



SA Allcomers Meet 1 2021

Rooftop Lawn

26, 27 & 28 Feb 2021



1. Singapore Athletics' (SA) Safe Return to Sport Plan

- a. The Multi-Ministry Taskforce on 19 May 2020 announced that Singapore will embark on a 3-phase approach to resume activities safely, post-circuit breaker¹. While Sport Singapore on 24 December 2020 issued an advisory for resumption of sport and physical exercises & activities for phase three (“safe transition”) ³ Following both the announcement, Singapore Athletics (SA) will effect a safe transition for the sport in this document, in preparation for the re-opening of our stadiums in Phase 3. The SA safety protocols will be spelt out in the following pages, to guide our stakeholders accordingly. Athletes and coaches will be guided and duly informed on how they could progressively return to training and competition, in a safe and calibrated manner, in order to reduce the slightest possibility or risk of infection and transmission of the COVID-19 virus during these sessions.
- b. COVID-19 Further information on the COVID-19 could be obtained at the Ministry of Health (MOH) and Sport Singapore (SportSG) online platform, or the MOH hotline at 1800-333-999.

Guidelines

- i. Athletes, coaches or personnel who are unwell, on Stay Home Notice (SHN) or Quarantined Order are to comply with the order
- ii. Arrive alone. Also arrive as close as possible to your warm-up start time
- iii. Do self-monitor yourself for at least 14 days prior to visiting venue for any symptoms
- iv. Furnish SA a letter from your doctor if you had COVID-19 and is now cleared to resume physical activity
- v. Wear a face mask when you are outside or heading to the venue
- vi. Bring your own hand sanitizer and/or sanitizing wipes
- vii. Practice proper hygiene such as wash/sanitize your hands regularly (At least 20sec)
- viii. Avoid touching your eyes, face and mouth with your hands
- ix. When coughing or sneezing, cover your mouth/nose with your tissue/towel
- x. Practice social distancing of 2m at all times
- xi. Bring your own drink bottles and towels, do not share with others
- xii. Bring your own water and food. Do not share with others
- xiii. Bring your own equipment if possible, as sharing of equipment's increase the risk of exposure to COVID-19
- xiv. Be prepared for training prior to arrival at venue (Arrive dressed and ready to compete). No idling
- xv. Athletes and coaches are to only commute between training venues and their residences, without lingering inside or outside the venue before training xvii. Any tasks that can be done at home, should be done at home (e.g. Recovery sessions, online meetings do not need to be done at the venue)

