



# SAFE RETURN TO SPORT GUIDELINES

8<sup>TH</sup> JANUARY 2021  
VERSION 4.1

# OVERVIEW

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- Plan
- Prepare
- Communicate, Educate & Cooperate
- Be Flexible
- Manage expectations for a new “Normal”

# OVERVIEW

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- Athletes Health & Safety as #1 Priority
- Follow the plan & Cut no corners
- The 3 Gs “Get in, Get on, Get out”
- Remain vigilant
- Stay updated on latest Government Regulations

# GUIDELINES

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- Return to Training
- Safe Management Officers (SMOs)
- Facilities Access
- Measures within Facilities
- Measures during Training
- General Hygiene
- General Measures
- Education
- Isolation
- Contingency Protocols

# Return to Training

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- Individuals must not return to Sport if they have been unwell (showed any symptoms; fever (above 38 degree Celsius), sore-throat, cough, flu etc.) in the last 14 days or had any close contact with a known or suspected case of COVID-19.
- Anyone who is unwell should be referred to a doctor in accordance to Ministry of Health (MOH) guidelines.
- Any individuals who are possibly infected with COVID-19 must refrain from training at any venues, even from home until they are cleared by a medical doctor to do so.
- Attention should be placed towards gradual increase in training loads when returning to training in order to mitigate any risk of injuries.

# Safe Management Plan (SMP)

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- Appointment of in-house Safe Management Officers (SMOs) who are briefed to oversee and ensure that the Safe Management Measures are in place (More than one where possible).
- Documentation, distribution and communication of Safe Management Plan (SMP).
- Plans are to be available on-site for inspection by the authorities.
- Appointed SMO to be in attendance at all times during training sessions.

# Facilities Access

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- Dedicated entry/exit point at the venue, and movement control of “groups” within the venue.
- Clear demarcation of 1m safety distance for queues to access the venue.
- Implementation of Safe Entry/Exit at each venue, and the use of “TraceTogether” app to facilitate contact tracing.
- Recording of entry and exit time of all Individuals. These records must be stored.
- Daily temperature screening, health declaration and hand sanitizing to be completed prior to entry (per entry) into training venue. Temperatures of all individuals must be recorded and kept.
- Individual with temperature above 38 degree Celsius will be denied entry to facility.

# Facilities Access

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Exit and Entry points – Minimize & clearly demarcate entry & exit points.

General queueing – 1m Safe distancing for all areas with waiting queues.

Traffic flow must be regulated.





# Facilities Access

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- Individuals, including athletes, coaches or other approved personnel that show any signs of respiratory symptoms (cough, sore throat, fever (above 38 degree Celsius), sneezing, runny nose, breathlessness, loss of smell or anosmia), even if mild, must be denied entry.
- Wear a mask at all times, unless engaged in strenuous activities during training.
- Individuals, including athletes, coaches or other approved personnel who are unwell, on Stay Home Notice (SHN) or on Quarantine Order must be denied entry.
- Parent drop off/pick up at designated drop off/pick up point ONLY.

