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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 March 2022?

Ans: From 29 March 2022 (unless otherwise stated below), the following streamlined SMMs will apply to all sports and physical exercises & activities, and public & private sports & recreational facilities in Singapore.

As an overview, the SMM changes are to the following:

1. Mask Wearing
 2. Safe Distancing and Prevailing Group Size Limits
 3. Venue Capacity
 4. Class Sizes
 5. Vaccination-Differentiated SMMs (VDS) at All Indoor Sport Facilities
 6. Resumption of Bigger Team Sport Formats under VDS at Approved Sport Facilities.
 7. Large Group Outdoor Classes
 8. Sporting Events
1. **[Updated] Mask Wearing.** Mask wearing will continue to be required for *indoor*¹ settings but will be optional in outdoor settings.
 - a. For *indoor* activities, 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. For *outdoor* activities, individuals are encouraged to wear their masks for personal protection and to protect others, especially in crowded areas.
 2. **Safe Distancing and Prevailing Group Size Limits.** Safe distancing is encouraged for *masked* settings but will no longer be mandatory. Safe distancing will continue to be required for all *unmasked* settings as follows:
 - a. **[Updated]** At least 1-metre physical distancing between groups of up to 10 individuals.
 - b. No cross-mixing or cross-playing between groups.
 3. **Venue Capacity.** For facilities that can admit:
 - a. ≤1,000 pax (including staff) based on its fire safety requirement, they can proceed without any capacity limit. However, these facilities will need to adhere to the safe distancing and prevailing group size limits if they have *unmasked* activities.
 - b. >1,000 pax (including staff) based on its fire safety requirement, and hold:

¹ **[Updated]** Indoor places refer to areas within buildings or enclosed places, and typically have clearly defined entrances/exits. They include office buildings, shopping malls, public transport (i.e. when commuting in trains and buses), and hawker centres and coffeeshops. Places which are sheltered but which are not enclosed at the sides and allow open access generally will be regarded as outdoor areas. For example, Housing Development Board (HDB) void decks, retail block walkways, bus stops, and naturally ventilated bus interchanges will be regarded as outdoor areas.

- **[Updated] masked** activities, they would be subjected to a **capacity limit of 75%**.
- **unmasked** activities, they would be subjected to the safe distancing and prevailing group size limits under point 2 above.

4. **[Updated] Class Sizes.** For organised classes/programmes, please observe the following:

Setting		Segment	Class size
<u>MASKED</u>	Indoor² (VDS setting)	Fully vaccinated individuals ³	Class size limits for masked classes will be lifted, subject to the prevailing fire safety and room/venue capacity requirements
		Unvaccinated children aged 12 years & below (born in 2010 or later)	Unvaccinated children aged 12 years and below need not be from the same household
<u>UNMASKED</u>	Indoor⁴ (VDS setting)	Fully vaccinated individuals	[Updated] Class size limits for unmasked indoors classes involving only fully vaccinated individuals will be lifted, subject to the prevailing fire safety and room/venue capacity requirements. Fully vaccinated individuals can be in multiple groups of up to 10 pax per group (including instructor/s) with safe distancing of 1m between groups. No intermingling between groups
		Unvaccinated children aged 12 years & below (born in 2010 or later)	[Updated] Only 1 group of 10 is allowed (including instructor/s) Unvaccinated children aged 12 years and below need not be from the same household

² Refer to footnote 1

³ 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>

With the introduction of Workforce Vaccination Measures (WVM) from 1 January 2022, only fully vaccinated employees and self-employed persons (SEPs) will be allowed at the workplace. For more info on WVM and work arrangements for unvaccinated employees and SEPs, please refer to MOM’s advisory at <https://www.mom.gov.sg/covid-19/advisory-on-covid-19-vaccination-in-employment-settings-and-the-faqs> at <https://www.mom.gov.sg/covid-19/frequently-asked-questions/covid-19-vaccinations>

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, unless otherwise stated.

