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ADVISORY FOR RESUMPTION OF SPORT AND PHYSICAL EXERCISES & ACTIVITIES FOR PHASE TWO (“SAFE TRANSITION”)

1. This advisory provides members of the public and sport, fitness activities organisers and operators with information on the resumption of sport and physical exercises under Phase Two (“Safe Transition”), as well as the safe management measures to be implemented.
2. As announced by the Multi-Ministry Taskforce, Phase Two will commence on 19 June 2020. Measures mandated in this advisory have to be in effect before the sport and physical exercises & activities are permitted to resume.

GENERAL POSTURE FOR SPORT AND PHYSICAL EXERCISES & ACTIVITIES

3. In Phase Two, all sport and physical exercises & activities may resume under the following conditions:
 - a. Sport and recreational facilities may open. Facilities can only admit a maximum number of persons according to its Gross Floor Area based on 10 Sqm per person.¹ No facility, regardless of size, shall admit more than 50 persons without specific approval by Sport Singapore.
 - b. Physical distancing of 2 metres (2 arms-length) between individuals should be maintained in general while exercising and playing sports. A physical distancing of 3 metres (3 arms-length) between individuals should be observed for indoors high intensity or high movement exercise classes.
 - c. Group activities are limited to no more than 5 participants. 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. For organised programmes and classes, an additional service provider (such as an instructor or a coach) from a permitted enterprise may guide the group.
 - d. Contact sports are permitted, notwithstanding point 3b above, with modification to avoid extensive body contact.
 - e. Mask should be worn as a default. Masks can be taken off when performing strenuous activities, although it is still recommended as good practice even under such circumstances.
 - f. Sharing of common equipment should be avoided. Personal equipment should not be shared. If this cannot be done, then equipment should be wiped down / sanitised frequently. This includes gym equipment such as weights, and sports equipment such as basketballs.
 - g. Owners or Operators of facilities are responsible for ensuring safe management measures are implemented, and that their patrons/users comply.

¹ Facilities up to 50 sqm can admit up to 5 persons, e.g. a 20 sqm facility can accommodate 5 persons. This does not include staff.

4. The above conditions are elaborated in paras 5-7, and additional conditions for specific settings are set out in Table 1.

RE-OPENING OF SPORT & RECREATIONAL FACILITIES

5. **Re-opening of Sport and Recreational Facilities.** Sport and recreational facilities, including but not limited to swimming pools, stadiums, fitness studios, gyms, indoor sport halls, outdoor courts, bowling centres, golf courses, managed by public, private and commercial entities, as well as those in condominiums, may be opened from Phase Two.

6. **Facility Capacity.** The maximum number of persons allowed at each facility shall be limited according to its Gross Floor Area based on 10 Sqm per person or 50 persons, whichever is lower. This applies to all outdoors, indoors and sheltered facilities that are larger than 50 Sqm. This capacity limit is to minimise the risk of large clusters forming. For facilities smaller than 50 Sqm, facility operators have to ensure that the physical distancing measures are observed.²

7. **Safe Management Measures.** In consultation with industry stakeholders, Sport Singapore is providing operational guidance on the following safe management measures, which facility operators will have to put in place prior to the opening of their sport and recreational facilities to minimise the risk and consequence of infection. Operators of facilities are to ensure compliance by all users.

- a. Appoint Safe Management Officer. Facility operators are to designate a senior staff as Safe Management Officer (SMO) to ensure compliance with the measures. The SMO will be responsible for formulating the implementation plans, conducting inspections and checks, as well as maintaining records for subsequent audits by the authorities.
- b. Support Contact Tracing & Implement Temperature Screening. All sport and recreational facilities must implement SafeEntry for participants and visitors. Facility operators must conduct temperature screening³ and checks on visible symptoms⁴ for visitors, and turn away those with fever and/or who appear unwell. Employees and visitors are encouraged to download and activate the TraceTogether app.
- c. Reduce Physical Interaction and Ensure Safe Distancing. Facility operators will have to organise human traffic flow and space management to ensure that the mixing of groups is minimised to transient contact. Equipment should be arranged to allow users to exercise at a safe distance with each other.
- d. Crowd Management. Facility operators will have to devise systems to ensure there is no overcrowding at or around their premises, such as through the use of booking systems. Facility operators will have to manage rest areas and changing room operations to prevent crowding and loitering.

