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SAFE MANAGEMENT MEASURES FOR SPORT AND PHYSICAL EXERCISE & ACTIVITY UNDER THE STABILISATION PERIOD

1. On 24 September 2021, the Multi-Ministry Taskforce (MTF) announced a tightening of safe management measures (SMMs) to slow down the transmission of COVID-19 during the stabilisation period: 27 September 2021 to 24 October 2021. Following the announcement, Sport Singapore is providing guidance regarding the SMMs concerning all sports and physical exercises & activities, and public & private sports & recreational facilities in Singapore for the period of 27 September to 24 October 2021.

SAFE MANAGEMENT MEASURES FOR SPORT & PHYSICAL EXERCISE / ACTIVITY FROM 27 SEPTEMBER TO 24 OCTOBER 2021

Under the stabilisation period, the following changes to SMMs will take effect:

2. **Group Size.** Group activities are allowed for up to **2 individuals** (including instructor / coach). This applies for all settings – indoors¹ and outdoors regardless of masked or unmasked activity. Physical activity of a social nature (that does not involve any instructor / coach) should be kept to a limit of 2 participants.

3. **Organised Classes / Programmes.** For organised classes / programmes,

a. Multiple groups of **2**, up to **50 participants** (including instructor / coach) or up to the capacity limit of the venue, whichever is lower, can take place for **indoor masked and outdoor masked/unmasked activities**.

b. Multiple groups of **2**, up to **30 participants** (including instructor / coach) or up to the capacity limit of the venue, whichever is lower, can take place for **indoor unmasked activities**. All participants have to be fully vaccinated² for the class/programme to take place. If any of the participants is not fully vaccinated (or does not have a valid PET result / is not a recovered COVID-19 individual), then indoor unmasked activity for that group is prohibited.

4. **Vulnerable Groups.** MTF is urging **seniors 60 years and above**, to stay at home except for essential activities such as buying food, groceries, and individual exercise activities in uncrowded locations as they are vulnerable to the virus. To protect our seniors, **Sport Singapore will be suspending all senior-centric classes/programmes under ActiveSG from 27 September to 24 October 2021.**

Similarly, **children 12 years old and below** (born in 2009 onwards) are not vaccinated and need to be protected. In line with this, **all organised sport or physical exercise/activity classes/programmes** catering to **children 12 years old and below** are to be **suspended or moved online from 27 September to 10 October 2021.**

¹ Indoors spaces are defined as those enclosed by shelter and walls.

²An individual is considered fully vaccinated two weeks after he or she has received two doses of Pfizer-BioNTech/ Comirnaty, Moderna, or any WHO EUL vaccines. Unvaccinated individuals with a valid negative result on a Pre-Event Test taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event, or recovered COVID-19 individuals, are of similarly lower risk, and may also join in the group of fully vaccinated individuals.

Update (7 October 2021): In line with [Ministry of Education's announcement on 7 October](#) on the resumption of face-to-face classes, **all organised sport or physical exercise/activity classes/ programmes catering to children 12 years old and below** (born in 2009 onwards) can resume in-person from 11 October 2021. However, operators are strongly encouraged to continue conducting these classes online as much as possible. **For indoor unmasked classes/programmes/activities**, the following SMMs will apply to this age group:

- a. Only 1 group of **not more than 2 participants** (including instructor)
- b. There can be **no multiple groups** of 2 participants
- c. The instructor must be fully vaccinated (includes those that have valid PET result / have recovered from COVID-19).

To be clear, in an indoor, unmasked organised class/programme/activity, only a 1-on-1 class/programme/activity between the instructor and a participant who is 12 years and below³ can take place.

These existing SMMs continue to be in effect during the stabilisation period:

5. **Physical Distancing.** While exercising and playing sport, the following physical distancing requirements apply:
 - a. 2-metre physical distancing between individuals for general physical activities, unless the nature of activity requires the distance to be shortened;
 - b. 3-metre physical distancing between individuals for indoors high intensity or high movement exercise classes, unless the nature of activity requires the distance to be shortened.

