

# CENTAURS GROUP PTE LTD



## Covid-19 Safe Management Plan for Return to Play & Operations Post-HA

- *This document is an Addendum to our original SMM produced on 20 June 2020.*

### FACILITIES OVERVIEW

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Centaurs Sports Park (“CSP”) is a 12-hectare green, open site based on the old Racecourse, Bukit Timah (known locally as Turf City). It comprises 3 main sports pitches, 4 netball courts, and a large ravine with trails for MTBing and trail-running, and a kids’ obstacle course (“The Pit”). It also houses a Go-Karting track and 4 tennis courts with club building, both run by sub-tenants of Centaurs Group (“Centaurs”).

Given CSP is an open space there are multiple access points. However, the fact that the 2 main sports pitches are netted along their sides, have a drain running between them and the road, and one pitch is fully fenced and gated, makes it easier to define points of access/entry. The mini fields are not netted but do have a drain down most of its [road] length, and a fence at the netball end to assist in reducing open entry points.

The facilities are not only used by Centaurs Group for its sports clubs’ training and matches, its Kids Parties & Camps, and for its own events but it is also hired by a variety of external users, including educational establishments, sports clubs, government agencies and corporates.

### GENERAL MEASURES FOR RETURN TO PLAY POST-HA

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1. Centaurs Sports Park (“CSP”) comprises 5 separate facilities, namely:

- 1.1 The CFD (full-sized artificial pitch)
- 1.2 The Grass pitch (full-sized rugby and multi-sport pitch)
- 1.3 The Mini-fields (for smaller sized sports pitches)
- 1.4 4 regulation sized netball courts
- 1.5 The ravine/Jungle Trail

2. The following sports (including but not limited to) that utilise our facilities:

- 2.1 Rugby
- 2.2 Netball
- 2.3 Football (soccer)
- 2.4 Gaelic Football
- 2.5 Touch
- 2.6 American Football
- 2.7 Ultimate (frisbee)

- 2.8 Australian Rules
- 2.9 Centaurs Kids Parties & Camps

3. Centaurs will stagger its timings, and stipulate to its 3<sup>rd</sup>-party users' too, to be managed thus:

- 3.1 Arrival - no more than 5 mins before session start time
- 3.2 Departure – off site within 5 mins from end of session time
- 3.3 Fifteen (15) minutes between session end time and next session start time, giving an additional 5 minutes buffer
- 3.4 On arrival and having been through the Safe Entry procedure, all will be ushered immediately to their respective court/pitch

4. Latest Trace Together SafeEntry QR code posters for the Centaurs Sports Park (Branch 1) and Centaurs Sports Park – Netball & Minis (Branch 2) have been onsite for a few weeks:

- 4.1 We have requested for SEGW boxes from Safe Entry and awaiting confirmation we are eligible.
- 4.2 Temperature checking will be undertaken at SafeEntry at the various access points.
- 4.3 Exit and Entry lanes will be clearly marked with barriers and tape to reduce congestion and human interaction.
- 4.4 Car Park #2, by the Netball courts and Mini-pitches, will be closed to all bar essential vehicle parking.
- 4.5 The sports facilities will be accessible from 7am to 11pm (unless instructed otherwise)

5. For general information, the 4 main team sport facilities at the CSP are each of the following approx. GFA:

- 5.1 CFD = 9,600 sqm including run-off
- 5.2 Grass = 8,800 sqm including run-off
- 5.3 Minis = 6,750 sqm
- 5.4 4 Netball courts = 3,200 sqm in total (including run-off and some additional space)

## **FACILITIES' PREPARATIONS**

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In addition to the implementation of Screening and Tracing Measures as covered above, Centaurs will also undertake the following:

- All pitches and courts have been approved by SportSG for subdividing into additional 'venues' (as per APPENDIX A); these can be further marked up as grids for small group training management purposes
- Additional Safe Entry access points have been identified and set up
- Additional volunteer SafeEntry staff to be deployed by Centaurs and 3rd-party facility hirers
- Roping and/or taping off non-access points
- Setting up crowd management lanes with ropes, tape, and barriers for safe entry and exit
- Most plastic chairs to be removed from use

- Equipment disinfecting boxes at venue entry/exit channels and around onsite for all to use
  - 3rd-party hirers to arrange own filling responsibilities
- Safe distance marking where necessary
- Parents to wait off site except when cannot be avoided at drop off/checkin and collection
- NB we have not yet been approved for a SEGW box as we are considered an 'outdoor facility' operator; awaiting confirmation

## TRAINING PROTOCOLS

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Reopening Post-HA will require strictly controlled activity and group sizes to reduce risk of cross-contamination. Training formats, player interaction, coaching methods and pitch/court usage will be considerably adjusted from the normal.

Centaurs Rugby and Netball clubs have drawn up detailed coaching plans to comply with Sport SG's Advisory dated 9 July 2021 and which include the following:

- Staggered training times
- Arrive in kit and ready to train with no changing on site
- Group sizes of 4 players max. with 1 coach
- 50 people max on each venue at CSP
  - 6 groups of 5 pax in each. The groups include a coach amongst the 5 pax.
- 3m minimum between different groups (groups not to intermingle or co-share equipment)
- 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.
  - SportSG has indicated to us that passing of 1 ball between the 4 players is permitted
- No mixing of any nature between groups throughout time on facility; no sharing of equipment between groups

## INFECTION WITHIN THE CENTAURS COMMUNITY

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If one learns of a suspected or confirmed case of infection, they should contact Centaurs Group lead SMO (Tim Lambert at 9632-3885 or [timlambert@centaursgroup.com](mailto:timlambert@centaursgroup.com)) or one of the sports clubs' Directors immediately with name of the infected person, details of the group and day he trained or the 3<sup>rd</sup>-party facility hirer's name, the day infection was suspected or confirmed, and any other relevant information. The Follow-up plan is as below:

