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Updated: 24 February 2022

**FAQs**  
**SAFE MANAGEMENT MEASURES FOR SPORT AND PHYSICAL EXERCISE & ACTIVITY FOR THE TRANSITION PHASE**

**A. LATEST SAFE MANAGEMENT MEASURES (SMMs)**

**Qn: What are the key changes to the safe management measures from 17 December 2021?**

**Ans:** It was announced on 14 December 2021 that:

- **From 1 January 2022:**
  - a. All recovered persons from COVID-19 who are not fully vaccinated will only be given a 180-day exemption after infection to enter settings where vaccination-differentiated SMMs (VDS) are implemented.<sup>1</sup> In addition, unvaccinated individuals will not be able to perform a pre-event test (PET) in lieu of being fully vaccinated.
  - b. A valid Pre-Event Testing (PET) result will no longer be recognised in lieu of being considered a fully vaccinated individual.
- **From 1 February 2022:**
  - a. Across all settings – All indoor sport and fitness facilities must implement VDS at their premises and only fully vaccinated<sup>2</sup> individuals are permitted to enter these indoor premises.
  - b. All Sport Events, irrespective of event size, must implement VDS in order to proceed.
- **[No change] Group Size.** The permitted group size for participation remains at 5. If any of the participants are not fully vaccinated or exempted from VDS<sup>3</sup>, then indoor sport and physical exercise / activity for that group is prohibited. Please refer to page 2 for treatment of unvaccinated children 12 years old and below.
- **[No change] Physical Distancing.** The physical distancing between:

<sup>1</sup>Please refer to MOH's Press Release <https://www.moh.gov.sg/news-highlights/details/preparing-for-the-omicron-variant-14Dec2021> for details. This exemption does not apply to entry into VDS+Test events or activities i.e. individuals will still have to do Antigen Rapid Test (ART) prior to participation at these events.

<sup>2</sup> An individual is considered vaccinated if he/she a) has been fully vaccinated, i.e. received the appropriate regimen of World Health Organization Emergency Use Listing (WHO EUL) vaccines including their respective duration post-vaccination for the vaccine to be fully effective and b) had their vaccination records ingested in MOH's IT systems. Sinovac-CoronaVac will require a three-dose primary series regime, but all individuals who have taken two doses of Sinovac-CoronaVac should be regarded as fully vaccinated for 4 months after the second dose, or until 31 December 2021, whichever is later. Persons who have recovered from COVID-19 will be considered fully vaccinated 14 days after their single dose of the PSAR-authorized mRNA vaccines (i.e. Pfizer-BioNTech/Comirnaty, Moderna) or WHO EUL vaccines. Persons who have recovered from COVID-19 within the last 180 days, regardless of their vaccination status, may also be managed similarly to a fully vaccinated individual.

From 1 December 2021, individuals who are medically ineligible for all COVID-19 vaccines under the National Vaccination Programme can take part in activities at VDS facilities (does not include participation under the "VDS+ART" Team Sport Pilot which will still require an ART) without needing to take a PET. Refer to <https://www.moh.gov.sg/covid-19/pet> for more details. Unvaccinated children aged 12 and below are also exempted from VDS.

With the introduction of Workforce Vaccination Measures (WVM) from 1 January 2022, only fully vaccinated employees will be allowed at the workplace. For more info on WVM and work arrangements for unvaccinated employees, 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>

<sup>3</sup> Individuals who have recovered from a COVID-19 infection, medically ineligible for COVID-19 vaccination and children aged 12 and below are exempted from VDS.

- a. Individuals for all types of physical exercise/activity will be standardised to 2 metres, unless the nature of activity requires the distance to be shortened.
  - b. different groups is 2 metres, at all times.
- **[Update] Unvaccinated Children in Indoor Setting.** Unvaccinated children are more vulnerable to the virus and need to be protected. Children 12 years old and below (born in or after 2010) who are not fully vaccinated will be allowed to participate in sport and physical exercise/activity classes/programmes/activities, as follows:

Setting	Group size	Class size
<b>INDOORS UNMASKED</b>	Up to 5 participants in any of the following combination: <ul style="list-style-type: none"> <li>Unvaccinated children who are all from the <b>same</b> household</li> <li>Fully vaccinated<sup>4</sup> individuals do not have to be from the same household as the unvaccinated children</li> </ul>	<ul style="list-style-type: none"> <li>1 group of 5 only (including instructor).</li> <li>There can be <b>no multiple groups</b> of 5 participants.</li> </ul>
<b>INDOORS MASKED</b>	[Update] From 1 February 2022, all indoor sport facilities will have to implement VDS. As such, indoor masked activities involving unvaccinated children will be subjected to the following from the same date: <ul style="list-style-type: none"> <li>Up to 5 participants in a group in any of the following combination: <ul style="list-style-type: none"> <li>Unvaccinated children who are all from the <b>same</b> household</li> <li>Fully vaccinated<sup>5</sup> individuals do not have to be from the same household as the unvaccinated children</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Multiple groups of up to 5 pax in a group, up to 50 pax (including instructor) or up to the venue capacity limit, whichever is lower.</li> <li>There shall be no intermingling/ intermixing between the different groups.</li> </ul>
<b>OUTDOORS UNMASKED/ MASKED</b>	<ul style="list-style-type: none"> <li>Up to 5 participants in a group.</li> <li>Unvaccinated children in the group do not have to be from the same household.</li> </ul>	<ul style="list-style-type: none"> <li>Multiple groups of up to 5 pax in a group, up to 50 pax (including instructor) or up to the venue capacity limit, whichever is lower.</li> <li>There shall be no intermingling/ intermixing between the different groups.</li> </ul>

If a child in the stipulated age group (12 years and below) is fully vaccinated, he/she can proceed to participate in indoor masked/unmasked activities as per the general sport guidelines for fully vaccinated people.

A grace period has been extended to children born in December 2009 to allow them sufficient time to get fully vaccinated. Children born in 2009 who will turn 13 in 2022 will need to be fully vaccinated to enter venues and participate in activities with VDS from 1 March 2022. Please refer to the [MOH Press Release on 2 December 2021](#) for more details.

<sup>4</sup> Refer to footnote 2

<sup>5</sup> Refer to footnote 2

### **From 18 February 2022**

**[Updated] The Rostered Routine Testing (RRT) Fast & Easy Testing (FET) for Sport and Fitness** will be streamlined to focus only on settings catering to vulnerable groups.

In view of this all workforce under the RRT FET for sport and fitness sector, will no longer be required to continue testing from 18 February 2022. However, those who are employed in third-party vendors in entities catering to vulnerable groups such as children below 5 years old, e.g. Preschools, Early Intervention centres, and Private Education Institutions, will still be subjected to RRT.

More details can be found on [https://www.sportsingapore.gov.sg/COVID19/Fast-and-Easy-Testing-\(FET\)-Regime](https://www.sportsingapore.gov.sg/COVID19/Fast-and-Easy-Testing-(FET)-Regime)



## **B. ON VACCINATION-DIFFERENTIATED SAFE MANAGEMENT MEASURES (VDS) & ELIGIBILITY**

**Qn: What is VDS and where is it applicable at?**

**Ans:** VDS for fully vaccinated<sup>6</sup> individuals have been implemented since 10 August 2021 for selected premises, activities and events. From 1 February 2022, VDS will be expanded to cover more settings and activities, including all indoor sports facilities and sport events.

**Qn: What does fully vaccinated individual mean?**

**Ans:** An individual is considered vaccinated if he/she has been fully vaccinated, i.e. received the appropriate regimen of World Health Organization Emergency Use Listing (WHO EUL) vaccines including their respective duration post-vaccination for the vaccine to be fully effective, and had their vaccination records ingested in MOH's IT systems.

Sinovac-CoronaVac will require a three-dose primary series regime, but all individuals who have taken two doses of Sinovac-CoronaVac should be regarded as fully vaccinated for 4 months after the second dose, or until 31 December 2021, whichever is later.

Persons who have recovered from COVID-19 will be considered fully vaccinated 14 days after their single dose of the PSAR-authorized mRNA vaccines (i.e. Pfizer-BioNTech/Comirnaty, Moderna) or WHO EUL vaccines.

Persons who have recovered from COVID-19 within the last 270 days (from 1st January 2022, this will be updated to 180 days), regardless of their vaccination status, may also be managed similarly to a fully vaccinated individual.

From 1 December 2021, individuals who are medically ineligible for all COVID-19 vaccines under the National Vaccination Programme can take part in activities at VDS facilities (does not include participation under the "VDS+TEST" Team Sport Pilot) without needing to take a PET. To be certified as medically ineligible, individuals may visit a doctor familiar with their medical condition, or alternatively, any clinic or hospital to obtain a hardcopy doctor-certified memo. Please refer to <https://go.gov.sg/acceptable docs> for the sample of the standard memo. The information would also be subsequently keyed into MOH's Health IT systems so that their entry can eventually be enabled by the TraceTogether/Safe Entry check-in systems at vaccination-differentiated SMMs premises or activities.

