

Issued: 21 November 2021  
Updated: 17 December 2021

**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<sup>st</sup> January 2022:**

- a. A recovered person from COVID-19 who is not fully vaccinated will only be given a 180-day exemption after infection. 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).
- b. A valid Pre-Event Testing (PET) result will no longer be recognised in lieu of being considered a fully-vaccinated individual.

**From 1st February 2022:**

- c. Across all settings – All Indoor sport and fitness facilities must implement VDS at their premises and only vaccinated individuals and recovered persons are permitted to enter these indoor premises.
  - d. From 1 February 2022, 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.
  - **[No change] Physical Distancing.** The physical distancing between:
    - 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.
  - **[No change] Unvaccinated Children in Indoor Unmasked Setting.** Children 12 years old and below (born in 2009 and later) are currently not eligible for any COVID-19 vaccine under the national vaccination programme. They will be allowed to participate in indoors unmasked classes/programmes/activities without needing to take any PET, subject to the following provisions:
    - a. No more than 5 participants (including instructor) in a group.
    - b. If the participants in the group include other unvaccinated children, all the children must be from the same household.

- c. Other participants above 12 years old, including the instructor, must be fully vaccinated (includes those who have recovered from COVID-19) to be able to be part of the group of 5 with the unvaccinated child(ren) from the same household.
- d. There can be no multiple groups of 5 participants in an organised class/programme in this situation.

For indoor masked and outdoor masked/unmasked activity, the unvaccinated children in the group do not have to be from the same household, and there can be multiple groups of 5 participants up to 50 pax, or up to the venue capacity limit, whichever is lower.

- **[No change] Seniors 60 Years and Above.** To protect our seniors and at the same time provide them with safe outlets to stay active, healthy and socially connected, Sport Singapore will be piloting sport and physical activities for fully-vaccinated or COVID-19 recovered seniors (60 years and above) in a controlled environment at selected ActiveSG Sport Centres under the supervision of Sport Singapore's staff, Enforcement Officers and Safe Distancing Ambassadors, from 10 November 2021. Activities such as aquatic programmes, badminton, pickleball, square stepping, etc, will be held at specific sites and dedicated timings to ensure that the participating seniors do not mix with the participants of other programmes. More information will be available on [myactivesg.com](https://myactivesg.com).

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

**Qn: What is vaccination-differentiated Safe Management Measures and where is it applicable at?**

**Ans:** As fully vaccinated individuals have better protection against infection and severe illness, fully vaccinated individuals may participate in activities in high-risk settings (unmasked activities that take place indoors<sup>1</sup>). The group size can go up to 5 individuals (including instructor / coach). For organised classes/programmes catered to fully vaccinated individuals, multiple groups of 5, up to 30 pax or the capacity limit of the venue, whichever is lower, is allowed.

Recovered COVID-19 individuals may also join in the group of fully vaccinated individuals. 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 Pre-Event Test. Refer to <https://www.moh.gov.sg/covid-19/pet> for more details.

**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.

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<sup>1</sup> Indoor spaces are defined as those enclosed by shelter and walls.

Persons who have recovered from COVID-19 will be considered fully vaccinated 14 days after their single dose of the PSAR-authorised 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. Refer to <https://www.moh.gov.sg/covid-19/pet> for more details.

**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 prominently display that vaccination-differentiated SMMs are implemented on their premises
- 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. Only fully vaccinated individuals may be admitted for the indoor / unmasked class/ programme / activity.
- 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.

For recovered individuals, they can show the pre-event test exemption notice. Operators/organisers should verify that the PET exemption notice belongs to the customer, i.e. NRIC/FIN on the document matches the NRIC/FIN on the customer's photo ID. Additionally, operators/organisers should verify that the exemption date is valid for the duration of the class/programme.

**MINISTRY OF HEALTH  
SINGAPORE**

**PRE-EVENT TESTING (PET) EXEMPTION NOTICE**

Full Name: ABCDEF  
(as per NRIC/FIN/Passport)

NRIC/FIN/Passport Number: XXXXX567A

Country of Passport Issue (only for foreigners without FIN): Country

To whom it may concern,

This is to certify that the abovementioned first tested positive for SARS-CoV-2 (COVID-19) via a Polymerase Chain Reaction (PCR) test\* on 15/11/21. He/She is exempted from Pre-Event Testing (PET) till 15/01/22 (inclusive).

