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**STRICTER SAFE MANAGEMENT MEASURES  
FOR SPORT AND PHYSICAL EXERCISE & ACTIVITY  
(8 TO 30 MAY 2021)**

1. On 4 May 2021, the Multi-Ministry Taskforce announced that with effect from 8 to 30 May 2021, there will be a tightening of safe management measures to curb the transmission of COVID-19 within the community.
2. Following that announcement, Sport Singapore is providing guidance regarding the stricter set of measures that concerns all sports, physical exercises & activities, and public & private sports & recreational facilities in Singapore for the period of 8 to 30 May 2021. These measures are directed towards reducing or containing community spread of COVID-19 by stopping sport and physical activities that take place in high-risk environments. In general, high-risk environments are enclosed, confined indoor spaces, where participants are likely to be engaging in strenuous activities unmasked.

**STOP SPORT & PHYSICAL ACTIVITIES IN INDOOR HIGH-RISK ENVIRONMENTS**

3. The stricter measures described in this guidance have to be adhered to starting 8 May 2021 and ending at the close of 30 May 2021.
4. Starting 8 May 2021, high-risk physical activities, sport and exercise environments that are indoors<sup>1</sup>, where participants are in close contact, exerting and are not reasonably expected to be wearing masks, will not be allowed to operate to curb further community transmissions. Indoor public and private gyms and fitness/exercise/dance studios, including those operated by commercial enterprises, country clubs, golf clubs, private apartments, condominiums and charities, are to close during the stipulated period, unless they only offer low intensity physical activities, sport and exercises where all participants and instructors are wearing masks at all times. Participants, instructors and staff also have to adhere to a more stringent set of safe management measures (SMMs) per Annex.<sup>2</sup> No such facility will be allowed to offer weight, strength or resistance training of any form, and/or provide equipment for such training, as these are associated with strenuous activities.
5. For a list of affected Sport Singapore's indoor facilities and programmes during this period, please visit <https://www.myactivesg.com/Facilities/Sport-Centres/Facilities-Closure>. Refunds for affected bookings that fall under these dates will be processed within the next seven working days.

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<sup>1</sup> Defined as premises which are fully enclosed on all sides.

<sup>2</sup> Premises identified as high-risk physical activities, sport and exercise environments include indoor fitness training facilities, indoor gyms, as well as fitness, dance, barre and spin studios. 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.

## **REDUCED GROUP SIZE AND FACILITY CAPACITY FOR OTHER ACTIVITIES**

6. The following conditions shall apply to all sport and physical exercises & activities, and sport & recreational facilities from 8 to 30 May 2021:

- a. Sport/recreational facilities can only admit a maximum number of persons according to its **Gross Floor Area based on 10 Sqm per person<sup>3</sup>, up to a maximum of 50 persons, instead of 8 Sqm per person**. No facility, regardless of size, shall admit more than 50 persons.
- b. **Group activities must be confined to groups of no more than 5 individuals.** The physical distancing<sup>4</sup> between individuals and groups of up to 5 individuals must be maintained while exercising and playing sport.
  - i. For organised programmes and classes, an additional service provider (such as an instructor or a coach) from a permitted enterprise may guide the group. Multiple groups of 5 remain allowable up to 30 persons or the capacity limit of the venue, whichever is lower. The groups of 5 are not to intermingle and should remain 3 metres apart.
  - ii. Physical activity of a social nature should be kept to 5 participants.
- c. 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.

## **LARGE GROUP OUTDOOR EXERCISES**

7. Approved large outdoor classes at public spaces<sup>5</sup> such as parks and HDB common areas, can continue. Total class size shall be reduced to a cap of 30 persons or lower (including participants, the registered instructor and any assistants), subject to the venue size and safe distancing requirements.

## **OTHER SAFE MANAGEMENT MEASURES**

8. 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. Masks can be taken off when performing strenuous exercise, so long as one is not in an indoors high-risk

<sup>3</sup> 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, e.g. a 20 sqm facility can accommodate 5 persons. This does not include staff.

<sup>4</sup> A 2-metre physical distancing between individuals should be maintained while exercising and playing sport. 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.

<sup>5</sup> An instructor may coach multiple groups of 5 persons, up to a cap of 30 persons or lower, subject to the venue size and safe distancing requirements. Instructors who are interested to conduct large outdoor classes of up to 30 pax at outdoor public spaces must be registered. Please see <https://circle.myactivesg.com/programmes/classes/coaches/outdoor-classes-instructor-registration> for more information.

environment. It is still recommended to not unmask as good practice even under such circumstances.

Those performing permitted low intensity sport and physical activity in a high-risk environment (per paragraph 4) are required to wear a mask at all times. The activity has to cease immediately, if any participant removes his or her mask.

- b. Sharing of common equipment should be avoided. Participants should not share sport and exercise equipment, such as exercise machines, bars, free weights, stationary bikes, treadmills, exercise mats where fomite transmission risk is high. No premises that remain open is to provide such equipment for use.
- c. 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 will have to:
  - 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 screening<sup>6</sup> and checks on visible symptoms<sup>7</sup> for visitors, and turn away those with fever and/or who appear unwell. SafeEntry must be implemented for participants and visitors. From 17 May 2021 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). 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 unnecessarily while engaging in physical activities. This is because shouting increases the risk of transmission via droplets. Coaches/instructors may raise their volume when communicating instructions or in the event of a potential danger.

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<sup>6</sup> Individuals with temperatures 38 degrees celsius and above are considered as having a fever.

<sup>7</sup> Notable visible symptoms to look out for include: (a) coughing; (b) sneezing; (c) breathlessness; and (d) a runny nose.

***SPORT EVENTS FROM 8 TO 30 MAY 2021***

9. As part of ongoing efforts to reduce the community spread, Sport Singapore will be tightening on sport events during the stipulated period:

- a. Mass participation sport events will not be permitted to take place. Organisers are to work with Sport Singapore to cancel or postpone the events to a later date.
- b. All other sport events, including live spectator sport events, sport competitions and tournaments, will be subject to approval before they can proceed. There will be no spectators allowed at sport events and competitions. National Sports Associations that are organising competitions and tournaments related to qualifications for international competitions for national athletes, should approach Sport Singapore early to discuss their plans.

The above applies to all sport events, including those that have previously been endorsed by Sport Singapore.

***ENFORCEMENT***

10. 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.

11. 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 8 TO 30 MAY 2021**

Facility 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 (including the instructor), subject to the venue size and safe distancing requirements, and in groups of no more than 5 persons;
- d. Physical distancing of 2 metres (2 arms-length) between individuals must be maintained in general while exercising, and 3 metres (3 arms-length) between different groups must be maintained at all times;
- 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 frequently to minimise the risk of COVID-19 transmission;
- f. Food and drink should 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. Instructor may raise their volume when communicating instructions or in the event of a potential danger.