

UPDATED ADVISORY FOR SPORT AND PHYSICAL EXERCISE / ACTIVITY
[26 MAR 2020]

Following our advisory on 25 Mar 2020, we have consulted our stakeholders and adjusted our measures accordingly in this latest advisory. The key change is in the requirement for Studios.

The table below is a summary of SportSG’s advisory for Sport and Physical Exercise / Activity which has to be strictly followed by private operators and National Sports Associations (NSAs).

SPORT SINGAPORE’S ADVISORY FOR SPORT AND PHYSICAL EXERCISE / ACTIVITY with effect from 26 Mar 2020, 2359 hours	
<ul style="list-style-type: none"> • The following are to be suspended until 30 Apr 2020 or cancelled: <ul style="list-style-type: none"> ○ All tournaments/competitions, leagues and matches; ○ All senior-centric programmes; <u>and</u> ○ All children & youth-centric¹ group activities regardless of class size. • All gatherings, group activities and classes must not exceed 10 persons. • Physical distance of at least 1m between participants must be followed strictly at all times. • Operating capacity must be kept to no more than one person per 16 square metres of usable space for gyms, indoor sport halls, stadiums and swimming pools. • It is the responsibility of programme and venue operators to put in place strong access controls to conduct temperature screening and health declaration, as well as implement a registration process to facilitate contact tracing. They are to turn away participants who are unwell or who have travelled overseas in the last 14 days. • Venue operators are to conduct frequent disinfection of common spaces, and increase the frequency of cleaning for surfaces and interactive components (e.g. smart kiosks, turnstiles). Hand sanitisers should be placed near frequently touched surfaces like door handles. 	
ADDITIONAL MEASURES BY FACILITY TYPE	
Gyms	<ul style="list-style-type: none"> • There should be no clustering or bunching of users in the gym. • Users should be reminded to wipe down equipment after use. • Gym spaces should be kept well-ventilated. • Efforts should be taken to increase spacing between equipment and remind users to maintain physical distancing. Demarcation of spaces around equipment to discourage overcrowding is expected.
Studios	<ul style="list-style-type: none"> • Classes should have no more than 10 persons, with at least 1m spacing between them at all times. • Shared equipment that may be difficult to sanitise between sessions (e.g. gloves) should be removed. Users should be encouraged to bring their own mats if needed. • Studios should be kept well-ventilated.

¹ Defined as those in primary and secondary schools, junior colleges, ITEs and polytechnics

Indoor Sport Halls	<ul style="list-style-type: none"> Group activities should have no more than 10 persons, with at least 1 metre spacing between them. Indoor sports halls should be kept well-ventilated.
Stadiums/ Swimming Pools/ Outdoor Venues	<ul style="list-style-type: none"> Group activities should have no more than 10 persons, with at least 1 metre spacing between them.
<ul style="list-style-type: none"> Private operators and organisations that are unable to comply with this advisory are required to suspend their services during this time. MOH will be promulgating Regulations under the Infectious Diseases Act to give force to safe distancing measures. Existing levers under the Infectious Diseases Act, including the temporary suspension of operations, may be used against persons and operators that are non-compliant with the Regulations. Regulatory agencies will also impose penalties for breaches or lapses. 	

BEST PRACTICES TO ADOPT

- a. Reduce crowding as follows:
 - i. Avoid setting up queues in general, and implement a pre-booking system. If necessary to set up a queue, avoid locations that may cause crowding in or outside the venue. Implement a queue management system that spaces participants out with clear demarcations (e.g. floor markers with distancing of at least 1 metre). Disperse crowds immediately.
 - ii. Stagger entry and exit timings to the venue. Consider implementing an alert-based entry system (i.e. visitors arrive at the entry point when they receive an alert).
 - iii. Within the venue, implement a physical separation distance of at least 1 metre between persons. For instance, leave one or two vacant seats between participants or implement chequerboard seating, except where participants are related (e.g. families or couples).
- b. Display notices and posters prominently, detailing prevention and control measures (e.g. avoid shaking hands, wipe down gym equipment, wash hands with soap, practice good personal hygiene). Refer to <https://www.moh.gov/covid-19/resources> for the latest notices and posters.
- c. Advise participants to practice social responsibility, including monitoring their own health condition and to stay away if unwell.
- d. Encourage participants to install and activate the Govtech-produced app [<https://www.tracetgether.gov.sg>].
- e. Provide hand sanitisers to frontline staff who handle cash and other payment devices.
- f. Operators and organisations are encouraged to participate in SG Clean. For more details on the programme, please refer to www.sgclean.gov.sg.

Please share your opinion with us at SPORT_QSM@sport.gov.sg or call 1800-344-1177 during office hours (Mon – Fri, 9.00am – 6.00pm) as we practise social responsibility to stay safe and healthy.