# Facilities Access (Bedok NTC)

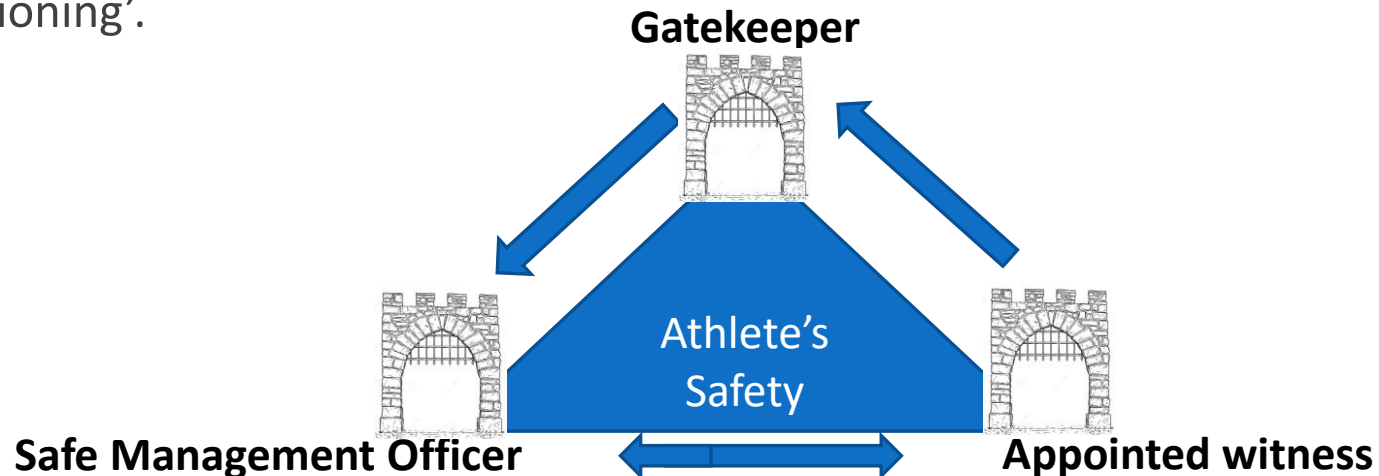
## TRIPATITE SAFE-CHECKING SYSTEM

1. **Gatekeeper** will be stationed at Main entrance of facility during Peak hours (5.00pm – 8.00pm).

Athletes will complete SafeEntry as well as Temperature check and online Declaration form before entering facility and be diverted via demarcation lanes to their Area of Training.

2. **Safe Management Officer (Coach)** will perform 'Safety declaration questioning' before allowing athlete to access the wrestling mats.

3. **Appointed witness (athlete or staff)** must witness Coach performing 'Safety declaration questioning'.



# Measures within facilities

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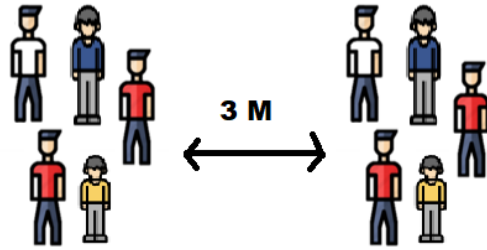
- Training slots are to be managed by pre-booking. Affiliates are encouraged to practice the same.
- Training slots to be staggered 10 mins apart to avoid overcrowding in facility.
- **1 pax per 8m<sup>2</sup>, maximum 50 pax** not including staff in the facility, depending on Gross Floor Area (GFA) of the venue. i.e. facility of up to 64m<sup>2</sup> can admit up to 8 pax excluding staff while a 80m<sup>2</sup> facility can accommodate 10 pax (80m<sup>2</sup>/ 8m<sup>2</sup> per pax) excluding staff.
- Organised classes/programmes can have **a max of 8 pax – with an additional coach** (e.g. 8 students + 1 coach). A **3m** distance must be maintained between the groups.
- Maximum capacity per sport (Boxing/Wrestling/Weightlifting) at Bedok NTC is limited to **16 pax**, excluding staff.
- Ensure a minimum of 10 – 15min for disinfection in between slots/sessions.

\* WFS NTC mat area: **288m<sup>2</sup>** (= 24m x 12m)

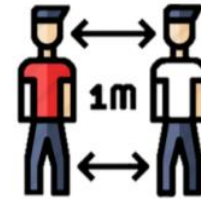
# Measures within facilities

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➤ Safe distancing:



Between groups



At all other times  
(non- training)

- Sports with prolonged grappling **are strongly advised to adopt cohorting arrangements**, with clubs/coaches maintaining records on their cohorting system.
- Participants who are changing groups **are advised to avoid** participating in other prolonged grappling activities **during the 14-day cooling period**.

# Measures within facilities

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- Minimize face to face interaction with clients, ie. parents.
- Common areas where people will otherwise congregate should be cordoned off.
- Minimize cash transactions. (Use e-payment alternative where possible)
- Disinfecting agents like hand sanitisers, disinfectant sprays, paper towels and wipes must also be provided at all times up to a point where it is reasonably practicable, for the free use of members, visitors and employees.
- Athletes to disinfect the wrestling mat and equipment at end of every session.
- Give preference to natural ventilation where possible.

# Measures within facilities

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- No spectators allowed.
- Minimize the usage of changing rooms/washrooms. **1 at a time only policy. (Recommended)**
- Usage of lockers to be suspended to avoid crowding. Designated area for each group to leave their gym bags with **1m** safe distancing between bags.
- Each group to have their own cleaning equipment and sanitiser to use when moving between training equipment.

# Measures during Training

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- Class management is key. Staff must be able to manage and guarantee the adherence of **3m** between groups.
- Depending on the facility's Gross Floor Area, there can be multiple groups of **no more than 8 pax per group** (additional 1 Coach per group is permitted).
- A Coach is allowed to coach multiple groups of no more than 8 pax per group and he/she is to maintain a 3-metres distance between the groups at all times.
- Ensure that there is **NO** inter-mingling between groups. Coaches and key personnel included.
- Ensure that there is a “one-way system” to keep all groups separate and to avoid congestion at entrances and exits. Coaches are to assist athletes with directions.

