

Issued: 6 May 2021

**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 / EVENTS 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 sport and exercise environments that are indoors<sup>1</sup>, where participants are in close contact, exerting and not wearing masks, will have to be temporarily closed to curb further community transmissions. Public and private gyms and fitness/exercise studios, including those operated by commercial enterprises, national sports associations, country clubs, golf clubs, private apartments, condominiums and charities, are to close during the stipulated period.<sup>2</sup>
5. For a list of Sport Singapore indoor facilities that will be closed during this period, please visit <https://www.myactivesg.com/Facilities/Sport-Centres/Facilities-Closure>. Refunds for bookings that fall under these dates will be processed within the next seven working days.

***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.

<sup>1</sup> Defined as venues with roof/shelter and walls

<sup>2</sup> Premises identified as high-risk sport and exercise environments include indoor personal fitness training facilities such as gyms and fitness studios, including yoga and pilates studios. These premises must not be used, or allowed to be used, or hired out to others for use, as a gym, fitness or exercise facility or other physical recreational activity. Premises can be used by a coach/instructor for the purposes of producing digital content for online classes.

<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.

- 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 30 persons including participants, the registered instructor and any assistants, and is subject to the venue capacity limit.

### **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, although it is still recommended to not unmask as good practice even under such circumstances.
  - b. Sharing of common equipment should be avoided. If this cannot be done, then equipment should be wiped down / sanitised frequently. This includes equipment such as weights and basketballs.
  - 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

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<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 30 pax or the venue capacity limit, whichever is lower. 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.

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.

### **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 will be taken against businesses or individuals who fail to comply with safe management measures.

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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.

**EVERYONE HAS A PART TO PLAY AGAINST COVID-19**

11. 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.
12. For the latest updates on COVID-19 for sport and physical exercise & activity, please visit [www.sportsingapore.gov.sg](http://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).
13. This guidance supersedes all advisories issued by Sport Singapore before this date.

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