1. Infection discovered amongst the Centaurs sports clubs' members or staff:

1.1. In the instance of a suspected case:

- Monitor health, including temperature checking at least twice daily
- Adopt good personal hygiene

- To see a doctor immediately if they are unwell. They should stay at home even if they feel that their symptoms are mild, and should not attend training for a 14-day period from the day the infection was suspected (all household members included)
- Centaurs will seek guidance from the authorities on the correct next steps for keeping our community safe and informed

#### 1.2. In the instance of a confirmed case:

- MOH's contact tracing officers will engage with Centaurs to identify any persons who may have had close contacts with the confirmed case. Centaurs will cooperate with the various agencies, MMT, MOH, SportSG, contact tracing officers and provide them with the necessary assistance and support. MOH's contact tracing officers will assess who among such persons should be placed on quarantine.
- Upon being notified of the confirmed case, Centaurs should adopt the following precautionary measures:
  - Advise all club members and staff who attended training at the same time of the confirmed case, to monitor own health, practice good personal hygiene and see a Doctor/get tested as soon as possible
  - Carry out a thorough cleaning and disinfecting of that section of the premises.

#### 2. Infection discovered amongst a 3<sup>rd</sup> party User's clientele:

2.1. The 3<sup>rd</sup>-party must immediately inform Centaurs Group of the infection, suspected or confirmed, and provide its Follow-up Plan

2.2. Centaurs will work with the 3<sup>rd</sup>-party User to manage all follow up procedures

## THIRD-PARTY FACILITY HIRERS

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Centaurs will not allow third-party facility hirers (TPFH) to return and hire the facilities during any period of restricted activity unless they satisfy us that not only do they possess satisfactory and detailed SMMs but also that they have read and understood the latest Advisories sent out by SportSG, which Centaurs has and will continue to send out as required.

Each TPFH:

- will receive a copy of Centaurs' SMM
- must produce their own SMM for approval by Centaurs and SportSG before they may recommence
- must designate a Point of Contact (POC) person for all communication
- must identify and name their Safe Management Officer (SMO), with contact details for that designated SMO

- must acknowledge they have received and agree to abide by all latest Advisories and Information pertaining to the latest period:
  - It is incumbent on any sports entity utilising our facilities to be fully conversant with latest versions and updates
  - a completed and signed checklist covering all TPFH's responsibilities will be required (APPENDIX C)
- will be informed that they will be observed by ad hoc spot-checks to ensure they are complying with their own and Centaurs' SMMS
- TPFH must approach Centaurs if they have any questions or concerns. Centaurs will assist in any way possible to resolve or answer these questions/concerns with the relevant authorities

## FET - FAST & EASY TESTING

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### 1.1 Who will be tested

As per the SportSG advisory on 25 June (A Safe and Gradual Resumption of Sport & Fitness Activities with Mandatory Fast & Easy Testing) regarding FET and clarifications made in the SportSG Advisory produced 9 July, all paid coaches, staff, and contracted workers who interact with unmasked players at Centaurs will be required to undergo FET every 14 days. Parent Volunteers and Teenage Volunteers will not need to undergo the FET.

### 1.2 How we will conduct the tests

Three members of Centaurs staff attended the HMI Institute Employer-Supervised Self-Swab (ESSS) course on 2 July 2021.

As per the SportSG advisory on 25 June, ESSS can be conducted via virtual conferencing software (Zoom) so that we can avoid asking Coaches to come to site early and avoid unnecessary mingling - our priority on site is to have coaches and players arrive, coach, and leave.

Once distributed the test kits, our ESSS volunteers will determine the correct day for testing ahead of contact/on-site time, and set up a number of Zoom calls throughout the day to make it easy for our coaches. These will be supervised by the HMI-trained ESSS volunteer over Zoom, and results submitted through the portal as required.

For anyone tested through other means (e.g. another company, self-employed persons) a spreadsheet of names, test times/dates, and test results will be maintained and supported with screenshots of the results received.

This plan will strictly adhere to SportSG's FET Notice to Sports & Fitness Industry Advisory (25 June & 9 July), (Appendix B).

## CONCLUSION

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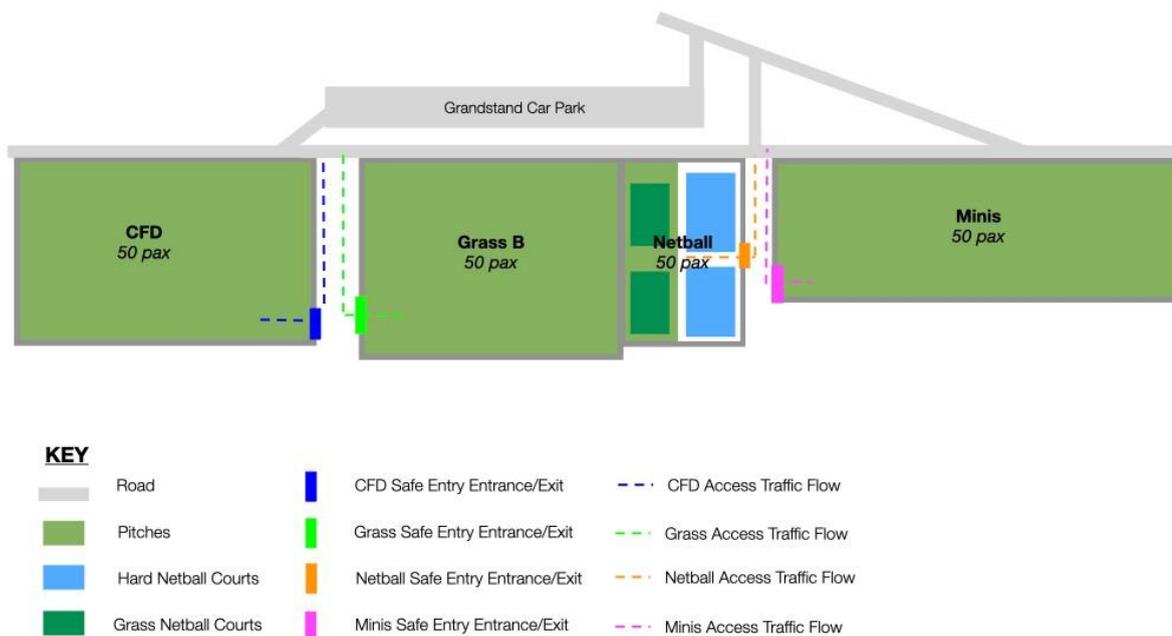
Centaurs is fully aware of, and committed to, delivering sports within the scope of the advisories. We recognise our obligations with regards to the MMT, SportSG, MOH, other authorities, our members, parents, kids and third-party hirers.

