

Issued: 20 July 2021

FAQs
TIGHTENING OF SAFE MANAGEMENT MEASURES FOR SPORT AND
PHYSICAL EXERCISE & ACTIVITY UNDER PHASE 2 (HEIGHTENED ALERT)
(22 JULY TO 18 AUGUST 2021)

A. ON GROUP SIZE FOR SPORT & PHYSICAL ACTIVITIES

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

Ans: From 22 July to 18 August 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. This distancing is increased to 3m between individuals when the activity is high intensity and mask-off (which is currently disallowed under Phase 2 Heightened Alert). 3m distance is to be maintained between groups of up to 2 individuals..

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. No facility, regardless of size, shall admit more than 50 persons. A large sport complex may request to SportSG to manage its premises as separate facilities. Each facility should have a dedicated entrance with separate SafeEntry and temperature screening and separated from adjacent facilities such that intermingling is not possible.

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

Ans:

- For organised programmes and classes indoors, only **masked activities** can take place in multiple groups of 2, up to 30 participants (including instructor) or the capacity limit of the venue, whichever is lower. The groups of 2 are not to intermingle before, during and after the class, and must remain 3 metres apart. Instructors or operators are to maintain a contact list of persons in the different groupings in case there is a need for contact tracing.
- 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. Instructors or operators are to maintain a contact list of persons in the different groupings in case there is a need for contact tracing.

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.

B. ON LOW INTENSITY MASKED 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: From 22 July to 18 August 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**. Common equipment would include climbing walls, aerial exercise equipment, resistance training weights and other similar equipment.

Participants, instructors and staff also have to adhere to a more stringent set of safe management measures (SMMs) per [Annex in the Sport Singapore guidance issued on 20 July](#). 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 tighter SMMs.

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

Ans: These are activities that may be done with mask on at all times. Activities may have to be modified so that participants do not find it necessary to remove their masks., e.g. without the use of equipment, during this period of time.

Qn: I run a 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 offered² 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 Sport Singapore guidance issued on 20 July](#). These apply to activities such as TKD, MMA, Muay Thai, BJJ, Fencing, Judo, Boxing and other similar activities.

The facilities that 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.

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.

- 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.

In addition, all indoor premises should refer to the latest guidance on improving ventilation and indoor air quality in buildings amid the COVID-19 situation, available at: <https://go.gov.sg/bca-circular-improving-ventilation-iaq>

Qn: Are sports such as table tennis, basketball, badminton and volleyball 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.

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 in the Sport Singapore guidance issued on 20 July](#). 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 activities³, 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 Sport Singapore guidance issued on 20 July](#), you may remain open.

Sharing of common equipment is prohibited 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.

³ 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.

- 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: Children under 6 years old are not required by law to wear mask, but it would be good practice for them to do so where possible.

However, if your class is held indoors, only **masked activities** can take place in multiple groups of 2, up to 30 participants (including instructor) or the capacity limit of the venue, whichever is lower. The groups of 2 are not to intermingle before, during and after the class, and must remain 3 metres apart.

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 Sport Singapore guidance issued on 20 July](#), 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 participants⁴, instructors and staff adhere to a more stringent set of safe management measures (SMMs) as per [Annex in the Sport Singapore guidance issued on 20 July](#), 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 changing room/toilet/shower facilities in my gym/exercise studios after they are done with the physical activity?

Ans: Yes they may use the changing room/toilet/shower facilities subject to prevailing safe management measures such as facility capacity and safe distancing. You have to take measures to ensure that transmission risks are minimised in such places. Participants should keep their masks on whilst in the changing rooms, and if they are taking a shower, to put on their mask promptly when done. You should make sure that changing rooms/toilet/shower facility are not overcrowded, and encourage people not to linger on the premises post-activity if they do not need to. 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. Violation of this may result in stop work order issued by the authorities.

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.

