

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

1. In Phase Two, all sport and physical exercise & activity may resume. 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 may open. Facilities can only admit a maximum number of persons according to its Gross Floor Area based on 10 Sqm per person.<sup>1</sup> No facility, regardless of size, shall admit more than 50 persons without specific approval by Sport Singapore.
- b. Physical distancing of 2 metres (2 arms-length) between individuals should be maintained in general while exercising and playing sports. A physical distancing of 3 metres (3 arms-length) between individuals should be observed for indoor high intensity or high movement exercise classes.
- c. Group activities are limited to no more than 5 participants. 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.
- d. Contact sports are permitted, notwithstanding point 3b above, with modification to avoid extensive body contact.
- e. Contact sports and other sports that may involve close bodily proximity (e.g. badminton doubles) are permitted, notwithstanding point 1b above, with modification to avoid extensive body contact.
- f. Mask should be worn as a default. Masks can be taken off when performing strenuous activities, although it is still recommended as good practice even under such circumstances.
- g. 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.
- h. 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 be opened from Phase Two.

3. **Facility Capacity.** The maximum number of persons allowed at each facility shall be limited according to its Gross Floor Area based on 10 Sqm per person or 50 persons,

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<sup>1</sup> Facilities up to 50 sqm can admit up to 5 persons, e.g. a 20 sqm facility can accommodate 5 persons. This does not include staff.

whichever is lower. This applies to all outdoors, indoors and sheltered facilities that are larger than 50 Sqm. This capacity limit is to minimise the risk of large clusters forming. For facilities smaller than 50 Sqm, facility operators have to ensure that the physical distancing measures are observed.<sup>2</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>3</sup> and checks on visible symptoms<sup>4</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.
- 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.
- 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.
- 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.

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<sup>2</sup> This does not include staff.

<sup>3</sup> Individuals with temperatures above 38 degrees Celsius are considered as having a fever.

<sup>4</sup> Notable visible symptoms to look out for include: (a) coughing; (b) sneezing; (c) breathlessness; and (d) a runny nose.

Please see Table 1 for additional requirements for additional measures required by facility type.

<b>TABLE 1: ADDITIONAL REQUIREMENTS BY FACILITY TYPE</b>	
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>• 2-metre boundary between equipment (edge-to-edge).</li> <li>• Coaching and spotting may proceed with safe distancing. The trainer should be masked.</li> <li>• Organised programmes/classes of up to 5 persons may proceed, with an additional instructor or a coach.</li> <li>• No mixing between multiple groups throughout.</li> </ul>
Studio	<ul style="list-style-type: none"> <li>• Adhere to facility capacity.</li> <li>• Group activities shall be limited to 5 persons. For organised programmes/classes, an additional service provider (such as an instructor or a coach) is permissible.</li> <li>• 3 metre distance between different groups should be maintained at all times.</li> <li>• No mixing between multiple 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> <li>• Group activities shall be limited to 5 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 multiple 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 5 persons. For organised programmes/classes, an additional service provider (such as an instructor or a coach) is permissible.</li> <li>• 3 metre distance between different groups should be maintained at all times.</li> <li>• No mixing between multiple groups throughout.</li> </ul>