pre-event testing. Should the organiser implement pre-event testing<sup>8</sup>, the number of spectators can be increased to 250, in zones of up to 50 persons.
- [Mass Participation Sport Events](#) such as mass runs, open-water swims, cycling and triathlon events) may proceed from 21 June 2021. Such events can proceed with up to 50 participants without the need for pre-event testing. With pre-event testing, up to 250 participants (in waves of up to 50 persons) are allowed per session, with different sessions adequately separated by time<sup>9</sup> to avoid the congregation of participants at the venue.

At this juncture, mass participation sport events will not be allowed to accommodate more than 250 participants per session, and will not be allowed to have invited spectators. Organisers are to put in place measures to prevent the spontaneous gathering of onlookers for such events.

<sup>7</sup> A physical distancing of 3 metres between individuals should be observed for indoors high intensity or high movement exercise classes unless the nature of activity requires the distance to be shortened. The restriction against common equipment indoors imposed since 8 May 2021 will be rescinded from 21 June 2021.

<sup>8</sup> Please refer to <https://go.gov.sg/pet> for MOH's latest requirements and guidelines on pre-event testing.

<sup>9</sup> Organisers may propose the number of sessions and time interval between sessions to ensure safe participation, which may vary depending on context.

- **Sport Competitions & Tournaments (without spectators<sup>10</sup>)** refer to competitions involving timed races or head-to-head matches where there could be multiple heats or qualifying rounds (“sessions”). Such events may resume from 21 June 2021, but must not exceed 50 persons in each facility, with different sessions adequately separated within a day or across multiple days, to avoid congregation. Each match is capped at 5 persons (which includes the referees if they need to be in the field of play). In an **indoor unmasked** environment, each match is capped at 2 persons.

If there are multiple matches, close contact must not exceed 50 persons a day for each participant. For example, if a team plays multiple matches a day, each team member shall not play more than 49 others (including teammates) in a day.

**Qn: I have previously submitted my application and received Sport Singapore’s endorsement to organise an event. Can I still carry on?**

**Ans:** Events that were previously endorsed by Sport Singapore will need to have their SMMs updated and organisers are to resubmit their plans using the prescribed form for endorsement by Sport Singapore.

Organisers will have to submit an application to Sport Singapore using the prescribed form and emailing it to [SPORT\\_Covid@sport.gov.sg](mailto:SPORT_Covid@sport.gov.sg) at least 30 days prior to the start of the event to give time for evaluation and discussion. Organisers are advised not to carry out related marketing/publicity efforts before receiving endorsement from Sport Singapore, as the event may require modifications before it may proceed.<sup>11</sup>

Sport Singapore’s endorsement is only for the sport event SMMs. Organisers will need to seek further approval from facility owner / relevant agencies before their event can proceed.

**Qn: I am an NSA and will like to conduct a tournament/competition during this period, for athletes’ international qualifications. Is it still possible?**

**Ans:** NSAs are advised to approach their NSA Partnership officer from Sport Singapore as soon as possible to discuss these plans, and to obtain approval for the event, before they can proceed.

## E. ON LARGE GROUP OUTDOOR CLASSES

**Qn: I am a registered instructor under Sport Singapore’s Large Group Outdoor Classes. How does the latest measures affect me?**

**Ans:** Approved large outdoor classes at public spaces<sup>12</sup> such as parks and HDB common areas, can continue.

From 14 to 20 June:

For organised programmes and classes outdoors, a service provider (such as an instructor or a coach) from a permitted enterprise may guide the group and is included in the group size. Multiple groups of 5 remain allowable up to 30 participants or the capacity limit of the venue,

<sup>10</sup> Sport tournaments and competitions with spectators will be treated as Live Spectator Sport Events.

<sup>11</sup> Organisers will be responsible for the costs of the event (including the additional costs of modifications), and/or compensation to participants arising from event postponement or cancellation.