Planning Considerations for Selection of Participants & Events

1. Follow SOPs for Safe Return to Sports Plan

2. Competition dates:

26 Feb2021, 1600-2000hrs

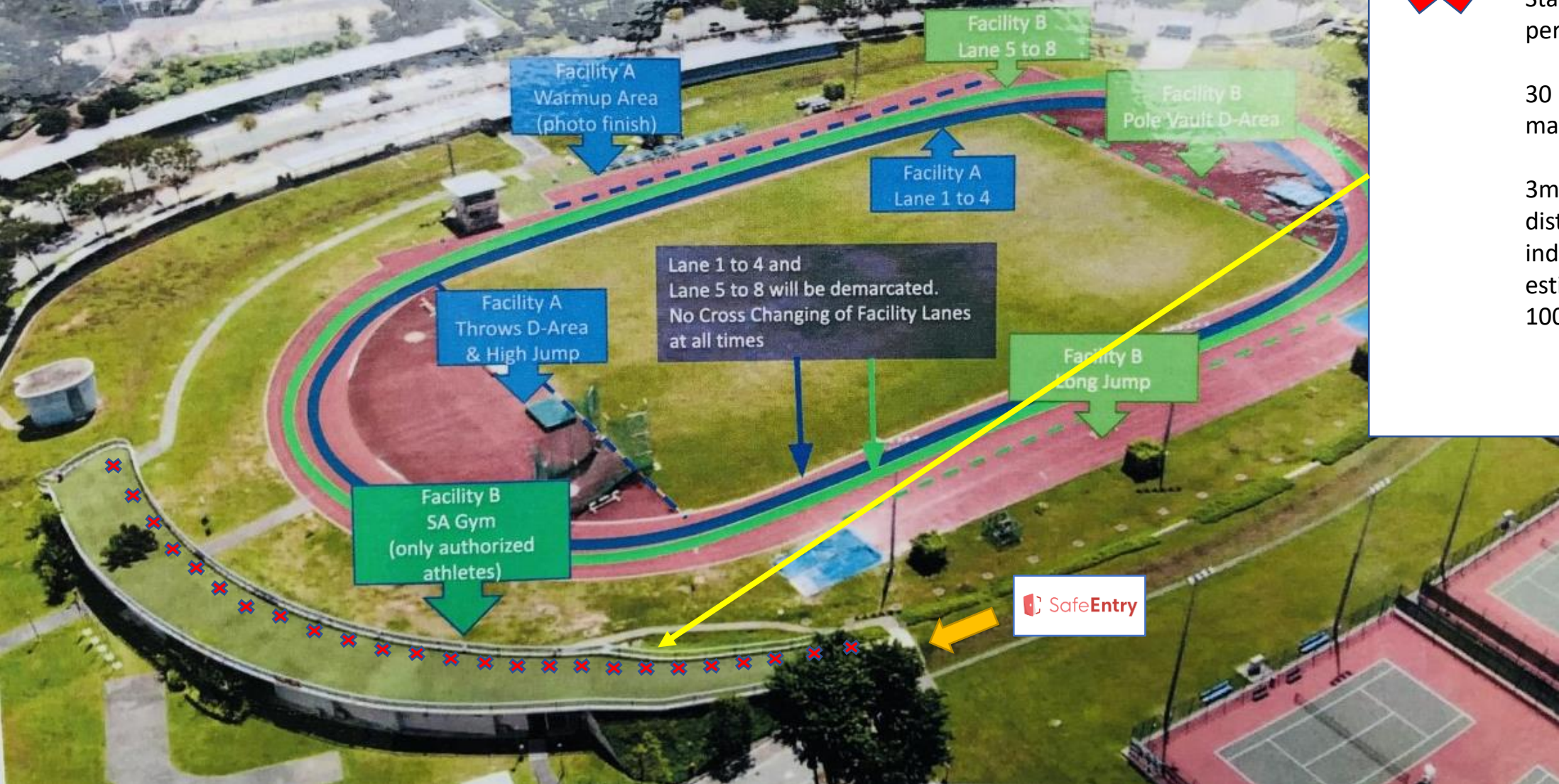
27, 28 Feb2021, 0800-2000hrs

3. Competition Venue: Home of Athletics Rooftop Lawn

Controlled access to Competition Venue & Restrictions

4. In order to control and minimise the number of people congregating at HOA Rooftop, limiting the number of participants at the venue to maximum of 30 pax per time.
5. The particulars of all Coaches & Teacher in charge will be documented for the purpose of contact tracing.
6. Maximum limit of 30 pax at HOA Rooftop Lawn at any 1 time
7. 1x Safe Management Officers (SMO - Sha/Akid)
 - a. Assist SA to ensure the Safe Return to Sport Plan is adhered
 - b. Priority given to current event Coach and Teacher In Charge allow access to enter if there's slot available
 - c. Coach and Teacher In Charge to exit the Rooftop Lawn once their athlete had finished the event, to allow other Coach and Teacher In Charge to enter and view their athlete
8. 1x Event Crew at Lawn Entrance
 - a. Assist with temperature screening
 - b. Assist to count in/out pax
9. Coach and Teacher In Charge to stand at Designated Area to view their respective event
10. No spectator or parent will be allowed at the Rooftop Lawn, unless there's slot available. They will need to exit the Rooftop Lawn once their athlete had finished the event, to allow other Coach and Teacher In Charge to enter and view their athlete