2. For further details, please contact [Name of Clinic (and Branch if applicable), email, phone number].

Thank you.

Stamp/ Signature/Date

Name:

Designation:

Clinic Name (and Branch if applicable):

\* Recovered travellers/ returning SCaPRs with overseas PCR+ results with local S+ result must provide GP with proof of overseas PCR+ result for the issuance of the PET Exemption Notice.

**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. 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](#).

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 an unvaccinated instructor conducting classes in an indoor unmasked setting. What must I do?**

Unvaccinated instructors that work in VDS settings will need to take a pre-event test before conducting indoor classes with unmasked participants. In addition, you will need to adhere to the Fast & Easy Test and Vaccinate or Regular Test regimes.

From 1<sup>st</sup> January 2022, the above will no longer be applicable. The concession for unvaccinated individuals to perform a PET or Antigen Rapid Test (ART) in lieu of being fully vaccinated would be removed.

A recovered person from COVID-19 who is not fully vaccinated will only be given a 180-day exemption after infection. 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).

**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 have a mixed purpose facility that has a weights-training gym, exercise studio, outdoor pool, spa, can I offer classes for both fully vaccinated and non-vaccinated people?**

**Ans:** Permitted enterprises that have multiple spaces may conduct different group activities for people who are fully vaccinated (includes those who have recovered from COVID-19) and non-vaccinated in those spaces.

If you allow indoor unmasked activities, you will have to ensure that there is no intermingling of these two categories of individuals for the whole time these individuals are within the facilities (including common areas such as changing rooms and toilets). In such situation, the individuals from different categories should be clearly marked by use of different coloured wrist tags, passes or some other form of differentiating identification.

**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 vaccinated individuals and recovered persons are permitted to enter all eligible indoor premises.

From 1<sup>st</sup> January 2022, a recovered person from COVID-19 who is not fully vaccinated will only be given a 180-day exemption after infection. 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 PET or ART in lieu of being fully vaccinated would be removed with effect from 1st January 2022 as well.

**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 vaccinated individuals and recovered persons are permitted to enter all eligible indoor premises.

From 1<sup>st</sup> January 2022, a recovered person from COVID-19 who is not fully vaccinated will only be given a 180-day exemption after infection. 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 PET or ART in lieu of being fully vaccinated would be removed with effect from 1st January 2022 as well.

**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 vaccinated individuals and recovered persons are permitted to enter all eligible indoor premises.

From 1<sup>st</sup> January 2022, a recovered person from COVID-19 who is not fully vaccinated will only be given a 180-day exemption after infection. 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 PET or ART in lieu of being fully vaccinated would be removed with effect from 1st January 2022 as well.

**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 to continue. Only vaccinated individuals and recovered persons are permitted to enter all eligible indoor premises.

From 1<sup>st</sup> January 2022, a recovered person from COVID-19 who is not fully vaccinated will only be given a 180-day exemption after infection. 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 PET or ART in lieu of being fully vaccinated would be removed with effect from 1st January 2022 as well.

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

**Ans:** If you are running an indoor badminton class involving unvaccinated children below 12 years old and all the participants are masked, you can have up to 5 individuals in a group including yourself (the coach), who do not have to be from the same household.

For indoor unmasked classes/programmes/activities, unvaccinated children below 12 years old can take part without needing to take any PET, subject to the following provisions:

- No more than 5 participants (including instructor) in a group.
- If the participants in the group include other unvaccinated children, all the children must be from the same household.
- Other participants above 12 years old, including the instructor, must be fully vaccinated (includes those who have recovered from COVID-19) to be able to be part of the group of 5 with the unvaccinated child(ren) from the same household.
- There can be no multiple groups of 5 participants in an organised class/ programme in this situation.