For instance, in an exercise studio, participants have to maintain the above distancing during the workout when performing exercise but may interact within the same group during intervals. If there are multiple groups, the groups must maintain a distance of 3 metres apart at all times and not intermingle. To be clear, there shall be no cross-mixing or cross-playing between groups i.e. no modified versions of games where a ball is being played between two groups.

6. **Venue Capacity and Density.** Sport/recreational facilities can only admit a maximum number of persons according to its Gross Floor Area based on 10 Sqm per person⁴, up to a maximum of 50 persons. No facility, regardless of size, shall admit more than 50 persons at any single point in time. However, large complexes or multi-function premises such as country clubs or larger premises, may treat different parts of their premises as separate facilities, provided that they are well separated by physical barriers such that intermingling is not possible. Each of these facilities are to have separate TraceTogether-only SafeEntry (TT-only SE) or SafeEntry Gateway (SEGW) check-in & check-out, as well as other screening provisions.

³ Indoor unmasked organised classes/programmes/activities for children 12 years old and below may resume from 11 October 2021 with the child not having to undergo a Pre-Event test, subject to the provisions listed under paragraph 4.

⁴ The Gross Floor Area includes exercises spaces, as well as other spaces such as changing rooms, rest areas within the facility. Facilities smaller than 50 sqm can admit up to 5 persons but must adhere to distancing rules; the 5 persons do not include staff.

7. **Vaccination-Differentiated SMMs at Indoor Sport Facilities.** Permitted enterprises are advised to determine if they will be able to effectively implement vaccination-differentiated SMMs (VDS) at their indoor facilities. Facilities that do not implement checks on vaccination status will not be allowed to conduct unmasked indoor activities or provide common equipment. These facilities may only continue to conduct indoor masked activities without provision of equipment.

8. Permitted enterprises that implement VDS are responsible for conducting checks on the vaccination status of all staff and participants. Beyond the usual screening measures such as TraceTogether-only SafeEntry (TT-only SE) and SafeEntry Gateway (SEGW) check-in & check-out, they are to ensure that every person who enters their premises have their vaccination status checked and recorded manually or electronically. Persons who do not have their vaccination status verified will be denied participation in indoor unmasked activities. Permitted enterprises are to set up proper checking protocol at their access control points.

9. Permitted enterprises may cater for indoor unmasked activities for fully vaccinated individuals⁵ (includes those that have valid PET result / have recovered from COVID-19) in clearly demarcated spaces away from other users, in accordance with the guidelines below. Enterprises will also have to ensure that vaccinated individuals (includes those that have valid PET result / have recovered from COVID-19) who participate in such activities do not mix with other users for the entire time they are within the facility (including in common areas such as changing rooms and toilets). In such situations, the individuals from different categories should be clearly marked by use of coloured wrist tags or passes or some other form of differentiating identification.

~~To allow time for instructors/coaches to be fully vaccinated, as a transitional arrangement (from now to 30 September 2021), instructors / coaches do not need to take a pre-event test before conducting indoors classes/activities with unmasked participants, as long as they are masked at all times when instructing/coaching. They are advised to moderate their own intensity level when leading these activities, so that they do not invariably end up unmasked. This transitional arrangement is only applicable to instructors/coaches and will not apply to participants. Update (7 October 2021): This transitional arrangement has expired and unvaccinated instructor/coaches that work in VDS setting will need to take a pre-event test before conducting indoors classes/activities with unmasked participants.~~

10. **Provision of Common Equipment.** For outdoor facilities, operators can provide common equipment for their participants. For indoor facilities, VDS needs to be implemented before common equipment such as weight, strength or resistance training equipment, climbing walls, yoga mat etc can be made available. Operators will have to verify the vaccination status of all participants, and ensure that only fully vaccinated individuals (includes those that have valid PET result / have recovered from COVID-19) will be allowed to participate in indoor unmasked activities. To be clear, even if an indoor facility does not offer unmasked activity, it will have to institute checks on vaccination status upon entry if common equipment is provided at that facility. In such instance where activities are indoors and equipment is provided, vaccinated and unvaccinated persons are allowed to be in the same group of 2 individuals as long as they remain masked. Thorough sanitisation is to be instituted at regular intervals to minimise risk of transmission via common surfaces.

11. **Enhanced SMMs for Indoor Facilities.** Operators, staff, participants and instructors of indoor facilities will also have to adhere to an enhanced set of SMMs as per Annex.

