

Issued: 13 July 2021

Updated: 30 September 2021

Dear Sport & Fitness Operators

[UPDATED] FAST AND EASY TESTING REGIME FOR THE SPORT & FITNESS SECTOR

1. Since late June 2021, the Fast and Easy Testing (“FET”) regime has been progressively rolled out for all higher risk sectors, including the Sport & Fitness sector.

With effect from 15 July 2021 onwards, all enterprises in the Sport & Fitness sector (“Enterprises”) must comply with the mandatory requirements set out in this updated notice. For avoidance of doubt, the mandatory requirements are specified in the paragraphs below prefaced with the words ‘[Mandatory]’

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 2(a).

From 1 October 2021, under the Vaccinate or Regular Test (VoRT) regime, any unvaccinated workers under paragraph 2(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.

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

Background

3. The purpose of the FET regime is to further reduce the risk of transmission of COVID-19 in settings with unmasked clients or where services are performed under prolonged and close contact with clients, or where there are frequent interactions with the community. Under the FET regime, enterprises are required to ensure that their employees and persons who work under their direction (e.g. contractors and subcontractors) undergo regular FET using the COVID-19 Antigen Rapid Test (“**ART**”), regardless of their vaccination status. Self-employed persons working in these settings should also ensure that they adhere to the FET regime.
4. The FET regime and the mandatory requirements set out in this notice are imposed on Enterprises, including self-employed persons, (henceforth known as “**Enterprises**” collectively), under the COVID-19 (Temporary Measures) (Control Order) Regulations 2020. 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.

FET Requirements for Self-employed persons (SEPs) and small businesses

5. All self-employed persons (SEPs) and small businesses which are unable to organise the supervised self-swabs on their own, must ensure to register to secure appointments at the Quick Test Centres (QTCs) to undergo FET at least once every 7 days (the “**FET Requirement**”). The costs for the services and ART test kits that will be used at the QTC will also be borne by the Government until 31 December 2021.
6. Please register via this [link](#) to indicate your preferred dates at the QTCs at Bishan, Jurong West and Pasir Ris ActiveSG Sport Centres for your first test. The QTCs will operate daily (including weekends and public holidays) from 9 a.m. to 9 p.m.

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.

² Enterprises are reminded to comply with the other requirements imposed under the COVID-19 (Temporary Measures) (Control Order) Regulations 2020 and implement the Safe Management Measures (“**SMMs**”) as set out on the [COVID Gobusiness website](#). They are also reminded to comply with the relevant **SMMs** that have been set out by Enterprise Singapore (ESG), Housing & Development Board (HDB), Singapore Food Agency (SFA), National Environment Agency (NEA), Ministry of Home Affairs (MHA), [Sport Singapore](#), Singapore Tourism Board (STB) and Urban Redevelopment Authority (URA).

FET Requirements for Enterprises

7. **[Mandatory]** All Enterprises must ensure that their employees³ and persons who work under their direction⁴ (collectively, “**Workers**”) undergo FET⁵ once every 7 days (the “**FET Requirement**”).

[Mandatory] After their Workers undergo FET, Enterprises shall:

8. verify⁶ that Worker’s test results;
9. Where the Worker has obtained an “AG+” test result, Enterprises 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/>.
10. To meet the FET Requirement, Operators are to conduct **Employer-Supervised Self-Swab (“ESSS”)** for their Workers. Details on how to conduct ESSS are set out in paragraphs 12 to 19 below. The costs for the ART test kits that will be used for ESSS and the training required for Enterprises that wish to conduct ESSS will be borne by the Government until 31 December 2021.
11. Operators that operate small premises such as boutique gyms and fitness/dance/martial art studios, and are not able to organise supervised self-swabs on their own, may meet the FET Requirement by having their Workers undergo FET at one of the Quick Test Centres (“**QTCs**”)⁷. For this group, the costs for the services and ART test kits that will be used at the QTC will also be borne by the Government until 31 December 2021. For other groups who are able to conduct ESSS but prefer having their Workers undergo FET at the QTCs, they will need to pay for the services and test kits.

Requirements for Enterprises conducting ESSS

12. ESSS involves Workers using an ART kit and performing a swab on themselves under the supervision of a trained supervisor (“**Supervisor**”). The swabbing and supervision can be done either at the workplace or virtually using tools such as video conferencing.
13. **[Mandatory]** To satisfy the FET Requirement, Enterprises conducting ESSS for their Workers shall:
 - (1) appoint an adequate number of Supervisors to supervise every Worker whenever they carry out the swabs on themselves;

³ This includes both full and part time employees.

⁴ This includes contractors (e.g. cleaners), subcontractors, employees of contractors and subcontractors who work at the workplace. This also includes business owners and store managers that work at the workplace.

⁵ Enterprises are given flexibility on how to meet this requirement. For example, Enterprises can choose to have their Workers conduct Employer-Supervised Self-Swab (ESSS) themselves or have their Workers undergo a supervised ART self-swab at a Quick Test Centre (QTC).

⁶ Enterprises are required to inspect any physical test result slip, SMS or test kit evidencing the test result of the Worker. It would not be sufficient for Enterprises to rely on oral statements by Workers to fulfill this obligation.

⁷ The three QTCs are Bishan, Jurong West and Pasir Ris ActiveSG Sport Centres.