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<sup>6</sup> Refer to footnote 1

**Qn: I want to organise *unmasked class/programme/activities* at my *indoor* facility. How do I go about it?**

**Ans:** Permitted enterprises are:

- to implement vaccination-differentiated SMMs at their indoor facilities
- to set up proper checking protocol at their access control
- responsible to conduct checks on the vaccination status of their participants at their access control. Persons who fail to have their status verified will be denied participation in high-risk activities.
- to ensure that every person who enter their premises have their vaccination status checked and recorded manually or electronically, beyond the usual screening measures such as TraceTogether-only SafeEntry (TT-only SE), SafeEntry Gateway (SEGW) check-in & check-out and temperature checks.
- to ensure that participants, instructors and staff also adhere to an enhanced set of SMMs per Annex in the Sport Singapore guidance issued on 21 Nov 2021.

In addition, 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> as well as enhance hygiene and cleanliness through the SGClean certification: <https://www.sgclean.gov.sg/join/for-owners/how-to-be-certified/>

**Qn: I am organising a class that requires vaccination-differentiated SMMs. How do I check my participants' vaccination status?**

**Ans:** You can refer to the information at <https://go.gov.sg/status-check>. You can also check the status of vaccination or their COVID test records on the participants' TraceTogether app.

**Qn: I operate an *indoor* facility. Is it mandatory for me to implement vaccination-differentiated SMMs for all classes/programmes/activities at my indoor facility?**

**Ans:** Yes, from 1<sup>st</sup> February 2022, all permitted enterprises must implement vaccination-differentiated SMMs at their indoor facilities. Those who choose not to implement vaccination-differentiated SMMs will not be allowed to conduct indoor activities.

For indoor facility, participants, instructors and staff will also have to adhere to an enhanced set of SMMs per Annex in the Sport Singapore guidance issued on 21 Nov 2021. With the introduction of Workforce Vaccination Measures (WVM) from 1 January 2022, only fully vaccinated employees will be allowed at the workplace. For more info on WVM and work arrangements for unvaccinated employees, 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>

In addition, 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> as well as enhance hygiene and cleanliness through the SGClean certification: <https://www.sgclean.gov.sg/join/for-owners/how-to-be-certified/>

**Qn: Do students need to carry their TraceTogether (TT) token during activity?**

**Ans:** Where it may not be practical to do so, the TT tokens need not be carried on the individual; however, the operator should keep records of class attendance and group lists to facilitate contact tracing. Depending on the specific circumstances (e.g. duration of close contact, nature of close contact environment, type of activity, prevailing COVID situation etc.), MOH may impose quarantine orders on group, class, facility level.

**Qn: I am a Fitness Studio offering low intensity Yoga classes. Can I have both unvaccinated and vaccinated students in the same class by making everyone wear their mask?**

**Ans:** No you cannot. As of 1<sup>st</sup> February 2022, vaccination-differentiated SMMs must be implemented at all indoor facilities for classes/activities to continue. Only fully vaccinated<sup>7</sup> individuals are permitted to enter indoor premises. If your students are unvaccinated children 12 years & below, please refer to page 2 for more information.

**Qn: I am a Gym offering weights equipment and treadmills. Can I have both unvaccinated and vaccinated individuals use the gym at the same time by making everyone wear their mask?**

**Ans:** No you cannot. As of 1<sup>st</sup> February 2022, vaccination-differentiated SMMs must be implemented at all indoor facilities for classes/activities to continue. Only fully vaccinated<sup>8</sup> individuals and recovered persons are permitted to enter indoor premises.

**Qn: I am a Gym offering weights equipment and treadmills and my patrons work out on their own time. Can I allow both unvaccinated and vaccinated individuals to work out in the gym at the same time and allow vaccinated individuals to remove their masks while working out, and the unvaccinated individuals to be masked?**

**Ans:** No you cannot. As of 1<sup>st</sup> February 2022, vaccination-differentiated SMMs must be implemented at all indoor facilities for classes/activities to continue. Only fully vaccinated<sup>9</sup> individuals and recovered persons are permitted to enter indoor premises.

**Qn: Can I hold classes for unvaccinated individuals with mask on and vaccinated individuals without mask in the same studio but at different timings?**

**Ans:** No you cannot. As of 1<sup>st</sup> February 2022, vaccination-differentiated SMMs must be implemented at all indoor facilities for classes/activities to continue. Only fully vaccinated<sup>10</sup> individuals and recovered persons are permitted to enter all indoor premises. If your students are unvaccinated children 12 years & below, please refer to page 2 for more information.

**Qn: I run a badminton class for children below 12 years old. Do I need to check their vaccination status?**

**Ans:** Please refer to page 2 for more information on unvaccinated children 12 years & below in indoor setting.

### **C. ON PILOT RESUMPTION OF TEAM SPORTS UNDER VACCINATION-DIFFERENTIATED SMMs (VDS) + TEST PROTOCOL**

**Qn: What is the team sports pilot about?**

**Ans:** From 1 November 2021, a pilot will be introduced allowing for up to 10 fully vaccinated persons (including players, umpires, linesmen, etc.) to play together in controlled and supervised settings.

Under this pilot, fully vaccinated individuals who have 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 had their vaccination records ingested in MOH's national IT systems, and those who have recovered from COVID-19, can participate. Players will be required to produce a valid negative self-administered antigen rapid test (ART) result on-site prior to each game.

<sup>7</sup> Refer to footnote 2

<sup>8</sup> Refer to footnote 2

<sup>9</sup> Refer to footnote 2

<sup>10</sup> Refer to footnote 2



This pilot will only be carried out (i) during selected timeslots at designated ActiveSG and People's Association's (PA) facilities, and (ii) selected SportSG-approved private facility operators across a range of barrier and direct contact team sports (e.g. 5v5 basketball / futsal / volleyball) so that fully vaccinated individuals can enjoy team sport safely. For more details on slots available for booking at ActiveSG and PA facilities, please visit:

<https://www.myactivesg.com/Facilities/Sport-Centres/Pilot-Resumption-of-Team-Sports-under-VDSplus-Framework> and <https://www.pa.gov.sg/team-sports-pilot>

**Qn: Will the ART test kits under this team sports pilot be provided by the sports facility?**

**Ans:** No. You will need to bring an unused ART test kit to the sports facility and administer the test on-site. Only after your ART test is negative on-site will you then be allowed to participate in team sports at that venue.

**Can I do my ART test at home and produce evidence of the negative result (either by photo evidence, or by bringing the used test kit) when I reach the sports facility?**

**Ans:** No. You will need to administer the ART test when you are at the venue.

**Qn: I have a valid PET (pre-event test) result from an MoH recommended clinic / I have taken an ART at the Quick Test Centre (QTC) and the result is reflected in my TraceTogether/HealthHub app. Will I still need to do an ART on-site for me to participate in team sports under VDS+ART?**

**Ans:** If you are fully vaccinated, a valid PET result taken at MOH approved Covid-19 test provider or an ART result taken at Quick Test Centre, may be used in-lieu of the ART on-site. The negative result needs to be reflected in your TraceTogether or Health Hub app and be within its 24-hour validity window till the end of the game.

If you are unvaccinated, you are not allowed to participate even if you have a valid negative PET result. This includes those who are medically ineligible for vaccination and children 12 years and below who are not fully vaccinated.

**Qn: Which venues will offer the pilot resumption of team sports?**

**Ans:** Team sport formats comprising up to 10 fully vaccinated individuals are allowed to take place (i) during selected timeslots at designated ActiveSG and People's Association's (PA) facilities, and (ii) selected SportSG-approved private facility operators across a range of barrier and direct contact team sports (e.g. 5v5 basketball / futsal / volleyball) so that fully vaccinated individuals can enjoy team sport safely. For more details on slots available for booking at ActiveSG and PA facilities, please visit:

<https://www.myactivesg.com/Facilities/Sport-Centres/Pilot-Resumption-of-Team-Sports-under-VDSplus-Framework> and <https://www.pa.gov.sg/team-sports-pilot>

At these designated venues, all players will be checked for their VDS status as well as self-administered ART result (test to be taken on-site) before being allowed to proceed to the field-of-play, which will be fully cordoned off to other users.

**Qn: I want to play 5v5 basketball at the open-air basketball court in a nearby park. Is this allowed?**

**Ans:** No, this is currently not allowed. Team sport formats in unsupervised settings will have to continue to adhere to the prevailing national group size of 5 persons i.e. you can play 2v2 or 2v3.

To be clear, playing amongst 2 groups of 5 pax i.e. 5v5, is not allowed.

**Qn: I want to play 5v5 football at the open-air field near my house. Is this allowed?**

**Ans:** No, this is currently not allowed. Team sport formats in other unsupervised settings will have to continue to adhere to the prevailing national group size of 5 persons i.e. you can play 2v2 or 2v3.