All TPFHs will be required to fulfil their duty of care and responsibilities as outlined above.

The Centaurs Sport-SG approved SMM will be circulated widely, and we will continue to work closely and collaboratively with any and all stakeholders as required. We welcome any and all suggestions on how to improve our processes and play our part in keeping Singapore safe.

**APPENDIX A - SportSG Approved Venue Layout**

**VENUE SET UP  
AT CENTAURS SPORTS PARK  
FROM 15 JULY 2021**



**APPENDIX B**

**SportSG Advisory “A SAFE AND GRADUAL RESUMPTION OF SPORT & FITNESS ACTIVITIES WITH MANDATORY FAST & EASY TESTING” - latest version of the advisory**

24 June 2021

Dear Sport & Fitness Operators

## **A SAFE AND GRADUAL RESUMPTION OF SPORT & FITNESS ACTIVITIES WITH MANDATORY FAST & EASY TESTING**

1. As part of the national enhanced measures for workers in higher-risk mask-off settings and to further reduce the risk of transmission in these settings, the Multi-Ministry Taskforce has introduced the Fast and Easy Testing (FET) regime on 18 June 2021. The FET has been progressively rolled out since 21 June 2021 and will be made mandatory from mid-July 2021 for **all coaches, instructors and staff, who come into contact with unmasked persons in the course of their work**. This segment of the workforce is **required to be on a regular FET regime** using tests such as the antigen rapid test (ART), **regardless of their vaccination status**.
2. FET will be required for:
  - a. Gyms and fitness studios coaches / trainers / instructors where clients are engaged in unmasked activities.
  - b. Sport coaches / instructors in sports such as athletics, badminton, basketball, dance, football, swimming, martial art, etc where trainees are unmasked.
3. This FET regime is being imposed under the COVID-19 (Temporary Measures) (Control Order) Regulations. Failure to comply with the requirements set out herein may result in prosecution and/or other enforcement action, including suspension/closure of operations<sup>1</sup>.
4. **All Sport & Fitness businesses must ensure that their employees under the mentioned settings undergo FET every 14 days. This includes all full time and part time employees, as well as third-party contracted employees (e.g. cleaners) who work at the premises. Self-employed persons in the sport and exercise sector are responsible for undergoing FET every 14 days.**
5. **Sport & Fitness businesses** are encouraged to conduct Employer-Supervised Self-Swab (ESSS), where employees will swab themselves under the supervision of a trained staff ('supervisor'). **Supervision can be done** either on-site at the workplace or **virtually using tools such as video conferencing**. To conduct ESSS, establishments will need to undergo training provided by the Government to supervise employees' self-swabs.
6. For ESSS, ART kits will be provided. The costs for the kits and training for employees will be borne by the Government for 3 months, until 30 September 2021.
7. **Self-employed persons (SEPs) and small businesses** which may not be able to organise the supervised self-swabs on their own, are to [register](#) to secure an appointment at Quick Test Centres (QTCs)<sup>2</sup>. Similarly, SEPs / staff under settings 2(a)(b) will have to undergo FET every 14 days.

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<sup>1</sup> To comply with the COVID-19 (Temporary Measures) (Control Order) Regulations and implement Safe Management Measures (SMMs), as set out on the [COVID Gobusiness website](#). They are also required to comply with the [SMMs](#) set out by Sport Singapore.

<sup>2</sup> The QTCs will be progressively set up, starting with three at Bishan, Jurong West and Pasir Ris ActiveSG Sport Centres, from 28 June 2021 (10am – 5pm).

## INFORMATION ON ESSS FOR SPORT & FITNESS BUSINESSES

### ***Supervisory Training Under the ESSS***

8. Businesses conducting ESSS are advised to nominate 2 employees per outlet to attend a 4-hour virtual Supervisory Training in ART Self-Swab conducted by the Ministry of Health's (MOH) appointed vendor, HMI Institute.
9. The training will equip employees with the knowledge needed to supervise the conduct of ART. Employees who complete the 4-hour course can conduct ART Supervision Duties. A certificate of attendance will be issued. MOH/HPB has also issued a playbook to guide sectors on the conduct of supervised self-swabs.
10. Sport & Fitness businesses are to:
  - a. Book their training slot directly with HMI Institute at <https://hmi-ihs.com/supervisory-training-in-art-self-swab/>; and
  - b. Submit the List of Participants (through the excel sheet – refer to separate attachment) to [swab@hmi.com.sg](mailto:swab@hmi.com.sg) as soon as possible.
11. Timings for the training are from a) 8am-12pm, b) 2pm-6pm and c) 6pm-10pm. These will be available on a first-come-first-served basis.
12. Upon successful sign-up, a web link will be sent for employees to attend the virtual training session via Zoom.
13. Please visit HMI Institute's website at <https://hmi-ihs.com> (refer to COVID-19 Training) for latest details on the ESSS training details.

### ***Registering for Self-Collection of Kits and Swab Registration System (SRS) Account***

14. To facilitate the collection of test kits and setup of SRS accounts, Sport & Fitness businesses should submit full details at <https://form.gov.sg/60cc6bb4d0a45a0011a66313> by 1 July 2021.
  - Businesses with multiple outlets are encouraged to submit a form for each outlet.
  - The Point-of-Contact (POC) indicated in the form must be the supervisor or employee who will be responsible for both self-collection of the test kits, and the uploading of FET results to the SRS account.
  - The kits, funded by the Government, will be provided on a monthly basis, for 3 months (till 30 Sep 2021).

