

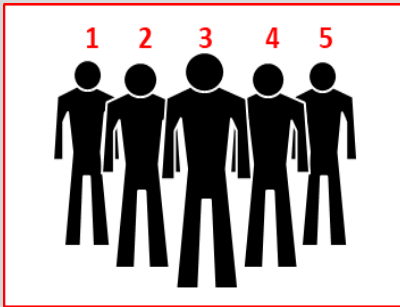
SAFE MANAGEMENT MEASURES ADVISORY

NEW NORMS – GENERAL DESCRIPTION

Government's Advisory for Resumption of Sports

Maximum Cap on No of People in a Sports Facility

50 persons at any one time

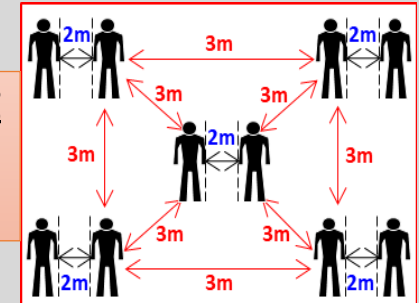


Maximum Cap on No of People in a Team/Group

5 persons only

Physical Distancing

1m apart with face mask on ; 2m apart when playing sports & face mask off ; 3m apart between Teams/Groups

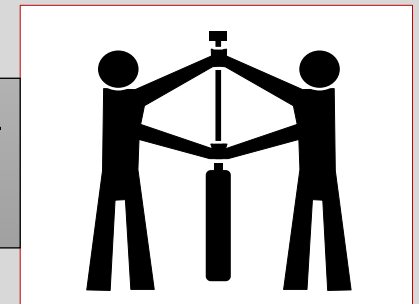


Wearing of Face Mask

Compulsory ; Unless playing sports ; Special exception for Coach & Steerspersons (can also wear Face Shield but inside boat only)

Sharing of Equipment

Not encouraged ; If unavoidable, need to be disinfected before/after every use



NEW NORMS – SPORT SPECIFIC STANDARD

Required for all dragon boating and related activities

1

Come **TRAIN HARD
TRAIN QUICK
TRAIN HAPPY** Leave

Come > Train > Leave
Do not linger & quickly do all that needs to be done

Purpose: To reduce time spent in crowded places

2

1 2 3 4 5

Group size limitation of max 5 persons, excluding the Coach

4 paddlers + 1 steerer shall make-up one(1) crew in the DB12 dragon boat

Purpose: To limit social gathering

3

January 2020 February 2020

Team A Team B

Deconflicted schedule
i.e. specific launch/ recovery timing, etc.

Purpose: To reduce time spent in crowded places

4

Temperature checking at facility entrance

Temp 38° and above shall be declined entry

Purpose: To avoid contact with someone who is sick

5

Whereabouts tracking via SafeEntry app

Mobile phone with QR scanner app required. NRIC scanning option unavailable

Purpose: Contact tracing

6

Participate in community-driven contact tracing

Whereabouts and proximity alert via TraceTogether app

Purpose: Contact tracing

7

Wear face mask

Unless

Strenuous Exercise

Wear face mask at all times unless undergoing strenuous exercise with adequate social distancing

Coach/Steer may wear Face Shield during dragon boat activity

Purpose: Protect yourself & protect others

8

General 1m apart applies.
2m apart when exercising or playing sport
3m between groups/ boats

Purpose: Protect yourself & protect others

9

Disinfect equipment regularly, especially after use

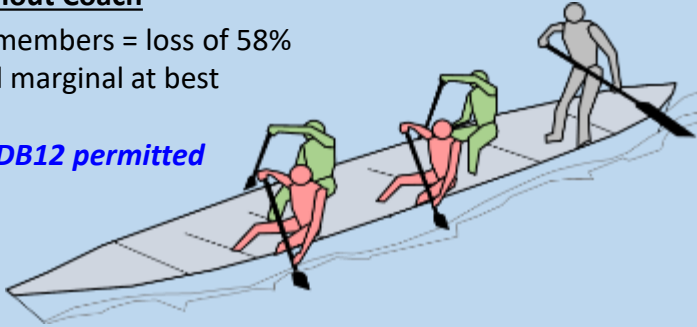
Purpose: Protect yourself & protect others