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 22 July to 18 August 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 sport/fitness 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 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 15 people (instructors & crew, etc) at the facility with a maximum of 2 persons unmasked at any time for purpose of instructing the online classes, Safe distancing of 3 metres between those doing strenuous activities and 1 metre for the filming crew are 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 15 people (instructors & crew, etc) at the facility with a maximum of 2 persons unmasked at any time for purpose of instructing the online classes, Safe distancing of 3 metres between those doing strenuous activities and 1 metre for the filming crew are 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 have enhanced measures under the Sports Resilience Package to support industry operators affected by the announced closure of indoor gymnasiums and fitness studios. 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 not allowed to take place indoors. They are only allowed outdoors. These classes if held indoors 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 Sport Singapore guidance issued on 20 July](#). 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 the activities to minimise contact as much as possible. Keep total grappling time to no more than 15 minutes in total per session.
- Ensure that 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 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. Not provide common equipment such as punching pads, bags, dummies, use of boxing ring, etc, where fomite transmission risk is high.
- 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 Sport Singapore guidance issued on 20 July](#). If in doubt, you can email the Sport Singapore QSM at <https://members.myactivesg.com/feedback>.

C. 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 spaces⁵ 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.

⁵ 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: I am Zumba instructor conducting outdoor classes. Can I instruct 3 different groups of 2 participants from 22 July? Can I approach participants to guide them?

Ans: You may coach multiple groups of 2 persons, up to 30 pax or the venue capacity limit, whichever is lower, if your activity is of low intensity and participants are masked at all times. The groups of 2 are not to intermingle and must remain 3 metres apart, and that the participants do not switch groupings during the session. You should maintain a contact list of how the groups are organised to assist with contact tracing in the event of an infection.

You can guide the participants from a 3-metre physical distancing at all times. Should you be unable to do so, and need to approach the participants to guide them, you would then need to be part of that group and not intermingle with the other groups.

If the activity is of **high intensity** where masks have to be removed, you can only coach only 1 person i.e. 1-on-1. You cannot coach multiple groups of 2.

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.

D. ON REGULAR FAST & EASY TESTING (FET)

Qn: I am a gym owner who will be pivoting to offer masked activities at my indoor facility. Do my staff need to undergo FET during this period?

Ans: If your staff has already been placed on mandatory regular FET regimes which was mandated on 15 July onwards, he/she will need to continue with the regular 14-day FET requirement. Such regular FET will continue to be made free of charge during this period.

Qn: I am a fitness instructor who will be suspending my classes during this period. Do I still to continue with the mandatory regular FET?

Ans: If you are placed on the mandatory regular FET regimes, but will be suspending your classes, you would not be required to go for the mandatory regular FET.

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

For general information on FET, please contact the general FET hotline at 6876 5830 (Mon - Fri, 8am - 5pm excluding public holidays)

E. ON SPORT EVENTS

Qn: What sport events are currently permitted?

Ans:

- Sport Events can admit up to 50 spectators without the need for attendees to undergo pre-event testing. Should the organiser implement pre-event testing⁶, the number of spectators can be increased to 100, in zones of up to 50 persons.
- Mass Participation Sport Events such as mass runs, open-water swims, cycling and triathlon events can proceed with up to 50 participants without the need for pre-event testing. With pre-event testing, up to 100 participants (in waves of up to 50 persons) are

⁶ Please refer to <https://go.gov.sg/pet> for MOH's latest requirements and guidelines on pre-event testing.

allowed per session, with different sessions adequately separated by time⁷ to avoid the congregation of participants at the venue.

At this juncture, mass participation sport events will not be allowed to accommodate more than 100 participants per session and will not be allowed to have invited spectators. Organisers are to put in place measures to prevent the spontaneous gathering of onlookers for such events.

- Sport Competitions & Tournaments (without spectators⁸) refer to competitions involving timed races or head-to-head matches where there could be multiple heats or qualifying rounds (“sessions”). Such events can continue, but must not exceed 50 persons in each facility, with different sessions adequately separated within a day or across multiple days, to avoid congregation.

