

Issued: 11 June 2021

Updated: 18 June 2021 (for changes that will apply from 21 June 2021)

Updated: 9 July 2021 (for changes that will apply from 12 July 2021)

CALIBRATED EASING OF SAFE MANAGEMENT MEASURES FOR SPORT AND PHYSICAL EXERCISE & ACTIVITY FROM 14 JUNE 2021 (updated 9 July 2021)

1. On 10 June 2021, the Multi-Ministry Taskforce announced the calibrated easing of safe management measures (SMMs) in Singapore from 14 June 2021 under Phase 3 Heightened Alert. The easing of SMMs for sport and physical exercise & activity will take place in stages, with lower-risk activities resuming first, and higher-risk activities resuming later.

Update (18 June): Following the Multi-Ministry Taskforce's announcement on the revised scope and timing for the next stage of re-opening under Phase 3 Heightened Alert, Sport Singapore is providing an updated guidance on the SMMs for sport and physical exercise & activity from 21 June 2021. This update affects activities that take place in indoor unmasked environments which are deemed to be higher risk and will be resuming at a slower pace.

Update (9 July): Following the Multi-Ministry Taskforce's announcement on easing of measures under Phase 3 (Heightened Alert), Sport Singapore is providing an updated guidance on the SMMs for sport and physical exercise & activity from 12 July 2021.

2. From 14 June 2021 onwards, the group size restriction will increase from 2 to 5 persons. From 21 June 2021 onwards, indoor and outdoor sport and physical exercise & activity may resume with mask allowed to be removed if the activity is strenuous. Common equipment may be provided from 21 June.

Update (18 June): However, if mask is removed in an indoor environment, the group size restriction will remain at 2 persons (including instructor).

Update (9 July): From 12 July, group size for indoor, unmasked sport and physical exercise & activity will increase to 5 persons (including instructor).

3. For youths and children 18 years old and under, organised outdoor programmes of up to 5 persons¹ may resume from 14 June 2021. Subsequently, multiple groups of 5 persons for both indoor and outdoor programmes will be allowed from 21 June.

Update (18 June): However, if mask is removed in an indoor environment, the group size restriction will remain at 2 persons (including instructor).

Update (9 July): From 12 July, group size for indoor, unmasked sport and physical exercise & activity will increase to 5 persons (including instructor).

4. The current SMMs for sport and physical exercise & activity as outlined in Sport Singapore's guidance updated on 7 June 2021² remain in effect unless it is specifically superseded by this or later editions of this guidance.

SAFE MANAGEMENT MEASURES FOR SPORT & PHYSICAL EXERCISE / ACTIVITY FROM 14 JUNE 2021

5. The following conditions shall apply to all sport and physical exercise & activity, and sport & recreational facilities from 14 June 2021:

¹ Includes instructor/coach

² <https://www.sportsingapore.gov.sg/Newsroom/Media-Releases/2021/June/Updated-7-June-2021-Further-Stricter-SMM-For-Sport>

- a. **Density.** Sport/recreational facilities can only admit a maximum number of persons according to its **Gross Floor Area based on 10 Sqm per person³** (up from the current 16 Sqm per person), **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.

- b. **Group Size.** **Group sizes are restricted to 5 individuals** (up from the current 2 individuals). The physical distancing⁴ between individuals and groups of up to 5 individuals must be maintained while exercising and playing sport.
Update (18 June): However, if mask is removed in an indoor environment, the group size restriction will remain at 2 persons (including instructor).
Update (9 July): From 12 July, group size for indoor, unmasked sport and physical exercise & activity will increase to 5 persons (including instructor).

All activity of a social nature should be kept to 5 participants.

For all organised programmes and classes, service provider(s) (such as instructor or coach) may guide the group and will be included in the group size of 5.

Update (18 June): Group size of 2 for indoors unmasked activities.

Update (9 July): From 12 July, the group size for unmasked and masked activities in indoor and outdoor settings will be increased to 5 (including instructor).