<sup>12</sup> An instructor may coach multiple groups of 5 persons, up to 30 pax or the venue capacity limit, whichever is lower. Instructors who are interested to conduct large outdoor classes of up to 30 pax at outdoor public spaces must be registered. Please visit <https://circle.myactivesg.com/programmes/classes/coaches/outdoor-classes-instructor-registration> for more information.

whichever is lower, if the activity is of **low intensity with masks on at all times**. The groups of 5 are not to intermingle and must remain 3 metres apart.

If the activity is of **high intensity** where masks have to be removed, only five persons are allowed (including instructor or coach) and there can be no multiple groups of 5.

From 21 June:

For **high intensity** where masks have to be removed, five persons are allowed (including instructor). There can also be multiple groups of 5 allowed, up to 30 participants or the capacity limit of the venue, whichever is lower.

**Qn: I am Zumba instructor conducting outdoor classes. Can I instruct 3 different groups of 5 participants from 21 June? Can I approach participants to guide them?**

**Ans:** Yes, an instructor may coach multiple groups of 5 persons, up to 30 pax or the venue capacity limit, whichever is lower. Instructors who are interested to conduct large outdoor classes of up to 30 pax at outdoor public spaces must be registered. Please visit <https://circle.myactivesg.com/programmes/classes/coaches/outdoor-classes-instructor-registration> for more information.

Do ensure that there is no intermingling between the different groups of 5 and that the participants do not switch groupings during the session.

You can guide the participants from a 3-metre physical distancing at all times. Should you be unable to do so, and need to approach the participants to guide them, you would then need to be part of that group and not intermingle with the other groups.

## F. ON REGULAR FAST & EASY TESTING (FET)

*For more information on FET, please contact the  
Hotline at 6876 5830 (Mon - Fri, 8am - 5pm excluding public holidays)*

**Qn: I am a gym owner. Do my staff need to undergo FET before I can reopen?**

**Ans:** FET is currently not a condition for the gradual re-opening. Your facility and programmes can resume from 21 June. Details for the FET are being firmed up and more information will be released in due course.

**Qn: I am a fitness instructor. Do I need to undergo FET and how do I go about it?**

**Ans:** Instructors and staff who come into contact with unmasked users in the course of their work will be progressively scheduled to undergo regular FET as part of the enhanced national measures for workers involved in higher-risk mask-off activities. The frequency of FET shall be once every 14 days. Employers would be expected to arrange to have their staff tested as soon as possible. If any instructor / staff who is required by this guidance to undergo FET but are not aware that their employer, association or organisation have registered them, they may go to this [link](#) / scan the QR code to register eligibility for FET. More details will be released soon.



Do note that FET is currently not a condition for the gradual re-opening. Facilities and programmes are allowed to re-open while details are being firmed up.

**Qn: I am a yoga studio owner. My staff will need to undergo FET. Who will bear the cost for this requirement?**

**Ans:** Sport Singapore and MCCY are in discussions with MOH and more details will be shared in due course.

## G. ON ACTIVESEG FACILITIES & PROGRAMMES

**Qn: Which ActiveSG sport facilities are closed?**

**Ans:** Please see <https://www.myactivesg.com/Facilities/Sport-Centres/Facilities-Closure> for the list of ActiveSG facilities that are closed from 16 May – 20 June 2021.

ActiveSG outdoor facilities such as stadiums, tennis courts and pools, as well as tenants of permitted services, will remain open from 16 May to 20 June 2021. Members of public are advised to check with the respective tenants before heading down. ActiveSG indoor facilities such as indoor courts, gyms and studios will re-open in stages from 21 June 2021 onwards.

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

**Ans:** Yes, individuals who display flu like symptoms (e.g. cough, fever above 38 degree Celsius), or those who have recently arrived from overseas and are on Stay Home Notice, those on Quarantine Order / Stay Home Notice, are not allowed within our premises.

