

Updated: 21 May 2021

(Updates include an addition of a new Section A, and amendments to pages 1-6, 8-9, 10, 11, 15 and 18)

FAQs
FURTHER STRICTER SAFE MANAGEMENT MEASURES
FOR SPORT AND PHYSICAL EXERCISE & ACTIVITY (16 May to 13 June 2021)

A. ON CHILDREN & YOUTH-CENTRIC CLASSES / PROGRAMMES

Qn: Which sport and physical activity classes / programmes for children & youth 18 years old and below are to be suspended?

Ans: To safeguard the well-being of children and youths¹, all indoor classes / programmes, regardless of class size, and outdoor group classes / programmes will be suspended or moved online from 19 May to 13 June 2021.

Only 1-on-1 (1 coach to 1 student/trainee) sport / physical activity session for this age group can take place outdoors. If activity is strenuous, mask can be taken off but have to be put on immediately after the end of the activity.

Qn: Are 1-on-1 classes / coaching for children & youths allowed during this period?

Ans: For individuals 18 years (born in 2003) and below, only 1-on-1 (1 coach to 1 student/trainee) sport / physical activity session can take place outdoors. If activity is strenuous, mask can be taken off but have to be put on immediately after the end of the activity.

Qn: Sport, physical activity classes and programmes for children and youth 18 years old and below will be suspended or moved online, with effect from 19 May to 13 June 2021. Are they allowed to continue exercising?

Ans: To safeguard the well-being of children and youth¹, all indoor classes / programmes, regardless of class size, and outdoor group classes / programmes will be suspended or moved online during this period.

Individuals in this age group can continue to exercise up to a maximum of 2 pax. In addition, when engaging in sport and exercise, a physical distancing of 2 metres between individuals and 3 metres between groups sharing the same space must be maintained at all times. No mixing of groups is allowed. Masks must be donned when not engaging in strenuous exercises outdoors.

B. ON FURTHER REDUCTION OF GROUP SIZE FOR SPORT & PHYSICAL ACTIVITIES

Qn: What is the maximum number of people who can exercise in a group?

Ans: From 16 May to 13 June 2021, sport and physical activities must be confined to groups of no more than 2 individuals. The physical distancing of 2m between individuals except when the nature of the sport does not permit so and 3m between groups of up to 2 individuals must be maintained while exercising and playing sport.

Qn: What is the maximum number of people a sport facility can accommodate?

Ans: All sport/ recreational facilities can only admit a maximum number of persons according to its Gross Floor Area based on 16 Sqm per person, up to a maximum of 50 persons, instead of 10 Sqm per person. No facility, regardless of size, shall admit more than 50 persons.

¹ Refers to 18 years (born in 2003) and below

Qn: Can there be large group sport and physical activities classes?

Ans: For organised programmes and classes **indoors**², multiple groups of 2 remain allowable up to 30 participants or the capacity limit of the venue, whichever is lower. The groups of 2 are not to intermingle and must remain 3 metres apart

For organised programmes and classes **outdoors**², multiple groups of 2 remain allowable up to 30 participants or the capacity limit of the venue, whichever is lower, if the activity is of low intensity with masks on at all times. The groups of 2 are not to intermingle and must remain 3 metres apart.

If the activity is of high intensity where masks have to be removed, only two persons are allowed (including instructor or coach) and there can be no multiple groups of 2.

In some ActiveSG facilities, the Multi-Ministry Taskforce has allowed multiple groups of 2s for high intensity activities (unmasked) as part of organised programmes with strict enforcement of safety management measures.

Qn: Will I be allowed to swim?

Ans: Yes, you are allowed to swim outdoors as an individual or in a group of no more than 2 persons, including yourself.

Qn: Will I be allowed to golf in a 4-ball flight?

Ans: You are allowed to golf in a 4-ball flight in two groups of 2 person with masks on and keeping 3m between the two groups at all times. If masks are unable to be worn throughout, only a 2-ball flight is allowed.

Qn: Will I be allowed to play sports such as badminton, basketball and table tennis?

Ans: You are allowed to play sports such as badminton, basketball and table tennis in a group of no more than 2 persons (i.e. 1v1). Masks must be worn at all times when playing sports indoors; masks may be taken off during strenuous activity outdoors, in a group of no more than 2 persons only.

Qn: I am a family of 4. Can we exercise outdoors together?

Ans: Yes. A family can exercise together or take a walk outdoors. But do split up in pairs with a safe distance of 1 metre between each pair. This is to avoid encouraging others who may not be from the same household to do likewise.

C. ON LOW INTENSITY SPORT & PHYSICAL ACTIVITIES IN INDOOR SPORT & RECREATIONAL FACILITIES

Qn: What sport and physical activities are allowed indoors?

Ans: Only low intensity sport and physical activities² with masks on at all times are allowed in indoor sport & recreation facilities. The activity has to cease immediately, if any participant removes his or her mask.

Qn: What indoor facilities are to be closed and for how long?

Ans: Since 8 May 2021 and to 13 June 2021, all indoor facilities including gyms and fitness studios, sports halls, indoor swimming pools, squash courts, are to close, **unless they only offer low intensity physical activities, sport and exercises where all participants and instructors are wearing masks at all times, and where there is no sharing or supply of any common equipment.**

² From 19 May to 13 Jun 2021, all indoor classes / programmes, regardless of class size, and outdoor group classes / programmes catering to 18 years old (born in 2003) & below are to be suspended or moved online.

Participants, instructors and staff also have to adhere to a more stringent set of safe management measures (SMMs) per [Annex in the updated Sport Singapore guidance](#). No such facility³ will be allowed to offer weight, strength or resistance training of any form, and/or provide equipment for such training, as these are associated with strenuous activities.

Other indoor facilities *similar to gym and studio settings* that remain in operation are to modify their activities to be in line with the more stringent SMM.