To be clear, playing amongst 2 groups of 5 pax i.e. 5v5, is not allowed.

#### **D. GENERAL QUESTIONS ON SPORT & PHYSICAL EXERCISE / ACTIVITY SMMs**

**Qn: What is the maximum number of people who can exercise in a group (for venues not in the pilot resumption of team sports under VDS+Test)?**

**Ans:** Sport and physical activities must be confined to groups of no more than 5 individuals (including instructor / coach).

For organised classes / programmes, there may be multiple groups of 5 up to 50 pax or the capacity limit of the venue, whichever is lower, for outdoor activities.

Only fully vaccinated individuals<sup>11</sup> may participate in **indoor activities**. No more than 5 individuals (including instructor / coach) can be in the same group. Organised classes / programmes may have multiple groups of 5 up to 30 pax (for indoor unmasked) and up to 50 pax (for indoor masked), or the capacity limit of the venue, whichever is lower. If there are unvaccinated children 12 years & below in the activity, please refer to page 2 for more information.

While exercising and playing sport, the following physical distancing requirements apply:

- a. 2-metre physical distancing between individuals for all physical activities, unless the nature of activity requires the distance to be shortened.
- b. 2-metre physical distancing between groups for all physical activities.
- c. No cross-mixing or cross-playing between groups i.e. no modified versions of games where a ball is being played between two groups.

**Qn: What is the maximum number of people a sport facility can accommodate?**

**Ans:** All sport/ recreational facilities can only admit a maximum number of persons according to its Gross Floor Area based on 10 Sqm per person, up to a maximum of 50 persons. No facility, regardless of size, shall admit more than 50 persons.

However, 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. Each of these facilities are to have separate TraceTogether-only SafeEntry (TT-only SE) or SafeEntry Gateway (SEGW) check-in & check-out, as well as other screening provisions.

**Qn: Can there be large group sport and physical activities/classes?**

**Ans:** Yes, there can be subject to the prevailing SMMs for masked/unmasked activities held indoors and outdoors. For activities involving unvaccinated children 12 years old and below, please refer to page 2.

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<sup>11</sup> Refer to footnote 2

**Qn: Will I be allowed to swim in a group?**

**Ans:** Yes, you are allowed to swim outdoors as an individual or in a group of no more than 5 persons, including yourself.

**Qn: Will I be allowed to play sports such as badminton, basketball, football and table tennis?**

**Ans:** From 1 February 2022, all indoor facilities are to implement VDS. Only fully vaccinated individuals<sup>12</sup> may participate in indoor activities. No more than 5 individuals (including instructor / coach) can be in the same group. There shall be no cross-mixing or cross-playing between groups i.e. Only 2v2, 2v3 are allowed. Modified versions of games where a ball is being played between two groups of 5 pax is not allowed.

If there are unvaccinated children 12 years & below in the activity, please refer to page 2 for more information.

From 10 November 2021, team sport formats comprising up to 10 fully vaccinated individuals are allowed to take place (i) during selected timeslots at designated ActiveSG and People's Association's (PA) facilities, and (ii) selected SportSG-approved private facility operators across a range of barrier and direct contact team sports (e.g. 5v5 basketball / futsal / volleyball) so that fully vaccinated individuals can enjoy team sport safely. For more details on slots available for booking at ActiveSG and PA facilities, please visit:

<https://www.myactivesg.com/Facilities/Sport-Centres/Pilot-Resumption-of-Team-Sports-under-VDSplus-Framework> and <https://www.pa.gov.sg/team-sports-pilot>

At these designated venues, all players will be checked for their VDS status as well as self-administered ART result (test to be taken on-site) before being allowed to proceed to the field-of-play, which will be fully cordoned off to other users.

**Qn: Can I continue to conduct 1-on-1 sessions at my indoor gym / fitness/exercise studio / indoor facility where my participant and I are a) masked, b) unmasked?**

**Ans:**

From 1 February 2022, all indoor facilities are to implement VDS. Only fully vaccinated individuals<sup>13</sup> may participate in indoor activities. If your participant is an unvaccinated child 12 years old & below, please refer to page 2.

Do refer to section F to ensure you meet the Fast & Easy testing requirements.

**Qn: Can high intensity classes such as martial arts, combat sports, still take place indoors?**

**Ans:** From 1 February 2022, all indoor facilities are to implement VDS. Only fully vaccinated individuals<sup>14</sup> may participate in indoor activities. If your participants are unvaccinated children 12 years old & below, please refer to page 2.

Such enterprises are:

- to set up proper checking protocol at their access control
- responsible to conduct checks on the vaccination status of their participants at their access control. Persons who fail to have their status verified will be denied participation
- to ensure that every person who enter their premises have their vaccination status checked and recorded manually or electronically, beyond the usual screening

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<sup>12</sup> Refer to footnote 2

<sup>13</sup> Refer to footnote 2

<sup>14</sup> Refer to footnote 2



measures such as TraceTogether-only SafeEntry (TT-only SE), SafeEntry Gateway (SEGW) check-in & check-out and temperature checks.

- to ensure that participants, instructors and staff also adhere to an enhanced set of SMMs per [Annex in the Sport Singapore guidance issued on 21 Nov 2021](#).

**Qn: I am moving my classes to the outdoor area near to my indoor facility. Can my participants enter to use the changing room/toilet/shower facilities in my gym/exercise studios after they are done with the physical activity?**

**Ans:** From 1 February 2022, all indoor facilities are to implement VDS. Only fully vaccinated individuals<sup>15</sup> may enter these indoor facilities **and** use the changing room/toilet/shower facilities subject to prevailing safe management measures such as facility capacity and safe distancing. You have to take measures to ensure that transmission risks are minimised in such places. Participants should keep their masks on whilst in the changing rooms, and if they are taking a shower, to put on their mask promptly when done. You should make sure that changing rooms/toilet/shower facility are not overcrowded, and encourage people not to linger on the premises post-activity if they do not need to. If you are not able to ensure participants' compliance to the necessary safe management measures, you are advised to close off the toilet/shower facilities. Violation of this may result in stop work order issued by the authorities.

Do seek the approval of the venue owner of the outdoor location that you will be using before you move your classes outdoors.

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.

**Qn: I am a Fitness Studio offering high intensity classes to children 12 years old and below where the children are unmasked. Can I have two groups of 3 children in the class separated by a 2-metre distance between them? The 3 children in each group are from the same household.**

**Ans:** No, you may not. Please refer to page 2 information on classes/programmes for unvaccinated children 12 years old and below.

**Qn: I run a yoga class for children below 6 years old. Do my young participants need to don masks?**

**Ans:**

- For indoor yoga classes, please refer to page 2 on treatment for unvaccinated children 12 years old and below.
- For outdoor yoga classes, your participants can be masked/unmasked, and you may have multiple groups of 5 participants each (up to 50 pax or venue capacity, whichever is lower). Please ensure that the groups do not intermingle.

**Qn: Can I conduct a 1-on-1 private training with my unvaccinated 10-year-old student?**

**Ans:** Yes, you can. Please refer to page 2 for more details.

**Qn: Is there a minimum time gap between the end of an indoor class and the start of another?**

**Ans:** A minimum of 15 minutes is required to prevent intermingling and mixing between participants before and after class. Operators will have to clean and ventilate the room after each class ends.

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<sup>15</sup> Refer to footnote 2

**Qn: Can studios/gyms sell food and drinks? What about vending machines and water fountains?**

**Ans:** SportSG continues to discourage operators from selling food and beverages on their premises. Vending machines and water coolers (for refilling purposes) are allowed.

**Qn: I am a sport / fitness coach / instructor. What do I do if**

- I am feeling unwell but test negative on my ART?
- I am well but have tested positive for COVID-19 on my ART?
- I am a close contact of someone who has COVID-19?

**Ans:** Please visit <https://www.covid.gov.sg/> for more information on what to do.

## **E. ON LARGE GROUP OUTDOOR CLASSES**

**Qn: I am a registered instructor under Sport Singapore's Large Group Outdoor Classes. How does the latest measures affect me?**

**Ans:** Approved large outdoor classes at public spaces<sup>16</sup>, such as parks and HDB common areas, can continue.

For organised programmes and classes outdoors, a 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 50 participants (including instructor) or the capacity limit of the venue, whichever is lower. The groups of 5 are not to intermingle and must remain 2 metres apart.

**Qn: I am Zumba instructor conducting outdoor classes. Can I instruct 3 different groups of 5 participants at one go? Can I approach participants to guide them?**

**Ans:** You may coach multiple groups of 5 persons, up to 50 pax or the venue capacity limit, whichever is lower. The groups of 5 are not to intermingle and must remain 2 metres apart, and that the participants do not switch groupings during the session.

You should maintain a contact list of how the groups are organised to assist with contact tracing in the event of an infection. The records should be kept for 1 month.

You can guide the participants from a 2-metre physical distancing at all times. Should you be unable to do so, and need to approach the participants to guide them, you would then need to be part of that group and not intermingle with the other groups.