² This does not include staff.

³ Individuals with temperatures above 38 degrees Celsius are considered as having a fever.

⁴ Notable visible symptoms to look out for include: (a) coughing; (b) sneezing; (c) breathlessness; and (d) a runny nose.

- e. Wear Masks & Ensure Hygiene. Facility operators will have to ensure that all visitors don masks when they enter the facility. Hand sanitisers should be placed in close proximity of the facility entrance and high-touch surfaces like door handles. Visitors should be encouraged to sanitise their hands before entering the facility.
- f. Enhance Cleaning Protocols. Facility operators will have to frequently disinfect common spaces and interactive components (e.g. smart kiosks, turnstiles). Equipment will have to be thoroughly wiped down and cleaned after each use. Personal equipment should not be shared.
- g. Ventilation. Indoor spaces should be kept well-ventilated. For non-air conditioned spaces, windows should be kept open and additional fans should be put in place.

TABLE 1: ADDITIONAL MEASURES BY FACILITY TYPE	
Gymnasiums	<ul style="list-style-type: none"> • Adhere to facility capacity. • Individual training in gyms may proceed. • Participants should not socialise and should minimise communication. • 2-metre boundary between equipment (edge-to-edge). • Coaching and spotting may proceed with safe distancing. The trainer should be masked. • Organised programmes/classes of up to 5 persons may proceed, with an additional instructor or a coach. • No mixing between multiple groups throughout.
Studio	<ul style="list-style-type: none"> • Adhere to facility capacity. • Group activities shall be limited to 5 persons. For organised programmes/classes, an additional service provider (such as an instructor or a coach) is permissible. • 3 metre distance between different groups should be maintained at all times. • No mixing between multiple groups throughout.
Indoor sports halls	<ul style="list-style-type: none"> • Adhere to facility capacity. • Human traffic flow is to be managed to ensure no mixing of groups, and no loitering or waiting outside of sports halls.
Swimming pools	<ul style="list-style-type: none"> • Adhere to facility capacity. Facility operator to put in place measures to ensure venue capacity is observed so that there will be no overcrowding. • Group activities shall be limited to 5 persons. For organised programmes/classes, an additional service provider (such as an instructor or a coach) is permissible. • Instructor may adopt the most appropriate position and distance in the interest of water safety. • 3 metre distance between different groups should be maintained at all times. • No mixing between multiple groups throughout.
Outdoor facilities (courts, pitches)	<ul style="list-style-type: none"> • Adhere to facility capacity. Facility operator to ensure measures are in place to ensure venue capacity is observed so that there will be no overcrowding. • Group activities shall be limited to 5 persons. For organised programmes/classes, an additional service provider (such as an instructor or a coach) is permissible. • 3 metre distance between different groups should be maintained at all times. • No mixing between multiple groups throughout.

8. **Sport Singapore Facilities.** ActiveSG stadiums, studios, gyms, indoor sport halls, and swimming complexes (only competition and training pools will be available) will be opened

from 19 June 2020. The Rink@Jcube will be opened from 3 July 2020. More details will be available on www.therink.sg soon.

There will be facility-specific safe management measures in place at our ActiveSG facilities, and members of public are advised to follow these strictly for their wellbeing.

Bookings for ActiveSG facilities via the ActiveSG app and myactivesg.com will be available from 18 June 2020, 7am. More details on how to book ActiveSG facilities can be found on myactivesg.com.