# Measures during Training

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- Athletes and coaching staff must disinfect their wrestling shoes before stepping on the wrestling mat.
- Athletes must only wear their wrestling shoes on the wrestling mats, Athletes must wear mandatory shoe covers or sandals to ensure no cross-contamination of wrestling shoes when outside of the mat area.
- Coaches **MUST** have their mask on at ALL times.
- No sharing of drink bottles, towels, or any other personal sporting equipment.



# Measures during Training

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➤ Training must be in **groups of 8**:

- All normal training activities (ie. activities that involves extensive body grappling) within the group is permitted.
- Multiple groups are to **maintain 3m apart** when sharing venue.
- Activities with prolonged contact **are strongly advised to adopt cohorting arrangements**, with clubs/coaches maintaining records on their cohorting system (i.e. which participants belong to which group).
- Participants who are changing groups **are advised to avoid** participating in other prolonged grappling activities **during the 14-day cooling period**.

# General Hygiene

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- Minimise the use of communal facilities. E.g. Toilets, changing rooms.
- Increase in the cleaning and sanitizing of training venue.
- Full wipe down of gym at the end of each day.
- Common equipment must be de-sanitized individual use.
- Hand hygiene (hand sanitisers) on entry and exit point, as well as pre, during and post training.
- Toilets must be provided at all times with adequate toilet paper, liquid soap or detergent, litter bins and clean towels or hand dryers.

# General Measures

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- The 3 Gs “Get in, Get on, Get out”.
- ALL individuals should arrive dressed and ready to start the session.
- ALL individuals to minimize hanging around the facility on completion of session.
- ALL individuals to only commute between training venues and their residences, without lingering outside before/after training.

# General Measures (Get in, Get on, Get out!)

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- Time spent in the gym should be reduced to the minimum.
- NO socializing or group meals before, during or after training.
- Staff to be working from home as much as possible. Work from home is the default!
- No team bonding. ie. birthday celebrations etc. except remotely (Zoom etc.).
- Training sessions ONLY. Strictly NO other activities such as birthday parties.

# Education

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- Provide education material for community sport members to promote required behaviour. (e.g. Regular and thorough handwashing, covering mouth and nose with a tissue or sleeve during coughing/sneezing).
- Education of all individuals on hygiene practices and promote required behaviour, ie. No sharing of drink bottles and towels, No sharing of mats, or equipment without an appropriate cleaning protocol, in between training sessions.
- Display appropriate education material within the gym. This should be put up all around the facility prior to commencement of training.
- Documentation, distribution and communication of Safe Management plan.
- All members to be educated on the importance of personal hygiene. All individuals to ensure that they are “Germ Free” as much as possible. It is their personal responsibility!

# Isolation

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- There should be an area designated for isolation if an individual becomes unwell.
- Emergency response protocol must be put in place. SMOs to take charge should such a situation arises.

# Contingency Protocols

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- In the event of a confirmed COVID-19 case, that facility is to be shut down immediately.
- Identification of all staff and members who were in the affected facility at the time.
- List of staff and members to be submitted to MOH for contact tracing.
- Deep cleaning to be done at facility using NEA vendor.
- Facility to only be reopened after deep cleaning is done, and facility is given MOH's approval to reopen.

# Useful links

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Updated 24 Dec 2020 Advisory for Resumption of Sport and Physical Exercise and Activity for Phase Three:

<https://www.myactivesg.com/read/2020/12/advisory-for-resumption-of-sport-and-physical-exercise-and-activity-for-phase-three-safe-nation>

Resumption of business activities:

<https://covid.gobusiness.gov.sg/faq/resumption/resumption/>

Safe management plan:

<https://www.mom.gov.sg/covid-19/requirements-for-safe-management-measures>

Safety Management Officer:

(Courses are available on MOM website)

<https://www.mom.gov.sg/covid-19/frequently-asked-questions/safe-management-measures>

[https://www.moh.gov.sg/policies-and-legislation/covid-19-\(temporary-measures\)-\(control-order\)-regulations](https://www.moh.gov.sg/policies-and-legislation/covid-19-(temporary-measures)-(control-order)-regulations)

SafeEntry QR code:

<https://www.safeentry.gov.sg/>

TraceTogether:

<https://www.tracetgether.gov.sg>

Stipulated Occupancy Limits, Safe Management Measures & mention of Covid-19 (Temporary Measures) Act:

<https://www.ura.gov.sg/Corporate/Guidelines/Circulars/ja-15>