

SINGAPORE SWIMMING ASSOCIATION

SAFE MANAGEMENT MEASURES FOR AQUATIC ACTIVITIES UNDER THE STABILISATION PERIOD (further extension) for 10 Nov to 21 Nov 2021

Updated: 11 Nov 2021 | Version 24

1. On 24 September 2021, the Multi-Ministry Taskforce (MTF) announced a tightening of safe management measures (SMMs) to slow down the transmission of COVID-19 during the stabilisation period: 27 September 2021 to 21 November 2021. Taking guidance from Sport Singapore's "Safe Management Measures for Sport and Physical Exercise & Activity under the Stabilisation Period" issued on 25 October 2021, the SSA is providing an updated guidance on the SMMs for sport and physical exercise & activity for the period of 27 September to 21 November 2021 for Aquatic Sports.

Update (9 November 2021): On 8 November 2021, the Multi-Ministry Taskforce (MTF) announced the easing of some community SMMs from 10 November 2021. Taking guidance from Sport Singapore's "Safe Management Measures for Sport and Physical Exercise & Activity under the Stabilisation Period" issued on 9 November 2021, the SSA is providing guidance on these measures for Aquatic Sports.

2. This document provides the safety management measures (SMM) to assist and offer guidance to all pool facility owners, swim school owners, administrators and coaches in Singapore so they can plan to continue aquatic lessons for learn to swim participants and competitive athletes, in line with the new Government restrictions, as safely as possible.

DISCLAIMER

- 3. This position is current as at 1800 (SGT) on 11 November 2021.
- 4. Our guidelines must be considered against our remit as a national governing body for the aquatic sport of swimming, water polo, artistic swimming, diving and open water, with a key focus on competitive aquatic sports and learn to swim programs.
- 5. While all care has been taken in the preparation of these guidelines and templates, the Singapore Swimming Association (SSA) has not and cannot make any representation or warranty that relying on this guide and the templates will ensure the health and safety of participants in club, venue or swimming activities. SSA is not liable to users of this guide and templates for any loss or damage however caused resulting from the use of this guide and templates, nor do they accept any responsibility for the accuracy of the information or your reliance upon it. You should consider whether you wish to obtain your own medical and legal advice.
- 6. For the latest updates on COVID-19 for sport and physical exercise & activity, please visit https://www.sportsingapore.gov.sg/Newsroom/Media-Releases.

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SAFE MANAGEMENT MEASURES FOR SPORT & PHYSICAL EXERCISE / ACTIVITY FROM 27 SEPTEMBER TO 21 NOVEMBER 2021

Under the stabilisation period, the following changes to SMMs will take effect:

7. **Group Size**. Group activities are allowed for **up to 2 individuals (including instructor / coach)**. This applies for all settings – indoors and outdoors regardless of masked or unmasked activity. Physical activity of a social nature (that does not involve any instructor / coach) should be kept to a limit of 2 participants.

Update (9 November 2021): Pilot Resumption of Team Sports under Vaccination-Differentiated SMMs (VDS) + Antigen Rapid Test (ART) Protocol. From 10 November 2021, a "VDS + ART" pilot will be introduced to allow up to 10 fully vaccinated persons (including players, umpires, linesman, etc) to play together in controlled and supervised settings. More information on this pilot for Aquatic Sports will be provided in due course. <u>Team sport formats in other unsupervised settings will continue to adhere to the prevailing national group size of 2 persons.</u>

- 8. **Organised Classes / Programmes.** For organised classes / programmes:
 - a. <u>Indoor masked and outdoor masked/unmasked activities:</u> Multiple groups of 2, up to 50 participants (including instructor / coach) or up to the capacity limit of the venue, whichever is lower.
 - b. <u>Indoor unmasked activities:</u> Multiple groups of 2, up to 30 participants (including instructor / coach) or up to the capacity limit of the venue, whichever is lower. All participants have to be fully vaccinated for the class/programme to take place. If any of the participants is <u>not</u> 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 <u>prohibited</u>.

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9. Vulnerable Groups:

a. <u>Seniors 60 years and above</u>, are urged to stay at home except for essential activities such as buying food, groceries, and individual exercise activities in uncrowded locations as they are vulnerable to the virus. To protect our seniors, all senior-centric classes/programmes should be suspended from **27 September to 21 November 2021.**

Update (9 November 2021): To protect our seniors and at the same time provide them with safe outlets to stay active, healthy and socially connected, Sport Singapore will be 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 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 will be available on <u>myactivesg.com.</u>

b. In line with Ministry of Education's announcement on 7 October on the resumption of face-to-face classes, all <u>indoor masked and outdoor masked/unmasked</u> organised sport or physical exercise/activity classes/ programmes catering to children 12 years old and below (born in 2009 onwards) can resume in-person <u>from 11 October 2021</u>, as per SMMs for designated aquatic activity. However, operators are strongly encouraged to continue conducting these classes online as much as possible.

<u>Indoor unmasked organized</u> classes/programmes/activities catering to children 12 years old and below (born in 2009 onwards) can resume <u>from 11 October 2021</u>, as per SMMs for designated aquatic activity, <u>in addition</u> to the following SMMs:

- a. Only 1 group of not more than 2 participants (including instructor)
- b. There can be no multiple groups of 2 participants.
- c. The instructor must be fully vaccinated (includes those that have valid PET result / have recovered from COVID-19).

To be clear, in an indoor, unmasked organised class/programme/activity, only a 1-on-1 class/programme/activity between class/programme/activity between the instructor and a participant who is 12 years and below can take place **from 11 October 2021**.

10. <u>Definition of organised class</u> - When athletes attend a programme together at a designated place at the same designated time, regardless of whether they receive coaching or not from the coach, it is constituted as a group or organised class.

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11. For <u>casual swimming</u>, it is permissible for 2 pax to swim on their own (ie <u>social nature that does not involve any instructor / coach</u>) and swimmers must start at opposite ends of the lane. Not more than 2 pax can organise to join each other for casual swimming. <u>Children 12 years old and below</u> (born in 2009 onwards) are permitted to swim casually in 2s.

These **existing** SMMs continue to be in effect during the stabilisation period:

- 12. **Physical Distancing**. While exercising and playing sport, the following physical distancing requirements apply:
 - a. 2-metre physical distancing between individuals for general physical activities, unless the nature of activity requires the distance to be shortened;
 - b. 3-metre physical distancing between individuals for indoors high intensity or high movement exercise classes, unless the nature of activity requires the distance to be shortened.

Participants have to maintain the above distancing when performing exercise but may interact within the same group during intervals.

If there are multiple groups, the groups must maintain a distance of 3 metres apart at all times and not intermingle. To be clear, there shall be no cross-mixing or cross-playing between groups i.e. no modified versions of games where a ball is being played between two groups in the case of water polo.

Update (9 November 2021): While exercising and playing sport, the following physical distancing requirements apply from 10 November 2021:

- a. 2-metre physical distancing between individuals for general physical activities, unless the nature of activity requires the distance to be shortened;
- b. 2-metre physical distancing between individuals for indoors high intensity or high movement exercise classes, unless the nature of activity requires the distance to be shortened. This distance is reduced from 3-metres before.

Participants have to maintain the above distancing when performing exercise but may interact within the same group during intervals.

If there are multiple groups, the groups must maintain a distance of 2 metres apart at all times and not intermingle. To be clear, there shall be no cross-mixing or cross-playing between groups i.e. no modified versions of games where a ball is being played between two groups in the case of water polo.

¹ An individual is considered fully vaccinated two weeks after he or she has received two doses of Pfizer-BioNTech/ Comirnaty, Moderna, or any WHO EUL vaccines. <u>Unvaccinated individuals</u> with a valid negative result on a Pre-Event Test taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event, or <u>recovered COVID-19 individuals</u>, are of similarly lower risk, and may also join in the group of fully vaccinated individuals. 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) without needing to take a Pre-Event Test. Refer to https://www.moh.gov.sg/covid-19/pet for more details.

- 13. As a precautionary measure, adolescents and men below 30 years of age are **advised** to avoid strenuous physical activities such as running, weightlifting, competitive **sports**, or playing ball games for **2** weeks after their first and second **vaccination** doses.
- 14. Individuals should not return to sport if in the <u>last 10 days</u> they are tested positive of COVID-19 or had close contact with a known or suspected case of COVID-19. In an environment of community transmission of COVID-19, any individual with respiratory symptoms (cough, sore throat, fever or shortness of breath), even if mild, should not attend any training if they are unwell and should use a cautious approach. Individuals with temperatures above 38 degrees Celsius are considered as having a fever.
- 15. Athletes, coaches or other approved personnel who are unwell, on Stay Home Notice (SHN) or Quarantined Order (QO) will not be allowed to enter the venue.
- 16. Anyone who is unwell should be referred to a doctor in accordance with local MOH guidelines. Any individual with a possible case of COVID-19 should refrain from training (even at home) until they have been cleared to do so by a doctor, given the potential for worsening illness.
- 17. It should also be considered that anyone returning to sport and exercise after a period of social isolation and not exercising regularly may be at an increased risk of injury. SSA, clubs and individuals should also apply a graded return to mitigate injury risk, understanding that sudden increase in training load will predispose to injury.

An individual is considered fully vaccinated two weeks after he or she has received two doses of Pfizer-BioNTech/ Comirnaty, Moderna, or any WHO EUL vaccines. <u>Unvaccinated individuals</u> with a valid negative result on a Pre-Event Test taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event, or <u>recovered COVID-19 individuals</u>, are of similarly lower risk, and may also join in the group of fully vaccinated individuals. 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) without needing to take a Pre-Event Test. Refer to https://www.moh.gov.sg/covid-19/pet for more details.

IMPLEMENTING VACCINATION-DIFFERENTIATED SMMs (VDS) AT AQUATIC FACILITIES

- 18. **Vaccination-Differentiated SMMs at Indoor Sport Facilities**. Permitted enterprises are advised to determine if they will be able to effectively implement vaccination-differentiated SMMs (VDS) at their indoor facilities. Facilities that do not implement checks on vaccination status will <u>not</u> be allowed to conduct unmasked indoor activities or provide common equipment. These facilities may only continue to conduct indoor masked activities without provision of equipment.
- 19. Permitted enterprises may cater for indoor unmasked activities for fully vaccinated individuals¹ (includes those 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 vaccinated individuals (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.