NEW NORMS - CREW

Based on limit of 5 athletes per Crew

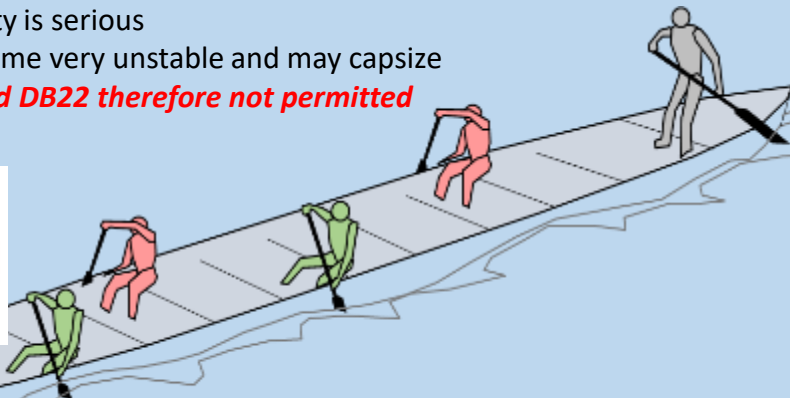
Set-up of DB12-crew , without Coach

- 1) Reduction of 7 crew members = loss of 58%
- 2) Loss of stability is still marginal at best
- 3) Boat is still stable
- 4) **Only 5-crew aboard DB12 permitted**



Set-up of DB22-crew , without Coach

- 1) Reduction of 17 crew members = loss of 77.3%
- 2) Loss of stability is serious
- 3) Boat will become very unstable and may capsize
- 4) **5-crew aboard DB22 therefore not permitted**



Description

- Definition of 5 athletes (the "Crew") = 4 Paddlers + 1 Steer, excluding one (1) Coach. Typical Crew size: 1 Steer in the back ; 4 Paddlers in the boat
- Total permissible inside boat (the "Full Crew") = 1 Coach + 5 Athletes. Typical crew size: 1 Steer in the back, 1 Coach in the front and 4 paddlers in the boat
- The Coach can double-up as the Steer ; in this case, the boat can only have 5 persons (1 Coach/Steer + 4 Athletes) aboard.
- If no Coach present, the boat can only have 5 athletes (1 Steer + 4 Athletes) aboard

Requirements

- 5-crew permitted for the DB12 boat only
- 2 paddlers on the Right & 2 paddlers on the Left to balance the boat
- Social distancing of 2m between the 2 paddlers on one side
- Crew must practice proper boat handling, i.e. stabilize seating, bracing, controlled movements inside the boat, etc.
- Crew in different boats cannot cross over
- The Crew must remain with the same boat at all times for the session

