

Issued: 20 July 2021

**TIGHTENING OF SAFE MANAGEMENT MEASURES FOR SPORT AND
PHYSICAL EXERCISE & ACTIVITY UNDER PHASE 2 (HEIGHTENED ALERT)
(22 JULY TO 18 AUGUST 2021)**

1. On 20 July 2021, the Multi-Ministry Taskforce announced that with effect from 22 July to 18 August 2021, there will be a further tightening of safe management measures (SMMs) to curb the transmission of COVID-19 within the community, similar to those previously introduced under Phase 2 (Heightened Alert).
2. Following the announcement, Sport Singapore is providing guidance regarding the further tightening that concerns all sports and physical exercises & activities, and public & private sports & recreational facilities in Singapore for the period of 22 July to 18 August 2021. These measures are directed towards containing community spread of COVID-19 by restricting sport and physical activities that take place in higher-risk settings such as those that take place indoors, as well as those where participants are likely to be engaging in strenuous activities unmasked. Changes will apply to tighten restrictions on density and group size, as well as for outdoor and indoor activities.
3. The updated measures described in this guidance must be adhered to starting 22 July and ending at the close of 18 August 2021.

REDUCTION OF GROUP SIZE FOR SPORT & PHYSICAL ACTIVITIES

4. The following conditions shall apply to all sport and physical exercises & activities, and sport & recreational facilities from 22 July to 18 August 2021:
 - a. **Density.** Sport/recreational facilities can only admit a maximum number of persons according to its **Gross Floor Area based on 16 Sqm per person¹, up to a maximum of 50 persons.** No facility, regardless of size, shall admit more than 50 persons.

However, large complexes or multi-function premises such as country clubs 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 (ToS) check-in and check-out as well as other screening provisions.

- b. **Group Size. Group activities must be confined to no more than 2 individuals.** The physical distancing² between individuals as well as between groups of up to 2 individuals must be maintained while exercising and playing sport.
 - i. For **organised programmes and classes that take place indoors**
 - **All high intensity, unmasked activities** are to be suspended. To be clear, activities that are strenuous and could result in participant removing their mask to catch their breath should not be conducted.

¹ The Gross Floor Area includes exercises spaces, as well as other spaces such as changing rooms, rest areas within the facility. Facilities up to 32 sqm can admit up to 2 persons; this does not include staff.

² A 2-metre physical distancing between individuals should be maintained while exercising and playing sport, and 3 metres between individuals for indoors high intensity or high movement exercise classes (only when it is not prohibited), unless the nature of activity requires the distance to be shortened. If there is more than one group sharing a space, the groups must not interact and must maintain a distance of 3 metres apart from one another at all times.

- **Masked activities** can take place in multiple groups of 2, up to 30 participants (including instructor) or the capacity limit of the venue, whichever is lower. The groups of 2 are not to intermingle before, during and after the class, and must remain 3 metres apart. Refer to subsequent paragraphs on restricting all indoor activities to masked activities at all times.
- ii. For organised programmes and classes that take place outdoors
- **Unmasked activities** including swimming, can take place with only two persons (including instructor), and there can be no multiple groups of 2. Dispensation may be approved at SportSG-operated facilities subject to strict enforcement of SMMs.
 - **Masked activities** can take place in multiple groups of 2, up to 30 participants (including instructor) or the capacity limit of the venue, whichever is lower. The groups of 2 are not to intermingle before, during, and after the class, and must remain 3 metres apart.
- iii. Physical activity of a social nature should be kept to 2 participants.

LOW INTENSITY, MASKED SPORT & PHYSICAL ACTIVITIES IN INDOOR ENVIRONMENTS

5. Physical activities, sport and exercise environments that are indoors³, where participants are in close contact, exerting and are not reasonably expected to be wearing masks, will not be allowed.

- a. All indoor facilities may only allow low intensity sport and physical activities with masks on at all times. Indoor high risk environments, i.e. indoor public and private gyms and fitness/exercise/dance studios⁴, including those operated by commercial enterprises, country clubs, golf clubs, private apartments, condominiums and charities, may only offer low intensity physical activities, sport and exercises where all participants and instructors are wearing masks at all times.
- b. No such facility will be allowed to offer weight, strength or resistance training of any form, and/or provide equipment or climbing walls to minimise risk of transmission via common surfaces.
- c. Participants, instructors and staff of these facilities also have to adhere to a more stringent set of safe management measures (SMMs) per Annex.
- d. Premises may be used by a coach/instructor for the purposes of producing digital content for online classes. Sport Singapore will have to be notified beforehand at Sport Covid@sport.gov.sg (detailing the date and time of filming, venue for filming, no. of pax, contact person and mobile number) to confirm adherence to prevailing SMMs for digital content production. There shall be no other activities at the premises when digital content production is taking place.

³ Defined as premises which are fully enclosed on all sides.

⁴ Premises identified as high-risk physical activities, sport and exercise environments include, but are not limited to, indoor fitness training facilities, indoor gyms, as well as fitness studios and similar indoor studio settings for climb walls, trampoline, dance, barre, spin, etc. Such indoor premises (and including any other type of indoor premises such as hotel, club or condominium function rooms) must not be allowed to be used, or hired out to others for use for any high intensity sport and physical activities where participants are in close contact, exerting and not wearing masks during the stipulated period.

There should only be a maximum of 15 people (instructors & crew, etc) at the facility with a maximum of 2 persons unmasked at any time for purpose of instructing the online classes, safe distancing of 3 metres between those doing strenuous activities and 1 metre for the filming crew are to be observed.