To allow time for instructors/coaches to be fully vaccinated, as a transitional arrangement (from now to 30 September 2021), instructors / coaches do not need to take a pre-event test before conducting indoors classes/activities with unmasked participants, as long as they are masked at all times when instructing/coaching. They are advised to moderate their own intensity level when leading these activities, so that they do not invariably end up unmasked. This transitional arrangement is only applicable to instructors/coaches and will <u>not</u> apply to participants.

- 20. **Provision of Common Equipment**. For outdoor facilities, operators can provide common equipment for their participants. 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 individuals (includes those that have valid PET result / have recovered from COVID-19) will be 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 2 individuals <u>as long as they remain masked</u>. Thorough sanitisation is to be instituted at regular intervals to minimise risk of transmission via common surfaces.
- 21. 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.

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SAFE MANAGEMENT MEASURES FOR AQUATIC FACILITY

- 22. <u>Venue Capacity and Density</u>. Sport/recreational facilities can only admit a maximum number of persons according to its Gross Floor Area based on 10 Sqm per person², up to a maximum of 50 persons. <u>No facility, regardless of size, shall admit more than 50 persons without specific approval by Sport Singapore</u>.
 - a. 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 provision. Facility must submit their SMM for review by SportSG through SSA for such requests to be considered.
 - b. The capacity limit applies to pool users including participants, coaches, instructors, sports scientists and caregivers. It does not apply to staff like safe management officers, safe distancing ambassadors and lifeguards who are performing their role as lifeguard on duty on pool deck.
 - c. Facilities with multiple pools are considered separate pools if operators are able to execute the following:
 - i. Clear demarcation between pools and movement paths
 - ii. Designated Entry / Exit points for each pool
 - iii. Dedicated toilets and locker rooms for each pool.
 - iv. NO cross-mixing between pools (Meaning persons including coaches from one pool cannot cross over to other pool area)
 - v. Each pool MAX capacity is determined by the surface area of the pool.

WHERE THERE ARE TWO OR MORE POOLS BEING USED IN THE SAME VENUE WITH POTENTIAL FOR TWO OR MORE 50 PAX CAPACITIES, THE FACILITY MANAGER MUST SUBMIT THEIR SMM'S FOR REVIEW BY SPORTSG THROUGH SSA.

EACH FACILTY MUST BE ABLE TO DEMONSTRATE TO THE SINGAPORE SWIMMING ASSOCIATION THROUGH THEIR SMM'S THEY ARE CAPABLE TO COMPLY WITH SPORTSG ADVISORY WHICH WILL BE FORWARDED ON TO SPORTSG FOR APPROVAL, PRIOR TO CONVERSION TO ANY OF THESE CONFIGURATIONS.

² 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.

GROUP SIZE - ON LAND (INDOOR AND OUTDOOR ENVIRONMENT)

- 23. For all **organised land programming**, coach may guide the group, and will be included in the group size of 2.
 - a. <u>Indoor masked and outdoor masked/unmasked activities</u> From <u>27 September to 21 November 2021</u>, **multiple groups of 2**, up to 50 participants (including instructor / coach) or up to the capacity limit of the venue, whichever is lower, can take place. The groups of 2 are not to intermingle before, during, and after the class, and must remain 2 metres apart.
 - All <u>indoor masked and outdoor masked/unmasked</u> activities catering to children 12 years old and below (born in 2009 onwards) can resume in-person <u>from 11 October</u> <u>2021</u> as per SMMs for designated aquatic activity. However, operators are strongly encouraged to continue conducting these classes online as much as possible. <u>Seniors 60 years and above</u>, are urged to stay at home except for essential activities such as buying food, groceries, and individual exercise activities in uncrowded locations as they are vulnerable to the virus. To protect our seniors, all senior-centric classes/programmes will be suspended from <u>27 September to 21 November 2021</u>.

Update (9 November 2021): To protect our seniors and at the same time provide them with safe outlets to stay active, healthy and socially connected, Sport Singapore will be 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 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 will be available on myactivesg.com.

• Masks can be taken off when performing high intensity activities in an outdoor environment, although it is still recommended as good practice even under such circumstances. If mask is taken off, it will have to be put on immediately after the end of the activity. There should be no intermingling between groups before, during and after the class, and they must remain 3 metres apart at all times.

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GROUP SIZE - ON LAND (INDOOR AND OUTDOOR ENVIRONMENT)

- b. <u>Indoor unmasked activities</u> From 27 September to 21 November 2021, **multiple groups of 2**, up to 30 participants (including instructor / coach) or up to the capacity limit of the venue, whichever is lower. All participants <u>MUST BE fully vaccinated</u>¹ for the class/programme to take place. If any of the participants is <u>not</u> 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 <u>prohibited</u>.

 <u>Indoor unmasked organized</u> activities catering to children 12 years and below (born in 2009 onwards) can resume <u>from 11 October 2021</u>, as per SMMs for designated aquatic activity, in addition to the following SMMs:
 - a. Only 1 group of not more than 2 participants (including instructor)
 - b. There can be no multiple groups of 2 participants. Strictly 1-on-1 class.
 - c. The instructor must be fully vaccinated (includes those that have valid PET result / have recovered from COVID-19).

<u>Seniors 60 years and above</u>, are urged to stay at home except for essential activities such as buying food, groceries, and individual exercise activities in uncrowded locations as they are vulnerable to the virus. To protect our seniors, all senior-centric classes/programmes will be suspended from <u>27 September to 21 November 2021</u>.

Update (9 November 2021): To protect our seniors and at the same time provide them with safe outlets to stay active, healthy and socially connected, Sport Singapore will be 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 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 will be available on myactivesg.com.

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GROUP SIZE - IN WATER (OUTDOOR ENVIRONMENT)

- 24. A Coach for **competitive aquatic sports**, where the athletes are training for races and competitions may take up to <u>3 groups of 2 participants</u> in an outdoor environment provided the groups maintain a distance of <u>2 metres</u> apart from one another and the coach keeps a distance of <u>2 metres</u> apart from the groups at all times. No mixing of group or coach at ANY time. <u>Otherwise, group size is limited to 1 Coach: 1 Athlete.</u>
 All **outdoor activities** catering to children 12 years old and below (born in 2009 onwards) can resume in-person <u>from 11 October 2021</u> as per SMMs for designated aquatic activity. However, operators are strongly encouraged to continue conducting these classes online as much as possible.
- 25. An instructor who teaches participants for aquatic sports which is equivalent to **SwimSafer bronze level and above (Stage 4,5,6)** where the participant has achieved the competency to swim at least 100m continuously, may take up to **2 groups of 2 participants** in **an outdoor environment** provided the groups maintain a distance of **2 metres** apart from one another and the instructor has no contact with any in the group at all times. **Otherwise, group size is limited to 1 Coach: 1 Athlete.**All **outdoor activities** catering to children **12** years old and below (born in 2009 onwards) can resume in-person **from 11 October 2021** as per SMMs for designated aquatic activity. However, operators are strongly encouraged to continue conducting these classes online as much as possible.
- 26. An Instructor who teaches participants for beginner aquatic sports, which is equivalent to Learn to Swim at SwimSafer Stage 3 and below, can take 1 participant in an outdoor environment. The group size restriction will be 2 persons (including coach), ie 1 coach: 1 participant.
 - All **outdoor activities** catering to children 12 years old and below (born in 2009 onwards) can resume in-person **from 11 October 2021** as per SMMs for designated aquatic activity. However, operators are strongly encouraged to continue conducting these classes online as much as possible.

The following additional safety requirement apply:

- Instruction MUST occur in water no deeper than 1m in depth OR with provision of platforms set to no deeper than 1m in depth
- The instructor MUST maintain visual of participants at ALL times

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- 27. An **outdoor facility** can have up to 50 participants (including instructor / coach) or up to the capacity limit of the venue, whichever is lower with multiple coaches / swim teachers instructing as separate 1 Instructor: 1 Participant appropriately spaced, ie no intermingling between different groups and each group must remain 2 metres apart. Each facility can only admit a maximum number of persons according to its Gross Floor Area (calculated by the pool configuration surface area ie. water surface area only not including surrounding deck space) based on 10sqm per person.
 - All **outdoor activities** catering to children 12 years old and below (born in 2009 onwards) can resume in-person **from 11 October 2021** as per SMMs for designated aquatic activity. However, operators are strongly encouraged to continue conducting these classes online as much as possible.
 - <u>Seniors 60 years and above</u>, are urged to stay at home except for essential activities such as buying food, groceries, and individual exercise activities in uncrowded locations as they are vulnerable to the virus. To protect our seniors, all senior-centric classes/programmes will be suspended from <u>27 September to 21 November 2021</u>.

Update (9 November 2021): To protect our seniors and at the same time provide them with safe outlets to stay active, healthy and socially connected, Sport Singapore will be 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 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 will be available on <u>myactivesg.com</u>.

- 28. Coaches will have to wear masks at all times when they are not in the pool.
- 29. Learn to Swim for participants with disabilities remains as bubble of 2 in an outdoor environment. For more details, please refer to SDSC Safe Management Plan at https://sdsc.org.sg. All outdoor activities catering to children 12 years old and below (born in 2009 onwards) can resume in-person from 11 October 2021 as per SMMs for designated aquatic activity. However, operators are strongly encouraged to continue conducting these classes online as much as possible.
- 30. For more information about SwimSafer programme (https://www.myactivesg.com/Programmes/Swim-Safer-Programme-For-Children)

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- 31. For <u>casual swimming</u>, the group size should be kept to 2 participants, ie not more than 2 pax per lane in an <u>outdoor environment</u>. <u>Children 12 years old and below</u> (born in 2009 onwards) are <u>permitted to swim casually in 2s.</u>
 - i. There should be no mixing between the groups
 - ii. the groups are not organized by the coach or club.
 - iii. Participant can sign up for a designated time block and enter or depart facility anytime within that window
 - Swimmer must select an available space to swim with no more than 2 per lane
 - All participants in one lane must adhere to the 2m distancing and not congregate on walls
 - iv. For **Water Polo**: swimming, leg work, individual technical drills and tactical passing/shooting drills within each lane is allowed. There should be no intermixing between lanes.
 - v. For **Artistic Swimming**: swimming, technical & free routine training, figures & element training within each lane is allowed. There should be no intermixing between lanes.