### ***Self-Collection of Kits***

15. For the self-collection of test kits, details to be provided via the form include:
  - a. Name of POC (this must be the same person that will upload the FET results to the SRS account)
  - b. Business Name, UEN & Address
  - c. Postal Code
  - d. POC Email (to receive confirmation email, if any)
  - e. POC Mobile Number (to receive confirmation SMS, if any)
  - f. Number of Employees (including all full-time, part time and third-party contracted employees)
16. Late submissions could result in delayed delivery or self-collection after mid-July. After the submission of details, a confirmation email from a third-party vendor will be sent to your company POC with the collection location and date within a week. An SMS will

subsequently be sent when the kits are ready for collection, and the kits must be collected within 3 days upon receipt of the SMS. Self-collection of test kits is expected to start from 28 June 2021.

### **Recording of Test Results on Swab Registration System (SRS)**

17. Sport & Fitness businesses are to upload the ART results of their employees into SRS. **Sport Singapore will assist to create SRS accounts for your company using** the same information provided in the sign-up link in paragraph 14. The POCs nominated will receive an email notification after the accounts have been set up.
18. To track businesses' compliance to the mandatory FET, employers are required to upload the results of the employees' swab tests to the SRS on the same day the tests are taken at <https://swab.hpb.gov.sg/ext/index.aspx>. More details on the uploading of results to the SRS will be provided.

### **Management of Antigen Positive (AG+) or Double Invalid Result Cases**

19. Employers must send all asymptomatic<sup>3</sup> AG+ or Double Invalid result cases to a Swab and Send Home, Public Health Preparedness Clinic (SASH PHPC) for a government-funded confirmatory Polymerase Chain Reaction (PCR) test<sup>4</sup>. The employer must issue a referral note (refer to Annex A) and arrange for private transport (e.g. car or taxi with windows wound down and air conditioning switched off) to the SASH PHPC for AG+ cases. The AG+ cases must present their NRIC and the referral note at the clinic for verification.
20. After the PCR test is conducted, the employee must self-isolate at home until the PCR results return. If the PCR result is negative, the employee can return to work. However, if the PCR result is positive, Public Health Actions (e.g. conveyance to the hospital, contact tracing etc) will commence. More details on the handling of AG+ and Double Invalid result cases are included in Annex A.

### **Support from Sport & Fitness Sector**

21. The fight against COVID-19 requires the collective effort of everyone in the community. We seek the support and understanding of all Sport & Fitness businesses during this period. The FET regime complements existing SMMs to ensure a safe and smooth re-opening of the sport & fitness sector. We will continue to review and adjust the measures in line with the national posture for the health and well-being of everyone.

Annex A: Management of AG+ or Double Invalid Cases and Referral Note to be Issued by Employers to Employees with AG+ or Double Invalid Results

## **ANNEX A**

### **Management of AG+ or Double Invalid Cases and Referral Note to be Issued by Employers to Employees with AG+ or Double Invalid Results**

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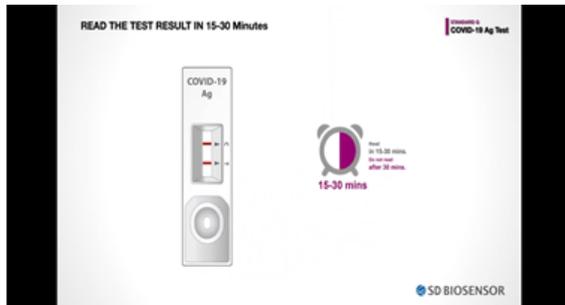
<sup>3</sup> If the employees are symptomatic, and is AG+, then the employer should contact the Case Management Task Group (6435-4060) to arrange for conveyance of the individual to a Swab Isolation Facility for isolation and a confirmatory PCR test.

<sup>4</sup> The list of SASH PHPCs can be found at <http://phpc.gov.sg>

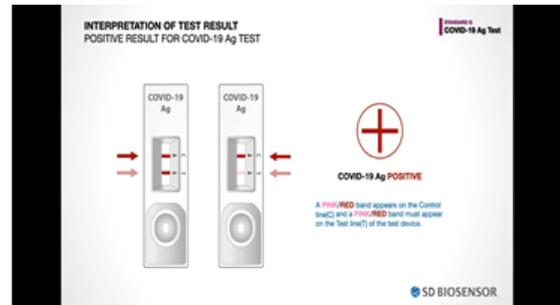
The ART will return three results: negative (AG-), positive (AG+) or invalid (AG Invalid). Employees who obtain two AG Invalid results will be treated as having obtained a AG+ result.

The following screenshots illustrates the how the different results will be shown. Please note that the lines on the test cassette will appear in 15 – 30 minutes after the specimen buffer has been added to the test well. Please do not read the results after 30 minutes.

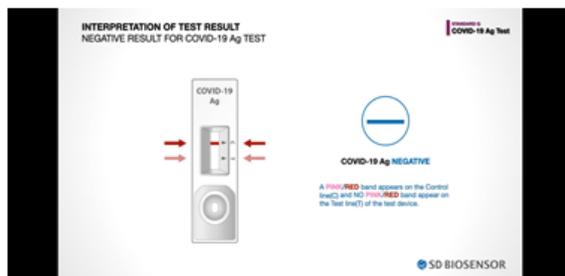
### Interpreting the results using an SD Bio Sensor



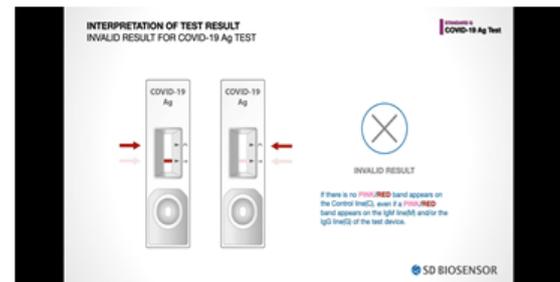
Start timer and line(s) should appear in 15-30 min.



