

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

1. Singapore has entered into the Phase 2 of Re-opening from the COVID-19. Sport Singapore has issued advisory for 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.

**GENERAL POSTURE FOR SPORT AND PHYSICAL EXERCISES & ACTIVITIES**

2. In Phase Two, commencing 19 June 2020, 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. 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 sport. 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 sport 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.

**RE-OPENING OF SPORT & RECREATIONAL FACILITIES**

3. **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.

4. **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 screening<sup>3</sup> and checks on visible symptoms<sup>4</sup> 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.
- 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.

#### **MEASURES CONCERNING NATURE OF ACTIVITIES**

5. 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.

6. 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.

## **AGE SEGMENT SPECIFIC MEASURES**

7. There is no restriction on organised activities for children and youth. Senior-centric 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.

8. 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

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

10. 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](mailto:SPORT_QSM@sport.gov.sg)

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

11. 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.

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

## **BROAD GUIDELINES BY SPORTING ACTIVITY FOR PHASE TWO**

### **Combat Sports - Wushu Dragon & Lion Dance**

No full body contact activities: 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.

## 重启体育和体育锻炼与活动的指导 第二阶段（“安全过渡”）

1. 新加坡已经进入 2019 冠状病毒“解封”的第二阶段。新加坡体育理事会已向公众和体育、健身活动的组织者和经营者发布了咨询报告，内容包括在第二阶段（“安全过渡”）下恢复体育和体育锻炼的信息，以及即将实施的安全管理措施。

### 体育和体育锻炼的总体态势

2. 在第二阶段（从 2020 年 6 月 19 日开始）中，所有体育锻炼和活动可以在符合以下条件恢复：

- a. 体育和娱乐设施可以开放。但接纳人数须根据设施总建筑面积（每人 10 平方米）而定。任何机构，无论规模大小，未经新加坡体育理事会的特别批准，均不得容纳 50 人以上。
- b. 锻炼和进行运动时，应保持个人之间 2 米（2 臂长）的距离。对于室内高强度或高运动量的锻炼，应遵守个人之间 3 米（3 臂长）的距离。
- c. 小组活动参与者不可超过 5 名。如果有不止一个小组共用一个空间，小组之间不得有互动，并且必须始终保持 3 米的距离。对于有组织的项目和课程，亦允许的由业中受认证的服务供应商为小组提供一名指导员（如讲师或教练）。
- d. 有肢体接触的运动，尽管有上述第 3b 点的规定，仍允许进行，但要避免肢体长时间接触。
- e. 参与者须戴口罩。进行剧烈活动时可以在脱掉口罩。尽管如此，仍建议戴口罩。
- f. 设备避免共用。个人设备也不宜共用。如果无法做到，则应经常擦拭与消毒。这包括健身器材（例如举重）和运动器材（例如篮球）。
- g. 设施的业者或经营者有责任确保实施安全的管理措施，并确保其顾客/使用者遵守安全的管理措施。

### 重新开放体育和娱乐设施

3. **设施容量** - 每个设施所允许的最多人数以其设施总建筑面积为基础，以每人 10 平米或 50 人（以较低者为准）。这适用于所有大于 50 平方米的户外、室内和场所。此人数限制是为了最大程度地减少大型群聚带来的风险。对于小于 50 平方米的设施，设施经营者必须确保遵守安全距离的措施。

4. **安全管理措施** – 新加坡体育理事会将与行业内利益相关者通过协商后，提出下列安全管理措施的操作指南，设施经营者必须在体育和娱乐设施开放之前实施这些安全管理措施，以最大程度地降低感染风险和后果。设施的经营者应确保所有用户遵守该规定。