¹ An individual is considered fully vaccinated two weeks after he or she has received two doses of Pfizer-BioNTech/ Comirnaty, Moderna, or any WHO EUL vaccines. <u>Unvaccinated individuals</u> with a valid negative result on a Pre-Event Test taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event, or <u>recovered COVID-19 individuals</u>, are of similarly lower risk, and may also join in the group of fully vaccinated individuals. 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) without needing to take a Pre-Event Test. Refer to https://www.moh.gov.sg/covid-19/pet for more details.

GROUP SIZE - IN WATER (INDOOR FACILITY)

32. A Coach for **competitive aquatic sports**, where the athletes are training for races and competitions may take **3 group of 2 participants (including coach) in an indoor³ environment provided** the groups maintain a distance of 3m apart from one another and the coach keeps a distance of 2 metres apart from the groups at all times. No mixing of group or coach at ANY time. **Otherwise, group size is limited to 1 Coach: 1 Athlete**. All participants **MUST be fully vaccinated**¹ for the class/programme to take place. If any of the participants is <u>not</u> 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 <u>prohibited</u>.

<u>Indoor unmasked organized</u> activities catering to children 12 years and below (born in 2009 onwards) can resume <u>from 11 October 2021</u>, as per SMMs for designated aquatic activity, in addition to the following SMMs:

- a. Only 1 group of not more than 2 participants (including instructor)
- b. There can be no multiple groups of 2 participants. Strictly 1-on-1 class.
- c. The instructor must be fully vaccinated (includes those that have valid PET result / have recovered from COVID-19).
- An instructor who teaches participants for aquatic sports which is equivalent to **SwimSafer bronze level and above (Level 4, 5, 6)** where the participant has achieved the competency to swim at least 100m continuously, may take up to **2 groups of 2 participants** in an indoor³ environment provided the groups maintain a distance of 2 metres apart from one another and the coach keeps a distance of 3m apart from the groups at all times. No mixing of group or coach at ANY time. **Otherwise, group size is limited to 1**Coach: 1 Athlete. All participants MUST be fully vaccinated 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.

<u>Indoor unmasked organized</u> activities catering to children 12 years and below (born in 2009 onwards) can resume <u>from 11 October 2021</u>, as per SMMs for designated aquatic activity, in addition to the following SMMs:

- a. Only 1 group of not more than 2 participants (including instructor)
- b. There can be no multiple groups of 2 participants. Strictly 1-on-1 class.
- c. The <u>instructor must be fully vaccinated</u> (includes those that have valid PET result / have recovered from COVID-19).

¹An individual is considered fully vaccinated two weeks after he or she has received two doses of Pfizer-BioNTech/ Comirnaty, Moderna, or any WHO EUL vaccines. <u>Unvaccinated individuals</u> with a valid negative result on a Pre-Event Test taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event, or <u>recovered COVID-19</u> <u>individuals</u>, are of similarly lower risk, and may also join in the group of fully vaccinated individuals. 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) without needing to take a Pre-Event Test. Refer to https://www.moh.gov.sg/covid-19/pet for more details

³Indoors spaces are defined as those enclosed by shelter and walls where there is inadequate natural ventilation.

- 34. An Instructor who teaches participants for beginner aquatic sports, which is equivalent to **Learn to Swim at SwimSafer Stage 3 and below,** can take **1 participant** in **an indoor**³ **environment provided** the participant is **fully vaccinated**. If the participant 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 <u>prohibited</u>. The following additional safety requirements apply:
 - Instruction MUST occur in water no deeper than 1m in depth OR with provision of platforms set to no deeper than 1m in depth
 - The instructor MUST maintain visual of ALL participants at ALL times

<u>Indoor unmasked organized</u> activities catering to children 12 years and below (born in 2009 onwards) can resume <u>from 11 October 2021</u>, as per SMMs for designated aquatic activity, in addition to the following SMMs:

- a. Only 1 group of not more than 2 participants (including instructor)
- b. There can be no multiple groups of 2 participants. Strictly 1-on-1 class.
- c. The instructor must be fully vaccinated (includes those that have valid PET result / have recovered from COVID-19).
- 35. An indoor³ facility can have up to 30 participants (including instructor / coach) or up to the capacity limit of the venue, whichever is lower with multiple coaches / swim teachers instructing as separate 1 Instructor: 1 Participant appropriately spaced, ie no intermingling between different groups and each group must remain 2 metres apart. Each facility can only admit a maximum number of persons according to its Gross Floor Area (calculated by the pool configuration surface area ie. water surface area only not including surrounding deck space) based on 10sqm per person. All participants MUST be fully vaccinated¹ 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.

<u>Indoor unmasked organized</u> activities catering to children 12 years and below (born in 2009 onwards) can resume <u>from 11 October 2021</u>, as per SMMs for designated aquatic activity, in addition to the following SMMs:

- a. Only 1 group of not more than 2 participants (including instructor)
- b. There can be no multiple groups of 2 participants. Strictly 1-on-1 class.
- c. The instructor must be fully vaccinated (includes those that have valid PET result / have recovered from COVID-19).

¹An individual is considered fully vaccinated two weeks after he or she has received two doses of Pfizer-BioNTech/ Comirnaty, Moderna, or any WHO EUL vaccines. <u>Unvaccinated individuals</u> with a valid negative result on a Pre-Event Test taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event, or <u>recovered COVID-19</u> <u>individuals</u>, are of similarly lower risk, and may also join in the group of fully vaccinated individuals. 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) without needing to take a Pre-Event Test. Refer to https://www.moh.gov.sg/covid-19/pet for more details

³Indoors spaces are defined as those enclosed by shelter and walls where there is inadequate natural ventilation.

- 36. Coaches will have to wear masks at all times when they are not in the pool.
- 37. Learn to Swim for children with disabilities in an **indoor**³ **facility** will be <u>1 Instructor: 1 Participant</u> provided the participant <u>is fully vaccinated</u>¹. If the participant is <u>not</u> 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 <u>prohibited</u>. For more details, please refer to SDSC Safe Management Plan at https://sdsc.org.sg/

<u>Indoor unmasked organized</u> activities catering to children 12 years and below (born in 2009 onwards) can resume <u>from 11 October 2021</u>, as per SMMs for designated aquatic activity, in addition to the following SMMs:

- a. Only 1 group of not more than 2 participants (including instructor)
- b. There can be no multiple groups of 2 participants. Strictly 1-on-1 class.
- c. The instructor must be fully vaccinated (includes those that have valid PET result / have recovered from COVID-19).
- 38. For <u>casual swimming</u>, the group size should be kept to 2 participants, ie not more than 2 pax per lane) in an **indoor**³ **facility** and all participants <u>MUST be fully vaccinated</u>¹. If any of the participants is <u>not</u> fully vaccinated (or does not have a valid PET result / is not a recovered COVID-19 individual), then indoor unmasked activity for that participant is prohibited.
 - i. There should be no mixing between the groups
 - ii. the groups are not organized by the coach or club.
 - iii. Participant can sign up for a designated time block and enter or depart facility anytime within that window
 - Swimmer must select an available space to swim with no more than 2 per lane
 - All participants in one lane must adhere to the 2m distancing and not congregate on walls
 - iv. For **Water Polo**: swimming, leg work, individual technical drills and tactical passing/shooting drills within each lane is allowed. There should be no intermixing between lanes.
 - v. For **Artistic Swimming**: swimming, technical & free routine training, figures & element training within each lane is allowed. There should be no intermixing between lanes.

¹An individual is considered fully vaccinated two weeks after he or she has received two doses of Pfizer-BioNTech/ Comirnaty, Moderna, or any WHO EUL vaccines. <u>Unvaccinated individuals</u> with a valid negative result on a Pre-Event Test taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event, or <u>recovered COVID-19</u> <u>individuals</u>, are of similarly lower risk, and may also join in the group of fully vaccinated individuals. 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) without needing to take a Pre-Event Test. Refer to https://www.moh.gov.sg/covid-19/pet for more details

³Indoors spaces are defined as those enclosed by shelter and walls where there is inadequate natural ventilation.

FAST AND EASY TESTING (FET) AND "VACCINATE OR REGULAR TEST" REGIME FOR SPORT AND FITNESS SECTOR

- 39. **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, <u>all workforce</u>⁴ (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 <u>once</u> 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 children 12 years and under, regardless of masked or unmasked activities
 - b. FET can be conducted via the Employer-led Supervised Self-Swab (ESSS)⁶ system, or at Quick Test Centres (QTCs). The Government will be funding the cost of ART kits for ESSS⁶ and the cost of testing at QTCs till 31 December 2021 for all workforce stipulated under 41 (a) (i), (ii), (iii).
- 40. From 1 October 2021, under the Vaccinate or Regular Test (VoRT) regime, any unvaccinated workers under paragraph 39 (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 be fulfilled via the ESSS, QTCs or MOH approved COVID-19 test provider. This additional test will not be funded by the Government unless one is medically ineligible for vaccination.
- 41. For more details on FET and VoRT for sport and fitness sector, please scan the QR code.



⁴ Does not include volunteers and those who are not paid/compensated for their services.

⁶ Self-administered ART not under ESSS is not valid for FET.

Overview of FET and VoRT:

*Workforce defined as all workers4, including fulltime/part-time workers at the same premises such as cleaners, administrative staff, etc, even if		Fast and Easy Test (FET) Rostered Routine Testing (RRT) i. Employer-led Supervised SelfSwab	Vaccinate or Regular Test (VoRT) i. Employer-led Supervised SelfSwab (ESSS), ii. Quick Test Centres (QTCs)
they are masked and do not interact with unmasked persons) in the following sport / fitness settings:		(ESSS), ii. Quick Test Centres (QTCs)	iii. MOH approved Covid-19 test provider
Vaccinated workforce*	Indoor Masked Indoor Unmasked	in quiek lest centres (Q1es)	
	Outdoor Unmasked All activities involving		NA
	children 12yo and below	1 x per week	
Unvaccinated workforce*	Indoor Masked Indoor Unmasked	Tests funded by Govt till 31 Dec 2021	2 x per week
	Outdoor Unmasked All activities involving children 12yo and below		 Each weekly FET RRT will count towards one of the twice weekly VoRT requirements. Remaining test is not funded unless medically ineligible for vaccination.

