



Singapore Wushu Dragon & Lion Dance Federation

“SAFE RETURN TO SPORT PLAN” GUIDELINES

Date: **23 June 2020**

Safe Management Officer (“SMO”)

Safe Management Officer (“SMO”)

The Safe Management Officers (SMO) will be coordinating and monitoring of the system of the measures at the SWDLDF’s area. You may approach them if you have any query or concern regarding the Safe Management Measures in SWDLDF.

Duties of SMO include the following:

- a. To implement of Safe Management Measures, which includes identifying relevant risks, recommending and implementing measures to mitigate the risks, and communicating the measures to all personnel working in the workplace and training areas.
- b. Will conduct inspections and checks to ensure compliance at all times and to report and documents any non-compliance found during the inspections.
- c. Immediate action will be taken to remedy any non-compliance found during the inspections and checks.
- d. Will keep records of inspections and checks conducted and corrective actions taken will be submit upon request by a Government inspector.

Split Team Arrangement (Office)

Working Schedule Plan for Phase 2 (Office)

- Split team arrangement by rotating Team A & Team B in alternate working day schedule.

Office:	50%
Work from Home:	50%

- 50% working in office and 50% WFH, the % weightage will be subjected to changes depending on the Covid-19 situation and work demand during this pandemic situational.

Split Team Arrangement (Office)

Team A & B effective from Phase 2 ~ 22 June 2020

Jun-20											
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
21	22 Team A	23 Team B	24 Team A	25 Team B	26 Team A	27 Team B					
28	29 Team B	30 Team A									
Jul-20											
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
			1 Team B	2 Team A	3 Team B	4 Team A					
5	6 Team A	7 Team B	8 Team A	9 Team B	10 Team A	11 Team B					
12	13 Team B	14 Team A	15 Team B	16 Team A	17 Team B	18 Team A					

- There must be no cross-interaction between teams during in office or off office hours.
- If cross-interaction cannot be avoided then additional safeguards must be taken in a careful manner to minimise the risk of cross infection.
- Please seek CEO for approval if cross interaction is needed.

Athletes

- **Priority 1**

- National Team (Taolu)

- *Carpet A: 4+ 1 Coach*
 - *Carpet B: 4+ 1 Coach*

- **Priority 2**

- Sanda Team

- *Keagan + 1 Coach*
 - *Ryan + 1 Coach*

- **Priority 3**

- Youth Team (Taolu)

- *Carpet A: 2+ 1 Coach*
 - *Carpet B: 2+1 Coach*

- Total headcount:

With Y+: 19

Without Y+: 15

GFA (Gross Floor Area) of the training facility

Training Hall GFA – estimated 14m x 8m

Implications & Suggestions

Possible Complains

1. As the Selection Criteria is based on the SportSG guidelines: from Scholars, E1, E1P, E2, E2P and Y+ (or some combination of it), athletes who are not selected to resume training may make complains.

Possible Explanations

1. Selection Criteria is based on the SportSG guideline: from Scholars, E1, E1P, E2, E2P and Y+ (or some combination of it). Hence we can adjust our key focus on Spexscholars and E3 carding and above.
2. Keagan and Ryan is our key athlete for Sanda. Both of them are the only Sanda athletes that received E3P carding level.
3. As part of our long term developments plan for Asian Games 2022, they are required to participate in the projected 2020 Sanda invitational game to be organised by us, SEA Game 2021 and then Asian Games 2022.

Additional Safety Measures

1. Training Hours:

Wushu		Sanda	
Afternoon Mon to Fri	4pm to 6.30pm		
Evening Mon to Fri	7.30pm to 10pm	Evening Mon to Fri	7.30pm to 9.30pm