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

For groups of individuals who want to resume team sports, you may do so by booking selected sessions at:

- Designated ActiveSG facilities: <https://www.myactivesg.com/Facilities/Sport-Centres/Pilot-Resumption-of-Team-Sports-under-VDSplus-Framework>
- Designated People's Association's (PA) facilities: <https://www.pa.gov.sg/team-sports-pilot>

SportSG is working with the industry to allow for more Team Sports to resume safely.

### **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+Test?**

**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 yet eligible for vaccination.

### **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 at designated ActiveSG sports centres and PA community clubs.

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.

For more details on slots available at ActiveSG and PA and to make a new booking, please visit:

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

**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, except for indoor unmasked activities.

Only fully vaccinated individuals<sup>2</sup> may participate in **indoor unmasked 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 fully vaccinated individuals, or the capacity limit of the venue, whichever is lower. If any one of the participants is not fully vaccinated or have not recovered from COVID-19, then such activity is prohibited.

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.

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



**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 seniors 60 years & above, and unvaccinated children 12 years old and below, please refer to page 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:** You are allowed to play sports in a group of no more than 5 persons (i.e.: 2v2, 2v3). There shall be no cross-mixing or cross-playing between groups i.e. no modified versions of games where a ball is being played between two groups of 5 pax.

Masks must be worn at all times when playing sports indoors, unless the indoor facility you are playing in deploys vaccination-differentiated SMMs and all participants in your group are fully vaccinated/tested/recovered.

From 10 November 2021, team sport formats comprising up to 10 fully vaccinated individuals are allowed to take place at designated ActiveSG sports centres and PA community clubs.

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.

For more details on slots available at ActiveSG and PA and to make a new booking, please visit:

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

The next phase of the pilot was extended to private facility operators so that more fully-vaccinated individuals can enjoy team sport safely. Registration for the pilot closed on 19 November 2021. Sport Singapore has been working closely with applicants to ensure they have the necessary measures in place and depending on their operational readiness, had allowed for some to start operations before the end of the registration period. Sport Singapore will continuously work with the applicants so that more can come on board over the next few weeks.

**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:**

- a) Yes, you can have masked activities indoors.

If your indoor facility implements VDS, you may provide equipment for participants' use.

- b) You can only have unmasked activities indoors if the facility implements VDS and admits only vaccinated individuals.

If your participant is an unvaccinated child under 12 years old, please refer to page 2.

Do refer to section F to ensure you meet testing requirements (FET / VoRT) from 13 September 2021.

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

**Ans:** High intensity classes held indoors where participants are unmasked can only take place if vaccination-differentiated SMMs are in place.

Such enterprises are:

- to implement vaccination-differentiated SMMs at their facilities
- to prominently display that vaccination-differentiated SMMs are implemented on their premises
- 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](#).

[From 1st February 2022, 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](#).

In addition, classes such as TKD, MMA, Muay Thai, BJJ, Fencing, Judo, Boxing, and other similar activities that take place in enterprises without vaccination-differentiated SMMs must:

- Modify the activities to minimise contact as much as possible. Keep total grappling time to no more than 15 minutes in total per session.
- Ensure that participants and instructors are masked on at all times, refraining from conducting activities that are strenuous to the point that they feel the need to remove their masks.
- Not offer weight, strength or resistance training or cardio training of any form, and/or provide equipment for such training, such that they become strenuous activities. Not provide common equipment such as punching pads, bags, dummies, use of boxing ring, etc, where fomite transmission risk is high.
- Keep to cohorting to limit the extent of any contact tracing.

If there are participants who are unvaccinated children 12 years old and below, please refer to page 2.

**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:** Yes, they may 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 unmasked yoga classes, please refer to page 2 on treatment for unvaccinated children 12 years old and below.
- For indoor masked and outdoor masked/unmasked activity, the unvaccinated children in the group do not have to be from the same household, and there can be multiple groups of 5 participants up to 50 pax, or up to the venue capacity limit, whichever is lower.

You may not conduct a yoga class for multiple groups (of unvaccinated children 12 years and below) indoors and unmasked.

