

Issued 13 March 2022

## **SAFE MANAGEMENT MEASURES FOR SPORT AND PHYSICAL EXERCISE & ACTIVITY FROM 15 MARCH 2022**

1. On 11 March 2022, the Multi-Ministry Taskforce announced the streamlining of Safe Management Measures (SMMs) as we resume our transition to a COVID-19 resilient nation.

2. From **15 March 2022** (unless otherwise stated), the following streamlined SMMs will apply to all sporting and physical exercises & activities, and public & private sporting & recreational facilities in Singapore.

### ***SMMs for Sport & Physical Exercise / Activity From 15 March 2022***

3. Permitted enterprises are responsible to ensure that these SMMs are adhered to on their premises.

4. **[Updated] 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** indoor and outdoor settings as follows:

- a. At least 1-metre physical distancing between groups of up to 5 individuals for all **unmasked** physical activities.
- b. No cross-mixing or cross-playing between groups, unless it takes place at selected supervised/operated sports facilities i.e. ActiveSG and PA facilities and SportSG-approved private facilities under the Resumption of Bigger Team Sport Formats under Vaccination-Differentiated SMMs (VDS) (see paragraph 8).

5. **[Updated] 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 requirements under paragraph 4 if they have **unmasked** activities.
- b. >1,000 pax (including staff) based on its fire safety requirement, and hold:
  - **masked** activities, they would be subjected to a **capacity limit of 50%**.
  - **unmasked** activities, they would be subjected to the safe distancing and prevailing group size limits requirements under paragraph 4.

6. **Group and Class Sizes.** Group size for unmasked activities remain up to 5 individuals (including instructor / coach). Details of class sizes as follows:

| Setting                |                             | Segment  | Class size   |
|------------------------|-----------------------------|--|--|
| <b><u>MASKED</u></b>   | <b>Indoor (VDS setting)</b> | Fully vaccinated individuals <sup>1</sup><br><br>Unvaccinated children aged 12 years & below (born in 2010 or later) | <p><b>[Updated]</b> Class size limits for mask-on classes will be lifted, subject to the prevailing fire safety and room/venue capacity requirements</p> <p><b>[Updated]</b> Unvaccinated children aged 12 years and below need not be from the same household</p> |
|                        | <b>Outdoor</b>              | All individuals  |  |
| <b><u>UNMASKED</u></b> | <b>Indoor (VDS setting)</b> | Fully vaccinated individuals <sup>2</sup>  | <p>Multiple groups of up to 5 pax per group, <u>up to 30 pax</u> (including instructor/s) with safe distancing of 1m between groups</p> <p>No intermingling between groups</p>   |
|                        |                             | Unvaccinated children aged 12 years & below (born in 2010 or later)  | <p>Only 1 group of 5 is allowed (including instructor/s)</p> <p><b>[Updated]</b> Unvaccinated children aged 12 years and below need not be from the same household</p>   |
|                        | <b>Outdoor</b>              | All individuals  | <p>Multiple groups of up to 5 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>   |

<sup>1</sup> 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 (except for the team sport formats under paragraph 8).

<sup>2</sup> Refer to footnote 1

**7. Vaccination-Differentiated SMMs (VDS) at All Indoor 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 and recorded manually or electronically. Persons who do not have their vaccination status verified will be denied participation in indoor activities.

**[Updated]** However, 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.

- 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. **[Updated]** 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.

**8. [Updated] Resumption of Bigger Team Sport Formats under VDS at Supervised Sport Facilities.**

- a. Team sports will be allowed for up to 30 fully vaccinated<sup>3</sup> 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.

- b. 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 5 individuals.

- c. No additional testing requirement will be imposed but participants are strongly encouraged to self-test before arriving for the sporting activity, and

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<sup>3</sup> Only fully vaccinated and COVID-19 recovered individuals are allowed to participate in the 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.

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.

- d. 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> from 14 March 2022.
  - e. Private operators that are interested to run this team format can register their interest at <https://www.sportsingapore.gov.sg/COVID19/Team-Sport-Format-Under-VDS>. The registration is also opened to existing private operators who are operating under the Team Sport Pilot for up to 10 fully vaccinated<sup>4</sup> individuals. The existing operators can only run the bigger team sport format of up to 30 fully vaccinated<sup>5</sup> individuals only after approval has been given. Registration have been opened since 23 February 2022 and will be closed at 8pm on 16 March 2022.
  - f. Team sport formats in other unsupervised settings such as outdoor courts or fields in public areas will continue to adhere to the prevailing national social gathering group size of 5 individuals.
  - g. Enforcement officers and safe distancing ambassadors will conduct regular checks to ensure compliance with the required SMMs by the participants.
9. In addition to the SMMs under the preceding paragraphs, other SMMs will continue to be in place, and should be complied with. These include, but are not limited to:
- a. Mask wearing. Masks should be worn as a default. Masks may be taken off when performing strenuous activity, and it must be put on immediately after the completion of high intensity sporting and physical activities.
  - b. Intermingling to be avoided in changing rooms / toilets. Individuals should not intermingle with others and linger within the facilities. Masks must be worn when one is changing in and out of one's sport attire / swimwear. If a mask is removed during shower or face-washing, it is to be worn promptly after. Changing rooms and toilets must be closed off if individuals cannot comply with these SMMs.
  - c. Sharing of common equipment should be minimised. The sharing of equipment should be minimised as far as possible. The equipment should be wiped down / sanitised before passing on for use by the next user. This includes equipment such as weights and balls.