A paddler can only paddle with 1 team only ; even on different days

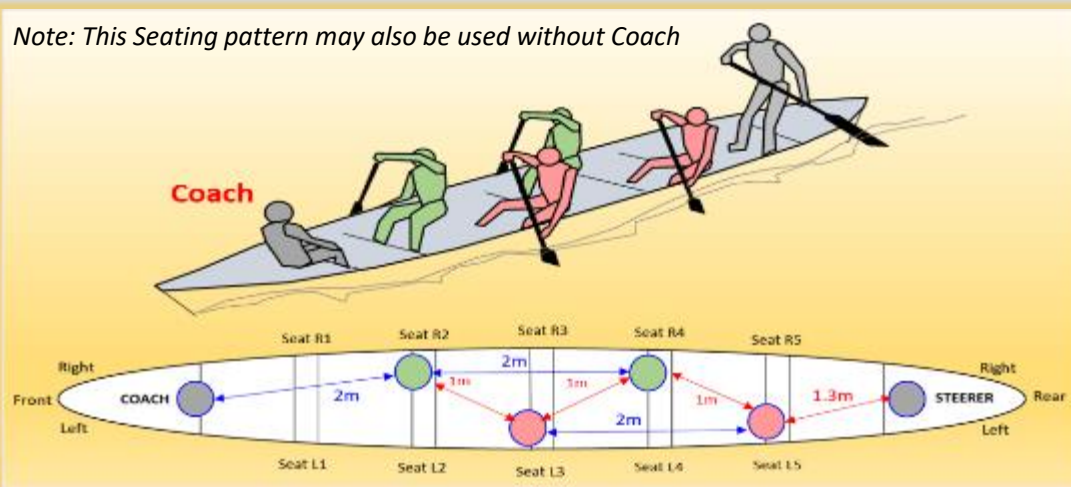
NEW NORMS – CREW CONFIGURATION

Pattern 1 & 2

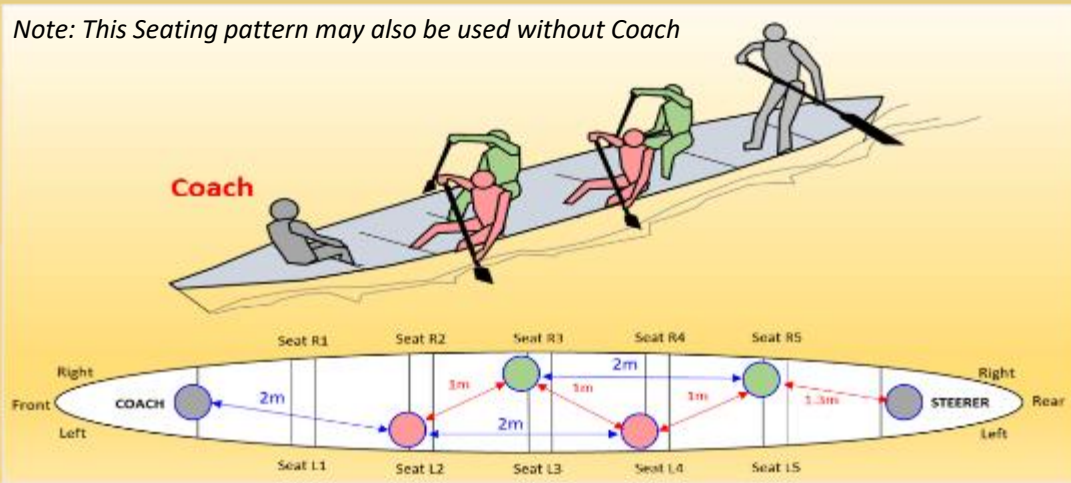
Pattern 1

- ✓ With Coach
- ✓ Front seat blank

Note: This Seating pattern may also be used without Coach

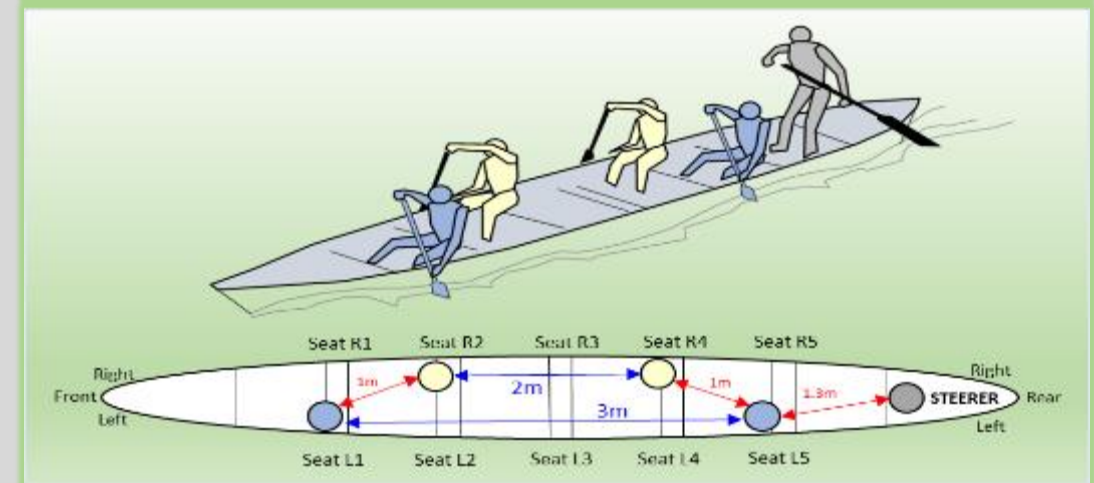
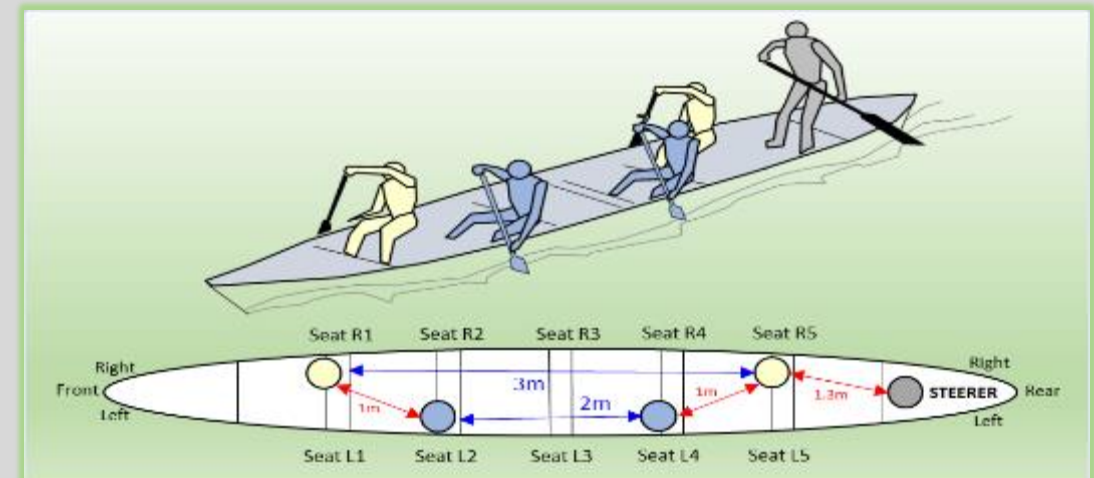