⁴ Does not include volunteers and those who are not paid/compensated for their services.

OTHER SAFE MEASURES

- 42. 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. <u>Mask wearing</u>. 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 vaccinated individuals (includes those that 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.
 - i. All coaches on deck must wear mask. Face shield is not allowed unless it is worn additional to the mask.
 - ii. Learn to Swim instructors must wear face shield or silicon mask in the water. Instructors on deck must wear mask at all times.
 - b. <u>Intermingling to be avoided in changing rooms / toilets</u>. 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. <u>Sharing of common equipment should be minimised</u>. 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. <u>Facilitating contact tracing</u>. Operators and instructors are to maintain a complete set of data that clearly record how all participants are segregated into groups of up to 2 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.

¹ An individual is considered fully vaccinated two weeks after he or she has received two doses of Pfizer-BioNTech/ Comirnaty, Moderna, or any WHO EUL vaccines. <u>Unvaccinated individuals</u> with a valid negative result on a Pre-Event Test taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event, or <u>recovered COVID-19</u> individuals, are of similarly lower risk, and may also join in the group of fully vaccinated individuals. 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) without needing to take a Pre-Event Test. Refer to https://www.moh.gov.sg/covid-19/pet for more details.

- 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 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. As announced by the Multi-Ministry Taskforce, the temperature screening requirement will be removed from 19 August 2021.
 - 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.

SPORTS EVENTS / CLUB-ORGANISED / SSA-SANCTIONED MEETS FROM 27 SEPTEMBER TO 21 NOVEMBER 2021

- 43. Sport events can continue during the stipulated period as follows:
 - a. Swimming competitions (<u>with spectators</u>) Spectator sport events can proceed with up to 1,000 spectators (in zones of up to 50 persons) if all spectators are fully vaccinated¹ (includes those that have valid PET result / have recovered from COVID-19). Please refer to https://go.gov.sg/pet for MOH's latest requirements and guidelines on pre-event testing.

Update (9 November 2021): From 10 November 2021, spectator sport events, can proceed with up to 1,000 spectators if all spectators are fully vaccinated (includes those that have valid PET result / have recovered from COVID-19). Spectators will be in zones of up to 100 persons (up from 50 per zone before).

From 10 November 2021, mass participation sport events can proceed with up to 1,000 participants per session⁵, if all participants are fully vaccinated (includes those that have valid PET result / have recovered from COVID-19). Participants will be organised in waves of up to 100 persons (up from 50 per wave before).

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. From 27 September to 21 November 2021, mass participation sport events catering to seniors 60 and above are discouraged. From 11 October 2021, mass participation sport events catering to children 12 years and below can resume.

b. Swimming competitions (<u>without spectators</u>) 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, with different sessions adequately separated within a day or across multiple days, to avoid congregation. In an indoor unmasked environment, only fully vaccinated persons (includes those that have valid PET result / have recovered from COVID19) persons may participate in such events.

Each Water Polo match is allowed to have up to 2 persons in the field of play at any single point in time.

For such sport competitions and tournaments, spectators are permitted, but must comply with the requirements at paragraph 43(a) above.

¹ An individual is considered fully vaccinated two weeks after he or she has received two doses of Pfizer-BioNTech/ Comirnaty, Moderna, or any WHO EUL vaccines. <u>Unvaccinated individuals</u> with a valid negative result on a Pre-Event Test taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event, or <u>recovered COVID-19</u> <u>individuals</u>, are of similarly lower risk, and may also join in the group of fully vaccinated individuals. 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) without needing to take a Pre-Event Test. Refer to https://www.moh.gov.sg/covid-19/pet for more details

⁵ 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.

SPORTS EVENTS / CLUB-ORGANISED / SSA-SANCTIONED MEETS FROM 27 SEPTEMBER TO 21 NOVEMBER 2021

For indoor unmasked competitions or activities, only fully vaccinated¹ persons (includes those that have valid PET result / have recovered from COVID19) may participate in such events. For such sport competitions and tournaments, spectators are permitted, but must comply with the requirements at paragraph 43(a) above.

From 11 October 2021, mass participation sport events catering to children 12 years and below can resume. From 27 September to **21 November 2021**, sport competitions and tournaments catering to **seniors 60 and above** are discouraged.

MCCY and SportSG have been studying the feasibility of allowing more players per match in sport competitions and tournaments, if all players are fully vaccinated¹ (includes those that have valid PET result / have recovered from COVID-19). In view of tightening of measures, the decision is delayed till the situation improves.

Unvaccinated children aged 12 and below may be included and exempted from pre-event testing, 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 aged 12 and below), the event will have to be capped at 50 persons.

Update (9 November 2021): At sport events where public speaking is necessary, such as a 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.

- 44. All club-organised / SSA-sanctioned meets (including participants, spectators, officials, event crew and support staff) must be endorsed by SSA before they can be conducted. Application can be submitted to contact@swimming.org.sg at least 30 days prior to the start of the event to give time for evaluation and discussion.
- 45. SSA's endorsement is only for the club-organised / SSA-sanctioned SMMs. Affiliates will need to seek further approval from facility owner / relevant agencies before their event can proceed. Events previously endorsed by SSA will need to have their SMMs updated and affiliates are to resubmit their plans using the prescribed form for endorsement by Sport Singapore and SSA.

¹ An individual is considered fully vaccinated two weeks after he or she has received two doses of Pfizer-BioNTech/ Comirnaty, Moderna, or any WHO EUL vaccines. <u>Unvaccinated individuals</u> with a valid negative result on a Pre-Event Test taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event, or <u>recovered COVID-19</u> individuals, are of similarly lower risk, and may also join in the group of fully vaccinated individuals. 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) without needing to take a Pre-Event Test. Refer to https://www.moh.gov.sg/covid-19/pet for more details.

Distancing and Size Capacity

- 46. Recommended stagger time is 10 minutes between sessions so there is no overlap between athletes/students arriving and leaving.
- 47. Instructors must wear personal protection equipment (PPE) like face shield or silicon mask at all times in the water. Coaches on deck coaching must wear masks at all times.
- 48. Use demonstration / technology to assist in teaching new skills in lieu of contact.
- 49. There should be no unnecessary body contact. (eg. No handshaking, no high-fives)Instructor may adopt the most appropriate position and distance in the interest of water safety.
- 50. When athletes attend a programme together at a designated place at the same designated time, regardless of whether they receive coaching or not from the coach, it is constituted as a group or organised class and that is not allowed.
- 51. For **casual swimming**, the group size should be kept to 2 participants.
- 52. Personal communication devices should not be shared. Where the sharing of equipment is permitted (in outdoor settings), these 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

INCREASING CAPACITY LIMIT By ZONES.

Multi-Pool Facilities Usage

Capacity: Multi-Pool Facitilties OR Increasing Capacity by Zones

Facilities with multiple pools are considered separate pools if operators are able to execute the following:

- Clear demarcation between pools and movement paths
- Designated Entry / Exit points for each pool
- Dedicated toilets and locker rooms for each pool
- NO cross-mixing between pools (Meaning persons including coaches from one pool cannot cross over to other pool area)
- · Each pool MAX capacity is determined by the surface area of the pool.

NOTE: The following pool layout examples account for individual spacing at minimum 10SQM per person, UP TO a maximum bubble of 2 swimmers that do not exceed 50 pax per pool or zone. Some configurations will not max out capacity which includes swimmers and coaches.

ALSO NOTE: THE FOLLOWING CONFIGURATIONS ARE NOT AUTOMATIC.

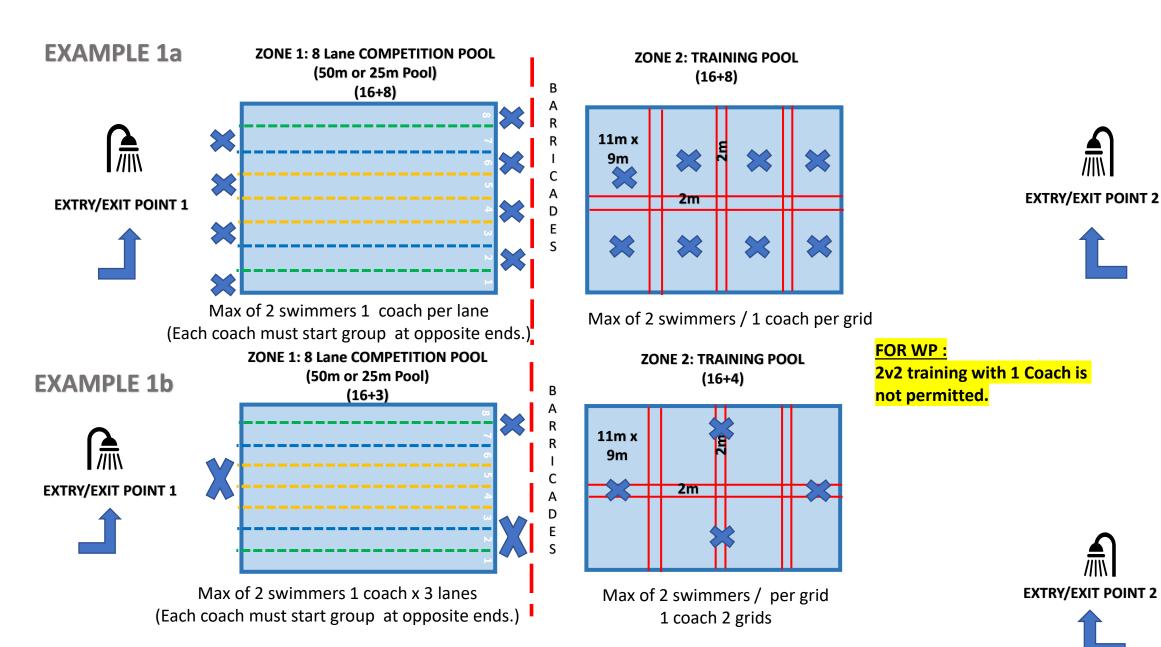
WHERE THERE ARE TWO OR MORE POOLS BEING USED IN THE SAME VENUE WITH POTENTIAL FOR TWO OR MORE 50 PAX CAPACITIES, THE FACILITY MANAGER MUST SUBMIT THEIR SMM's FOR REVIEW BY SSA.

