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**SAFE MANAGEMENT MEASURES FOR SPORT AND
PHYSICAL EXERCISE & ACTIVITY FOR THE TRANSITION PHASE
FROM 22 NOVEMBER 2021**

1. On 20 November 2021, the Multi-Ministry Taskforce (MTF) announced the easing of our community safe management measures (SMMs) from 22 November 2021 as we exit the Stabilisation Phase into the Transition Phase.
2. On 14 December 2021, the MTF updated on the Omicron situation and announced some adjustments to the SMMs to safeguard against potential community transmission. Following the announcement, Sport Singapore is providing guidance regarding the SMMs concerning all sports and physical exercises & activities, and public & private sports & recreational facilities in Singapore for the period from 17 December 2021 onwards.
3. **From 1 January 2022**, all recovered persons from COVID-19 who are not fully vaccinated will only be given a 180-day exemption after infection to enter settings where vaccination-differentiated SMMs (VDS) are implemented.¹ Non-fully vaccinated individuals who had recovered from COVID-19 infection prior to 1 January 2022 will also have their exemption period reduced from 270 days to 180 days. However, such individuals who will already exceed the 180-day period as at 1 January 2022 would be granted an additional one-month grace period till 31 January 2022 to complete their primary series vaccination regime. In addition, the concession for unvaccinated individuals to perform a pre-event test (PET) in lieu of being fully vaccinated would be removed with effect from 1 January 2022 as well.

**SAFE MANAGEMENT MEASURES FOR SPORT & PHYSICAL EXERCISE / ACTIVITY
FROM 17 DECEMBER 2021**

Permitted enterprises are responsible to ensure that SMMs are adhered to on their premises.

2. **Group Size.** Group activities are allowed for up to **5 individuals** (including instructor / coach), up from 2 individuals previously, as follow:
 - a. Across all settings – indoors and outdoors regardless of masked or unmasked activity.
 - b. If any of the participants are not fully vaccinated, then indoor unmasked activity for that group is prohibited. Please refer to paragraph 4(b) for treatment of unvaccinated children 12 years old and below (born in 2009 and later).
 - c. Physical activity of a social nature (that does not involve any instructor / coach) should be kept to a limit of 5 participants.

With the change in the national group size, sports such as tennis, badminton, etc, can resume in 2v2 format.

¹ Please refer to MOH's Press Release https://www.moh.gov.sg/news-highlights/details/preparing-for-the-omicron-variant_14Dec2021 for details. This exemption does not apply to entry into VDS+Test events or activities i.e. individuals will still have to do Antigen Rapid Test (ART) prior to these events.

For team sport pilot beyond a group of 5 and up to 10 fully-vaccinated individuals, please refer to paragraph 18.

3. **Organised Classes / Programmes.** For organised classes / programmes that are:
 - a. Indoor masked and outdoor masked or unmasked: multiple groups of 5, up to 50 participants (including instructor / coach) or up to the capacity limit of the venue, whichever is lower can take place.
 - b. Indoor unmasked: multiple groups of 5, up to 30 participants (including instructor / coach) or up to the capacity limit of the venue, whichever is lower, can take place. All participants have to be fully vaccinated² for the class/programme to take place. If any of the participants is not fully vaccinated (or does not have a valid PET result / is not a recovered COVID-19 individual), then indoor unmasked activity for that group is prohibited.

4. **Vulnerable Groups.** Seniors and unvaccinated children are more vulnerable to the virus and need to be protected.
 - a. Seniors (60 years and above). To protect our seniors and at the same time provide them with safe outlets to stay active, healthy and socially connected, Sport Singapore is piloting sport and physical activities for fully-vaccinated or COVID-19 recovered seniors (60 years and above) in a controlled environment at selected ActiveSG Sport Centres under the supervision of Sport Singapore's staff, Enforcement Officers and Safe Distancing Ambassadors, from 10 November 2021. Activities such as aquatic programmes, badminton, pickleball, square stepping, etc, will be held at specific sites and dedicated timings to ensure that the participating seniors do not mix with the participants of other programmes. More information is available on myactivesg.com.
 - b. Unvaccinated Children in Indoor Unmasked Setting. Children 12 years old and below (born in 2009 and later) are currently not eligible for any COVID-19 vaccine under the national vaccination programme. They will be allowed to participate in indoors unmasked classes/programmes/activities without needing to take any PET, subject to the following provisions:
 - i. No more than 5 participants (including instructor) in a group.