Note: This Seating pattern may also be used without Coach



Pattern 2

- ✓ Without Coach
- ✓ Centre seat blank

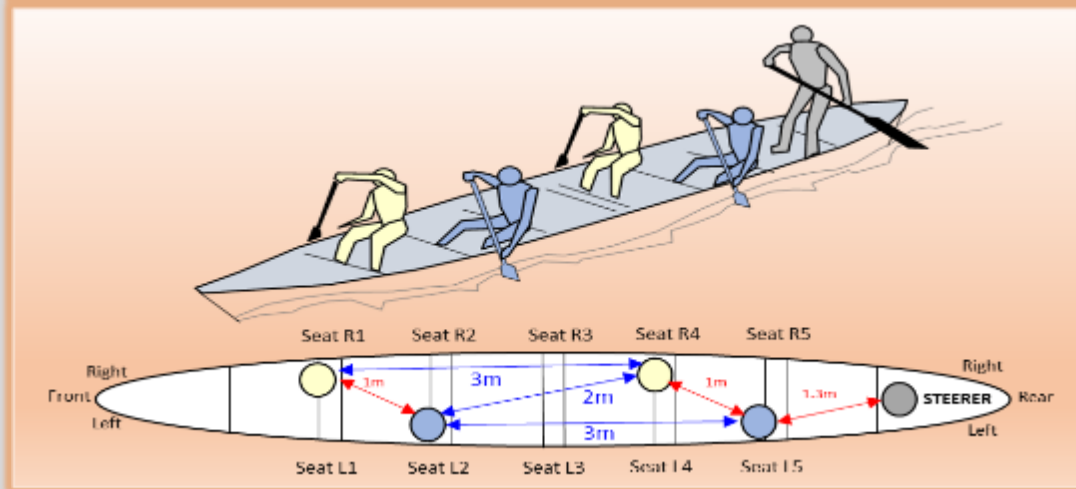
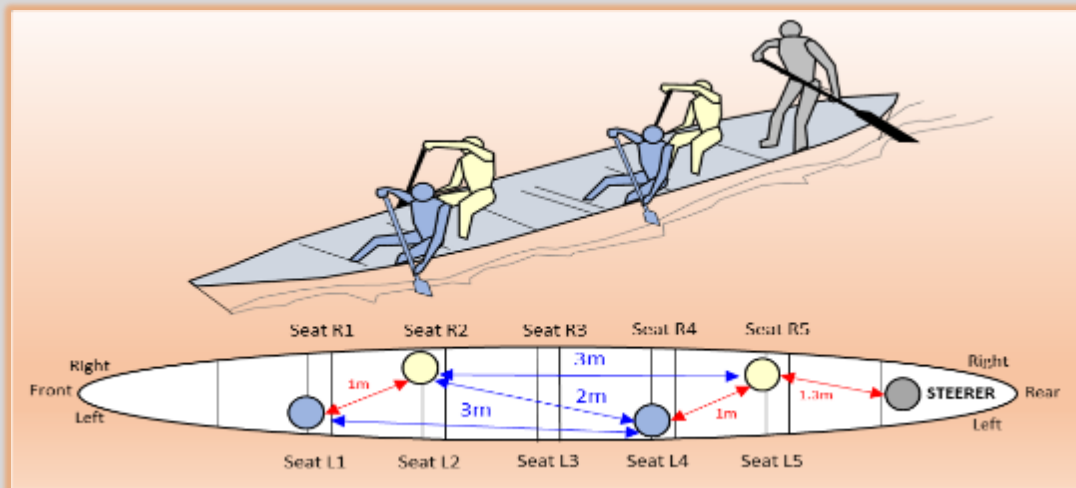