**Qn: Which programmes under ActiveSG are affected?**

**Ans:**

- Children & Youths Programmes & Activities

In line with the Ministry of Education (MOE)'s announcements to reduce intermingling of students from different schools and enhance the safety of students, **all indoor** classes / programmes, regardless of class size, classes / programmes catering to children and youths who are 18 years (born 2003) and below, will be suspended from 19 May to 20 June 2021. In view of this, training for ActiveSG Academies & Clubs will continue virtually till 20 June.

From 21 June 2021, **all indoor** mask-down (high intensity) classes / programmes are allowed in groups of 2 (including instructor), up to 30 pax. **Indoors** mask-up (low intensity) and **all outdoor** mask-up and mask-down classes / programmes are allowed in groups of 5 (including instructor), up to 30 pax.

- General Programmes & Activities

All mask-down (high intensity) activities held indoors, will be suspended till 20 June 2021. Outdoor mask-up activities (low intensity) are allowed in groups of 5 (including instructor), up to 30 pax. For outdoors mask-down activities (high intensity), only 1 group of 5 pax (including instructor) is allowed.

From 21 June 2021, **all indoor** mask-down (high intensity) classes / programmes are allowed in groups of 2 (including instructor), up to 30 pax. **Indoors** mask-up (low intensity) and **all outdoor** mask-up and mask-down classes / programmes are allowed in groups of 5 (including instructor), up to 30 pax.

ActiveSG will provide participants with updates on the resumption of its programmes / activities in due course.



**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 from 14 June till further notice:

- 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<sup>13</sup> or the venue capacity limit. Staff on the premises is not included as part of the maximum capacity of 10 Sqm per person.
- Regulating access at our ActiveSG sport centres to ensure adequate physical distancing among users. This applies to our all stadiums, sport halls and swimming complexes that have facility/sport specific measures that may supersede general safe management measures.
- Organised programmes and classes will be capped at 30 participants, in groups of 5 pax (including instructor), or the capacity limit of the venue, whichever is lower. However, if mask is removed in an indoor environment, the group size restriction will remain at 2 persons (including instructor). 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 should be followed strictly at all times.
- No provision of common equipment such as exercise mats to minimise fomite transmission. From 21 June 2021, sharing of common equipment will be allowed.
- Ensuring that participants, including the instructor, do not talk loudly, sing, or shout while engaging in physical activities to minimise risk of transmission via droplets. Instructor may raise their volume when communicating instructions or in the event of a potential danger.
- Increased cleaning and sanitising of our facilities.

**ACTIVESG FACILITY SPECIFIC QUESTIONS**

**1. ActiveSG Stadium**

**Qn: What are the operating hours of the Stadiums?**

**Ans:** The Stadiums will operate daily from 7.00am to 9.30pm and 7.00am to 10.00pm for organised programmes held at the Stadium gallery.

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

**Ans:** The maximum number of pax is dependent on the number of facilities in each Stadium. Each facility inside the Stadium has a capacity limit of up to 50pax.

**Qn: Which Stadiums are opened to the public?**

**Ans:** Our Stadiums (except for Jalan Besar Stadium, Jurong East Stadium and MOE Evans Stadium) are opened to members of public who need to exercise outdoors. Masks must be

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<sup>13</sup> Sport/recreational facilities can only admit a maximum number of persons according to its Gross Floor Area based on 10 Sqm per person, up to a maximum of 50 persons. No facility, regardless of size, shall admit more than 50 persons.

donned when not engaging in strenuous exercises. Individuals should not linger after their exercise and should leave the facility after they are done exercising.

When engaging in sport and exercise, a physical distancing of 2 metres between individuals and 3 metres between groups must be maintained at all times. No mixing of groups is allowed.

**Qn: Is anyone allowed in the Stadium?**

**Ans:** ActiveSG Stadiums remain open to the public till further notice. 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<sup>14</sup> or in organised groups of 5 participants (including the registered instructor), up to a total class size of 30 persons or lower depending on venue capacity and safe management measures.

