



SINGAPORE SWIMMING ASSOCIATION

# SAFE MANAGEMENT MEASURES FOR AQUATIC ACTIVITIES FOR THE TRANSITION PERIOD

**for 22 Nov 2021 onwards**

Updated: 25 Nov 2021 | Version 26

1. On 20 November 2021, the Multi-Ministry Taskforce (MTF) announced the easing of our community safe management measures (SMMs) from 22 November 2021 as we exit the Stabilisation Phase into the Transition Phase. Following the announcement, Sport Singapore is providing guidance regarding the SMMs concerning all sports and physical exercises & activities, and public & private sports & recreational facilities in Singapore for the period from **22 November 2021** onwards. Taking guidance from Sport Singapore's "Safe Management Measures for Sport and Physical Exercise & Activity for the Transition Period" issued on 21 November 2021, the SSA is providing a guidance on the SMMs for sport and physical exercise & activity for the period of **22 November onwards** 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 **1200 (SGT) on 25 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>.

<sup>1</sup> An individual is considered vaccinated if he/she a) has been fully vaccinated, i.e. received the appropriate regimen of World Health Organization Emergency Use Listing (WHO EUL) vaccines including their respective duration post-vaccination for the vaccine to be fully effective and b) had their vaccination records ingested in MOH's IT systems. Sinovac-CoronaVac will require a three-dose primary series regime, but all individuals who have taken two doses of Sinovac-CoronaVac should be regarded as fully vaccinated for 4 months after the second dose, or until 31 December 2021, whichever is later. Persons who have recovered from COVID-19 will be considered fully vaccinated 14 days after their single dose of the PSAR-authorized mRNA vaccines (i.e. Pfizer-BioNTech/Comirnaty, Moderna) or WHO EUL vaccines. Persons who have recovered from COVID-19 within the last 270 days, regardless of their vaccination status, may also be managed similarly to a fully vaccinated individual. Unvaccinated individuals with a valid negative result on a Pre-Event Test (PET) taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event are of similarly lower risk, and may also join in the group of fully vaccinated individuals. 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 PET. Refer to <https://www.moh.gov.sg/covid-19/pet> for more details.

## **SAFE MANAGEMENT MEASURES FOR SPORT & PHYSICAL EXERCISE / ACTIVITY FROM 22 NOVEMBER 2021**

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

7. **Group Size.** Group activities are allowed for up to 5 individuals (including instructor / coach), as follow:
- Across all settings – indoors and outdoors regardless of masked or unmasked activity.
  - If any of the participants are not fully vaccinated, then indoor unmasked activity for that group is prohibited. Please refer to [paragraph 9\(b\)](#) for treatment of unvaccinated children 12 years old and below (born in 2009 and later).
  - Physical activity of a social nature (that does not involve any instructor / coach) should be kept to a limit of 5 participants.

With the change in the national group size, aquatic sports such as water polo can resume in 2v2 training with 1 Coach or 3v2 training are allowed. Groups are to maintain a distance of 2m apart from one another and no mixing of groups at ANY time.

For team sport pilot beyond a group of 5 and up to 10 fully-vaccinated individuals, please refer to paragraph 47.

8. **Organised Classes / Programmes.** For organised classes / programmes:
- Indoor masked and outdoor masked/unmasked activities: Multiple groups of 5, up to 50 participants (including instructor / coach) or up to the capacity limit of the venue, whichever is lower.
  - Indoor unmasked activities: Multiple groups of 5, 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<sup>1</sup> 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.

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## 9. Vulnerable Groups:

- a. **Seniors (60 years and above).** To protect our seniors and at the same time provide them with safe outlets to stay active, healthy and socially connected, Sport Singapore is piloting sport and physical activities for fully-vaccinated or COVID-19 recovered seniors (60 years and above) in a controlled environment at selected ActiveSG Sport Centres under the supervision of Sport Singapore's staff, Enforcement Officers and Safe Distancing Ambassadors, from 10 November 2021. Activities such as aquatic programmes will be held at specific sites and dedicated timings to ensure that the participating seniors do not mix with the participants of other programmes. More information is available on <http://myactivesg.com>.
- b. **Unvaccinated Children in Indoor Unmasked Setting.** Children 12 years old and below (born in 2009 and later) are currently not eligible for any COVID-19 vaccine under the national vaccination programme. They will be allowed to participate in indoors unmasked classes/programmes/activities without needing to take any PET, subject to the following provisions:
  - i. **No more than 5 participants (including instructor)** in a group.
  - ii. If the participants in the group **include other unvaccinated children**, all the children must be from the **same household**.
  - iii. Other participants above 12 years old, including the instructor, must be fully vaccinated (includes those that have valid PET result / have recovered from COVID-19) to be able to be part of the group of 5 with the unvaccinated child(ren) from the same household.
  - iv. There can be **no multiple groups of 5 participants** in an organised class/ programme in this situation.
- c. **Unvaccinated Children in indoor masked and outdoor masked/unmasked Setting.** The unvaccinated children in the group do not have to be from the same household, and there can be multiple groups of 5 participants up to 30 pax (for indoors) and up to 50 pax (for outdoors), or up to the venue capacity limit, whichever is lower.

**10. Definition of organised class.** 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 **casual swimming**, it is permissible for 5 pax to swim on their own (ie social nature that does not involve any instructor / coach) and swimmers must start at opposite ends of the lane. Not more than 5 pax can organise to join each other for casual swimming.
12. **Physical Distancing.** While exercising and playing sport, the following physical distancing requirements apply:
  - a. 2-metre physical distancing between individuals for all physical activities, unless the nature of activity requires the distance to be shortened.
  - b. 2-metre physical distancing between groups for all physical activities.
  - c. No cross-mixing or cross-playing between groups i.e. no modified versions of games where a ball is being played between two groups.
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 **last 10 days** 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.

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## **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 not 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 that implement VDS are responsible for conducting checks on the vaccination status of all staff and participants. Beyond the usual screening measures such as TraceTogether-only SafeEntry (TT-only SE) and SafeEntry Gateway (SEGW) check-in & check-out, they are to ensure that every person who enters their premises have their vaccination status checked and recorded manually or electronically. Persons who do not have their vaccination status verified will be denied participation in indoor unmasked activities. Permitted enterprises are to set up proper checking protocol at their access control points.
20. Permitted enterprises may cater for indoor unmasked activities for fully vaccinated individuals<sup>1</sup> (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.

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<sup>2</sup> 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.

**20. Provision of Common Equipment.**

- a. For outdoor facilities, operators can provide common equipment for their participants.
- b. For indoor facilities, VDS needs to be implemented before common equipment such as weight, strength or resistance training equipment, climbing walls, yoga mat etc can be made available. Operators will have to verify the vaccination status of all participants, and ensure that only fully vaccinated individuals<sup>1</sup> (includes those that have valid PET result / have recovered from COVID-19) are allowed to participate in indoor unmasked activities. To be clear, even if an indoor facility does not offer unmasked activity, it will have to institute checks on vaccination status upon entry if common equipment is provided at that facility. In such instance where activities are indoors and equipment is provided, vaccinated and unvaccinated persons are allowed to be in the same group of 5 individuals as long as they remain masked. Thorough sanitisation is to be instituted at regular intervals to minimise risk of transmission via common surfaces.

**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. Venue Capacity and Density.** Sport/recreational facilities can only admit a maximum number of persons according to its Gross Floor Area based on 10 Sqm per person<sup>2</sup>, up to a maximum of 50 persons. No facility, regardless of size, shall admit more than 50 persons without specific approval by Sport Singapore.

- 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 FACILITY 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.**

<sup>2</sup> 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 5.
- a. Indoor masked and outdoor masked/unmasked activities – From 22 November 2021, **multiple groups of 5**, up to 50 participants (including instructor / coach) or up to the capacity limit of the venue, whichever is lower, can take place. The groups of 5 are not to intermingle before, during, and after the class, and must remain 2 metres apart.
- 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 2 metres apart at all times.
- b. Indoor unmasked activities: From 22 November 2021, **multiple groups of 5**, 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<sup>1</sup> 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.
- **Unvaccinated Children in Indoor Unmasked Setting**. Children 12 years old and below (born in 2009 and later) are currently not eligible for any COVID-19 vaccine under the national vaccination programme. They will be allowed to participate in indoors unmasked classes/programmes/activities without needing to take any PET, subject to the following provisions:
    - i. **No more than 5 participants (including instructor)** in a group.
    - ii. If the participants in the group include other unvaccinated children, all the children must be from the **same household**.
    - iii. Other participants above 12 years old, including the instructor, must be fully vaccinated (includes those that have valid PET result / have recovered from COVID-19) to be able to be part of the group of 5 with the unvaccinated child(ren) from the same household.
    - iv. There can be **no multiple groups of 5 participants** in an organised class/ programme in this situation.