NEW NORMS – CREW CONFIGURATION

Pattern 3 & 4

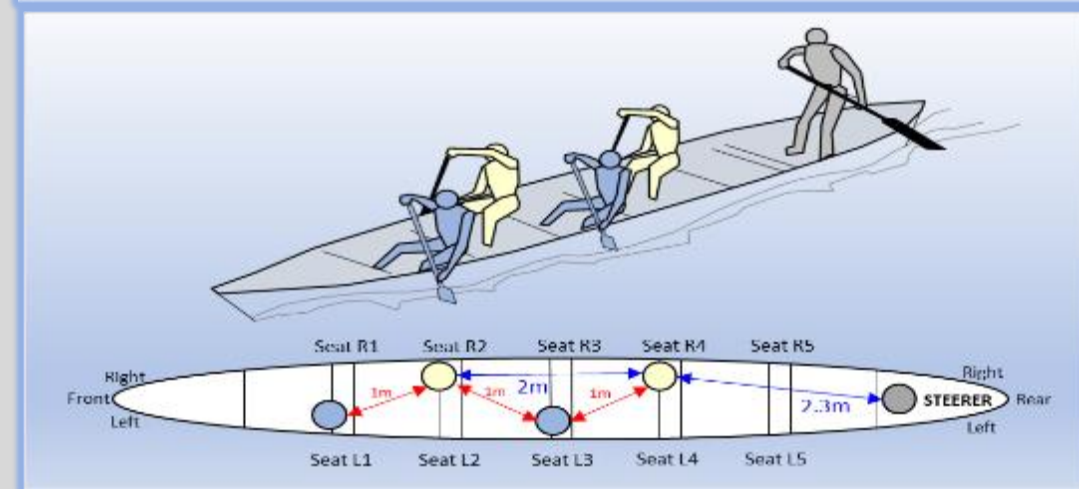
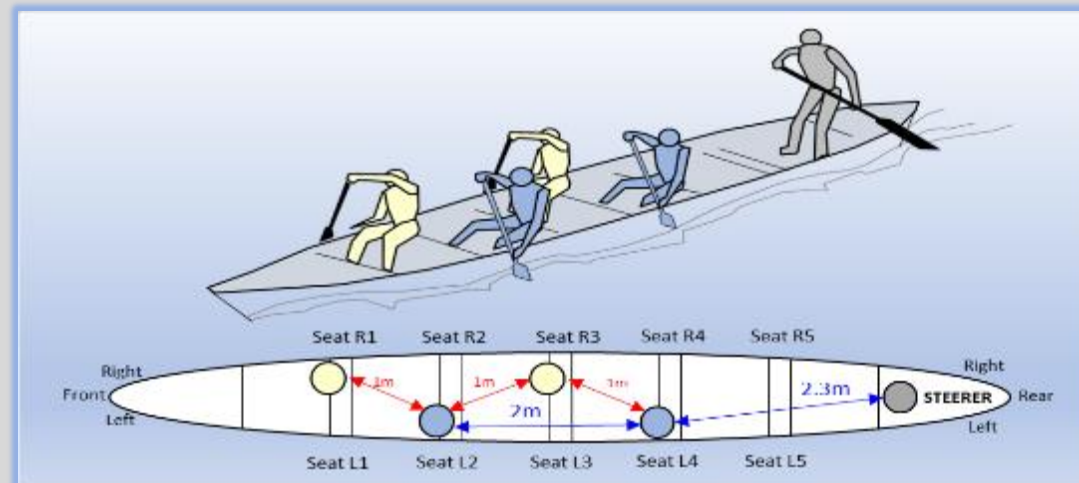
Pattern 3