A physical distancing of 2 metres must be maintained when exercising or playing sport in general. Groups that are sharing a space must not interact and must maintain a distance of 3 metres apart at all times. Masks must be worn when not engaged in strenuous exercises.

Registered instructors can book the new spaces at SportSG facilities at [myactivesg.com](http://myactivesg.com) and will be responsible for ensuring that all safe management measures are being adhered to a physical distancing of 2 metres between individuals and 3 metres between groups must be maintained at all times. No mixing of groups is allowed.

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

**Ans:** Individuals can exercise outdoors with their family members / friends, but social group exercise and activities must be kept to no more than 5 participants when exercising from 14 June till further notice. They should also maintain at least 3 metres apart from other groups sharing the same space and wear their masks when not engaged in strenuous exercises.

**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 38 degree Celsius and above), users who came back from overseas and are on Stay Home Notice, those on Quarantine Order / Stay Home Notice, are not allowed within our premises.

ActiveSG staff will be deployed to ensure safe management measures are adhered to, 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:** Instructors will need to be registered under a framework which is jointly administered by Sport Singapore and agency partners before the classes can take place at the Stadium. Registered instructors will be allowed to conduct outdoor classes at the Stadium with a class capacity capped at 5 pax per group (including instructor) of up to 30<sup>15</sup> persons.

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<sup>14</sup> Group activities are now limited to no more than 5 participants, instead of 2. A registered instructor may coach multiple groups of 5 persons (including instructor), up to 30 pax. Total capacity is subjected to the outdoor venue capacity limit and safe management measures. Update: From 21 June 2021, if mask is removed in an indoor environment, the group size restriction will remain at 2 persons (including instructor).

<sup>15</sup> From 14 June 2021, total class size remains capped at 30 persons. The registered instructor will be considered part of the 30 pax and total capacity is subject to the venue capacity limit.

Registration can be done online at <https://go.gov.sg/outdoor-classes-instructor-registration> and a response will be given within three working days. Only those who have successfully registered can book these spaces. As booking slots are limited, ActiveSG encourage hirers to adhere to their allocated time slot to allow others to enjoy the facilities. There will be a \$45 deposit required, which will be refunded back to the hirer's Active Wallet upon commencement of the programme. No-show (without a valid reason) by the hirer will result in the forfeiture of the deposit.

General group exercises not conducted by registered instructors will be capped at the permitted group size of 5<sup>16</sup> (including instructor). Instructors must ensure a 3m distance is kept between groups at all times so that there is no intermingling between groups or coach/instructor.

**From 14 June – 20 June 2021:**

Above 18 years old

- Mask-up activities (low intensity) are allowed in groups of 5 (including instructor), up to 30 pax.
- For mask-down activities (high intensity), only 1 group of 5 pax (including instructor) is allowed.

Below 18 years old

- For mask-up and mask-down activities, only 1 group of 5 pax (including instructor) is allowed.

**From 21 June 2021 till further notice:**

For all age groups

- Mask-down activities (high intensity) are allowed in groups of 5 (including instructor), up to 30 pax.

**Qn: Can I still use the toilets and changing rooms within the Stadium?**

**Ans:** Yes. The toilets, changing rooms and shower facilities 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. Toilets / changing rooms with showering facilities will be limited to a maximum capacity of up to 5 pax<sup>17</sup> at any one time.

Users are to keep their masks on whilst in changing rooms, and if they are taking a shower, to put on their mask promptly when done. Users are also not to mingle with others and to leave as soon as they are done using the facility.

**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.

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<sup>16</sup> The maximum group size will increase from 2 persons to 5 persons from 14 June 2021 till further notice. Update: From 21 June 2021, if mask is removed in an indoor environment, the group size restriction will remain at 2 persons (including instructor).

<sup>17</sup> The maximum group size for toilets will be capped at 5 pax, or 10 Sqm per pax from 14 June 2021 till further notice.