If 2 red lines appear (Control & Test), client's result is Ag+.



If only a pink/ red line appears at Control, client's result is Ag-.



Employers should manage their workers depending on the results obtained:

- Employees that obtain an AG- result may proceed to continue working / going about their daily lives.
- Employees that obtain an AG Invalid result must perform another swab and wait for the result. If the second test returns an AG- result, the employee may proceed to continue working / going about his or her daily life.
- If the second test returns an AG Invalid result or AG+ result, the employee will be treated as having obtained an AG+ result.

Employees that obtain an AG+ result should consult a doctor at a Swab and Send Home Public Health Preparedness Clinic (SASH PHPC) or be conveyed to a Swab Isolation Facility immediately.

### Managing AG+ cases (FET at the workplace)

Employees who obtain AG+ results should be checked again for ARI symptoms.

- If ARI symptoms are detected, the employer should contact the Case Management Task Group (6435-4060) to arrange for conveyance of the individual to a Swab Isolation Facility for isolation and a confirmatory PCR test.
- If no ARI symptoms are detected, the employer should arrange for the employee to be sent to a SASH PHPC for a confirmatory Polymerase Chain Reaction (PCR) test. More details on this are as follows:

The employer must call the SASH PHPC in advance to make an appointment. The employer must also confirm that the worker is able to obtain a confirmatory PCR test during their visit prior to sending the worker down. The list of SASH PHPCs can be found at <http://phpc.gov.sg>.

The employer must issue a referral note (sample as appended below). The worker must bring this referral note (signed by the employer) and his or her NRIC for subsequent verification at the PHPC.

**MINISTRY OF HEALTH**  
SINGAPORE

**REFERRAL FOR CONFIRMATORY PCR TEST**

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

**NRIC/FIN/Passport Number:** S1234567A

**Date & Time of Test:** 22/10/2020, 16:45

**Type of COVID-19 Test:** Antigen Rapid Test

**Brand of COVID-19 Test:** BD Veritor/ SD Biosensor/ Standard Q/ Panbio

**COVID-19 Test Result:** ANTIGEN POSITIVE / INVALID<sup>1</sup>

To whom it may concern,

The abovementioned is required to obtain a Government-funded COVID-19 polymerase chain reaction (PCR) test\* to confirm if he/she is infected with COVID-19.

2. For further details, please contact:

i. [Name of employer/contractor (and branch if applicable), email, phone number]; and/or

ii. [Name of Antigen Rapid Test Provider (and branch if applicable), email, phone number]

**Stamp/Signature/Date**

**Name and Designation of Swab Supervisor/Trained Swabber:**

**Name of Antigen Rapid Test ("ART") Provider/Worksite (including branch if applicable):**

**Name of Employer/Contractor (including branch if applicable):**

\*Confirmatory COVID-19 PCR tests for ART-positive and ART-invalid results are available at Swab-and-Send-Home (SASH) Public Health Preparedness Clinics (PHPCs), fully subsidised by the Government. A list of SASH PHPCs can be found at <http://phpc.gov.sg>. Individuals must call the clinic to make an appointment and confirm that they are able to obtain a confirmatory COVID-19 PCR test during their visit. Confirmatory COVID-19 PCR tests can also be obtained from non-SASH PCR test providers at the individual's own expense. Individuals must self-isolate at home until notification of a negative COVID-19 test result.

- Pls indicate "name of employer and contact details" and "name of ART provider and contact details" (if applicable)
- To be signed off by employer
- Indicate "Name of trained supervisor"
- Pls indicate name of worksite (e.g. JEM Shopping Mall, XXX Shipyard, etc.)
- Pls indicate company name



## REFERRAL FOR CONFIRMATORY PCR TEST

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

**NRIC/FIN/Passport Number:** S1234567A

**Date & Time of Test:** 22/10/2020, 16:45

**Type of COVID-19 Test:** Antigen Rapid Test

**Brand of COVID-19 Test:** BD Veritor/ SD Biosensor/ Standard Q/ Panbio

**COVID-19 Test Result:** ANTIGEN POSITIVE / INVALID<sup>1</sup>

To whom it may concern,

The abovementioned is required to obtain a Government-funded COVID-19 polymerase chain reaction (PCR) test\* to confirm if he/she is infected with COVID-19.

2. For further details, please contact:
- i. [Name of employer/contractor (and branch if applicable), email, phone number]; and/or
  - ii. [Name of Antigen Rapid Test Provider (and branch if applicable), email, phone number]

Stamp/Signature/Date

**Name and Designation of Swab  
Supervisor/Trained Swabber:**

**Name of Antigen Rapid Test  
("ART") Provider/Worksite  
(including branch if applicable):**

**Name of Employer/Contractor  
(including branch if applicable):**

*\*Confirmatory COVID-19 PCR tests for ART-positive and ART-invalid results are available at Swab-and-Send-Home (SASH) Public Health Preparedness Clinics (PHPCs), fully subsidised by the Government. A list of SASH PHPCs can be found at <http://phpc.gov.sg>. **Individuals must call the clinic to make an appointment and confirm that they are able to obtain a confirmatory COVID-19 PCR test during their visit.** Confirmatory COVID-19 PCR tests can also be obtained from non-SASH PCR test providers at the individual's own expense. **Individuals must self-isolate at home until notification of a negative COVID-19 test result.***

<sup>1</sup> An 'ART-invalid' test result means that the sample(s) has been tested twice and in both instances, there was no conclusive finding as to whether the individual is tested positive or negative. An individual who tests ART-invalid is subject to the same requirements as the individual who tests ART-positive.

The employer must arrange for private transport (e.g. car or taxi with windows wound down and air conditioning switched off) for the employee to be sent to a SASH PHPC. The employee should be reminded to wear a surgical mask and sit alone in the back seat (on the other side from driver). Seats should be wiped down at the end of the trip.