- ✓ Without Coach
- ✓ Centre seat blank II



Pattern 4

- ✓ Without Coach
- ✓ Last seat blank

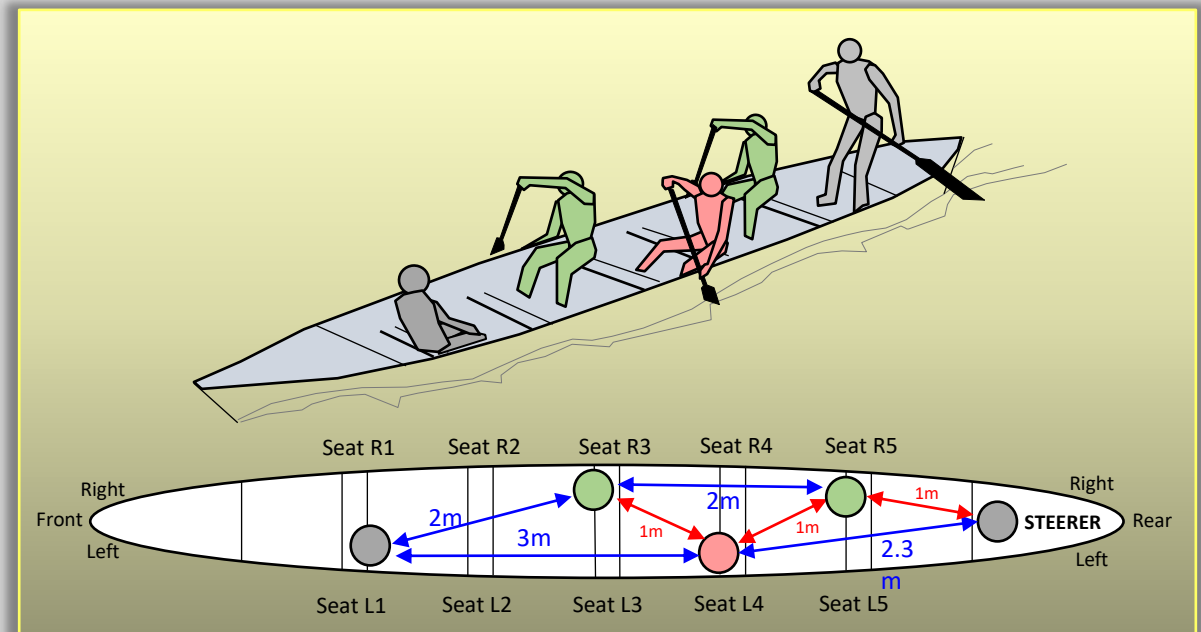
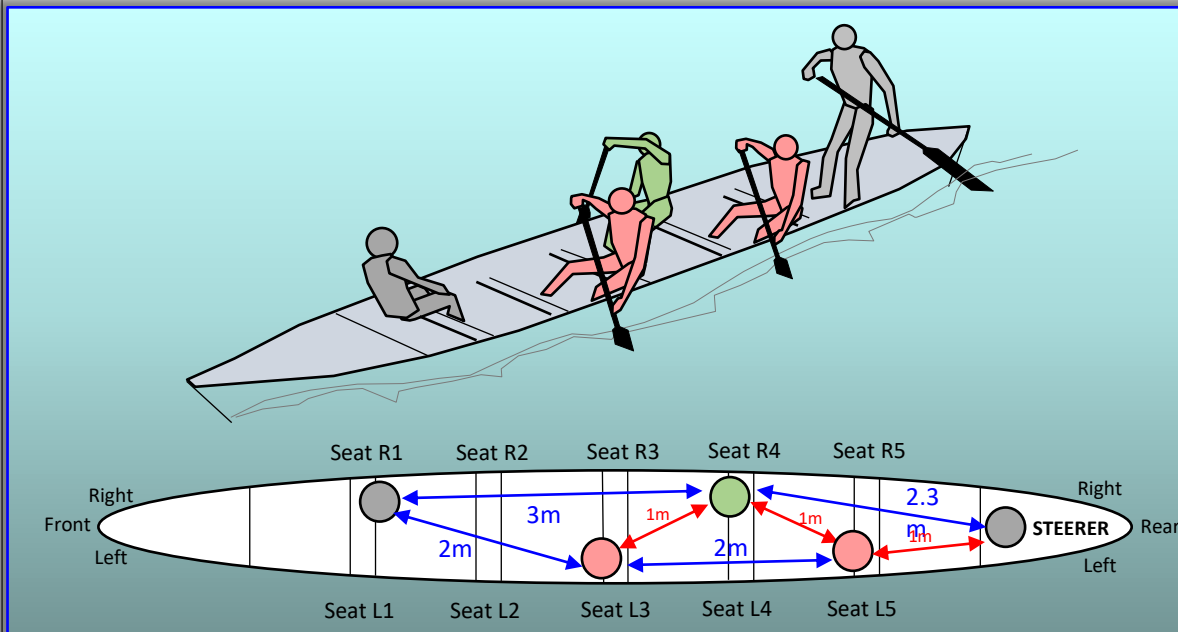