⁴ Refer to footnote 1

Setting		Segment	Class size
	Outdoor	All individuals	<p>[Updated] Multiple groups of up to 10 pax per group, <u>up to 50 pax</u> (including instructor/s) with safe distancing of 1m between groups</p> <p>No intermingling between groups</p>

5. Vaccination-Differentiated SMMs (VDS) at All Indoor⁵ Sport Facilities. VDS is applicable to all indoor sports facilities.

- a. Facilities that do not implement checks on vaccination status will not be allowed to operate. Permitted enterprises are responsible for conducting checks on the vaccination status of all staff and participants and are to set up proper checking protocol at their access control points. Beyond the usual screening measures such as ensuring that every person who enters their premises perform their TraceTogether-only SafeEntry (TT-only SE) and SafeEntry Gateway (SEGW) check-in & check-out, they are to ensure that these persons have their vaccination status checked. Persons who do not have their vaccination status verified will be denied participation in indoor activities.

Permitted enterprises/establishments within a larger facility such as shopping malls that already require VDS upon entry, will no longer need to conduct their own VDS checks. However, if the establishment operates outside of the main facility's operating hours, it should conduct its own VDS checks.

- b. Individuals who have recovered from a COVID-19 infection, medically ineligible for COVID-19 vaccination and unvaccinated children aged 12 and below are exempted from VDS and can enter VDS premises or participate in VDS activities. Unvaccinated children aged 12 years and below (i.e. born in 2010 or later) need not be from the same household to be included within a group in VDS settings but are subjected to guidelines under Section D.

6. Resumption of Bigger Team Sport Formats under VDS at Approved Sport Facilities.

Team sports will be allowed for up to 30 fully vaccinated⁶ persons (including players, coaches, umpires etc), at selected supervised/operated sports facilities i.e. ActiveSG and PA facilities and SportSG-approved private facilities from 15 March 2022. The number of players who can be admitted into the premises and onto each court or field will also depend on the venue capacity and safe-distancing considerations. No additional testing requirement will be imposed but participants are strongly encouraged to self-test before arriving for the sporting activity, and to stay home if they test positive or develop symptoms. Participants will be required to fill in a health declaration form prior to the sporting activity. Refer to more details under Section C.

- a. **[Updated]** The prevailing SMMs such as wearing of masks and safe distancing, will apply before and after the sporting activity, and during rest breaks. Any participants not playing during the game will have to be masked and observe a 1-metre safe

⁵ Refer to footnote 1

⁶ Only fully vaccinated and COVID-19 recovered individuals are allowed to participate in the expanded Team Sports Format under VDS. All unvaccinated (including unvaccinated children aged 12 years old and under) and medically ineligible individuals are not allowed to participate.

distancing from unmasked players on the court or field. There should be no mingling before and after the game between groups of up to 10 individuals.

- b. For more details on slots available for booking at ActiveSG and PA facilities, please visit: <https://www.myactivesg.com/> and <https://www.pa.gov.sg/team-sports-pilot>.
 - c. Team sport formats in non-approved settings such as outdoor courts or fields in public areas must adhere to the prevailing group size limits.
 - d. Enforcement officers and safe distancing ambassadors will conduct regular checks to ensure compliance with the required SMMs by the participants.
7. **Large Group Outdoor Classes. [Updated]** Instructors conducting large group outdoor classes at public spaces such as parks and HDB common areas are no longer required to be registered with Sport Singapore but should continue to adhere to prevailing SMMs such as class size. In addition, they should continue to seek approval from the facility owner before activities are conducted and remind participants to observe prevailing SMMs.
8. **Sporting Events. All sporting events, irrespective of event size, must implement VDS** in order to proceed, i.e., only fully vaccinated⁷ individuals may attend or participate in these events.
- a. **Spectator Sporting Events.** Spectator sporting events where spectators are masked can proceed based on the following parameters:
 - i. up to 1,000 spectators; OR
 - ii. **[Updated]** over 1,000 spectators, as long as the total number of spectators does not exceed 75% of the capacity limit of the venue either based on its fire safety requirement, or the number of available fixed seats.