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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 **3 groups of 5 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 : 4 Athletes.**
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 5 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 Instructor : 4 Participants.**
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 **4 participants in an outdoor environment.** The group size restriction will be 5 persons (including coach), ie **1 Instructor : 4 Participants.**
- 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 **groups of 5 (including coach ./ instructor)** 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.
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 5 **in an outdoor environment**. For more details, please refer to SDSC Safe Management Plan at <https://sdsc.org.sg>.
30. For more information about SwimSafer programme (<https://www.myactivesg.com/Programmes/Swim-Safer-Programme-For-Children>)
31. For **casual swimming**, the group size should be kept to 5 participants, ie not more than 5 pax per lane in an **outdoor environment**.
- 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 5 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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### **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 5 participants in an indoor 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 : 4 Athletes.** All participants **MUST be fully vaccinated**<sup>1</sup> 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.
- **Unvaccinated Children in Indoor Unmasked Setting.** Children 12 years old and below (born in 2009 and later) are currently not eligible for any COVID-19 vaccine under the national vaccination programme. They will be allowed to participate in indoors unmasked classes/programmes/activities without needing to take any PET, subject to the following provisions:
    - i. **No more than 5 participants (including instructor)** in a group.
    - ii. If the participants in the group include other unvaccinated children, all the children must be from the **same household.**
    - iii. Other participants above 12 years old, including the instructor, must be fully vaccinated (includes those that have valid PET result / have recovered from COVID-19) to be able to be part of the group of 5 with the unvaccinated child(ren) from the same household.
    - iv. There can be no multiple groups of 5 participants in an organised class/ programme in this situation.

<sup>1</sup> An individual is considered vaccinated if he/she a) has been fully vaccinated, i.e. received the appropriate regimen of World Health Organization Emergency Use Listing (WHO EUL) vaccines including their respective duration post-vaccination for the vaccine to be fully effective and b) had their vaccination records ingested in MOH's IT systems. Sinovac-CoronaVac will require a three-dose primary series regime, but all individuals who have taken two doses of Sinovac-CoronaVac should be regarded as fully vaccinated for 4 months after the second dose, or until 31 December 2021, whichever is later. Persons who have recovered from COVID-19 will be considered fully vaccinated 14 days after their single dose of the PSAR-authorized mRNA vaccines (i.e. Pfizer-BioNTech/Comirnaty, Moderna) or WHO EUL vaccines. Persons who have recovered from COVID-19 within the last 270 days, regardless of their vaccination status, may also be managed similarly to a fully vaccinated individual. Unvaccinated individuals with a valid negative result on a Pre-Event Test (PET) taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event are of similarly lower risk, and may also join in the group of fully vaccinated individuals. 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 PET. Refer to <https://www.moh.gov.sg/covid-19/pet> for more details.

33. 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 5 participants in an indoor environment provided** the groups maintain a distance of 2 metres apart from one another and the coach keeps a distance of 2m apart from the groups at all times. No mixing of group or coach at ANY time. **Otherwise, group size is limited to 1 Instructor : 4 Participants**. All participants **MUST be fully vaccinated**<sup>1</sup> 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.
- **Unvaccinated Children in Indoor Unmasked Setting**. Children 12 years old and below (born in 2009 and later) are currently not eligible for any COVID-19 vaccine under the national vaccination programme. They will be allowed to participate in indoors unmasked classes/programmes/activities without needing to take any PET, subject to the following provisions:
    - i. **No more than 5 participants (including instructor)** in a group.
    - ii. If the participants in the group include other unvaccinated children, all the children must be from the **same household**.
    - iii. Other participants above 12 years old, including the instructor, must be fully vaccinated (includes those that have valid PET result / have recovered from COVID-19) to be able to be part of the group of 5 with the unvaccinated child(ren) from the same household.
    - iv. There can be **no multiple groups of 5 participants** in an organised class/ programme in this situation.

<sup>1</sup> An individual is considered vaccinated if he/she a) has been fully vaccinated, i.e. received the appropriate regimen of World Health Organization Emergency Use Listing (WHO EUL) vaccines including their respective duration post-vaccination for the vaccine to be fully effective and b) had their vaccination records ingested in MOH's IT systems. Sinovac-CoronaVac will require a three-dose primary series regime, but all individuals who have taken two doses of Sinovac-CoronaVac should be regarded as fully vaccinated for 4 months after the second dose, or until 31 December 2021, whichever is later. Persons who have recovered from COVID-19 will be considered fully vaccinated 14 days after their single dose of the PSAR-authorized mRNA vaccines (i.e. Pfizer-BioNTech/Comirnaty, Moderna) or WHO EUL vaccines. Persons who have recovered from COVID-19 within the last 270 days, regardless of their vaccination status, may also be managed similarly to a fully vaccinated individual. Unvaccinated individuals with a valid negative result on a Pre-Event Test (PET) taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event are of similarly lower risk, and may also join in the group of fully vaccinated individuals. 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 PET. Refer to <https://www.moh.gov.sg/covid-19/pet> for more details.

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 **4 participants in an indoor environment provided** the participant **is fully vaccinated**<sup>1</sup>. 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
  - **Unvaccinated Children in Indoor Unmasked Setting.** Children 12 years old and below (born in 2009 and later) are currently not eligible for any COVID-19 vaccine under the national vaccination programme. They will be allowed to participate in indoors unmasked classes/programmes/activities without needing to take any PET, subject to the following provisions:
    - i. **No more than 5 participants (including instructor)** in a group.
    - ii. If the participants in the group include other unvaccinated children, all the children must be from the **same household**.
    - iii. Other participants above 12 years old, including the instructor, must be fully vaccinated (includes those that have valid PET result / have recovered from COVID-19) to be able to be part of the group of 5 with the unvaccinated child(ren) from the same household.
    - iv. There can be no multiple groups of 5 participants in an organised class/ programme in this situation.

<sup>1</sup> An individual is considered vaccinated if he/she a) has been fully vaccinated, i.e. received the appropriate regimen of World Health Organization Emergency Use Listing (WHO EUL) vaccines including their respective duration post-vaccination for the vaccine to be fully effective and b) had their vaccination records ingested in MOH's IT systems. Sinovac-CoronaVac will require a three-dose primary series regime, but all individuals who have taken two doses of Sinovac-CoronaVac should be regarded as fully vaccinated for 4 months after the second dose, or until 31 December 2021, whichever is later. Persons who have recovered from COVID-19 will be considered fully vaccinated 14 days after their single dose of the PSAR-authorized mRNA vaccines (i.e. Pfizer-BioNTech/Comirnaty, Moderna) or WHO EUL vaccines. Persons who have recovered from COVID-19 within the last 270 days, regardless of their vaccination status, may also be managed similarly to a fully vaccinated individual. Unvaccinated individuals with a valid negative result on a Pre-Event Test (PET) taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event are of similarly lower risk, and may also join in the group of fully vaccinated individuals. 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 PET. Refer to <https://www.moh.gov.sg/covid-19/pet> for more details.

35. An indoor 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 **groups of 5 (including coach/instructor)** 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 vaccinated**<sup>1</sup> 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.

- **Unvaccinated Children in Indoor Unmasked Setting.** Children 12 years old and below (born in 2009 and later) are currently not eligible for any COVID-19 vaccine under the national vaccination programme. They will be allowed to participate in indoors unmasked classes/programmes/activities without needing to take any PET, subject to the following provisions:

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

<sup>1</sup> An individual is considered vaccinated if he/she a) has been fully vaccinated, i.e. received the appropriate regimen of World Health Organization Emergency Use Listing (WHO EUL) vaccines including their respective duration post-vaccination for the vaccine to be fully effective and b) had their vaccination records ingested in MOH's IT systems. Sinovac-CoronaVac will require a three-dose primary series regime, but all individuals who have taken two doses of Sinovac-CoronaVac should be regarded as fully vaccinated for 4 months after the second dose, or until 31 December 2021, whichever is later. Persons who have recovered from COVID-19 will be considered fully vaccinated 14 days after their single dose of the PSAR-authorized mRNA vaccines (i.e. Pfizer-BioNTech/Comirnaty, Moderna) or WHO EUL vaccines. Persons who have recovered from COVID-19 within the last 270 days, regardless of their vaccination status, may also be managed similarly to a fully vaccinated individual. Unvaccinated individuals with a valid negative result on a Pre-Event Test (PET) taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event are of similarly lower risk, and may also join in the group of fully vaccinated individuals. 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 PET. Refer to <https://www.moh.gov.sg/covid-19/pet> for more details.

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 facility** will be **1 Instructor : 4 Participants** provided the participant is **fully vaccinated**<sup>1</sup>. 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. For more details, please refer to SDSC Safe Management Plan at <https://sdsc.org.sg/>

- **Unvaccinated Children in Indoor Unmasked Setting.** Children 12 years old and below (born in 2009 and later) are currently not eligible for any COVID-19 vaccine under the national vaccination programme. They will be allowed to participate in indoors unmasked classes/programmes/activities without needing to take any PET, subject to the following provisions:
  - i. **No more than 5 participants (including instructor)** in a group.
  - ii. If the participants in the group include other unvaccinated children, all the children must be from the **same household**.
  - iii. Other participants above 12 years old, including the instructor, must be fully vaccinated (includes those that have valid PET result / have recovered from COVID-19) to be able to be part of the group of 5 with the unvaccinated child(ren) from the same household.
  - iv. There can be no multiple groups of 5 participants in an organised class/ programme in this situation.