LARGE GROUP OUTDOOR CLASSES

6. Approved large outdoor classes at public spaces such as parks and HDB common areas, can continue, subject to the venue size and safe distancing requirements as stated in paragraph 4(b)ii. All instructors must also be registered with Sport Singapore.⁵

FAST AND EASY TESTING (FET) FOR SPORT AND FITNESS SECTOR

7. As part of the enhanced national measures for workers involved in higher-risk mask-off activities, the FET is mandatory for the following workforce⁶ from 15 July 2021. The frequency of the FET shall be once every 14 days:

- a. Gyms and fitness studios coaches / trainers / instructors where clients are engaged in unmasked activities.
- b. Sport coaches / instructors in sports such as, but not limited to athletics, badminton, basketball, dance, football, swimming, martial art, etc, where trainees are unmasked.

8. During this period, the above-mentioned workforce who operate at settings with unmasked users and were placed on mandatory regular FET regimes, would not be required to do so during this period if their business operations are **suspended**. For businesses that continue to remain open, their staff must continue with the regular 14-day FET requirement. Such regular FET will continue to be made free of charge during this period.

SPORT EVENTS FROM 22 JULY TO 18 AUGUST 2021

9. As part of ongoing efforts to reduce community transmission, Sport Singapore will restrict the conduct of sport events during the stipulated period:

- a. Sport Events may admit spectators up to 50 persons without the need to undergo pre-event testing. Should the organiser implement pre-event testing⁷, the number of spectators can be increased to 100, in zones of up to 50 persons.
- b. Mass Participation Sport Events such as mass runs, open-water swims, cycling and triathlon events can proceed with up to 50 participants without the need for pre-event testing. With pre-event testing, up to 100 participants (in waves of up to 50 persons) are allowed per session, with different sessions adequately separated by time⁸ to avoid the congregation of participants at the venue and its vicinity.

At this juncture, mass participation sport events will not be allowed to accommodate more than 100 participants per session and will not be allowed to

⁵ Instructors who are interested to conduct large outdoor classes at outdoor public spaces must be registered and can do so via <https://circle.myactivesg.com/programmes/classes/coaches/outdoor-classes-instructor-registration>. Subsequent approval from facility owner need to be sought before activities can be conducted.

⁶ Does not include volunteers and those who are not paid/compensated for their services.

⁷ Please refer to <https://go.gov.sg/pet> for MOH's latest requirements and guidelines on pre-event testing.

⁸ Organisers may propose the number of sessions and time interval between sessions to ensure safe participation, which may vary depending on context.

have invited spectators. Organisers are to put in place measures to prevent the spontaneous gathering of onlookers for such events.

- c. Sport Competitions & Tournaments (without spectators⁹) 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, with different sessions adequately separated within a day or across multiple days, to avoid congregation.

Each match is capped at 2 persons (any person in the field of play). If there are multiple matches, close contact must not exceed 50 persons a day for each participant.

10. 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 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.¹⁰

11. 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.

12. 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.

OTHER SAFE MANAGEMENT MEASURES

13. Other safe management measures will continue to be in place. These include, but are not limited to:

- a. Mask wearing. Masks should be worn as a default. If an individual is engaged in an outdoor activity of **high intensity** by himself or with another person (i.e. no more than 2 in the group), masks may be removed for the activity. Maintain physical distancing from other groups.

Those performing permitted **low intensity** sport and physical activity in an indoor environment are required to wear a mask at all times. The activity has to cease immediately, if any participant removes his or her mask, even for a short while to breathe.

- b. Physical distancing of at least 2 metres between individuals must be maintained in general while exercising¹¹, and 3 metres between different groups must be maintained at all times. There shall be no intermingling between groups before, during and after classes.

⁹ Sport tournaments and competitions with spectators will be treated as Sport Events with spectators.

¹⁰ 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.

¹¹ A physical distancing of 3 metres between individuals for indoors high intensity or high movement exercise classes (only when it is not prohibited) unless the nature of activity requires the distance to be shortened, should be maintained.

- c. 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.
- d. Sharing of common equipment should be minimised. Where the sharing of equipment is permitted (in outdoor settings), these 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.
- e. Reducing Physical Interaction & Hygiene and Ensuring Safe Distancing. Owners or operators of facilities are responsible for ensuring safe management measures 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. Conduct temperature screening¹² and checks on visible symptoms¹³ for visitors and turn away those with fever and/or who appear unwell. TraceTogether only SafeEntry (ToS) must be implemented for participants and visitors. All participants and staff are to use either the TraceTogether app or the TraceTogether Tokens for ToS. Enforcement of this will be stepped up to ensure full compliance by all permitted enterprises.
 - 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.

¹² Individuals with temperatures 38 degrees celsius and above are considered as having a fever.

¹³ Notable visible symptoms to look out for include: (a) coughing; (b) sneezing; (c) breathlessness; and (d) a runny nose.

ENFORCEMENT

14. 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.
15. 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).
16. This guidance supersedes all advisories issued by Sport Singapore before this date.

- End -

**ANNEX – ENHANCED SAFE MANAGEMENT MEASURES (SMMs) FOR
INDOOR HIGH-RISK ENVIRONMENTS OFFERING LOW INTENSITY SPORT
AND PHYSICAL ACTIVITIES FROM 22 JULY TO 18 AUGUST 2021**

Operators will have to comply with all of the following SMMs:

- a. All participants, including instructors and staff, must be properly masked at all times, including when performing the physical activity;
- 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 persons or lower subject to the venue size and safe distancing requirements, and in groups of no more than 2 persons;
- d. Physical distancing of at least 2 metres between individuals must be maintained in general while exercising, and 3 metres between different groups must be maintained at all times. There shall be no intermingling between groups before, during and after classes;
- e. There must be no provision of common equipment to minimise fomite transmission. Sharing of any equipment should be avoided (e.g. weights, exercise mats). 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.