

Issued: 24 May 2020

## **ADVISORY ON GRADUAL RESUMPTION OF SPORT AND PHYSICAL EXERCISE / ACTIVITY AFTER CIRCUIT BREAKER (2 JUNE ONWARDS)**

The Multi-Ministry Taskforce announced on 19 May 2020 that the Circuit Breaker will end on 1 June 2020 and that Singapore will gradually resume activities over three phases. This advisory covers sport and physical exercise/activity, and options for the fitness industry under Phase One, which will come into effect on 2 June 2020.

### **Return to Sport and Physical Exercise/Activity under Phase One**

2. In Phase One (“Safe Re-opening”), public<sup>1</sup> and private sport and recreational facilities will remain closed. However, Singaporeans should continue exercising to sustain their health and well-being.

- a) **Exercising at Home.** Members of the public should continue exercising at home to minimise risks of community transmission. Seniors who are more vulnerable to illness should stay home to exercise. Online resources such as <https://circle.myactivesg.com/circuit-breaker>, offer varied virtual classes and events, as well as tips and advice on home-based exercise.
- b) **Exercising Outdoors.** Individuals may go outdoors, in their immediate neighbourhoods to engage in basic exercise such as walking, running, cycling or other similar exercises. They may exercise with members living in the same household<sup>2</sup>, although we still encourage exercising alone so as to reduce the number of people outdoors. No one should linger outside after their exercise and they should return home immediately after they are done. Safe distancing measures must be observed at all times between people of different households, and there must not be any gathering in groups. Consequently, coaching by anyone from a different household is also not permitted.

Masks must be worn when leaving and returning home from exercise.<sup>3</sup> Mask wearing is only not required when one is engaged in strenuous exercise such as running, jogging/brisk walking, cycling and other similar activities. Masks must be donned after one has completed strenuous exercise.

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<sup>1</sup> Tenants at ActiveSG Sport Centres offering essential services (such as F&B outlets and childcare services) will be subject to the prevailing MTI advisories on what may be open. Refer to **Annex A** for the list of tenants that will be opened.

<sup>2</sup> These refer to the people who live in the same residence as you and not family members who do not stay at the same address as you.

<sup>3</sup> This includes children age two years and above. Some groups may have difficulty wearing a mask, including children with special needs and some young children aged two and above, and there will be flexibility exercised for these groups in enforcement.

Observe exercise etiquette when exercising outdoors. Individuals can refer to the infographic on exercise etiquette<sup>4</sup> (or the attached QR code) to learn how they can do their part to keep themselves and the community safe.



- c) **Facilitating Contact Tracing.** Members of public should install the TraceTogether app to facilitate contact tracing.

### **Available Options for Fitness Industry under Phase One**

3. In Phase One, fitness operators may be granted access to their business facilities for the purpose of recording content for online classes involving a limited number of staff, *subject to approval*. They have to send in their application to MTI and ensure safe management measures are in place. More information is available at [covid.gobusiness.gov.sg](https://covid.gobusiness.gov.sg).

4. **ActiveSG Circle.** Industry players are encouraged to reach out to their communities online. For those who need support, they can partner Sport Singapore on a digital journey through the ActiveSG Circle ([circle.myactivesg.com/circuit-breaker/about](https://circle.myactivesg.com/circuit-breaker/about)), which is a platform that connects service providers with consumers of health and wellness programmes. Through the ActiveSG Circle, industry players can deliver recorded or live sport and physical exercise/activity content, and have their content amplified across their own or Sport Singapore's channels.

5. **Job Opportunities.** Sport Singapore is providing temporary employment opportunities for workers in the sector whose livelihoods have been impacted, with more than 500 job opportunities available. These jobs support continuing operations and industry development, and are listed on Workforce Singapore's SGUnited job portal and SportSG's job portal: [sportsingapore.gov.sg/careers/job-listings](https://sportsingapore.gov.sg/careers/job-listings).

6. **Training & Upskilling Opportunities.** Self-employed persons can also take the opportunity to upskill and engage in training online, and qualify for training allowances. Sport Singapore's training arms, the ActiveSG Training Centre and CoachSG, are offering courses with SkillsFuture funding, in cooperation with NTUC and WSG. Courses cover a range of topics from digital marketing to design thinking, as well as specialised subjects such as sports science. Sport Singapore is also working with institutes of higher learning, such as Republic Polytechnic, to enhance course delivery and expand training capacity. Those who are interested may visit the following portal for courses and training opportunities: <https://e2i.com.sg/individuals/ntuc-training-fund>.