- i. For programmes/classes where all participants are masked-up, multiple groups of 5 (including instructor/coach) remain allowable up to 30 participants or the capacity limit of the venue, whichever is lower.
Update (9 July): From 12 July, multiple groups of 5 (including instructor/coach) remain allowable up to 50 participants or the capacity limit of the venue, whichever is lower.

- ii. For programmes/classes where any participant is not wearing a mask:

- From 14 to 20 June, only outdoor activities are allowed, limited to 5 participants (including instructor/coach) in total.
- From 21 June onwards, multiple groups of 5 (including instructor/coach) up to 30 participants or the capacity limit of the venue, whichever is lower, will be allowed. This applies to outdoor activities. Update (18 June): In an indoor unmasked environment, multiple groups of 2 (including instructor/coach) up to 30 participants or the capacity limit of the venue, whichever is lower, will be allowed.
Update (9 July): From 12 July, multiple groups of 5 (including instructor/coach) remain allowable up to 50 participants or the capacity limit of the venue, whichever is lower, for both indoor and outdoor activities.

³ The Gross Floor Area includes exercises spaces, as well as other spaces such as changing rooms, rest areas within the facility. Facilities up to 50 sqm can admit up to 5 persons; this does not include staff.

⁴ Physical distancing of 2 metres between individuals should be maintained while exercising and playing sport in general, and 3 metres between individuals for indoors high intensity or high movement exercise classes, 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 from one another at all times.

There should be no intermingling between groups before, during and after the class, and they must remain 3 metres apart at all times.

c. **Restrictions on Sport and Physical Exercise & Activity in Indoor Settings.**

Indoor activities may resume with the stipulated SMMs in place:

- i. From 21 June 2021 onwards, masks may be removed if an activity is strenuous.⁴ However, masks must be worn once the individual has ceased strenuous activity. Users should have their masks with them at all times. Common equipment may be provided for use by participants.⁵ Gyms, studios, climbing walls and other indoor facilities may resume normal operations subject to prevailing rules in this guidance.

Update (18 June): In an indoor unmasked environment, multiple groups of 2 (including instructor/coach) up to 30 participants or the capacity limit of the venue, whichever is lower, will be allowed.

Update (9 July): From 12 July, multiple groups of 5 (including instructor/coach) is allowed up to 50 participants or the capacity limit of the venue, whichever is lower.

- ii. Individuals should restrict their use of facilities to no more than 2 hours each time.

- d. **Fast and Easy Testing (FET) for Sport and Fitness Sector.** Instructors and staff who come into contact with unmasked users in the course of their work will be progressively scheduled to undergo regular FET as part of the enhanced national measures for workers involved in higher-risk mask-off activities. More details will be released in due course. Update (18 June): The frequency of FET shall be once every 14 days. Employers would be expected to arrange to have their staff tested as soon as possible. If any instructor / staff who is required by this guidance to undergo FET but are not aware that their employer, association or organisation have registered them, they may go to this [link](#) / scan the QR code to register eligibility for FET. More details will be released soon.



Update (9 July): From 15 July, the FET is mandatory for the following [workforce](#)⁶ and the frequency of the FET shall be once every 14 days:

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

More details on FET for sport and fitness sector is available [here](#).

6. Approved large outdoor classes at public spaces such as parks and HDB common areas, can continue, subject to safe distancing and venue capacity. From 21 June, if the activity is strenuous, masks can be taken off but have to be put on immediately after the end

⁵ The restriction against common equipment indoors imposed since 8 May 2021 will be rescinded from 21 June 2021.