<sup>1</sup> An individual is considered vaccinated if he/she a) has been fully vaccinated, i.e. received the appropriate regimen of World Health Organization Emergency Use Listing (WHO EUL) vaccines including their respective duration post-vaccination for the vaccine to be fully effective and b) had their vaccination records ingested in MOH's IT systems. Sinovac-CoronaVac will require a three-dose primary series regime, but all individuals who have taken two doses of Sinovac-CoronaVac should be regarded as fully vaccinated for 4 months after the second dose, or until 31 December 2021, whichever is later. Persons who have recovered from COVID-19 will be considered fully vaccinated 14 days after their single dose of the PSAR-authorised mRNA vaccines (i.e. Pfizer-BioNTech/Comirnaty, Moderna) or WHO EUL vaccines. Persons who have recovered from COVID-19 within the last 270 days, regardless of their vaccination status, may also be managed similarly to a fully vaccinated individual. Unvaccinated individuals with a valid negative result on a Pre-Event Test (PET) taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event are of similarly lower risk, and may also join in the group of fully vaccinated individuals. 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 PET. Refer to <https://www.moh.gov.sg/covid-19/pet> for more details.

38. For **casual swimming**, the group size should be kept to 5 participants, ie not more than 5 pax per lane) in an **indoor facility** and all participants **MUST be fully vaccinated**<sup>1</sup>. 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 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 5 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.

<sup>1</sup> An individual is considered vaccinated if he/she a) has been fully vaccinated, i.e. received the appropriate regimen of World Health Organization Emergency Use Listing (WHO EUL) vaccines including their respective duration post-vaccination for the vaccine to be fully effective and b) had their vaccination records ingested in MOH's IT systems. Sinovac-CoronaVac will require a three-dose primary series regime, but all individuals who have taken two doses of Sinovac-CoronaVac should be regarded as fully vaccinated for 4 months after the second dose, or until 31 December 2021, whichever is later. Persons who have recovered from COVID-19 will be considered fully vaccinated 14 days after their single dose of the PSAR-authorized mRNA vaccines (i.e. Pfizer-BioNTech/Comirnaty, Moderna) or WHO EUL vaccines. Persons who have recovered from COVID-19 within the last 270 days, regardless of their vaccination status, may also be managed similarly to a fully vaccinated individual. Unvaccinated individuals with a valid negative result on a Pre-Event Test (PET) taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event are of similarly lower risk, and may also join in the group of fully vaccinated individuals. 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 PET. Refer to <https://www.moh.gov.sg/covid-19/pet> for more details.

### **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, **all workforce**<sup>3</sup> (include full-time/part-time workers at the same premises such as cleaners, administrative staff, etc, even if they are masked and do not interact with unmasked persons) in the following sport / fitness settings will have to be tested **once every seven days**.
    - i. All indoor (regardless of masked or unmasked activities) sport / fitness facilities and activities
    - ii. All outdoor unmasked sport / fitness activities
    - iii. Activities involving children 12 years and under, regardless of masked or unmasked activities
  - b. FET can be conducted via the Employer-led Supervised Self-Swab (ESSS)<sup>6</sup> system, or at Quick Test Centres (QTCs). The Government will be funding the cost of ART kits for ESSS<sup>4</sup> and the cost of testing at QTCs till 31 December 2021 for all workforce stipulated under 39 (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.



<sup>3</sup> Does not include volunteers and those who are not paid/compensated for their services.

<sup>4</sup> Self-administered ART not under ESSS is not valid for FET.

## Overview of FET and VoRT:

| *Workforce defined as all workers <sup>3</sup> , including fulltime/part-time workers at the same premises such as cleaners, administrative staff, etc, even if they are masked and do not interact with unmasked persons) in the following sport / fitness settings: |  | Fast and Easy Test (FET) Rostered Routine Testing (RRT)<br>i. Employer-led Supervised SelfSwab (ESSS),<br>ii. Quick Test Centres (QTCs) | Vaccinate or Regular Test (VoRT)<br>i. Employer-led Supervised SelfSwab (ESSS),<br>ii. Quick Test Centres (QTCs)<br>iii. MOH approved Covid-19 test provider                               |
|---|--|---|--|
| Vaccinated workforce*   | Indoor Masked                                    | 1 x per week  | NA   |
|   | Indoor Unmasked                                  |   |  |
|   | Outdoor Unmasked                                 |   |  |
|   | All activities involving children 12yo and below |   |  |
| Unvaccinated workforce*   | Indoor Masked                                    | Tests funded by Govt till 31 Dec 2021   | 2 x per week<br><br>- Each weekly FET RRT will count towards one of the twice weekly VoRT requirements.<br><br>- Remaining test is not funded unless medically ineligible for vaccination. |
|   | Indoor Unmasked                                  |   |  |
|   | Outdoor Unmasked                                 |   |  |
|   | All activities involving children 12yo and below |   |  |

<sup>3</sup> 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. Mask wearing. Masks should be worn as a default. Masks may be taken off when performing strenuous activity outdoors, and it must be put on immediately after the completion of high intensity sport and physical activities. In indoor settings, only fully vaccinated<sup>1</sup> 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. Intermingling to be avoided in changing rooms / toilets. 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<sup>7</sup> 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.
  - c. Sharing of common equipment should be minimised. The sharing of equipment (when it is not prohibited) should be minimised as far as possible. The equipment should be wiped down / sanitised before passing on for use by the next user. This includes equipment such as weights and balls.

<sup>1</sup> An individual is considered vaccinated if he/she a) has been fully vaccinated, i.e. received the appropriate regimen of World Health Organization Emergency Use Listing (WHO EUL) vaccines including their respective duration post-vaccination for the vaccine to be fully effective and b) had their vaccination records ingested in MOH's IT systems. Sinovac-CoronaVac will require a three-dose primary series regime, but all individuals who have taken two doses of Sinovac-CoronaVac should be regarded as fully vaccinated for 4 months after the second dose, or until 31 December 2021, whichever is later. Persons who have recovered from COVID-19 will be considered fully vaccinated 14 days after their single dose of the PSAR-authorized mRNA vaccines (i.e. Pfizer-BioNTech/Comirnaty, Moderna) or WHO EUL vaccines. Persons who have recovered from COVID-19 within the last 270 days, regardless of their vaccination status, may also be managed similarly to a fully vaccinated individual. Unvaccinated individuals with a valid negative result on a Pre-Event Test (PET) taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event are of similarly lower risk, and may also join in the group of fully vaccinated individuals. 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 PET. Refer to <https://www.moh.gov.sg/covid-19/pet> for more details.

- d. Facilitating contact tracing. Operators and instructors are to maintain a complete set of data that clearly record how all participants are segregated into groups of up to 5 persons. Recent cases have revealed that sport and exercise operators and instructors have not been able to provide the required information, hampering contact tracing by the authorities. It is also the statutory responsibility of operators and instructors to ensure that all participants are properly checked in by TraceTogether-only SafeEntry (TT-only SE) or SafeEntry Gateway (SEGW). Where the activity permits (e.g. for spin classes), participants are to carry their devices such as TT Tokens to aid contact tracing. Even if an activity does not allow carriage of such devices, operators and instructors are to take steps to place the devices together to reflect group arrangement.
- e. Reducing physical interaction & hygiene and ensuring safe distancing. Owners or operators of facilities are responsible for ensuring SMMs are implemented, and that their patrons/users comply. Facility owners/operators must:
- i. Organise human traffic flow and space management to ensure that the mixing of groups is minimised to transient contact.
  - ii. Put in place measures to minimise crowding or mixing at common facilities e.g. toilets. Where possible, specific common facilities should be designated to specific zones so that attendees from different zones do not mix when using such facilities.
  - iii. TraceTogether-only SafeEntry (TT-only SE) or SafeEntry Gateway (SEGW) must be implemented for participants and visitors. All participants and staff are to use either the TraceTogether app or the TraceTogether Tokens for check-in and check-out. Enforcement of this will be stepped up to ensure full compliance by all permitted enterprises.
  - iv. Frequently disinfect common spaces and interactive components (e.g. smart kiosks, turnstiles, changing benches, hooks for clothes, etc.). Operators are strongly encouraged to adopt good sanitation and hygiene practices to achieve the SG Clean quality mark.
  - v. All indoor premises should refer to the latest guidance on improving ventilation and indoor air quality in buildings amid the COVID-19 situation, available at: <https://go.gov.sg/bca-circular-improving-ventilation-iaq>.
  - vi. Place hand sanitisers in close proximity of the facility entrance and high-touch surfaces like door handles. Attendees should be encouraged to sanitise their hands before entering and upon leaving the facility.
  - vii. Ensure that participants do not shout while engaging in physical activities. This is because shouting increases the risk of transmission via droplets.

