

## CONDITIONS FOR PERMITTED ENTERPRISES TO RESUME OPERATIONS PERTAINING TO SPORT AND PHYSICAL EXERCISE & ACTIVITY

1. In Phase Three, sport and physical exercise & activity may continue. Permitted enterprises are required to ensure the safe conduct of sport and physical exercise & activity, by complying with these conditions:

- a. Sport and recreational facilities can only admit a maximum number of persons according to its Gross Floor Area based on 8 Sqm per person.<sup>1</sup> No facility, regardless of size, shall admit more than 50 persons without specific approval by Sport Singapore. Requests for such approval may be considered for large facilities that can be organised into separate facilities, each with its own limit.
- b. Physical distancing of 2 metres (2 arms-length) between individuals should be maintained in general while exercising and playing sport. A physical distancing of 3 metres (3 arms-length) between individuals should be observed for indoors high intensity or high movement exercise classes.
- c. Group activities are limited to no more than 8 participants (up from 5 previously). Respective sports may resume normal activities within this group size limitation. Examples include sepaktakraw, 4v4 modified basketball and futsal, and up to 8 rowers in a dragonboat.
  - If there is more than one group sharing a space, the groups must not interact and must maintain a distance of 3 metres apart from one another at all times.
  - For organised programmes and classes, an additional service provider (such as an instructor or a coach) from a permitted enterprise may guide the group.<sup>2</sup>
- d. Contact sports are permitted notwithstanding point b above. Sports with prolonged grappling (such as wrestling, MMA and jujitsu or similar) are strongly advised to adopt cohorting arrangements to manage infection risks. Cohorting requires that no participant changes groups without observing a 14-day cooling period, during which the person changing groups should avoid participating in sports with prolonged grappling with any other group.
- e. Mask should be worn as a default. Masks can be taken off when performing strenuous exercise, although it is still recommended as good practice even under such circumstances.
- f. Sharing of common equipment should be avoided. Personal equipment should not be shared. If this cannot be done, then equipment should be wiped down / sanitised frequently. This includes gym equipment such as weights, and sport equipment such as basketballs.

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<sup>1</sup> The Gross Floor Area includes exercise spaces, as well as other spaces such as changing rooms, rest areas within the facility. Facilities up to 64 sqm can admit up to 8 persons, e.g. a 20 sqm facility can accommodate 8 persons. This does not include staff.

<sup>2</sup> An instructor may coach multiple groups of 8 persons, subject to the venue capacity limit and safe management measures. Instructors who are interested to conduct large outdoor classes of up to 50 pax at outdoor public spaces must first be registered under the framework jointly administered by SportSG and agency partners such as NParks and the People's Association.

- g. Owners or Operators of facilities are responsible for ensuring safe management measures are implemented, and that their patrons/users comply.

### **Requirements for Sport & Recreational Facility Operators**

2. Sport and recreational facilities, including but not limited to swimming pools, stadiums, fitness studios, gyms, indoor sport halls, outdoor courts, bowling centres, golf courses, managed by public, private and commercial entities, as well as those in condominiums, may open in Phase Three.

3. **Facility Capacity.** The maximum number of persons allowed at each facility shall be limited according to its Gross Floor Area based on 8 Sqm per person or 50 persons, whichever is lower. This applies to all outdoors, indoors and sheltered facilities that are larger than 64 Sqm. This capacity limit is to minimise the risk of large clusters forming. For facilities smaller than 64 Sqm, facility operators have to ensure that the physical distancing measures are observed.<sup>3</sup>

4. **Safe Management Measures.** In consultation with industry stakeholders, Sport Singapore is providing operational guidance on the following safe management measures, which facility operators will have to put in place prior to the opening of their sport and recreational facilities to minimise the risk and consequence of infection. Operators of facilities are to ensure compliance by all users.

- a. Appoint Safe Management Officer. Facility operators are to designate a senior staff as Safe Management Officer (SMO) to ensure compliance with the measures. The SMO will be responsible for formulating the implementation plans, conducting inspections and checks, as well as maintaining records for subsequent audits by the authorities.
- b. Support Contact Tracing & Implement Temperature Screening. All sport and recreational facilities must implement SafeEntry for participants and visitors. Facility operators must conduct temperature screening<sup>4</sup> and checks on visible symptoms<sup>5</sup> for visitors, and turn away those with fever and/or who appear unwell. Employees and visitors are encouraged to download and activate the TraceTogether app, and collect their TraceTogether Tokens from the relevant authorities.
- c. Reduce Physical Interaction and Ensure Safe Distancing. Facility operators will have to organise human traffic flow and space management to ensure that the mixing of groups is minimised to transient contact. Equipment should be arranged to allow users to exercise at a safe distance with each other.
- d. Crowd Management. Facility operators will have to devise systems to ensure there is no overcrowding at or around their premises, such as through the use of booking systems. Facility operators will have to manage rest areas and changing room operations to prevent crowding and loitering.