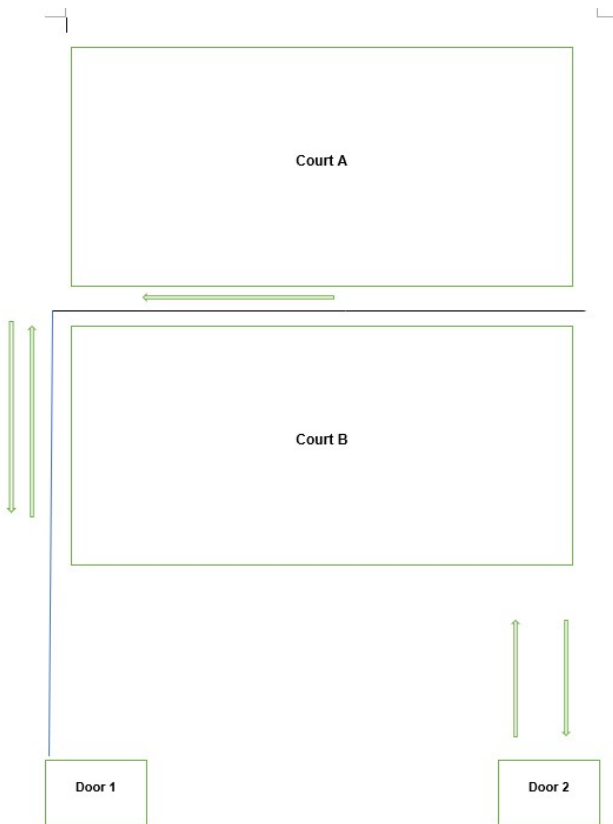
No changes to training hours/days and no split team arrangement as the number of athletes has been drastically reduced.

2. Parents of athletes are not allowed to enter SWDLDF's areas unless by prior appointment.
3. Safety distance will be adhere and enforced by the coaches. Athletes are required to take temperature, sanitise their hand and equipment before and after training.
4. There will be daily cleaning for all the training area (Hall, Sanda room, Gym).
5. Bottle waters will be issued to the athletes by the federation. Water dispenser will be taken away.
6. There shall not be more than 2 person using the toilet each time.
7. Training area will be segmented so that there will not be any cross interaction between the athletes or coaches in different training area.

Split Team Arrangement (Coaches & Athletes)

Training Layout

(Wuzong Hall, 10 pax (include 2 coaches))



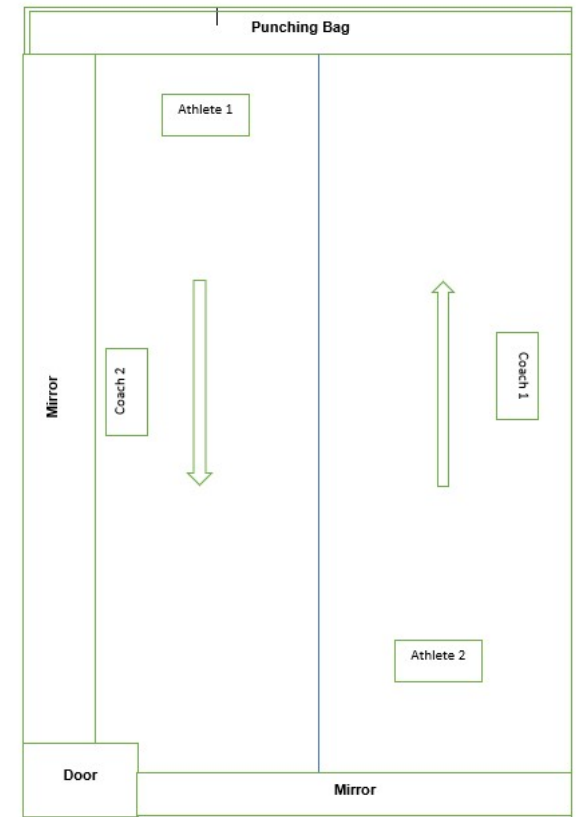
Gym

(Gym, 3 pax (include 1 coach))



Sanda

(Gym, 4 pax (include 2 coach))



Stagger Working Hours

- Normal office workings hours:
 - Mon to Fri : 10 am to 6pm
 - Sat : 9am to 1pm
- Stagger working hour will not implemented as normal office working hours is not peak hours for using public transport.
- Stagger Meal Break hours will not implemented as we only have 2-3 staffs in a team.
- As we are still not allow to eat out thus please take away your food and have your lunch at your own working desk.
- Please ensure proper cleaning after your meal and dispose the packaging to the dustbin outside the office.