⁵ An individual is considered fully vaccinated two weeks after he or she has received two doses of approved vaccines. Unvaccinated individuals with a valid negative result on a Pre-Event Test taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event, or recovered COVID-19 individuals, are of similarly lower risk, and may also join in the group of fully vaccinated individuals.

12. **Large Group Outdoor Classes.** Approved large outdoor classes at public spaces such as parks and HDB common areas can continue, subject to the venue size and SMM requirements as stated in this guidance. All instructors must also be registered with Sport Singapore via <https://circle.myactivesg.com/programmes/classes/coaches/outdoor-classes-instructor-registration>. Subsequent approval from facility owner needs to be sought before activities can be conducted.

13. **Sport Events.** Sport events can continue during the stipulated period as follows:

- a. **Spectator Sport Events.** Spectator sport events, such as Singapore Premier League football matches can proceed with up to 1,000 spectators (in zones of up to 50 persons) if all spectators are fully vaccinated (includes those that have valid PET result / have recovered from COVID-19).
- b. **Mass Participation Sport Events.** Mass participation sport events, such as mass runs, open-water swims, cycling and triathlon events, can proceed with up to 1,000 participants (in waves of up to 50 persons) per session⁶, if all participants are fully vaccinated (includes those that have valid PET result / have recovered from COVID-19).

At this juncture, mass participation sport events 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.

From 27 September to 24 October 2021, mass participation sport events catering to seniors 60 and above are discouraged. From 27 September to 10 October 2021, mass participation sport events catering to children 12 years and below are to be suspended.

[Update \(7 October 2021\): From 11 October 2021, mass participation sport events catering to children 12 years and below can resume.](#)

- c. **Sport Competitions & Tournaments** refer to competitions involving timed races or head-to-head matches where there could be multiple heats or qualifying rounds (“sessions”). Such events can continue but must not exceed 50 persons in each facility at any single point in time. Organisers are advised to arrange competitions with different sessions, adequately separated within a day (i.e. at different times of a day) or across multiple days, to avoid congregation.

Each match is allowed to have up to 2 persons in the field of play at any single point in time. For indoor unmasked competitions or activities, only fully vaccinated persons (includes those that have valid PET result / have recovered from COVID-19) may participate in such events.

For such sport competitions and tournaments, spectators are permitted, but must comply with the requirements at paragraph 13(a) above.

From 27 September to 24 October 2021, sport competitions and tournaments catering to seniors 60 and above are discouraged. From 27 September to 10

⁶ Different sessions are required to be adequately separated by time to avoid the congregation of participants at the venue and its vicinity. Organisers may propose the number of sessions and time interval between sessions to ensure safe participation, which may vary depending on context.

October 2021, sport competitions and tournaments catering to children 12 years and below are to be suspended.

Update (7 October 2021): From 11 October 2021, sport competitions and tournaments catering to children 12 years and below can resume.

MCCY and SportSG have been studying the feasibility of allowing more players per match in sport competitions and tournaments, if all players are fully vaccinated (includes those that have valid PET result / have recovered from COVID-19). In view of tightening of measures, we will delay the decision till the situation improves.

Unvaccinated children aged 12 and below may be included and exempted from pre-event testing but must be limited to no more than 20% of total attendance. If there are any spectators/participants who are unvaccinated or untested (other than children aged 12 and below), the event will have to be capped at 50 persons.

14. All sport events that involve more than 50 persons in total (including participants, spectators, officials, event crew and support staff) will need to be endorsed by Sport Singapore before they can be conducted. Organisers will have to submit an application to Sport Singapore using the form in Annex A, emailing it to SPORT_Covid@sport.gov.sg at least 14 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.⁷

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. 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.