<sup>1</sup> An individual is considered vaccinated if he/she a) has been fully vaccinated, i.e. received the appropriate regimen of World Health Organization Emergency Use Listing (WHO EUL) vaccines including their respective duration post-vaccination for the vaccine to be fully effective and b) had their vaccination records ingested in MOH's IT systems. Sinovac-CoronaVac will require a three-dose primary series regime, but all individuals who have taken two doses of Sinovac-CoronaVac should be regarded as fully vaccinated for 4 months after the second dose, or until 31 December 2021, whichever is later. Persons who have recovered from COVID-19 will be considered fully vaccinated 14 days after their single dose of the PSAR-authorized mRNA vaccines (i.e. Pfizer-BioNTech/Comirnaty, Moderna) or WHO EUL vaccines. Persons who have recovered from COVID-19 within the last 270 days, regardless of their vaccination status, may also be managed similarly to a fully vaccinated individual. Unvaccinated individuals with a valid negative result on a Pre-Event Test (PET) taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event are of similarly lower risk, and may also join in the group of fully vaccinated individuals. 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 PET. Refer to <https://www.moh.gov.sg/covid-19/pet> for more details.

## **SPORTS EVENTS / CLUB-ORGANISED / SSA-SANCTIONED MEETS FROM 22 NOVEMBER 2021**

43. Sport events can continue during the stipulated period as follows:

- a. **Swimming competitions (with spectators).** Spectator sport events can proceed with up to 1,000 spectators if all spectators are fully vaccinated<sup>1</sup> (includes those that have valid PET result / have recovered from COVID-19). Spectators will be in zones of up to 100 persons.
- b. **Mass Participation Sport Events.** Mass participation sport events can proceed with up to 1,000 participants per session<sup>5</sup>, 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. At this juncture, mass participation sport events will not be allowed to have invited spectators. Organisers are to put in place measures to prevent the spontaneous gathering of onlookers for such events.
- c. **Swimming competitions (without spectators).** Refers to competitions involving timed races or head-to-head matches where there could be multiple heats or qualifying rounds ("sessions"). Such events can continue but must not exceed 50 persons in each facility at any single point in time. Organisers are advised to arrange competitions with different sessions, adequately separated within a day (i.e. at different times of a day) or across multiple days, to avoid congregation.

Each Water Polo match is allowed to have up to 5 persons in the field of play at any single point in time. For indoor unmasked competitions or activities, only fully vaccinated<sup>1</sup> 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.

- **Unvaccinated children 12 years old and below may be included and exempted from PET but must be limited to no more than 20% of total attendance. If there are any spectators/participants who are unvaccinated or untested (other than children 12 years old and below), the event will have to be capped at 50 persons.**
- **Updated 25 November 2021 - PET requirements will not apply where it is only members of the same club competing; for those who are 12 years and below and not vaccinated, i.e. it is an internal event.**

<sup>1</sup> An individual is considered vaccinated if he/she a) has been fully vaccinated, i.e. received the appropriate regimen of World Health Organization Emergency Use Listing (WHO EUL) vaccines including their respective duration post-vaccination for the vaccine to be fully effective and b) had their vaccination records ingested in MOH's IT systems. Sinovac-CoronaVac will require a three-dose primary series regime, but all individuals who have taken two doses of Sinovac-CoronaVac should be regarded as fully vaccinated for 4 months after the second dose, or until 31 December 2021, whichever is later. Persons who have recovered from COVID-19 will be considered fully vaccinated 14 days after their single dose of the PSAR-authorized mRNA vaccines (i.e. Pfizer-BioNTech/Comirnaty, Moderna) or WHO EUL vaccines. Persons who have recovered from COVID-19 within the last 270 days, regardless of their vaccination status, may also be managed similarly to a fully vaccinated individual. Unvaccinated individuals with a valid negative result on a Pre-Event Test (PET) taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event are of similarly lower risk, and may also join in the group of fully vaccinated individuals. 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 PET. Refer to <https://www.moh.gov.sg/covid-19/pet> for more details.

<sup>5</sup> 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.

44. At sport events where public speaking is necessary, such as by the guest-of-honour or an event emcee, the speaker can be unmasked as long as he/she maintains a distance of at least 2 metres from the audience whilst speaking. The speaker will have to be masked after delivering his/her speech. To be clear, this provision does not apply to an instructor/coach/referee unmasking to give instructions.
45. 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](mailto:contact@swimming.org.sg) at least 30 days prior to the start of the event to give time for evaluation and discussion.
46. 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.
47. **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<sup>1</sup> 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. **Team sport formats in other unsupervised settings will continue to adhere to the prevailing national group size of 2 persons.**

<sup>1</sup> An individual is considered vaccinated if he/she a) has been fully vaccinated, i.e. received the appropriate regimen of World Health Organization Emergency Use Listing (WHO EUL) vaccines including their respective duration post-vaccination for the vaccine to be fully effective and b) had their vaccination records ingested in MOH's IT systems. Sinovac-CoronaVac will require a three-dose primary series regime, but all individuals who have taken two doses of Sinovac-CoronaVac should be regarded as fully vaccinated for 4 months after the second dose, or until 31 December 2021, whichever is later. Persons who have recovered from COVID-19 will be considered fully vaccinated 14 days after their single dose of the PSAR-authorized mRNA vaccines (i.e. Pfizer-BioNTech/Comirnaty, Moderna) or WHO EUL vaccines. Persons who have recovered from COVID-19 within the last 270 days, regardless of their vaccination status, may also be managed similarly to a fully vaccinated individual. Unvaccinated individuals with a valid negative result on a Pre-Event Test (PET) taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event are of similarly lower risk, and may also join in the group of fully vaccinated individuals. 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 PET. Refer to <https://www.moh.gov.sg/covid-19/pet> for more details.

### **Distancing and Size Capacity**

- 48. Recommended stagger time is 10 minutes between sessions so there is no overlap between athletes/students arriving and leaving.
- 49. 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.
- 50. Use demonstration / technology to assist in teaching new skills in lieu of contact.
- 51. 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.
- 52. 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.
- 53. For **casual swimming**, the group size should be kept to 5 participants.
- 54. 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

The background of the slide is a photograph of a swimming pool with several lanes marked by blue lane lines. On the far left, there is a solid red vertical bar. The text is overlaid on the pool image.

**INCREASING  
CAPACITY LIMIT By ZONES.**

**Multi-Pool Facilities Usage**

### **Capacity: Multi-Pool Facilities OR Increasing Capacity by Zones**

55. 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.**

**56. Pool Configurations.** To maximise the space, bulkhead or lane lines can be used to increase the lane options at 5 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 50 athletes per zone)
  - ii. 8 lanes 50m pool with bulkhead becomes 16 lanes (max 40 athletes per zone)
  - iii. A 50m pool without bulkhead becomes 25 lanes (max 50 athletes per zone) if they swim across the pool (25m)
- b. The lanes must be 2 metres width apart.

**NOTE: The following pool layout examples account for individual spacing at minimum 10SQM per person, UP TO a maximum bubble of 5 swimmers that do not exceed 50 pax per pool or zone. Some configurations will not max out capacity which includes swimmers and coaches.**

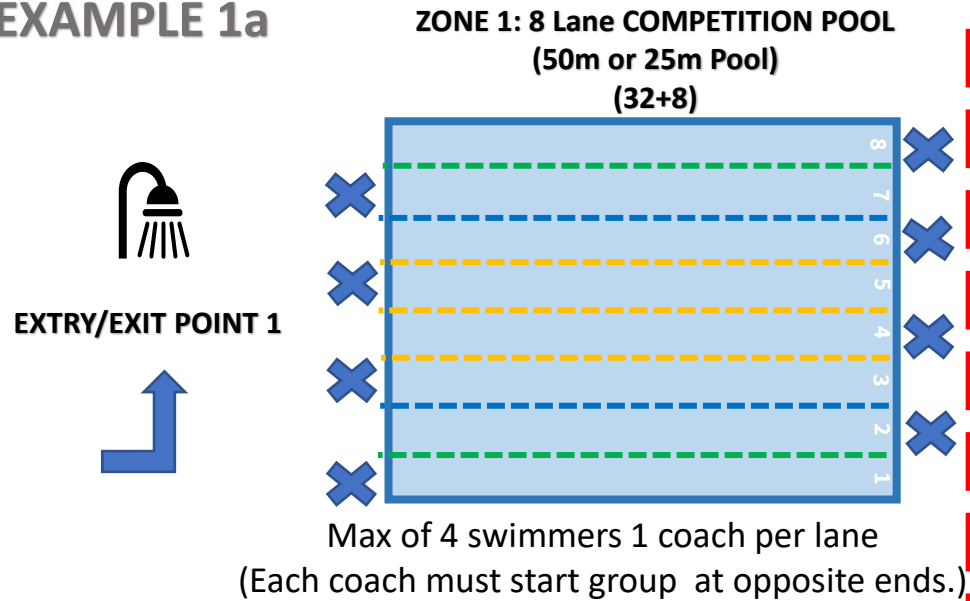
**ALSO NOTE: THE FOLLOWING CONFIGURATIONS ARE NOT AUTOMATIC.**

**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.**

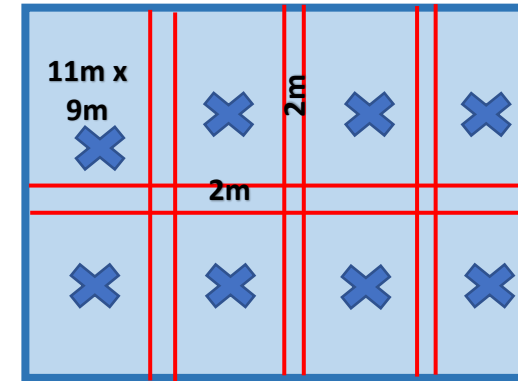
**EACH FACILITY MUST BE ABLE TO DEMONSTRATE TO THE SINGAPORE SWIMMING ASSOCIATION THROUGH THEIR SMM'S THEY ARE CAPABLE TO COMPLY WITH SPORTSG ADVISORY AS LISTED ABOVE PRIOR TO CONVERSION TO ANY OF THESE CONFIGURATIONS.**

57. 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.

