



SINGAPORE SWIMMING ASSOCIATION

SAFE MANAGEMENT MEASURES FOR
AQUATIC ACTIVITIES FOR
26 April 2022 onwards

Updated: 23 April 2022 | Version 32

1. On 22 April 2022, the Multi-Ministry Taskforce (MTF) announced the nation's transition of the Disease Outbreak Response System Condition (DORSCON) level from the current Orange down to Yellow, which means that the disease is typically mild and is being contained, causing minimal disruption to our daily lives. Correspondingly, there will be further easing to the community safe management measures (SMMs) from 26 April 2022.
2. From 26 April 2022 (unless otherwise stated), the following SMMs will apply to all sporting and physical exercises & activities, and public & private sporting & recreational facilities in Singapore.
3. This document provides the safety management measures (SMM) to assist and offer guidance to all pool facility owners, swim school owners, administrators and coaches in Singapore so they can plan to continue aquatic lessons for learn to swim participants and competitive athletes, in line with the new Government restrictions, as safely as possible.

DISCLAIMER

4. This position is current as at 2100 (SGT) on 23 April 2022.
5. Our guidelines must be considered against our remit as a national governing body for the aquatic sport of swimming, water polo, artistic swimming, diving and open water, with a key focus on competitive aquatic sports and learn to swim programs.
6. While all care has been taken in the preparation of these guidelines and templates, the Singapore Swimming Association (SSA) has not and cannot make any representation or warranty that relying on this guide and the templates will ensure the health and safety of participants in club, venue or swimming activities. SSA is not liable to users of this guide and templates for any loss or damage however caused resulting from the use of this guide and templates, nor do they accept any responsibility for the accuracy of the information or your reliance upon it. You should consider whether you wish to obtain your own medical and legal advice.
7. For the latest updates on COVID-19 for sport and physical exercise & activity, please visit <https://www.sportsingapore.gov.sg/COVID19/Safe-Management-Measures>.

SAFE MANAGEMENT MEASURES FOR SPORT & PHYSICAL EXERCISE / ACTIVITY FROM 26 APRIL 2022

8. Permitted enterprises are **responsible to ensure** that these SMMs are adhered to on their premises.
9. **Mask Wearing.** Mask wearing will continue to be required for indoor¹ settings but will be optional in outdoor settings.
 - a. For **indoor** activities, masks may be taken off when performing strenuous activity or as part of a class requirement but will have to be put on after the completion of such strenuous sporting and physical activity/class and during rest breaks.
 - i. Coaches and instructors must be masked at all times and cannot remove mask to give instructions except during demonstration that requires face to be submerged.
 - b. For **outdoor** activities, individuals are encouraged to wear their masks for personal protection and to protect others, especially in crowded areas.
10. **[New] Safe Distancing.** Safe distancing will no longer be required between individuals or between groups, regardless of settings i.e. indoor/outdoor, masked/unmasked.
11. **[New] Group Size Limits.** There will no longer be a group size limit, i.e. individuals will not be required to keep to a group of 10 persons for unmasked activities.
12. **[New] Venue Capacity.** There will no longer be a capacity limit for events, i.e. events with >1,000 pax and that are masked will no longer be subjected to a capacity limit of 75%.
13. **[New] Class Sizes.** Class size limits for all settings will be lifted. They will be subjected to the prevailing fire safety and capacity requirements of the room/venue.