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

of the activity. All instructors must also be registered with Sport Singapore as well as seek permission from venue owners before they can conduct these classes.⁷

ORGANISED PROGRAMMES AND CLASSES FOR YOUTHS AND CHILDREN AGE 18 AND UNDER

7. Organised programmes and classes for this age group may resume with the stipulated SMMs in place:

- a. From 14 to 20 June, only outdoor sport / physical activity programmes may be conducted for up to 1 group of 5 participants (including instructor/coach) in total. If the activity is strenuous, masks can be taken off, but will have to be put on immediately after the end of the activity.
- b. From 21 June, multiple groups of 5 (including instructor/coach) up to 30 participants or the capacity limit of the venue, whichever is lower, will be allowed. This applies to both indoor and outdoor activities.
Update (18 June): In an indoor unmasked environment, multiple groups of 2 (including instructor /coach) up to 30 participants or the capacity limit of the venue, whichever is lower, will be allowed.
Update (9 July): From 12 July, multiple groups of 5 (including instructor/coach) is allowed up to 50 participants or the capacity limit of the venue, whichever is lower.

OTHER SAFE MANAGEMENT MEASURES

8. Other SMMs will continue to be in place. These include, but are not limited to:

- a. Physical distancing⁸ of 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.
- b. Mask wearing. Masks should be worn as a default. Masks may be taken off when performing strenuous activity, and it must be put on immediately after the completion of high intensity sport and physical activities.
- 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, 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.

⁷ 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.

⁸ Physical distancing of 3 metres between individuals should be observed for indoors high intensity or high movement exercise classes unless the nature of activity requires the distance to be shortened.

- 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 screening⁹ and checks on visible symptoms¹⁰ for visitors, and turn away those with fever and/or who appear unwell. SafeEntry must be implemented for participants and visitors. From 17 May onwards, all participants and staff are to use either the TraceTogether app or the TraceTogether Tokens for SafeEntry;
 - 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. 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;
 - vi. Ensure that participants do not shout while engaging in physical activities. This is because shouting increases the risk of transmission via droplets.

RESUMPTION OF SPORT EVENTS FROM 14 JUNE 2021

9. As part of the gradual resumption of sport and physical activity & exercise, sport events may resume as follows:

- a. Live Spectator Sport Events may resume from 14 June, with up to 50 spectators without the need for attendees to undergo pre-event testing. Should the organiser implement pre-event testing¹¹, the number of spectators can be increased to 250, in zones of up to 50 persons.
- b. Mass Participation Sport Events such as mass runs, open-water swims, cycling and triathlon events may proceed from 21 June. Such events can proceed with up to 50 participants without the need for pre-event testing. With pre-event testing, up to 250 participants (in waves of up to 50 persons) are allowed per session, with

⁹ Individuals with temperatures 38 degrees celsius and above are considered as having a fever.

¹⁰ Notable visible symptoms to look out for include: (a) coughing; (b) sneezing; (c) breathlessness; and (d) a runny nose.

¹¹ Please refer to <https://go.gov.sg/pet> for MOH's latest requirements and guidelines on pre-event testing.

different sessions adequately separated by time¹² to avoid the congregation of participants at the venue.

At this juncture, mass participation sport events will not be allowed to accommodate more than 250 participants per session, and 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.

- c. Sport Competitions & Tournaments (without spectators¹³) refer to competitions involving timed races or head-to-head matches where there could be multiple heats or qualifying rounds (“sessions”). Such events may resume from 21 June, 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 5 persons (which includes the referees if they need to be in the field of play). If there are multiple matches, close contact must not exceed 50 persons a day for each participant. For example, if a team plays multiple matches a day, each team member shall not play more than 49 others (including teammates) in a day.

Update (18 June): In an indoor unmasked environment, each match is capped at 2 persons.

Update (9 July): From 12 July, a match is capped at 5 persons (which includes the referees if they need to be in the field of play) such as 2v2 or 2v3. This is applicable for masked and unmasked matches in indoor and outdoor settings.

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.¹⁴

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.

ENFORCEMENT

13. 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.

¹² Organisers may propose the number of sessions and time interval between sessions to ensure safe participation, which may vary depending on context.

¹³ Sport tournaments and competitions with spectators will be treated as Live Spectator Sport Events.

¹⁴ 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.

14. For the latest updates on COVID-19 for sport and physical exercise & activity, please visit www.sportsingapore.gov.sg. 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).
15. This guidance supersedes all advisories issued by Sport Singapore before this date.

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