Others Safe Measurement

- **Reduce need for and duration of physical interactions:**
- Everyone must minimize the need for physical meetings, e.g. by using tele-conferencing facilities. If there is a critical need for physical meetings to proceed, the number of attendees should be limited and the duration shortened.
- **Ensure clear physical spacing of at least:**
- You are remind to maintain the 1m physical spacing during discussions amongst colleagues including interacting at common area at all times.
- Safe Distancing of 2m at all times during training
- **Defer or cancel all events:**
- The Company will defer all events or activities to avoid close and prolonged contact amongst participants.
- Ensure employees do not socialize or congregate in groups at the workplace, including during meals or breaks.

NEW NORMAL SAFE WORKPLACES



Work from home



Stagger work and break hours, if unable to work from home



AVOID socialising with colleagues, at or outside workplaces



Sit at least 1 metre apart



Disinfect shared surfaces before and after use



Check in and out with SafeEntry
HELP US KEEP YOU SAFE



Wear a mask at all times when outside your home



Wash your hands frequently with soap or use hand sanitisers



Monitor your temperature twice daily and submit health declarations

If you are sick

- Don't go to work
- Wear a mask and see a doctor
- Stay at home



Do not spread rumours

Get the latest on COVID-19 by signing up for the Gov.sg WhatsApp channel (www.gov.sg/whatsapp). The service is available in English, Chinese, Malay and Tamil.



Updated: 28 May 2020

Control Access at the Workplace

- **Safe Entry QR Code**
- The Safe Entry visitor management system must be used to record the entry of all personnel (including employees, athletes and visitors) entering to SWDLDF's area.



SCAN Me!
To check in/out to SWDLDF's area

- Temperature Screening will be conducted to all personnel (including employees, athletes and visitors) prior to entry into office and training venue. Those who are unwell, or body temperature above 38 degrees are not allowed to enter premises and must be asked to return and consult doctor immediately.
- Support Government Contact Tracing – Download **TraceTogether** and on your Bluetooth always.



Check in & Check out

To help with faster contact tracing

Use these scanning methods
to ensure secure and authentic
SafeEntry access

Welcome to:

SINGAPORE WUSHU DRAGON
& LION DANCE FEDERATION



SingPass Mobile: Tap 'Scan'

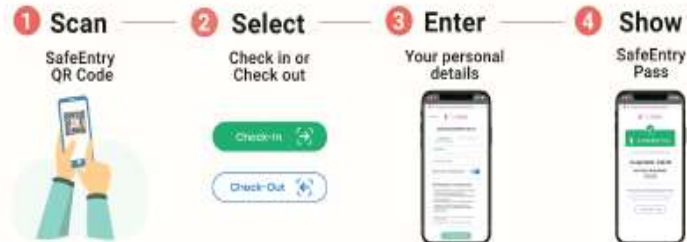


Apple iOS Devices:
Use the Camera app



Android Devices:
Use Trend Micro QR scanner

For recommended scanners:
go.gov.sg/qrscanner



Thank you for doing your part in
keeping Singapore safe!

Your personal data is protected. Only authorised
public officers will have access to the data.
Visit SafeEntry.gov.sg for more information.

01/06/2020

GOVTECH
SINGAPORE



SMART NATION
DIGITAL GOVERNANCE DRIVE

Precaution Steps – Personal Protective Measurement

All personnel must:

- Always wear A MASK and ensure other necessary personal protective equipment at all times, except during activities that require masks to be removed or engaged in strenuous activities during training.
- Always observe good personal hygiene.
- For those who feeling unwell, on Stay Home Notice (SHN) or Quarantined Order, you're not allowed to enter SWDLDF.
- If you're feeling unwell or showing symptoms of illness , you shall inform superior/coaches/HPE, on your condition, leave the workplace/training areas and consult doctor immediately, even if symptoms may appear mild.

you may visit phpc.gov.sg. or polyclinic

(SG/ PR citizens with respiratory illnesses pay a subsidised rate of \$10 at PHPCs, while Pioneer Generation and Merdeka Generation seniors pay \$5.)

- If you are having respiratory symptoms, use this : <https://www.sgcovidcheck.gov.sg/> for further recommendation.
- Submit travel declarations relating to travel history, stay home notice where relevant to SMOs.

