

**SINGAPORE TAEKWONDO FEDERATION
GUIDELINES ON
STRICTER SAFE MANAGEMENT MEASURES FOR SPORT
AND PHYSICAL EXERCISE & ACTIVITY
(8 TO 30 MAY 2021)**

Version	Prepared By	Prepared Date	Endorsed By	Endorsed Date
0.10.0	M Ho	6 May 2021	SportSG	7 May 2021
0.9.5	M Ho	4 Jan 2021	SportSG, IMC, MC	18 Jan 2021
0.9.0	M Ho	25 Dec 2020	(Draft)	(Draft)
0.8.5	Lai Han Seng	23 Jun 2020	SportSG, IMC, MC	24 Jun 2020
0.8.0	Lai Han Seng	18 Jun 2020	(Draft)	(Draft)
0.6.0	Lai Han Seng	08 Jun 2020	[Draft]	[Draft]

1. INTRODUCTION

- 1.1. On 4 May 2021, the Multi-Ministry Taskforce announced that with effect from 8 to 30 May 2021, there will be tightening of safe management measures to curb the transmission of COVID-19 within the community.
- 1.2. Following the announcement, guidance has been provided by Sport Singapore regarding the stricter set of measures that concerns all sports, physical exercises & activities, and public and private sports & recreational facilities in Singapore for the period of 8 to 30 May 2021. These measures are directed towards reducing or containing community spread of COVID-19 by stopping sport and physical activities that take place in high-risk environments. In general terms, high risk environments are considered as enclosed and or confined indoor spaces, where participants are likely to be engaging in strenuous activities unmasked.
- 1.3. These stricter measures described in the guidelines provided have to be adhered to starting 8 May 2021 and ending at the close of 30 May 2021.
- 1.4. These guidelines will cover the following key areas – **General Measures, Training Measures, General Hygiene, Education and Return to Sport**. It has additionally been submitted to Sport Singapore for review.
- 1.5. Affiliates are to take guidance from these guidelines in developing their safe management plan (hereinafter referred to as “Plan”). These guidelines have to be incorporated into the safe management measures required by the Ministry of Manpower issued on 9 May and updated on 22 October 2020 (“Requirements for Safe Management Measures at the workplace”).
- 1.6. Measures from advisories by MTF, MOH, MOM and other relevant agencies should also be referenced if relevant. For example, affiliates also have to review and take guidance from the guidelines set by the Ministry of Health issued on 14 December 2020 (“**Moving Into Phase Three of Re-Opening**”), the Joint Advisory by Enterprise Singapore (ESG), Housing & Development Board (HDB), Singapore Tourism Board

(STB) and Urban Redevelopment Authority (URA) issued on 16 June 2020, updated on 15 December 2020. (**“Advisory for Phase 2 Re-opening of Retail Establishments and Lifestyle-Related Services”**) and the advisory by SportSG published on 17 June 2020, updated on 18 June 2020 (**“Advisory For Resumption Of Sport And Physical Exercise and Activity For Phase Two Safe Transition”**), updated on 19 November 2020 (**“Advisory For Resumption Of Sport And Physical Exercise and Activity For Phase Two Safe Transition”**), and with new advisory published on 24 December 2020 (**“Advisory For Resumption Of Sport And Physical Exercise & Activity For Phase Three (“Safe Nation”)**).

- 1.7. This Plan should be prepared within two weeks of the date of resumption of on-site operations and are to be made available on site for inspection by the authorities. Government agencies will be conducting inspections following Phase Two reopening, where those who do not comply with safe management measures may face penalties. Sport Singapore will be conducting on-site inspections, where businesses found not complying with safe management measures may be required to close.
- 1.8. The number of workers who are working on-site should also be submitted via the GoBusiness portal (<https://covid.gobusiness.gov.sg>) within the same two weeks.
- 1.9. In addition, affiliates must submit the declaration form found in Annex A to STF within two weeks of the date of commencement/resumption of on-site operations.
- 1.10. Affiliates who are conducting classes in community clubs or similar establishments/associations must work with the relevant parties to ensure that the measures are in place.
- 1.11. The STF guidelines will be updated based on the latest guidelines issued by the relevant authorities.