Instructors who are interested to conduct large outdoor classes of up to 50 pax at outdoor public spaces must be registered. Please visit <https://circle.myactivesg.com/programmes/classes/coaches/outdoor-classes-instructor-registration> for more information.

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<sup>16</sup> An instructor may coach multiple groups of 5 persons, up to 50 pax or the venue capacity limit, whichever is lower. Instructors who are interested to conduct large outdoor classes of up to 50 pax at outdoor public spaces must be registered. Please visit <https://circle.myactivesg.com/programmes/classes/coaches/outdoor-classes-instructor-registration> for more information.

## F. ON SPORT EVENTS

**Qn: What sport events are currently permitted?**

**Ans Sport Events.** From 1 February 2022, all Sport Events, irrespective of event size, must implement VDS in order to proceed<sup>17</sup>.

- a. Spectator Sport Events. Spectator sport events, such as Singapore Premier League football matches can proceed with up to 1,000 spectators if all spectators are fully vaccinated<sup>18</sup>. Spectators will be in zones of up to 100 persons.
- b. Mass Participation Sport Events. Mass participation sport events, such as mass runs, open-water swims, cycling and triathlon events, can proceed with up to 1,000 participants per session<sup>19</sup>, if all participants are fully vaccinated<sup>20</sup>. Participants will be organised in waves of up to 100 persons.

At this juncture, mass participation sport 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.

- c. Sport 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. For indoor competitions or activities, only fully vaccinated<sup>21</sup> persons may participate in such events.

For such sport competitions and tournaments, spectators are permitted, but must comply with the requirements of point (a) above.

At sport events where public speaking is necessary, such as a 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 2 metres 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.

**Qn: I would like to organise a mass running event for 100 persons. What do I need to do?**

**Ans:** All sport 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 using the form in Annex A, emailing it to [SPORT\\_Covid@sport.gov.sg](mailto:SPORT_Covid@sport.gov.sg) at least 14

<sup>17</sup> Individuals who have recovered from a COVID-19 infection, medically ineligible for COVID-19 vaccination and children aged 12 and below are exempted from VDS. Unvaccinated children aged 12 and below must only be in the same group as other children in their household.

<sup>18</sup> Refer to footnote 2

<sup>19</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.

<sup>20</sup> Refer to footnote 2

<sup>21</sup> Refer to footnote 2

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>22</sup> Sport Singapore's endorsement is only for the sport 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 using the prescribed form for endorsement by Sport Singapore. Do note that from 1 February 2022, all Sport Events, irrespective of event size, must implement VDS in order to proceed.

**Qn: I have previously submitted my application and received Sport Singapore's endorsement to organise an event, but there has since been changes to SMMs. Can I still carry on?**

**Ans:** Events that were previously endorsed by Sport Singapore will need to have their SMMs updated and organisers are to resubmit their plans using the prescribed form for endorsement by Sport Singapore. Do note that from 1 February 2022, all Sport Events, irrespective of event size, must implement VDS in order to proceed.

**Qn: I am an NSA and will like to conduct a tournament/competition during this period, for athletes' international qualifications. Is it still possible?**

**Ans:** NSAs are advised to approach their NSA Partnership officer from Sport Singapore as soon as possible to discuss these plans, and to obtain approval for the event, before they can proceed.

## G. ON ACTIVESG FACILITIES & PROGRAMMES

**Qn: Which ActiveSG sport facilities are closed?**

**Ans:** ActiveSG indoor and outdoor facilities such as indoor courts, gyms, studios, stadiums, tennis courts, pools, as well as tenants of permitted services, **are open**. Members of public are advised to check with the respective tenants before heading down. For a list of open/closed ActiveSG indoor facilities and programmes during this period, please visit <https://www.myactivesg.com/Facilities/Sport-Centres/Facilities-Closure>.

**Qn: Is there anyone who is not allowed into ActiveSG sport facilities?**

**Ans:** Yes, individuals who display flu like symptoms (e.g. cough, fever above 38 degree Celsius), or those who have recently arrived from overseas and are on Stay Home Notice, those on Quarantine Order / Stay Home Notice, are not allowed within our premises.

**Qn: Are ActiveSG facilities implementing Vaccination-Differentiated SMMs (VDS)? How does it affect those who are unvaccinated?**

**Ans:** Currently, all ActiveSG indoor facilities implement VDS. This means only fully vaccinated individuals<sup>23</sup> are allowed into the facility.

ActiveSG outdoor facilities do not require VDS (unless otherwise stated such as those used for VDS+ART sessions).

<sup>22</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.

<sup>23</sup> Refer to footnote 2

**Qn: Based on the latest SMMs, what are the changes to ActiveSG facilities/programmes?**

**Ans:** The group count for all activities/programmes across all settings (indoor and outdoor) is capped at 5 pax. There can be multiple groups of 5 pax (including instructor), up to 30 pax for indoor unmasked classes and up to 50 pax for indoor masked and outdoor masked/unmasked classes.

Under an Enhanced Vaccination-Differentiated SMMs (VDS+Test) Protocol, a pilot will be introduced which will allow up to 10 **fully vaccinated** persons (including players, umpires, linesmen, etc.) to play together in controlled and supervised settings.

From 19 January 2022, the pilot scheme will be expanded to include more sports across more ActiveSG facilities. Please refer to page 5 for more details.

**From 1st January 2022**, all recovered persons from COVID-19 who are **not fully vaccinated** will only be given a 180-day exemption after infection to enter ActiveSG Sport Centres (where vaccination-differentiated SMMs (VDS) are implemented.<sup>24</sup>) **Non-fully vaccinated** individuals who had recovered from COVID-19 infection prior to 1st January 2022 will also have their exemption period reduced from 270 days to 180 days. However, such individuals who will already exceed the 180-day period as at 1st January 2022 would be granted an additional one-month grace period till 31 January 2022 to complete their primary series vaccination regime. In addition, the concession for unvaccinated individuals to perform a pre-event test (PET) or an Antigen Rapid Test (ART) in lieu of being fully vaccinated would be removed with effect from 1st January 2022 as well.

As recovered individuals need only one dose of the mRNA COVID-19 vaccines or two doses of Sinovac\* under the National Vaccination Programme to complete their primary series vaccination regimen, they should do so latest by 17 January, to allow an interval of 14 days from the completion of the regimen to be considered fully vaccinated. During the grace period, these individuals can produce their discharge memo for entry into VDS settings.

*\*For non-fully vaccinated recovered persons, it is recommended that you receive one dose of mRNA COVID-19 vaccine (two doses if Sinovac under National Vaccination Programme or Sinopharm under Special Access Route) at least 3 months after the date of diagnosis of COVID-19 infection.*

**Qn: From 22 November 2021, we can play team sport in a group of up to 5 pax. Will I still have to apply for the VDS+Test pilot if I am playing badminton doubles?**

**Ans:** You do not have to apply for the VDS+Test pilot. The game (e.g. 2v2. 2v3) can proceed with 5 players (including the coach, if applicable).

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<sup>24</sup>This exemption does not apply to entry into VDS+Test events or activities i.e. individuals will still have to do Antigen Rapid Test (ART) prior to these events.



## For Organised Classes / Programmes applicable across Children & Youths & General Programmes and activities

- From 1 Feb 2022, all indoor sport facilities will have to implement VDS. As such, please refer to the table below for provisions across both indoor/outdoor masked/ unmasked activities involving unvaccinated children.

Setting	Group size	Class size
<b>INDOORS UNMASKED</b>	Up to 5 participants in any of the following combination: <ul style="list-style-type: none"> <li>Unvaccinated children who are all from the <b>same</b> household</li> <li>Fully vaccinated<sup>25</sup> individuals do not have to be from the same household as the unvaccinated children</li> </ul>	<ul style="list-style-type: none"> <li>1 group of 5 only (including instructor).</li> <li>There can be <b>no multiple groups</b> of 5 participants.</li> </ul>
<b>INDOORS MASKED</b>	[Update] From 1 February 2022, all indoor sport facilities will have to implement VDS. As such, indoor masked activities involving unvaccinated children will be subjected to the following from the same date: <ul style="list-style-type: none"> <li>Up to 5 participants in a group in any of the following combination: <ul style="list-style-type: none"> <li>Unvaccinated children who are all from the <b>same</b> household</li> <li>Fully vaccinated<sup>26</sup> individuals do not have to be from the same household as the unvaccinated children</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Multiple groups of up to 5 pax in a group, up to 50 pax (including instructor) or up to the venue capacity limit, whichever is lower.</li> <li>There shall be no intermingling/ intermixing between the different groups.</li> </ul>
<b>OUTDOORS UNMASKED/ MASKED</b>	<ul style="list-style-type: none"> <li>Up to 5 participants in a group.</li> <li>Unvaccinated children in the group do not have to be from the same household.</li> </ul>	<ul style="list-style-type: none"> <li>Multiple groups of up to 5 pax in a group, up to 50 pax (including instructor) or up to the venue capacity limit, whichever is lower.</li> <li>There shall be no intermingling/ intermixing between the different groups.</li> </ul>

### **Background on Vaccination-Differentiated SMMs for *high-risk settings (Indoors unmasked activities)***

**Definition of Fully Vaccinated Individuals:** As fully vaccinated individuals have better protection against infection and severe illness, they may participate in activities in high-risk settings. You may participate if you fulfil one of the following conditions:

- Fully vaccinated (two weeks after he or she has received two doses of Pfizer-BioNTech/ Comirnaty, Moderna, or any WHO EUL vaccines); Sinovac-CoronaVac will require a three-dose primary series regime, but all individuals who have taken two doses of Sinovac-CoronaVac should be regarded as fully vaccinated for 4 months after the second dose, or until 31 December 2021, whichever is later.