Qn: What are some examples of low intensity sport/physical activities?

Ans: These are activities that can be done with mask on at all times such as Yoga, Pilates, stretching exercises, Tai Chi, etc. There may have to be some modification to how it is done, e.g. without the use of equipment, during this period of time.

Qn: I run a private sport academy (e.g. gymnastics, martial arts, combat sports) in an indoor setting similar to a studio. Do I need to close?

Ans: No, you don't have to close but the activities being offered⁴ will have to be modified as per the guidance below. You will also need to factor in the reduced group size and facility capacity, as well as enhanced measures as per [Annex in the updated Sport Singapore guidance](#). These apply to activities such as TKD, MMA, Muay Thai, BJJ, Fencing, Judo, Boxing and other similar activities.

The private sport academies who continue to open must:

- Modify your activities to minimise contact as much as possible. Keep total grappling time to no more than 15 minutes in total per session.
- Ensure that your participants and instructors are masked on at all times, refraining from conducting activities that are strenuous to the point that they feel the need to remove their masks.
- Not provide common equipment such as punching pads, bags, dummies, use of boxing ring, etc, where fomite transmission risk is high.
- Not offer weight, strength or resistance training or cardio training of any form, and/or provide equipment for such training, such that they become strenuous activities.
- Keep to cohorting to limit the extent of any contact tracing.

Qn: Are sports such as table tennis, basketball, badminton and volleyball be allowed indoors?

Ans: All indoor activities⁴ have to be changed to low intensity with masks on in a group of no more than 2 persons (i.e. 1v1). While practice drills may still be possible, competitive sports will typically be high intensity and if allowed to proceed would put participants at risk of flouting the law. Therefore, we advise venue operators to ensure that competitive sports do not take place and masks are worn at all times. ActiveSG may disallow competitive sports to take place at its venues.

³ Premises identified as high-risk physical activities, sport and exercise environments include, but are not limited to, indoor fitness training facilities, indoor gyms, as well as fitness studios and similar indoor studio settings for climb walls, trampoline, dance, barre, spin, etc. Such indoor premises (and including any other type of indoor premises such as hotel, club or condominium function rooms) must not be allowed to be used, or hired out to others for use for any high intensity sport and physical activities where participants are in close contact, exerting and not wearing masks during the stipulated period.

⁴ From 19 May to 13 Jun 2021, all indoor classes / programmes, regardless of class size, and outdoor group classes / programmes catering to 18 years old (born in 2003) & below are to be suspended or moved online.

Qn: I have a mixed purpose facility that has a weights-training gym, exercise studio, outdoor pool, spa, am I required to close?

Ans: The gym should be closed while the others may open if you are able to offer low intensity physical activities, sport and exercises where all participants and instructors are wearing masks at all times and your participants, instructors and staff adhere to a more stringent set of safe management measures (SMMs) as per the guidance above and in the [Annex](#). None of your facilities are allowed to offer weight, strength or resistance training of any form, and/or provide equipment for such training, as these are associated with strenuous activities.

Qn: I run a yoga/Pilates studio. Do the new measures affect me?

Ans: If you are able to offer low intensity physical activities⁵, sport and exercises where all participants and instructors are wearing masks at all times and your participants, instructors and staff adhere to a more stringent set of safe management measures (SMMs) as per [Annex in the updated Sport Singapore guidance](#), you may remain open.

Sharing of common equipment should be avoided so your participants should not share sport and exercise equipment, such as exercise mats where fomite transmission risk is high. No premises that remain open is to provide such equipment for use. In addition, your facility must not offer weight, strength or resistance training of any form, and/or provide equipment for such training, as these are associated with strenuous activities.

If you intend to pivot to provide rehabilitative therapy and require equipment such as the reformer to be used, you may do so subject to the following conditions:

- The business has to choose to pivot in total for this period and cease providing group classes. All treatment will be 1-on-1 only and by appointment. There can be multiple therapists each with one patient client without intermingling.
- The business has to maintain a record of case file on the patient/client recording their disability or reasons requiring therapy as proof of the rehabilitation treatment. This should be made available if required by the relevant health authorities.
- The therapist and patient / client should keep their masks on at all times.

Qn: I run a yoga class for children below 7 years old. Do my young participants need to don masks?

Ans: From 16 May to 13 June 2021, all indoor classes / programmes regardless of class size, and outdoor group classes / programmes catering to 18 years old (born in 2003) and below, are to be suspended or moved online.

Only 1-on-1 (1 coach to 1 student/trainee) sport / physical activity session for this age group⁵ can take place outdoors. If activity is strenuous, mask can be taken off but have to be put on immediately after the end of the activity.

Qn: I run a gym/exercise studio and I'm prepared to impose mask-on for my programmes/activities. Can I still continue to open?

Ans: If all your participants, instructors and staff adhere to a more stringent set of safe management measures (SMMs) as per [Annex in the updated Sport Singapore guidance](#), including being mask on at all times and compliance to the reduced group size and density, you may remain open.

Your facility must not offer weight, strength or resistance training of any form, and/or provide equipment for such training, as these are associated with strenuous activities.

⁵ From 19 May to 13 Jun 2021, all indoor classes / programmes, regardless of class size, and outdoor group classes / programmes catering to 18 years old (born in 2003) & below are to be suspended or moved online.

Qn: Can I continue to conduct 1-on-1 sessions at my gym / fitness/exercise studio?

Ans: If your sport/physical activities are of low intensity and your participants⁶, instructors and staff adhere to a more stringent set of safe management measures (SMMs) as per [Annex in the updated Sport Singapore guidance](#), including being mask on at all times, you may remain open.

Your facility must not offer weight, strength or resistance training of any form, and/or provide equipment for such training, as these are associated with strenuous activities.

Qn: Can I conduct my fitness classes / 1-on-1 sessions outdoors?