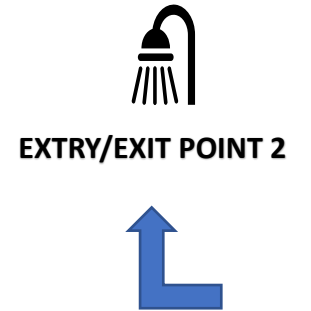
## EXAMPLE 1a



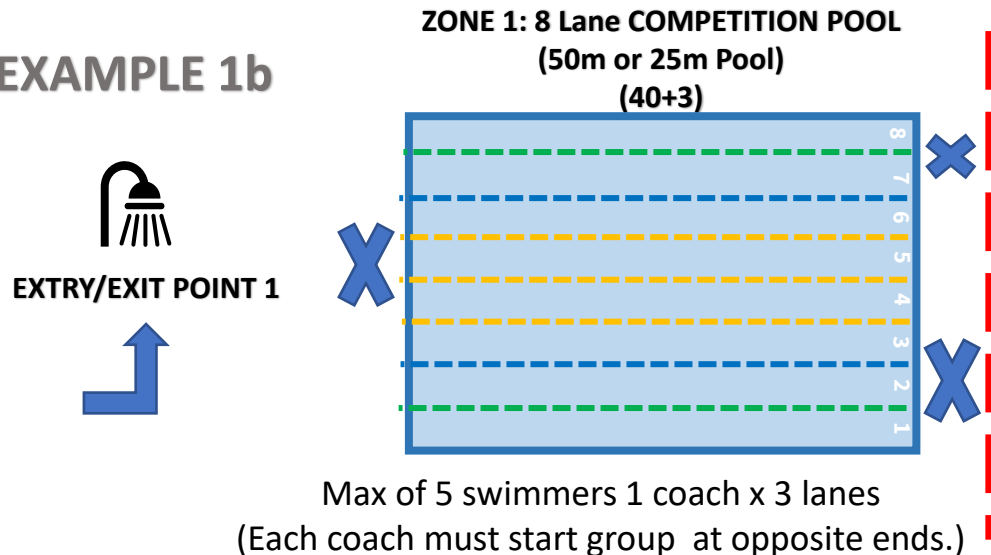
## ZONE 2: TRAINING POOL (32+8)



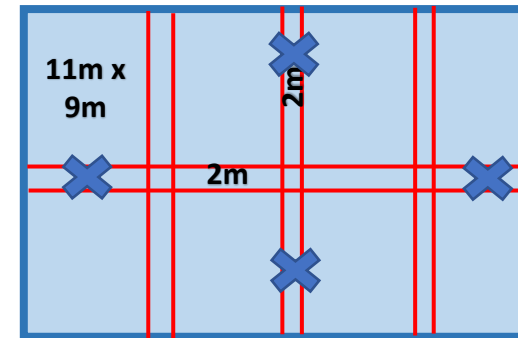
Max of 4 swimmers / 1 coach per grid



## EXAMPLE 1b



## ZONE 2: TRAINING POOL (40+4)



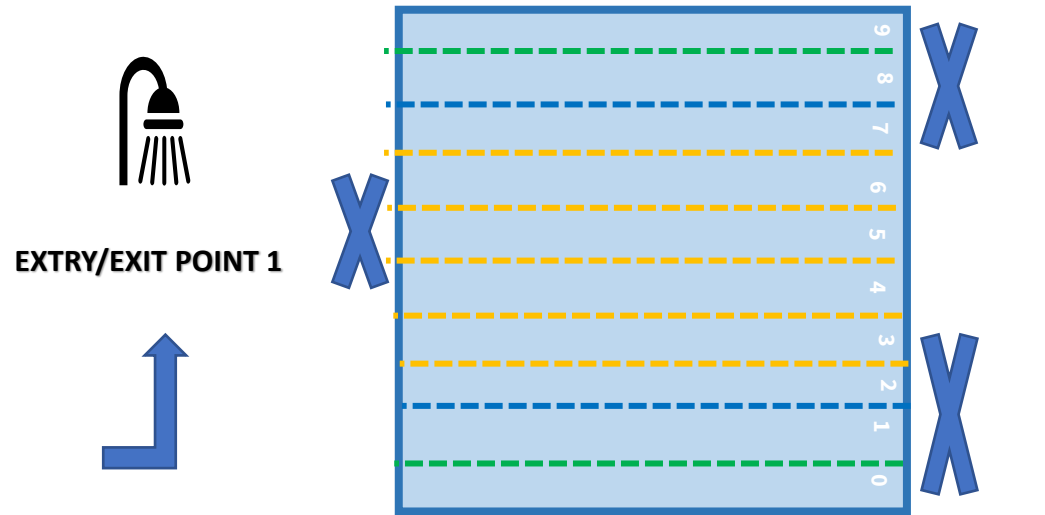
Max of 4 swimmers / per grid  
1 coach 2 grids



**FOR WP FROM 22 NOV:**  
2v2 training with 1 Coach or  
3v2 training are allowed.  
Groups are to maintain a  
distance of 2m apart from  
one another and no mixing of  
groups at ANY time.

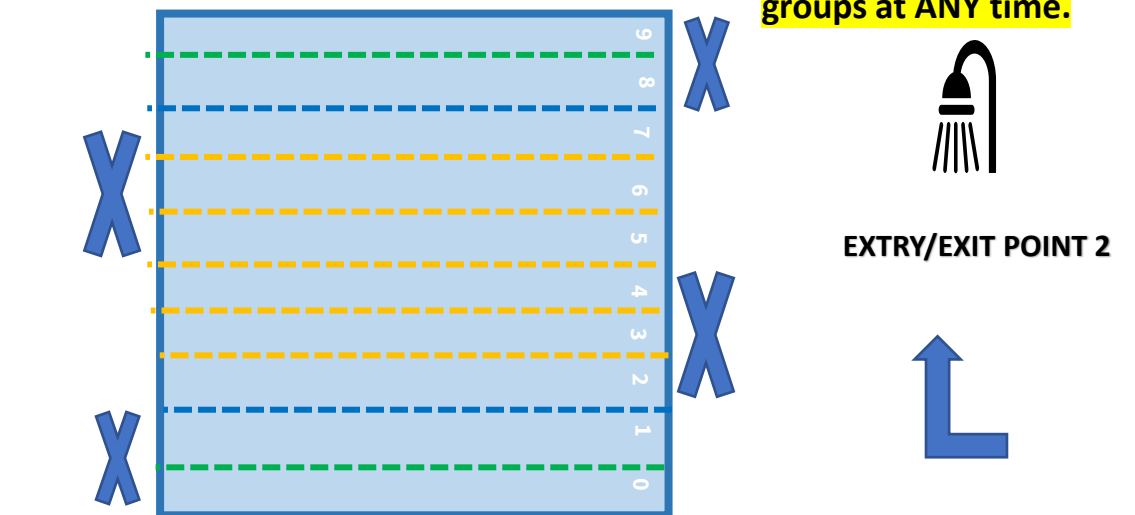
## EXAMPLE 2

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



Max of 5 swimmers per lane  
(Facility Capacity remains at 50 pax including coaches)

E.g. 45 swimmers- 3 coaches  
Each coach oversees 15 swimmers.  
(Each coach must start group at opposite ends of pool)