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<sup>4</sup> [https://www.sportsingapore.gov.sg/Newsroom/Media-Releases/2020/\(Updated\)-Infographic---Etiquette-For-Exercising-In-Common-Spaces](https://www.sportsingapore.gov.sg/Newsroom/Media-Releases/2020/(Updated)-Infographic---Etiquette-For-Exercising-In-Common-Spaces)

### **Return to Sport and Physical Exercise/Activity under Phase Two**

7. The Multi-Ministry Taskforce will decide on an appropriate time to move into Phase Two ("Safe Transition"). In Phase Two, sports facilities, such as gyms and fitness studios, will be gradually allowed to re-open, subject to the implementation of safe management practices at the venue and for facility staff and users. The return to sport and physical exercise/activity under this Phase will be based on the following considerations:

- a) **Group Size Limitation.** Limiting group size and minimising interactions within the group, allows for community transmissions to be more effectively contained. The permitted group size may be gradually raised over time.
- b) **Safe Distancing.** Distancing requirements will influence the nature of activities allowed and the capacity of sports facilities. For instance, safe distancing may require sport formats involving deliberate body contact between participants to be deferred until it is less risky. However, technical training drills may still proceed. Sharing of common equipment would be discouraged. Safe distancing measures will also apply to non-participants (e.g. observers) outside the field of play / courts.
- c) **Environmental Factors.** Outdoor facilities with better air circulation would carry lower risks than indoor environments.

Sport Singapore will issue another advisory ahead of Phase Two. We will continue to engage industry players (coaches, instructors and businesses) to prepare for the gradual resumption of activities. More information on the support available for the industry can be found at <https://www.sportsingapore.gov.sg/Partner-with-Us/Support-for-Sport-Businesses>.

### **Everyone Has a Role to Play against COVID-19**

8. With the gradual easing of measures, Singaporeans must remain vigilant and observe safe distancing measures in place to minimise the risk of community transmissions.

9. As the situation evolves, measures may be amended accordingly. For the latest updates on COVID-19 for sport and physical exercise/activity, please visit [sportsingapore.gov.sg](https://www.sportsingapore.gov.sg). For queries, members of the public can email the SportSG QSM at [SPORT\\_QSM@sport.gov.sg](mailto:SPORT_QSM@sport.gov.sg) or call 1800-344-1177 during office hours (Mondays to Fridays, 9.00am to 6.00pm).

- End -

**Annex A**

**LIST OF SERVICES THAT REMAIN AVAILABLE AT ACTIVE SG SPORT CENTRES DURING FACILITIES CLOSURE**

- List is correct as of 24 May 2020, noon.
- Members of the public are advised to contact the respective tenants before heading down. The sport facilities will be closed to the public.

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| 1. Bishan Sport Centre                   | <ul style="list-style-type: none"> <li>• Good Bites</li> </ul>  |
| 2. Choa Chu Kang Sport Centre            | <ul style="list-style-type: none"> <li>• Kentucky Fried Chicken</li> <li>• Singapore Post (POPStation)</li> <li>• Star Learners @ CCK Sports Centre</li> </ul>  |
| 3. Heartbeat@Bedok ActiveSG Sport Centre | <ul style="list-style-type: none"> <li>• Burger King</li> <li>• Heavenly Wang</li> <li>• Kaki Makan</li> <li>• RedMan at Heartbeat@Bedok</li> <li>• Ren Tian Tang Herbal Haircare (2 Jun onwards)</li> <li>• SuperGenius Preschool HBB</li> <li>• Subway</li> <li>• Swee Heng Bakery</li> <li>• Unity Dental</li> <li>• Watson's Personal Care</li> </ul> |
| 4. Hougang Sport Centre                  | <ul style="list-style-type: none"> <li>• Singapore Post Limited (POPStation)</li> </ul>   |
| 5. Jalan Besar Sport Centre              | <ul style="list-style-type: none"> <li>• Broadway Food Centre</li> </ul>  |
| 6. Jurong East Sport Centre              | <ul style="list-style-type: none"> <li>• Kentucky Fried Chicken</li> <li>• PastaMania</li> <li>• Singapore Post (POPStation)</li> <li>• Kidz Treehouse Student Care (2 Jun onwards)</li> </ul>  |
| 7. Jurong West Sport Centre              | <ul style="list-style-type: none"> <li>• MindChamps PreSchool @ Jurong West</li> <li>• The Enrichment Childcare</li> <li>• Singapore Post (POPStation)</li> <li>• Bridge Learning (2 Jun onwards)</li> <li>• Safari House Preschool (2 Jun onwards)</li> </ul>  |
| 8. Pasir Ris Sport Centre                | <ul style="list-style-type: none"> <li>• Burger King</li> <li>• Kcuts</li> <li>• McDonald's</li> <li>• MSF Social Service Office</li> <li>• Singapore Post (POPStation)</li> </ul>  |

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|--------------------------------------|---|
| 9. Sengkang Sport Centre             | <ul style="list-style-type: none"> <li>• Kcuts</li> <li>• McDonald's</li> <li>• PastaMania</li> <li>• Singapore Post (POPStation)</li> <li>• Star Learners</li> </ul> |
| 10. Serangoon Sport Centre           | <ul style="list-style-type: none"> <li>• Singapore Post (POPStation)</li> </ul>   |
| 11. Woodlands Sport Centre           | <ul style="list-style-type: none"> <li>• Citrus By The Pool</li> <li>• Singapore Post (POPStation)</li> </ul>   |
| 12. Yio Chu Kang Sport Centre        | <ul style="list-style-type: none"> <li>• MindChamps Pre-school</li> <li>• Singapore Post (POPStation)</li> </ul>  |
| 13. ActiveSG Hockey Village@Boon Lay | <ul style="list-style-type: none"> <li>• Little Explorers' Cove</li> </ul>  |