



**DB-SAFE PLAN
STABILIZATION PERIOD
27th SEPTEMBER 2021**

MULTI-MINISTRY TASKFORCE

Announcement on 24/09/2021

Tighter COVID-19 restrictions in Singapore: Key changes

From Sep 27 through Oct 24, 2021



Social gatherings

2 people max, down from 5

Up to 2 unique household visitors a day; 1 social gathering per day



F&B outlets, excluding hawker centres and coffee shops

Up to 2 people per group, down from 5

Must be fully vaccinated

Hawker centres and coffee shops

No change: Up to 2 people per group, regardless of vaccination status



Workplaces

Work from home is the default

Suspension of snap 10-day work-from-home regime

No social gatherings allowed

People are encouraged to do weekly testing before returning to the workplace



Gyms and fitness studios

Indoor mask-off activities:
30 people max, in groups
of 2 if all are vaccinated

Indoor mask-on activities and
all outdoor activities:
50 people max, in groups of 2
irrespective of vaccination status

No in-person classes for students aged 12 and below



Tuition and enrichment classes

Up to 50 per class, in groups of 2

Classes for students aged 12
and below: Must be moved
online or suspended

Classes for students aged 13
and above: Encouraged to
pivot online

Infographic: Dawn Teo
Source: Ministry of Health, Sep 24, 2021



VACCINATION-DIFFERENTIATED SMMs (VDS)

For all sports and physical exercises and activities, and public & private sports recreational facilities

1. **Fully vaccinated individuals**, who have good protection against the risk of infection or severe illness, will be able to engage in a wider range of activities, including high-risk settings involving unmasked sport/exercise activities that take place indoors.

2. An individual is **considered fully vaccinated 2 weeks after receiving 2-doses** of MOH approved vaccines.



Ver. 20/09/2021



1. E
2. 2

3. **Unvaccinated individuals with a valid negative result on Pre-Event Test (PET) taken within last 24hrs** at an MOH approved medical service provider before expected activity may join the group of fully vaccinated individuals

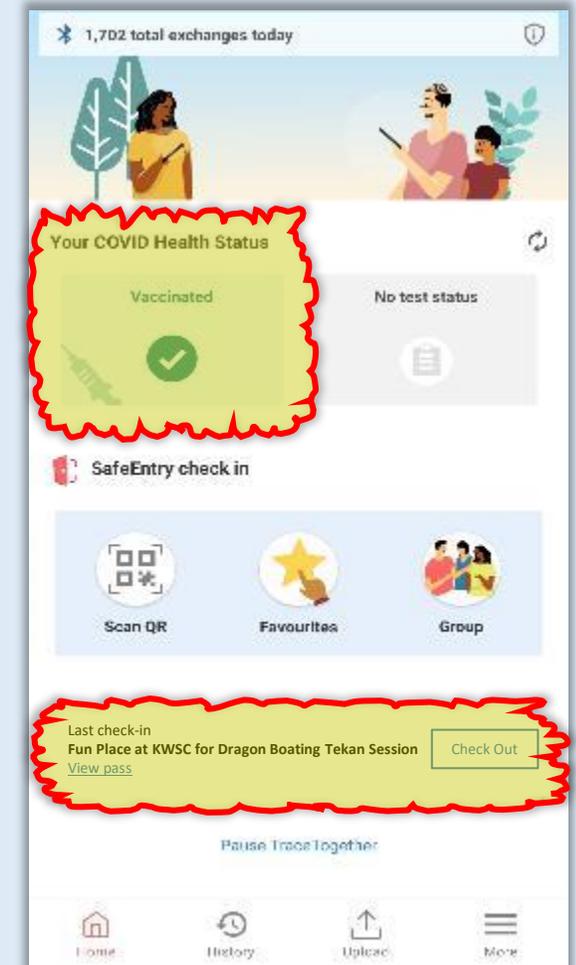
4. Recovered COVID-19 individuals are of similar lower risk and may also join the group of fully vaccinated individuals

VACCINATION-DIFFERENTIATED SMMs (VDS)

Implementation at Sport Facilities



1. Facilities are required to effectively implement VDS SMM at their facilities.
2. All entries will be required to show “Check-in” and “Vaccinated” status on their TraceTogether mobile app.
3. Unvaccinated and/or Incomplete Vaccination (i.e. still within 2 weeks after 2nd dose) will have to produce a valid Negative Test Result taken at an MOH-approved medical service provider within the past 24hrs before the session.
4. Facilities shall conduct supervised ART tests for their workforce only.