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<sup>4</sup> Refer to footnote 3

<sup>5</sup> Refer to footnote 3

- d. Reducing physical interaction & hygiene and ensuring safe distancing.  
Facility owners/operators must:
- i. Organise human traffic flow and space management to ensure that the mixing of groups is minimised to transient contact.
  - ii. TraceTogether-only SafeEntry (TT-only SE) or SafeEntry Gateway (SEGW) must be implemented for participants and visitors.<sup>6</sup> All participants and staff are to use either the TraceTogether app or the TraceTogether Tokens for check-in and check-out. Enforcement of this will be stepped up to ensure full compliance by all permitted enterprises.
  - iii. Frequently disinfect common spaces and interactive components (e.g., smart kiosks, turnstiles, changing benches, hooks for clothes, etc.). Operators are strongly encouraged to adopt good sanitation and hygiene practices to achieve the SG Clean quality mark.
  - iv. 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>
  - 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 while engaging in physical activities. This is because shouting increases the risk of transmission via droplets.
- e. Enhanced SMMs for sporting and physical activities for **indoor** facilities.
- i. Participants are urged to leave the premises immediately once they have completed their classes.
  - ii. Operators will have to ventilate the room after each class ends.
  - iii. The premises must be wiped down / sanitised before passing on to the next user to minimise the risk of COVID-19 transmission.
  - iv. Food and drink must 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.

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<sup>6</sup> [Updated] 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.

- v. Operators should 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.

### Large Group Outdoor Classes

10. Approved large outdoor classes at public spaces such as parks and HDB common areas can continue, subject to the venue size and SMM requirements as stated in this guidance. All instructors must also be registered with Sport Singapore via <https://www.sportsingapore.gov.sg/COVID19/Outdoor-Classes-Registration>. Subsequent approval from facility owner needs to be sought before activities can be conducted.

### Sporting Events

11. All sporting events, irrespective of event size, must implement VDS in order to proceed, i.e., only fully vaccinated<sup>7</sup> individuals may attend or participate in these events.

- a. **[Updated]** 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. over 1,000 spectators, as long as the total number of spectators does not exceed 50% 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.

- b. **[Updated]** 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 limit<sup>8</sup> as long as the participants comply with the 1-metre safe distancing and prevailing group size limit requirements. Participants should be organised 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.

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<sup>7</sup> Refer to footnote 1

<sup>8</sup> 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”). Such events can continue but must not exceed 50 persons in each facility at any single point in time. Organisers are advised to arrange competitions with different sessions, adequately separated within a day (i.e., at different times of a day) or across multiple days, to avoid congregation.

Each match is allowed to have up to 5 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 (see paragraph 8).

For such sporting competitions and tournaments, spectators are permitted, but must comply with the requirements at paragraph 11(a) above.

12. **[Updated]** At sporting events where public speaking is necessary, such as by the guest-of-honour or an event emcee, the speaker can be unmasked as long as he/she maintains a distance of at least 1-metre from the audience whilst speaking. The speaker will have to be masked after delivering his/her speech. To be clear, this provision does not apply to an instructor/coach/referee unmasking to give instructions.

13. **Application to Organise Sporting Events.** All sporting events that involve more than 50 persons in total (including participants, spectators, officials, event crew and support staff) will need to be endorsed 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 proceed<sup>9</sup>.

14. 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. Events that were previously endorsed by Sport Singapore will need to have their SMMs updated and organisers are to resubmit their plans at <https://www.sportsingapore.gov.sg/COVID19/Sport-Event-Applications> for endorsement by Sport Singapore.

### ***Towards a COVID-19 Resilient Nation***

15. Singaporeans are urged to remain vigilant and observe safe distancing measures in place to minimise community transmissions. We all have a part to play in keeping COVID-19 at bay, and protect ourselves and our loved ones.

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<sup>9</sup> 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.

16. 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.

17. For the latest updates on COVID-19 for sporting and physical exercise & activity, please visit <https://www.sportsingapore.gov.sg/COVID19>. 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).

18. This guidance supersedes all advisories issued by Sport Singapore before this date.