² An individual is considered vaccinated if he/she a) has been fully vaccinated, i.e. received the appropriate regimen of World Health Organization Emergency Use Listing (WHO EUL) vaccines including their respective duration post-vaccination for the vaccine to be fully effective and b) had their vaccination records ingested in MOH's IT systems. Sinovac-CoronaVac will require a three-dose primary series regime, but all individuals who have taken two doses of Sinovac-CoronaVac should be regarded as fully vaccinated for 4 months after the second dose, or until 31 December 2021, whichever is later. Persons who have recovered from COVID-19 will be considered fully vaccinated 14 days after their single dose of the PSAR-authorized mRNA vaccines (i.e. Pfizer-BioNTech/Comirnaty, Moderna) or WHO EUL vaccines. Persons who have recovered from COVID-19 within the last 270 days (from 1 January 2022, this will be updated to 180 days), regardless of their vaccination status, may also be managed similarly to a fully vaccinated individual.

Unvaccinated individuals with a valid negative result on a Pre-Event Test (PET) taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event are of similarly lower risk, and may also join in the group of fully vaccinated individuals. However, from 1 January 2022, the concession for unvaccinated individuals to perform a PET in lieu of being fully vaccinated would be removed.

From 1 December 2021, individuals who are medically ineligible for all COVID-19 vaccines under the National Vaccination Programme can take part in activities at VDS facilities (does not include participation under the "VDS+ART" Team Sport Pilot which will still require an ART) without needing to take a PET. Refer to <https://www.moh.gov.sg/covid-19/pet> for more details.

- ii. If the participants in the group include other unvaccinated children, all the children must be from the same household.
- iii. Other participants above 12 years old, including the instructor, must be fully vaccinated (includes those that have valid PET result / have recovered from COVID-19) to be able to be part of the group of 5 with the unvaccinated child(ren) from the same household.
- iv. There can be no multiple groups of 5 participants in an organised class/ programme in this situation.

For indoor masked and outdoor masked/unmasked activity, the unvaccinated children in the group do not have to be from the same household, and there can be multiple groups of 5 participants up to 50 pax, or up to the venue capacity limit, whichever is lower.

5. **Physical Distancing.** While exercising and playing sport, the following physical distancing requirements apply:

- a. 2-metre physical distancing between individuals for all physical activities, unless the nature of activity requires the distance to be shortened.
- b. 2-metre physical distancing between groups for all physical activities.
- c. No cross-mixing or cross-playing between groups i.e. no modified versions of games where a ball is being played between two groups.

6. **Venue Capacity and Density.** Sport/recreational facilities can only admit a maximum number of persons according to its Gross Floor Area based on 10 Sqm per person³, up to a maximum of 50 persons (not inclusive of staff). No facility, regardless of size, shall admit more than 50 persons at any single point in time (not inclusive of staff). However, large complexes or multi-function premises such as country clubs or larger premises, may treat different parts of their premises as separate facilities, provided that they are well separated by physical barriers such that intermingling is not possible. Each of these facilities are to have separate TraceTogether-only SafeEntry (TT-only SE) or SafeEntry Gateway (SEGW) check-in & check-out, as well as other screening provisions.

7. **Vaccination-Differentiated SMMs (VDS) at Indoor Sport Facilities.** Permitted enterprises are advised to determine if they will be able to effectively implement VDS at their indoor facilities. Facilities that do not implement checks on vaccination status will not be allowed to conduct indoor unmasked activities or provide common equipment. These facilities may only continue to conduct indoor masked activities without provision of equipment.

[Update \(17 December 2021\): From 1 February 2022, VDS will be expanded to cover all indoor sports facilities. Permitted enterprises operating in an indoor setting are to implement VDS at their premises. Facilities that do not implement checks on vaccination status will not be allowed to operate. Furthermore, a valid PET result will no longer be accepted in lieu of 'fully vaccinated status' for VDS purposes. For treatment of unvaccinated children 12 years old and under, please refer to paragraph 4\(b\).](#)

³ The Gross Floor Area includes exercises spaces, as well as other spaces such as changing rooms, rest areas within the facility. Facilities smaller than 50 sqm can admit up to 5 persons but must adhere to distancing rules; the 5 persons do not include staff.