TABLE 2: SAFE MEASUREMENT MEASURES AT ACTIVESG FACILITIES	
ActiveSG Facility	Safe Management Measures
Stadiums (including hockey pitches)	<ul style="list-style-type: none"> • Venue capacity of 50 pax at any one time. • Operating hours from 7am to 9.30pm. • No booking required. • Queues will be dispersed, with users asked to return at non-peak times. • Temperature screening and access with SafeEntry. No entry to those with temperature of 38 degrees and above. • Exercise in groups of 5 permitted. For organised programmes/classes, one additional service provider (such as an instructor or a coach) is permissible. • Toilets are open. Users to observe safe distancing measures. • If there is more than one group sharing a space, the groups must not interact and must maintain a distance of 3m apart at all times. • No socialisation beyond activities.
Swimming Complexes (only competition & training pools will be available)	<ul style="list-style-type: none"> • Venue capacity of 50 pax at any one time. • Only competition and training pools are open. • Booking required via ActiveSG app / myactivesg.com. • Temperature screening and access with SafeEntry. No entry to those with temperature of 38 degrees and above. • Lane ropes for lap swimming. • Specific swimming timings: <ul style="list-style-type: none"> ○ Lap swim for seniors⁵ only: 6.30am to 8.45am ○ Lap swim for general public: 6.30pm to 9.30pm ○ Organised classes: 9am to 6pm (Groups of 5 + 1 coach/instructor) ○ There will be extended operating hours at Our Tampines Hub, Sengkang, Yio Chu Kang, Jurong Lake & Kallang Basin Swimming Pools, from 6.30pm to 12.30am to cater to lap swim for the general public. • Toilets and changing rooms are open. There will be a queue system to access changing rooms. Swimmers are encouraged to wipe dry after swimming, and put on their attire without accessing changing rooms. • No socialisation beyond activities.
Indoor Sport Facilities	<ul style="list-style-type: none"> • Venue capacity of 50 pax at any one time. • Booking required via ActiveSG app. • For Badminton, Tennis, Table Tennis: Max of 4 pax per court / table. • For Squash: Max of 2 pax per court for single court & Max of 4 pax per court for double court. • For Street Soccer, Netball, Volleyball: Max of 5 pax per court. • For organised programmes/classes, one additional service provider (such as an instructor or a coach) is permissible. • Toilets are open. Users to observe safe distancing measures.

⁵ Refers to those who are 60 years and above

	<ul style="list-style-type: none"> No socialisation beyond activities.
Gyms / Studios	<ul style="list-style-type: none"> Studios: Activities shall be limited to 5 persons. For organised programmes/classes, one additional service provider (such as an instructor or a coach) is permissible. Gyms: Capped at 10sqm per pax or 50 pax, whichever is lower. Extended gym operating hours is from 7am to 12.30am, except for Toa Payoh West CC Gym, Ang Mo Kio CC Gym and Enabling Village Gym which will close at 10pm. Booking required via ActiveSG app. Toilets are open. Users to observe safe distancing measures. No socialisation beyond activities.

[Dual-use facilities in schools and some ActiveSG facilities listed in Annex A will remain closed.]

9. **More Open Spaces for Sport and Physical Exercises & Activities.** There will be more open spaces for members of the public to participate in sport and physical exercises & activities. In addition to ActiveSG stadiums, lawns, playfields and open spaces in parks and state lands under NParks and the Singapore Land Authority, will be re-opened for public use. Organised group sports and physical exercises & activities may proceed in these spaces, subject to the conditions outlined above. If there is more than one group sharing a space, the groups must not interact and must maintain a distance of at least 3m apart at all times. Members of the public are advised to be socially responsible when using these shared spaces and to observe the safe management measures in place. Enforcement officers and Safe Distancing Ambassadors will continue to be deployed around the island to ensure adherence to these measures.

MEASURES CONCERNING NATURE OF ACTIVITIES

10. A 2-metre distancing is should be maintained as the default posture and observed wherever possible when one is exercising, because of the higher risk of spread of respiratory droplets.

11. The intent is to allow for contact sport if it is the normal nature of that sporting activity. As such, sports such as Football, Handball, Netball, Basketball, Futsal, Ultimate Flying Disc, Touch Rugby, Paintball may proceed without modification as long as the group size limit is observed. Distancing should still be maintained outside the play area. Contact sports that involve extensive body contact should however be modified.

12. Sport Singapore has been engaging the national sports associations that govern the various sports in Singapore on the safe management measures for their particular sport. The governing bodies of these sports will be publishing their endorsed safe management plans on their websites and on Sport Singapore website: <https://circle.myactivesg.com/ssi/safe-return-to-sport> from 19 June onwards. In the interim, Sport Singapore is providing sport specific broad guidelines (see Annex B) as a reference to those who engage in these sports and facility operators.

AGE SEGMENT SPECIFIC MEASURES

13. There is no restriction on organised activities for children and youth. Senior-centric⁶ activities may resume under Phase 2, limited for now to activities that can be done individually, with safe management measures in place and no sharing of equipment between participants.