## 2. ActiveSG Swimming Pool

### **Qn: Is anyone allowed in the swimming complex?**

**Ans:** ActiveSG competition and training pools will continue to remain open to the public from 14 June 2021 till further notice. Wave Pool / Lazy River / Jacuzzi, wading pools and feature play pools will be closed until further notice. To facilitate usage by the different segments of public, there will be timebelts introduced. Prior booking is required via the ActiveSG app / [myactivesg.com](http://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. 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.

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

**Ans:** Senior-centric<sup>18</sup> activities resumed 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<sup>19</sup>. 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 be part of the group size of 5.

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

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

Please refer to <https://www.myactivesg.com/Facilities/Sport-Centres/Facilities-Closure> for latest updates of closure.

### **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](http://myactivesg.com).

Table 1 - As of 14 June, the specific swimming timings are as follows:

Revised Time Slots from 14 June till further notice		
Time	Mon – Fri	Sat & Sun
6:30am – 7:30am	Lap swim for General Public	Lap swim for General Public
7:45am – 8:45am		
9am – 10am*		Organised swim classes
10am – 11am*		
11am – 12pm*		
12pm – 1pm*		
1pm – 2pm*	Lap swim for General Public**	

<sup>18</sup> Refers to those who are 60 years and above

<sup>19</sup> Group activities are now limited to no more than 5 participants, instead of 2 participants. An instructor may coach up to a maximum of 4 pax per swim lane, subject to the venue capacity limit and safe management measures.

2pm – 3pm*		
3pm – 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		
**A small number of organised swim classes will run concurrently *Subject to the resumption of MOE SwimSafer Programme		

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:** The training and competition pools will be opened. Wave Pool / Lazy River / Jacuzzi, wading pools and feature play pools will be closed until further notice. Some pools listed under <https://www.myactivesg.com/Facilities/Sport-Centres/Facilities-Closure> will remain closed.

➤ 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](https://www.myactivesg.com) before visiting the swimming pool.

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

**Ans:** The slots will be opened for booking 3 days ahead of the usage date at 1200hrs, right up till the usage time. Users who do not show up for three booked slots in a month will have their membership temporarily suspended for two weeks. They will not be able to book any ActiveSG facilities while their membership is being suspended.

**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. 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](https://www.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:** The maximum number of pax is dependent on the number of facilities in each swimming complex. Each facility inside the swimming complex has a capacity limit of up to 50pax.

**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 cancel the swim slot after booking?**

**Ans:** Yes, you will be able to cancel your pool booking up to 2 hours before the start of the timeslot. No refunds will be provided for cancellation made by the user. Cancelled booking will not count towards the no-show quota.

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

**Ans:** 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](http://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/zones to avoid unnecessary contact – users are encouraged to stay in their lane/zone.

**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. Toilets / changing rooms with showering facilities will be limited to a maximum capacity of up to 5 pax<sup>20</sup> at any one time.

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<sup>20</sup> The maximum group size for toilets will be capped at 5 pax, or 10 Sqm per pax from 14 June 2021 till further notice.

Users are to keep their masks on whilst in changing rooms, and if they are taking a shower, to put on their mask promptly when done. Users are also not to mingle with others and to leave as soon as they are done using the facility.

**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. Depending on facility size, there will be a limited number of pax allowed each time.

➤ 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. From 14 June onwards, the group size will be increased from 2 to 5. The coach or instructor is considered as part of the group size of 5<sup>21</sup>. There should be no intermingling between different groups. Coaches will have to wear masks at all times when they are not in the pool.

**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<sup>22</sup> 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 / caregivers / 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 coaching slot at the swimming pool?**

**Ans:** The duration for each allocated slot is 180 minutes. You may coach an unlimited number of classes within the 180 minutes slot.