The following list of private transport service providers are available for booking. The transport cost will be borne by the client/employer.

S/N	Service Provider	Contact Number / Mobile Application
1	ComfortDelGro Taxi (Comfort & CityCab taxis)	6333 1133 or via ComfortDelGro app
2	Trans-cab	6213 0997
3	SMRT	6477 5971
4	Prime	6776 7553
5	Premier	6681 9462
6	GrabSHN, Go-Jek, Ryde, MVL(TADA)	Via respective providers' app

When booking private transport, the employer / worker must inform the hotline operator that the worker is going to a SASH PHPC for his or her swab test. For booking through mobile apps, the employer / worker must key "SHN" in the chat / note / comment box or check the SHN checkbox (if provided within the app).

Following the PCR test, the worker must self-isolate at home until the PCR results are returned. If the worker is unable to self-isolate at his/her own place of residence, the SASH PHPC will help arrange for conveyance to a Swab Isolation Facility.

- If the PCR test returns a negative result, the worker can return to work / go about his or her daily life.
- If the PCR test returns a positive result. Public Health Actions (conveyance to the hospital, contact tracing etc.) will commence.

Issued: 11 June 2021

Updated: 18 June 2021 (for changes that will apply from 21 June 2021)

Updated: 9 July 2021 (for changes that will apply from 12 July 2021)

## **CALIBRATED EASING OF SAFE MANAGEMENT MEASURES FOR SPORT AND PHYSICAL EXERCISE & ACTIVITY FROM 14 JUNE 2021 (updated 9 July 2021)**

1. On 10 June 2021, the Multi-Ministry Taskforce announced the calibrated easing of safe management measures (SMMs) in Singapore from 14 June 2021 under Phase 3 Heightened Alert. The easing of SMMs for sport and physical exercise & activity will take place in stages, with lower-risk activities resuming first, and higher-risk activities resuming later.

Update (18 June): Following the Multi-Ministry Taskforce's announcement on the revised scope and timing for the next stage of re-opening under Phase 3 Heightened Alert, Sport Singapore is providing an updated guidance on the SMMs for sport and physical exercise & activity from 21 June 2021. This update affects activities that take place in indoor unmasked environments which are deemed to be higher risk and will be resuming at a slower pace.

*Update (9 July): Following the Multi-Ministry Taskforce's announcement on easing of measures under Phase 3 (Heightened Alert), Sport Singapore is providing an updated guidance on the SMMs for sport and physical exercise & activity from 12 July 2021.*

2. From 14 June 2021 onwards, the group size restriction will increase from 2 to 5 persons. From 21 June 2021 onwards, indoor and outdoor sport and physical exercise & activity may resume with mask allowed to be removed if the activity is strenuous. Common equipment may be provided from 21 June.

Update (18 June): However, if mask is removed in an indoor environment, the group size restriction will remain at 2 persons (including instructor).

*Update (9 July): From 12 July, group size for indoor, unmasked sport and physical exercise & activity will increase to 5 persons (including instructor).*

3. For youths and children 18 years old and under, organised outdoor programmes of up to 5 persons<sup>1</sup> may resume from 14 June 2021. Subsequently, multiple groups of 5 persons for both indoor and outdoor programmes will be allowed from 21 June.

Update (18 June): However, if mask is removed in an indoor environment, the group size restriction will remain at 2 persons (including instructor).

*Update (9 July): From 12 July, group size for indoor, unmasked sport and physical exercise & activity will increase to 5 persons (including instructor).*

4. The current SMMs for sport and physical exercise & activity as outlined in Sport Singapore's guidance updated on 7 June 2021<sup>2</sup> remain in effect unless it is specifically superseded by this or later editions of this guidance.

## **SAFE MANAGEMENT MEASURES FOR SPORT & PHYSICAL EXERCISE / ACTIVITY FROM 14 JUNE 2021**

5. The following conditions shall apply to all sport and physical exercise & activity, and sport & recreational facilities from 14 June 2021:

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<sup>1</sup> Includes instructor/coach

<sup>2</sup> <https://www.sportsingapore.gov.sg/Newsroom/Media-Releases/2021/June/Updated-7-June-2021-Further-Stricter-SMM-For-Sport>

- a. **Density.** Sport/recreational facilities can only admit a maximum number of persons according to its **Gross Floor Area based on 10 Sqm per person<sup>3</sup>** (up from the current 16 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.

- b. **Group Size.** **Group sizes are restricted to 5 individuals** (up from the current 2 individuals). The physical distancing<sup>4</sup> between individuals and groups of up to 5 individuals must be maintained while exercising and playing sport.

Update (18 June): However, if mask is removed in an indoor environment, the group size restriction will remain at 2 persons (including instructor).

*Update (9 July): From 12 July, group size for indoor, unmasked sport and physical exercise & activity will increase to 5 persons (including instructor).*

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

For all organised programmes and classes, service provider(s) (such as instructor or coach) may guide the group and will be included in the group size of 5.

Update (18 June): Group size of 2 for indoors unmasked activities.

*Update (9 July): From 12 July, the group size for unmasked and masked activities in indoor and outdoor settings will be increased to 5 (including instructor).*

- i. For programmes/classes where all participants are masked-up, multiple groups of 5 (including instructor/coach) remain allowable up to 30 participants or the capacity limit of the venue, whichever is lower.

*Update (9 July): From 12 July, multiple groups of 5 (including instructor/coach) remain allowable up to 50 participants or the capacity limit of the venue, whichever is lower.*

- ii. For programmes/classes where any participant is not wearing a mask:

- From 14 to 20 June, only outdoor activities are allowed, limited to 5 participants (including instructor/coach) in total.
- From 21 June onwards, multiple groups of 5 (including instructor/coach) up to 30 participants or the capacity limit of the venue, whichever is lower, will be allowed. This applies to outdoor activities. Update (18 June): In an indoor unmasked environment, multiple groups of 2 (including instructor/coach) up to 30 participants or the capacity limit of the venue, whichever is lower, will be allowed.