<sup>25</sup> Refer to footnote 2

<sup>26</sup> Refer to footnote 2

- Unvaccinated individuals with a valid negative result on a Pre-Event Test taken in the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event.
- Recovered from COVID-19 and 14 days after his/her single dose of the PSAR- authorised mRNA vaccines (i.e. Pfizer-BioNTech/Comirnaty, Moderna) or WHO EUL vaccines, or recovered from COVID-19 within the last 270 days (from 1st January 2022, this will be updated to 180 days), regardless of their vaccination status. In addition, from 1st January 2022, the concession for unvaccinated individuals to perform a PET or an ART in lieu of being fully vaccinated would be removed.

High-risk (indoor unmasked) activities must be confined to no more than 5 individuals (including instructor / coach) if all participants are fully vaccinated (includes those who have recovered from COVID-19). If any one of the participants is not fully vaccinated, then such activity is prohibited. Please refer to page 14 for more details on indoor/outdoor, masked/unmasked Safe Management Measures for organised classes/programmes, for unvaccinated children 12 years old and below.

#### **ON PILOT RESUMPTION OF TEAM SPORTS UNDER VACCINATION-DIFFERENTIATED SMMS (VDS) + ANTIGEN RAPID TEST (ART) PROTOCOL**

*From 19 January 2022, the pilot scheme will be expanded to include more sports across more ActiveSG facilities.*

**Qn: I have booked a slot under the Enhanced Vaccination-Differentiated SMMS (VDS+Test) pilot. I will be joining a friend under his booked slot after my game ends. As this is back-to-back, will I need to undergo another ART if both slots are within the same facility?**

**Ans:** There is no need to undergo another ART as long as you still remain within the same facility. Do note that if you are playing at a different facility on the same day, you will need to undergo another self-administered ART at the next facility.

**Qn: Can two persons in the same group combine their hourly booking to secure a spot under the VDS+Test pilot scheme?**

**Ans:** Yes - the 2 hirers must be in the same group of 10. They will have to arrive as a group to perform the self-administered ART before the start of the game.

**Qn: Will I be able to get a refund if I booked the hourly VDS+Test slot but was not able to secure 2 hourly slots back-to-back, or if I decide not to proceed with VDS+Test booking?**

**Ans:** Yes, the Sport Centre will process the refund.

**Qn: I managed to book 2 hourly slots back-to-back but was not aware of the mandatory online application form for the VDS+Test pilot scheme, what can I do?**

**Ans:** If you are keen to apply for the VDS+Test pilot scheme, you can still submit the form before performing an onsite self-administered ART.

**Qn: I managed to book 2 hourly slots back-to-back in different courts within the VDS+Test zone, will I be able to continue playing under the VDS+Test pilot scheme?**

**Ans:** Yes - the 2 hirers must be in the same group of 10 and they will have to arrive as a group to perform the self-administered ART before the start of the game. The group must also move as a singular unit to the next court for the next hour.

**Qn: How will I know if I have successfully booked a VDS+Test slot?**

**Ans:** You will need to fill up and submit the online application form to apply for a VDS+Test slot. The application grants you an in-principal approval. You will need to come 30 minutes before the start of your booked slot timing with your group. Do bring along your ART kit to self-administer the test on site. You will be able to enter the facility if your test result is negative.

**Qn: What will happen if I did not bring my ART kit along?**

**Ans:** You will be able to purchase an ART kit from vending machines located at the designated Sport Centres.

**Qn: What are some ActiveSG's measures to protect the safety and wellbeing of users?**

**Ans:** To safeguard the wellbeing of our guests, the following safe management measures will be put in place at all ActiveSG Sport Centres:

- Recording of visitor details via TraceTogether-only SafeEntry (TT-only SE) or SafeEntry Gateway (SEGW) at our facilities.
- Keeping the operating capacity to no more than 10 Sqm per person<sup>27</sup> or the venue capacity limit.
- Regulating access at our ActiveSG sport centres to ensure adequate physical distancing among users. This applies to our all stadiums, sport halls and swimming complexes that have facility/sport specific measures that may supersede general safe management measures.
- While exercising and playing sport, a 2-metre physical distancing between individuals should be maintained for general physical activities, unless the nature of activity requires the distance to be shortened; a 2-metre physical distancing between individuals for indoors high intensity or high movement exercise classes (only when it is not prohibited), unless the nature of activity requires the distance to be shortened. If there are multiple groups, the groups must not interact and must maintain a distance of 2 metres apart from one another at all times. Groups should not intermingle at all times.
- Sharing of common equipment (when it is not prohibited) should be minimised as far as possible. The equipment (provided by facility) should be wiped down / sanitised before passing on for use by the next user. This includes equipment such as weights and balls.
- Ensuring that participants, including the instructor, do not talk loudly, sing, or shout while engaging in physical activities to minimise risk of transmission via droplets. Instructor may raise their volume when communicating instructions or in the event of a potential danger.
- Increased cleaning and sanitising of our facilities.

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<sup>27</sup> Sport/recreational facilities can only admit a maximum number of persons according to its Gross Floor Area based on 10 Sqm per person, up to a maximum of 50 persons. This is not inclusive of staff.

## **ACTIVESG FACILITY SPECIFIC QUESTIONS**

### **1. ActiveSG Stadium**

**Qn: What are the operating hours of the Stadiums?**

**Ans:** The Stadiums will operate daily from 7.00am to 9.30pm and 7.00am to 10.00pm for organised programmes held at the Stadium gallery.

**Qn: What is the maximum number of pax allowed at the Stadium?**

**Ans:** The maximum number of pax is dependent on the number of facilities in each Stadium. Each facility inside the Stadium has a capacity limit of up to 50pax.

**Qn: Which Stadiums are opened to the public?**

**Ans:** Our Stadiums (except for Jalan Besar Stadium, Jurong East Stadium and MOE Evans Stadium) are opened to members of public who need to exercise outdoors. Masks must be donned when not engaging in strenuous exercises. Individuals should not linger after their exercise and should leave the facility after they are done exercising.

**Qn: Is anyone allowed in the Stadium?**

**Ans:** ActiveSG Stadiums remain open to the public till further notice. ActiveSG staff will be deployed to ensure safe distancing, and we reserve the right to turn away visitors to avoid overcrowding within these facilities. Members of the public should practise safe distancing even in open spaces. Individuals who feel unwell, should not visit our Stadiums and are to seek medical attention.

Members of the public may exercise in groups of no more than 5 participants<sup>28</sup> or in organised groups of 5 participants (including instructor), up to a total class size of 50 persons or lower depending on venue capacity and Safe Management Measures. If there are multiple groups, the groups must not interact and must maintain a distance of 2-metres apart from one another at all times. Groups should not intermingle at all times. Masks must be worn when not engaged in strenuous exercises.

Registered instructors can book the stadium galleries and selected ActiveSG outdoor spaces at SportSG facilities at [myactivesg.com](https://myactivesg.com) and will be responsible for ensuring that all safe management measures are being adhered to a physical distancing of 2 metres between individuals and 2 metres between groups must be maintained at all times. No mixing of groups is allowed.

From 10 November 2021, a pilot will be introduced which will allow up to 10 **fully vaccinated** persons (including players, umpires, linesmen, etc.) to play together in controlled and supervised settings. From 19 January 2022, the pilot scheme will be expanded to include more sports across more ActiveSG facilities. Please refer to page 5 for more details.

Details on indoor/outdoor, masked/unmasked Safe Management Measures for organised classes/programmes for **unvaccinated children 12 years and below** can be found on page 14.

**Qn: Can I bring my family to the Stadium to exercise together?**

**Ans:** Individuals can exercise outdoors with their family members / friends, social group exercise. Activities must be kept to no more than 5 participants when exercising. They should

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<sup>28</sup>The total class capacity (of multiple groups of 5) will be capped at 50 or the venue capacity limit, whichever is lower. Prevailing Safe Management Measures will apply.

also maintain at least 2 metres apart from other groups sharing the same space and wear their masks when not engaged in strenuous exercises.