EACH FACILTY MUST BE ABLE TO DEMONSTRATE TO THE SINGAPORE SWIMMING ASSOCIATION THROUGH THEIR SMM'S THEY ARE CAPABLE TO COMPLY WITH SPORTSG ADVISORY AS LISTED ABOVE PRIOR TO CONVERSION TO ANY OF THESE CONFIGURATIONS.

Pool Configurations

- 53. To maximise the space, bulkhead or lane lines can be used to increase the lane options at 2 pax** per lane.
 - a. This means that it will be considered as a separate zone of up to 50 pax.
 - i. 10 lane 50m pool with bulkhead becomes 20 lanes (max of 40 athletes)
 - ii. 8 lanes 50m pool with bulkhead becomes 16 lanes (max 32 athletes)
 - iii. A 50m pool without bulkhead becomes 25 lanes (max 50 athletes) if they swim across the pool (25m)
 - b. The lanes must be 2 metres width apart.
- 54. Use of communication devices is allowed in a 1 Coach: 1 Athlete session.
 - a. If used to address multiple users in the facility at the same time (as a group), communication device can only be used to address Safe Management Measures.

Update (11 November 2021): Use of communication devices is allowed in a coaching session. If used to address casual users in the facility at the same time, communication device can only be used to address Safe Management Measures.

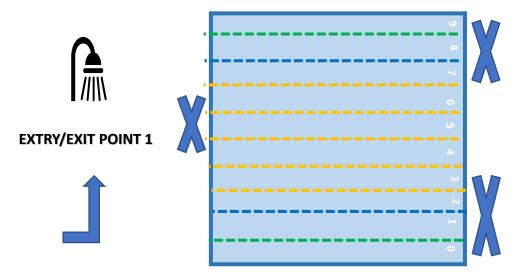


EXAMPLE 2

ZONE 1: 10 Lane COMPETITION POOL (50m or 25m Pool)
(50 pax max including coaches)

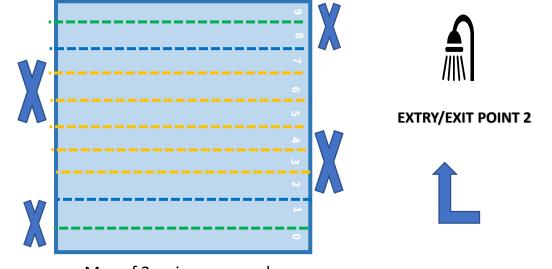
FOR WP:

2v2 training with 1 Coach is not permitted.



Max of 2 swimmers per lane (Facility Capacity remains at 50 pax including coaches)

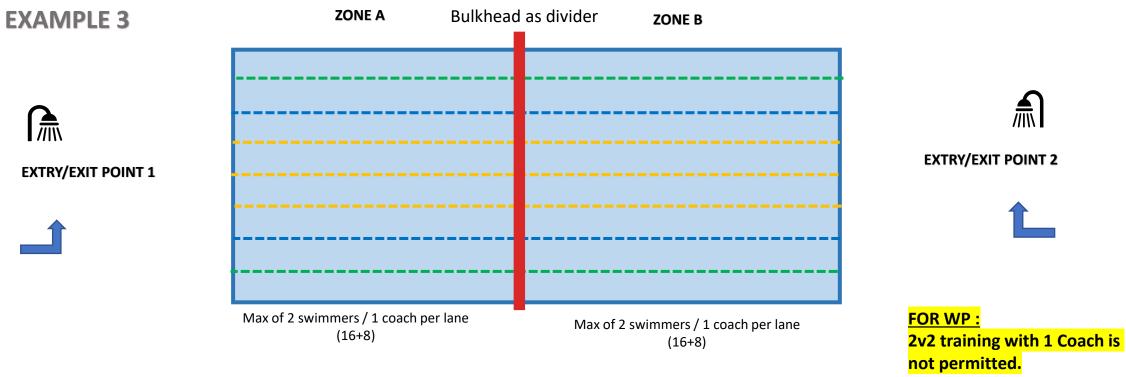
E.g. 18 swimmers- 3 coaches Each coach oversees 6 swimmers. (Each coach must start group at opposite ends of pool)



Max of 2 swimmers per lane (Facility Capacity remains at 50 pax including coaches)

E.g. 20 swimmers – 4 coaches 2 coaches oversee 6 swimmers each – 3 lanes each 2 coaches oversee 8 swimmers each – 2 lanes each (Each coach must start group at opposite ends of pool)

NOTE: For **competitive aquatic sports**, as long as there are no more than two swimmers per lane, a coach does not have more than 3 groups of 2 regardless of how many lanes they spread out in, the coaches start from opposite sides of pool, no mixing of group or coach at ANY time and the facility does not exceed 50 pax, you are within SMMs requirements.



Using Example 3, the following are possible solutions of increasing the capacity:

- Clear demarcation between pools and movement paths

 Possible Solution: Rent and install barriers; barricades, for this purpose
- Designated Entry / Exit points for each zone
 Possible solution: if using the same entry / exit entry point implement staggered timing and divide the movement path
 Separate QR Code for each zone
- Dedicated toilets and locker rooms for each zone
 Possible solution: To continue prohibiting showers in the toilet OR installing portable toilet at each zone to prevent cross mixing between zones

When NO
BULKHEAD
available for clear
demarcation
between segments
within the same

50m pool.

Refer to example 3

for zoning

requirement

EXAMPLE 4a



EXTRY/EXIT POINT 1



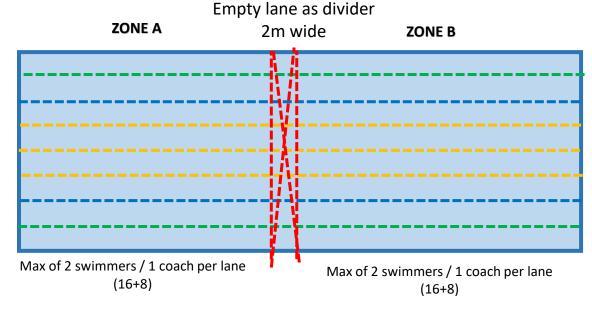
EXAMPLE 4b

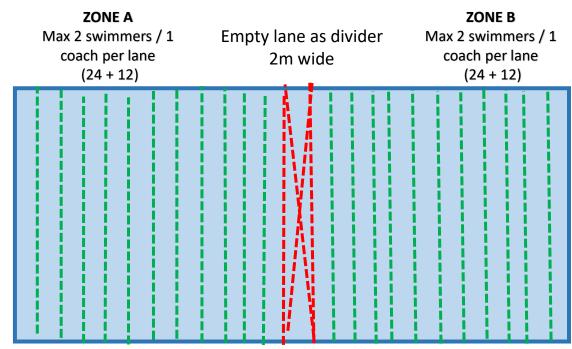
When NO
BULKHEAD
available for clear
demarcation
between segments
within the same
50m pool



EXTRY/EXIT POINT 1









EXTRY/EXIT POINT 2



Alternate starting end by lane for, each a separate group.

(eg. 1/3/5 start from one end, 2/4/6 from opposite end.

FOR WP

2v2 training with 1 Coach is not permitted.



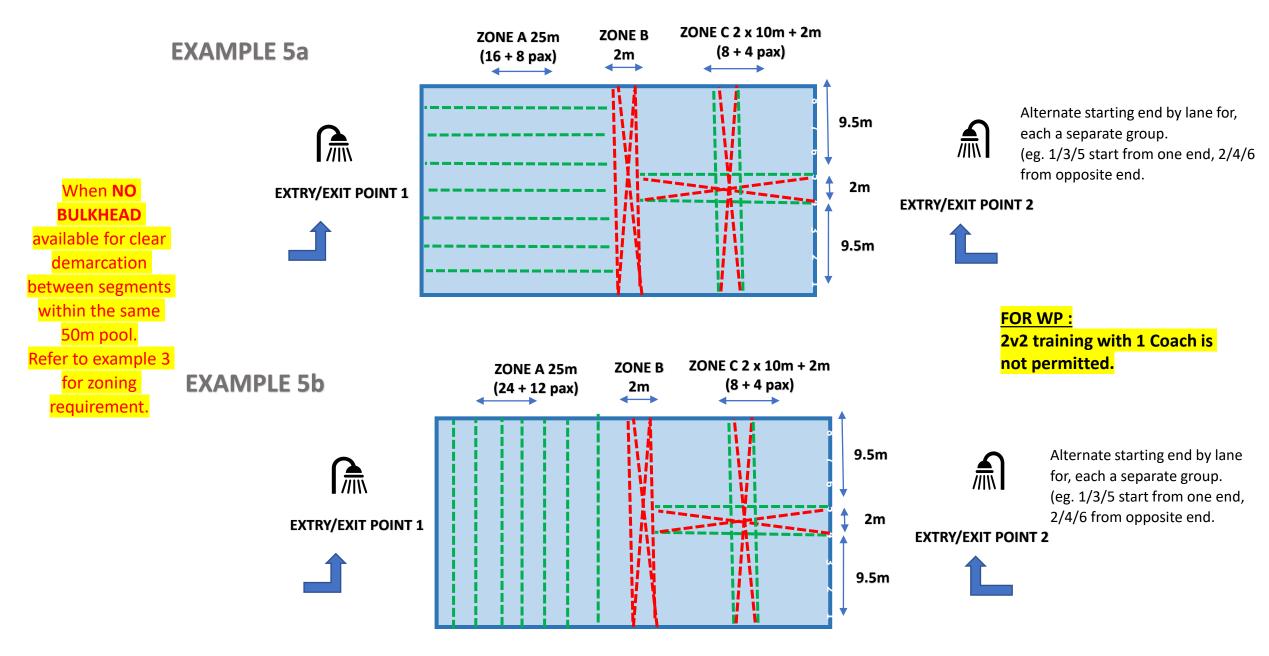
EXTRY/EXIT POINT 2



Create max 25 lanes across 50m pool – 2m width.

