

GUIDELINES FOR SINGAPORE SPORTS ORGANISATIONS IN RESPONSE TO INFLUENZA A (H1N1-2009)

(Issued by the Singapore Sports Council)

Given the concern over the global spread of influenza A (H1N1-2009), the Singapore Sports Council (SSC) has prepared guidelines for sports organisations (including National Sports Associations (NSA), sports clubs and event organizers) to ensure the well being of everyone in Singapore who participates in sports and uses sports facilities. The SSC urges everyone to **'Think Safe, Play Safe, Stay Safe'**.

The guidelines follow the recommendations by the Singapore Ministry of Health (MOH) and National Environment Agency (NEA) and also include additional precautionary measures recommended by the SSC.

For ease of reference, the guidelines spell out specific actions required at the current alert level (e.g. currently yellow) as specified by the MOH and NEA.

The SSC will issue updated guidelines as and when the situation changes, as advised by the MOH.

Please do not hesitate to contact your SSC representative if you need any clarifications. **(NSAs, please contact your respective High Performance Managers, Relationship Managers and/or SSC's Medical Director)**

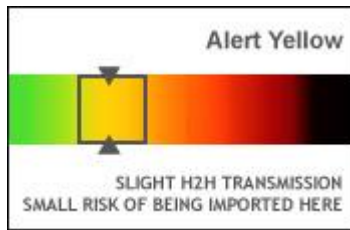
You may also call MOH hotline 1800-333 9999 or visit www.moh.gov.sg or www.flu.gov.sg for more up-to-date information.

The contents of the guidelines are as follows:

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(Information accurate as at Tuesday, 21st May 2009)

A) Latest MOH Disease Outbreak Response System Alert (DORSCON) Status (www.crisis.gov.sg/FLU/Alert+System.htm)



As of 12 May 2009, Singapore's Disease Outbreak Response System Alert (DORSCON) status has stepped down from Orange to Yellow. It is still yellow as at 21 May 2009.

B) What it Means at the National Level

All the measures taken in Alert Yellow will continue where operationally feasible.

Inefficient human-to-human transmissions of flu caused by a novel virus, requiring close and sustained contact to an index case. Further spread can be prevented through public health measures to isolate cases and quarantine contacts.

Risk of import into Singapore elevated. Isolated imported cases may occur but there is no sustained transmission.

Strategy is to prevent further import of cases, and to ring fence and isolate cases to prevent spread. The focus will be to provide treatment of all cases, and antiviral prophylaxis to contacts including exposed healthcare workers.

(Information accurate as at Tuesday, 21st May 2009)

C) What it Means for the Sports Fraternity (Summary)

S/N	AREAS	ALERT STATUS: YELLOW	DETAILS
1	Sports Facilities & Venues	Continue to operate, but with the following precautionary measures in place: 1) personal, 2) environmental	Refer to Annex A
2	Events, meetings, training, office operations	Proceed, but with the following precautionary measures in place: 1) personal, 2) environmental	Refer to Annex A
3	Overseas Travel	1) Avoid 'affected countries' 2) Adopt precautionary measures when travelling to 'countries with confirmed cases' 3) Observe MOH guidelines upon returning to Singapore	Refer to Annex B

D) Annex A (Personal & Environmental Hygiene Guidelines Recommended by the National Environment Agency)

1) Personal Hygiene

1. Wash hands regularly with soap and water especially before touching your mouth and nose
2. Cover nose and mouth with a tissue when sneezing and coughing , especially after contact with respiratory secretions
3. Be socially responsible. When you are unwell, stay at home and avoid crowded places (including trains, buses, offices) and put on a surgical mask, and see a doctor if you have flu symptoms
4. If you are unwell with fever and cough but have no travel history to affected areas, please see a doctor, avoid crowded areas and stay at home. If you need to go out, do wear a surgical mask

2) Environmental Hygiene

The following precautionary measures are to maintain high standards of sanitation and hygiene to prevent the transmission and spread of infectious diseases to patrons of sports facilities.