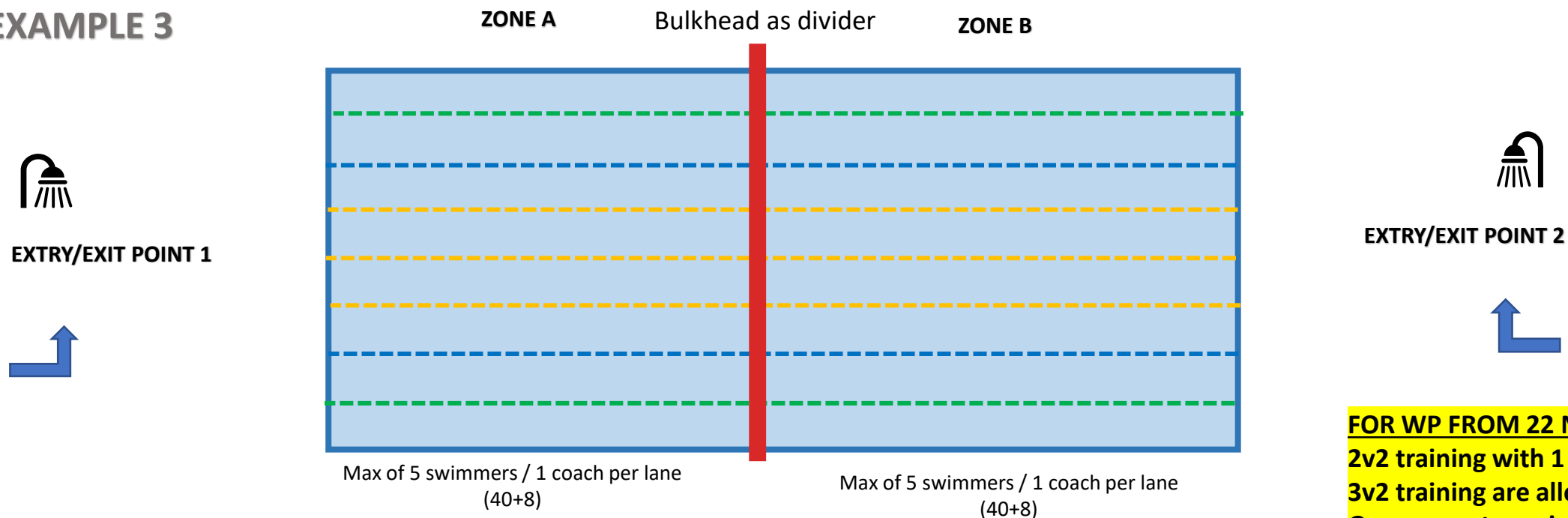
Max of 5 swimmers per lane  
(Facility Capacity remains at 50 pax including coaches)

E.g. 46 swimmers – 4 coaches  
2 coaches oversee 15 swimmers each – 3 lanes each  
2 coaches oversee 8 swimmers each – 2 lanes each  
(Each coach must start group at opposite ends of pool)

**FOR WP FROM 22 NOV:**  
2v2 training with 1 Coach or  
3v2 training are allowed.  
Groups are to maintain a  
distance of 2m apart from  
one another and no mixing of  
groups at ANY time.

**NOTE:** For **competitive aquatic sports**, as long as there are no more than 5 swimmers per lane, a coach does not have more than 3 groups of 5 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.

### EXAMPLE 3



**FOR WP FROM 22 NOV:**  
**2v2 training with 1 Coach or**  
**3v2 training are allowed.**  
**Groups are to maintain a**  
**distance of 2m apart from**  
**one another and no mixing of**  
**groups at ANY time.**

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

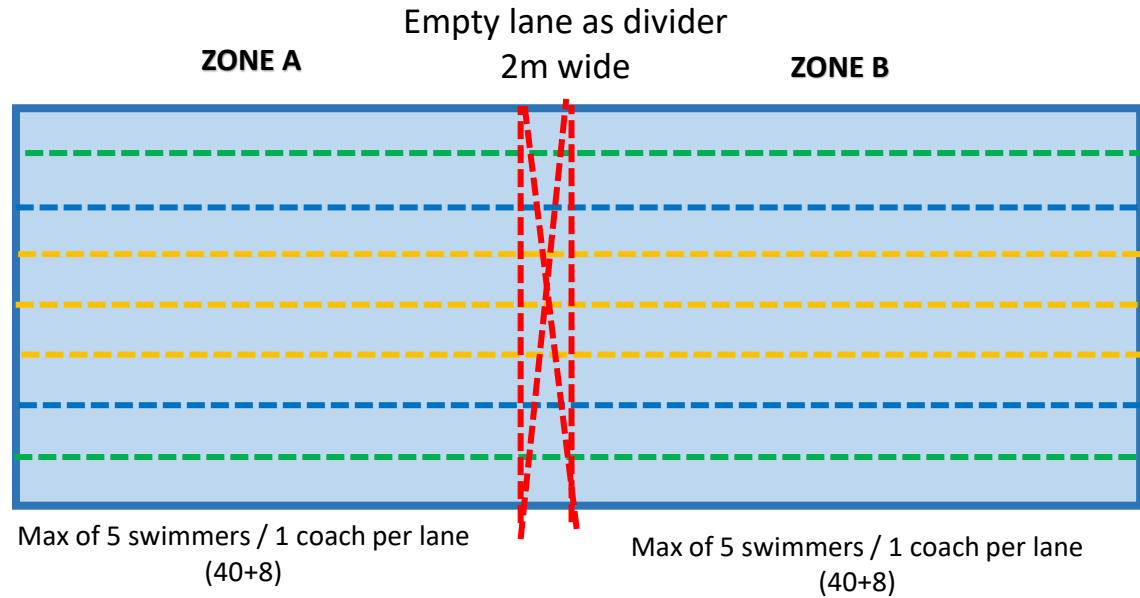
- Clear demarcation between pools and movement paths  
*Possible Solution: Rent and install barriers; barricades, for this purpose*
- Designated Entry / Exit points for each zone  
*Possible solution: if using the same entry / exit entry point – implement staggered timing and divide the movement path*  
*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



ENTRY/EXIT POINT 1



ENTRY/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.)

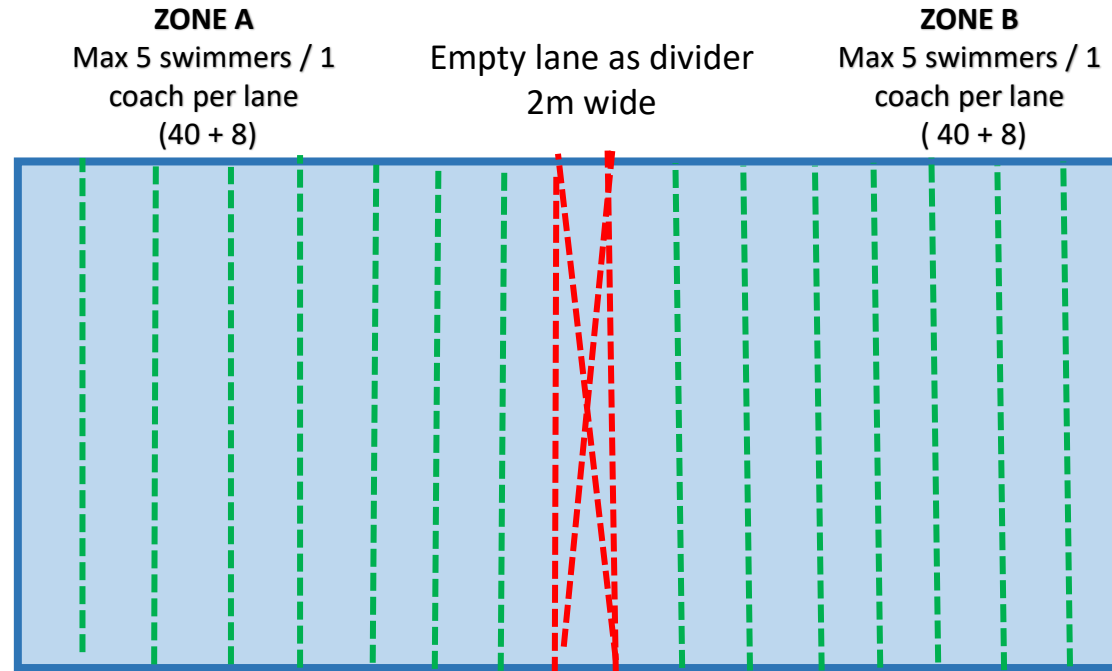
**FOR WP FROM 22 NOV:**

**2v2 training with 1 Coach or 3v2 training are allowed. Groups are to maintain a distance of 2m apart from one another and no mixing of groups at ANY time.**