Alternate starting end by lane for, each a separate group.

(eg. 1/3/5 start from one end, 2/4/6 from opposite end.



INDOOR & OUTDOOR FACILITIY—ON LAND

Competitive Programs (Swimming, Water Polo, Diving, Artistic Swimming)

Land Based INDOOR (MASKED) and OUTDOOR (MASKED/MASK-OFF) Activities (Dry Land)

55. From 27 September to 21 November 2021, **multiple groups of 2**, up to 50 participants (including instructor / coach) or up to the capacity limit of the venue, whichever is lower, can take place. The groups of 2 are not to intermingle before, during, and after the class, and must remain 2 metres apart.

All **indoor masked and outdoor masked/unmasked** activities catering to children 12 years old and below (born in 2009 onwards) can resume in-person **from 11 October 2021** as per SMMs for designated aquatic activity. However, operators are strongly encouraged to continue conducting these classes online as much as possible.

Land Based INDOOR (MASK-OFF) Activities (Dry Land)

56. From 27 September to 21 November 2021, **multiple groups of 2**, up to 30 participants (including instructor / coach) or up to the capacity limit of the venue, whichever is lower. All participants **MUST BE fully vaccinated**¹ for the class/programme to take place. If any of the participants is <u>not</u> 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 <u>prohibited</u>.

<u>Indoor unmasked organized</u> activities catering to children 12 years and below (born in 2009 onwards) can resume <u>from 11 October 2021</u>, as per SMMs for designated aquatic activity, in addition to the following SMMs:

- a. Only 1 group of not more than 2 participants (including instructor)
- b. There can be no multiple groups of 2 participants. Strictly 1-on-1 class.
- c. The instructor must be fully vaccinated (includes those that have valid PET result / have recovered from COVID-19).

https://www.moh.gov.sg/covid-19/pet for more details

¹ An individual is considered fully vaccinated two weeks after he or she has received two doses of Pfizer-BioNTech/ Comirnaty, Moderna, or any WHO EUL vaccines. <u>Unvaccinated individuals</u> with a valid negative result on a Pre-Event Test taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event, or <u>recovered COVID-19</u> individuals, are of similarly lower risk, and may also join in the group of fully vaccinated individuals. 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) without needing to take a Pre-Event Test. Refer to

OUTDOOR FACILITY— IN WATER COMMISSION OF THE PROPERTY OF THE PRO

Competitive Programs (Swimming, Water Polo, Artistic Swimming) - OUTDOOR FACILITY ONLY

In the Pool - MASK OFF ENVIRONMENT (Meaning Athlete is required to remove mask to participate in the activity)

57. A Coach for **competitive aquatic sports**, where the athletes are training for races and competitions may take up to <u>3 groups of 2 participants</u> in an outdoor environment provided the groups maintain a distance of 2 metres apart from one another and the coach keeps a distance of 3m apart from the groups at all times. No mixing of group or coach at ANY time. <u>Otherwise, group size is limited to 1 Coach: 1 Athlete.</u> All outdoor activities catering to children 12 years old and below (born in 2009 onwards) can resume in-person <u>from 11 October 2021</u> as per SMMs for designated aquatic activity. However, operators are strongly encouraged to continue conducting these classes online as much as possible.

SWIMMING

- 1 coach can <u>take up to 3 groups of 2 provided</u> the groups maintain a distance of 2 metres apart from one another and the coach keeps a distance of 2 metres apart from the groups at all times. There is no mixing of group or coach at ANY time. Coaches of a different group MUST start at the opposite end of the pool. Otherwise, group size is limited to 1 Coach: 1 Athlete.
- Stagger start along lane line or start at opposite ends (one on wall, one at flags)

WATER POLO

- 1 coach can take up to 3 groups of 2 provided the groups maintain a distance of 2 metres apart from one another and the coach keeps a distance of 2 metres apart from the groups at all times. There is no mixing of group or coach at ANY time Otherwise, group size is limited to 1 Coach: 1 Athlete.
- <u>2v2 training with 1 Coach is NOT allowed</u>. <u>Modify training</u> and to avoid prolonged body contact. Transient contact is permitted within group.

ARTISTIC SWIMMING

- 1 coach can take up to 3 groups of 2 provided the groups maintain a distance of 2 metres apart from one another and the coach keeps a distance of 2 metres apart from the groups at all times. There is no mixing of group or coach at ANY time. Otherwise, group size is limited to 1 Coach: 1 Athlete.
- Technical & free routine training, figures & element training within each lane is allowed. There should be no intermixing between lanes. Modify training to avoid prolonged body contact. Transient contact is permitted within group.

¹ An individual is considered fully vaccinated two weeks after he or she has received two doses of Pfizer-BioNTech/ Comirnaty, Moderna, or any WHO EUL vaccines. <u>Unvaccinated individuals</u> with a valid negative result on a Pre-Event Test taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event, or <u>recovered COVID-19 individuals</u>, are of similarly lower risk, and may also join in the group of fully vaccinated individuals. 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) without needing to take a Pre-Event Test. Refer to https://www.moh.gov.sg/covid-19/pet for more details.

Competitive Programs (Diving) - OUTDOOR FACILITY ONLY

In the Pool - MASK OFF ENVIRONMENT (Meaning Athlete is required to remove mask to participate in the activity)

- 58. A Coach for **competitive aquatic sports**, where the athletes are training for races and competitions may take up to **2 groups of 2 participants** in **an outdoor environment** provided the groups maintain a distance of **2 metres** apart from one another and the coach keeps a distance of **2 metres** apart from the groups at all times. No mixing of group or coach at ANY time. **Otherwise, group size is limited to 1 Coach: 1 Athlete.** All **outdoor activities** catering to children 12 years old and below (born in 2009 onwards) can resume in-person **from 11 October 2021** as per SMMs for designated aquatic activity. However, operators are strongly encouraged to continue conducting these classes online as much as possible.
 - Up to maximum 2 person per diving board or platform with a safety distance of 2 metres while in queue.

Swim Safer bronze level and above (Level 4, 5, 6) or equivalent - OUTDOOR FACILITY ONLY

In the Pool - MASK OFF ENVIRONMENT (Meaning Athlete is required to remove mask to participate in the activity)

59. An instructor who teaches participants for aquatic sports which is equivalent to **SwimSafer bronze level and above (Stage 4,5,6)** where the participant has achieved the competency to swim at least 100m continuously, may take up to **2 groups of 2 participants** in an outdoor environment provided the groups maintain a distance of **2 metres** apart from one another and the instructor has no contact with any in the group at all times. **Otherwise, group size is limited to 1 Coach: 1 Athlete.** All **outdoor activities** catering to children 12 years old and below (born in 2009 onwards) can resume in-person **from 11 October 2021** as per SMMs for designated aquatic activity. However, operators are strongly encouraged to continue conducting these classes online as much as possible.

¹ An individual is considered fully vaccinated two weeks after he or she has received two doses of Pfizer-BioNTech/ Comirnaty, Moderna, or any WHO EUL vaccines. <u>Unvaccinated individuals</u> with a valid negative result on a Pre-Event Test taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event, or <u>recovered COVID-19 individuals</u>, are of similarly lower risk, and may also join in the group of fully vaccinated individuals. 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) without needing to take a Pre-Event Test. Refer to https://www.moh.gov.sg/covid-19/pet for more details.

Swim Safer 3 and below or equivalent - OUTDOOR FACILITY ONLY

In the Pool - MASK OFF ENVIRONMENT (Meaning Athlete is required to remove mask to participate in the activity)

- An Instructor who teaches participants for beginner aquatic sports, which is equivalent to Learn to Swim at SwimSafer Stage 3 and below, can take 1 participant in an outdoor environment. The group size restriction will be 2 persons (including coach), ie 1 loach: 1 Participant. All outdoor activities catering to children 12 years old and below (born in 2009 onwards) can resume in-person from 11 October 2021 as per SMMs for designated aquatic activity. However, operators are strongly encouraged to continue conducting these classes online as much as possible.

 The following additional safety requirement apply:
 - Instruction MUST occur in water no deeper than 1m in depth OR with provision of platforms set to no deeper than 1m in depth
 - The instructor MUST maintain visual of participants at ALL times

Infant Swimming Programs - OUTDOOR FACILITY ONLY

In the Pool - MASK OFF ENVIRONMENT (Meaning Athlete is required to remove mask to participate in the activity)

- 61. Outdoor activities for infant can resume from 11 October 2021. Instructors of infant classes where parent is in control of the infant in the session at ALL times can take up to 3 groups of 2 pairs (caregiver and child) in an outdoor environment. The three groups are considered separate bubbles and must maintain 2 metres distancing at all times between groups and the instructor. Each facility can only admit a maximum number of persons according to its Gross Floor Area (calculated by the pool configuration surface area ie. water surface area only not including surrounding deck space) based on 10sqm per person.
 - a. A facility can have multiple coaches / swim teachers instructing as separate classes appropriately spaced, ie no intermingling before, during, and after the class, and must remain 2 metres apart.
 - b. Each facility can only admit a maximum number of persons according to its Gross Floor Area (calculated by the pool configuration surface area ie. water surface area only not including surrounding deck space) based on 10sqm per person.

¹ An individual is considered fully vaccinated two weeks after he or she has received two doses of Pfizer-BioNTech/ Comirnaty, Moderna, or any WHO EUL vaccines. <u>Unvaccinated individuals</u> with a valid negative result on a Pre-Event Test taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event, or <u>recovered COVID-19 individuals</u>, are of similarly lower risk, and may also join in the group of fully vaccinated individuals. 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) without needing to take a Pre-Event Test. Refer to https://www.moh.gov.sg/covid-19/pet for more details.