¹ *Indoor places refer to areas within buildings or enclosed places, and typically have clearly defined entrances/exits. They include office buildings, shopping malls, public transport (i.e. when commuting in trains and buses), and hawker centres and coffeeshops. Places which are sheltered but which are not enclosed at the sides and allow open access generally will be regarded as outdoor areas. For example, Housing Development Board (HDB) void decks, retail block walkways, bus stops, and naturally ventilated bus interchanges will be regarded as outdoor areas.*

14. **[New] Vaccination-Differentiated SMMs (VDS) for Indoor Sport Facilities and Sporting Events.**

- a. Indoor Sport Facilities. VDS is no longer required for indoor sports facilities. These facilities do not need to implement checks on vaccination status.
- b. Sporting Events with:
 - i. ≤500 participants at any one time, irrespective of setting (indoors/outdoors, masked/unmasked), do not need to implement VDS or checks on vaccination status.
 - ii. >500 participants at any one time will have to continue implementing VDS. Event organisers will need to implement checks on participants² vaccination status before they enter the venue.
- c. VDS Exemptions. Individuals who have recovered from a COVID-19 infection², medically ineligible for COVID-19 vaccination and unvaccinated children aged 12 and below are exempted from VDS and can participate VDS activities similar to fully vaccinated individuals.
- d. Workforce Vaccination Measures (WVM). In line with the removal of VDS, the Workforce Vaccination Measures (WVM) implemented by the Ministry of Manpower (MOM) will also be lifted. Nevertheless, employers will still be allowed the flexibility to continue imposing WVM. Please refer to MOM's website for further details.
- e. In line with the removal of group size, the Team Sport Formats under VDS for up to 30 fully vaccinated individuals at approved sport facilities such as ActiveSG and PA facilities, and SportSG approved private facilities, will be discontinued.

15. **Sunsetting of TraceTogether (TT) and SafeEntry (SE).** MOH will no longer collect and use TT/SE data and the public will not be required to upload TT data or submit their TT tokens. However, the TT/SE functionality will be maintained as a means of conducting VDS checks for the settings that still require it. The public is strongly encouraged to keep the TT application on their phones and/or hold on to their TT tokens, as a means of remaining resilient and retaining the capability to rapidly step-up contract tracing and VDS checks should these be needed, e.g., in the event of the next Variant of Concern.

² Persons who have completed their vaccination regime and recovered from COVID-19, as well as persons who are unvaccinated or have incomplete vaccination status, and recovered from COVID-19 within 180 days from the day of the first positive PCR/healthcare-administered ART result, may also be managed similarly to a fully vaccinated individual. Individuals may check whether they are considered "fully vaccinated" at <https://go.gov.sg/vax-status-query>. The Expert Committee on COVID-19 (EC19V) has recommended a booster dose for recovered persons aged 12 and above who have completed their primary vaccination, in view of waning immunity. This booster should not be delayed beyond 9 months after completing their primary vaccination series, and should be received at least 28 days after the infection. From 1 June 2022, these recovered persons will need to receive the booster dose within 9 months of their last primary vaccination dose, in order to maintain their vaccinated status.

16. As a precautionary measure, individuals are advised to avoid strenuous physical activities - no jogging, swimming, cycling, school PE or sports for **2 weeks** after their first and second **vaccination** doses as well as **booster** dose.
17. Athletes, coaches or other approved personnel who are 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 until they have been cleared to do so by a doctor, given the potential for worsening illness. Please refer to <https://www.covid.gov.sg/> for the updated protocols.
18. 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. SSA, clubs and individuals should also apply a graded return to mitigate injury risk, understanding that sudden increase in training load will predispose to injury.

SPORTS EVENTS / CLUB-ORGANISED / SSA-SANCTIONED MEETS

19. **Sporting Events.** In addition to the paragraph 14(b), the following measures apply to all sporting events:

- a. **[New]** Food & beverage can be supplied and consumed at all sporting events. When indoors, masks can only be removed when eating/drinking or performing strenuous activities.
- b. **[New]** Spectator Sporting Events. Mask-wearing will continue to be required for spectator sporting events held indoors. Masks can only be removed when consuming food and drinks. VDS will be implemented for events with >500 spectators.
- c. **[New]** Mass Participation Sporting Events. Mass participation sporting events, such as mass runs, open-water swims, cycling and triathlon events, can proceed without a specific event size limit. As good practice to avoid overcrowding, event organisers can organise participants in waves of up to 100 persons.