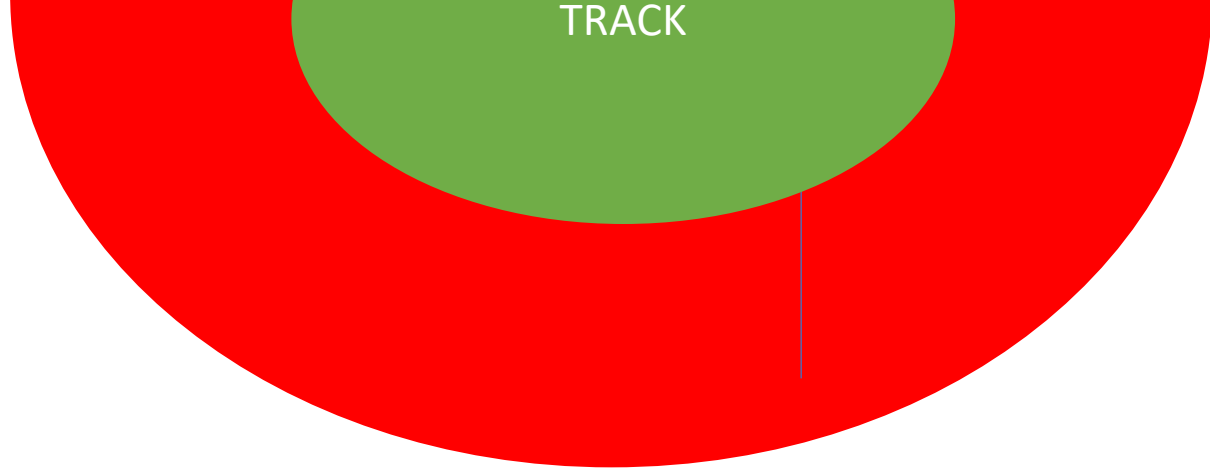
Rooftop Lawn Plan




X "X" denotes Standing position per individual

30 "X" marked by masking tape

3m safe distancing per individual (lawn estimated to be 100m in length)

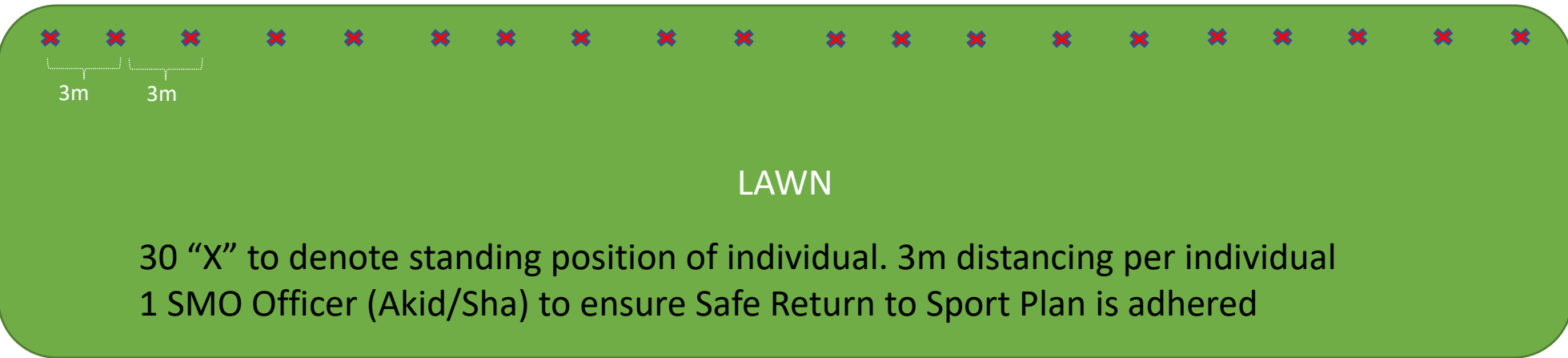


Rooftop Lawn Plan

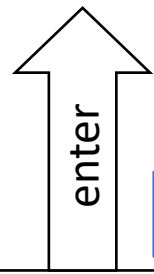


Standing position per individual

3m safe distancing per individual (lawn estimated to be 100m in length)



Rooftop Gate



Teacher In Charge & Coaches (Limited entry to 30 at any one time on Rooftop Lawn)

- Step 1 – Counter 5 to register (contact tracing)
- Step 2 – Counter 5 for temperature screening

Counter 5

Temperature Screening

Teacher In Charge & Coaches Registration

(1 crew to monitor in/out pax and Temperature screening)