24hrs Before
ART or PCR
Test Result
-ve
(Yeay!)

OK to proceed

24hrs Before
ART or PCR
Test Result
+ve
(Waaaa!)

Please seek treatment



Supervised testing of workforce only

SMM FOR INDOOR TRAINING

For Gym and/or Exercise Activities conducted indoors

If All are vaccinated

1. Can mask-off
2. Groups of two(2), including Trainer and/or Instructor
3. Max no of people permitted at any one time is 30 pax
4. If any of the participant is **not fully vaccinated**, the indoor activity cannot be conducted unmasked

Not Vaccinated or Incomplete Vaccination

1. Mask on at all times
2. Groups of two(2), including Trainer and/or Instructor
3. Max no of people permitted at any one time is 50 pax



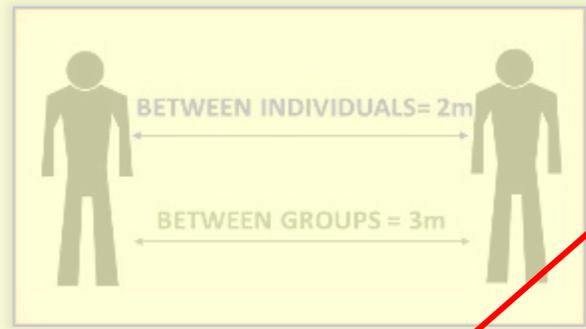
SAFE MANAGEMENT MEASURES (SMM)

For Sport & Physical Exercise/Activity from 10 August 2021



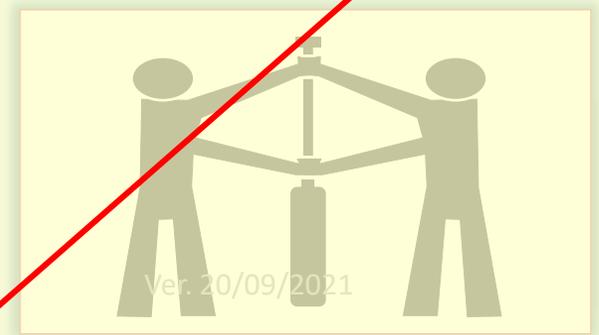
Max No of Persons in Sports Facility
No more than 50 persons at any one time

No of Persons in a Group or Dragon Boat
Maximum 5 persons (4 paddlers + 1 Steersperson)
regardless of vaccination status



Physical Distancing
2m physical distancing between individuals for general physical activities ; 3m between Groups

Wear Face Mask
At all times except when inside the dragon boat



Common Equipment
Permitted for outdoor activity. Recommended to be disinfected before/after use between different individuals

TEMPORARILY SUSPENDED

SMM FOR DRAGON BOAT SPECIFIC

Required for all dragon boating and related activities

1



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

Facility max capacity = 50 persons

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

7



Wear face mask at all times

Can only be removed inside the dragon boat

Steerspersons required to wear Face Mask at all times during dragon boat activity

Purpose: Protect yourself & protect others

2



Group size limitation

Regardless of vaccination status

Unvaccinated must produce negative test result

DB12 = 4 Paddlers + 1 Steer

Purpose: To limit social gathering

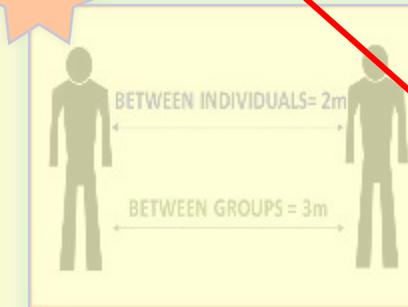
5



Token or mobile phone app format

Purpose: Contact tracing

8



Between individuals with face mask on = 2m

Inside boat = refer to DB12 seating configuration

Between groups on land and/or boats on water = 3m

Purpose: Protect yourself & protect others

3



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

Purpose: To reduce time spent in crowded places

6



Disinfect equipment regularly, especially after use

Purpose: Protect yourself & protect others

TEMPORARILY SUSPENDED

SMM FOR DRAGON BOAT RACES

Conduct of Competitive Events

From 10 August 2021

1. If **ALL** vaccinated = Up to 500 persons
2. If unvaccinated = Up to 50 persons only

From 19 August 2021

1. If **ALL** vaccinated = Up to 1,000 persons
2. If unvaccinated = Up to 50 persons only

SMM Requirement

1. Capacity limit of Facility still applies
2. Breaking down of races according to sessions
3. No replication of Team or Crew permitted unless otherwise stated
4. Specific control on eligibility of the Steersperson
5. Refer to respective Entry Rules for detailed explanation

