

**Issued:** 24 June 2021

**Updated:** 13 July 2021

Dear Sport & Fitness Operators

**A SAFE AND GRADUAL RESUMPTION OF SPORT & FITNESS ACTIVITIES WITH  
MANDATORY FAST & EASY TESTING (updated 12 July 2021)**

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 15 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 the following workforce<sup>1</sup>:
  - a. Gym, fitness, yoga, dance, martial arts studios, sport clubs and academies, sport facilities whose coaches / trainers / instructors where clients are engaged in unmasked activities.
  - b. Sport coaches / instructors in sports such as, but not limited to athletics, badminton, basketball, dance, football, swimming, martial art, . 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>2</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.

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<sup>1</sup> Does not include volunteers and those who are not paid/compensated for their services.

<sup>2</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.

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 via this [link](#) to secure an appointment for your first test at Quick Test Centres (QTCs) at Bishan, Jurong West and Pasir Ris ActiveSG Sport Centres. Similarly, SEPs / staff under settings 2(a)(b) will have to undergo FET every 14 days.
8. From now till 18 July 2021, QTCs will be operational from 10 a.m. to 5 p.m. daily. From 19 July onwards, the QTCs will operate from Mondays to Saturdays (including public holidays) at the following hours:
  - Mondays to Fridays: 10 a.m. to 5 p.m.
  - Saturdays: 10 a.m. to 1 p.m.

Applicants will be assigned a time slot based on a first-come-first-serve basis. A confirmation SMS with your appointment details will be sent 2 to 4 days prior to your test date. For subsequent tests, please register via this [link](#) after you had completed your appointment. Please refer to the FAQs for information on registration and scheduling. You may email [sport\\_coaching@sport.gov.sg](mailto:sport_coaching@sport.gov.sg) if you have any enquiries related to FET Testing at the QTCs.

## INFORMATION ON ESSS FOR SPORT & FITNESS BUSINESSES

9. **Supervisory Training Under the ESSS** Enterprises conducting ESSS shall ensure that their Supervisors have attended the 4-hour virtual Supervisory Training in ART Self-Swab that is conducted by the Ministry of Health's ("MOH") appointed training provider, HMI Institute of Health Sciences Pte. Ltd. ("HMI") before they perform their supervisory role. If a Supervisor is above 50-years-old, Enterprises must ensure that he or she is fully vaccinated against COVID-19 (i.e. they received two doses of the COVID-19 vaccination under Singapore's national vaccination programme and 14 days have passed from the time of the second dose<sup>3</sup>) before they can perform any supervisory role.
10. 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.
11. 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.
12. Sport & Fitness businesses are to book their training slot directly with HMI Institute at <https://hmi-ihs.com/supervisory-training-in-art-self-swab/>
13. 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.
14. Upon successful sign-up, a web link will be sent for employees to attend the virtual training session via Zoom.
15. Please visit HMI Institute's website at <https://hmi-ihs.com> (refer to COVID-19 Training) for latest details on the ESSS training details.

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<sup>3</sup> Enterprises can consider asking Supervisors to verify their vaccination status via TraceTogether.

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

16. To facilitate the collection of test kits for the first month and setup of SRS accounts, Sport & Fitness businesses should submit full details via this [link](#) . Submissions made will be notified for collection after 7 to 9 days.
- 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.
  - Information on the replenishment process will be provided at <https://go.gov.sg/sport-and-fitness-activities-with-mandatory-fast-and-easy-testing> by mid-July. The kits, funded by the Government, will be provided on a monthly basis, for 3 months (till 30 Sep 2021).

**Self-Collection of Kits**

17. 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)
18. Late submissions will result in delayed delivery or self-collection. 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 had started from 28 June 2021.

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

19. ART Test Kits must be used with prudence and companies need to ensure that one employee only use one test kit for one cycle of RRT, unless the test result is AG invalid.
20. 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.
21. 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 is provided at the related links for ESSS.

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

22. Employers must send all asymptomatic<sup>4</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>5</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.
23. 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**

24. 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.
25. For FET related enquiries, please email to [SportandFitness@sport.gov.sg](mailto:SportandFitness@sport.gov.sg).

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<sup>4</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.

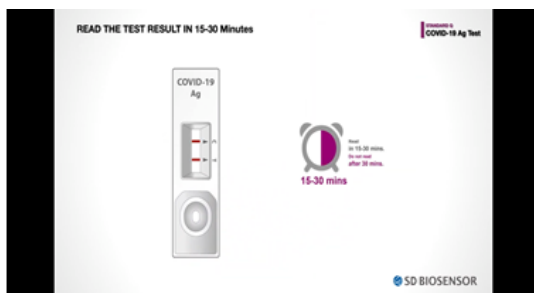
<sup>5</sup> The list of SASH PHPCs can be found at <http://phpc.gov.sg>

## **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**

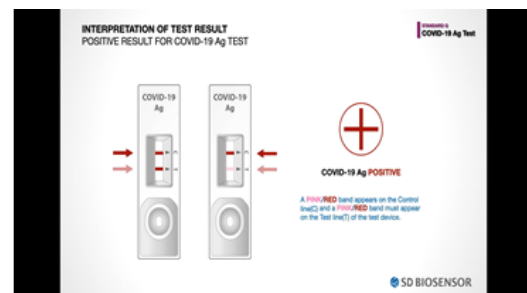
The ART will return three results: negative (AG-), positive (AG+) or invalid (AG Invalid). Employees who obtain two AG Invalid results will be treated as having obtained a AG+ result.

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.

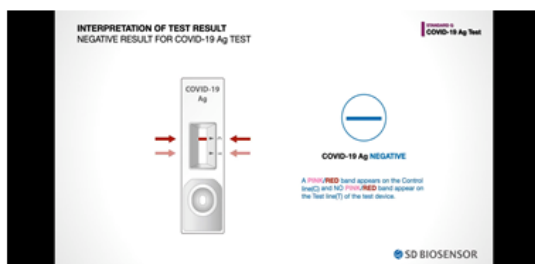
### Interpreting the results using an SD Bio Sensor



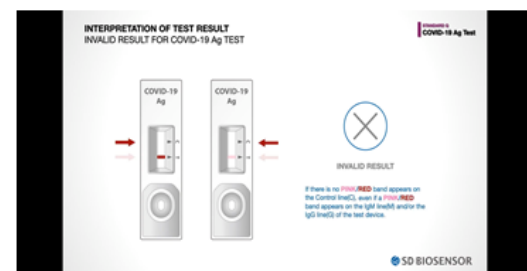
Start timer and line(s) should appear in 15-30 min.



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.

1. An "ART invalid" test may be issued if the sample(s) has been tested twice, and in both instances, there were no

- 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



MINISTRY OF HEALTH  
SINGAPORE

## REFERRAL FOR CONFIRMATORY PCR TEST

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

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