- (2) ensure that the Supervisor has satisfied the training requirements set out under paragraph 14 below and properly performs his supervisory role⁸;
- (3) ensure that Workers comply with the steps set out in paragraph 17 below and properly perform the swabs on themselves;
- (4) ensure that the test results obtained by Workers from ESSS are uploaded on the Swab Registration System (“**SRS**”) in accordance with the requirements set out under paragraph 18 below; and
- (5) Ensure that the ART test kits used for ESSS are those that are set out on the Health Sciences Authority’s website at https://www.hsa.gov.sg/consumer-safety/articles/covid19_ARTselftests.

13A. Where the Workers have obtained an “AG+” test result while conducting ESSS, Enterprises are recommended to strongly encourage them to undertake a follow-up ART test and to abide by the prevailing management postures for such cases that are set out on MOH’s website at <https://www.moh.gov.sg/>. The follow-up ART test does not need to be carried out under supervision and the results do not need to be uploaded to SRS. Enterprises are to use self-sourced ART test kits for the follow-up ART test and not those that have been supplied by the Government under the FET regime.

Training for Supervisors

14. **[Mandatory]** Operators 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 dose⁹) before they can perform any supervisory role.
15. Enterprises conducting ESSS are advised to nominate at least two Workers per outlet to undergo training to be a Supervisor. The training provided by HMI will equip Supervisors with the knowledge needed to supervise the conduct ESSS and a certificate of attendance will be issued to those who have completed it. The training provided by HMI is carried out daily from (a) 8am to 12pm, (b) 2pm to 6pm and (c) 6pm to 10pm on a first-come-first-served basis. Enterprises are advised to book their training slot directly with HMI at <https://hmi-ihc.com/supervisory-training-in-art-self-swab/> and to do so as soon as possible

⁸ This includes wearing adequate personal protective equipment and maintaining appropriate infection prevention control procedures while conducting supervision.

⁹ Enterprises can consider asking Supervisors to verify their vaccination status via TraceTogether.

16. Upon successful booking, HMI will send a web link for supervisors 1-2 days before the actual training day, to attend the virtual training session. Please visit HMI's website at <https://hmi-ihs.com> (refer to "COVID-19 Training") for latest details on the ESSS training.

Conduct of ESSS by Workers

17. **[Mandatory]** Enterprises are required to ensure that their Workers shall:
- (1) be supervised¹⁰ by a Supervisor whenever they carry out ESSS;
 - (2) new ART test kits whenever they carry out ESSS; and
 - (3) properly dispose of used ART test kits after they have carried out ESSS¹¹.

Uploading of Test Results onto SRS

18. **[Mandatory]** Enterprises are required to upload the test results obtained by their Workers from ESSS onto SRS in accordance with the following:
- (1) if the test result is "AG+", Enterprises are to upload the test result of that Worker onto SRS **no later than 30 minutes** after the ESSS for that specific Worker is completed;
 - (2) if the test result is "AG-", Enterprises are to upload the test result of that Worker **no later than 24 hours** after the ESSS for that specific Worker is completed; and
 - (3) the requirements set out under paragraphs 4 and 6 of **Annex A**.
19. More details on the registration for an SRS account and uploading of information can be found in paragraph 21 below or at <https://go.gov.sg/sport-and-fitness-activities-with-mandatory-fast-and-easy-testing>.

Support for Enterprises conducting ESSS

20. The Government will be supplying ART test kits to Enterprises until 31 December 2021. To place an order for the ART test kits, Enterprises are required to submit the relevant information using the form at this [link](#) ("**Order Form**"). Enterprises with multiple outlets to complete one Order Form for each unique entity number (UEN) for consolidated kits collection. The ART test kits will be delivered to Enterprises on first-come-first-served basis. Enterprises shall only use the ART test kits that are supplied by the Government for ESSS and shall not distribute, supply or sell them to any third-party. 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.

¹⁰ This can be done in person or virtually using tools such as video conferencing.

¹¹Used test kits should be double-bagged and tied before disposing them in closed bins (e.g. pedal bins).

21. After submission of the Order Form, a confirmation email and SMS from a third-party vendor will be sent to your POC with the delivery date within a week.
22. The information that is submitted on the Order Form will also be used by the relevant Government agencies to help Enterprises set up an SRS account. Once the SRS account has been set up, your POC will receive an email notification informing them about the creation of the SRS account and how to upload test results onto it.

Support from Enterprises

23. The fight against COVID-19 requires the collective effort of everyone in the community. We seek the support and understanding of all Enterprises during this period. We will continue to review and adjust the measures in line with the national posture for the health and well-being of the public and employees.
24. For more details on the FET regime, please visit <https://go.gov.sg/sport-and-fitness-activities-with-mandatory-fast-and-easy-testing>. You may also email SportandFitness@sport.gov.sg for further clarifications.
25. For SRS related enquires, you may also email SRS Support Email at AskSRS@hpb.gov.sg or the SRS Support hotline at 6876 5848, from Monday to Friday: 8 a.m. to 5 p.m. and Saturday: 8 a.m. to 1 p.m. Hotline is closed on Sundays and Public Holidays.

Annex A: FET Test Results and the Management of Workers after ESSS

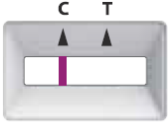
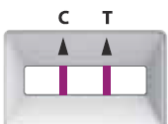

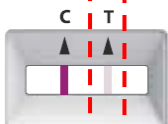

FET Test Results and the Management of Workers after ESSS

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+**”;
 - (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/>

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