

FAQs FOR GRADUAL RESUMPTION OF SPORT AND PHYSICAL EXERCISE / ACTIVITY AFTER CIRCUIT BREAKER (2 JUNE ONWARDS)

A. Outdoor Activities During Phase One (“Safe Re-opening”)

Qn: Am I still allowed to exercise outdoors?

Ans: While not encouraged, individuals may leave home to walk, run, cycle or engage in other similar exercise, alone, or only with members living in the same household. They should do so in their immediate neighbourhoods, rather than travel unnecessarily to other parts of Singapore. Individuals should not linger after their exercise and should return home immediately after they are done with their exercise. All other exercises must be done at home.

Refer to [Etiquette for Exercising in Common Spaces](#) on how you can do your part in keeping you and your community safe.

Qn: Am I allowed to exercise with my family outdoors?

Ans: While not encouraged, individuals may leave home to walk, run, cycle or engage in other similar exercise, alone, or only with members living in the same household. They should do so in their immediate neighbourhoods, rather than travel unnecessarily to other parts of Singapore. Individuals should not linger after their exercise and should return home immediately after they are done with their exercise. All other exercises must be done at home.

Refer to [Etiquette for Exercising in Common Spaces](#) on how you can do your part in keeping you and your community safe.

Qn: Which sport and physical activity are we allowed to do?

Ans: While not encouraged, individuals may leave home to walk, run, cycle or engage in other similar exercise, alone, or only with members living in the same household. They should do so in their immediate neighbourhoods, rather than travel unnecessarily to other parts of Singapore. Individuals should not linger after their exercise and should return home immediately after they are done with their exercise. All other exercises must be done at home.

Refer to [Etiquette for Exercising in Common Spaces](#) on how you can do your part in keeping you and your community safe.

Qn: Am I allowed to exercise within my condominiums?

Ans: According to [BCA's advisory on 12 May 2020](#), residents living in strata-titled residential buildings may exercise within the common areas of these private residential developments such as footpaths from 5 May 2020, but must continue to practise safe distancing measures. This includes walking, jogging (with or without pets). Residents are reminded to wear a mask when they go out for exercise.

All sports and recreational facilities within these private residential developments such as playgrounds, pools, gyms, barbeque pits and club houses are to remain closed.

Qn: When I am outside, is it compulsory to wear masks at all time?

Ans: According to the Multi-Ministerial Taskforce's announcement on 19 May 2020 and SportSG's 24 May 2020 “Advisory On Gradual Resumption To Sports And Physical Exercises / Activities After Circuit Breaker (2 June Onwards)”, it is compulsory for all members of the public to wear a mask when they go out for essential services or exercise.

However, you may remove your mask when doing strenuous exercises such as running, jogging, cycling and other similar activities. You must put on your mask after you have

completed your exercise. Individuals who do not comply are subjected to fines or prosecutions in court for egregious cases.

As a guide, members of the public can refer to the following table on mask wearing while exercising:

Exercise	Mask Needed?
Running	No
Jogging	No
Cycling	No
Static exercises and drills for warm-ups, strength and flexibility	No
Walking <i>strenuously</i> such as brisk walking, walking on hilly terrain e.g. Bukit Timah Nature Reserve, Bukit Batok Nature Park	No
Walking or strolling <i>leisurely</i>	Yes
Any other permissible exercises	Yes

Refer to [Etiquette for Exercising in Common Spaces](#) on how you can do your part in keeping you and your community safe.

Qn: Will I be fined if I do not wear a mask when I go outside of my home?

Ans: Yes. First-time offenders will be issued composition offers of \$300, and repeat offenders will face higher fines or prosecutions in court for egregious cases.

Enforcement officers and ambassadors will be deployed daily across the island to enforce this requirement. Sport Singapore enforcement officers (EOs) can be identified by their corporate attire and the Safe Distancing EO pass and armband:



SportSG EO's Attire



Safe Distancing EO pass and armband

B. Sport Singapore Facilities & Programmes During Phase One (“Safe Re-opening”)

ActiveSG Facilities

Qn: Are all ActiveSG sport facilities closed?

Ans: According to the Multi-Ministerial Taskforce’s announcement on 19 May 2020, all ActiveSG sport facilities remain closed to the public in Phase One.

Qn: Which facilities within ActiveSG are still open to public?

Ans: Tenants at ActiveSG Sport Centres such as F&B outlets, pharmacies, haircut salons and childcare centres will remain open to the public, but F&B outlets will only offer take-away services.

All visitors are required to observe a physical distance of 1 metre between persons at all times. They should not loiter at these premises and should leave promptly after they have been served. See Annex A for the list of tenants that are opened at ActiveSG Sport Centres.