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<sup>3</sup> This does not include staff.

<sup>4</sup> Individuals with temperatures 38 degrees celsius and above are considered as having a fever.

<sup>5</sup> Notable visible symptoms to look out for include: (a) coughing; (b) sneezing; (c) breathlessness; and (d) a runny nose.

- e. Wear Masks & Ensure Hygiene. Facility operators will have to ensure that all visitors don masks when they enter the facility. Hand sanitisers should be placed in close proximity of the facility entrance and high-touch surfaces like door handles. Visitors should be encouraged to sanitise their hands before entering the facility.
- f. Enhance Cleaning Protocols. Facility operators will have to frequently disinfect common spaces and interactive components (e.g. smart kiosks, turnstiles). Equipment will have to be thoroughly wiped down and cleaned after each use. Personal equipment should not be shared. Operators are strongly encouraged to adopt good sanitation and hygiene practices to achieve the SG Clean quality mark.
- g. Ventilation. Indoor spaces should be kept well-ventilated. For non-air-conditioned spaces, windows should be kept open and additional fans should be put in place.

Please see [Table 1](#) for additional requirements for additional measures required by facility type.

TABLE 1: ADDITIONAL REQUIREMENTS BY FACILITY TYPE	
Gymnasiums	<ul style="list-style-type: none"> <li>Adhere to facility capacity.</li> <li>Individual training in gyms may proceed.</li> <li>Participants should not socialise and should minimise communication.</li> <li>Equipment is placed and used such that there is a 2m distance between users.</li> <li>Coaching and spotting may proceed with safe distancing. The trainer should be masked.</li> <li>Organised programmes/classes of up to 8 persons may proceed, with an additional instructor or a coach. An instructor may coach multiple groups of 8 persons, subject to the venue capacity limit and safe management measures.</li> <li>No mixing between groups throughout.</li> </ul>
Studio	<ul style="list-style-type: none"> <li>Adhere to facility capacity.</li> <li>Group activities shall be limited to 8 persons. For organised programmes/classes, an additional service provider (such as an instructor or a coach) is permissible. An instructor may coach multiple groups of 8 persons, subject to the venue capacity limit and safe management measures.</li> <li>3 metre distance between different groups should be maintained at all times.</li> <li>No mixing between groups throughout.</li> </ul>
Indoor sport halls	<ul style="list-style-type: none"> <li>Adhere to facility capacity.</li> <li>Human traffic flow is to be managed to ensure no mixing of groups, and no loitering or waiting outside of sport halls.</li> </ul>
Swimming pools	<ul style="list-style-type: none"> <li>Adhere to facility capacity. Facility operator to put in place measures to ensure venue capacity is observed so that there will be no overcrowding.</li> </ul>

	<ul style="list-style-type: none"> <li>• Group activities shall be limited to 8 persons. For organised programmes/classes, an additional service provider (such as an instructor or a coach) is permissible.</li> <li>• Instructor may adopt the most appropriate position and distance in the interest of water safety.</li> <li>• 3 metre distance between different groups should be maintained at all times.</li> <li>• No mixing between groups throughout.</li> </ul>
Outdoor facilities (courts, pitches)	<ul style="list-style-type: none"> <li>• Adhere to facility capacity. Facility operator to ensure measures are in place to ensure venue capacity is observed so that there will be no overcrowding.</li> <li>• Group activities shall be limited to 8 persons. For organised programmes/classes, an additional service provider (such as an instructor or a coach) is permissible. An instructor may coach multiple groups of 8 persons, subject to the venue capacity limit and safe management measures.<sup>6</sup></li> <li>• 3 metre distance between different groups should be maintained at all times.</li> <li>• No mixing between groups throughout.</li> </ul>

<sup>6</sup> Instructors who are interested to conduct large outdoor classes of up to 50 pax at outdoor public spaces must first be registered under the framework jointly administered by SportSG and agency partners such as NParks and the People's Association.