**Qn: Will there be attendance-taking at Stadiums?**

**Ans:** Yes. There will be recording of visitor details via ToS at our Stadiums. Users who display flu like symptoms (e.g. cough, fever 38 degree Celsius and above), users who came back from overseas and are on Stay Home Notice, those on Quarantine Order / Stay Home Notice, are not allowed within our premises.

ActiveSG staff will be deployed to ensure safe management measures are adhered to, and we reserve the right to turn away visitors who do not comply to measures set and to avoid overcrowding.

**Qn: Are lessons or trainings allowed at the Stadium?**

**Ans:** Instructors will need to be registered under a framework which is jointly administered by Sport Singapore and agency partners before the classes can take place at the Stadium. Registered instructors will be allowed to conduct outdoor classes unmasked activities at the Stadium with a class capacity capped at 5 pax per group (including instructor) of up to 50 persons. The groups of 5 are not to intermingle before, during, and after the class, and must remain 2 metres apart.

Registration can be done online at <https://go.gov.sg/outdoor-classes-instructor-registration> and a response will be given within three working days. Only those who have successfully registered can book these spaces. As booking slots are limited, ActiveSG encourage hirers to adhere to their allocated time slot to allow others to enjoy the facilities. There will be a \$45 deposit required, which will be refunded back to the hirer's Active Wallet upon commencement of the programme. No-show (without a valid reason) by the hirer will result in the forfeiture of the deposit.

General group exercises not conducted by registered instructors will be capped at the permitted group size of 5 (including instructor), up to 50 pax. Instructors must ensure a 2-metre distance is kept between other groups sharing the same space, at all times so that there is no intermingling between groups.

From 10 November 2021, a pilot will be introduced which will allow up to 10 **fully vaccinated** persons (including players, umpires, linesmen, etc.) to play together in controlled and supervised settings. From 19 January 2022, the pilot scheme will be expanded to include more sports across more ActiveSG facilities. Please refer to page 5 for more details.

Details on indoor/outdoor, masked/unmasked Safe Management Measures for organised classes/programmes for **unvaccinated Children 12 years and below** can be found on page 14.

All physical activity of a social nature should also be kept to 5 participants.

**Qn: Can I still use the toilets and changing rooms within the Stadium?**

**Ans:** Yes. The toilets, changing rooms and shower facilities at the ActiveSG Stadiums will remain open to the public. Members of the public are to observe safe distancing measures such as the safe distancing markers and signages, as well as maintain a physical distance of 1m at all times. Toilets / changing rooms with showering facilities will be limited to a maximum capacity of up to 5 pax<sup>29</sup> at any one time.

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<sup>29</sup> The maximum group size for toilets will be capped at 5 pax, or 10 Sqm per pax.



Users are to keep their masks on whilst in changing rooms, and if they are taking a shower, to put on their mask promptly when done. Users are also not to mingle with others and to leave as soon as they are done using the facility.

**Qn: Can I use the lockers at the Stadium to keep my belongings while I exercise?**

**Ans:** Yes. Lockers are available for use during this period.

## 2. ActiveSG Swimming Pool

**Qn: Is anyone allowed in the swimming complex?**

**Ans:** Our training and competition pools and wading pools are opened for public use. To facilitate usage by the different segments of public, there will be time belts introduced. Prior booking is required via the ActiveSG app / [myactivesg.com](https://www.myactivesg.com).

Wave Pool / Lazy River / Jacuzzi, and feature play pools will be closed until further notice. Pools that are closed will be listed here: <https://www.myactivesg.com/Facilities/Sport-Centres/Facilities-Closure>, so do check this page for updates.

ActiveSG staff will be deployed to ensure safe distancing, and we reserve the right to turn away visitors to avoid overcrowding within these facilities. Members of the public should practise safe distancing even in open spaces. Individuals who feel unwell, should not visit our Stadiums and are to seek medical attention.

**Qn: What are the operating hours of the swimming pool?**

**Ans:** The pools will be opened daily from 6.30am to 9.45pm.

Please refer to <https://www.myactivesg.com/Facilities/Sport-Centres/Facilities-Closure> for latest updates of closure.

**Qn: Can I come to swim at any time?**

**Ans:** To protect the health and wellbeing of the community, specific swimming timings are being allocated for different segments and groups. Members of the public are to follow the allocated timings strictly and booking is required beforehand via the ActiveSG app or [myactivesg.com](https://www.myactivesg.com).

Table 1 - The specific swimming timings are as follows:

Revised Time Slots till further notice		
Time	Mon – Fri	Sat & Sun
6:30am – 7:30am	Lap swim for General Public	Lap swim for General Public
7:45am – 8:45am		
9am – 10am*		Organised swim classes
10am – 11am*		
11am – 12pm*		
12pm – 1pm*	Lap swim for General Public**	
1pm – 2pm*		

2pm – 3pm*		
3pm – 6pm	Organised swim classes	
6:15pm – 7:15pm	Lap swim for General Public	Lap swim for General Public
7:30pm – 8:30pm		
8:45pm – 9:45pm		
**A small number of organised swim classes will run concurrently		
*Subject to the resumption of MOE SwimSafer Programme		

All members should use their booked slots responsibly so as to not deprive others of a chance to exercise.

**Qn: Will all the swimming pool features be opened?**

**Ans:** The training and competition pools and wading pools are opened.

Wave Pool / Lazy River / Jacuzzi, and feature play pools will be closed until further notice. Some pools listed under <https://www.myactivesg.com/Facilities/Sport-Centres/Facilities-Closure> will remain closed.

➤ Booking of Swim Slots

**Qn: How do I book for swim slots?**

**Ans:** All visitors will need to book a swim slot via the ActiveSG app or [myactivesg.com](https://www.myactivesg.com) before visiting the swimming pool.

**Qn: How far ahead in advance can I start booking the slots?**

**Ans:** The slots will be opened for booking 3 days ahead of the usage date at 1200hrs, right up till the usage time. Users who do not show up for three booked slots in a month will have their membership temporarily suspended for two weeks. They will not be able to book any ActiveSG facilities while their membership is being suspended.

**Qn: What is the duration and rate for each swim slot at the swimming pool?**

**Ans:** The duration for each swim slot is 60 minutes and there is no change to the rate, as per the published rates.

**Qn: A 60 minutes slot is not enough for me to swim and change. Why can't ActiveSG increase the timing?**

**Ans:** The 60min slot is to allow for as many people to use the facility to stay active, in a safe manner. We will continue to review our operations and make the necessary adjustments where required. In the meantime, we seek the public's understanding and cooperation as we continue to do our part to keep our community safe.

**Qn: Can I walk-in if I have not booked a swim slot?**

**Ans:** All visitors are required to book a swim slot via the ActiveSG app or [myactivesg.com](https://www.myactivesg.com) prior to visiting the swimming pool. However, if there are available slots at the timebelt that you are at the sport centre, you can still book and enter the facility.

**Qn: What is the maximum number of pax allowed per swim slot?**

**Ans:** The maximum number of pax is dependent on the number of facilities in each swimming complex. Each facility inside the swimming complex has a capacity limit of up to 50pax.

**Qn: Can I book two consecutive swim slots?**

**Ans:** You will only be allowed to book ONE swim slot (60mins) per day. This is to ensure that all patrons have an equal chance to use the swimming pool facility.

**Qn: Can I cancel the swim slot after booking?**

**Ans:** Yes, you will be able to cancel your pool booking up to 2 hours before the start of the timeslot. No refunds will be provided for cancellation made by the user. Cancelled booking will not count towards the no-show quota.

**Qn: Can I use the swim pass/schemes that I currently have?**

**Ans:** ActiveSG members with valid pass/schemes will be able to book a swim slot for free. All bookings must be made before the expiry date of their pass/scheme.

The following eligible schemes are:

1. Merdeka Generation scheme
2. MyActiveSwim schemes (Monthly)

In addition to the above schemes, Singaporeans aged 65 years and above will enjoy free entry to our pools. Booking can be made via the ActiveSG app or [myactivesg.com](https://myactivesg.com).

**Qn: My booking slot was cancelled due to lightning. Will I get a refund?**

**Ans:** In the event of a lightning risk and you have at least 30 minutes of the timeslot remaining in your booking, a refund will be provided. The credit will be refunded to your account within 8-10 working days.

**Qn: Is it safe for me to swim?**

**Ans:** We test our pool waters 5 times a day, in accordance with NEA's guidelines. There is no evidence to suggest that the virus can be transmitted through swimming pool water. We also prominently display signs for users to observe the proper hygiene practices for the safety and benefit of all swimmers and have included enhanced measures.

**Qn: What are some ActiveSG's measures at the swimming pools?**

**Ans:** In order to safeguard the wellbeing of our guests, the following safe management measures will be put in place:

- Regulated access will be implemented at the Swimming Pool.
- Purchase the desired slot on ActiveSG app before visiting the Swimming Pool.
- Registration via ToS is necessary for all patrons before entry. Patrons will be denied entry if they exhibit flu-like symptoms (e.g. cough, fever with temperature at 38-degree Celsius or more) or is currently on Stay Home Notice / Quarantine Order due to COVID-19.
- Demarcated swimming lanes/zones to avoid unnecessary contact – users are encouraged to stay in their lane/zone.