14. As Seniors are more vulnerable to the virus, they should stay at home as much as possible, and continue to keep fit by doing exercises at home. There are also online resources available on <https://circle.myactivesg.com> (QR code provided), which offer access to virtual classes and events, as well as tips and advice on how to stay active at home.



ENFORCEMENT OF MEASURES

15. Government agencies will be conducting inspections following Phase 2 reopening, where those who do not comply with safe management measures may face penalties.

16. Fitness activities organisers and operators should only resume operations when they can comply with safe management measures. Within two weeks of the date of resumption of on-site operations, they are required to:

- a. Submit the number of workers who are working on-site via the GOBusiness portal (<https://covid.gobusiness.gov.sg>); and
- b. Prepare and have ready a safe management plan covering the measures relevant to their operations.

Sport Singapore will be conducting on-site inspections, where businesses found not complying with safe management measures may be required to close. Businesses that are unable to comply are advised to approach Sport Singapore on alternative arrangements at SPORT_QSM@sport.gov.sg

PERIODIC REVIEW

17. These parameters will be reviewed from time to time, and more persons may be allowed at a later juncture in Phase Two, taking into account how well the safe measures are implemented by operators and the compliance of the users in these settings, and the broader COVID-19 situation at the time.

EVERYONE HAS A PART TO PLAY AGAINST COVID-19

18. With the gradual easing of measures, Singaporeans are urged to remain vigilant and observe safe distancing measures in place to minimise community transmissions. Together, we all have a part to play in keeping COVID-19 at bay, and protect ourselves and our loved ones.

For the latest updates on COVID-19 for sport and physical exercises & activities, please visit sportsingapore.gov.sg. For queries, members of the public can email the Sport Singapore QSM at SPORT_QSM@sport.gov.sg or call 1800-344-1177 during office hours (Mondays to Fridays, 9.00am to 6.00pm).

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⁶ Refers to those who are 60 years and above

Annex A

LIST OF ACTIVE SG FACILITIES THAT WILL REMAIN CLOSED IN EARLY PHASE TWO (“SAFE TRANSITION”)	
<ul style="list-style-type: none"> • List is correct as of 17 June 2020 	
1. Stadiums	<ul style="list-style-type: none"> • Jalan Besar Stadium • MOE Evans Stadium
2. Swimming Pools (only competition & training pools will be available)	<ul style="list-style-type: none"> • Choa Chu Kang Swimming Complex • Delta Swimming Complex • Hougang Swimming Complex • Jalan Besar Swimming Complex • Jurong West Swimming Complex • MOE Swimming Complex • Bishan Swimming Complex • Yio Chu Kang Swimming Complex (Competition Pool)
3. Indoor Sport Facilities	<ul style="list-style-type: none"> • Bukit Gombak Sport Hall • Clementi Sport Hall • Clementi Table Tennis • Delta Sport Hall • Delta Table Tennis • Hougang Sport Hall • Hougang Table Tennis • Jurong West Sport Hall • Jurong West Table Tennis • MOE Sport Hall • Pasir Ris Sport Hall • Sengkang Table Tennis
4. Outdoor Sport Facilities	<ul style="list-style-type: none"> • Jurong West Tennis Centre • Pasir Ris Tennis Court • Pasir Ris Futsal Court • MOE Squash & Tennis Courts
5. Gyms	<ul style="list-style-type: none"> • Clementi Gym • Delta Gym • Hougang Gym • Jurong West Gym • Pasir Ris Gym • Sengkang Gym • Senja Cashew Gym
6. Studios	<ul style="list-style-type: none"> • Clementi Studio • Delta Studio • Hougang Studio • Jurong West Studio • Sengkang Studio
7. Others	<ul style="list-style-type: none"> • Delta Hockey Pitch • MOE Hockey Pitch • All Dual-Use Facilities in schools • All Active Health Labs