Disability and Special Needs Swimming Program - OUTDOOR FACILITY ONLY

In the Pool - MASK OFF ENVIRONMENT (Meaning Athlete is required to remove mask to participate in the activity)

62. Learn to Swim for participants with disabilities remains as bubble of 2 in an outdoor environment. All outdoor activities catering to children 12 years old and below (born in 2009 onwards) can resume in-person <u>from 11 October 2021</u> as per SMMs for designated aquatic activity. However, operators are strongly encouraged to continue conducting these classes online as much as possible. For more details, please refer to SDSC Safe Management Plan at https://sdsc.org.sg/

Learn to Play Programs (Water Polo & Artistic Swimming) - OUTDOOR FACILITY ONLY

In the Pool - MASK OFF ENVIRONMENT (Meaning Athlete is required to remove mask to participate in the activity)

- 63. 1 coach can <u>take up to 3 groups of 2</u> in an outdoor environment <u>provided</u> the groups maintain a distance of 2 metres apart from one another and the coach keeps a distance of 2 metres apart from the 3 groups at all times. There is no mixing of group or coach at ANY time <u>Otherwise, group size is limited to 1 Coach: 1 Athlete.</u> All outdoor activities catering to children 12 years old and below (born in 2009 onwards) can resume in-person <u>from 11 October 2021</u> as per SMMs for designated aquatic activity. However, operators are strongly encouraged to continue conducting these classes online as much as possible.
 - Water Polo: 2v2 training with 1 Coach is NOT allowed. Modify training and to avoid prolonged body contact. Transient contact is permitted within group.
 - **Artistic Swimming:** Technical & free routine training, figures & element training within each lane is allowed. There should be no intermixing between lanes. Modify training to avoid prolonged body contact. Transient contact is permitted within group.

¹ An individual is considered fully vaccinated two weeks after he or she has received two doses of Pfizer-BioNTech/ Comirnaty, Moderna, or any WHO EUL vaccines. <u>Unvaccinated individuals</u> with a valid negative result on a Pre-Event Test taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event, or <u>recovered COVID-19</u> individuals, are of similarly lower risk, and may also join in the group of fully vaccinated individuals. 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) without needing to take a Pre-Event Test. Refer to https://www.moh.gov.sg/covid-19/pet for more details.

Learn to Play Programs (Diving) - OUTDOOR FACILITY ONLY

In the Pool - MASK OFF ENVIRONMENT (Meaning Athlete is required to remove mask to participate in the activity)

- 64. 1 coach can <u>take up to 2 groups of 2</u> in an outdoor environment <u>provided</u> the groups maintain a distance of 2 metres apart from one another and the coach keeps a distance of 2 metres apart from the 2 groups at all times. There is no mixing of group or coach at ANY time. Otherwise, group size is limited to 1 Coach: 1 Athlete. All outdoor activities catering to children 12 years old and below (born in 2009 onwards) can resume in-person <u>from 11 October 2021</u> as per SMMs for designated aquatic activity. However, operators are strongly encouraged to continue conducting these classes online as much as possible.
 - Up to maximum 2 person per diving board or platform with a safety distance of 2 metres while in queue.

Casual Swimming - OUTDOOR FACILITY ONLY

In the Pool - MASK OFF ENVIRONMENT (Meaning Athlete is required to remove mask to participate in the activity)

- 65. For <u>casual swimming</u>, the group size should be kept to 2 participants, ie not more than 2 pax per lane) in an outdoor environment. <u>Children 12 years old and below</u> (born in 2009 onwards) are <u>permitted to swim casually in 2s.</u>
 - i. There should be no mixing between the groups
 - ii. the groups are not organized by the coach or club.
 - iii. Participant can sign up for a designated time block and enter or depart facility anytime within that window
 - Swimmer must select an available space to swim with no more than 2 per lane
 - All participants in one lane must adhere to the 2m distancing and not congregate on walls
 - iv. For **Water Polo**: swimming, leg work, individual technical drills and tactical passing/shooting drills within each lane is allowed. There should be no intermixing between lanes.
 - v. For Artistic Swimming: swimming, technical & free routine training, figures & element training within each lane is allowed. There should be no intermixing between lanes.

INDOOR FACILITY — IN WATER COMMISSION OF THE PROPERTY OF THE PRO

Competitive Programs (Swimming, Water Polo, Artistic Swimming) - INDOOR FACILITY ONLY

In the Pool - MASK OFF ENVIRONMENT (Meaning Athlete is required to remove mask to participate in the activity)

A Coach for **competitive aquatic sports**, where the athletes are training for races and competitions may take **3 group of 2 participants (including coach) in an indoor³ environment provided** the groups maintain a distance of **2 metres** apart from one another and the coach keeps a distance of **2 metres** apart from the groups at all times. No mixing of group or coach at ANY time. **Otherwise, group size is limited to 1 Coach: 1 Athlete**. All participants **MUST be fully vaccinated** for the class/programme to take place. If any of the participants is <u>not</u> 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 <u>prohibited</u>.

SWIMMING

• Stagger start along lane line or start at opposite ends (one on wall, one at flags)

WATER POLO

• 2v2 training with 1 Coach is NOT allowed. Modify training and to avoid prolonged body contact. Transient contact is permitted within group.

ARTISTIC SWIMMING

• Swimmers are **not allowed to congregate** at the poolside. Modify training to avoid prolonged body contact. Transient contact is permitted within group.

<u>Indoor unmasked organized</u> activities catering to children 12 years and below (born in 2009 onwards) can resume <u>from 11 October 2021</u>, as per SMMs for designated aquatic activity, in addition to the following SMMs:

- a. Only 1 group of not more than 2 participants (including instructor)
- b. There can be **no multiple groups of 2 participants. Strictly 1-on-1** between the instructor and a participant who is 12 years and below can take place.
- c. The <u>instructor must be fully vaccinated</u> (includes those that have valid PET result / have recovered from COVID-19).

¹An individual is considered fully vaccinated two weeks after he or she has received two doses of Pfizer-BioNTech/ Comirnaty, Moderna, or any WHO EUL vaccines. <u>Unvaccinated individuals</u> with a valid negative result on a Pre-Event Test taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event, or <u>recovered COVID-19</u> <u>individuals</u>, are of similarly lower risk, and may also join in the group of fully vaccinated individuals. 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) without needing to take a Pre-Event Test. Refer to https://www.moh.gov.sg/covid-19/pet for more details

Competitive Programs (Diving) - INDOOR FACILITY ONLY

In the Pool - MASK OFF ENVIRONMENT (Meaning Athlete is required to remove mask to participate in the activity)

- 67. A Coach for **competitive aquatic sports**, where the athletes are training for races and competitions may take **2 group of 2 participants (including coach) in an indoor³ environment provided** the groups maintain a distance of **2 metres** apart from one another and the coach keeps a distance of **2 metres** apart from the groups at all times. No mixing of group or coach at ANY time. **Otherwise, group size is limited to 1 Coach : 1 Athlete**. All participants **MUST be fully vaccinated**¹ 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.
 - Up to maximum 2 person per diving board or platform with a safety distance of 2m while in queue.

<u>Indoor unmasked organized</u> activities catering to children 12 years and below (born in 2009 onwards) can resume <u>from 11 October 2021</u>, as per SMMs for designated aquatic activity, in addition to the following SMMs:

- a. Only 1 group of not more than 2 participants (including instructor)
- b. There can be no multiple groups of 2 participants. Strictly 1-on-1 between the instructor and a participant who is 12 years and below can take place.
- c. The instructor must be fully vaccinated (includes those that have valid PET result / have recovered from COVID-19).

¹An individual is considered fully vaccinated two weeks after he or she has received two doses of Pfizer-BioNTech/ Comirnaty, Moderna, or any WHO EUL vaccines. <u>Unvaccinated individuals</u> with a valid negative result on a Pre-Event Test taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event, or <u>recovered COVID-19</u> individuals, are of similarly lower risk, and may also join in the group of fully vaccinated individuals. 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) without needing to take a Pre-Event Test. Refer to https://www.moh.gov.sg/covid-19/pet for more details

Swim Safer bronze level and above (Level 4, 5, 6) or equivalent - INDOOR FACILITY ONLY

In the Pool - MASK OFF ENVIRONMENT (Meaning Athlete is required to remove mask to participate in the activity)

An instructor who teaches participants for aquatic sports which is equivalent to **SwimSafer bronze level and above (Level 4, 5, 6)** where the participant has achieved the competency to swim at least 100m continuously, may take up to **2 groups of 2 participants** in an indoor³ environment provided the groups maintain a distance of **2 metres** apart from one another and the coach keeps a distance of **2 metres** apart from the groups at all times. No mixing of group or coach at ANY time. **Otherwise, group size is limited to 1**Coach: **1 Athlete**. All participants **MUST be fully vaccinated** 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.

<u>Indoor unmasked organized</u> activities catering to children 12 years and below (born in 2009 onwards) can resume <u>from 11 October 2021</u>, as per SMMs for designated aquatic activity, in addition to the following SMMs:

- a. Only 1 group of not more than 2 participants (including instructor)
- b. There can be **no multiple groups of 2 participants. Strictly 1-on-1** between the instructor and a participant who is 12 years and below can take place.
- c. The instructor must be fully vaccinated (includes those that have valid PET result / have recovered from COVID-19).

¹An individual is considered fully vaccinated two weeks after he or she has received two doses of Pfizer-BioNTech/ Comirnaty, Moderna, or any WHO EUL vaccines. <u>Unvaccinated individuals</u> with a valid negative result on a Pre-Event Test taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event, or <u>recovered COVID-19</u> individuals, are of similarly lower risk, and may also join in the group of fully vaccinated individuals. 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) without needing to take a Pre-Event Test. Refer to https://www.moh.gov.sg/covid-19/pet for more details

Swim Safer 3 and below or equivalent - INDOOR FACILITY ONLY

In the Pool - MASK OFF ENVIRONMENT (Meaning Athlete is required to remove mask to participate in the activity)

- 69. An Instructor who teaches participants for beginner aquatic sports, which is equivalent to **Learn to Swim at SwimSafer Stage 3 and below,** can take **1 participant** in **an indoor³ environment provided** the participant **is fully vaccinated**¹. If the participant 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. The following additional safety requirements apply:
 - Instruction MUST occur in water no deeper than 1m in depth OR with provision of platforms set to no deeper than 1m in depth
 - The instructor MUST maintain visual of ALL participants at ALL times

<u>Indoor unmasked organized</u> activities catering to children 12 years and below (born in 2009 onwards) can resume <u>from 11 October 2021</u>, as per SMMs for designated aquatic activity, in addition to the following SMMs:

- a. Only 1 group of not more than 2 participants (including instructor)
- b. There can be **no multiple groups of 2 participants. Strictly 1-on-1** between the instructor and a participant who is 12 years and below can take place.
- c. The <u>instructor must be fully vaccinated</u> (includes those that have valid PET result / have recovered from COVID-19).