*Update (9 July): From 12 July, multiple groups of 5 (including instructor/coach) remain allowable up to 50 participants or the capacity limit of the venue, whichever is lower, for both indoor and outdoor activities.*

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<sup>3</sup> The Gross Floor Area includes exercises spaces, as well as other spaces such as changing rooms, rest areas within the facility. Facilities up to 50 sqm can admit up to 5 persons; this does not include staff.

<sup>4</sup> Physical distancing of 2 metres between individuals should be maintained while exercising and playing sport in general, and 3 metres between individuals for indoors high intensity or high movement exercise classes, unless the nature of activity requires the distance to be shortened. If there is more than one group sharing a space, the groups must not interact and must maintain a distance of 3 metres from one another at all times.

There should be no intermingling between groups before, during and after the class, and they must remain 3 metres apart at all times.

**c. Restrictions on Sport and Physical Exercise & Activity in Indoor Settings.**

Indoor activities may resume with the stipulated SMMs in place:

- i. From 21 June 2021 onwards, masks may be removed if an activity is strenuous.<sup>4</sup> However, masks must be worn once the individual has ceased strenuous activity. Users should have their masks with them at all times. Common equipment may be provided for use by participants.<sup>5</sup> Gyms, studios, climbing walls and other indoor facilities may resume normal operations subject to prevailing rules in this guidance.

Update (18 June): In an indoor unmasked environment, multiple groups of 2 (including instructor/coach) up to 30 participants or the capacity limit of the venue, whichever is lower, will be allowed.

*Update (9 July): From 12 July, multiple groups of 5 (including instructor/coach) is allowed up to 50 participants or the capacity limit of the venue, whichever is lower.*

- ii. Individuals should restrict their use of facilities to no more than 2 hours each time.

**d. Fast and Easy Testing (FET) for Sport and Fitness Sector.**

Instructors and staff who come into contact with unmasked users in the course of their work will be progressively scheduled to undergo regular FET as part of the enhanced national measures for workers involved in higher-risk mask-off activities. More details will be released in due course. Update (18 June): The frequency of FET shall be once every 14 days. Employers would be expected to arrange to have their staff tested as soon as possible. If any instructor / staff who is required by this guidance to undergo FET but are not aware that their employer, association or organisation have registered them, they may go to this [link](#) / scan the QR code to register eligibility for FET. More details will be released soon.



*Update (9 July): From 15 July, the FET is mandatory for the following [workforce](#)<sup>6</sup> and the frequency of the FET shall be once every 14 days:*

- i. *Gyms and fitness studios coaches / trainers / instructors where clients are engaged in unmasked activities.*
- ii. *Sport coaches / instructors in sports such as, but not limited to athletics, badminton, basketball, dance, football, swimming, martial art, etc, where trainees are unmasked.*

*More details on FET for sport and fitness sector is available [here](#).*

6. Approved large outdoor classes at public spaces such as parks and HDB common areas, can continue, subject to safe distancing and venue capacity. From 21 June, if the activity is strenuous, masks can be taken off but have to be put on immediately after the end

<sup>5</sup> The restriction against common equipment indoors imposed since 8 May 2021 will be rescinded from 21 June 2021.

<sup>6</sup> Does not include volunteers and those who are not paid/compensated for their services.

of the activity. All instructors must also be registered with Sport Singapore as well as seek permission from venue owners before they can conduct these classes.<sup>7</sup>

7. From 21 June, Sport Singapore's indoor facilities that were closed, will reopen in stages. Please visit <https://www.myactivesg.com/Facilities/Sport-Centres/Facilities-Closure> for more information.

### **ORGANISED PROGRAMMES AND CLASSES FOR YOUTHS AND CHILDREN AGE 18 AND UNDER**

8. Organised programmes and classes for this age group may resume with the stipulated SMMs in place:

- a. From 14 to 20 June, only outdoor sport / physical activity programmes may be conducted for up to 1 group of 5 participants (including instructor/coach) in total. If the activity is strenuous, masks can be taken off, but will have to be put on immediately after the end of the activity.
- b. From 21 June, multiple groups of 5 (including instructor/coach) up to 30 participants or the capacity limit of the venue, whichever is lower, will be allowed. This applies to both indoor and outdoor activities.  
Update (18 June): In an indoor unmasked environment, multiple groups of 2 (including instructor /coach) up to 30 participants or the capacity limit of the venue, whichever is lower, will be allowed.  
*Update (9 July): From 12 July, multiple groups of 5 (including instructor/coach) is allowed up to 50 participants or the capacity limit of the venue, whichever is lower.*

### **OTHER SAFE MANAGEMENT MEASURES**

9. Other SMMs will continue to be in place. These include, but are not limited to:
- a. Physical distancing<sup>8</sup> of 2 metres between individuals must be maintained in general while exercising, and 3 metres between different groups must be maintained at all times. There shall be no intermingling between groups before, during and after classes.
  - b. Mask wearing. Masks should be worn as a default. Masks may be taken off when performing strenuous activity, and it must be put on immediately after the completion of high intensity sport and physical activities.
  - c. Intermingling to be avoided in changing rooms / toilets. Individuals should not intermingle with others and linger within the facilities. Masks must be worn when one is changing in and out of one's sport attire / swimwear. If a mask is removed during shower or face-washing, it is to be worn promptly after. Changing rooms and toilets must be closed off if individuals cannot comply with these SMMs.

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<sup>7</sup> Instructors who are interested to conduct large outdoor classes at outdoor public spaces must be registered and can do so via <https://circle.myactivesg.com/programmes/classes/coaches/outdoor-classes-instructor-registration>. Subsequent approval from facility owner need to be sought before activities can be conducted.

<sup>8</sup> Physical distancing of 3 metres between individuals should be observed for indoors high intensity or high movement exercise classes unless the nature of activity requires the distance to be shortened.