Annex B

BROAD GUIDELINES BY SPORTING ACTIVITY FOR PHASE TWO

Sport Grouping	Sporting Activity	<u>Phase 2 - Sport Specific Guidelines (non-exhaustive)</u>
		<ul style="list-style-type: none"> • Small groups of not more than 5 athletes in total (additional 1 Coach / Instructor permitted). • Physical distancing of 2 metres (2 arms-length) should be maintained in general while exercising & playing sports. • Physical distancing of 3 metres (3 arms-length) is required for indoors high intensity or high movement exercise classes. • Mixing between groups prohibited with 3m apart at all times. • Grouping should be maintained throughout the phase. • Masks should be worn by support staff and coach.
Racquet Sports - Indoor	Badminton	Normal training and matches on court permitted, singles or doubles. (*Squash - Max of 2 pax per court for single court & Max of 4 pax per court for double court.)
	Table Tennis	
	Pickle-ball	
	Squash*	
Racquet Sports - Outdoor	Tennis	Normal training and matches on court permitted, singles or doubles.
Team Sports – Indoor	Basketball	Normal training at group level permitted. Any match play has to adhere to group size limitation with no inter-mixing between groups. Multiple groups to maintain 3m apart when sharing venue. No deliberate body contact drills and activities.
	Floorball	
	Futsal	
	Handball	
	Hockey - Indoor	
	Sepaktakraw	
	Volleyball - Indoor	

Sport Grouping	Sporting Activity	Phase 2 - Sport Specific Guidelines (non-exhaustive)
	i.e. Tchoukball, etc.	
Team Sports – Outdoors	Baseball	<p>Normal training at group level permitted. Any match play has to adhere to group size limitation with no inter-mixing between groups. Multiple groups to maintain 3m apart when sharing venue. No deliberate body contact drills and activities. (* Cricket - No shining cricket ball with sweat/saliva during training) (* Rugby - No rucks, mauls, lineouts or scrums, no tackling/wresting)</p>
	Softball	
	Cricket	
	Football	
	Hockey - Field	
	Netball	
	Rugby Union	
	Volleyball Beach	
	i.e. Ultimate Flying Disc, etc.	
Combat Sports	Boxing	<p><u>No full body contact activities:</u> Training and sparring to be modified such that there is no prolonged body contact such as grappling or restraining. Transient contact such as kicking and punching are acceptable. Non-contact technical work with coach, including using pads, paddles, shields permitted. No physical contact or grappling. No contact/bouts. Non-contact shadow sparring allowed. Non-contact technical work with coach allowed.</p>
	Judo	
	Karate-Do	
	Kendo	
	Muaythai	
	Silat	
	Taekwondo	
	Wrestling	
	Wushu Dragon & Lion Dance	

Sport Grouping	Sporting Activity	Phase 2 - Sport Specific Guidelines (non-exhaustive)
	i.e. Aikido, Jujitsu, Kickboxing, Sambo, Kurash & MMA, etc.	
Watersports	Canoe	Normal training at group level permitted; (groups of more than 5 persons are not to come alongside on the water, unless it is a water safety issue) Modify training for safe physical distancing. Disinfecting high touch surfaces as per the manufacturer's guidelines. Dedicated PFD to each participant. Active disinfection of all possible contact surfaces on boats before, after and at pre-decided intervals during each session. (Sailing: Solo or double handlers) (Dragonboat: max. of 5 pax per boat)
	Dragon Boat	
	Rowing	
	Sailing	
	Waterski & Wakeboard	
Mindsports / Esports	Chess	Normal Training at group level permitted. Avoid unnecessary crowding. Mask should be worn. Total number based on max capacity of facility (as per GFA).
	Contract Bridge	
	Esports	
	Weiqi	
	Xiangqi	
Aquatics	Swimming	Adhere to facility capacity Up to 5 athletes per lane for lane swimming. Class size limited to 5. Groups separated by 3m. Instructor may adopt the most appropriate position and distance in the interest of water safety. Instructor should preferably be wearing a mask or a face shield if they are in close proximity with participants.