### EXAMPLE 4b



ENTRY/EXIT POINT 1



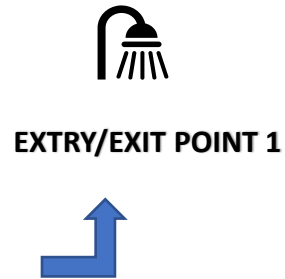
ENTRY/EXIT POINT 2



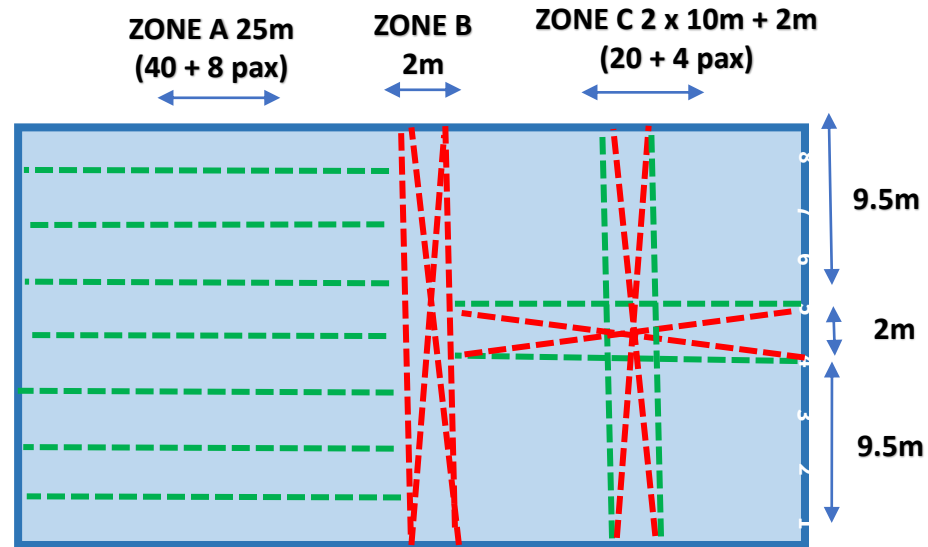
Create max 25 lanes across 50m pool – 2m width.

Alternate starting end by lane for, each a separate group.  
(eg. 1/3/5 start from one end, 2/4/6 from opposite end.)

## EXAMPLE 5a



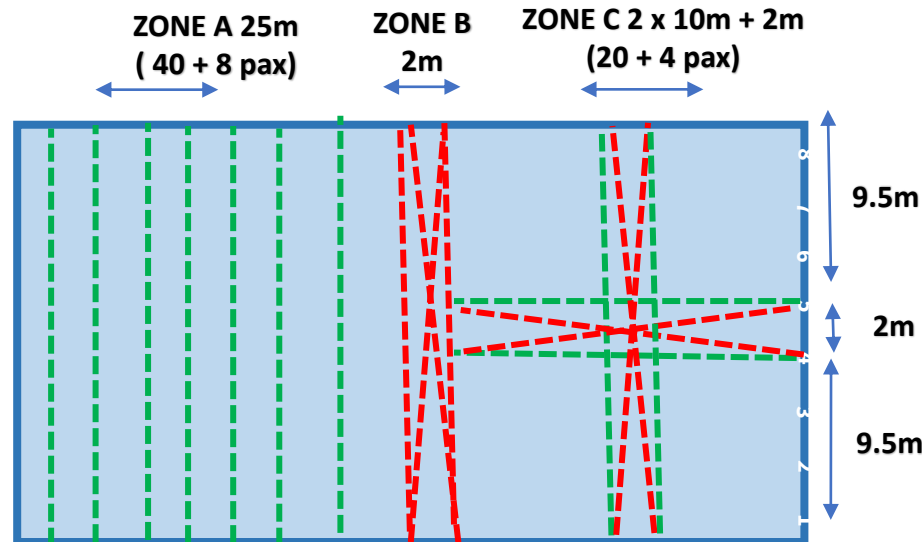
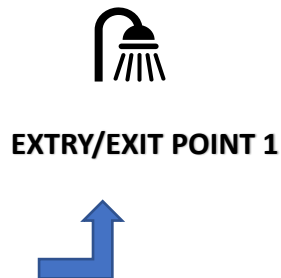
When **NO BULKHEAD** available for clear demarcation between segments within the same 50m pool. Refer to example 3 for zoning requirement.



Alternate starting end by lane for, each a separate group.  
(eg. 1/3/5 start from one end, 2/4/6 from opposite end.)




## EXAMPLE 5b



**FOR WP FROM 22 NOV:**  
2v2 training with 1 Coach or 3v2 training are allowed. Groups are to maintain a distance of 2m apart from one another and no mixing of groups at ANY time.

Alternate starting end by lane for, each a separate group.  
(eg. 1/3/5 start from one end, 2/4/6 from opposite end.)

The background of the slide is a photograph of a swimming pool with several lanes marked by blue and white lane lines. The water is a deep blue. On the far left, there is a solid red vertical bar. Overlaid on the pool image is the text 'INDOOR & OUTDOOR FACILITY – ON LAND' in white, bold, sans-serif capital letters.

# INDOOR & OUTDOOR FACILITY – ON LAND

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

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

58. From 22 November 2021, **multiple groups of 5**, up to 50 participants (including instructor / coach) or up to the capacity limit of the venue, whichever is lower, can take place. The groups of 5 are not to intermingle before, during, and after the class, and must remain 2 metres apart.

- 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.

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

59. From 22 November 2021, **multiple groups of 5**, 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<sup>1</sup> 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.

- **Unvaccinated Children in Indoor Unmasked Setting**. Children 12 years old and below (born in 2009 and later) are currently not eligible for any COVID-19 vaccine under the national vaccination programme. They will be allowed to participate in indoors unmasked classes/programmes/activities without needing to take any PET, subject to the following provisions:
  - i. **No more than 5 participants (including instructor)** in a group.
  - ii. If the participants in the group include other unvaccinated children, all the children must be from the **same household**.
  - iii. Other participants above 12 years old, including the instructor, must be fully vaccinated (includes those that have valid PET result / have recovered from COVID-19) to be able to be part of the group of 5 with the unvaccinated child(ren) from the same household.
  - iv. There can be no multiple groups of 5 participants in an organised class/ programme in this situation.

<sup>1</sup> An individual is considered vaccinated if he/she a) has been fully vaccinated, i.e. received the appropriate regimen of World Health Organization Emergency Use Listing (WHO EUL) vaccines including their respective duration post-vaccination for the vaccine to be fully effective and b) had their vaccination records ingested in MOH's IT systems. Sinovac-CoronaVac will require a three-dose primary series regime, but all individuals who have taken two doses of Sinovac-CoronaVac should be regarded as fully vaccinated for 4 months after the second dose, or until 31 December 2021, whichever is later. Persons who have recovered from COVID-19 will be considered fully vaccinated 14 days after their single dose of the PSAR-authorized mRNA vaccines (i.e. Pfizer-BioNTech/Comirnaty, Moderna) or WHO EUL vaccines. Persons who have recovered from COVID-19 within the last 270 days, regardless of their vaccination status, may also be managed similarly to a fully vaccinated individual. Unvaccinated individuals with a valid negative result on a Pre-Event Test (PET) taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event are of similarly lower risk, and may also join in the group of fully vaccinated individuals. 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 PET. Refer to <https://www.moh.gov.sg/covid-19/pet> for more details.

A photograph of a swimming pool with several lanes marked by blue and white lane lines. The water is a deep blue. On the left side of the image, there is a solid red vertical bar. Overlaid on the pool lanes is the text "OUTDOOR FACILITY – IN WATER" in white, bold, sans-serif capital letters.

# OUTDOOR FACILITY – IN WATER

## **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)***

60. A Coach for **competitive aquatic sports**, where the athletes are training for races and competitions may take up to **3 groups of 5 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 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 : 4 Athletes.**

### **SWIMMING**

- 1 coach can **take up to 3 groups of 5 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. Coaches of a different group MUST start at the opposite end of the pool. Otherwise, group size is limited to 1 Coach : 4 Athletes.**
- **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 5 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 : 4 Athletes.**
- **2v2 training with 1 Coach or 3V2 training are allowed.** Groups are to maintain a distance of 2m apart from one another and no mixing of groups at ANY time. **Modify training** and to avoid prolonged body contact. Transient contact is permitted within group.

### **ARTISTIC SWIMMING**

- 1 coach can **take up to 3 groups of 5 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 : 4 Athletes.**
- 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.