Precaution Steps – Workplace Cleanliness

Employee must:

- Regularly clean and maintain work station cleanliness.
- Always upkeep common area (toilets, meetings rooms etc) cleanliness and hygiene after used.
- Clean the workstation after having lunch.
- All disinfectant cleaning resources can be found at pantries.
- Hand soap will be placed at all toilets.
- Hand sanitizer will be placed at common touch points (4th Floor outside Lift Entrance and Reception).

Risk assessment prior to resumption of sport

Athletes should not return to sport if in the last 14 days they have been unwell or had close contact with a known or suspected case of COVID-19. In an environment of community transmission of COVID-19, any individual with respiratory symptoms (cough, sore throat, fever or shortness of breath), even if mild, should not to attend any training if they are unwell and should use a cautious approach.

Anyone who is unwell should be referred to a doctor in accordance with local MOH guidelines. Any individual with a possible case of COVID-19 should refrain from training (even at home) until they have been cleared to do so by a doctor, given the potential for worsening illness.

Anyone returning to sport and exercise after a period of social isolation and not exercising regularly may be at an increased risk of injury. A graded return will be apply to mitigate injury risk, understanding that sudden increase in training load will predispose to injury.

Precaution Steps – Education

Education of individuals about COVID-19 risk mitigation strategies is crucial. Education will help to promote and set expectations for the required behaviours prior to recommencing activities.

Signage will be displayed inside training hall and bathrooms to promote required behaviours (e.g. Hygiene practices, frequent hand washing etc)



Measures during training – Distancing and Size Limitation

- Be prepared for training prior to arrival at venue (arrived dressed and ready to train)
- Minimise need to use/gather in toilets
- Athletes should get dressed to train and shower at home on completion
- Training groups to be kept compact, with a cap of **6** persons per training session (inclusive coaches)
- Maintain a physical distance of at least **2m** between all individuals
- Body contact/sparring exercises between athletes and/or coaches is prohibited.
- Staggered training timings should be implemented to avoid overcrowding in the training venue, such that safe physical distancing is not possible
- Athletes and coaches/specialists to only commute between training venues and their residences, without lingering outside before/after training
- No socialising or group meals before, during or after training
- Do not share drink bottles, towels, or any other personal sporting equipment
- Any tasks that can be done at home, should be done at home (e.g. recovery sessions, online meetings).
- There should be no unnecessary body contact (e.g. hand shaking, high fives)

General Hygiene

Cleaning Regime:

- Athletes and coaches must maintain training areas cleanliness and hygiene after used.
- Minimise the use of communal facilities, e.g. toilets.
- Hand sanitizer will be provided and placed at 4th Floor outside Lift Entrance and training hall.
- Disposable disinfectant wipes will be placed on all training areas.
- Hand soap will be placed at all toilets.
- Training areas, surfaces and objects in other relevant spaces will be clean by cleaner on daily basis.

General Hygiene

Equipment Sharing Policy:

- Policy on use of equipment

(a) **Own Equipment** (E.g. weapons):

Athletes should bring their own equipment and to not share with others. Equipment should be kept separate and in individual bags or cabinet.

(b) **Limit Team Shared Equipment:** The use of team shared equipment (e.g. balls, gym equipment etc.) should be limited whenever possible and should be sanitized/wiped after each use.

(c) **Drinking Water Dispenser:** Drinking water dispenser will no longer be provided. Athletes and Coaches should bring their own water bottles to training to help to reduce transmission risk. Individuals should take their own water bottles home each night for cleaning and sanitation.