2. GENERAL MEASURES

2.1. Safe Management Officers

- 2.1.1. Appointment of Safe Management Officers (SMOs) who are briefed to oversee and ensure that the required Safe Management Measures are in place. The SMO will be responsible for formulating the implementation plans, conducting inspections and checks, as well as maintaining records for subsequent audits by the authorities.

2.2. Facility Access & Temperature Screening

- 2.2.1. Support Contact Tracing. All affiliates must register and implement SafeEntry (which includes travel and health declarations) for participants and visitors. As such, there should be dedicated entry/exit points to the venue and movement control within the venue.

- 2.2.2. Implement Temperature Screening. Affiliates must conduct temperature screening and checks on visible symptoms for visitors prior to entry and turn away those with fever and/or who appear unwell. Individuals with temperatures of 38 degree Celsius and above are considered as having a fever and will be denied entry.
- 2.2.3. Travel and Health Declaration. Athletes, coaches or other approved personnel who are unwell, on Stay Home Notice (SHN) or Quarantined Order will not be allowed to enter the venue.
- 2.2.4. From 17 May 2021 onwards, all visitors and staff are to use either the TraceTogether app or the TraceTogether Tokens for SafeEntry.

2.3. Facility Capacity

- 2.3.1. Facilities can only admit a maximum number of persons according to its Gross Floor Area based on 10 sqm per person. No facility, regardless of size, shall admit more than 50 persons without specific approval by Sport Singapore. i.e. facilities up to 50 sqm can admit up to 5 persons, e.g. a 20 sqm facility can accommodate 5 persons. This number does not include staff.

2.4. Crowd and Flow Management

- 2.4.1. Crowd Management. Affiliates who operate their own facilities will have to devise systems to ensure there is no overcrowding at or around their premises, such as through the use of booking systems. These affiliates will have to manage rest areas and changing room operations to prevent crowding and loitering.
- 2.4.2. Safe Distancing of 1m during entry/exit/queuing (i.e. as a practical guide this equated to “2-arm’s length during exercises”).
- 2.4.3. Wear Masks & Ensure Hygiene. Affiliates will have to ensure that all visitors don masks when they enter the facility. Hand sanitizers should be placed in close proximity of the facility entrance and high-touch surfaces like door handles. Visitors should be encouraged to sanitize their hands before entering the facility.
- 2.4.4. Human Traffic Flow. Redesign traffic flow to minimise mixing. Affiliates will have to organize human traffic flow and space management to ensure that the mixing of groups is minimized to transient contact. Athletes from one training session must be allowed to leave the training area before the next group comes in. Equipment should be arranged to allow users to exercise at a safe distance with each other.
- 2.4.5. Affiliates should minimize walk-ins and encourage visits by prior appointment.

2.5. Minimize Time and Contact

- 2.5.1. Minimize use of changing facilities. Encourage athletes to prepare prior to arrival (arrived dressed and ready to train) to minimize use of changing facilities.
- 2.5.2. Minimize use of bathrooms. Encourage athletes to shower at home (instead of at the facilities) upon completion of training.
- 2.5.3. Staggered training timings should be implemented to avoid overcrowding in the training venue, such that safe physical distancing is not possible.
- 2.5.4. Encourage athletes and coaches to only commute between training venues and their residences, without lingering outside before/after training.
- 2.5.5. Athletes should be encouraged to not socialize or have group meals before, during or after training.
- 2.5.6. Athletes should not share drink bottles, towels, or any other personal sporting equipment.
- 2.5.7. There should be no unnecessary body contact (e.g. hand shaking, high fives).

3. TRAINING MEASURES

- 3.1. In general, physical distancing of 2m (2 arms-length) between individuals should be maintained while exercising and playing sport (i.e. activities where athletes are spaced out and moving by command in synchrony – hand techniques, kicking, Poomsae).
- 3.2. A physical distancing of 3m (3 arms-length) between individuals should be observed for indoors high intensity or high movement exercise classes.
- 3.3. As stated in clause 2.3.1, depending on the facility's Gross Floor Area, there can be multiple groups of no more than 5 persons per group (additional 1 Coach/ Instructor per group is permitted), allowable up to 30 persons or the capacity limit of the venue, whichever is lower. A 3-metres distance must be maintained between the groups and there should be no mixing/ mingling between the groups at all times. Groups must be separated with visual indicators (i.e. marking on the floors) or through physical means (i.e. different training halls or physical barriers). For organized programmes and classes, an additional service provider (such as an instructor or a coach) from a permitted enterprise may guide the group.