While zoning is no longer required, spectators should be reasonably spread out across the venue capacity or fixed seats. Venue staff will need to prevent/minimise the congregation of spectators within the event venue.

[Updated] Spectators are allowed to cheer, sing or whistle only if they are wearing masks.

- b. **Mass Participation Sporting Events.** Mass participation sporting events, such as mass runs, open-water swims, cycling and triathlon events, where there are unmasked participants can proceed without a specific event size limit⁸ as long as the participants comply with the 1-metre safe distancing and prevailing group size limit requirements. As good practice to avoid overcrowding, event organisers can organise participants in waves of up to 100 persons.

At this juncture, mass/major participation sporting events 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.

⁷ Refer to footnote 3

⁸ Different sessions are required to be adequately separated by time to avoid the congregation of participants at the venue and its vicinity. Organisers may propose the number of sessions and time interval between sessions to ensure safe participation, which may vary depending on context.

- c. Sporting Competitions & Tournaments refer to competitions involving timed races or head-to-head matches where there could be multiple heats or qualifying rounds (“sessions”). **[Updated]** The number of individuals at the facility is subjected to the prevailing fire safety and room/venue capacity requirements and measures. Organisers may consider arranging competitions with different sessions, adequately separated within a day (i.e., at different times of a day) or across multiple days, to avoid congregation.

[Updated] Each match is only allowed to have up to 10 persons in the field of play at any single point in time, unless it takes place at supervised/operated sports facilities such as ActiveSG and PA facilities and SportSG-approved private facilities under the Resumption of Bigger Team Sport Formats under VDS.

For such sporting competitions and tournaments, spectators are permitted, but must comply with the requirements under point 7(a) in the preceding page.

[Updated] The consumption of food and drink is permitted during sporting events in areas within the venue specially designated for such consumption⁹, subject to prevailing dining-in activity requirements, which includes eating/drinking at a fixed position, as well as the safe distancing and prevailing group size limits.

[Updated] Organising Sporting Events. Sporting events that are organised within prevailing SMMs do not need Sport Singapore’s endorsement to proceed. Only events with SMM deviations i.e., operating outside of prevailing SMMs such as competitions beyond 5v5, will need to have an endorsement by Sport Singapore before they can be conducted. Organisers will have to submit an application to Sport Singapore at <https://www.sportsingapore.gov.sg/COVID19/Sport-Event-Applications> at least 14 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 proceed¹⁰.

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

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

Ans: VDS for fully vaccinated¹¹ individuals have been implemented since 10 August 2021 for selected premises, activities and events. From 1 February 2022, VDS will be expanded to cover more settings and activities, including all indoor sports facilities and sporting events. From 15 March 2022, unvaccinated children aged 12 years and below (i.e. born in 2010 or later) need not be from the same household to be included within a group in VDS settings (However, this does not include participation on team sport format under VDS where only fully vaccinated individuals are allowed).

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

⁹ Consumption of food and drink is not allowed at the spectator stands.

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 Refer to footnote 3

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>

With the introduction of Workforce Vaccination Measures (WVM) from 1 January 2022, only fully vaccinated employees and self-employed persons (SEPs) will be allowed at the workplace. For more info on WVM and work arrangements for unvaccinated employees and SEPs, please refer to MOM’s advisory at <https://www.mom.gov.sg/covid-19/advisory-on-covid-19-vaccination-in-employment-settings> and the FAQs at <https://www.mom.gov.sg/covid-19/frequently-asked-questions/covid-19-vaccinations>

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 (except for the expanded Team Sport formats under VDS).

Qn: I want to organise *unmasked class/programme/activities* at my *indoor* facility. How do I go about it?