- a. **委任安全管理员** - 设施运营者应委派一名高级人员担任安全管理员，以确保这些措施获得遵守。安全管理员将负责制定实施计划，进行检查工作，并保存记录以备当局随后的审核。
- b. **支持联系人追踪和实施体温测量** - 所有运动和娱乐设施必须为参与者和访客实施“安全进出”(SafeEntry)。设备操作员必须进行体温测量并检查访客的显眼症状，并谢绝发烧和或身体不适的人员进入。鼓励员工和访客下载与运用 (TraceTogether) 应用程序。
- c. **减少肢体接触与确保安全距离** - 设备经营者必须组织人流和空间管理，以确保降低各组别之间的接触。设备的摆设应使得使用者在进行锻炼时保持安全距离。
- d. **群众管理** - 设施运营者将必须设有如可供预约系统，以确保场所内或周围不会出现人满为患的情况。并必须管理休息区和更衣室，以防止人员拥挤和闲荡。
- e. **戴口罩与确保卫生** - 设施经营者必须确保所有访客进入设施时都戴上口罩。在设施入口和门把手、等高接触表面的附近放置消毒液供使用，并鼓励访客在进入设施之前先对双手进行消毒。
- f. **增强清洁规程** - 设备经营者须经常为公共空间和互动式用具（如智能信息亭，旋转门）的组件举行消毒。在每次使用后，须彻底擦拭并清洁设备。个人设备不应共享。
- g. **通风** - 室内空间应保持通风良好。非空调空间应将窗户保持打开状态，并放置更多风扇。

### 有关活动性质的措施

5. 保持 2 米的安全距离将视为预设的措施。在锻炼时应尽可能遵守，因为呼吸道飞沫传播的风险较高。

6. 新加坡体育理事会一直以来都与负责管理各项体育活动的各个体育协会合作，制定有针对性的安全管理措施。从 6 月 19 日开始，这些体育协会将在其网站和体育理事会网站 <https://circle.myactivesg.com/ssi/safe-return-to-sport> 上发布各协会，经批准的安全管理计划。

### 年龄段的特定措施

7. 在第二阶段下，为儿童和青少年而主办的活动将不受限制。以老年人为中心的活动可以重启，但仅限于个人的活动，并且遵守安全管理措施。参与者之间不得共用设备。

8. 由于老年人感染该病毒机率高，因此他们应尽可能呆在家里，并通过在家锻炼来保持身体健康。网页- <https://circle.myactivesg.com> 也提供了在线资源，让大家上网上课程和活动，以及有关如何保持在家活动的提示和建议。

## 措施执行

9. 政府机构将在第二阶段重新开放后进行检查，任何不遵守安全管理措施的业者或经营者，将受到处罚。

10. 健身活动的业者或经营者只有在遵守安全管理措施后才能恢复操作。在恢复现场操作之日起的两周内，他们必须：

- a. 通过 GOBusiness - <https://covid.gobusiness.gov.sg> 提交在现场工作的人数；及
- b. 制定并准备一份安全的管理计划，其中应包括有关运作的措施。

体育理事会将进行现场稽查，不遵守安全管理措施的业者将会被令关闭。无法遵守的业者可通过电邮与体育理事会就其他安排进行联系，邮址：[SPORT\\_QSM@sport.gov.sg](mailto:SPORT_QSM@sport.gov.sg)。

## 对抗 2019 冠状病毒疫情，人人有责

11. 随着措施的逐步放松，新加坡人须保持警惕，并注意采取安全社交距离措施以减低社区传播的机会。对抗 2019 冠状病毒疫情，人人有责。让我们一起发挥个人作用，将病毒拒于门外，保护自己和亲人。

12. 有关 2019 冠状病毒疫情运动和体育锻炼及活动的最新信息，请上 [sportingapore.gov.sg](http://sportingapore.gov.sg) 网站获得。如有疑问，公众可以在办公时间（周一至周五，上午 9 时至下午 6 时）致电 1800 3441177 或发送电子邮件至 [SPORT\\_QSM@sport.gov.sg](mailto:SPORT_QSM@sport.gov.sg) 查询。

## 第 2 阶段体育活动指导

### 搏击运动 - 武术龙舞狮

非全身接触性的肢体活动：进行训练和陪练时，应确保无长时间的身体接触，例如拥抱抑制动作。可以进行短暂接触如踢和打。可以与教练进行非接触式技术工作，包括使用护垫，球板和护罩。