NEW NORMS – MENTOR IN CREW CONFIGURATION

Pattern 5

Pattern 5

- ✓ With Mentor
- ✓ Mentor must counter-balance the paddlers
 - ✓ Cannot have Coach
 - ✓ Second(2nd) seat blank



NEW NORMS – THE COACH

- ❑ Total permissible inside boat (the “Full Crew”) = 1 Coach + 5 Athletes
- ❑ *The Coach must be in the front of the boat and be seated. The reduction to just 4 athletes lightened the boat’s displacement and brought the centre-of-gravity higher. Probability for a standing coach to fall off the boat therefore greater*
- ❑ If there is no Coach present in the boat, a non-Coach (i.e. no certifications) cannot fill-in the exclusive Coach position in the front of the boat
- ❑ The Coach can double-up as the Steer ; in this case, the boat can only have 5 persons (1 Coach/Steer + 4 Athletes) aboard.
- ❑ If no Coach present, the boat can only have 5 athletes (1 Steer + 4 Athletes) aboard
- ❑ The Coach must remain with the same boat at all times for the session
- ❑ The Coach is required to be protected at all times so MUST WEAR face mask or face shield
- ❑ If The Coach is wearing a face shield, need to change to face mask once dragon boating session is over and The Coach is back on land



Coach with Face Mask



Coach with Face Shield

NEW NORMS – MENTORS

Mentors

- Defined as a “Senior Paddler” within the team
- Assist the Trainer/Coach to teach new paddlers how to paddle
- Functions as a Trainer/Coach Assistant
- Mentors are required to wear face mask or face shield

Requirements

- Mentor must seat in seat#1
- Mentors permitted to face the crew
- Seat#2 must be left blank
- New paddlers seating staggered in Seats #3, #4 & #5
- Mentor must not make physical contact with the new paddlers

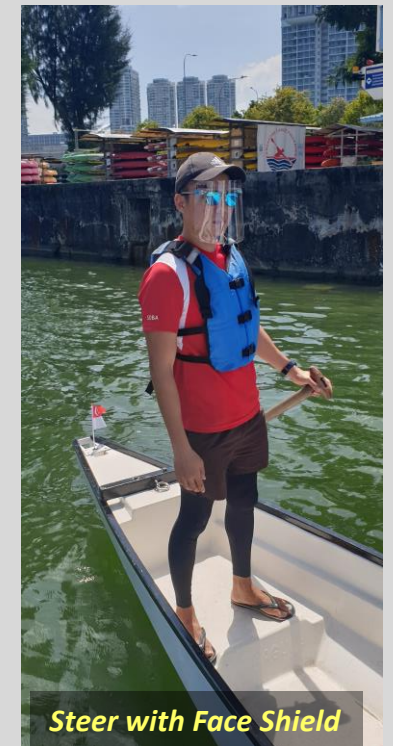


NEW NORMS – THE STEER

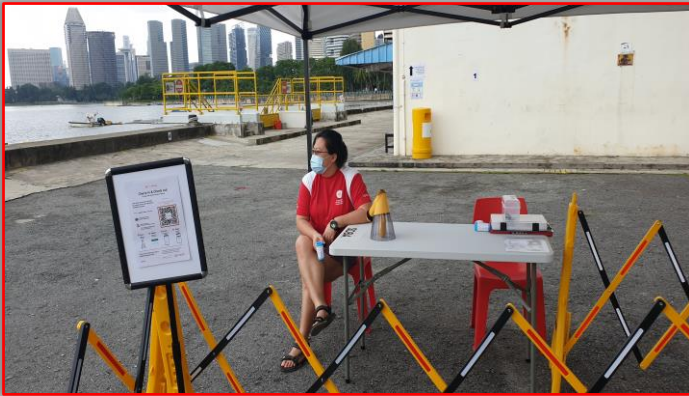
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- ❑ The Coach can double-up as the Steer ; in this case, the boat can only have 5 persons (1 Coach/Steer + 4 Athletes) aboard.
- ❑ The Steer in different boats cannot cross over
- ❑ The Steer must remain with the same boat at all times for the session
- ❑ The Steer is required to be protected at all times so MUST WEAR face mask or face shield
- ❑ If The Steer is wearing a face shield, need to change to face mask once dragon boating session is over and The Steer is back on land

Two or more Certified Steers in the Boat

- ❑ For example, there are other certified Steers inside the boat who are paddling while a certified Steers is steering the boat
- ❑ The certified Steers are permitted to swap positions provided the rudder handle and holding stem is disinfected before every swap