Ans: Permitted enterprises are:

- to implement VDS at their indoor facilities and conduct checks on the vaccination status of their participants at their access control. Persons who fail to have their status verified will be denied participation. Permitted enterprises/establishments within a larger facility such as shopping malls, that already require VDS upon entry, will no longer need to conduct their own VDS checks. If the establishment operates outside of the main facility’s operating hours, it should conduct its own VDS checks.
- to ensure that participants, instructors and staff also adhere to prevailing SMMs.
- to ensure that all organised classes/programmes within indoor VDS settings are to adhere to the class size limits indicated in the table on page 2.

In addition, 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> as well as enhance hygiene and cleanliness through the SGClean certification: <https://www.sgclean.gov.sg/join/for-owners/how-to-be-certified/>

Qn: I am organising a class that requires VDS. How do I check my participants’ vaccination status?

Ans: You can refer to the information at <https://go.gov.sg/status-check>. You can also check the status of vaccination or their COVID test records on the participants’ TraceTogether app.

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

Ans: Yes, from 1 February 2022, all permitted enterprises must implement VDS at their indoor facilities. Those who choose not to implement VDS will not be allowed to conduct indoor activities. Permitted enterprises/establishments within a larger facility such as shopping malls, that already require VDS upon entry, will no longer need to conduct their own VDS checks. If the establishment operates outside of the main facility’s operating hours, it should conduct its own VDS checks. All organised classes/programmes within indoor VDS settings are to adhere to the class size limits indicated in the table on page 2.

In addition, 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>

[circular-improving-ventilation-iaq](#) as well as enhance hygiene and cleanliness through the SGClean certification: <https://www.sgclean.gov.sg/join/for-owners/how-to-be-certified/>

With the introduction of Workforce Vaccination Measures (WVM) from 1 January 2022, only fully vaccinated employees will be allowed at the workplace. For more info on WVM and work arrangements for unvaccinated employees, please refer to MOM's advisory at <https://www.mom.gov.sg/covid-19/advisory-on-covid-19-vaccination-in-employment-settings> and the FAQs at <https://www.mom.gov.sg/covid-19/frequently-asked-questions/covid-19-vaccinations>

Qn: I am a Fitness Studio offering low intensity Yoga classes. Can I have both unvaccinated and vaccinated students in the same class by making everyone wear their mask?

Ans: No you cannot. As of 1 February 2022, **vaccination-differentiated SMMs** must be implemented at all indoor facilities for classes/activities to continue. Only fully vaccinated¹² individuals are permitted to enter indoor premises. However, if there are unvaccinated children 12 years & below in the activity, please refer to Section D for more information.

Qn: I am a Gym offering weights equipment and treadmills. Can I have both unvaccinated and vaccinated individuals use the gym at the same time by making everyone wear their mask?

Ans: No you cannot. As of 1 February 2022, **vaccination-differentiated SMMs** must be implemented at all indoor facilities for classes/activities to continue. Only fully vaccinated¹³ individuals and recovered persons are permitted to enter indoor premises. However, if there are unvaccinated children 12 years & below in the activity, please refer to Section D for more information.

Qn: Is there a minimum time gap between the end of an indoor class and the start of another?

Ans: The previous requirement for a time gap of at least 15 minutes after the end of a class to the start of the next, has been removed. However, operators are urged to clean and ventilate the room after each class ends.

Qn: Can studios/gyms provide vending machines and water fountains?

Ans: Vending machines and water coolers (for refilling purposes) are allowed. Operators are to ensure that no congregation in these areas.

Qn: I run a badminton class for children below 12 years old. Do I need to check their vaccination status?

Ans: From 15 March 2022, unvaccinated children aged 12 years and below (i.e. born in 2010 or later) need not be from the same household to be included within a group in VDS settings. Please refer to Section D for more information.