Ans: Yes, you may, subject to prevailing safe management measures. Instructors who are interested to conduct large outdoor classes of up to 30 pax at outdoor public spaces must be registered. Please see <https://circle.myactivesg.com/programmes/classes/coaches/outdoor-classes-instructor-registration> for more information.

From 19 May to 13 June, to safeguard the well-being of children and youths that are 18 years old (born in 2003) and below, there can only be 1-on-1 (1 coach to 1 student/trainee) sport / physical activity session outdoors for this age group. Instructors cannot take on multiple groups of 2 at the same time. If activity is strenuous, mask can be taken off but have to be put on immediately after the end of the activity.

Qn: I am moving my classes at the outdoor area near to my indoor facility. Can my participants enter to use the toilet/shower facilities in my gym/exercise studios after they are done with the physical activity?

Ans: Yes they may use the toilet/shower facilities subject to prevailing safe management measures such as facility capacity and safe distancing. You have to ensure that they do not linger in the premises / use any of the equipment within. If you are not able to ensure participants' compliance to the necessary safe management measures, you are advised to close off the toilet/shower facilities.

Do seek the approval of the venue owner of the outdoor location that you will be using, before you move your classes outdoors.

Qn: I am a freelance instructor and the gym / fitness/exercise studio that I provide my services to is closed. Can I conduct my classes up to 2 persons, at home?

Ans: You are strongly discouraged from doing so. From 16 May to 13 June 2021, the maximum number of distinct visitors per household per day is also reduced to 2. As the intent is to reduce the risk of further community spread in this period of heightened alert, we strongly discourage sports providers from hosting physical fitness classes for up to 2 persons in residential premises due to the high intensity and close contact nature of the activity. We seek the cooperation of all sports providers to remain unified and disciplined in our fight against COVID-19, and to keep our loved ones and community safe.

Qn: I run a gym / fitness/exercise studio and am not able to pivot to offer low intensity sport/physical activities. Can I get approval to do filming at my gym / studio for the purpose of online classes?

Ans: Premises may be used by a coach/instructor for the purposes of producing digital content for online classes. Sport Singapore will have to be notified beforehand at Sport_Covid@sport.gov.sg (detailing the date and time of filming, venue for filming, no. of pax, contact person and mobile number) to confirm adherence to prevailing SMMs for digital

⁶ From 19 May to 13 Jun 2021, all indoor classes / programmes, regardless of class size, and outdoor group classes / programmes catering to 18 years old (born in 2003) & below are to be suspended or moved online.

content production. There shall be no other activities at the premises when digital content production is taking place.

There should only be a maximum of 5 people (instructors & crew, etc) at the facility with a maximum of 2 persons unmasked for purpose of instructing the online classes, and the other 3 persons masked up at all times. Safe distancing of 3 metres for those doing strenuous activities and 1 metre for filming crew to be observed.

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

Qn: I am not able to pivot to offer low intensity sport/physical activities. Can I come back to my gym / fitness/exercise studios for administrative work during the closure?

Ans: You may enter your premises and conduct administrative tasks including for filming of online classes, subject to all prevailing Safe Management Measures. For filming, please notify Sport Singapore beforehand at Sport_Covid@sport.gov.sg (detailing the date and time of filming, venue for filming, no. of pax, contact person and mobile number) to confirm adherence to prevailing SMMs for digital content production. There shall be no other activities at the premises when digital content production is taking place.

There should only be a maximum of 5 people (instructors & crew, etc) at the facility with a maximum of 2 persons unmasked for purpose of instructing the online classes, and the other 3 persons masked up at all times. Safe distancing of 3 metres for those doing strenuous activities and 1 metre for filming crew to be observed.

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

Qn: I run a gym / fitness/exercise studio and have to close as I am not able to offer low intensity sport/physical activities within the stricter safe management measures. Are there grants to assist me?

Ans: MCCY and Sport Singapore will be enhancing measures under the Sports Resilience Package to support industry operators affected by the announced closure of indoor gymnasiums and fitness studios. These will build upon existing measures that our sports industry stakeholders can already tap on today. More details will be announced by SportSG in due course. In the meantime, you can visit <https://go.gov.sg/45tju9> for more information.

Qn: Why can high intensity classes such as martial arts, combat sports, still take place?

Ans: High intensity activities are only allowed in settings that are not similar to indoor gyms/studios (e.g. outdoors or large halls). These classes are commonly held based on cohorting (same class time, same participants, same venue etc) and this generally limits the risk exposure to the same cohort. However, if these classes are held in *settings similar to gym/studios*, they will need to modify their activities as per the guidance below, and factor in the reduced group size and facility capacity, as well as enhanced measures as per [Annex in the updated Sport Singapore guidance](#). These apply to activities such as TKD, MMA, Muay Thai, BJJ, Fencing, Judo, Boxing and other similar activities.

The operators whose classes are held in settings similar to gyms/studios must:

- Modify your activities to minimise contact as much as possible. Keep total grappling time to no more than 15 minutes in total per session.

- Ensure that your participants and instructors are masked on at all times, refraining from conducting activities that are strenuous to the point that they feel the need to remove their masks.
- Not provide common equipment such as punching pads, bags, dummies, use of boxing ring, etc, where fomite transmission risk is high.
- Not offer weight, strength or resistance training or cardio training of any form, and/or provide equipment for such training, such that they become strenuous activities.
- Keep to cohorting to limit the extent of any contact tracing.
- Ensure that your participants and instructors are masked on at all times, refraining from conducting activities that are strenuous to the point that they feel the need to remove their masks.
- Not provide common equipment such as punching pads, bags, dummies, use of boxing ring, etc, where fomite transmission risk is high.
- Not offer weight, strength or resistance training or cardio training of any form, and/or provide equipment for such training, such that they become strenuous activities.
- Keep to cohorting to limit the extent of any contact tracing.

Qn: I am a facility owner. Can I rent out my facility space for physical activities/sport use?