Qn: Members of the public are encouraged to remain active, hence why are the ActiveSG sport facilities being closed?

Ans: The decision to close all ActiveSG sport facilities is to protect the health and wellbeing of the public. By minimising the gathering and mixing between individuals from different households, we can further reduce the transmission of COVID-19.

Members of the public can remain active and fit through functional exercises done at home. Some online resources they can refer to: <https://circle.myactivesg.com/circuit-breaker> or scan this QR code.



Qn: Can I bring my family to the stadium to exercise together?

Ans: No, all ActiveSG stadiums remain closed in Phase One. We strongly encourage all members of the public to remain active and fit by exercising at home.

Qn: I don’t want to miss any of my programmes. Can I still come to your facility?

Ans: No, all sport programmes are suspended, and sport facilities remain closed in Phase One.

Bookings & Refunds

Qn: How will affected participants be informed?

Ans: Affected participants will be/have been notified via SMS. They can also check for more information on our myactivesg website.

Qn: If swimming pools/gyms close, can I get a refund for my monthly swim/gym pass?

Ans: The membership duration will be extended accordingly for your pass. No action is needed on your part.

Qn: If gyms close, can I get a refund for my bi-annual gym pass?

Ans: The membership duration will be extended accordingly for your pass. No action is needed on your part.

Qn: Will I be refunded for the cancellation of courts/programmes?

Ans: Yes, refunds will be automatically credited back to the patron's eWallet, which can be used to offset payment for future bookings of SportSG facilities/programmes. We seek your patience to allow us some time to process the refund back to your eWallet.

Qn: Will I be refunded for the cancellation of my programmes at The Rink@JCube?

Ans: Requests for refunds can be done via email to info@therink.sg with your booking confirmation voucher, cancellation rationale (e.g. COVID-19) and contact details.

C. All Other Sport Facilities During Phase One ("Safe Re-opening")

Qn: When will sport facilities be suspended until?

Ans: Based on the Multi-Ministerial Taskforce's announcement on 19 May 2020, all sports and recreation facilities will remain closed in Phase One.

Qn: Which sport facilities are closed to general public access?

Ans: Based on the Multi-Ministerial Taskforce's announcement on 19 May 2020, all sports and recreation facilities will remain closed in Phase One.

This includes those stated in the earlier advisories¹, and is not limited to gyms, studios, fields, courts, swimming pools, as well as golf courses and driving ranges in public and private/commercial spaces. Facilities and spaces operated by town councils, private apartments and condominiums, country clubs, golf clubs, businesses and national sports associations are also closed during Phase One ("Safe Re-opening").

Qn: Can I still access the public sport facilities around my estate?

Ans: Except for permitted spaces², all shared sport facilities such as swimming pools, gyms, courts and exercise corners within public housing estates and condominiums remain closed in Phase One.

¹ MOH's 3 Apr 2020 advisory "Circuit Breaker To Minimise Further Spread Of COVID-19", SportSG's 5 Apr 2020 "Advisory on Sport and Physical Exercise & Activities for the Control Period of 7 April 2020 to 4 May 2020", and updated COVID-19 (Temporary Measures) (Control Order) Regulations 2020.

² Refers to a length of path that is a public path, on a green or an open space that is managed or maintained by the Government or a public body and is accessible to the general public without payment of any fee or in or on any part of the common property of a subdivided building in any residential premises, that is not closed under regulation 9(2) of the COVID-19 (TEMPORARY MEASURES) ACT 2020.

Qn: Are sport or exercise allowed on water-bodies during this extended period?

Ans: No sport and exercise on water-bodies such as basins, rivers, reservoirs, lakes and seas are to be conducted.

Qn: With this new advisory, is it compulsory for all private academies and clubs to close their training centre?

Ans: Yes. All sports and recreation facilities must remain closed in Phase One.

Qn: I am a private coach, can I conduct coaching at condominiums/private clubs/private homes?

Ans: No coaching of any group sizes and ages are to be conducted in condominiums/private clubs/private homes. There should be no mixing between households, and this means that private coaches must not be physically present with clients to run individual or group programmes at home or outdoors except through online channels.

Qn: I am a private coach, can I still conduct one-to-one coaching at Parks or Stadiums?

Ans: No. There should be no mixing between households, and this means that private coaches must not be physically present with clients to run individual or group programmes at home or outdoors except through online channels.

Qn: I stay at this condominium. Can I continue using my own facility?