However, if your yoga classes take place indoors masked OR outdoors masked/unmasked, then 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 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.

**Qns: 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.

## **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 (during the stabilisation period) affect me?**

**Ans:** Approved large outdoor classes at public spaces<sup>3</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.

## **F. ON FAST & EASY TEST (FET) AND “VACCINATE OR REGULAR TEST” (VoRT) REGIME FOR SPORT AND FITNESS SECTOR**

**Qn: What are the testing requirements for the sport / fitness sector?**

**Ans:** The mandatory testing regime for the sport and fitness sector is as follows:

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<sup>3</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.

*Workforce defined as all workers <sup>4</sup> , including full-time/part-time workers at the same premises such as cleaners, administrative staff, etc, even if they are masked and do not interact with unmasked persons) in the following sport / fitness settings:		Fast and Easy Test (FET) Rostered Routine Testing (RRT)	Vaccinate or Regular Test (VoRT)
Vaccinated workforce*	Indoor Masked	A. Employer-led Supervised Self-Swab (ESSS), B. Quick Test Centres (QTCs)	i. Employer-led Supervised Self-Swab (ESSS), ii. Quick Test Centres (QTCs) iii. MOH approved Covid-19 test provider
	Indoor Unmasked		
	Outdoor Unmasked		
	All activities involving children 12yo and below		
Unvaccinated workforce*	Indoor Masked	1 x per week  Tests funded by Govt till 31 March 2022	NA
	Indoor Unmasked		
	Outdoor Unmasked		
	All activities involving children 12yo and below		
			2 x per week
			<ul style="list-style-type: none"> <li>Each weekly FET RRT will count towards one of the twice weekly VoRT requirements.</li> <li>Remaining test is not funded unless medically ineligible for vaccination.</li> </ul>

**Qn: Who needs to do FET? Which types of staff need to do it?**

**Ans:** All workforce<sup>5</sup> (including full-time/part-time workers such as cleaners and administrative staff even if they are masked and do not interact with unmasked persons) in the following sport / fitness settings will have to be tested once a week:

- All indoor (regardless of masked or unmasked activities) sport / fitness facilities and activities
- All outdoor unmasked sport / fitness activities
- Activities involving unvaccinated children 12 years old and below, regardless of masked or unmasked activities

**Qn: Who needs to do VoRT? Which types of staff need to do it?**

**Ans:** All unvaccinated staff (including full-time/part-time workers such as cleaners and administrative staff) in the following sport / fitness settings will have to be tested twice a week:

<sup>4</sup> Does not include volunteers and those who are not paid/compensated for their services.

<sup>5</sup> Does not include volunteers and those who are not paid/compensated for their services.

- i. All indoor (regardless of masked or unmasked activities) sport / fitness facilities and activities
- ii. All outdoor unmasked sport / fitness activities
- iii. Activities involving unvaccinated children under 12 years old, regardless of masked or unmasked activities

Do note that your weekly FET RRT will count towards one of the twice weekly VoRT requirements and that the remaining test is not funded unless you are medically ineligible for vaccination.

**Qn: I am an admin officer at my gym and are masked at all times with no interaction with anyone who is unmasked. I am unvaccinated. I understand that I need to do VoRT, but do I also need to do FET RRT?**

**Ans:** Yes you will need to do FET RRT as that is a separate testing regime for the workforce under sport and fitness sector. Each weekly FET RRT will count towards one of the twice weekly VoRT requirements. So if you have already done your FET RRT, you will need to do just one more VoRT.

- FET RRT may be done via (i) Employer-led Supervised Self-Swab (ESSS), or (ii) Quick Test Centres (QTCs);
- VoRT may be done via (i) Quick Test Centres (QTCs), or (ii) MOH approved Covid-19 test provider.

From 1<sup>st</sup> January 2022, the concession for unvaccinated individuals to perform a VoRT or FET RRT in lieu of being fully vaccinated would be removed.

**Qn: Can the Government cover the cost of testing? Who is eligible for the subsidy of these tests?**

**Ans:** FET RRT is subsidised for all specified workforce under the stipulated sport & fitness settings (regardless whether they are vaccinated or not) until 31 March 2022. Beyond that, employers and businesses should be prepared to factor in testing costs as part of their normal business operations.