¹An individual is considered fully vaccinated two weeks after he or she has received two doses of Pfizer-BioNTech/ Comirnaty, Moderna, or any WHO EUL vaccines. <u>Unvaccinated individuals</u> with a valid negative result on a Pre-Event Test taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event, or <u>recovered COVID-19</u> <u>individuals</u>, are of similarly lower risk, and may also join in the group of fully vaccinated individuals. 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) without needing to take a Pre-Event Test. Refer to https://www.moh.gov.sg/covid-19/pet for more details

Infant Swimming Programs - INDOOR FACILITY ONLY

In the Pool - MASK OFF ENVIRONMENT (Meaning Athlete is required to remove mask to participate in the activity)

- 70. <u>Indoor</u> infant programs can resume <u>from 11 October 2021</u>. Class Size <u>limited to 1 child with 1 Instructor</u> where no caregiver allowance is provided, with no multiple groups.
 - a. A facility can have multiple coaches / swim teachers instructing as separate **1 Coach**: **1 Participant** private classes appropriately spaced, ie no intermingling before, during, and after the class, and must remain 3 metres apart.
 - b. Each facility can only admit a maximum number of persons according to its Gross Floor Area (calculated by the pool configuration surface area ie. water surface area only not including surrounding deck space) based on 10sqm per person.

Disability and Special Needs Swimming Program - INDOOR FACILITY ONLY

In the Pool - MASK OFF ENVIRONMENT (Meaning Athlete is required to remove mask to participate in the activity)

71. Learn to Swim for participants with disabilities in an indoor facility will be <u>1 Instructor: 1 Participant</u> in an indoor³ environment provided the participant is <u>not</u> 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 <u>prohibited</u>. For more details, please refer to SDSC Safe Management Plan at https://sdsc.org.sg/

<u>Indoor unmasked organized</u> activities catering to children 12 years and below (born in 2009 onwards) can resume <u>from 11 October 2021</u>, as per SMMs for designated aquatic activity, in addition to the following SMMs:

- a. Only 1 group of not more than 2 participants (including instructor)
- b. There can be **no multiple groups of 2 participants. Strictly 1-on-1** between the instructor and a participant who is 12 years and below can take place.
- c. The instructor must be fully vaccinated (includes those that have valid PET result / have recovered from COVID-19).

¹An individual is considered fully vaccinated two weeks after he or she has received two doses of Pfizer-BioNTech/ Comirnaty, Moderna, or any WHO EUL vaccines. <u>Unvaccinated individuals</u> with a valid negative result on a Pre-Event Test taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event, or <u>recovered COVID-19</u> <u>individuals</u>, are of similarly lower risk, and may also join in the group of fully vaccinated individuals. 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) without needing to take a Pre-Event Test. Refer to https://www.moh.gov.sg/covid-19/pet for more details

Learn to Play Programs (Water Polo & Artistic Swimming) - INDOOR FACILITY ONLY

In the Pool - MASK OFF ENVIRONMENT (Meaning Athlete is required to remove mask to participate in the activity)

- 72. 1 coach can take up to 3 groups of 2 in an indoor³ environment provided the groups maintain a distance of 2 metres apart from one another and the coach keeps a distance of 2 metres apart from the groups at all times. No mixing of group or coach at ANY time. Otherwise, group size is limited to 1 Coach: 1 Athlete. All participants MUST be fully vaccinated¹ 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.
 - Water Polo: 2v2 training with 1 Coach is NOT allowed. Modify training and to avoid prolonged body contact. Transient contact is permitted within group. 4v4 training matches are not allowed.
 - Artistic Swimming: Technical & free routine training, figures & element training within each lane is allowed. There should be no intermixing between lanes. Modify training to avoid prolonged body contact. Transient contact is permitted within group.

<u>Indoor unmasked organized</u> activities catering to children 12 years and below (born in 2009 onwards) can resume <u>from 11 October 2021</u>, as per SMMs for designated aquatic activity, in addition to the following SMMs:

- a. Only 1 group of not more than 2 participants (including instructor)
- b. There can be no multiple groups of 2 participants. Strictly 1-on-1 between the instructor and a participant who is 12 years and below can take place.
- c. The instructor must be fully vaccinated (includes those that have valid PET result / have recovered from COVID-19).

¹An individual is considered fully vaccinated two weeks after he or she has received two doses of Pfizer-BioNTech/ Comirnaty, Moderna, or any WHO EUL vaccines. <u>Unvaccinated individuals</u> with a valid negative result on a Pre-Event Test taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event, or <u>recovered COVID-19</u> individuals, are of similarly lower risk, and may also join in the group of fully vaccinated individuals. 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) without needing to take a Pre-Event Test. Refer to https://www.moh.gov.sg/covid-19/pet for more details

<u>Learn to Play Programs (Diving) – INDOOR FACILITY ONLY</u>

In the Pool - MASK OFF ENVIRONMENT (Meaning Athlete is required to remove mask to participate in the activity)

- 73. 1 coach can <u>take up to 2 groups of 2</u> in an indoor³ environment provided the groups maintain a distance of 2 metres apart from one another and the coach keeps a distance of 2 metres apart from the groups at all times. No mixing of group or coach at ANY time. <u>Otherwise, group size is limited to 1 Coach: 1 Athlete</u>. All participants <u>MUST be fully vaccinated</u> for the class/programme to take place. If any of the participants is <u>not</u> 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 <u>prohibited</u>.
 - Up to maximum 2 person per diving board or platform with a safety distance of 2m while in queue

<u>Indoor unmasked organized</u> activities catering to children 12 years and below (born in 2009 onwards) can resume <u>from 11 October 2021</u>, as per SMMs for designated aquatic activity, in addition to the following SMMs:

- a. **Only 1 group** of not more than 2 participants (including instructor)
- b. There can be **no multiple groups of 2 participants. Strictly 1-on-1** between the instructor and a participant who is 12 years and below can take place.
- c. The instructor must be fully vaccinated (includes those that have valid PET result / have recovered from COVID-19).

¹An individual is considered fully vaccinated two weeks after he or she has received two doses of Pfizer-BioNTech/ Comirnaty, Moderna, or any WHO EUL vaccines. <u>Unvaccinated individuals</u> with a valid negative result on a Pre-Event Test taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event, or <u>recovered COVID-19</u> <u>individuals</u>, are of similarly lower risk, and may also join in the group of fully vaccinated individuals. 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) without needing to take a Pre-Event Test. Refer to https://www.moh.gov.sg/covid-19/pet for more details

Casual Swimming - INDOOR FACILITY ONLY

In the Pool - MASK OFF ENVIRONMENT (Meaning Athlete is required to remove mask to participate in the activity)

- 74. For <u>casual swimming</u>, the group size should be kept to 2 participants, ie not more than 2 pax per lane) in an indoor³ environment and all participants <u>MUST be fully vaccinated</u>¹. If any of the participants is <u>not</u> fully vaccinated (or does not have a valid PET result / is not a recovered COVID-19 individual), then indoor unmasked activity for that participant is prohibited.
 - . There should be no mixing between the groups
 - ii. the groups are not organized by the coach or club.
 - iii. Participant can sign up for a designated time block and enter or depart facility anytime within that window
 - Swimmer must select an available space to swim with no more than 2 per lane
 - All participants in one lane must adhere to the 2m distancing and not congregate on walls
 - iv. For **Water Polo**: swimming, leg work, individual technical drills and tactical passing/shooting drills within each lane is allowed. There should be no intermixing between lanes.
 - v. For **Artistic Swimming**: swimming, technical & free routine training, figures & element training within each lane is allowed. There should be no intermixing between lanes.

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MANAGING A SUSPECTED COVID-19 CASE

- 75. An evacuation plan must be prepared for unwell or suspected cases, as well as for other onsite personnel.
- 76. Any staff or visitors who is feeling unwell or showing symptoms of illness should report to club, leave the workplace and consult a doctor immediately, even if symptoms may appear mild. Clubs must track and record these cases as part of Safe Management Measures.
- 77. For incapacitated or unconscious individuals, clubs must clear the area of other personnel and administer aid immediately. Club should call <u>995</u> for an emergency ambulance to ferry them to the nearest hospital.

MANAGING A CONFIRMED COVID-19 CASE

- 78. A follow-up plan must be put in place in the event of a confirmed case. Upon being notified of a confirmed case, clubs must adopt the following precautionary measures:
 - a. Immediately vacate and cordon-off the immediate section of the facility where the confirmed case worked. There is no need to vacate the building or the whole floor if there had been no sustained and close contact with the confirmed case; and
 - b. Carry out a thorough cleaning and disinfecting all relevant on-site areas and assets that were exposed to confirmed cases, in accordance to NEA guidelines.
- 79. For facilities with confirmed cases, businesses could be suspended if there are public health grounds.

ENFORCEMENT OF MEASURES

- 80. Government agencies will be conducting inspections following Phase 2 (Stabilisation Period), where those who do not comply with safe management measures may face penalties.
- 81. Sport Singapore will be conducting on-site inspections, where businesses found not complying with safe management measures may be required to close. Businesses that are unable to comply are advised to approach Sport Singapore on alternative arrangements at SPORT_QSM@sport.gov.sg.
- 82. This guidance supersedes all advisories issued by Singapore Swimming Association before this date.



Enhanced Safe Management Measures (SMM) 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 individuals 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, or 3 metres for indoors high intensity or high movement exercise classes, unless the nature of activity requires the distance to be shortened. A 3-metre physical distancing between different groups must be maintained at all times. There shall be no intermingling between groups before, during and after classes.

Update (9 November 2021): From 10 November 2021, 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.

- a. The premises must be wiped down / sanitised before passing on to the next user to minimise the risk of COVID-19 transmission.
- b. 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.
- c. 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