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

**Ans:** From 8 May, there is no restriction on the number of sessions to be held consecutively within the allocated slot. However, from 14 June 2021 onwards, the coach must ensure that there is a maximum of 5 pax per group (including the instructor) in the swimming complex at any time. The previous class of students must exit the swimming complex before the next class of students can enter the swimming complex. This is to ensure that the capacity at the swimming complex is kept within the permissible limit at any one time. The classes must be conducted in adherence to the Safe Management Measures.

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<sup>21</sup> Group activities are now limited to no more than 5 participants, instead of 2 participants. An instructor may coach a maximum of up to 4 persons per swim lane, subject to the venue capacity limit and safe management measures.

<sup>22</sup> Group activities are now limited to no more than 5 participants, instead of 2 participants. An instructor may coach multiple groups of up to 5 pax (including instructor), subject to the venue capacity limit and safe management measures. Update: From 21 June 2021, if mask is removed in an indoor environment, the group size restriction will remain at 2 persons (including instructor).

### **3. ActiveSG Sport Halls And Courts**

#### **Qn: Can I use the sport halls and courts?**

**Ans:** All indoor sports halls will remain open for registered coaches to conduct low-intensity classes while outdoor ActiveSG sport facilities will remain open to the public from 14 June 2021 till further notice.

From 21 June 2021 (till further notice), indoor sports halls and courts will be open for public booking. Mask-down activities (high intensity) are allowed in groups of 2 (including instructor), up to 30 pax. Mask-up activities (low intensity) are allowed in groups of 5 (including instructor), up to 30 pax.

Prior booking via the ActiveSG app or [myactivesg.com](https://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 in an **indoor** setting for mask-up (low intensity) activities and in groups of no more than 2 participants (including instructor) for mask-down (high intensity) activities.<sup>23</sup> 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 and courts?**

**Ans:** The indoor sport halls and outdoor facilities will be opened daily from 7am to 10pm.

#### **Qn: What should I do before visiting ActiveSG outdoor facilities (i.e. tennis court, outdoor netball courts)?**

**Ans:** You are required to book a slot via the ActiveSG app or [myactivesg.com](https://myactivesg.com) before visiting the sport hall or outdoor court. 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:** ActiveSG Verified Members can book ActiveSG facilities up to 15 days in advance; ActiveSG Non-verified Members and Account holders (i.e. non-members) can book ActiveSG facilities up to 14 days in advance.

#### **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.

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<sup>23</sup> The maximum group size will increase from 2 to 5 persons from 14 June 2021 till further notice. Update: From 21 June 2021, if mask is removed in an indoor environment, the group size restriction will remain at 2 persons (including instructor).



**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:** No, patrons can only book one type of court in the same hour.

**Qn: Can I book two consecutive sessions?**

**Ans:** You are encouraged to book ONE session (50mins) 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 inside the facility?**

**Ans:** The maximum number of pax is dependent on the number of facilities in each sports hall. Each facility inside the sports hall has a capacity limit of up to 30pax.

**Qn: Can I release the slot after booking?**

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

**Qn: How many people are allowed on courts that will remain open at any one time?**

**Ans:** There are different capacity limits for different facilities, as follows:

Open from 21 June 2021

- Squash: Max of 2 pax per group (including instructor) per court.
- Table tennis: Max of 2 pax per group (including instructor) per table.
- Badminton: Max of 2 pax per group (including instructor) for each court.
- Tennis: Max of 5 pax per group (including instructor) for each court.
- For Team Sport (outdoor): Max of 5 pax per group (including instructor). Depending on facility capacity, multiple groups of 5 pax can share the court but must maintain 2m distancing between individuals and 3m distancing between groups.

For Team Sport (indoor): Max of 2 pax per group (including instructor). Depending on facility capacity, multiple groups of 2 pax can share the court but must maintain 2m distancing between individuals and 3m distancing between groups.

There shall be clear segregation between groups and no cross-mixing or cross-playing between groups. 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 management measures are observed, and we reserve the right to turn away visitors to avoid overcrowding within these facilities.