Each match is capped at 2 persons (which includes the referees if they need to be in the field of play). If there are multiple matches, close contact must not exceed 50 persons a day for each participant. For example, if a team plays multiple matches a day, each team member shall not play more than 49 others (including teammates) in a day.

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

Ans: On 20 July 2021, the Multi-Ministry Taskforce announced that with effect from 22 July to 18 August 2021, there will be further tightening of safe management measures to curb the transmission of COVID-19 within the community. In view of this, events that were previously endorsed by Sport Singapore will need to have their SMMs updated and organisers are to resubmit their plans using the prescribed form for endorsement by Sport Singapore.

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.

F. ON ACTIVE SG FACILITIES & PROGRAMMES FOR THE PERIOD OF 22 JULY TO 18 AUGUST 2021

Qn: Which ActiveSG sport facilities are closed?

Ans: From 22 July to 18 August, all **indoor** facilities may only allow low intensity sport and physical activities with masks on at all times. Gyms and fitness/exercise/dance studios will be closed during the stipulated period, unless they only offer low intensity physical activities, sport and exercises where all participants and instructors are wearing masks at all times. For a list of closed ActiveSG indoor facilities and programmes during this period, please visit <https://www.myactivesg.com/Facilities/Sport-Centres/Facilities-Closure>.

ActiveSG **outdoor** facilities such as stadiums, tennis courts and pools, as well as tenants of permitted services, will remain open. 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?

⁷ Organisers may propose the number of sessions and time interval between sessions to ensure safe participation, which may vary depending on context.

⁸ Sport tournaments and competitions with spectators will be treated as Live Spectator Sport Events.

Ans: Yes, individuals who display flu like symptoms (e.g. cough, fever above 38 degree Celsius), or those who have recently arrived from overseas and are on Stay Home Notice, those on Quarantine Order / Stay Home Notice, are not allowed within our premises.

Qn: Which programmes under ActiveSG are affected?

Ans: Based on the latest measures, group activities will be reduced to 2 individuals and high intensity unmasked activities are not allowed to take place. Only low intensity masked activities indoors and masked & unmasked activities outdoors are allowed to take place. ActiveSG will be contacting affected participants regarding their classes/programmes in due course.

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

Ans: To safeguard the wellbeing of our guests, the following safe management measures will be put in place at all ActiveSG Sport Centres:

- Implementing temperature taking and recording of visitor details via ToS at our facilities.
- Keeping the operating capacity to no more than 16 Sqm per person⁹ or the venue capacity limit.
- 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.
- Physical distancing of at least 2m between participants when exercising and 3m between different groups should be followed strictly at all times.
- No provision of common equipment such as exercise mats to minimise fomite transmission. Where the sharing of equipment is permitted (in outdoor settings), these should be minimised as far as possible. The equipment should be wiped down / sanitised before passing on for use by the next user. This includes equipment such as weights and balls.
- 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.

ACTIVESG FACILITY SPECIFIC QUESTIONS

1. ActiveSG Stadium

Qn: What are the operating hours of the Stadiums?

Ans: The Stadiums will operate daily from 7.00am to 9.30pm and 7.00am to 10.00pm for organised programmes held at the Stadium gallery.

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

⁹ 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. This is not inclusive of staff.

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 2 metres between individuals and 3 metres between groups must be maintained at all times. No mixing of groups is allowed.

Qn: Is anyone allowed in the Stadium?

Ans: ActiveSG Stadiums remain open to the public till further notice. 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.

From 22 July to 18 August, members of the public may exercise in groups of no more than 2 participants¹⁰ or in organised groups of 2 participants (including the registered instructor), up to a total class size of 30 persons or lower depending on venue capacity and Safe Management Measures.

A physical distancing of 2 metres 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 3 metres 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 2 metres between individuals and 3 metres 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. They should also maintain at least 3 metres apart from other groups sharing the same space and wear their masks when not engaged in strenuous exercises.