15. In addition to the SMMs under the preceding paragraphs, other SMMs will continue to be in place, and should be complied with. These include, but are not limited to:

- a. **Mask wearing.** Masks should be worn as a default. Masks may be taken off when performing strenuous activity outdoors, and it must be put on immediately after the completion of high intensity sport and physical activities. In indoor settings, only fully vaccinated individuals (includes those that have valid PET result / have recovered from COVID-19) may remove their masks when performing strenuous activity in a facility that has implemented vaccination-differentiated SMMs.
- b. **Intermingling to be avoided in changing rooms / toilets.** Individuals should not intermingle with others and linger within the facilities. Masks must be worn when one is changing in and out of one's sport attire / swimwear. If a mask is removed during shower or face-washing, it is to be worn promptly after. Changing rooms and toilets must be closed off if individuals cannot comply with these SMMs.
- c. **Sharing of common equipment should be minimised.** The sharing of equipment (when it is not prohibited) should be minimised as far as possible. The equipment should be wiped down / sanitised before passing on for use by the next user. This includes equipment such as weights and balls.

⁷ 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.

- d. **Facilitating contact tracing.** Operators and instructors are to maintain a complete set of data that clearly record how all participants are segregated into groups of up to 2 persons. Recent cases have revealed that sport and exercise operators and instructors have not been able to provide the required information, hampering contact tracing by the authorities. It is also the statutory responsibility of operators and instructors to ensure that all participants are properly checked in by TraceTogether-only SafeEntry (TT-only SE) or SafeEntry Gateway (SEGW). Where the activity permits (e.g. for spin classes), participants are to carry their devices such as TT Tokens to aid contact tracing. Even if an activity does not allow carriage of such devices, operators and instructors are to take steps to place the devices together to reflect group arrangement.
- e. **Reducing physical interaction & hygiene and ensuring safe distancing.** Owners or operators of facilities are responsible for ensuring SMMs are implemented, and that their patrons/users comply. Facility owners/operators must:
 - i. Organise human traffic flow and space management to ensure that the mixing of groups is minimised to transient contact.
 - ii. Put in place measures to minimise crowding or mixing at common facilities e.g. toilets. Where possible, specific common facilities should be designated to specific zones so that attendees from different zones do not mix when using such facilities.
 - iii. TraceTogether-only SafeEntry (TT-only SE) or SafeEntry Gateway (SEGW) must be implemented for participants and visitors. All participants and staff are to use either the TraceTogether app or the TraceTogether Tokens for check-in and check-out. Enforcement of this will be stepped up to ensure full compliance by all permitted enterprises. As announced by the Multi-Ministry Taskforce, the temperature screening requirement will be removed from 19 August 2021.
 - iv. Frequently disinfect common spaces and interactive components (e.g. smart kiosks, turnstiles, changing benches, hooks for clothes, etc). Operators are strongly encouraged to adopt good sanitation and hygiene practices to achieve the SG Clean quality mark.
 - v. 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>
 - vi. Place hand sanitisers in close proximity of the facility entrance and high-touch surfaces like door handles. Attendees should be encouraged to sanitise their hands before entering and upon leaving the facility.
 - vii. Ensure that participants do not shout while engaging in physical activities. This is because shouting increases the risk of transmission via droplets.

FAST AND EASY TESTING AND “VACCINATE OR REGULAR TEST” REGIME FOR SPORT AND FITNESS SECTOR

16. From 13 September 2021, the mandatory testing regime for the sport and fitness sector will be as follows:

- a. Under the mandatory Fast and Easy Test (FET) Rostered Routine Testing (RRT) regime, all workforce⁸ (include full-time/part-time workers at the same premises such as cleaners, administrative staff, etc, even if they are masked and do not interact with unmasked persons) in the following sport / fitness settings will have to be tested once every seven days:
 - i. All indoor (regardless of masked or unmasked activities) sport / fitness facilities and activities
 - ii. All outdoor unmasked sport / fitness activities
 - iii. Activities involving children 12 years and under, regardless of masked or unmasked activities
- b. FET can be conducted via the Employer-led Supervised Self-Swab (ESSS) system⁹, or at Quick Test Centres (QTCs). The Government will be funding the cost of antigen rapid test (ART) kits for ESSS and the cost of testing at QTCs till 31 December 2021 for all workforce stipulated under 16 (a) (i), (ii), (iii).

17. From 1 October 2021, under the Vaccinate or Regular Test (VoRT) regime, any unvaccinated workers under paragraph 16 (a), will have to be tested twice every seven days. This will operate in tandem with FET and each weekly FET RRT will count towards one of the twice weekly VoRT requirements. The remaining VoRT requirement can also be fulfilled via the ESSS or at the QTCs. This additional test will not be funded by Government unless one is medically ineligible for vaccination.



