

Issued: 14 May 2021

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

A. 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.

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

Ans: For organised programmes and classes **indoors**, 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**, 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.

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: You may proceed as you are from the same household.

B. 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 activities 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.**

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 facility¹ 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 offered 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?

1

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.

Ans: All indoor activities 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.

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 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 [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: Masks are not required by law to be worn by children under 7 years old, but it would be good practice for them to do so where possible.

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.

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 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, 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.

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 can be used by a coach/instructor for the purposes of producing digital content for online classes, subject to all prevailing Safe Management Measures. Do check back with Sport Singapore when in doubt. You can email the Sport Singapore QSM at <https://members.myactivesg.com/feedback>.

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. Do check back with Sport Singapore when in doubt. You can email the Sport Singapore QSM at <https://members.myactivesg.com/feedback>.

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.

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>.

C. 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.

D. 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 spaces² 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.

² An instructor may coach multiple groups of 5 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.