TEMPORARILY SUSPENDED



SAFETY REQUIREMENT (SR) FOR MARINA RESERVOIR

Other Reservoirs: Check with the respective Operators

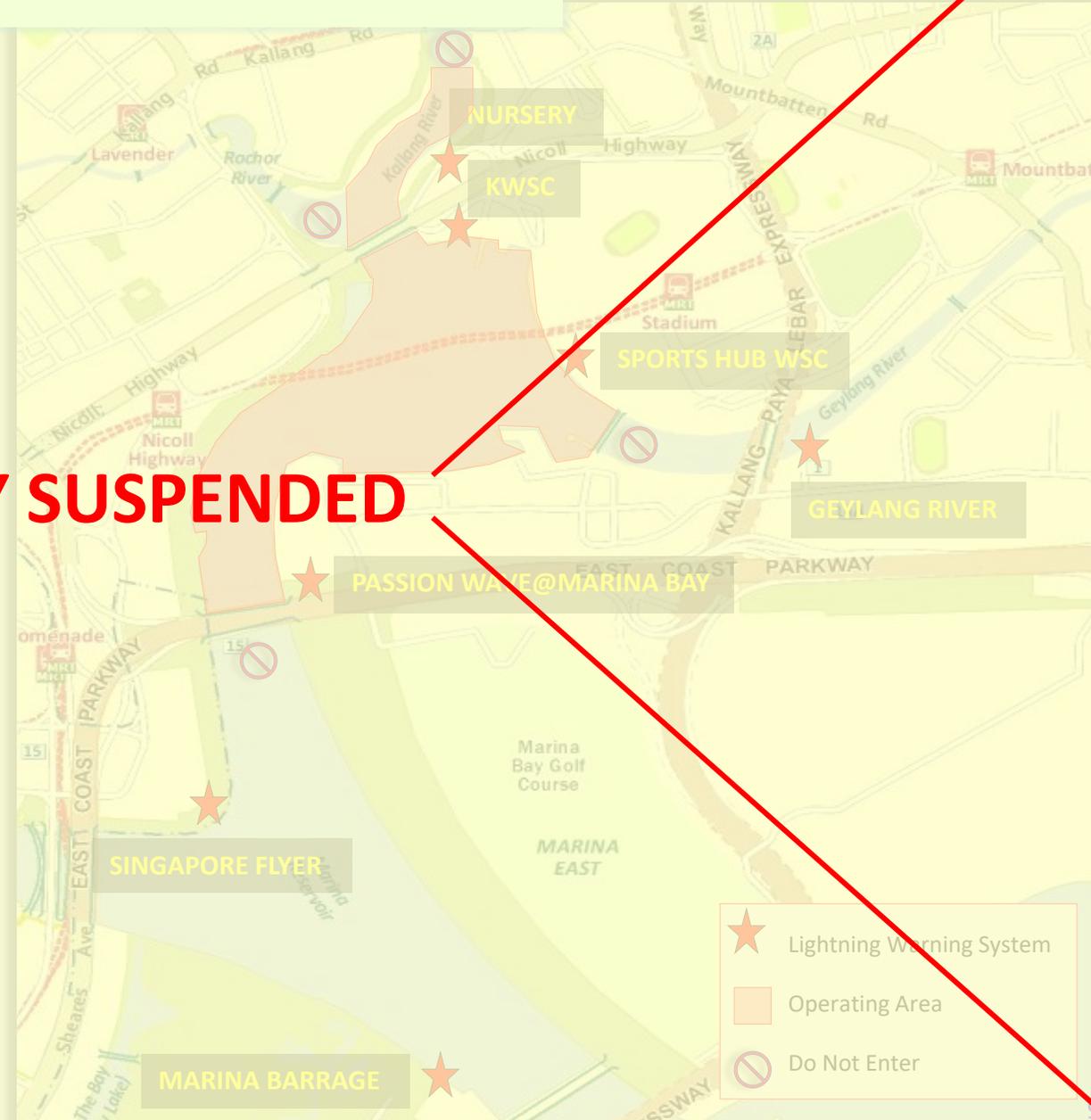
Description

- ❑ There is general reduction about 60% in the Weight to Power ratio with lesser people inside the boat
- ❑ The boat may encounter difficulties negotiating strong winds, swift currents and high waves
- ❑ In case of a capsized, more difficult for The Crew to recover the boat