8. Permitted enterprises that implement VDS are responsible for conducting checks on the vaccination status of all staff and participants. Beyond the usual screening measures such as TraceTogether-only SafeEntry (TT-only SE) and SafeEntry Gateway (SEGW) check-in & check-out, they are to ensure that every person who enters their premises have their vaccination status checked and recorded manually or electronically. Persons who do not have their vaccination status verified will be denied participation in indoor unmasked activities. Permitted enterprises are to set up proper checking protocol at their access control points.

9. Permitted enterprises may cater for indoor unmasked activities for fully vaccinated individuals⁴ (includes those who that have valid PET result / have recovered from COVID-19) in clearly demarcated spaces away from other users, in accordance with the guidelines below. Enterprises will also have to ensure that fully vaccinated individuals⁵ (includes those that have valid PET result / have recovered from COVID-19) who participate in such activities do not mix with other users for the entire time they are within the facility (including in common areas such as changing rooms and toilets). In such situations, the individuals from different categories should be clearly marked by use of coloured wrist tags or passes or some other form of differentiating identification.

10. **Provision of Common Equipment.**

- a. For outdoor facilities, operators can provide common equipment for their participants.
- b. For indoor facilities, VDS needs to be implemented before common equipment such as weight, strength or resistance training equipment, climbing walls, yoga mat etc can be made available. Operators will have to verify the vaccination status of all participants, and ensure that only fully vaccinated individuals⁶ (includes those that have valid PET result / have recovered from COVID-19) are allowed to participate in indoor unmasked activities. To be clear, even if an indoor facility does not offer unmasked activity, it will have to institute checks on vaccination status upon entry if common equipment is provided at that facility. In such instance where activities are indoors and equipment is provided, vaccinated and unvaccinated persons are allowed to be in the same group of 5 individuals as long as they remain masked. Thorough sanitisation is to be instituted at regular intervals to minimise risk of transmission via common surfaces.

11. **Enhanced SMMs for Indoor Facilities.** Operators, staff, participants and instructors of indoor facilities will also have to adhere to an enhanced set of SMMs as per Annex.

12. **Large Group Outdoor Classes.** Approved large outdoor classes at public spaces such as parks and HDB common areas can continue, subject to the venue size and SMM requirements as stated in this guidance. All instructors must also be registered with Sport Singapore via <https://circle.myactivesg.com/programmes/classes/coaches/outdoor-classes-instructor-registration>. Subsequent approval from facility owner needs to be sought before activities can be conducted.

13. **Sport Events.** Sport events can continue during the stipulated period as follows:

⁴ Refer to footnote 2

⁵ Refer to footnote 2

⁶ Refer to footnote 2

- a. Spectator Sport Events. Spectator sport events, such as Singapore Premier League football matches can proceed with up to 1,000 spectators if all spectators are fully vaccinated⁷ (includes those who have valid PET result / have recovered from COVID-19). Spectators will be in zones of up to 100 persons.
- b. Mass Participation Sport Events. Mass participation sport events, such as mass runs, open-water swims, cycling and triathlon events, can proceed with up to 1,000 participants per session⁸, if all participants are fully vaccinated⁹ (includes those who have valid PET result / have recovered from COVID-19). Participants will be organised in waves of up to 100 persons.

At this juncture, mass participation sport events will not be allowed to have invited spectators. Organisers are to put in place measures to prevent the spontaneous gathering of onlookers for such events.

- c. Sport Competitions & Tournaments refer to competitions involving timed races or head-to-head matches where there could be multiple heats or qualifying rounds (“sessions”). Such events can continue but must not exceed 50 persons in each facility at any single point in time. Organisers are advised to arrange competitions with different sessions, adequately separated within a day (i.e. at different times of a day) or across multiple days, to avoid congregation.

Each match is allowed to have up to 5 persons in the field of play at any single point in time. For indoor unmasked competitions or activities, only fully vaccinated¹⁰ persons (includes those who have valid PET result / have recovered from COVID-19) may participate in such events.

For such sport competitions and tournaments, spectators are permitted, but must comply with the requirements at paragraph 13(a) above.

[Update \(17 December 2021\): From 1 February 2022, all Spectator and Participatory Sport Events, irrespective of event size, must implement VDS in order to proceed.](#)

14. Unvaccinated children 12 years old and below may be included and exempted from PET but must be limited to no more than 20% of total attendance. If there are any spectators/participants who are unvaccinated or untested (other than children 12 years old and below), the event will have to be capped at 50 persons.