- 3.4. One Coach/ Instructor is allowed to coach multiple groups of no more than 5 persons per group and he/she is to maintain a 3-metres distance from the groups and there should be no mixing/ mingling between the groups at all times.
- 3.5. In addition, notwithstanding points 3.1 and 3.2 above, the below guidelines are relevant for our Affiliates:
 - a) Activities should be modified to avoid extensive body contact (i.e. such as prolonged grappling)
 - b) Transient contact such as kick and punch are acceptable.
 - c) Light contact sparring is allowed, but all participants must avoid extensive body contact. This should be done within the group of 5 persons.
 - d) Ensure that athletes do not shout unnecessarily while engaging in physical activities. This is because shouting increases the risk of transmission via droplets. Coaches/ Instructors may raise their volume when communicating instructions or in the event of a potential danger.
- 3.6. Mask should be worn as a default. Masks can be taken off when performing strenuous activities, although it is still recommended as good practice even under such circumstances.
- 3.7. Sharing of common equipment should be avoided. Personal equipment should not be shared. Athletes should be encouraged to wear their own personal protective equipment.
(<https://www.stf.sg/guideline/people-association-list-of-equipment-information-sheet/>) If this cannot be done, then equipment should be wiped down / sanitized frequently / after each session.
- 3.8. When possible, athletes should be grouped to avoid repeat participants (minimized mixing of athletes on different days).
- 3.9. Trainings should be staggered to minimize numbers and reduce contact. Modify training times so that there are less people present at one time.
- 3.10 Besides practicing good hand hygiene (hand sanitizers) on entry and exit to venues, athletes should be encouraged to do so pre, post and during training.
- 3.11. Coaches who are conducting online classes while physical classes are being conducted in the same physical space are recommended to wear their masks when conducting the online classes. The coach should not interact with any other people if the mask is removed and the mask must be kept on before and after the online classes. During the online classes, the coach must also keep at least 3m away from other physical groups, with no inter-mixing between groups.

4. GENERAL HYGIENE

- 4.1. Enhance Cleaning Protocols. Affiliates will have to frequently disinfect training venues including mats, common spaces and interactive components (e.g. smart kiosks, turnstiles). Equipment will have to be thoroughly wiped down and cleaned after each use. Personal equipment should not be shared.
- 4.2. Affiliates should arrange for a dedicated time to implement their cleaning protocol.
- 4.3. Affiliates must arrange for adequate quantity of cleaning agents (i.e. sanitizers, disinfectant).
- 4.4. Hand hygiene stations should be placed in high traffic areas and entry/exit points.
- 4.5. Affiliates have to ensure the venue is well ventilated and aired at regular intervals (i.e. protocol and frequency).

5. EDUCATION

- 5.1. Education of individuals about COVID-19 risk mitigation strategies is crucial. Education will help to promote and set expectations for the required behaviors prior to recommencing activities. Possible education measures that the affiliates can implement include:
 - Provide education material for individuals to promote required behaviors (e.g. regular and thorough hand washing, covering mouth and nose with a tissue or sleeve during coughing/sneezing).
 - Education of all individuals on hygiene practices and promote required behaviors relevant to their sport and environment.
 - No sharing of drink bottles and towels.
 - No sharing of mats, or equipment without an appropriate cleaning protocol, in between training sessions.
 - Display appropriate education material within sporting environments and facilities.
 - Encourage individuals to download the TraceTogether app.

Examples of education materials can be found in [Annex B](#).

6. RETURN TO SPORT

- 6.1. Individuals should not return to sport if in the last 14 days they have been unwell or had close contact with a known or suspected case of COVID-19. In an environment of community transmission of COVID-19, any individual with respiratory symptoms (cough, sore throat, fever or shortness of breath), even if mild, should not attend any training if they are unwell and should use a cautious approach.