Requirements

- ❑ **All boats must stay within Kallang River and/or Kallang Basin**
- ❑ Keep sight of the Lightning Warning System installed at KWSC, Nursery, Sports Hub Water Sports Centre and PA
- ❑ Return to base if you encounter dangerous situations (i.e. Cat 1 weather / lightning strikes) or emergencies (i.e. medical or damage to the boat)
- ❑ Each boat must maintain a distance of 3m from another boat, even when stationary. Bunch up (i.e. rafting) of multiple boats are not permitted

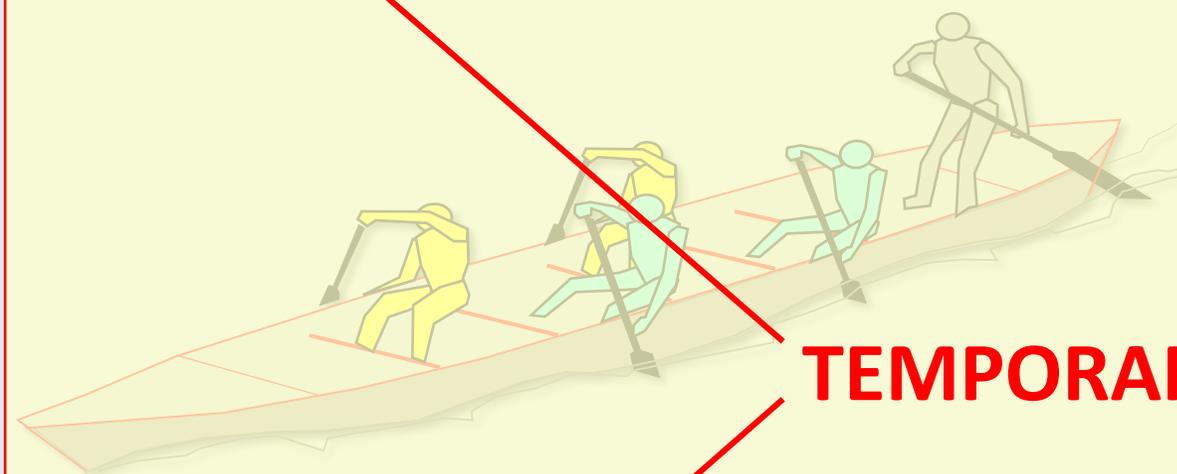
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DB12 CREW CONFIGURATION

DRAGON BOAT CREW

5-Persons in DB12 boat



Normal Crew: 4 Paddlers + 1 Steer or Coach-cum-Steer

Crew configuration is for illustration only. Please refer to the actual Configuration

TEMPORARILY SUSPENDED

Description

- ❑ Crew size: 4 Paddlers + 1 Steer or Coach-cum-Steer, for a total of 5 persons.

Requirements

- ❑ Permitted for the DB12 boat only
- ❑ 2 paddlers on the Right & 2 paddlers on the Left to balance the boat.
- ❑ Safe distancing of 2m between the 2 paddlers on one side.
- ❑ You are advised to paddle with 1 Team only, even on different days, to prevent cross-contaminating different groups of people.
- ❑ During the session, the Crew is not permitted to cross boats at all times. They are to remain in their same crew configuration (i.e. same set of people, etc.) throughout the session.
- ❑ Paddlers in the same Team can only cross Crew on different days, i.e. train in Crew Configuration 1 on Day A and then train with Crew Configuration 2 on Day B.
- ❑ The Crew in the same configuration (i.e. same set of people), is permitted to train at different sessions on the same day.

Note that should a Team Member be affected by any COVID-related issue, Stay Home Notice or Quarantine Order, this may affect status of entire Team, i.e. Team will also have to undergo tests, SHN, Quarantine or stand down for a period, etc.