- d. Sharing of common equipment should be minimised. Where the sharing of equipment is permitted, these should be minimised as far as possible. The equipment should be wiped down / sanitised before passing on for use by the next user. This includes equipment such as weights and balls.
- e. Reducing Physical Interaction & Hygiene and Ensuring Safe Distancing. Owners or operators of facilities are responsible for ensuring safe management measures are implemented, and that their patrons/users comply. Facility owners/operators must:
  - i. Organise human traffic flow and space management to ensure that the mixing of groups is minimised to transient contact;
  - ii. Put in place measures to minimise crowding or mixing at common facilities e.g. toilets. Where possible, specific common facilities should be designated to specific zones so that attendees from different zones do not mix when using such facilities;
  - iii. Conduct temperature screening<sup>9</sup> and checks on visible symptoms<sup>10</sup> for visitors, and turn away those with fever and/or who appear unwell. SafeEntry must be implemented for participants and visitors. From 17 May onwards, all participants and staff are to use either the TraceTogether app or the TraceTogether Tokens for SafeEntry;
  - iv. Frequently disinfect common spaces and interactive components (e.g. smart kiosks, turnstiles, changing benches, hooks for clothes, etc). Operators are strongly encouraged to adopt good sanitation and hygiene practices to achieve the SG Clean quality mark;
  - v. Place hand sanitisers in close proximity of the facility entrance and high-touch surfaces like door handles. Attendees should be encouraged to sanitise their hands before entering and upon leaving the facility;
  - vi. Ensure that participants do not shout while engaging in physical activities. This is because shouting increases the risk of transmission via droplets.

### **RESUMPTION OF SPORT EVENTS FROM 14 JUNE 2021**

10. As part of the gradual resumption of sport and physical activity & exercise, sport events may resume as follows:
  - a. Live Spectator Sport Events may resume from 14 June, with up to 50 spectators without the need for attendees to undergo pre-event testing. Should the organiser implement pre-event testing<sup>11</sup>, the number of spectators can be increased to 250, in zones of up to 50 persons.
  - b. Mass Participation Sport Events such as mass runs, open-water swims, cycling and triathlon events may proceed from 21 June. Such events can proceed with up

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<sup>9</sup> Individuals with temperatures 38 degrees celsius and above are considered as having a fever.

<sup>10</sup> Notable visible symptoms to look out for include: (a) coughing; (b) sneezing; (c) breathlessness; and (d) a runny nose.

<sup>11</sup> Please refer to <https://go.gov.sg/pet> for MOH's latest requirements and guidelines on pre-event testing.

to 50 participants without the need for pre-event testing. With pre-event testing, up to 250 participants (in waves of up to 50 persons) are allowed per session, with different sessions adequately separated by time<sup>12</sup> to avoid the congregation of participants at the venue.

At this juncture, mass participation sport events will not be allowed to accommodate more than 250 participants per session, and 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 (without spectators<sup>13</sup>) refer to competitions involving timed races or head-to-head matches where there could be multiple heats or qualifying rounds (“sessions”). Such events may resume from 21 June, but must not exceed 50 persons in each facility, with different sessions adequately separated within a day or across multiple days, to avoid congregation.

Each match is capped at 5 persons (which includes the referees if they need to be in the field of play). If there are multiple matches, close contact must not exceed 50 persons a day for each participant. For example, if a team plays multiple matches a day, each team member shall not play more than 49 others (including teammates) in a day.

Update (18 June): In an indoor unmasked environment, each match is capped at 2 persons.

*Update (9 July): From 12 July, a match is capped at 5 persons (which includes the referees if they need to be in the field of play) such as 2v2 or 2v3. This is applicable for masked and unmasked matches in indoor and outdoor settings.*

11. 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 30 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>14</sup>

12. 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.

13. 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.

### **IMPORTANCE OF SAFE MANAGEMENT MEASURES IN THE FIGHT AGAINST COVID-19**

14. During recent engagements organised by Sport Singapore, industry stakeholders agreed with the importance of SMMs to ensure that Singaporeans can continue to engage in

<sup>12</sup> Organisers may propose the number of sessions and time interval between sessions to ensure safe participation, which may vary depending on context.

<sup>13</sup> Sport tournaments and competitions with spectators will be treated as Live Spectator Sport Events.

<sup>14</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.

sport and fitness activities safely. They suggested to regularly test and vaccinate instructors and staff, which are being addressed with the announced national initiatives for Fast and Easy Testing (FET) and expanded age groups for vaccination. There were other suggestions received, such as discouraging gym-hopping and stepping up the frequency for disinfecting common equipment.

15. Since last year, ActiveSG has implemented a booking system for public gyms, where members can use the ActiveSG app to book a 100-min workout slot. This has allowed Sport Singapore to manage crowding during peak periods at these facilities, as well as clean and disinfect equipment between slots.

16. In the lead-up to the resumption of unmasked indoor sport and physical exercise activities on 21 June, Sport Singapore will be further engaging industry stakeholders to adopt best practices to keep Singaporeans safe as we live better through sport.

### **ENFORCEMENT**

17. Government agencies will be conducting inspections. Enforcement action(s) under the COVID-19 (Temporary Measures) Act and the Infectious Diseases Act will be taken against businesses or individuals who fail to comply with safe management measures.

### **FIGHT AGAINST COVID-19 IS A COLLECTIVE EFFORT**

18. Singaporeans are urged to remain vigilant and observe safe distancing measures in place to minimise community transmissions. We all have a part to play in keeping COVID-19 at bay, and protect ourselves and our loved ones.

19. For the latest updates on COVID-19 for sport and physical exercise & activity, please visit [www.sportsingapore.gov.sg](http://www.sportsingapore.gov.sg). For queries, members of the public can email the Sport Singapore QSM at <https://members.myactivesg.com/feedback> or call 1800-344-1177 during office hours (Mondays to Fridays, 9.00am to 6.00pm).

20. This guidance supersedes all advisories issued by Sport Singapore before this date.

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