Ans: You may rent out your facility spaces for low intensity exercises/sport where participants are masked on at all times and are in compliance to the stricter safe management measures found in [Annex in the updated Sport Singapore guidance](#). If in doubt, you can email the Sport Singapore QSM at <https://members.myactivesg.com/feedback>.

D. ON SPORT EVENTS

Qn: What sport events are currently permitted?

Ans: Mass participation sport events will not be permitted to take place. Organisers are to work with Sport Singapore to cancel or postpone the events to a later date.

All other sport events, including live spectator sport events, sport competitions and tournaments, will be subject to approval before they can proceed. There will be no spectators allowed at sport events and competitions.

National Sports Associations that are organising competitions and tournaments that are related to qualifications for international competitions for national athletes should approach Sport Singapore early to discuss their plans.

This applies to all sport events, including those that have previously been endorsed by Sport Singapore.

Qn: I have previously submitted my application and received Sport Singapore's endorsement to organise an event. Can I still carry on?

Ans: On 14 May 2021, the Multi-Ministry Taskforce announced that with effect from 16 May to 13 June 2021, there will be further tightening of safe management measures to curb the transmission of COVID-19 within the community. In view of this, all sport events (mass participation, tournaments/ competitions, etc) that have previously been endorsed by Sport Singapore, will not be permitted to take place. Organisers are to cancel or postpone the events to a later date, to safeguard the community against infections.

Qn: I am an NSA and will like to conduct a tournament/competition during this period, for athletes' international qualifications. Is it still possible?

Ans: NSAs are advised to approach their NSA Partnership officer from Sport Singapore as soon as possible to discuss these plans, and to obtain approval for the event, before they can proceed.

E. ON LARGE GROUP OUTDOOR CLASSES

Qn: I am a registered instructor under Sport Singapore's Large Group Outdoor Classes. How does the latest measures affect me?

Ans: Approved large outdoor classes at public spaces⁷ such as parks and HDB common areas, can continue.

For organised programmes and classes outdoors, an additional service provider (such as an instructor or a coach) from a permitted enterprise may guide the group. Multiple groups of 2 remain allowable up to 30 participants or the capacity limit of the venue, whichever is lower, if the activity is of **low intensity with masks on at all times**. The groups of 2 are not to intermingle and must remain 3 metres apart.

If the activity is of **high intensity** where masks have to be removed, only two persons are allowed (including instructor or coach) and there can be no multiple groups of 2.

In some ActiveSG facilities, the Multi-Ministry Taskforce has allowed multiple groups of 2s for high intensity activities (unmasked) as part of organised programmes with strict enforcement of safety management measures.

From 19 May to 13 June, to safeguard the well-being of children and youths that are 18 years old (born in 2003) and below, there can only be 1-on-1 (1 coach to 1 student/trainee) sport / physical activity session outdoors for this age group. Instructors cannot take on multiple groups of 2 at the same time. If activity is strenuous, mask can be taken off but have to be put on immediately after the end of the activity.

F. ON ACTIVESG FACILITIES & PROGRAMMES

Qn: Which ActiveSG sport facilities are closed?

Ans: Please see <https://www.myactivesg.com/Facilities/Sport-Centres/Facilities-Closure> for the list of ActiveSG facilities that will remain closed from 16 May – 13 June 2021.

ActiveSG outdoor facilities such as stadiums, tennis courts and pools, as well as tenants of permitted services, will remain open from 16 May to 13 June 2021. Members of public are advised to check with the respective tenants before heading down.

Qn: Is there anyone who is not allowed into ActiveSG sport facilities?

Ans: Yes, users who display flu like symptoms (e.g. cough, fever above 38 degree Celsius), users who came back from overseas within the last 14 days, on Stay Home Notice / Quarantine Order, are not allowed within our premises.

⁷ An instructor may coach multiple groups of 2 persons, up to 30 pax or the venue capacity limit, whichever is lower. Instructors who are interested to conduct large outdoor classes of up to 30 pax at outdoor public spaces must be registered. Please visit <https://circle.myactivesg.com/programmes/classes/coaches/outdoor-classes-instructor-registration> for more information.

Qn: Which programmes under ActiveSG are affected?

Ans: In line with the Ministry of Education (MOE)'s announcement on 16 and 18 May to reduce intermingling of students from different schools and enhance the safety of students, all indoor classes / programmes, regardless of class size, and outdoor group classes / programmes catering to children and youths who are 18 years (born 2003) and below, will be suspended from 19 May to 13 June 2021.

In view of this, training for ActiveSG Academies & Clubs will shift to a virtual platform during this period.

More details will be provided by ActiveSG to affected participants over the next few days.

Qn: What are some ActiveSG's measures to protect the safety and wellbeing of users?

Ans: In order to safeguard the wellbeing of our guests, the following safe management measures will be put in place at all ActiveSG Sport Centres from 16 May to 13 June:

- Implementing temperature taking and recording of visitor details via SafeEntry at our facilities.
- Keeping the operating capacity to no more than 16 Sqm per person⁸ or 50 persons per facility. Staff on the premises is not included as part of the maximum capacity of 16 Sqm per person.
- Regulating access at our ActiveSG sport centres to ensure adequate physical distancing among users. This applies to our all stadiums, sport halls and swimming complexes that have facility/sport specific measures that may supersede general safe management measures.
- For organised programmes and classes, an additional service provider such as an 30 participants or the capacity limit of the venue, whichever is lower. There are also facility/sport specific measures that may supersede general safe management measures.
- Physical distancing of at least 2m between participants when exercising and 3m between different groups will be followed strictly at all times.
- No provision of common equipment such as exercise mats to minimise fomite transmission.
- Ensuring that participants, including the instructor, do not talk loudly, sing, or shout while engaging in physical activities to minimise risk of transmission via droplets. Instructor may raise their volume when communicating instructions or in the event of a potential danger.
- Increased cleaning and sanitising of our facilities.