THE COACH-CUM-STEER

THE COACH-CUM-STEER (STANDARD REQUIREMENT)

- 1) The Coach-cum-Steer must either have the Recreational Instructor/Trainer or Dragon Boat Technical Coach Level 1/2 certificate
- 2) The Coach will also be steering the boat
- 3) The Coach must have complete situational awareness at all times
- 4) The Coach cannot be paddling while he/she is also coaching the Team)
- 5) The Coach must always maintain awareness of the Lightning Warning System (LWS) in the reservoir. If you have to, maintain a frequent circuit in order to maintain sight of the LWS
- 6) The Coach is also required to bring along their smart phones or mobile devices into the boat to keep tabs on weather conditions via the MyNEA app
- 7) The Coach is required to be protected at all times so **MUST WEAR** face mask

TEMPORARILY SUSPENDED



Coach-cum-Steer

THE STEER

THE STEER (STANDARD REQUIREMENT)

- 1) The Steer must either have the Probationary License Letter, Small Crew Basic Helm or Full Basic Helm certificate (the “Certified Steer”)
- 2) The Steer must always be in command of the boat
- 3) If The Coach is in the steering position, this means that they will also be steering the boat, i.e. coach cum steer.
- 5) The Steer must have complete situational awareness at all times even if a Coach is present inside the boat
- 6) The Steer is responsible to keep the boat balance and stable
- 7) The Steer must always maintain awareness of the Lightning Warning System (LWS) in the reservoir. If you have to, maintain a frequent circuit in order to maintain sight of the LWS
- 8) The Steer is also required to bring along their smart phones or mobile devices into the boat to keep tabs on weather conditions via the MyNEA app

TEMPORARILY SUSPENDED



ORGANIZED TRAINING

TRAINING SPECIFIC @ NURSERY

Max no of persons per session = 50 pax (10*DB12 boats only)

1. Training time = 1.5hrs ; Demobilization time = 0.5hrs
2. Organize your crew:-
 - DB12: 4 paddlers + 1 Steer OR 4 Paddlers + 1 Coach-cum-Steer
 - Sufficient qualified Coach or Steerspersons
3. Sight the SDBA Nursery Booking Form available on GoogleSheet.
4. Pick the session(s) you want, i.e. date and time, etc.
5. Indicate the no. of pax according to the fields required in the Nursery Booking Form
6. The session is considered confirmed after you have successfully updated the Nursery Booking Form
7. Any cancellation must be made 2 days before the session that was booked.
8. Teams are only permitted to train within allocated session. Actions will be taken against Teams that did not show up for their bookings
9. **Participants from Nursery are not permitted to enter KWSC or vice versa**



TEMPORARILY SUSPENDED

Pre-Training

1. Come in training attire, ready to train
2. You must be in your training crew configuration before permitted to enter
3. SDBA may tag you with wrist-bands to identify your allocated session

Post-Training

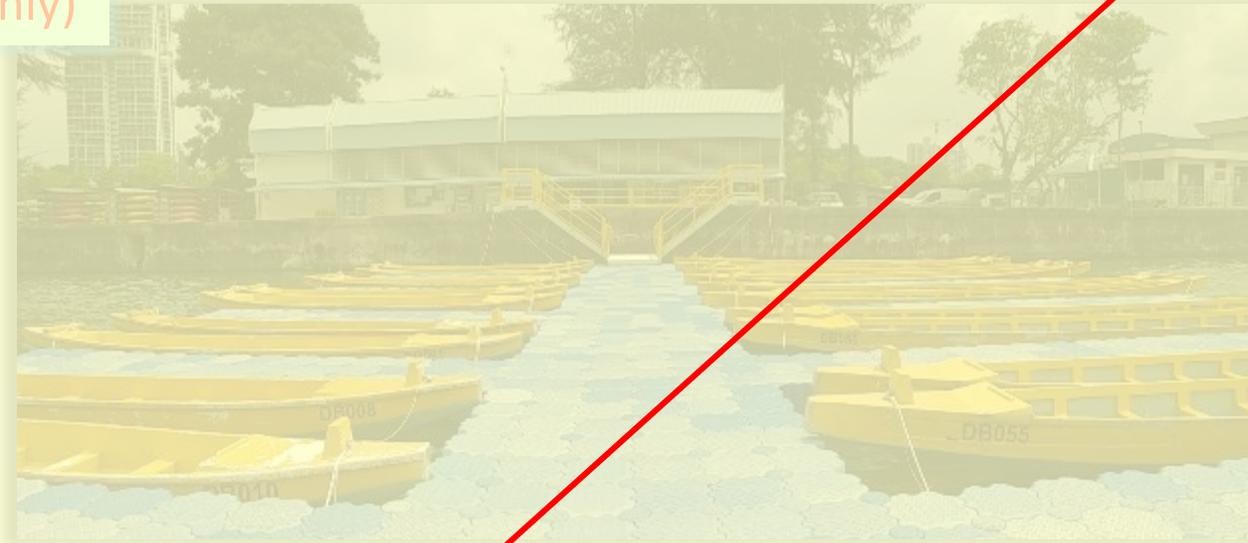
1. Conduct debrief and/or training assessment inside the boat, before heading back to shore
2. Quickly keep the boat.
3. Disinfect the boat, accessories and equipment used..
4. Return wrist-bands and exit Nursery