[Update \(17 December 2021\): From 1 January 2022, the requirement to cap the number of unvaccinated children 12 years old and below to no more than 20% of total attendance will be removed.](#)

15. At sport events where public speaking is necessary, such as by the guest-of-honour or an event emcee, the speaker can be unmasked as long as he/she maintains a distance of at least 2 metres from the audience whilst speaking. The speaker will have to be masked after delivering his/her speech. To be clear, this provision does not apply to an instructor/coach/referee unmasking to give instructions.

⁷ Refer to footnote 2

⁸ Different sessions are required to be adequately separated by time to avoid the congregation of participants at the venue and its vicinity. Organisers may propose the number of sessions and time interval between sessions to ensure safe participation, which may vary depending on context.

⁹ Refer to footnote 2

¹⁰ Refer to footnote 2

16. All sport events that involve more than 50 persons in total (including participants, spectators, officials, event crew and support staff) will need to be endorsed by Sport Singapore before they can be conducted. Organisers will have to submit an application to Sport Singapore using the Sport Event Application form and emailing it to SPORT_Covid@sport.gov.sg at least 14 days prior to the start of the event to give time for evaluation and discussion. Organisers are advised not to carry out related marketing/publicity efforts before receiving endorsement from Sport Singapore, as the event may require modifications before it may proceed.¹¹

17. Sport Singapore's endorsement is only for the sport event SMMs. Organisers will need to seek further approval from facility owner / relevant agencies before their event can proceed. Events that were previously endorsed by Sport Singapore will need to have their SMMs updated and organisers are to resubmit their plans using the prescribed form for endorsement by Sport Singapore.

18. **Pilot Resumption of Team Sports under Vaccination-Differentiated SMMs (VDS) + Test (VDS+Test) Protocol.** From 10 November 2021, a "VDS+Test" pilot will be introduced to allow up to 10 fully vaccinated persons (including players, umpires, linesmen, etc.) to play together in controlled and supervised settings. Under this pilot,

- a. fully-vaccinated individuals who have received the appropriate regimen of World Health Organisation Emergency Use Listing (WHO EUL) vaccines including their respective duration post-vaccination for the vaccine to be fully effective and had their vaccination records ingested in MOH's national IT systems, and
- b. those who have recovered from COVID-19, can participate.

All participants will be required to produce a valid negative self-administered ART result taken on-site to show to the venue staff prior to the start of the game. If they are fully vaccinated, a valid Pre-Event Test (PET) result taken at MOH approved Covid-19 test provider or an ART result taken at Quick Test Centre, may be used in-lieu of the ART on-site. The negative result needs to be reflected in the TraceTogether or Health Hub app and be within its 24-hour validity window till end of the game.

Unvaccinated individuals, including the medically ineligible and children 12 years old and below who are not yet eligible for vaccination, are not allowed to participate even if they have a valid negative PET result.

As a start, the pilot will only be carried out during selected timeslots at designated ActiveSG and People's Association's (PA) facilities across a range of barrier and direct contact team sports (e.g. 5v5 basketball / futsal / volleyball). For more details on slots available for booking at ActiveSG and PA facilities, please visit:

<https://www.myactivesg.com/Facilities/Sport-Centres/Pilot-Resumption-of-Team-Sports-under-VDSplus-Framework> and <https://www.pa.gov.sg/team-sports-pilot>

The next phase of the pilot was extended to selected private facility operators so that more fully-vaccinated individuals can enjoy team sport safely. [Sport Singapore will continue to expand this pilot where feasible.](#)

¹¹ Organisers will be responsible for the costs of the event (including the additional costs of modifications), and/or compensation to participants arising from event postponement or cancellation.

Enforcement officers and safe distancing ambassadors will conduct regular spot checks at the designated venues to ensure compliance with the required SMMs by the participants.

To be clear, team sport formats in other unsupervised settings will continue to adhere to the prevailing national social gathering group size of 5 persons.