⁸ Sport/recreational facilities can only admit a maximum number of persons according to its Gross Floor Area based on 16 Sqm per person, up to a maximum of 50 persons. No facility, regardless of size, shall admit more than 50 persons.

ACTIVESG FACILITY SPECIFIC QUESTIONS

1. ActiveSG Stadium

Qn: What are the operating hours of the stadiums?

Ans: The stadiums will be opened daily from 7.00am to 9.30pm.

Qn: What is the maximum number of pax allowed at the stadium?

Ans: The maximum number of pax is dependent on the number of facilities in each stadium. Each facility inside the stadium has a capacity limit of up to 50pax.

Qn: Which stadiums are opened to the public?

Ans: Our stadiums (except for Jalan Besar Stadium, Jurong East Stadium and MOE Evans Stadium) are opened to members of public who need to exercise outdoors. Masks must be donned when not engaging in strenuous exercises. Individuals should not linger after their exercise and should leave the facility after they are done exercising.

When engaging in sport and exercise, a physical distancing of 2m (i.e. 2 arms-length) between individuals and 3m (i.e. 3 arms-length) between groups must be maintained at all times. No mixing of groups is allowed.

Qn: Is anyone allowed in the stadium?

Ans: ActiveSG stadiums will be opened to the public from 16 May – 13 June 2021. ActiveSG staff will be deployed to ensure safe distancing, and we reserve the right to turn away visitors to avoid overcrowding within these facilities. Members of the public should practise safe distancing even in open spaces. Individuals who feel unwell, should not visit our stadiums and are to seek medical attention.

Members of the public may exercise in groups of no more than 2 participants⁹ or in organised groups of 2 participants led by minimally one registered instructor, up to a total class size of 30 persons or lower depending on venue capacity and safe management measures. The instructor will be considered part of the 30 pax.

A physical distancing of 2m (i.e. 2 arms-length) must be maintained when exercising or playing sport in general. Groups that are sharing a space must not interact and must maintain a distance of 3m apart at all times. Masks must be worn when not engaged in strenuous exercises.

Registered instructors can book the new spaces at SportSG facilities at myactivesg.com and will be responsible for ensuring that all safe management measures are being adhered to. A physical distancing of 2m (i.e. 2 arms-length) between individuals and 3m (i.e. 3 arms-length) between groups must be maintained at all times. No mixing of groups is allowed.

Qn: Can I bring my family to the stadium to exercise together?

Ans: Individuals can exercise outdoors with their family members / friends, but social group exercise and activities must be kept to no more than 2 participants when exercising between 16 May – 13 June. They should also maintain at least 3m apart from other groups sharing the same space and wear their masks when not engaged in strenuous exercises.

⁹ Group activities are limited to no more than 2 participants, instead of 5 participants. An instructor may coach multiple groups of 2 persons, subject to the outdoor venue capacity limit and safe management measures.

Qn: Are there temperature-taking or attendance-taking at stadiums?

Ans: Yes. There will be temperature taking and recording of visitor details via SafeEntry at our Stadiums. Users who display flu like symptoms (e.g. cough, fever 38 degree Celsius and above), users who came back from overseas within the last 14 days, on Stay Home Notice, are not allowed within our premises.

ActiveSG staff will be deployed to ensure safe management measures are adhered to, and we reserve the right to turn away visitors who do not comply to measures set and to avoid overcrowding.

Qn: Are lessons or trainings allowed at the stadium?

Ans: Instructors will need to be registered under a framework which is jointly administered by Sport Singapore and agency partners, before the classes can take place at the stadium. Registered instructors will be allowed to conduct outdoor classes at the stadium with a class capacity capped at 2 pax per group of up to 30¹⁰ persons or lower.

Registration can be done online at <https://go.gov.sg/outdoor-classes-instructor-registration> and a response will be given within three working days. Only those who have successfully registered can book these spaces.

General group exercises not conducted by registered instructors will continue to be capped at the permitted group size of 2¹¹. The additional coach or instructor will be considered as part of the group size of 2. Instructors must ensure a 3m distance is kept between groups at all times so that there is no intermingling between groups or coach/instructor.

High intensity organised exercise programmes and classes (with masks off) are allowed only within ActiveSG Stadiums with groups of 2 pax up to a maximum of 30 pax.

In view of the Ministry of Education (MOE)'s announcement on 16 and 18 May to safeguard the wellbeing of children and youths (18 years (born in 2003) and below), effective 19 May to 13 June 2021, only 1-on-1 (1 coach to 1 student/trainee) sport / physical activity session for this age group can take place outdoors. Instructors cannot take on multiple groups of 2 at the same time.

Qn: Can I still use the toilets and changing rooms within the Stadium?

Ans: Yes. The toilets, changing rooms and shower facilities at the ActiveSG stadiums will remain open to the public. Members of the public are to observe safe distancing measures such as the safe distancing markers and signages, as well as maintain a physical distance of 1m at all times. Toilets / changing rooms with showering facilities will be limited to a maximum capacity of up to 5 pax¹² at any one time.

Qn: Can I use the lockers at the Stadium to keep my belongings while I exercise?

Ans: Yes. Lockers are available for use during this period.

2. ActiveSG Swimming Pool

Qn: Is anyone allowed in the swimming complex?

Ans: ActiveSG competition and training pools will be opened to the public from 16 May – 13 June 2021. Wave Pool / Lazy River / Jacuzzi, wading pools and feature play pools will be

¹⁰ From 16 May – 13 June 2021, total class size shall be reduced to 30 persons. The registered instructor will be considered part of the 30 pax and total capacity is subject to the venue capacity limit.

¹¹ The maximum group size will decrease from 5 to 2 persons between 16 May – 13 June 2021.