Sport Grouping	Sporting Activity	Phase 2 - Sport Specific Guidelines (non-exhaustive)
	Water Polo	Modify training and match play to avoid prolong body contact. Transient contact is permitted within group size limitation. Adhere to facility capacity. Any match play has to adhere to group size limitation with no inter-mixing between groups. Multiple groups to maintain 3m apart. Swimming, throwing (passing/shooting) drills. No full contact/defending drills that involves body checking / wrestling.
	Diving	Normal Training within group size limitation permitted.
	Artistic Swimming	Normal training within group size limitation permitted.
	Swimming - Open Water	Normal Training within group size limitation permitted.
	Life Saving	Adhere to facility capacity limit. Participants limited to no more than 5 per group. Multiple groups are to maintain social distancing when on land throughout. 5 participants per lane for lane swimming. No sharing of equipment.
	Underwater Sports	
Ice Sports	Ice Hockey	Normal Training and match play within group size limitation permitted. Activities that involve prolonged body contact to be avoided.
	Speed Skating	
	Figure Skating	
Motorised Sport	Motor Sports	Normal training within group size limitation permitted.
	Power Boat	

Sport Grouping	Sporting Activity	Phase 2 - Sport Specific Guidelines (non-exhaustive)
Para Sports	Para Sports	Para-athletes require individualised consideration and assessment through all phases of return to sport and exercise. Some para-athletes have medical conditions that will require detailed planning and consultation with their regular treating medical team prior to a return to formal training/competition, or progression through return to sport. Specific para-athlete equipment (e.g. wheelchairs, prostheses) will require regular cleaning (for all levels).
	Special Olympics	
Others	Archery	Normal training within group size limitation permitted.
	Athletics	Normal training within group size limitation permitted. Multiple groups to keep 3m apart. No sharing of equipment e.g. javelin, discus, high-jump mats, pole vault, shot put, hammer, starting blocks). Avoid running in slipstream of others.
	Bowling	Normal training within group size limitation permitted. Rest area to be managed to prevent mixing. Alternative seating per lane. No sharing of bowling balls. House balls and shoes are to be individually issued and cleaned before re-issue.
	Cuesports	Normal training within group size limitation permitted. Mask to be worn. Disinfecting high touch surfaces as per the manufacturer's guidelines. Other equipment cannot be shared between players (e.g. cues, chalk).
	Cycling	Avoid cycling in slipstream of others — maintain 3m from cyclist in front. Group size limited to 5.

Sport Grouping	Sporting Activity	Phase 2 - Sport Specific Guidelines (non-exhaustive)
	DanceSport	Adhere to facilities capacity limit. Modify training activities to avoid prolonged body contact. Mask to be worn. Gloves to be worn if activities include touching of hands.
	Equestrian	Normal training within group size limitation permitted. No sharing of personal equipment (helmets, saddles, etc.)
	Fencing	Normal training within group size limitation permitted. No sharing of personal equipment. Adhere to facilities capacity limit.
	Gateball	Normal training within group size limitation permitted. No sharing of equipment.
	Golf	No more than 5 pax per flight. Mask to be worn. No sharing of clubs.
	Gymnastics	Normal training within group size limitation permitted. Disinfecting high touch surfaces as per the manufacturer's guidelines.
	Lawn Bowls	Normal training within group size limitation permitted. All players are to use separate mats and jacks (or ensure that the same player on each rink places mats or places/rolls jacks). Other bowls equipment cannot be shared between players (e.g. bowls, cloths, measures).
	Modern Pentathlon	Normal training within group size limitation permitted. Refer to measures for different disciplines.

Sport Grouping	Sporting Activity	Phase 2 - Sport Specific Guidelines (non-exhaustive)
	Mountaineering	Normal training within group size limitation permitted. Climb 'lanes' are to be separated by 2m. No sharing of harnesses and helmets.
	Sports Boules	Normal training within group size limitation permitted. All players are to use separate mats and jacks (or ensure that the same player on each rink places mats or places/rolls jacks). Other bowls equipment cannot be shared between players (e.g. bowls, cloths, measures).
	RollerSports	Normal training within group size limitation permitted. No sharing of equipment (helmets, etc).
	Shooting	Normal training within group size limitation permitted. Groups separated by empty lanes or with physical separator. Rest area to be managed to prevent mixing. No sharing of equipment.
	Ski & Snowboarding	Normal training within group size limitation permitted. No sharing of personal equipment. Disinfecting high touch surfaces as per the manufacturer's guidelines.
	Triathlon	Normal training within group size limitation permitted. Refer to measures for relevant disciplines.
	Weightlifting	Normal training within group size limitation permitted. Small groups only — 1 athlete per bar.
	i.e. Powerlifting, etc.	Disinfecting high touch surfaces as per the manufacturer's guidelines.