- 6.2. Anyone who is unwell should be referred to a doctor in accordance with local MOH guidelines. Any individual with a possible case of COVID-19 should refrain from training (even at home) until they have been cleared to do so by a doctor, given the potential for worsening illness.
- 6.3. It should also be considered that anyone returning to sport and exercise after a period of social isolation and not exercising regularly may be at an increased risk of injury. Affiliates and individuals should apply a graded return to mitigate injury risk, understanding that sudden increase in training load will predispose to injury.

All coaches and athletes play a vital role in slow the spread of COVID-19. The safe reintroduction of sport requires thorough planning and safe implementation. Sport activities should be reintroduced in a cautious and methodical manner, based on the best available evidence to optimise athlete safety.

We therefore seek your continued support in ensuring strict adherence to the MOH, SportSG and related government advisories, and to convey these measures to your coaches and athletes. Let's work together to keep the Taekwondo community safe and healthy.

For queries, please email stkdf@mail.com or call STF office during office hours.

ANNEX A

**SINGAPORE TAEKWONDO FEDERATION
DECLARATION FOR
RESUMPTION OF TAEKWONDO ACTIVITY
FOR PHASE THREE
("SAFE NATION")
(VERSION 0.9.0: 28 DECEMBER 2020)**

AFFILATE: _____

I/We confirmed that we have implemented our safe management measures and safe return to sport plan with guidance from this advisory and other guideline from the relevant authorities.

REPRESENTATIVE: _____

POSITION: _____

ID (last 4 digits): _____

DATE: _____

SIGNATURE: _____
(and company stamp if applicable)

SAFE MANAGEMENT OFFICER:

NAME: _____

ID (last 4 digits): _____

DATE: _____

SIGNATURE: _____
(and company stamp if applicable)

ANNEX B
Examples of Education Materials

(Please see attached)



COVID-19

Practise Good Personal Hygiene

Keeping our Hands & Environment Clean!

8 STEPS TO CLEAN YOUR HANDS

WITH SOAP & WATER

 **Palm to palm**
 **Between fingers**
 **Back of hands**
 **Base of thumbs**
 **Backs of fingers**
 **Fingernails**
 **Wrists**
 **Rinse & wipe dry**

WITH ALCOHOL BASED HAND SANITIZER



Apply the product to the palm of one hand.

Rub the product on the surfaces of your hands according to steps 1 through 7 until your hands are dry.

© The Ministry of Communications and Information

TYPES OF DISINFECTANTS

	For Hand Hygiene		For Disinfecting Surfaces				TIPS
	Soap & Water	Alcohol-based Hand Sanitiser (at least 60%)	Alcohol (e.g. Isopropyl/ Ethyl Alcohol 70%)	Benzalkonium Chloride (in common cleaning agents)	Chloroxylenol (ingredient in Dettol®)	Sodium Hypochlorite (in bleaches)	
Getting around (e.g. taking public transport)	✓	✓					
Travelling by air	✓	✓					
Cleaning the house or workplace (e.g. doorknob, windows, desk, phone, keyboard)	✓		✓	✓	✓	✓	<ul style="list-style-type: none"> > Keep windows open for ventilation. > Wipe all frequently touched areas & toilet surfaces and allow to air dry. > Use alcohol as a replacement when the use of bleach is not suitable.
Going to school	✓	✓					
Cleaning mobility aid(s) (e.g. wheelchair, quad cane, walking stick)	✓		✓	✓	✓	✓	
Eating out (e.g. at coffee shop, hawker centre, restaurant)	✓	✓					> Use a serving spoon when sharing food
Exercising (e.g. at a public fitness corner or gym)	✓	✓					> When exercising, prepare a spare towel & wipe down the equipment after use to remove perspiration from the equipment surface.
Visiting a healthcare institution	✓	✓					



Remember to moisturize your hands frequently after washing!





WHEN AT PUBLIC TOILETS



**Flush fully
after use**



**Wash hands with soap
after using the toilet**



**Throw used tissues
in trash bins**



**Keep toilets
clean and dry**



**Singapore has enough supplies of food and essentials.
Stay calm and only buy what you need.**

If you are sick



Wear a mask



See a doctor



Stay at home



DON'T doctor-hop



Do not spread rumours.