¹² The maximum group size for toilets will be capped at 5 pax, or 16 Sqm per pax between 16 May – 13 June 2021.

closed until further notice. To facilitate usage by the different segments of public, there will be timebelts introduced. Prior booking is required via the ActiveSG app / myactivesg.com.

ActiveSG staff will be deployed to ensure safe distancing, and we reserve the right to turn away visitors to avoid overcrowding within these facilities. Members of the public should practise safe distancing even in open spaces. Individuals who feel unwell, should not visit our stadiums and are to seek medical attention.

Qn: Can seniors participate in organised activities in the swimming complex?

Ans: Senior-centric¹³ activities resumed under Phase 2, with safe management measures in place and no sharing of equipment between participants. Seniors can exercise either alone or in a group of no more than 2 participants¹⁴. For organised programmes and classes, there should be no physical interaction and mingling between seniors in the same group. An additional coach or instructor is allowed for organised programmes and classes and will not be part of the group size of 2.

Qn: What are the operating hours of the swimming pool?

Ans: The pools will be opened daily from 6.30am to 9.45pm.

Please refer to <https://www.myactivesg.com/Facilities/Sport-Centres/Facilities-Closure> for latest updates of closure.

Qn: Can I come to swim at any time?

Ans: To protect the health and wellbeing of the community, specific swimming timings are being allocated for different segments and groups. Members of the public are to follow the allocated timings strictly and booking is required beforehand via the ActiveSG app or myactivesg.com.

Table 1 - As of 16 May to 13 June, the specific swimming timings are as follows:

Revised Time Slots from 8 May 2021 to 13 June 2020		
Time	Mon – Fri	Sat & Sun
6:30am – 7:30am	Lap swim for General Public	Lap swim for General Public
7:45am – 8:45am		
9am – 10am		Organised swim classes
10am – 11am		
11am – 12pm		
12pm – 6pm	Organised swim classes	
6:15pm – 7:15pm	Lap swim for General Public	Lap swim for General Public
7:30pm – 8:30pm		
8:45pm – 9:45pm		

All members should use their booked slots responsibly so as to not deprive others of a chance to exercise.

¹³ Refers to those who are 60 years and above

¹⁴ Group activities are limited to no more than 2 participants, instead of 5 participants. An instructor may coach up to a maximum of 2 groups of 2 persons, subject to the venue capacity limit and safe management measures.

Qn: Will all the swimming pool features be opened?

Ans: The training and competition pools will be opened. Wave Pool / Lazy River / Jacuzzi, wading pools and feature play pools will be closed until further notice. Some pools listed under <https://www.myactivesg.com/Facilities/Sport-Centres/Facilities-Closure> will remain closed.

➤ Booking of Swim Slots

Qn: How do I book for swim slots?

Ans: All visitors will need to book a swim slot via the ActiveSG app or [myactivesg.com](https://www.myactivesg.com) before visiting the swimming pool.

Qn: How far ahead in advance can I start booking the slots?

Ans: The slots will be opened for booking 3 days ahead of the usage date at 1200hrs, right up till the usage time. Users who do not show up for three booked slots in a month will have their membership temporarily suspended for two weeks. They will not be able to book any ActiveSG facilities while their membership is being suspended.

Qn: What is the duration and rate for each swim slot at the swimming pool?

Ans: The duration for each swim slot is 60 minutes and there is no change to the rate, as per the published rates.

Qn: A 60 minutes slot is not enough for me to swim and change. Why can't ActiveSG increase the timing?

Ans: The 60min slot is to allow for as many people to use the facility to stay active, in a safe manner. We will continue to review our operations and make the necessary adjustments where required. In the meantime, we seek the public's understanding and cooperation as we continue to do our part to keep our community safe.

Qn: Can I walk-in if I have not booked a swim slot?

Ans: All visitors are required to book a swim slot via the ActiveSG app or [myactivesg.com](https://www.myactivesg.com) prior to visiting the swimming pool. However, if there are available slots at the timebelt that you are at the sport centre, you can still book and enter the facility.

Qn: What is the maximum number of pax allowed per swim slot?

Ans: The maximum number of pax is dependent on the number of facilities in each swimming complex. Each facility inside the swimming complex has a capacity limit of up to 50pax.

Qn: Can I book two consecutive swim slots?

Ans: You will only be allowed to book ONE swim slot (60mins) per day. This is to ensure that all patrons have an equal chance to use the swimming pool facility.

Qn: Can I cancel the swim slot after booking?

Ans: Yes, you will be able to cancel your pool booking up to 2 hours before the start of the timeslot. No refunds will be provided for cancellation made by the user. Cancelled booking will not count towards the no-show quota.

Qn: Can I use the swim pass/schemes that I currently have?

Ans: ActiveSG members with valid pass/schemes will be able to book a swim slot for free. All bookings must be made before the expiry date of their pass/scheme.

The following eligible schemes are:

1. Merdeka Generation scheme
2. MyActiveSwim schemes (Monthly)

In addition to the above schemes, Singaporeans aged 65 years and above will enjoy free entry to our pools. Booking can be made via the ActiveSG app or myactivesg.com.

Qn: My booking slot was cancelled due to lightning. Will I get a refund?

Ans: In the event of a lightning risk and you have at least 30 minutes of the timeslot remaining in your booking, a refund will be provided. The credit will be refunded to your account within 8-10 working days.

Qn: Is it safe for me to swim?

Ans: We test our pool waters 5 times a day, in accordance with NEA's guidelines. There is no evidence to suggest that the virus can be transmitted through swimming pool water. We also prominently display signs for users to observe the proper hygiene practices for the safety and benefit of all swimmers and have included enhanced measures.

Qn: What are some ActiveSG's measures at the swimming pools?

