

Issued: 25 August 2022

FAQs
UPDATED SAFE MANAGEMENT MEASURES FOR SPORT AND
PHYSICAL EXERCISE & ACTIVITY

A. LATEST SAFE MANAGEMENT MEASURES (SMMs)

Qn: What are the key changes to the SMMs from 29 August 2022?

Ans: From 29 August 2022, the following streamlined SMMs will apply to all sporting and physical exercises & activities, and public & private sports & recreational facilities in Singapore. Permitted enterprises are responsible to ensure that these SMMs are adhered to on their premises.

1. **Mask Wearing.** From 29 August 2022, masks will be optional indoors but will be required in selected healthcare and public transport settings.

- a. Healthcare facilities, residential care homes (including welfare and sheltered homes for the aged, as well as adult disability homes) and ambulances: These include the indoor premises of hospitals and polyclinics (inclusive of retail, food and beverages (F&B) outlets, common areas and other facilities within the hospital/polyclinic building); private primary care and dental facilities, specialist clinics, Traditional Chinese Medicine (TCM) clinics, renal dialysis centres, clinical and radiological laboratories, day hospices; residential care homes; COVID-19 care facilities, testing centres and vaccination centres; as well as on emergency ambulances and medical transport vehicles.

For sport/fitness facilities such as gyms, fitness/exercise studios/areas that are located within the abovementioned settings, mask wearing is required. Masks may be taken off when performing strenuous activity or as part of a class requirement, but will have to be put on after the completion of such strenuous sporting and physical activity/class and during rest breaks.

- b. Public transport: This covers the MRT/LRT and public buses, and indoor public transport facilities (e.g. boarding areas within bus interchanges and MRT platforms). Mask-wearing on private transport modes, as well as school buses, private bus services and taxis, will be optional.

2. **Vaccination-Differentiated SMMs (VDS) for Sporting Events.** There are no changes to VDS at this juncture.

- a. Sporting Events with >500 participants (including staff, officials, etc) at any one time will have to continue implementing VDS. Event organisers will need to implement checks on participants' vaccination status before they enter the venue.
- b. VDS Exemptions. Individuals who have recovered from a COVID-19 infection¹, medically ineligible for COVID-19 vaccination and unvaccinated children aged 12 and below are exempted from VDS and can participate in VDS activities similar to fully vaccinated individuals.

¹ Persons who have completed their vaccination regime and recovered from COVID-19, as well as persons who are unvaccinated or have incomplete vaccination status, and recovered from COVID-19 within 180 days will not be managed similarly to a fully vaccinated individual. From 1 June 2022, these recovered persons will need to receive the booster dose within 9 months of their last primary vaccination dose in order to maintain their vaccinated status. Individuals may check whether they are considered "fully vaccinated" at <https://go.gov.sg/vax-status-query>

More information can also be found at: <https://www.moh.gov.sg/covid-19/vaccination/faqs---post-vaccination-matters/>

Qn: I am a gym operator located in a healthcare facility with a separate entrance and exit from the healthcare areas. Are my patrons and staff required to wear masks in the gym?

Ans: Mask-wearing remains an effective way for us to minimise the risk of disease transmission. Healthcare facilities are where essential services are carried out in generally enclosed and crowded areas, and which are frequently used by vulnerable persons. As such, sport/fitness establishments located within any healthcare facility would be required to implement mask wearing for its patrons and staff. Masks may be removed while undergoing strenuous activities or when consuming F&B.

B. ON VACCINATION-DIFFERENTIATED SAFE MANAGEMENT MEASURES (VDS) FOR FACILITIES & ACTIVITIES

Qn: What is VDS and where is it applicable at?

Ans: VDS for fully vaccinated² individuals have been implemented since 10 August 2021 for selected premises, activities and events.

- a. VDS is only required for Sporting Events with >500 participants (including staff, officials, etc) at any one time during the event. Event organisers will need to implement checks on participants' vaccination status before they enter the venue.
- b. VDS Exemptions. Individuals who have recovered from a COVID-19 infection³, medically ineligible for COVID-19 vaccination and unvaccinated children aged 12 and below are exempted from VDS and can participate in VDS activities similar to fully vaccinated individuals.