**Qn: Can I still use the toilets and changing rooms within the swimming complex?**

**Ans:** Yes, public amenities such as toilets and changing rooms will be opened to the public. Members of the public are to observe safe distancing measures such as the safe distancing markers and signages, as well as maintain a physical distance of 1m at all times. Toilets / changing rooms with showering facilities will be limited to a maximum capacity of up to 5 pax<sup>30</sup> at any one time.

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<sup>30</sup> The maximum group size for toilets will be capped at 5 pax, or 10 Sqm per pax

Users are to keep their masks on whilst in changing rooms, and if they are taking a shower, to put on their mask promptly when done. Users are also not to mingle with others and to leave as soon as they are done using the facility.

**Qn: The swimming pool looks empty, why can't I enter?**

**Ans:** We are regulating access to all ActiveSG swimming pools to ensure adequate safe distancing among users. Depending on facility size, there will be a limited number of pax allowed each time.

➤ Coaching at ActiveSG Swimming Pools

**Qn: Can I conduct 1-to-1 coaching or group classes in the swimming complex?**

**Ans:** Organised classes can only be conducted on 3pm to 6pm (Monday-Friday) and 9am to 6pm (Sat-Sun). Coaches will need to have a confirmed allocated slot before any coaching is allowed in all ActiveSG pools.

From 10 November 2021, a pilot will be introduced which will allow up to 10 **fully vaccinated** persons (including players, umpires, linesmen, etc.) to play together in controlled and supervised settings. From 19 January 2022, the pilot scheme will be expanded to include more sports across more ActiveSG facilities. Please refer to page 5 for more details.

Details on indoor/outdoor, masked/unmasked Safe Management Measures for organised classes/programmes for **unvaccinated children 12 years and below** can be found on page 14.

For **SwimSafer** bronze level and above (Stages 4,5,6), a coach may take up to 2 groups of 5 participants provided the groups maintain a distance of 2 metres apart from one another and the coach has no contact with any in the group at all times. Otherwise, group size is limited to 1 Coach: 4 participants. For beginner lessons and SwimSafer Stages 1,2,3, a coach can take up to 4 participants. The group size restriction will be 5 persons (including coach), ie 1 coach : 4 participants.

There should be no intermingling between different groups. Coaches will have to wear masks at all times when they are not in the pool. Face shields are not allowed; unless it is worn additional to the mask. 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 floats etc.

**Qn: I am a swimming coach. How do I book swim slots for my classes?**

**Ans:** Coaches with valid Usage Permit will be informed when allocation exercise commences. The SportSG Booking office will process your application and allocate slots accordingly. Registration confirmation and receipt will be sent via email.

If there are caregivers within the group that needs to go into the pool, they must be included in one of the 5 pax<sup>31</sup> quota.

You will be required to assemble your students outside the pool and bring them in as a group. Please show your coaching confirmation email to the staff on duty. All students / caregivers / coaches are required to purchase an entry pass and tap the QR code for entry into the pool.

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<sup>31</sup>Group activities will be limited to no more 5 participants (subject to the venue capacity limit and safe management measures. Physical distancing of 2 metres between individuals and 2 metres between groups must be maintained at all times. No mixing of groups is allowed.

**Qn: What is the duration for each coaching slot at the swimming pool?**

**Ans:** The duration for each allocated slot is 180 minutes. You may coach an unlimited number of classes within the 180 minutes slot.

**Qn: I am a swimming coach. How many students can I teach at one time?**

**Ans:** There is no restriction on the number of sessions to be held consecutively within the allocated slot. Coaches will need to have a confirmed allocated slot before any coaching is allowed in all ActiveSG pools.

From 10 November 2021, a pilot will be introduced which will allow up to 10 **fully vaccinated** persons (including players, umpires, linesmen, etc.) to play together in controlled and supervised settings. From 19 January 2022, the pilot scheme will be expanded to include more sports across more ActiveSG facilities. Please refer to page 5 for more details.

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However, the coach must ensure that the previous class of students must exit the swimming complex before the next class of students can enter the swimming complex. This is to ensure that the capacity at the swimming complex is kept within the permissible limit at any one time. The classes must be conducted in adherence to the Safe Management Measures.

**3. ActiveSG Sport Halls and Courts**

***Vaccination-Differentiated SMMs apply to all high-risk settings (indoors unmasked activities)***

**Qn: Can I use the sport halls and courts?**

**Ans:** Yes, sport halls and courts will be open. High-risk (indoor unmasked) activities are allowed. The activities must be confined to no more than 5 individuals (including instructor / coach) if all participants are **fully vaccinated** (includes those who have recovered from COVID-19). If any one of the participants **is not fully vaccinated**, then such activity is prohibited.

Multiple groups of 5, up to 30 participants (including instructor / coach) or the capacity limit of the venue, whichever is lower, can take part in unmasked activities in high-risk settings only if all participants are **fully vaccinated** (includes those that who have recovered from COVID-19). A record of the grouping is to be maintained to aid contact tracing.

From 10 November 2021, a pilot will be introduced which will allow up to 10 **fully vaccinated** persons (including players, umpires, linesmen, etc.) to play together in controlled and supervised settings. From 19 January 2022, the pilot scheme will be expanded to include more sports across more ActiveSG facilities. Please refer to page 5 for more details.



Details on indoor/outdoor, masked/unmasked Safe Management Measures for organised classes/programmes for **unvaccinated children 12 years and below** can be found on page 14.

**Qn: What are the operating hours of the sport halls and courts?**

**Ans:** The facilities will be opened daily from 7am to 10pm.

**Qn: What should I do before visiting ActiveSG outdoor facilities (i.e. tennis court, outdoor netball courts)?**

**Ans:** You are required to book a slot via the ActiveSG app or [myactivesg.com](https://myactivesg.com) before visiting the sport hall or outdoor court. The person who booked the court must be present and will be counted into the maximum pax allowed per court. It is also mandatory for the member who booked the slot to be present during the time of play and be part of the group of players on court. Coloured wrist-tags will be issued to those allowed to enter and groups must keep to those of the same colour wrist-tags. No mixing between groups is allowed.

There will be no refund of booking for players who fail to comply with ActiveSG rules.

**Qn: How far ahead in advance can I start booking the slots?**

**Ans:** ActiveSG Verified Members can book ActiveSG facilities up to 15 days in advance; ActiveSG Non-verified Members and Account holders (i.e. non-members) can book ActiveSG facilities up to 14 days in advance.

**Qn: Can I choose my preferred slot?**

**Ans:** Yes. Each slot will have 50mins of playable time. All patrons should use the remaining 10mins to clear and clean up for the next group of users.

**Qn: Can I walk-in if I have not booked a slot?**

**Ans:** No. All patrons are required to book a slot prior to using the courts.

**Qn: Can I book multiple courts in the same hour?**

**Ans:** No, patrons can only book one type of court in the same hour.

**Qn: Can I book two consecutive sessions?**

**Ans:** You are encouraged to book ONE session (50mins) per day. This is to ensure that all patrons have equal chance to use the courts.

**Qn: What is the maximum number of pax allowed inside the facility?**

**Ans:** The maximum number of pax is dependent on the number of facilities in each sports hall. Each facility inside the sports hall has a capacity limit of up to 30pax.

**Qn: Can I release the slot after booking?**

**Ans:** All booked slots cannot be released and are non-refundable.

**Qn: How many people are allowed on courts that will remain open at any one time?**

**Ans:** Capacity limits for different facilities have been adjusted in accordance to the latest SMM as follows (Vaccination-Differentiated SMMs apply):

- Badminton: Max of 5 pax (including coach) per court
- Pickleball: Max of 5 pax (including coach) per court
- Squash: Max of 5 pax (including coach) per court
- Table tennis: Max of 5 pax (including coach) per table
- Tennis: Max of 5 pax (including coach) per court

- For Team Sport (outdoor): Max of 5 pax per group (including coach)
- For Team Sport (indoor):
  - Basketball: Max of 5 pax (including coach) per half court
  - Floorball: Max of 5 pax (including coach) per half court
  - Netball: Max of 5 pax (including coach) per half court
  - Volleyball: Max of 5 pax (including coach) per half court

Patrons **must be prepared** to produce proof of Vaccination-Differentiated SMMs status before **entry is allowed**. Patrons are strongly encouraged to arrive 15 minutes earlier for the Vaccination-Differentiated SMMs verification process and to avoid delays. We seek your understanding for the longer wait time.

**Qn: I am a coach for indoor sports (e.g. badminton, table tennis, squash), can I coach different groups of students consecutively within my allocated 50min timeslot?**

**Ans:** Yes, you can, under the following conditions: the coach is the hirer and the hirer must always be present. The first group of students must leave the Sport Hall before the next group of students can enter.