¹² Refer to footnote 3

¹³ Refer to footnote 3

C. ON RESUMPTION OF TEAM SPORTS SPORT FORMATS UNDER VDS AT APPROVED SPORT FACILITIES

Qn: What is the Team Sport Format under VDS and who can play?

Ans: Team sports will be allowed for up to 30 fully vaccinated¹⁴ persons (including players, coaches, umpires etc), at selected supervised/operated sports facilities i.e. ActiveSG and PA facilities and SportSG-approved private facilities from 15 March 2022. The number of players who can be admitted into the premises and onto each court or field will also depend on the venue capacity and safe-distancing considerations.

[Updated] The prevailing SMMs such as wearing of masks and safe distancing, will apply before and after the sporting activity, and during rest breaks. Any participants not playing during the game will have to be masked and observe a 1-metre safe distancing from unmasked players on the court or field. There should be no mingling before and after the game between groups of up to 10 individuals.

No additional testing requirement will be imposed but participants are strongly encouraged to self-test before arriving for the sporting activity, and to stay home if they test positive or develop symptoms. Participants will be required to fill in a health declaration form prior to the sporting activity.

[Updated] Team sport formats in non-approved settings such as outdoor courts or fields in public areas must adhere to the prevailing group size i.e. up to 10 pax so 5v5 is permissible. For more details on slots available for booking at ActiveSG and PA facilities, please visit: <https://www.myactivesg.com/> and <https://www.pa.gov.sg/team-sports-pilot>.

Qn: Which venues will offer the Team Sport Format under VDS?

Ans: Team sports will be allowed for up to 30 fully vaccinated¹⁵ persons (including players, coaches, umpires etc), at selected supervised/operated sports facilities i.e. ActiveSG and PA facilities and SportSG-approved private facilities from 15 March 2022. The number of players who can be admitted into the premises and onto each court or field will also depend on the venue capacity and safe-distancing considerations.

For more details on slots available for booking at ActiveSG and PA facilities, please visit: <https://www.myactivesg.com/> and <https://www.pa.gov.sg/team-sports-pilot>

Qn: I want to play 5v5 basketball / football at the open-air basketball court / field in a nearby park. Is this allowed?

Ans: Yes, with the increase in the national group size to 10 pax, team sport formats such as 5v5 are allowed in outdoor courts or fields in public areas from 29 March 2022.

To be clear, playing amongst 2 groups of 10 pax i.e. 10v10, is not allowed.

Qn: I want to play 10v10 football at the open-air field near my house. Is this allowed?

Ans: No, playing amongst 2 groups of 10 pax i.e. 10v10, is not allowed. Team sport formats in non-approved settings such as outdoor courts or fields in public areas will continue to adhere to the prevailing national social gathering group size of 10 persons.

¹⁴ Only fully vaccinated and COVID-19 recovered individuals are allowed to participate in the expanded Team Sports Format under VDS. All unvaccinated (including unvaccinated children aged 12 years old and under) and medically ineligible individuals are not allowed to participate.

¹⁵ Only fully vaccinated and COVID-19 recovered individuals are allowed to participate in the expanded Team Sports Format under VDS. All unvaccinated (including unvaccinated children aged 12 years old and under) and medically ineligible individuals are not allowed to participate.

D. CHILDREN 12 YEARS & BELOW

From 15 March 2022, **unvaccinated children aged 12 years and below (i.e. born in 2010 or later) need not be from the same household** to be included within a group in VDS settings (except for the team sport formats under VDS) as follows:

Setting	Class size
<u>MASKED</u> Indoor (VDS setting)	Class size limits for mask-on classes will be lifted, subject to the prevailing fire safety and room/venue capacity requirements.
<u>UNMASKED</u> Indoor (VDS setting)	Only 1 group of 10 is allowed (including instructor/s).
<u>UNMASKED</u> Outdoor	[Updated] Multiple groups of up to 10 pax per group, <u>up to 50 pax</u> (including instructor/s) with safe distancing of 1m between groups. No intermingling between groups.

