

**ADVISORY FOR SPORT AND PHYSICAL EXERCISE/ACTIVITIES [25 MAR 2020]**

The Ministry of Health (“MOH”) issued an additional advisory “Tighter Measures To Minimise Further Spread of COVID-19” on 24 Mar 2020. In view of the evolving COVID-19 situation, Sport Singapore (SportSG) is providing operational guidance on physical distancing measures. The table below is a summary of SportSG’s advisory for Sport and Physical Exercise/Activities.

SPORT SINGAPORE’S ADVISORY FOR SPORT AND PHYSICAL EXERCISE/ACTIVITIES as at <u>25 March 2020</u>	
<ul style="list-style-type: none"> <li>• <b>All tournaments/competitions, leagues and matches to be suspended till 30 Apr 2020, or cancelled with effect from 26 Mar 2020, 2359hrs.</b></li> <li>• All senior-centric programmes are suspended till 30 Apr 2020.</li> <li>• All ActiveSG children &amp; youth-centric organised programmes are suspended till 30 Apr 2020. All others must follow suit from 26 Mar 2020, 2359hrs till 30 Apr 2020.</li> <li>• All gatherings must not exceed 10 people.</li> <li>• Physical distance of at least 1m from each other must be followed strictly.</li> <li>• Private operators and NSAs must follow the advisory strictly.</li> </ul>	
RULES & REGULATIONS	
<b>Gyms</b>	<ul style="list-style-type: none"> <li>• Operating capacity must be kept to one person per 16 sqm of usable space.</li> <li>• No organised group activities must be allowed to intermingle within the space.</li> <li>• Ensure strong access control for proper screening.</li> </ul>
<b>Studios</b>	<ul style="list-style-type: none"> <li>• Operating capacity of each studio must be kept to one person per 16 sqm of usable space or maximum of 10 people, whichever is lower.</li> <li>• Activities must be conducted with at least 1m spacing between individuals.</li> <li>• Ensure strong access control for proper screening.</li> </ul>
<b>Outdoor programmes</b>	<ul style="list-style-type: none"> <li>• Organised outdoor activities must keep to a maximum of 10 participants with 1m spacing between them.</li> </ul>
<b>Stadiums/ Swimming Pools</b>	<ul style="list-style-type: none"> <li>• Capacity must be limited by the norm of one person per 16 sqm of activity space.</li> <li>• Organised programmes must keep to a maximum of 10 people with 1m spacing between them.</li> <li>• For pools, ensure strong access control for proper screening.</li> </ul>
<b>Indoor Sport Halls</b>	<ul style="list-style-type: none"> <li>• Capacity must be limited by the norm of one person per 16 sqm of activity space.</li> <li>• Organised activities must keep to a maximum of 10 people with 1m spacing between them.</li> <li>• Ensure strong access control for proper screening.</li> </ul>

## **BEST PRACTICES**

- a. Reduce crowding as follows:
  - i. Implement a queue management system where necessary. Space participants out with clear demarcations (e.g. floor markers with distancing of at least 1m) with not more than 10 people in the queue.
  - ii. Stagger entry and exit timings to the event or venue. Consider implementing an alert-based entry system (i.e. visitors arrive at the entry point when they receive an alert).
  - iii. Implement seating arrangements with separation distance of at least 1m between participants (e.g. leave one or two vacant seats between participants or chequerboard seating), except where participants are related (e.g. families or couples).
- b. Display notices and posters prominently, detailing prevention and control measures (e.g. avoid shaking hands, wipe down gym equipment, wash hands with soap, practice good personal hygiene). Refer to <https://www.moh.gov/covid-19/resources> for the latest notices and posters.
- c. Advise participants to practice social responsibility, including monitoring their own health condition and avoiding attending the event if unwell.
- d. Put in place temperature screening and health declaration measures, including turning away participants who are unwell.
- e. Organisers are encouraged to promote the use of the Govtech-produced app [<https://www.tracetgether.gov.sg>].
- f. Conduct frequent disinfection of common spaces. Increase frequency of cleaning for surfaces and interactive components within the venue (e.g smart kiosks, turnstiles). Place hand sanitisers near frequently touched surfaces like door handles.
- g. Provide hand sanitisers to frontline staff who handle cash and other payment devices.
- h. Organisers are encouraged to participate in SG Clean. For more details on the programme, please refer to [www.sgclean.gov.sg](http://www.sgclean.gov.sg).

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