Spectators are permitted but must comply with the requirements at paragraph 19(b) above.

- d. **[New]** Sporting Competitions & Tournaments refer to competitions involving timed races or head-to-head matches where there could be multiple heats or qualifying rounds. While there is no group size requirement, the number of individuals at the facility is subjected to the prevailing fire safety and room/venue capacity requirements. Organisers may consider arranging competitions with different sessions, adequately separated within a day (i.e., at different times of a day) or across multiple days, to avoid congregation of participants.

Spectators are permitted but must comply with the requirements at paragraph 19(b) above.

- e. At sporting events where public speaking is necessary, such as by the guest-of-honour or an event emcee, the speaker can be unmasked. The speaker will have to be masked after delivering his/her speech. To be clear, this provision does not apply to an instructor/coach/referee unmasking to give instructions indoors.

- f. Organising Sporting Events. Sporting events that are organised within prevailing SMMs no longer need Sport Singapore's endorsement to proceed. Only events with SMM deviations will need to be endorsed by Sport Singapore before they can be conducted. Organisers will have to submit an application to Sport Singapore at <https://www.sportsingapore.gov.sg/COVID19/Sport-Event-Applications> at least 14 days prior to the start of the event to give time for evaluation and discussion. Organisers are advised not to carry out related marketing/publicity efforts before receiving endorsement from Sport Singapore as the event may require modifications before it may proceed³.

Sport Singapore's endorsement is only for the sporting event SMMs. Organisers will need to seek further approval from facility owner / relevant agencies before their event can proceed.

- g. All club-organised / SSA-sanctioned meets (including participants, spectators, officials, event crew and support staff) must be endorsed by SSA before they can be conducted. Application can be submitted to contact@swimming.org.sg at least 30 days prior to the start of the event to give time for evaluation and discussion. SSA's endorsement is only for the club-organised / SSA-sanctioned meets.

20. In addition to the SMMs under the preceding paragraphs, other SMMs will continue to be in place, and should be complied with. Facility owners/operators will have to:

- a. Frequently disinfect common spaces/equipment and interactive components (e.g., shared exercise equipment, smart kiosks, turnstiles, changing benches, hooks for clothes, etc.). Operators are strongly encouraged to adopt good sanitation and hygiene practices to achieve the SG Clean quality mark.
- b. 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-guidance-note-iaq-26sep> if they are operating indoor facilities.
- c. Place hand sanitisers in close proximity of the facility entrance and high touch surfaces like door handles. Attendees should be encouraged to sanitise their hands before entering and upon leaving the facility.
- d. Ensure that instructors/coaches/participants do not shout while engaging in physical activities. This is because shouting increases the risk of transmission via droplets.
- e. Ventilate the room after each class ends.

³ Organisers will be responsible for the costs of the event (including the additional costs of modifications), and/or compensation to participants arising from event postponement or cancellation.

TOWARDS A COVID-19 RESILIENT NATION

21. While this round of easing SMMs is a significant step in our return to normalcy for the majority of the population and signals a viable means to living with COVID-19 in the longer-term, members of the public are urged to remain vigilant and observe SMMs in place. We all have a part to play in keeping COVID-19 at bay and protecting ourselves and our loved ones.
22. Government agencies will be conducting inspections. Enforcement action(s) under the COVID-19 (Temporary Measures) Act and the Infectious Diseases Act will be taken against businesses or individuals who fail to comply with SMMs.
23. For the latest updates on COVID-19 for sporting and physical exercise & activity, please visit <https://www.sportsingapore.gov.sg/COVID19>. For queries, members of the public can email the Sport Singapore QSM at <https://members.myactivesg.com/feedback> or call 1800-344-1177 during office hours (Mondays to Fridays, 9.00am to 6.00pm).
24. This guidance supersedes all advisories issued by Singapore Swimming Association before this date.