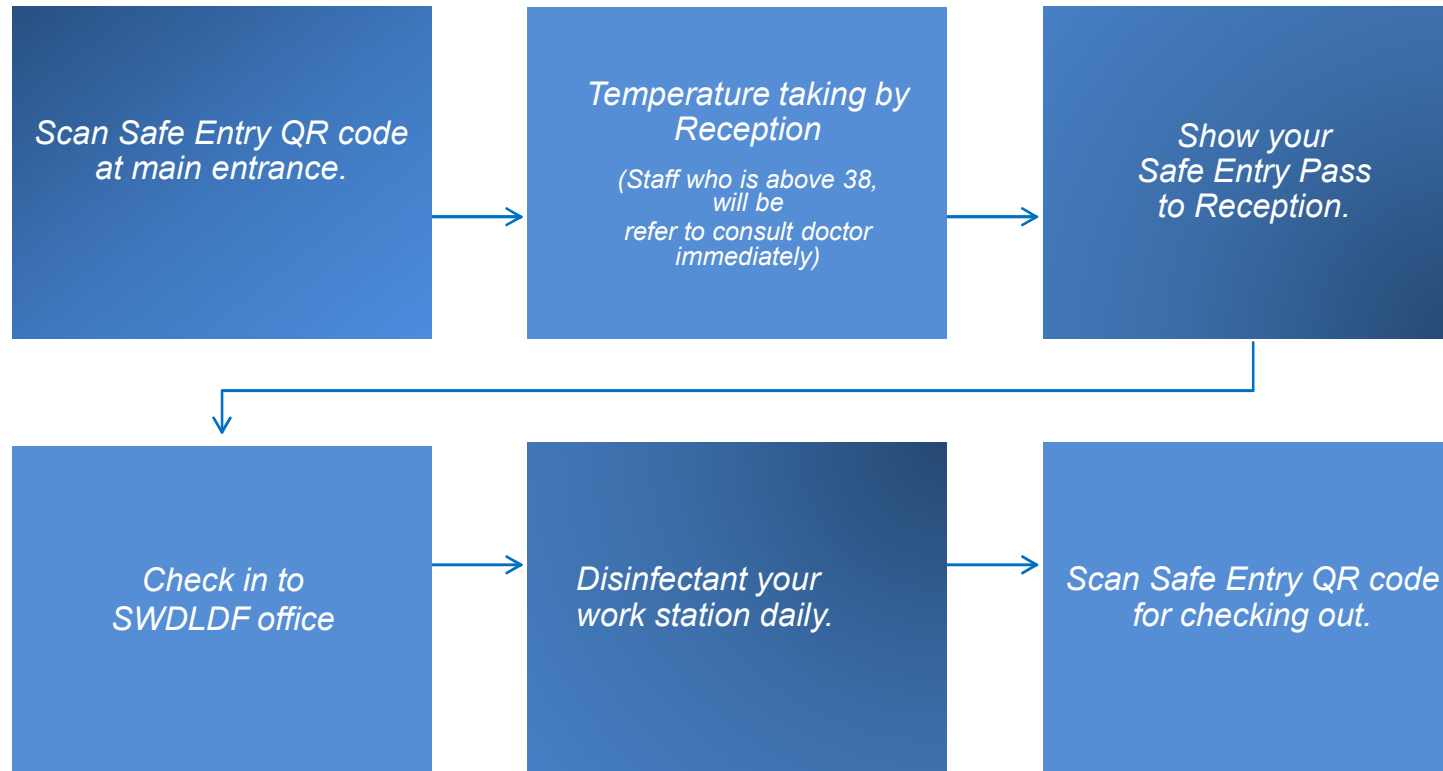
Ventilation

- The Training hall is well ventilated and aired every day before training starts.