Note: If you are training in other Reservoirs, please check with the respective Operation Centres on their schedule and procedures

TRAINING SPECIFIC @ KWSC

Max no of persons per session = 50 pax (10*DB12 boats only)

1. Training time = 2hrs ; Demobilization time = 0.5hrs
2. Organize your crew:-
 - DB12: 4 paddlers + 1 Steer OR 4 Paddlers + 1 Coach-cum-Steer
 - Sufficient qualified Coach or Steerspersons
3. **Refer to booking.sdba.org.sg to book a session**
4. Pick the session(s) you want, i.e. date and time, etc.
5. The session is considered confirmed after the booking system acknowledges receipt of payment
6. You cannot make last minute bookings of 2 days before the activity date that you want
7. Teams are only permitted to train within allocated session. Actions will be taken against Teams that did not show up for their bookings
8. **Participants from KWSC are not permitted to enter Nursery or vice versa**



TEMPORARILY SUSPENDED

- Pre-Training
1. Come in training attire, ready to train
 2. You must be in your training crew configuration before permitted to enter
 3. SDBA may tag you with wrist-bands to identify your allocated session

- Post-Training
1. Conduct debrief and/or training assessment inside the boat, before heading back to shore
 2. Quickly moor the boat.
 3. Return wrist-bands and exit KWSC

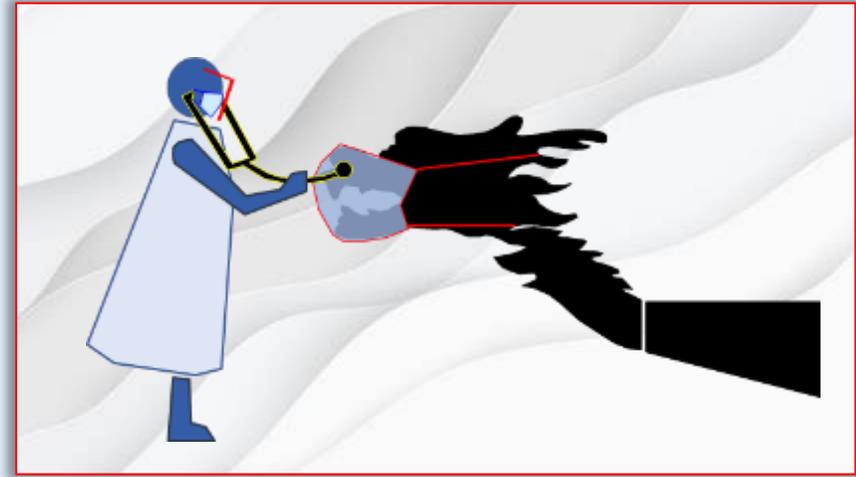
Note: If you are training in other Reservoirs, please check with the respective Operation Centres on their schedule and procedures

COVID-19 POSITIVE

COVID-19 POSITIVE ACTION PLAN

Inform SDBA if a team member is:-

- suspected of CV19
- underwent swab test or equivalent
- given at least 3 days MC
- issued with a Quarantine Order



PRE-ACTIVITY:

The entire Team will be required to stand down and not participate in any dragon boat activity until test results affirm in the clear or for 7 days, whichever is earlier

POST-ACTIVITY:

The entire Team will be required to stand down and not participate in any dragon boat activity until test results affirm in the clear or for 7 days, whichever is earlier

TEMPORARILY SUSPENDED

Teams that were in the same session with the affected team but in transient contact with the affected Team, shall be advised to monitor their health condition.

SDBA Officials, who are at all times wearing face masks and in transient contact with Teams, will monitor their health condition

Stay Safe & Healthy