Get the latest on the COVID-19 by signing up for the Gov.sg WhatsApp channel (www.go.gov.sg/whatsapp)



Updated: 21 Mar 2020

COVID-19 (Coronavirus Disease 2019)

If you have **mild flu-like symptoms** like



Cough



Runny nose



Sore throat



Fever



SEE A DOCTOR

- Don't go to work or school
- Avoid crowds
- Stay at home
- Don't doctor-hop

Look out for this logo

You can go to
Public Health Preparedness Clinics
and polyclinics for subsidised treatments
if you have flu-like symptoms.

Check www.phpc.gov.sg



LET'S ALL DO OUR PART



Wash your
hands frequently
with soap



Monitor your
temperature
twice daily



AVOID
touching your face
with your hands



Comply with
Home Quarantine Orders
and **Stay-Home Notices**
and stay at your
designated locations



Do not spread rumours.

Get the latest updates on COVID-19
by signing up for the Gov.sg WhatsApp
channel (www.go.gov.sg/whatsapp)
or at the MOH website (www.moh.gov.sg)



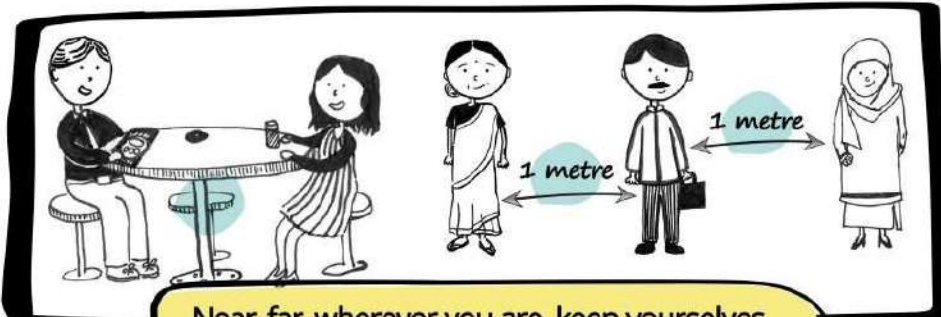
Updated: 18 Feb 2020

KEEPING A SAFE DISTANCE

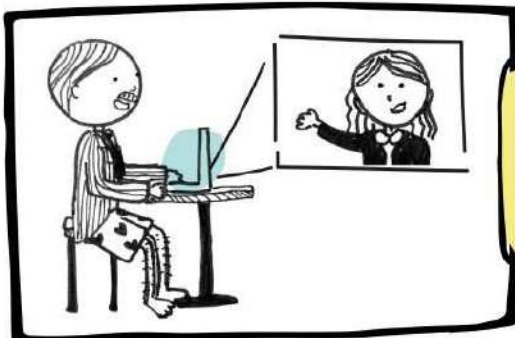
A HOW-TO GUIDE



Elbow-bumps, air-five, or otherwise - just don't shake hands



Near, far, wherever you are, keep yourselves at least 1m apart from others



I Seek You (just not in person)
– try video calls and instant messaging chats, not face-to-face meetings



Get the latest on the COVID-19 by signing up for the [Gov.sg WhatsApp channel \(www.go.gov.sg/whatsapp\)](https://www.go.gov.sg/whatsapp)

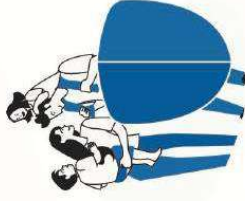
gov.sg

What is TraceTogether?

A community-driven contact tracing app to help stop the spread of COVID-19



Get notified quickly by contact tracers if you had been in close proximity with a COVID-19 case¹



Earlier notification means better protection for those around us



Everyone can play a part to combat the spread of COVID-19

Download the app, enable Bluetooth®, and protect your loved ones and yourself.

TraceTogether, Safer Together.

Jointly developed by:



MINISTRY OF HEALTH
SINGAPORE



SG UNITED

In support of:

For more details, visit tracetgether.gov.sg



¹TraceTogether does not track your actual location. Instead, we ask for location permissions to estimate your proximity to other phones. Your data will never be shared with contact tracers, unless you had close contact with a COVID-19 case.