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

Ans: Yes. There will be temperature taking and recording of visitor details via ToS at our Stadiums. Users who display flu like symptoms (e.g. cough, fever 38 degree Celsius and above), users who came back from overseas and are on Stay Home Notice, those on Quarantine Order / 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.

¹⁰From 22 July to 18 August, the total class capacity (of multiple groups of 2) will be capped at 30 or the venue capacity limit, whichever is lower. Prevailing Safe Management Measures will apply.

Registered instructors will be allowed to conduct outdoor classes (masked/unmasked activities) at the Stadium with a class capacity capped at 2 pax per group (including instructor) of up to 30 persons. The groups of 2 are not to intermingle before, during, and after the class, and must remain 3 metres apart.

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. As booking slots are limited, ActiveSG encourage hirers to adhere to their allocated time slot to allow others to enjoy the facilities. There will be a \$45 deposit required, which will be refunded back to the hirer's Active Wallet upon commencement of the programme. No-show (without a valid reason) by the hirer will result in the forfeiture of the deposit.

General group exercises not conducted by registered instructors will be capped at the permitted group size of 2 (including instructor) only, with no multiple groups of 2 pax allowed. Instructors must ensure a 3m distance is kept between other groups sharing the same space, at all times so that there is no intermingling between groups.

All physical activity of a social nature should be kept to 2 participants.

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 pax¹¹ at any one time.

Users are to keep their masks on whilst in changing rooms, and if they are taking a shower, to put on their mask promptly when done. Users are also not to mingle with others and to leave as soon as they are done using the facility.

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 continue to remain open to the public till further notice. Wave Pool / Lazy River / Jacuzzi, wading pools and feature play pools will be closed until further notice. To facilitate usage by the different segments of public, there will be time belts 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: 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.

¹¹ The maximum group size for toilets will be capped at 5 pax, or 16 Sqm per pax.

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 - The specific swimming timings are as follows:

Revised Time Slots till further notice		
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 – 1pm*	Lap swim for General Public**	
1pm – 2pm*		
2pm – 3pm*		
3pm – 6pm	Organised swim classes	
6:15pm – 7:15pm	Lap swim for General Public	
7:30pm – 8:30pm		
8:45pm – 9:45pm		

**A small number of organised swim classes will run concurrently
*Subject to the resumption of MOE SwimSafer Programme

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

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 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 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 ToS 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 pax¹² at any one time.

Users are to keep their masks on whilst in changing rooms, and if they are taking a shower, to put on their mask promptly when done. Users are also not to mingle with others and to leave as soon as they are done using the facility.

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 ActiveSG 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 all ActiveSG pools. Each coach can coach up to a maximum of 2 groups of 2 pax (including coach) i.e. 1 coach to 3 students (if the coach has been allocated 2 lanes and is coaching SwimSafer classes level 4,5,6.) If a coach is coaching SafeSafer classes level 1,2,3, the group size remains strictly at 2 pax (including coach).

There should be no intermingling between different groups. Coaches will have to wear masks at all times when they are not in the pool.

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 go into the pool, they must be included in one of the 2 pax¹³ 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.

¹² The maximum group size for toilets will be capped at 5 pax, or 16 Sqm per pax

¹³ Group activities are now limited to no more 2 participants. A coach may coach up to 2 groups 2 pax (including coach), subject to the venue capacity limit and safe management measures. Physical distancing of 2 metres between individuals and 3 metres between groups must be maintained at all times. No mixing of groups is allowed.

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: There is no restriction on the number of sessions to be held consecutively within the allocated slot. Coaches will need to have a confirmed allocated slot before any coaching is allowed in all ActiveSG pools. Each coach can coach up to a maximum of 2 groups of 2 pax (including coach) i.e. 1 coach to 3 students (if the coach has been allocated 2 lanes and is coaching SwimSafer classes level 4,5,6.) If a coach is coaching SafeSafer classes level 1,2,3, the group size remains strictly at 2 pax (including coach).