Qn: What does fully vaccinated individual mean?

Ans: An individual is considered vaccinated if he/she a) has been fully vaccinated, i.e. received the appropriate regimen of World Health Organisation Emergency Use Listing (WHO EUL) vaccines including their respective duration post-vaccination for the vaccine to be fully effective and boosters for eligible individuals, and b) had their vaccination records ingested in the National Immunisation Registry. Persons who have completed their vaccination regime and recovered from COVID-19 as well as persons with unvaccinated or incomplete vaccination status and recovered from COVID-19 within 180 days from the day of the first positive PCR/healthcare-administered ART result, may also be managed similarly to a fully vaccinated individual. Individuals may check whether they are considered "fully vaccinated" at <https://go.gov.sg/vax-status-query>.

Unvaccinated children 12 years and under and individuals who are medically ineligible for all COVID-19 vaccines under the National Vaccination Programme can take part in activities at VDS events.

² An individual is considered vaccinated if he/she a) has been fully vaccinated, i.e. received the appropriate regimen of World Health Organisation Emergency Use Listing (WHO EUL) vaccines including their respective duration post-vaccination for the vaccine to be fully effective and boosters for eligible individuals, and b) had their vaccination records ingested in the National Immunisation Registry. Persons who have completed their vaccination regime and recovered from COVID-19 as well as persons who are unvaccinated or have incomplete vaccination status and recovered from COVID-19 within 180 days from the day of the first positive PCR/healthcare-administered ART result, may also be managed similarly to a fully vaccinated individual. Individuals may check whether they are considered "fully vaccinated" at <https://go.gov.sg/vax-status-query>. Unvaccinated children 12 years and under and individuals who are medically ineligible for all COVID-19 vaccines under the National Vaccination Programme can take part in activities at VDS facilities and events.

³ Refer to footnote 2

Qn: Are recovered persons who have completed their primary vaccination series required to receive a booster vaccination in order to be considered fully vaccinated?

Ans: Yes. From 1 June 2022, individuals who have recovered from a COVID-19 infection and completed their primary vaccination series, will need to receive a booster dose within 270 days of their last primary vaccination dose, in order to maintain their vaccinated status.

More information can be found at: <https://www.moh.gov.sg/covid-19/vaccination/faqs---post-vaccination-matters/>

Qn: I operate an indoor facility. Is it mandatory for me to implement VDS for all classes/programmes/activities at my indoor facility?

Ans: From 26 April 2022, VDS is no longer required for indoor sports facilities. These facilities do not need to implement checks on vaccination status. However, if you would like to organise a sporting event with >500 participants (including staff, officials, etc) at any one time in your facility, you will have to implement VDS.

Qn: I am organising an event that requires VDS. How do I check my participants' vaccination status?

Ans: You can refer to the information at <https://file.go.gov.sg/vdsmminfo.pdf>

C. GENERAL SMM QUESTIONS ON SPORT & PHYSICAL EXERCISE / ACTIVITY

Qn: Is mask-wearing still required while I am at an indoor gym/studio?

Ans: From 29 August 2022, masks will be optional indoors but will be required in selected healthcare and public transport settings. Refer to Section A for more details of health facilities and public transport settings and MOH press release at <https://www.moh.gov.sg/news-highlights/details/emerging-safer-and-stronger-together>

Qn: When can I resume physical activity after COVID-19 infection?

Ans: Generally, persons with mild or asymptomatic COVID-19 infection can resume normal activities as tolerated. It may be advisable to avoid strenuous physical activity or intense exercise (e.g. jogging, swimming, cycling, school PE or sports) for up to 2 weeks after testing positive for COVID-19 by PCR or ART. If they experience chest pain, severe shortness of breath or fainting spells as they resume physical activities, they should consult their doctor. High-risk persons or persons with severe symptoms should consult their doctor for further advice if needed.

Qn: I am a sport / fitness coach / instructor. What do I do if

- I am feeling unwell but test negative on my ART?
- I am well but have tested positive for COVID-19 on my ART?
- I am a close contact of someone who has COVID-19?

Ans: Please visit <https://www.covid.gov.sg/> for more information on what to do.