1. Cleaning of premises and facilities

- Check and clean all drains within premises daily to prevent chokage and siltation.
- The following should be cleaned regularly with disinfectant:
 - Lift cars, escalators and staircases, particularly buttons and handrails.
 - Surfaces with high human contact, such as counters, tabletops, door knobs/handles and public phones
 - General premises, paying more attention to places of higher human traffic such as the entrance, lobby area, information counter, common corridors.

2. Toilets

- Clean toilets regularly, paying attention to areas with high human contact such as water taps, cistern handles, seats and cover flaps, wash basins, door knobs, buttons and switches.
- Provide adequate supply of toilet paper, paper towels (if provided) or hand dryers and liquid soap at all times.
- Ensure toilet-flushing apparatus is functioning at all times.

(Information accurate as at Tuesday, 21st May 2009)

3. Refuse Management

- Bag all waste properly before disposing in bins with tight-fitting lids.
- Wash all refuse bins, bin chambers and bin centres after refuse collection, and disinfect where necessary.
- Ensure no refuse spillage when transferring refuse from chute chamber to bin centres.

4. Sanitary Pipes

- Check your sanitary pipes, especially at the joints. Call a plumber to fix any leaks or defects, and to clear any chokes immediately.
- As a further precaution, disinfect the area in the vicinity of the leak with household bleach after the repair.

5. Pest Control

- Keep premises free of food scraps to keep pests away.
- Look for signs of pest infestation such as rodent droppings, cockroaches and stagnant water. If necessary, call a pest control company.

6. Ventilation System

- Clean, inspect and maintain all ventilating systems and air-conditioning systems regularly, particularly in small, confined areas such as lifts and toilets.
- Clean and disinfect cooling towers regularly. [Refer to the Environmental Public Health (Cooling Towers and Water Fountains) Regulations 2001].

7. Swimming/Spa pools

- Ensure residual chlorine level in the water is maintained between 1 and 3 ppm at all times.
- Ensure entire pool area, spas, steaming rooms and cooling berths are free of litter and vermin.
- Remind pool users to shower before entering the pool.
- Have lifeguards and pool attendants look out for any swimmer or visitor who is sick or not feeling well.

8. Gymnasium

- Clean and disinfect exercise equipment regularly.
- Ensure that area is kept clean and free of litter and vermin.

(Information accurate as at Tuesday, 21st May 2009)

- Increase rate of ventilation to allow as much fresh air as possible into the gym.
- Require club members to sign in before they are allowed to use gym facilities (to allow easy contact tracing if required).
- Caretaker should look out for users who are sick or not feeling well.

[Please note that Section 60 of the Environmental Public Health Act requires the owner, occupier or lessee of any building to which public has access, to regularly clean, keep clean and keep the building free of such conditions as may endanger the lives or health of his employees, members of public and other users. The Director-General of Public Health will require the owner, occupier or lessee to carry out these measures if they fail to do so by way of Notice under section 60(2) of the Act. Failing to comply with the Notice shall be liable on conviction to a fine not exceeding \$5,000 under section 85(1) of the Act.]

E) Annex B (Travel Guidelines)

1) Prior to Departure

MOH Guidelines:

Members of the public are strongly advised to postpone or avoid non-essential travel to MOH-defined affected countries. The list of MOH-defined affected countries i.e. with community transmission (as at 20 May 2009) is Mexico, United States of America and Canada. The United Kingdom (UK) and Japan are not defined as 'affected countries (please check MOH website for the most updated list).