Control Measures at Facilities

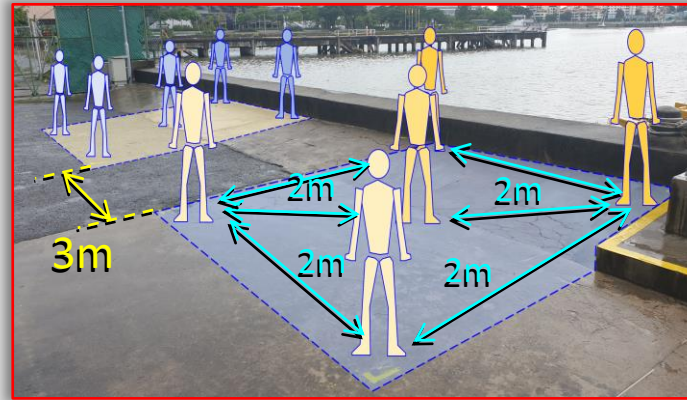


At Screening Station

- Only correct Crew-size permitted to enter
- Scan SafeEntry QR Code
- Temperature check

NOTE

If you train or rent equipment at Passion Wave, Sports Hub or Lower Seletar Reservoir, please comply with their respective Facility control measures as well



Warm-ups/Warm Downs on Land

- There are Crew Activity Boxes marked on the floor
- Each Box can contain one crew of 5 persons
- When exercising, warm-ups or warm-downs, can don't wear Face Mask
- Maintain 2m separation between Persons
- Maintain 3m separation between Groups



On the Pontoon

- SDBA will assign which boat
- Keep 3m apart between groups/boats
- Wait your turn to launch from the pontoon
- When recovering, wait your turn to get on the pontoon
- Give way to crew exiting the pontoon first

Control Measures at Facilities



At Screening Station

- Only correct Crew-size permitted to enter
- Scan SafeEntry QR Code
- Temperature check



Launching of Boats

- Wait your turn to move your boat
- Can don't wear Face Mask due to strenuous activity
- When unmasked, MUST maintain 2m safe distancing between persons & 3m between other crew/boat



On the Ramp

- Keep 3m apart between boats
- Wait your turn to launch into the water
- When recovering, wait your turn to get on the ramp
- Give way to boats launching first



At the Beach

- Maintain 3m separation between boats
- You may disembark BUT stay with your boat
- As long as you are unmasked, DO NOT MINGLE with crew from other boats Or other people on the beach



Recovering Boat from the Water

- Wait your turn
- Maintain 3m separation between boats
- As long as you are unmasked, DO NOT MINGLE with crew from other boats Or other people on the beach



Warm-ups/Warm Downs on the Beach

- Maintain 2m separation between Persons
- Maintain 3m separation between Groups
- If you want to do warm-ups, register with Nparks and SportSG

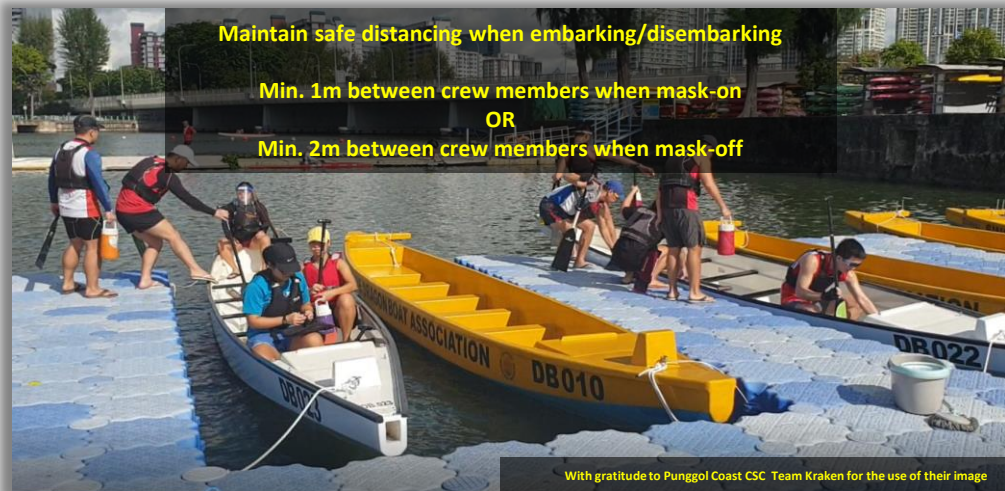
SAFE DISTANCING

Always check your photos before sharing/posting with others



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