

Issued 23 April 2022

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

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**, the following SMMs will apply to all sporting and physical exercises & activities, and public & private sporting & recreational facilities in Singapore.

***SMMs for Sport & Physical Exercise / Activity From 26 April 2022***

3. Permitted enterprises are responsible to ensure that these SMMs are adhered to on their premises.

4. **Mask Wearing.** Mask wearing will continue to be required for *indoor*<sup>1</sup> 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.

b. For ***outdoor*** activities, individuals are encouraged to wear their masks for personal protection and to protect others, especially in crowded areas.

5. **[New] Safe Distancing.** Safe distancing will no longer be required between individuals or between groups, regardless of settings i.e. indoor/outdoor, masked/unmasked.

6. **[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.

7. **[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%.

---

<sup>1</sup> 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.

8. **[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.

9. **[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 participants' vaccination status before they enter the venue.

c. VDS Exemptions. Individuals who have recovered from a COVID-19 infection<sup>2</sup>, 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.

10. **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.

---

<sup>2</sup> 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. From 1 June 2022, these recovered persons will need to receive the booster dose within 9 months of their last primary vaccination dose to maintain their vaccinated status. Individuals may check whether they are considered "fully vaccinated" at <https://go.gov.sg/vax-status-query>

11. **Sporting Events.** In addition to the paragraph 9(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 11(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 11(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 proceed<sup>3</sup>.

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.

12. 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.

### ***Towards a COVID-19 Resilient Nation***

13. 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.

14. 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.

---

<sup>3</sup> 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.

15. 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).

16. This guidance supersedes all advisories issued by Sport Singapore before this date.

\*\*\*