**Qn: I am a coach for indoor sports (eg badminton, table tennis, squash), can I coach 2 students consecutively within my allocated 50min timeslot?**

**Ans:** Yes you can, under the following conditions: the coach is the hirer and the hirer must always be present. The first student must leave the Sport Hall before the next student can enter.

**Qn: I am a coach for indoor sports (eg badminton, table tennis, squash). The hirer of the court is the parent of my student(s). As only 2 pax are allowed into the court (including coach), can we still proceed with the coaching session?**

**Ans:** For the coaching session, the hirer must be present to sign in for the booked court but is not required to stay throughout the session. Parents may wait outside the Sport Hall or return to pick their children after. Using screenshots of the booking to sign in is not permissible.

**Qn: Can I still use the toilets and changing rooms within the sport halls?**

**Ans:** Yes. The toilets, changing rooms and shower facilities 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. Toilets / changing rooms with showering facilities will be limited to a maximum capacity of up to 5 pax<sup>24</sup> at any one time.

Users are to keep their masks on whilst in changing rooms, and if they are taking a shower, to put on their mask promptly when done. Users are also not to mingle with others and to leave as soon as they are done using the facility.

**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 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:** From 8 May – 20 June 2021, all ActiveSG gyms will be closed temporarily. From 21 June 2021, all gyms will resume operation (Monday-Sunday) from 7.00am-10.30pm (except the gyms at Toa Payoh West CC, Ang Mo Kio CC, Bukit Batok Swimming Complex and Enabling Village which will operate from 7.00am to 10.00pm).

**Qn: Why are the gyms closed?**

**Ans:** ActiveSG gyms are closed temporarily from 8 May - 20 June 2021 as part of efforts to tighten safe management measures to curb the transmission of COVID-19 within the community. The intention is to restrict sport and physical activities that take place in high risk environment as part of our effort to reduce community spread. Strenuous activities that take place in enclosed, confined indoor spaces where participants are likely to be exerting without donning masks should cease.

**Qn: When can I start booking for 21 June 2021?**

**Ans:** ActiveSG Verified Members and ActiveSG Non-verified Members and Account holders (i.e. non-members) can book ActiveSG facilities up to 3 days in advance.

**Qn: Can I exercise with a friend from 21 June 2021 onwards?**

**Ans:** Gym patrons may exercise in groups of no more than 5 participants for mask-up (low intensity) activities and in groups of no more than 2 participants for mask-down (high intensity) activities. Physical distancing of at least 2m between participants when exercising and 3m between different groups should be followed strictly at all times.

#### **5. ActiveSG Studio**

**Qn: Will the studios remain open?**

**Ans:** From 16 May - 20 June 2021, studios, including those operated by commercial enterprises, are to close during the stipulated period, unless they offer only low intensity physical activities, sport and exercises where all participants and instructors are wearing

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<sup>24</sup> The maximum group size for toilets will be capped at 5 pax, or 10 Sqm per pax from 14 June 2021 till further notice.

masks at all times. Participants, instructors and staff also have to adhere to the set of safe management measures (SMMs) per Annex in the [Sport Singapore's guidance on 11 June 2021 \(updated 18 June\)](#).

Please refer to the list of affected Sport Singapore's indoor facilities and programmes during this period at <https://www.myactivesg.com/Facilities/Sport-Centres/Facilities-Closure>

**From 21 June 2021 till further notice:**

For all age groups

- Mask-down activities (high intensity) are allowed in groups of 2 (including instructor), up to 30 pax.
- Physical distancing of at least 2m between participants when exercising and 3m between different groups should be followed strictly at all times.
- Common / shared equipment will be allowed.

Participants, instructors and staff also have to adhere to the set of safe management measures (SMMs) per Annex in the [Sport Singapore's guidance on 11 June 2021 \(updated 18 June\)](#).