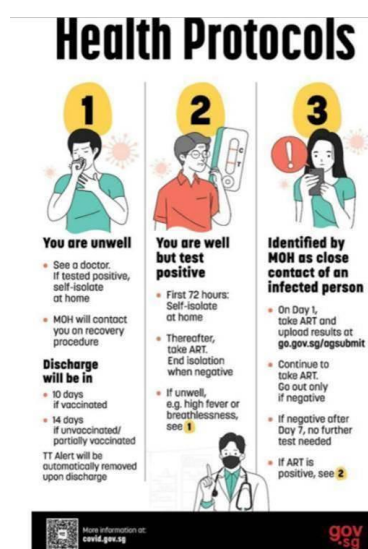
For unvaccinated workforce that will have to undergo VoRT from 1 October 2021, their weekly FET RRT will count towards one of the twice weekly VoRT requirements. The remaining test is not funded unless they are medically ineligible for vaccination.

**Qn: I am a sport / fitness coach / instructor. Under MOH's new Health Protocols 1, 2, 3, what do I do if I am Covid Positive?**

**Ans:** If you are unwell and have tested positive with your own ART kit or as part of your weekly FET RRT or VoRT, follow protocol 1. If you are well and have tested positive with your own ART kit or as part of your weekly FET RRT or VoRT, follow protocol 2. If you have received a Health Risk Warning (HRW) via SMS from MoH, follow protocol 3. Thereafter, if your ART is positive but you feel well, follow protocol 2. If your ART is positive and you are unwell, follow protocol 1.

**Qn: I am a sport / fitness coach / instructor. As part of the weekly FET RRT or twice weekly VoRT, I got a positive ART test. What do I do next?**

**Ans:** If you feel unwell, visit a doctor immediately. This follows Health Protocol 1.





If you are well, self-isolate at home for 72 hours. This follows Health Protocol 2. Do not go to work. Thereafter, take ART test, and if negative, you may go back to work. If you develop symptoms (such as high fever or breathlessness) during the 72 hours, visit a doctor immediately. This then follows Health Protocol 1.

**Qn: I am a sport / fitness coach / instructor. I had received a High-Risk Warning from MoH and followed Protocol 3. I had done daily ART tests on my own at home. Does this mean that I am exempted from FET RRT / VoRT for that week?**

The FET RRT / VoRT requirements are such that the tests need to be supervised. Once you have tested negative after Day 7, you may leave your house to conduct FET RRT / VoRT at (i) Employer-led Supervised Self-Swab (ESSS), or (ii) Quick Test Centres (QTCs).

If the ESSS however, is conducted online by your employer and not on-site, this may be counted towards one of your daily ART tests while you are following Health Protocol 3.

## G. ON SPORT EVENTS

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

**Ans:** Sport events that implement VDS can continue during the stipulated period as follows:

**Spectator Sport Events.** Spectator sport events, such as Singapore Premier League football matches can proceed with up to 1,000 spectators (in zones of up to 100 persons) if all spectators are fully vaccinated<sup>6</sup>.

**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 (in waves of up to 100 persons) per session<sup>7</sup>, if all participants are fully vaccinated (includes those who have recovered from COVID-19).

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.

**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 unmasked competitions or activities, only fully vaccinated persons (includes those who have recovered from COVID-19) may participate in such events.

For such sport competitions and tournaments, spectators are permitted, but must comply with the requirements under Spectator Sport Events above.

From 1 February 2022, all Sport Events, irrespective of event size, must implement VDS in order to proceed.

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

<sup>7</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.

Unvaccinated children 12 years old and below may be included and exempted from PET but must be limited to no more than 20% of total attendance. If there are any spectators/participants who are unvaccinated or untested (other than unvaccinated children 12 years old and below), the event will have to be capped at 50 persons.

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 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>8</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.

**Qn: I have previously submitted my application and received Sport Singapore's endorsement to organise an event. 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.

**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.

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<sup>8</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.