19. In addition to the SMMs under the preceding paragraphs, other SMMs will continue to be in place, and should be complied with. These include, but are not limited to:

- a. Mask wearing. Masks should be worn as a default. Masks may be taken off when performing strenuous activity outdoors, and it must be put on immediately after the completion of high intensity sport and physical activities. In indoor settings, only fully vaccinated¹² individuals (includes those who have valid PET result / have recovered from COVID-19) may remove their masks when performing strenuous activity in a facility that has implemented vaccination-differentiated SMMs.
- b. Intermingling to be avoided in changing rooms / toilets. Individuals should not intermingle with others and linger within the facilities. Masks must be worn when one is changing in and out of one's sport attire / swimwear. If a mask is removed during shower or face-washing, it is to be worn promptly after. Changing rooms and toilets must be closed off if individuals cannot comply with these SMMs.
- c. Sharing of common equipment should be minimised. The sharing of equipment (when it is not prohibited) should be minimised as far as possible. The equipment should be wiped down / sanitised before passing on for use by the next user. This includes equipment such as weights and balls.
- d. Facilitating contact tracing. Operators and instructors are to maintain a complete set of data that clearly record how all participants are segregated into groups of up to 5 persons. Recent cases have revealed that sport and exercise operators and instructors have not been able to provide the required information, hampering contact tracing by the authorities. It is also the statutory responsibility of operators and instructors to ensure that all participants are properly checked in by TraceTogether-only SafeEntry (TT-only SE) or SafeEntry Gateway (SEGW). Where the activity permits (e.g. for spin classes), participants are to carry their devices such as TT Tokens to aid contact tracing. Even if an activity does not allow carriage of such devices, operators and instructors are to take steps to place the devices together to reflect group arrangement.
- e. Reducing physical interaction & hygiene and ensuring safe distancing. Owners or operators of facilities are responsible for ensuring SMMs are implemented, and that their patrons/users comply. Facility owners/operators must:
 - i. Organise human traffic flow and space management to ensure that the mixing of groups is minimised to transient contact.
 - ii. Put in place measures to minimise crowding or mixing at common facilities e.g. toilets. Where possible, specific common facilities should be designated to

¹² Refer to footnote 2

specific zones so that attendees from different zones do not mix when using such facilities.

- iii. TraceTogether-only SafeEntry (TT-only SE) or SafeEntry Gateway (SEGW) must be implemented for participants and visitors. All participants and staff are to use either the TraceTogether app or the TraceTogether Tokens for check-in and check-out. Enforcement of this will be stepped up to ensure full compliance by all permitted enterprises.
- iv. Frequently disinfect common spaces and interactive components (e.g. smart kiosks, turnstiles, changing benches, hooks for clothes, etc.). Operators are strongly encouraged to adopt good sanitation and hygiene practices to achieve the SG Clean quality mark.
- v. All indoor premises should refer to the latest guidance on improving ventilation and indoor air quality in buildings amid the COVID-19 situation, available at: <https://go.gov.sg/bca-circular-improving-ventilation-iaq>
- vi. Place hand sanitisers in close proximity of the facility entrance and high-touch surfaces like door handles. Attendees should be encouraged to sanitise their hands before entering and upon leaving the facility.
- vii. Ensure that participants do not shout while engaging in physical activities. This is because shouting increases the risk of transmission via droplets.

FAST AND EASY TESTING AND “VACCINATE OR REGULAR TEST” REGIME FOR SPORT AND FITNESS SECTOR

20. From 13 September 2021, the mandatory testing regime for the sport and fitness sector will be as follows:

- a. Under the mandatory Fast and Easy Test (FET) Rostered Routine Testing (RRT) regime, all workforce¹³ (include full-time/part-time workers at the same premises such as cleaners, administrative staff, etc, even if they are masked and do not interact with unmasked persons) in the following sport / fitness settings will have to be tested once every seven days:
 - i. All indoor (regardless of masked or unmasked activities) sport / fitness facilities and activities
 - ii. All outdoor unmasked sport / fitness activities
 - iii. Activities involving unvaccinated children 12 years old and below, regardless of masked or unmasked activities
- b. FET can be conducted via the Employer-led Supervised Self-Swab (ESSS) system¹⁴, or at Quick Test Centres (QTCs). The Government will be funding the cost of antigen rapid test (ART) kits for ESSS and the cost of testing at QTCs till 31 December 2021 for all workforce stipulated under 20 (a) (i), (ii), (iii).

¹³ Does not include volunteers and those who are not paid/compensated for their services.

¹⁴ Self-administered ART not under ESSS is not valid for FET.

Update (17 December 2021): The Government will extend the subsidies for sectors on mandatory RRT until 31 March 2022. Beyond that, employers and businesses should be prepared to factor in testing costs as part of their normal business operations.