Ans: According to [BCA's advisory on 12 May 2020](#), all common facilities in strata-filled developments that are used for sports and recreational purposes such as the swimming pool, playground, club house/ function room, tennis court, gym room, barbeque pits, roof top gardens etc must be closed with effect from 7 April 2020.

While not encouraged, individuals may leave home to walk, run, cycle or engage in other similar exercise, alone, or only with members living in the same household. They should do so in their immediate neighbourhoods, rather than travel unnecessarily to other parts of Singapore. Individuals should not linger after their exercise and should return home immediately after they are done with their exercise. All other exercises must be done at home.

Refer to [Etiquette for Exercising in Common Spaces](#) on how you can do your part in keeping you and your community safe.

Qn: Can my family members (those who don't stay with me) come to my condominium to use my facility?

Ans: According to the Multi-Ministerial Taskforce's announcement on 19 May 2020, all sports and recreation facilities, including swimming pools and gyms, will remain closed in Phase One.

We also urge interaction between individuals to be kept to members staying within the same household and for all members of the public to stay home as much as possible.

Members of the public can remain active and fit through functional exercises done at home. Some online resources they can refer to: <https://circle.myactivesg.com/circuit-breaker> or scan this QR code.



Qn: Can I move my programmes outdoor?

Ans: No. All organised sports and physical activities shall cease, regardless of location or group size during Phase One. This includes competitions and matches, coaching and training programmes, as well as social games.

D. All Fitness Industries During Phase One (“Safe Re-opening”)

Qn: Can I open my private gym or fitness facilities to the public?

Ans: No. According to the Multi-Ministerial Taskforce’s announcement on 19 May 2020, all sports and recreation facilities are to remain closed in Phase One.

However, gym and fitness operators can access their business facilities for the purpose of recording content for online classes, subjected to approval. They have to send in their application to MTI under the Time-Limited Exemption (TLE), and ensure safe management measures are in place. More information is available at [covid.gobusiness.gov.sg](https://www.covid.gobusiness.gov.sg).

Qn: How many gym or fitness instructors can be in their business facilities at any one time?

Ans: 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 under the Time-Limited Exemption (TLE), and ensure safe management measures are in place. More information is available at [covid.gobusiness.gov.sg](https://www.covid.gobusiness.gov.sg).

Qn: Can I move my filming outdoor?

Ans: No. All recording for online classes must be done within the permitted business facilities. No outdoor recording is allowed.

Annex A

LIST OF SERVICES THAT REMAIN AVAILABLE AT ACTIVESG 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.

1. Bishan Sport Centre	<ul style="list-style-type: none"> • Good Bites
2. Choa Chu Kang Sport Centre	<ul style="list-style-type: none"> • Kentucky Fried Chicken • Singapore Post (POPStation) • Star Learners @ CCK Sports Centre
3. Heartbeat@Bedok ActiveSG Sport Centre	<ul style="list-style-type: none"> • Burger King • Heavenly Wang • Kaki Makan • RedMan at Heartbeat@Bedok • Ren Tian Tang Herbal Haircare (2 Jun onwards) • SuperGenius Preschool HBB • Subway • Swee Heng Bakery • Unity Dental • Watson's Personal Care

4. Hougang Sport Centre	<ul style="list-style-type: none"> • Singapore Post Limited (POPStation)
5. Jalan Besar Sport Centre	<ul style="list-style-type: none"> • Broadway Food Centre
6. Jurong East Sport Centre	<ul style="list-style-type: none"> • Kentucky Fried Chicken • PastaMania • Singapore Post (POPStation) • Kidz Treehouse Student Care (2 Jun onwards)
7. Jurong West Sport Centre	<ul style="list-style-type: none"> • MindChamps PreSchool @ Jurong West • The Enrichment Childcare • Singapore Post (POPStation) • Bridge Learning (2 Jun onwards) • Safari House Preschool (2 Jun onwards)
8. Pasir Ris Sport Centre	<ul style="list-style-type: none"> • Burger King • Kcuts • McDonald's • MSF Social Service Office • Singapore Post (POPStation)
9. Sengkang Sport Centre	<ul style="list-style-type: none"> • Kcuts • McDonald's • PastaMania • Singapore Post (POPStation) • Star Learners
10. Serangoon Sport Centre	<ul style="list-style-type: none"> • Singapore Post (POPStation)
11. Woodlands Sport Centre	<ul style="list-style-type: none"> • Citrus By The Pool • Singapore Post (POPStation)
12. Yio Chu Kang Sport Centre	<ul style="list-style-type: none"> • MindChamps Pre-school • Singapore Post (POPStation)
13. ActiveSG Hockey Village@Boon Lay	<ul style="list-style-type: none"> • Little Explorers' Cove