However, the coach must ensure that 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.

3. ActiveSG Sport Halls and Courts

Qn: Can I use the sport halls and courts?

Ans:

Indoor Sport Halls

From 22 July to 18 August 2021, all indoor sport halls/courts

- **will be closed** for **badminton, squash and table tennis**
- will **remain open** for registered coaches to conduct ***low intensity classes with masks on*** in groups of no more than 2 participants, up to 30 pax (including instructor), or the capacity limit of the venue. The groups of 2 are not to intermingle before, during and after the class, and must remain 3 metres apart.

Outdoor courts

- Outdoor courts will remain open to the public.
- ***High intensity unmasked activities*** can take place with only two persons (including instructor), and there can be no multiple groups of 2. Low intensity masked activities can take place in multiple groups of 2 (including instructor), up to 30 participants or the capacity limit of the venue, whichever is lower. The groups of 2 are not to intermingle before, during, and after the class, and must remain 3 metres apart.

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.

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 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 facilities will be opened daily from 7am to 10pm.

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 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 30pax.

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:

Indoor Sport Halls

From 22 July to 18 August 2021, all indoor sport halls/courts

- **will be closed** for **badminton, squash and table tennis**
- will **remain open** for registered coaches to conduct **low intensity classes with masks on** in groups of no more than 2 participants, up to 30 pax (including instructor), or the capacity limit of the venue. The groups of 2 are not to intermingle before, during and after the class, and must remain 3 metres apart.

Outdoor courts

- Outdoor courts will remain open to the public.
- **High intensity unmasked activities** can take place with only two persons (including instructor), and there can be no multiple groups of 2. Low intensity masked activities can take place in multiple groups of 2 (including instructor), up to 30 participants or the capacity limit of the venue, whichever is lower. The groups of 2 are not to intermingle before, during, and after the class, and must remain 3 metres apart.

- Tennis: Max of 2 pax per group (including coach) for each court
- Basketball: Max of 2 pax per group (including coach) per half court
- Volleyball: Max of 2 pax per group (including coach) per half court
- Floorball: Max of 2 pax per group (including coach) per half court
- Netball: Max of 2 pax per group (including coach) per half court

Qn: I am a coach for indoor sports (eg badminton, table tennis, squash), can I coach 2 students consecutively within my allocated 50min timeslot?

Ans: Yes you can, under the following conditions: the coach is the hirer and the hirer must always be present. The first student must leave the Sport Hall before the next student can enter.

Qn: I am a coach for indoor sports (eg badminton, table tennis, squash). The hirer of the court is the parent of my student(s). As only 2 pax are allowed into the court (including coach), can we still proceed with the coaching session?

Ans: For the coaching session, the hirer must be present to sign in for the booked court but is not required to stay throughout the session. Parents may wait outside the Sport Hall or return to pick their children after. Using screenshots of the booking to sign in is not permissible.

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 pax¹⁴ at any one time.

Users are to keep their masks on whilst in changing rooms, and if they are taking a shower, to put on their mask promptly when done. Users are also not to mingle with others and to leave as soon as they are done using the facility.

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 22 July – 18 August 2021, all ActiveSG gyms will be temporarily closed.

Qn: Why are the gyms closed?

Ans: ActiveSG gyms are closed temporarily from 22 July – 18 August 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 19 August 2021?

¹⁴ The maximum group size for toilets will be capped at 5 pax, or 16 Sqm per pax.

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.

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 22 July – 18 August 2021, studios, including those operated by commercial enterprises, are to close during the stipulated period, unless they are non-air-conditioned and 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 in due time.

6. Dual-Use Scheme 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 22 July to 18 August 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 from 24 July 2021 (Saturday). Affected bookings will be cancelled and booking fees refunded in due time.

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.