21. From 1 October 2021, under the Vaccinate or Regular Test (VoRT) regime, any unvaccinated workers under paragraph 20 (a), will have to be tested twice every seven days. This will operate in tandem with FET and each weekly FET RRT will count towards one of the twice weekly VoRT requirements. The remaining VoRT requirement can also be fulfilled via the ESSS or at the QTCs. This additional test will not be funded by Government unless one is medically ineligible for vaccination.

22. The table below provides an overview of FET and VoRT. More details on FET and VoRT for sport and fitness sector is available [here](#) or through the QR code.



*Workforce defined as all workers ¹⁵ , including full-time/part-time workers at the same premises such as cleaners, administrative staff, etc, even if they are masked and do not interact with unmasked persons) in the following sport / fitness settings:		Fast and Easy Test (FET) Rostered Routine Testing (RRT)	Vaccinate or Regular Test (VoRT)
		i. Employer-led Supervised Self-Swab (ESSS), ii. Quick Test Centres (QTCs)	i. Employer-led Supervised Self-Swab (ESSS), ii. Quick Test Centres (QTCs) iii. MOH approved Covid-19 test provider
Vaccinated workforce*	Indoor Masked	1 x per week	NA
	Indoor Unmasked		
	Outdoor Unmasked		
	All activities involving unvaccinated children 12yo & below		
Unvaccinated workforce*	Indoor Masked	Tests funded by Govt till 31 March 2022	2 x per week • Each weekly FET RRT will count towards one of the twice weekly VoRT requirements. • Remaining test is not funded unless medically ineligible for vaccination.
	Indoor Unmasked		
	Outdoor Unmasked		
	All activities involving unvaccinated children 12yo & below		

TOWARDS A COVID-19 RESILIENT NATION

23. Singaporeans are urged to remain vigilant and observe safe distancing measures in place to minimise community transmissions. We all have a part to play in keeping COVID-19 at bay, and protect ourselves and our loved ones.

¹⁵ Does not include volunteers and those who are not paid/compensated for their services.

24. Government agencies will be conducting inspections. Enforcement action(s) under the COVID-19 (Temporary Measures) Act and the Infectious Diseases Act will be taken against businesses or individuals who fail to comply with safe management measures.

25. For the latest updates on COVID-19 for sport and physical exercise & activity, please visit <https://www.sportsingapore.gov.sg/Newsroom/Media-Releases>. For queries, members of the public can email the Sport Singapore QSM at <https://members.myactivesg.com/feedback> or call 1800-344-1177 during office hours (Mondays to Fridays, 9.00am to 6.00pm).

26. This guidance supersedes all advisories issued by Sport Singapore before this date.

- End -

ANNEX

ENHANCED SAFE MANAGEMENT MEASURES (SMMs) FOR SPORT AND PHYSICAL ACTIVITIES FOR INDOOR FACILITIES

Operators will have to comply with all the following SMMs:

- a. All participants, including instructors and staff, must be properly masked at all times, including when performing the physical activity unless they are fully vaccinated individuals¹⁶ engaged in strenuous activities in a facility that has implemented vaccination-differentiated SMMs.
- b. Staggered class start times to allow for a minimum of 15 minutes between classes and/or put in place separate routes if a premise is able to host multiple classes at a time. This is to prevent intermingling and mixing between participants before and after class. Operators will have to ventilate the room after each class ends. Participants must leave the premises immediately once they have completed their classes, or if they have exceeded a two-hour period.
- c. Organised programmes and classes are limited to no more than 30 (if unmasked) and 50 persons (if masked) or lower subject to the venue size and safe distancing requirements, and in groups of no more than 5 persons.
- d. Physical distancing between individuals exercising should be at least 2 metres, unless the nature of activity requires the distance to be shortened. A 2-metre physical distancing between different groups must be maintained at all times. There shall be no intermingling between groups before, during and after classes.
- e. The premises must be wiped down / sanitised before passing on to the next user to minimise the risk of COVID-19 transmission.
- f. Food and drink must not be supplied or consumed within the activity area, except if the consumption of a drink is necessary to preserve life or prevent injury in an emergency.
- g. Ensure that participants, including the instructor, do not talk loudly, sing, or shout while engaging in physical activities to minimise risk of transmission via droplets.

¹⁶ Refer to footnote 2