Qn: I operate i) a fitness studio, ii) an indoor swimming pool, offering unmasked classes to unvaccinated children 12 years old and below. Can I have two groups of 6 children in the class separated by a 1-metre distance between them? The 6 children in each group are NOT from the same household.

Ans:

- From 29 March 2022, a class that involves unvaccinated children aged 12 years old and below, can only have one group of 10 pax, including the instructor. The unvaccinated children in that group need not be from the same household.
- If the venue capacity allows for it, the facility can hold multiple classes of 10 pax led by different instructors, with adequate safe distancing between the classes at all times. To be clear, as long as there is an unvaccinated child in the class, an instructor cannot take more than 10 pax at the same time.can

Qn: Can I conduct a 1-on-1 private training with my unvaccinated 10-year-old student at an indoor facility?

Ans: Yes, as long as you, the instructor/coach, are fully vaccinated to carry out training indoors.

Qn: Can my son who is 8 years old and is unvaccinated take part in badminton doubles competition? The competition format entails him playing 2v2 against a few pairs of competitors in the same day. Is this allowed?

Ans: Yes this is allowed as your child will be playing within the permissible group size at any one time.

Qn: My daughter is 10 years old and is unvaccinated. Can she take part in team sport formats under VDS at approved facilities?

Ans: The sport format under VDS allows for play beyond the national group size (with up to 30 fully vaccinated individuals). In order to safeguard your child who is unvaccinated from infection, she will not be allowed to participate in this team sport format.

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

Qn: I am moving my classes to the outdoor area near to my indoor facility. Can my participants enter to use the changing room/toilet/shower facilities in my gym/exercise studios after they are done with the physical activity?

Ans: From 1 February 2022, all indoor facilities are to implement VDS. Only fully vaccinated individuals¹⁶ may enter these indoor facilities **and** use the changing room/toilet/shower facilities subject to prevailing safe management measures such as facility capacity and safe distancing. You have to take measures to ensure that transmission risks are minimised in such places.

Do seek the approval of the venue owner of the outdoor location that you will be using before you move your classes outdoors.

Government agencies will be conducting inspections. Enforcement action(s) under the COVID-19 (Temporary Measures) Act will be taken against businesses or individuals who fail to comply with safe management measures.

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.

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 (as listed in Protocol 2: <https://www.covid.gov.sg/well-and-positive-or-condition-assessed-mild-by-doctor>) or persons with severe symptoms should consult their doctor for further advice if needed.

Qn: I am a registered instructor under Sport Singapore's Large Group Outdoor Classes. How does the latest measures affect me?

Ans: Large outdoor classes at public spaces such as parks and HDB common areas, can continue.

- **[Updated]** For organised programmes and classes outdoors, a service provider (such as an instructor or a coach) from a permitted enterprise may guide the group. Up to 50 participants can be organised in multiple groups of up to 10 pax each per group, with safe distancing of 1-metre between groups and no intermingling.
- **[Updated]** Instructors conducting large group outdoor classes at public spaces such as parks and HDB common areas are no longer required to be registered with Sport Singapore but should continue to adhere to prevailing SMMs such as class size. In addition, they should continue to seek approval from the facility owner before activities are conducted and remind participants to observe prevailing SMMs.

¹⁶ Refer to footnote 3

Qn: I am Zumba instructor conducting outdoor classes. Can I instruct 3 different groups of 10 participants at one go? Can I approach participants to guide them?

Ans: You may coach multiple groups of 10 pax, up to 50 pax with a safe distancing of 1-metre between groups and no intermingling. You can guide the participants from a 1-metre physical distancing at all times. Should you be unable to do so, and need to approach the participants to guide them, you would then need to be part of that group and not intermingle with the other groups. Please seek approval from the facility owner before activities are conducted, and to remind participants to observe prevailing SMMs.