Ans: In order to safeguard the wellbeing of our guests, the following safe management measures will be put in place:

- Regulated access will be implemented at the Swimming Pool.
- Purchase the desired slot on ActiveSG app before visiting the Swimming Pool.
- Registration via SafeEntry and temperature screening is necessary for all patrons before entry. Patrons will be denied entry if they exhibit flu-like symptoms (e.g. cough, fever with temperature at 38-degree Celsius or more) or is currently on Stay Home Notice / Quarantine Order due to COVID-19.
- Demarcated swimming lanes/zones to avoid unnecessary contact – users are encouraged to stay in their lane/zone.

Qn: Can I still use the toilets and changing rooms within the swimming complex?

Ans: Yes, public amenities such as toilets and changing rooms will be opened to the public. Members of the public are to observe safe distancing measures such as the safe distancing markers and signages, as well as maintain a physical distance of 1m at all times. Toilets / changing rooms with showering facilities will be limited to a maximum capacity of up to 5 pax¹⁵ at any one time.

Qn: The swimming pool looks empty, why can't I enter?

Ans: We are regulating access to all ActiveSG swimming pools to ensure adequate safe distancing among users. Depending on facility size, there will be a limited number of pax allowed each time.

➤ Coaching at Swimming Pools

Qn: Can I conduct 1-to-1 coaching or group classes in the swimming complex?

Ans: Organised classes can only be conducted on 12pm to 6pm (Monday-Friday) and 9am to 6pm (Sat-Sun). Coaches will need to have a confirmed allocated slot before any coaching is allowed in the ActiveSG pools. An additional coach or instructor is allowed and will not be considered as part of the group size of 2¹⁶. There should be no intermingling between different groups. Coaches will have to wear masks at all times when they are not in the pool.

¹⁵ The maximum group size for toilets will be capped at 5 pax, or 16 Sqm per pax from 16 May – 13 June 2021.

¹⁶ Group activities are limited to no more than 2 participants, instead of 5 participants. An instructor may coach a maximum of 2 groups of 2 persons, subject to the venue capacity limit and safe management measures.

In view of the Ministry of Education (MOE)'s announcement on 16 and 18 May to safeguard the wellbeing of children and youths (18 years (born in 2003) and below), effective 19 May to 13 June 2021, only 1-on-1 (1 coach to 1 student/trainee) sport / physical activity session for this age group can take place outdoors. Instructors cannot take on multiple groups of 2 at the same time.

Qn: I am a swimming coach. How do I book swim slots for my classes?

Ans: Coaches with valid Usage Permit will be informed when allocation exercise commences. The SportSG Booking office will process your application and allocate slots accordingly. Registration confirmation and receipt will be sent via email.

If there are caregivers within the group that needs to enter the pool, they must be included in one of the 2 pax¹⁷ quota.

You will be required to assemble your students outside the pool and bring them in as a group. Please show your coaching confirmation email to the staff on duty. All students / caregivers / coaches are required to purchase an entry pass and tap the QR code for entry into the pool.

Qn: What is the duration for each coaching slot at the swimming pool?

Ans: The duration for each allocated slot is 180 minutes. You may coach an unlimited number of classes within the 180 minutes slot.

Qn: I am a swimming coach. How many students can I teach at one time?

Ans: From 8 May, there is no restriction on the number of sessions to be held consecutively within the allocated slot. However, the coach must ensure that there is a maximum of 2 groups of 2 students in the swimming complex at any time. The previous class of students must exit the swimming complex before the next class of students can enter the swimming complex. This is to ensure that the capacity at the swimming complex is kept within the permissible limit at any one time. The classes must be conducted in adherence to the Safe Management Measures.

In view of the Ministry of Education (MOE)'s announcement on 16 and 18 May to safeguard the wellbeing of children and youths (18 years (born in 2003) and below), effective 19 May to 13 June 2021, only 1-on-1 (1 coach to 1 student/trainee) sport / physical activity session for this age group can take place outdoors. Instructors cannot take on multiple groups of 2 at the same time.

3. ActiveSG Sport Halls And Courts

Qn: Can I use the sport halls and courts?

Ans: All indoor sports halls will remain open for registered coaches to conduct low-intensity classes¹⁸ while outdoor ActiveSG sport facilities will remain open to the public from 16 May to 13 June. Prior booking via the ActiveSG app or myactivesg.com is required. ActiveSG staff will be deployed to ensure safe distancing, and we reserve the right to turn away visitors to avoid overcrowding within these facilities. Individuals who feel unwell, should not visit our sport halls and are to seek medical attention.

Members of the public may exercise in groups of no more than 2 participants¹⁹. A physical distancing of 2m (i.e. 2 arms-length) between individuals should be observed, with transient

¹⁷ Group activities are limited to no more than 2 participants, instead of 5 participants. An instructor may coach multiple groups of 2 persons, subject to the venue capacity limit and safe management measures.

¹⁸To safeguard the well-being of children and youths, **all indoor** classes / programmes, regardless of class size, and **outdoor** group classes / programmes will be suspended or moved online from 19 May to 13 June 2021.

¹⁹ The maximum group size will decrease from 5 to 2 persons between 16 May–13 June 2021.

contact permissible during play. The person who booked the court must be present and will be counted into the maximum number of pax allowed per court. It is also mandatory for the member who booked the slot to be present during the time of play and be part of the group of players on court. Coloured wrist-tags will be issued to those allowed to enter the sport hall and groups must keep to those of the same colour wrist-tags. There should be no intermingling between different groups. There are also facility/sport specific measures that may supersede general safe management measures.

Qn: What are the operating hours of the sport halls and courts?

Ans: The indoor sport halls (open for registered coaches to conduct low-intensity classes) and outdoor facilities will be opened daily from 7am to 10pm. Please refer to myactivesg.com for the list of sports halls that will be closed from 16 May - 13 June 2021.

Qn: What should I do before visiting ActiveSG outdoor facilities (i.e. tennis court, outdoor netball courts)?