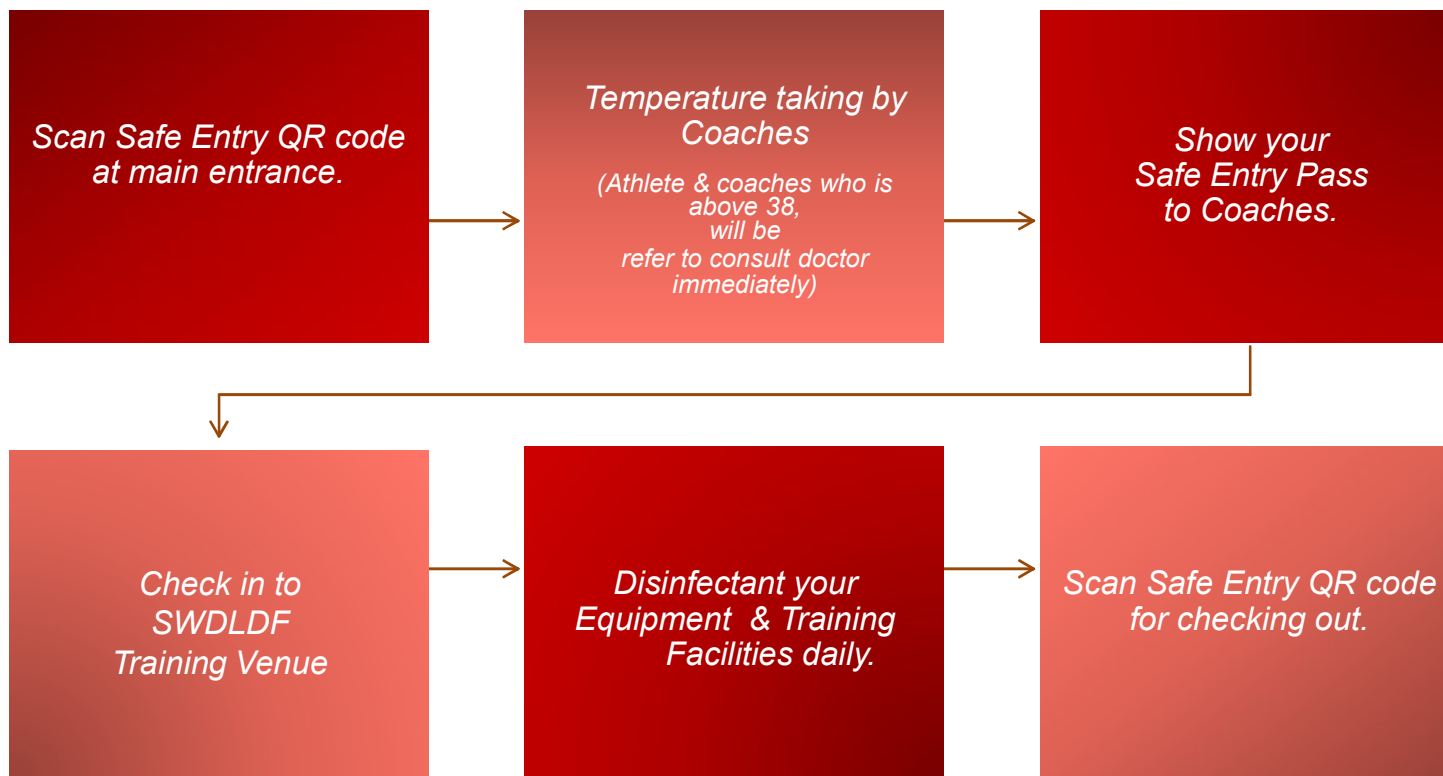
Others - Affiliates

- Our Affiliates are encouraged to draft their own respective Safety Measures Plan for Re-opening based on the national guidelines.
- For example, affiliates to review and take guidance from the guidelines set by the advisory by SportSG published on 17 June 2020 and updated on 18 June 2020 (**“Advisory For Resumption Of Sport And Physical Exercise and Activity For Phase Two Safe Transition”**).
- This Plan should be prepared within two weeks of the date of resumption of on-site operations and are to be made available on site for inspection by the authorities. Government agencies will be conducting inspections following Phase Two reopening, where those who do not comply with safe management measures may face penalties. Sport Singapore will be conducting on-site inspections, where businesses found not complying with safe management measures may be required to close.
- The number of workers who are working on-site should also be submitted via the GoBusiness portal (<https://covid.gobusiness.gov.sg>) within the same two weeks.
- Affiliates who are conducting classes in community clubs or similar establishments/associations must work with the relevant parties to ensure that the measures are in place.
- The guidelines will be updated based on the latest guidelines issued by the relevant authorities.