F. ON SPORTING EVENTS

Note to Event Organisers:

- From 1 February 2022, all Sporting Events, irrespective of event size, must implement VDS in order to proceed.
- From 29 March 2022, sporting events that are organised within prevailing SMMs do not need Sport Singapore's endorsement to proceed. Only those events with SMM deviations i.e. operating outside of prevailing SMMs such as competitions beyond 5v5, will need to have an endorsement by Sport Singapore before they can be conducted. If event organisers are unsure, please email Sport Singapore for clarification at SPORT_Covid@sport.gov.sg
- Organisers will have to submit an application to Sport Singapore at <https://www.sportsingapore.gov.sg/COVID19/Sport-Event-Applications> at least 14 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 proceed¹⁷.

Sport Singapore's endorsement is only for the sporting event SMMs. Organisers will need to seek further approval from facility owner / relevant agencies before their event can proceed.

Qn: What sporting events are currently permitted?

Ans: All sporting events, irrespective of event size, must implement VDS in order to proceed, i.e., only fully vaccinated¹⁸ individuals may attend or participate in these events.

- a. Spectator Sporting Events. Spectator sporting events where spectators are masked can proceed based on the following parameters:
 - i. up to 1,000 spectators; OR
 - ii. **[Updated]** over 1,000 spectators, as long as the total number of spectators does not exceed 75% of the capacity limit of the venue either based on its fire safety requirement, or the number of available fixed seats.

While zoning is no longer required, spectators should be reasonably spread out across the venue capacity or fixed seats. Venue staff will need to prevent/minimise the congregation of spectators within the event venue.

[Updated] Spectators are allowed to cheer, sing, or whistle only if they are wearing masks.

- b. Mass Participation Sporting Events. Mass participation sporting events, such as mass runs, open-water swims, cycling and triathlon events, where there are unmasked

¹⁷ 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.

¹⁸ Refer to footnote 3

participants can proceed without a specific event size limit¹⁹ as long as the participants comply with the 1-metre safe distancing and prevailing group size limit requirements. As good practice to avoid overcrowding, event organisers can organise participants in waves of up to 100 persons.

At this juncture, mass/major participation sporting events 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. **Sporting Competitions & Tournaments** refer to competitions involving timed races or head-to-head matches where there could be multiple heats or qualifying rounds (“sessions”). **[Updated]** The number of individuals at the facility is subjected to the prevailing fire safety and room/venue capacity requirements and measures. Organisers may consider arranging competitions with different sessions, adequately separated within a day (i.e., at different times of a day) or across multiple days, to avoid congregation.

[Updated] Each match is only allowed to have up to 10 persons in the field of play at any single point in time, unless it takes place at supervised/operated sports facilities such as ActiveSG and PA facilities and SportSG-approved private facilities under the Resumption of Bigger Team Sport Formats under VDS.

For such sporting competitions and tournaments, spectators are permitted, but must comply with the requirements at paragraph (a) above.

Qn: I would like to organise a mass running event for 100 persons. What do I need to do?

Ans: From 29 March 2022, sporting events that are organised within prevailing SMMs do not need Sport Singapore’s endorsement to proceed. Only those events with SMM deviations i.e. operating outside of prevailing SMMs such as sporting competitions beyond 5v5, will need to have an endorsement by Sport Singapore before they can be conducted. Do note that from 1 February 2022, all Sporting Events, irrespective of event size, must implement VDS. If event organisers are unsure, please email Sport Singapore for clarification at SPORT_Covid@sport.gov.sg

Qn: I am an NSA and will like to conduct a tournament/competition during this period, for athletes’ international qualifications. Is it still possible?

Ans: NSAs are advised to approach their NSA Partnership officer from Sport Singapore as soon as possible to discuss these plans.

¹⁹ Different sessions are required to be adequately separated by time to avoid the congregation of participants at the venue and its vicinity. Organisers may propose the number of sessions and time interval between sessions to ensure safe participation, which may vary depending on context.