18. The table below provides an overview of FET and VoRT. More details on FET and VoRT for sport and fitness sector is available [here](#) or through the QR code.

*Workforce defined as all workers¹⁰, including full-time/part-time workers at the same premises such as cleaners, administrative staff, etc, even if they are masked and do not interact with unmasked persons) in the following sport / fitness settings:		Fast and Easy Test (FET) Rostered Routine Testing (RRT)	Vaccinate or Regular Test (VoRT)
Vaccinated workforce*	Indoor Masked	i. Employer-led Supervised Self-Swab (ESSS), ii. Quick Test Centres (QTCs)	i. Employer-led Supervised Self-Swab (ESSS), ii. Quick Test Centres (QTCs) iii. MOH approved Covid-19 test provider
	Indoor Unmasked		
	Outdoor Unmasked		
		1 x per week	NA

⁸ Does not include volunteers and those who are not paid/compensated for their services.
⁹ Self-administered ART not under ESSS is not valid for FET.
¹⁰ Does not include volunteers and those who are not paid/compensated for their services.

	All activities involving children 12yo and below	Tests funded by Govt till 31 Dec 2021	
Unvaccinated workforce*	Indoor Masked		
	Indoor Unmasked	<ul style="list-style-type: none"> • Each weekly FET RRT will count towards one of the twice weekly VoRT requirements. • Remaining test is not funded unless medically ineligible for vaccination. 	
	Outdoor Unmasked		
	All activities involving children 12yo and below		

TOWARDS A COVID-19 RESILIENT NATION

19. Singaporeans are urged to remain vigilant and observe safe distancing measures in place to minimise community transmissions. We all have a part to play in keeping COVID-19 at bay, and protect ourselves and our loved ones.

20. Government agencies will be conducting inspections. Enforcement action(s) under the COVID-19 (Temporary Measures) Act and the Infectious Diseases Act will be taken against businesses or individuals who fail to comply with safe management measures.

21. For the latest updates on COVID-19 for sport and physical exercise & activity, please visit <https://www.sportsingapore.gov.sg/Newsroom/Media-Releases>. For queries, members of the public can email the Sport Singapore QSM at <https://members.myactivesg.com/feedback> or call 1800-344-1177 during office hours (Mondays to Fridays, 9.00am to 6.00pm).

22. This guidance supersedes all advisories issued by Sport Singapore before this date.

- End -

ANNEX

ENHANCED SAFE MANAGEMENT MEASURES (SMMs) FOR SPORT AND PHYSICAL ACTIVITIES FOR INDOOR FACILITIES

Operators will have to comply with all the following SMMs:

- a. All participants, including instructors and staff, must be properly masked at all times, including when performing the physical activity unless they are fully vaccinated individuals engaged in strenuous activities in a facility that has implemented vaccination-differentiated SMMs.
- b. Staggered class start times to allow for a minimum of 15 minutes between classes and/or put in place separate routes if a premise is able to host multiple classes at a time. This is to prevent intermingling and mixing between participants before and after class. Operators will have to ventilate the room after each class ends. Participants must leave the premises immediately once they have completed their classes, or if they have exceeded a two-hour period.
- c. Organised programmes and classes are limited to no more than 30 (if unmasked) and 50 persons (if masked) or lower subject to the venue size and safe distancing requirements, and in groups of no more than 2 persons.
- d. Physical distancing between individuals exercising should be at least 2 metres, or 3 metres for indoors high intensity or high movement exercise classes, unless the nature of activity requires the distance to be shortened. A 3-metre physical distancing between different groups must be maintained at all times. There shall be no intermingling between groups before, during and after classes.
- e. The premises must be wiped down / sanitised before passing on to the next user to minimise the risk of COVID-19 transmission.
- f. Food and drink must not be supplied or consumed within the activity area, except if the consumption of a drink is necessary to preserve life or prevent injury in an emergency.
- g. Ensure that participants, including the instructor, do not talk loudly, sing, or shout while engaging in physical activities to minimise risk of transmission via droplets.