

Issued: 24 June 2021

Updated: 30 September 2021

Dear Sport & Fitness Operators

**A SAFE AND GRADUAL RESUMPTION OF SPORT & FITNESS ACTIVITIES WITH
MANDATORY FAST & EASY TESTING (updated 30 September 2021)**

1. As part of the national enhanced measures for workers in higher-risk mask-off settings and to further reduce the risk of transmission in these settings, the Multi-Ministry Taskforce has introduced the Fast and Easy Testing (FET) regime on 18 June 2021. The FET has been progressively rolled out since 21 June 2021 and will be **made mandatory from 15 July 2021** for all coaches, instructors and staff, who come into contact with unmasked persons in the course of their work. This segment of the workforce is required to be on a regular FET regime using tests such as the antigen rapid test (ART), regardless of their vaccination status.

2. As announced by the Multi-Ministry Taskforce on 6 September 2021, there will be a need to increase the frequency of testing regimes for all workforce, especially those in high-risk settings. 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 workforce¹ (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) system, or at Quick Test Centres (QTCs). The Government will be funding the cost of ART kits for ESSS and the cost of testing at QTCs till 31 December 2021 for all workforce stipulated under paragraph 219(a).)

3. From 1 October 2021, under the Vaccinate or Regular Test (VoRT) regime, any unvaccinated workers under paragraph 22(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. All Sport & Fitness businesses are to provide relevant vaccination status updates via [this link](#).

¹ Does not include volunteers and those who are not paid/compensated for their services.

4. This FET regime is being imposed under the COVID-19 (Temporary Measures) (Control Order) Regulations. Failure to comply with the requirements set out herein may result in prosecution and/or other enforcement action, including suspension/closure of operations². Checks will be conducted by enforcement teams to verify if Enterprises have complied with the mandatory requirements set out in this notice.
5. **All Sport & Fitness businesses must ensure that their employees under the mentioned settings undergo FET every 7 days. This includes all full time and part time employees³, as well as third-party contracted employees (e.g. cleaners) who work at the premises. Self-employed persons in the sport and exercise sector are responsible for undergoing FET every 7 days.**
6. **Sport & Fitness businesses** are to conduct Employer-Supervised Self-Swab (ESSS), where employees will swab themselves under the supervision of a trained staff ('supervisor'). Supervision can be done either on-site at the workplace or virtually using tools such as video conferencing. To conduct ESSS, establishments will need to undergo training provided by the Government to supervise employees' self-swabs.
7. For ESSS, ART kits will be provided. The costs for the kits and training for employees will be borne by the Government, extended till 31 December 2021.
8. **Self-employed persons (SEPs) and small businesses** which may not be able to organise the supervised self-swabs on their own, are to register via this [link](#) to secure an appointment for your first test at Quick Test Centres (QTCs) at Bishan, Jurong West and Pasir Ris ActiveSG Sport Centres. Similarly, SEPs / staff under settings 2(a) will have to undergo FET every 7 days.
9. QTCs are operational from 10 a.m. to 5 p.m. daily (including weekends and public holidays). Applicants will be assigned a time slot based on a first-come-first-serve basis. A confirmation SMS with your appointment details will be sent 1 to 4 days prior to your test date. For subsequent tests, please register via this [link](#) after you had completed your appointment. Please refer to the FAQs for information on registration and scheduling. You may email sport_coaching@sport.gov.sg if you have any enquiries related to FET Testing at the QTCs.

INFORMATION ON ESSS FOR SPORT & FITNESS BUSINESSES

10. **Supervisory Training Under the ESSS** Enterprises conducting ESSS shall ensure that their Supervisors have attended the 4-hour virtual Supervisory Training in ART Self-Swab that is conducted by the Ministry of Health's ("MOH") appointed training provider, HMI Institute of Health Sciences Pte. Ltd. ("HMI") before they perform their supervisory role. If a Supervisor is above 50-years-old, Enterprises must ensure that he or she is fully vaccinated against COVID-19 (i.e. they received two doses of the COVID-19 vaccination under Singapore's national vaccination programme and 14 days have passed from the time of the second dose⁴) before they can perform any supervisory role.
11. Businesses conducting ESSS are advised to nominate 2 employees per outlet to attend a 4-hour virtual Supervisory Training in ART Self-Swab conducted by the Ministry of Health's (MOH) appointed vendor, HMI Institute.

² To comply with the COVID-19 (Temporary Measures) (Control Order) Regulations and implement Safe Management Measures (SMMs), as set out on the [COVID Gobusiness website](#). They are also required to comply with the [SMMs](#) set out by Sport Singapore.

³ Does not include volunteers and those who are not paid/compensated for their services.

⁴ Enterprises can consider asking Supervisors to verify their vaccination status via TraceTogether.

12. The training will equip employees with the knowledge needed to supervise the conduct of ART. Employees who complete the 4-hour course can conduct ART Supervision Duties. A certificate of attendance will be issued. MOH/HPB has also issued a playbook to guide sectors on the conduct of supervised self-swabs.
13. Sport & Fitness businesses are to book their training slot directly with HMI Institute at <https://hmi-ihs.com/supervisory-training-in-art-self-swab/>
14. Timings for the training are from a) 8am-12pm, b) 2pm-6pm and c) 6pm-10pm. These will be available on a first-come-first-served basis.
15. Upon successful sign-up, a web link will be sent for employees to attend the virtual training session via Zoom.
16. Please visit HMI Institute's website at <https://hmi-ihs.com> (refer to COVID-19 Training) for latest details on the ESSS training details.