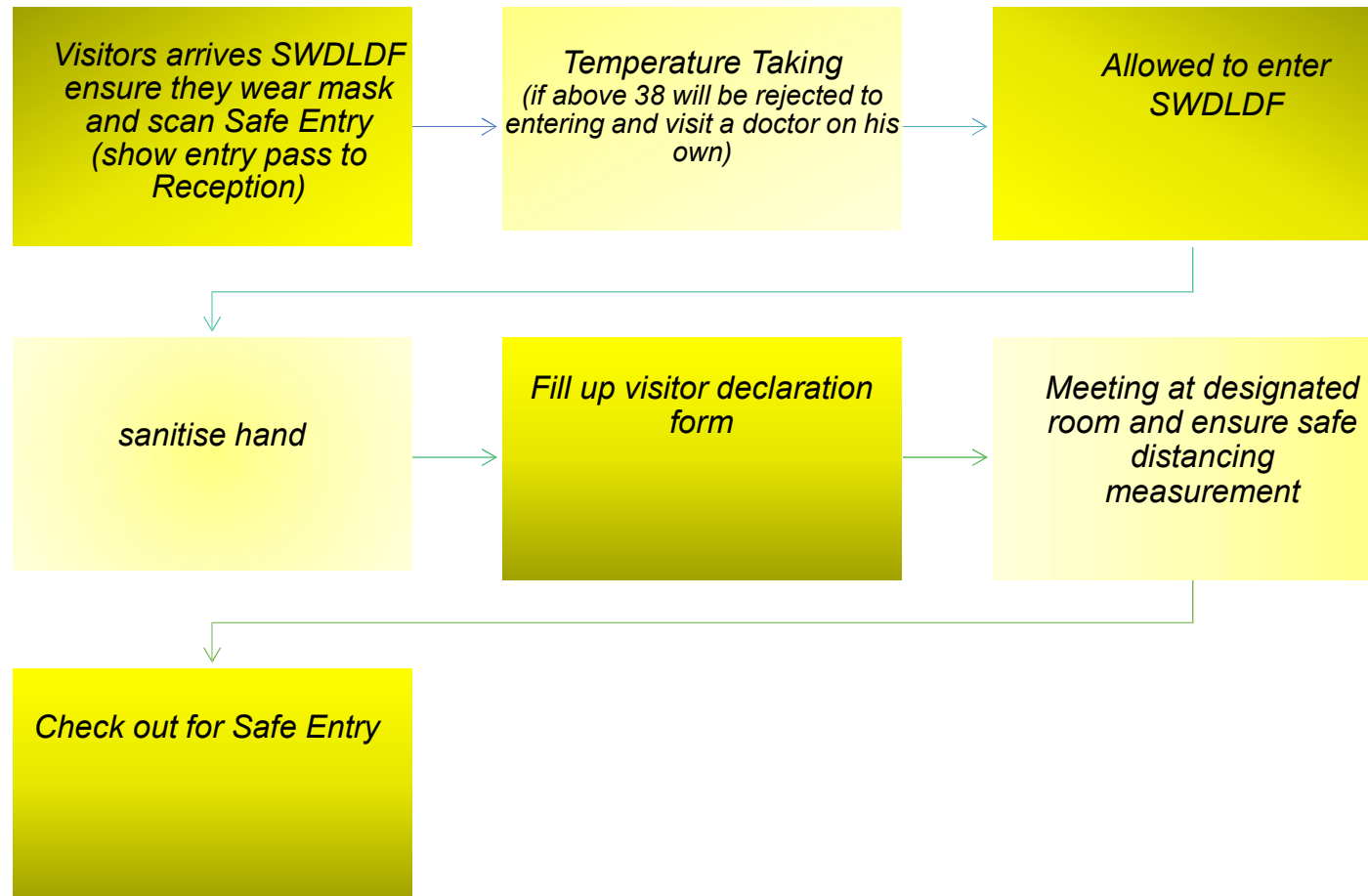
Annex A: Entry Screening Procedure For Office



Annex A: Entry Screening Procedure For Athletes & Coaches



Annex A: Entry Screening Procedure For Visitors



Annex – No full contact activities

Combat Sports	Boxing	<p><u>No full body contact activities:</u> Training and sparring to be modified such that there is no prolonged body contact such as grappling or restraining.</p> <p>Transient contact such as kicking and punching are acceptable.</p> <p>Non-contact technical work with coach, including using pads, paddles, shields permitted. No physical contact or grappling.</p> <p>No contact/bouts.</p> <p>Non-contact shadow sparring allowed.</p> <p>Non-contact technical work with coach allowed.</p>
	Judo	
	Karate-Do	
	Kendo	
	Muaythai	
	Silat	
	Taekwondo	
	Wrestling	
	Wushu Dragon & Lion Dance	

Acknowledgement

Thank You!