Ans: You are required to book a slot via the ActiveSG app or myactivesg.com before visiting the sport hall or outdoor court. The person who booked the court must be present and will be counted into the maximum pax allowed per court. It is also mandatory for the member who booked the slot to be present during the time of play and be part of the group of players on court. Coloured wrist-tags will be issued to those allowed to enter the sport hall and groups must keep to those of the same colour wrist-tags. No mixing between groups is allowed.

There will be no refund of booking for players who fail to comply with ActiveSG rules.

Qn: How far ahead in advance can I start booking the slots?

Ans: ActiveSG Verified Members can book ActiveSG facilities up to 15 days in advance; ActiveSG Non-verified Members and Account holders (i.e. non-members) can book ActiveSG facilities up to 14 days in advance.

Qn: Can I choose my preferred slot?

Ans: Yes. Each slot will have 50mins of playable time. All patrons should use the remaining 10mins to clear and clean up for the next group of users.

Qn: Can I walk-in if I have not booked a slot?

Ans: No. All patrons are required to book a slot prior to using the courts.

Qn: Can I book multiple courts in the same hour?

Ans: No, patrons can only book one type of court in the same hour.

Qn: Can I book two consecutive sessions?

Ans: You are encouraged to book ONE session (50mins) per day. This is to ensure that all patrons have equal chance to use the courts.

Qn: What is the maximum number of pax allowed inside the facility?

Ans: The maximum number of pax is dependent on the number of facilities in each sports hall. Each facility inside the sports hall has a capacity limit of up to 50pax.

Qn: Can I release the slot after booking?

Ans: All booked slots cannot be released and are non-refundable.

Qn: How many people are allowed on courts that will remain open at any one time?

Ans: There are different capacity limits for different facilities, as follows:

- For Tennis: a max of 1 pax and 1 instructor or a coach per court will be admitted into the facility.

- For **Team Sport**: Max of 2 pax per group. For these team sports, a service provider (such as an instructor or a coach) will be part of the 2 pax allowed into the facility. Depending on facility capacity, multiple groups of 2 can share the court but must maintain 2m distancing between individuals and 3m distancing between groups.

Please refer to myactivesg.com for the list of sports halls that will be closed from 16 May – 13 June 2021.

There shall be clear segregation between groups and no cross-mixing or cross-playing between groups. Individuals should not loiter/linger around the sport hall and to leave the facility after they are done with their exercise. ActiveSG staff will be deployed to ensure safe management measures are observed, and we reserve the right to turn away visitors to avoid overcrowding within these facilities.

Qn: Can I still use the toilets and changing rooms within the sport halls?

Ans: Yes. The toilets, changing rooms and shower facilities at the ActiveSG stadiums will remain open to the public. Members of the public are to observe safe distancing measures such as the safe distancing markers and signages, as well as maintain a physical distance of 1m at all times. Toilets / changing rooms with showering facilities will be limited to a maximum capacity of up to 5 pax²⁰ at any one time.

Qn: Can I coach in the sport halls?

Ans: While ActiveSG's booking policy does not allow for coaching, league operations or business activities on our courts, ActiveSG will not enforce this policy on goodwill basis due to the current COVID-19 situation. However, all safe distancing measures will still apply and be enforced.

ActiveSG will continue to review our booking policy on coaching.

4. ActiveSG Gym

Qn: What are the operating hours of the gym?

Ans: From 8 May –13 June 2021, all ActiveSG gyms will be closed temporarily.

Qn: Why are the gyms closed?

Ans: ActiveSG gyms are closed temporarily from 8 May - 13 June 2021 as part of efforts to tighten safe management measures to curb the transmission of COVID-19 within the community. The intention is to restrict sport and physical activities that take place in high risk environment as part of our effort to reduce community spread. Strenuous activities that take place in enclosed, confined indoor spaces where participants are likely to be exerting without donning masks should cease.

Qn: When can I start booking for 14 June 2021?

Ans: Sport Singapore will take guidance from the Multi-Ministry Taskforce before we reopen our ActiveSG gyms. More information will be released closer to date.

Qn: Can I still use the toilets and changing rooms within the gym and studios?

Ans: No, the toilets and changing rooms in ActiveSG gyms and studios are closed. You may use the restrooms at our stadiums or swimming pools.

²⁰ The maximum group size for toilets will be capped at 5 pax, or 16 Sqm per pax from 16 May – 13 June 2021.

Qn: Will my gym passes be extended during this period of closure?

Ans: Yes, your gym passes will be extended during this period of closure. The ActiveSG membership team will be in touch with all gym pass holders on the extension details.

5. ActiveSG Studio

Qn: Will the studios remain open?

Ans: From 16 May - 13 June 2021, studios, including those operated by commercial enterprises, are to close during the stipulated period, unless they offer only low intensity physical activities, sport and exercises where all participants and instructors are wearing masks at all times. Participants, instructors and staff also have to adhere to a more stringent set of safe management measures (SMMs) per Annex in the updated Sport Singapore guidance.

Please refer to the list of affected Sport Singapore's indoor facilities and programmes during this period at <https://www.myactivesg.com/Facilities/Sport-Centres/Facilities-Closure>. Refunds for affected bookings that fall under these dates will be processed within the next seven working days.

6. Dual-Use Scheme (DUS) Facilities

Qn: What school facilities will be open for public use under the Dual-Use Scheme (DUS)?

Ans: In view of the heightened restrictions imposed from 16 May to 13 June 2021 on strenuous or high intensity indoor sports and reduced group sizes for physical activities, SportSG will not be accepting public bookings for DUS facilities till further notice.

There is no change to the current arrangement for DUS free-to-play (FTP) facilities, which will remain closed to the public till further notice.

MOE and SportSG will continue to review the DUS arrangements as the COVID-19 situation evolves.

Qn: What happens if I had made prior booking?

Ans: SportSG will cancel existing bookings of DUS facilities (made for 16 May to 13 June 2021). Booking fees will be refunded to the affected hirers.