SSC Additional Precautionary Measures:

- Consider receiving a Flu Vaccine shot to prevent against seasonal flu, but please note that currently there is no evidence to show whether or not the Flu Vaccine will provide immunity against Influenza A (H1N1-2009). Aim to have the Flu Vaccine shot two weeks prior to departure to minimise the risk of adverse effects on performance.
- Within 24 hrs prior to departure, please confirm with the respective SSC representative or MOH website on whether there are any contra-indications to travel. **(NSAs, please contact your respective High Performance Managers, Relationship Managers and/or SSC's Medical Director)**
- Confirm with the Event Organiser that the competition will proceed as planned, and find out if there are restrictions put in place.
- Athletes and officials are advised to monitor and record temperature, twice daily, for a minimum of 48 hours prior to departure.
- Any athlete who is feeling unwell should not travel and should seek medical attention immediately.
- Adequate Personal Protection Equipment should be packed for the travelling contingent:
 - 3-ply masks
 - N95 masks if you are travelling to an affected country

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- Thermometers (ideally each athlete should have their personal thermometers, and if that is not possible, then hygiene measures should be in place when using the thermometers)
- Hand sanitisers
- Personal tissues (for single use and immediate disposal only)

2) During the flight

MOH Guidelines:

The public is advised to take precautionary measures such as maintaining high standards of personal hygiene at all times.

SSC Additional Precautionary Measures:

- Consider wearing a mask, especially for long-haul flights.
- Hydrate adequately during the trip.

3) When Overseas

MOH Guidelines:

The public is advised to take precautionary measures such as avoiding crowded areas and maintaining high standards of personal hygiene at all times.

SSC Additional Precautionary Measures:

- Maintain high standards of personal hygiene
 - Wash hands regularly with soap and water
 - Do not share utensils
 - Avoid crowded places
 - Avoid contact with sick people
- Monitor and record temperature of all contingent members twice daily.
- Monitor situation on list of “affected countries” and Alert status in Singapore on a daily basis.
- Continually maintain contact with the SSC representative/MOH website to receive updates on situation. **(NSAs, please contact your respective High Performance Managers, Relationship Managers and/or SSC’s Medical Director)**
- If an athlete develops symptoms such as cough, breathlessness, fever or flu-like symptoms, please seek medical attention immediately and disclose their recent travel history. Please inform the SSC representative of any referral for medical investigations while overseas. **(NSAs, please contact your respective High Performance Managers, Relationship Managers and/or SSC’s Medical Director)**
- If the situation changes in Singapore, for example, a change in Alert status from Orange to Red, please communicate directly with the SSC

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representative, who will advise on the next appropriate course of action.
(NSAs, please contact your respective High Performance Managers, Relationship Managers and/or SSC's Medical Director)

- If the situation changes in the overseas country you are in, for example, a change from 1 confirmed case to "affected country" status, please communicate directly with the SSC representative on the next appropriate course of action, which could entail a recall back to Singapore, where warranted. **(NSAs, please contact your respective High Performance Managers, Relationship Managers and/or SSC's Medical Director)**

4) On Returning to Singapore

MOH Guidelines:

Those who have visited MOH-defined affected countries in the last seven days

On your return to Singapore, you should continue to monitor your health for 7 days. If you develop the above symptoms within the 7 days, please put on a surgical mask and **call 993 promptly**. An ambulance will come round to bring you for medical assessment and treatment. Please provide accurate information on the following to the doctor attending to you:

- a. where you have been over the past 7 days
- b. whom you have been in close contact with.

Any person guilty of breaking the home quarantine order shall be liable to a maximum fine of \$10,000, or imprisonment of six months, or both. In the case of a second or subsequent offence, the person will be liable to a maximum fine of \$20,000, or imprisonment of 12 months, or both.

Note: The Home Quarantine Order (HQO) for travellers to Singapore with a recent Mexican travel history has been lifted with effect from 16 May 09.

Those who have visited WHO-defined affected countries*

MOH advises them to stay at home for seven days and check themselves for symptoms of flu-like illness. They should refrain from joining mass gatherings, e.g., going to the cinemas, shopping malls, supermarkets, etc. Those who develop respiratory illness with fever (temperature > 38 deg C) within seven days after their return should put on a surgical mask and call 993 for an ambulance. They should also disclose their travel histories to their doctors.

* Please note that the lists of affected countries may change on a daily basis, that is, the changes may have implications on the party returning home to Singapore.