In addition, please refer to page 14 if any of your students are unvaccinated children 12 years old and below.

**Qn: I am a coach for indoor sports (eg badminton, table tennis, squash). The hirer of the court is the parent of my student(s). As up to 5 pax are (Vaccination-Differentiated SMMs apply) allowed into the court (including coach), can we still proceed with the coaching session?**

**Ans:** For the coaching session, the hirer must be present to sign in for the booked court but is not required to stay throughout the session. Parents may wait outside the Sport Hall or return to pick their children after. Using screenshots of the booking to sign in is not permissible.

In addition, please refer to page 14 if any of your students are unvaccinated 12 years and below.

**Qn: I am not vaccinated, can I enter the sport hall to play badminton or any other sports with my mask kept on at all times?**

**Ans:** You may enter the premise for masked off activities if you fulfil any one of these conditions:

- Fully vaccinated (two weeks after he or she has received two doses of Pfizer-BioNTech/ Comirnaty, Moderna, or any WHO EUL vaccines); Sinovac-CoronaVac will require a three-dose primary series regime, but all individuals who have taken two doses of Sinovac-CoronaVac should be regarded as fully vaccinated for 4 months after the second dose, or until 31 December 2021, whichever is later.
- Unvaccinated individuals with a valid negative result on a Pre-Event Test taken in the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event.
- Recovered from COVID-19 and 14 days after his/her single dose of the PSAR- authorised mRNA vaccines (i.e. Pfizer-BioNTech/Comirnaty, Moderna) or WHO EUL vaccines, or recovered from COVID-19 within the last 270 days (from 1st January 2022, this will be updated to 180 days), regardless of their vaccination status. In addition, from 1st January 2022, the concession for unvaccinated individuals to perform a PET or ART in lieu of being fully vaccinated would be removed.

- Non-fully vaccinated individuals who had recovered from COVID-19 infection prior to 1st January 2022 will have their exemption period reduced from 270 days to 180 days. However, such individuals who have already exceeded the 180-day period as of 1st January 2022 would be granted an additional one month grace period till 31 January 2022 to complete their primary series vaccination regime, so as to continue being able to enter VDS settings.

As such recovered individuals need only one dose of the mRNA COVID-19 vaccines or two doses of Sinovac\* under the National Vaccination Programme to complete their primary series vaccination regimen, they should do so latest by 17 January, to allow an interval of 14 days from the completion of the regimen to be considered fully vaccinated. During the grace period, these individuals can produce their discharge memo for entry into VDS settings.

*\*For non-fully vaccinated recovered persons, it is recommended that you receive one dose of mRNA COVID-19 vaccine (two doses if Sinovac under National Vaccination Programme or Sinopharm under Special Access Route) at least 3 months after the date of diagnosis of COVID-19 infection.*

- Please refer to page 14 for more details on indoor/outdoor, masked/unmasked Safe Management Measures for organised classes/programmes for **unvaccinated children 12 years and below**.

**Qn: Can I still use the toilets and changing rooms within the sport halls?**

**Ans:** Yes. The toilets, changing rooms and shower facilities at the ActiveSG Stadiums will remain open to the public. Members of the public are to observe safe distancing measures such as the safe distancing markers and signages, as well as maintain a physical distance of 1m at all times. Toilets / changing rooms with showering facilities will be limited to a maximum capacity of up to 5 pax<sup>32</sup> at any one time.

Users are to keep their masks on whilst in changing rooms, and if they are taking a shower, to put on their mask promptly when done. Users are also not to mingle with others and to leave as soon as they are done using the facility.

**Qn: Can I coach in the sport halls?**

**Ans:** While ActiveSG's booking policy does not allow for coaching, league operations or business activities on our courts, ActiveSG will not enforce this policy on goodwill basis due to the current COVID-19 situation. However, all safe distancing measures will still apply and be enforced.

ActiveSG will continue to review our booking policy on coaching.

**4. ActiveSG Gym**

***Vaccination-Differentiated SMMs apply to all high-risk settings (indoors unmasked activities)***

**Qn: What are the operating hours of the gym?**

**Ans:** All gyms will be open from Monday-Sunday from 7.00am-10.40pm (except the gyms at Toa Payoh West CC, Ang Mo Kio CC, Senja-Cashew, Bukit Batok Swimming Complex and Enabling Village which will operate from 7.00am to 10.00pm).

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<sup>32</sup> The maximum group size for toilets will be capped at 5 pax, or 10 Sqm per pax.

**Qn: How far ahead must I book for gym slots?**

**Ans:** ActiveSG Verified Members and ActiveSG Non-verified Members and Account holders (i.e. non-members) can book ActiveSG facilities up to 3 days in advance.

**Qn: Can I exercise with a friend or attend a coaching session?**

**Ans:** High-risk (indoor unmasked) activities are allowed. Group activities must be confined to no more than 5 individuals (including instructor / coach) **if all participants are fully vaccinated** (includes those who have recovered from COVID-19). If any one of the participants is **not fully vaccinated**, then such activity is prohibited. Please note that from 1st January 2022, the concession for unvaccinated individuals to perform a PET or ART in lieu of being fully vaccinated would be removed.

Please refer to page 14 for more details on indoor/outdoor, masked/unmasked Safe Management Measures for organised classes/programmes for **unvaccinated children 12 years and below**.

**Qn: I am not vaccinated. Can I use the gym with my mask kept on at all times?**

**Ans:** No, unless you fulfil any one of the these conditions:

- Fully vaccinated (two weeks after he or she has received two doses of Pfizer-BioNTech/ Comirnaty, Moderna, or any WHO EUL vaccines); Sinovac-CoronaVac will require a three-dose primary series regime, but all individuals who have taken two doses of Sinovac-CoronaVac should be regarded as fully vaccinated for 4 months after the second dose, or until 31 December 2021, whichever is later.
- Unvaccinated individuals with a valid negative result on a Pre-Event Test taken in the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event.
- Recovered from COVID-19 and 14 days after his/her single dose of the PSAR- authorised mRNA vaccines (i.e. Pfizer-BioNTech/Comirnaty, Moderna) or WHO EUL vaccines, or recovered from COVID-19 within the last 270 days (from 1st January 2022, this will be updated to 180 days), regardless of their vaccination status. In addition, from 1st January 2022, the concession for unvaccinated individuals to perform a PET or ART in lieu of being fully vaccinated would be removed.
- Non-fully vaccinated individuals who had recovered from COVID-19 infection prior to 1st January 2022 will have their exemption period reduced from 270 days to 180 days. However, such individuals who have already exceeded the 180-day period as of 1st January 2022 would be granted an additional one month grace period till 31 January 2022 to complete their primary series vaccination regime, so as to continue being able to enter VDS settings.

As such recovered individuals need only one dose of the mRNA COVID-19 vaccines or two doses of Sinovac\* under the National Vaccination Programme to complete their primary series vaccination regimen, they should do so latest by 17 January, to allow an interval of 14 days from the completion of the regimen to be considered fully vaccinated. During the grace period, these individuals can produce their discharge memo for entry into VDS settings.

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- Please refer to page 14 for more details on indoor/outdoor, masked/unmasked Safe Management Measures for organised classes/programmes for **unvaccinated children 12 years and below**.

#### 5. **ActiveSG Studio**

***Vaccination-Differentiated SMMs apply to all high-risk settings (indoors unmasked activities)***

**Qn: Will the studios be/remain open?**

**Ans:** Yes, the studios will be open. High-risk (indoor unmasked) activities are allowed. Activities must be confined to no more than 5 individuals (including instructor / coach) if all participants are **fully vaccinated** (includes those who have recovered from COVID-19). If any one of the participants **is not fully vaccinated**, then such activity is prohibited. Please note that from 1st January 2022, the concession for unvaccinated individuals to perform a PET or ART in lieu of being fully vaccinated would be removed.

Multiple groups of 5, up to 30 participants (including instructor / coach) or the capacity limit of the venue, whichever is lower, can take part in unmasked activities in high-risk settings only if all participants are **fully vaccinated** (includes those who have recovered from COVID-19). A record of the grouping is to be maintained to aid contact tracing. The records should be kept for 1 month.

Please refer to page 14 for more details on indoor/outdoor, masked/unmasked Safe Management Measures for organised classes/programmes for **unvaccinated children 12 years and below**.

#### **Dual-Use Scheme Facilities**

**Qn: What school facilities will be open for public use under the Dual-Use Scheme (DUS)?**

**Ans:** In line with the progressive resumption of activities in Singapore, SportSG and MOE will reopen selected DUS Chargeable Fields (CFs) and Indoor Sport Halls (ISHs) for public use. Bookings can be made in advance through the ActiveSG app.

All other DUS free-to-play (FTP) facilities will remain closed to the public till further notice.

For more information on the DUS facilities that will be open for public use, as well as the booking details, please refer to <https://www.myactivesg.com/>

MOE and SportSG will continue to review the DUS arrangements as the COVID-19 situation evolves.

More updates will be provided in due time.