Registering for Self-Collection of Kits and Swab Registration System (SRS) Account

17. To facilitate the collection of test kits for the first month and setup of SRS accounts, Sport & Fitness businesses should submit full details via this [link](#) . Submissions made will be notified for collection after 7 to 9 days.
 - Businesses with multiple outlets are to submit one form only per unique entity number (UEN) for consolidated kits collection.
 - The Point-of-Contact (POC) indicated in the form must be the supervisor or employee who will be responsible for both self-collection of the test kits, and the uploading of FET results to the SRS account⁵.
 - For replenishment of ART kits for ESSS for the subsequent months, please proceed to <https://go.gov.sg/fet-kits> to fill in the form. The kits, funded by the Government, will be provided on a monthly basis (till 31 December 2021). Replenishments made will be dependent on ART kits utilisation rates as uploaded in the SRS.

Self-Collection of Kits

18. For the self-collection of test kits, details to be provided via the form include:
 - a. Name of POC (this must be the same person that will upload the FET results to the SRS account)
 - b. Business Name, UEN & Address
 - c. Postal Code
 - d. POC Email (to receive confirmation email, if any)
 - e. POC Mobile Number (to receive confirmation SMS, if any)
 - f. Number of Employees (including all full-time, part time and third-party contracted employees)
19. Late submissions will result in delayed delivery or self-collection. After the submission of details, a confirmation email from a third-party vendor will be sent to your company POC with the collection location and date within a week. An SMS will subsequently be sent when the kits are ready for collection, and the kits must be collected within 3 days upon receipt of the SMS. Self-collection of test kits had started from 28 June 2021.

⁵ For enterprises with multiple outlets under the same UEN, you may submit your request to create multiple SRS company accounts under the same UEN. However, there must be a unique mobile number and email address used for each account.

Recording of Test Results on Swab Registration System (SRS)

20. ART Test Kits must be used with prudence and companies need to ensure that one employee only use one test kit for one cycle of RRT, unless the test result is AG invalid.
21. Sport & Fitness businesses are to upload the ART results of their employees into SRS. Sport Singapore will assist to create SRS accounts for your company using the same information provided in the sign-up link in paragraph 17. The POCs nominated will receive an email notification after the accounts have been set up.
22. To track businesses' compliance to the mandatory FET, employers are required to upload the results of the employees' swab tests to the SRS on the same day the tests are taken at <https://swab.hpb.gov.sg/ext/index.aspx>. More details on the uploading of results to the SRS is provided at the related links for ESSS.

Management of Antigen Positive (AG+)

23. Workers that obtain an "AG Invalid" test result are required to immediately undergo a follow-up ART until they obtain an "AG+" or "AG-" test result. Operators are strongly recommended to guide the Worker to abide by the prevailing management postures for such cases that are set out on MOH's website at <https://www.moh.gov.sg/>.

Support from Sport & Fitness Sector


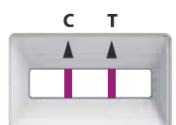

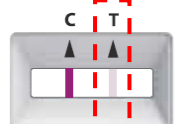

24. The fight against COVID-19 requires the collective effort of everyone in the community. We seek the support and understanding of all Sport & Fitness businesses during this period. The FET regime complements existing SMMs to ensure a safe and smooth re-opening of the sport & fitness sector. We will continue to review and adjust the measures in line with the national posture for the health and well-being of everyone.
25. For FET related enquiries, please email to SportandFitness@sport.gov.sg.

ANNEX A

FET Test Results and the Management of Workers after ESSS

1. Workers will be required to undergo ART to satisfy the FET Requirement. ART test kits will return one of three possible test results:
 - (1) negative or “**AG-**”;
 - (2) positive or “**AG+**”; or
 - (3) invalid or “**AG Invalid**”.
2. Workers that obtain an “**AG Invalid**” test result are required to immediately undergo a follow-up ART until they obtain an “**AG+**” or “**AG-**” test result.
3. If a Worker undergoes ART at a QTC, they may be issued with a test result slip or sent an SMS stating the test result that they have obtained. Alternatively, the test results of these Workers can also be found on their TraceTogether or HealthHub phone applications.
4. If a Worker undergoes ART as part of ESSS, Image 1 below illustrates how the different test results will be shown on the SD Bio Sensor ART test kit (which will be the ART test kit distributed to Enterprises). Please note that the lines on the test kit cassette will appear in 15 – 30 minutes (“**Checking Window**”) after the specimen buffer has been added to the test well. Enterprises shall only upload the test results that are shown on the test kit cassette **during** the Checking Window onto SRS.

Image 1: Test results on SD Bio Sensor

Negative Test Result (‘AG-’)	Positive Test Result (‘AG+’)	Invalid Test Result (‘AG Invalid’)
 <p><u>Bold</u> marking at ‘C’ and <u>No</u> marking at ‘T’</p>	 <p><u>Bold</u> marking at ‘C’ and <u>Bold</u> marking at ‘T’</p>	 <p><u>No</u> marking at ‘C’ and <u>Bold</u> marking at ‘T’</p>
	 <p><u>Bold</u> marking at ‘C’ and <u>Faint</u> marking at ‘T’</p>	 <p><u>No</u> marking at ‘C’ and <u>No</u> marking at ‘T’</p>

5. If a Worker undergoes ART as part of ESSS and uses an ART kit other than the SD Bio Sensor ART test kit, Enterprises are to refer to the manufacturer’s instructions on how to interpret the test results obtained by their Workers and only upload the test results that are obtained pursuant to these instructions onto SRS.

6. If the Enterprise had wrongly submitted a “AG+” result for a Worker on SRS, Enterprises must use this form to submit the details and updated result of the Worker - <https://go.gov.sg/artpositivenoncompliance>
7. Enterprises are strongly recommended to guide Workers that obtain “AG+” test results from ESSS to abide by the prevailing management postures for such cases that are set out on MOH’s website at <https://www.moh.gov.sg/>