<sup>1</sup> An individual is considered vaccinated if he/she a) has been fully vaccinated, i.e. received the appropriate regimen of World Health Organization Emergency Use Listing (WHO EUL) vaccines including their respective duration post-vaccination for the vaccine to be fully effective and b) had their vaccination records ingested in MOH's IT systems. Sinovac-CoronaVac will require a three-dose primary series regime, but all individuals who have taken two doses of Sinovac-CoronaVac should be regarded as fully vaccinated for 4 months after the second dose, or until 31 December 2021, whichever is later. Persons who have recovered from COVID-19 will be considered fully vaccinated 14 days after their single dose of the PSAR-authorized mRNA vaccines (i.e. Pfizer-BioNTech/Comirnaty, Moderna) or WHO EUL vaccines. Persons who have recovered from COVID-19 within the last 270 days, regardless of their vaccination status, may also be managed similarly to a fully vaccinated individual. Unvaccinated individuals with a valid negative result on a Pre-Event Test (PET) taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event are of similarly lower risk, and may also join in the group of fully vaccinated individuals. 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 PET. 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)***

61. A Coach for **competitive aquatic sports**, where the athletes are training for races and competitions may take up to **2 groups of 5 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 : 4 Athletes.**
- Up to **maximum 5 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)***

62. 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 5 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 Instructor : 4 Participants.**

<sup>1</sup> An individual is considered vaccinated if he/she a) has been fully vaccinated, i.e. received the appropriate regimen of World Health Organization Emergency Use Listing (WHO EUL) vaccines including their respective duration post-vaccination for the vaccine to be fully effective and b) had their vaccination records ingested in MOH's IT systems. Sinovac-CoronaVac will require a three-dose primary series regime, but all individuals who have taken two doses of Sinovac-CoronaVac should be regarded as fully vaccinated for 4 months after the second dose, or until 31 December 2021, whichever is later. Persons who have recovered from COVID-19 will be considered fully vaccinated 14 days after their single dose of the PSAR-authorized mRNA vaccines (i.e. Pfizer-BioNTech/Comirnaty, Moderna) or WHO EUL vaccines. Persons who have recovered from COVID-19 within the last 270 days, regardless of their vaccination status, may also be managed similarly to a fully vaccinated individual. Unvaccinated individuals with a valid negative result on a Pre-Event Test (PET) taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event are of similarly lower risk, and may also join in the group of fully vaccinated individuals. 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 PET. 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)***

63. An Instructor who teaches participants for beginner aquatic sports, which is equivalent to **Learn to Swim at SwimSafer Stage 3 and below**, can take **4 participants in an outdoor environment**. The group size restriction will be 5 persons (including coach), ie **1 Instructor : 4 Participants**.

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)***

64. 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 4** (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.

<sup>1</sup> An individual is considered vaccinated if he/she a) has been fully vaccinated, i.e. received the appropriate regimen of World Health Organization Emergency Use Listing (WHO EUL) vaccines including their respective duration post-vaccination for the vaccine to be fully effective and b) had their vaccination records ingested in MOH's IT systems. Sinovac-CoronaVac will require a three-dose primary series regime, but all individuals who have taken two doses of Sinovac-CoronaVac should be regarded as fully vaccinated for 4 months after the second dose, or until 31 December 2021, whichever is later. Persons who have recovered from COVID-19 will be considered fully vaccinated 14 days after their single dose of the PSAR-authorized mRNA vaccines (i.e. Pfizer-BioNTech/Comirnaty, Moderna) or WHO EUL vaccines. Persons who have recovered from COVID-19 within the last 270 days, regardless of their vaccination status, may also be managed similarly to a fully vaccinated individual. Unvaccinated individuals with a valid negative result on a Pre-Event Test (PET) taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event are of similarly lower risk, and may also join in the group of fully vaccinated individuals. 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 PET. 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)***

65. Learn to Swim for participants with disabilities remains as bubble of 5 (including instructor) **in an outdoor environment**. 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)***

66. An instructor can **take up to 3 groups of 5 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 3 groups at all times. **There is no mixing of group or coach at ANY time Otherwise, group size is limited to 1 Instructor : 4 Athletes.**
- **Water Polo:** 2v2 training with 1 Coach or 3V2 training are allowed. Groups are to maintain a distance of 2m apart from one another and no mixing of groups at ANY time. **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.

<sup>1</sup> An individual is considered vaccinated if he/she a) has been fully vaccinated, i.e. received the appropriate regimen of World Health Organization Emergency Use Listing (WHO EUL) vaccines including their respective duration post-vaccination for the vaccine to be fully effective and b) had their vaccination records ingested in MOH's IT systems. Sinovac-CoronaVac will require a three-dose primary series regime, but all individuals who have taken two doses of Sinovac-CoronaVac should be regarded as fully vaccinated for 4 months after the second dose, or until 31 December 2021, whichever is later. Persons who have recovered from COVID-19 will be considered fully vaccinated 14 days after their single dose of the PSAR-authorized mRNA vaccines (i.e. Pfizer-BioNTech/Comirnaty, Moderna) or WHO EUL vaccines. Persons who have recovered from COVID-19 within the last 270 days, regardless of their vaccination status, may also be managed similarly to a fully vaccinated individual. Unvaccinated individuals with a valid negative result on a Pre-Event Test (PET) taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event are of similarly lower risk, and may also join in the group of fully vaccinated individuals. 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 PET. 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)***


67. An instructor can **take up to 2 groups of 5 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 2 groups at all times. **There is no mixing of group or coach at ANY time. Otherwise, group size is limited to 1 Instructor : 4 Participants.**
- Up to **maximum 5 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)***

68. For **casual swimming**, the group size should be kept to 5 participants, ie not more than 5 pax per lane) **in an outdoor environment.**
- There should be no mixing between the groups
  - the groups are not organized by the coach or club.
  - 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 5 per lane
    - All participants in one lane must adhere to the 2m distancing and not congregate on walls
  - 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.
  - For **Artistic Swimming**: swimming, technical & free routine training, figures & element training within each lane is allowed. There should be no intermixing between lanes.

<sup>1</sup> An individual is considered vaccinated if he/she a) has been fully vaccinated, i.e. received the appropriate regimen of World Health Organization Emergency Use Listing (WHO EUL) vaccines including their respective duration post-vaccination for the vaccine to be fully effective and b) had their vaccination records ingested in MOH's IT systems. Sinovac-CoronaVac will require a three-dose primary series regime, but all individuals who have taken two doses of Sinovac-CoronaVac should be regarded as fully vaccinated for 4 months after the second dose, or until 31 December 2021, whichever is later. Persons who have recovered from COVID-19 will be considered fully vaccinated 14 days after their single dose of the PSAR-authorised mRNA vaccines (i.e. Pfizer-BioNTech/Comirnaty, Moderna) or WHO EUL vaccines. Persons who have recovered from COVID-19 within the last 270 days, regardless of their vaccination status, may also be managed similarly to a fully vaccinated individual. Unvaccinated individuals with a valid negative result on a Pre-Event Test (PET) taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event are of similarly lower risk, and may also join in the group of fully vaccinated individuals. 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 PET. Refer to <https://www.moh.gov.sg/covid-19/pet> for more details.

The background of the image is a close-up, high-angle view of a swimming pool. Several parallel lane lines, made of dark blue and white floats, stretch diagonally across the frame from the bottom left towards the top right. The water is a deep, clear blue. On the far left side of the image, there is a solid, bright red vertical bar that runs from the top to the bottom edge.

# INDOOR FACILITY – IN WATER

### **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)***

69. A Coach for **competitive aquatic sports**, where the athletes are training for races and competitions may take **3 group of 5 participants (including coach) in an indoor<sup>3</sup> 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 : 4 Athletes.** All participants **MUST be fully vaccinated**<sup>1</sup> 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.

#### **SWIMMING**

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

#### **WATER POLO**

- **2v2 training with 1 Coach or 3V2 training are allowed.** Groups are to maintain a distance of 2m apart from one another and no mixing of groups at ANY time. **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.

<sup>1</sup> An individual is considered vaccinated if he/she a) has been fully vaccinated, i.e. received the appropriate regimen of World Health Organization Emergency Use Listing (WHO EUL) vaccines including their respective duration post-vaccination for the vaccine to be fully effective and b) had their vaccination records ingested in MOH's IT systems. Sinovac-CoronaVac will require a three-dose primary series regime, but all individuals who have taken two doses of Sinovac-CoronaVac should be regarded as fully vaccinated for 4 months after the second dose, or until 31 December 2021, whichever is later. Persons who have recovered from COVID-19 will be considered fully vaccinated 14 days after their single dose of the PSAR-authorized mRNA vaccines (i.e. Pfizer-BioNTech/Comirnaty, Moderna) or WHO EUL vaccines. Persons who have recovered from COVID-19 within the last 270 days, regardless of their vaccination status, may also be managed similarly to a fully vaccinated individual. Unvaccinated individuals with a valid negative result on a Pre-Event Test (PET) taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event are of similarly lower risk, and may also join in the group of fully vaccinated individuals. 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 PET. Refer to <https://www.moh.gov.sg/covid-19/pet> for more details.

**Unvaccinated Children in Indoor Unmasked Setting.** Children 12 years old and below (born in 2009 and later) are currently not eligible for any COVID-19 vaccine under the national vaccination programme. They will be allowed to participate in indoors unmasked classes/programmes/activities without needing to take any PET, subject to the following provisions:

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

<sup>1</sup> An individual is considered vaccinated if he/she a) has been fully vaccinated, i.e. received the appropriate regimen of World Health Organization Emergency Use Listing (WHO EUL) vaccines including their respective duration post-vaccination for the vaccine to be fully effective and b) had their vaccination records ingested in MOH's IT systems. Sinovac-CoronaVac will require a three-dose primary series regime, but all individuals who have taken two doses of Sinovac-CoronaVac should be regarded as fully vaccinated for 4 months after the second dose, or until 31 December 2021, whichever is later. Persons who have recovered from COVID-19 will be considered fully vaccinated 14 days after their single dose of the PSAR-authorized mRNA vaccines (i.e. Pfizer-BioNTech/Comirnaty, Moderna) or WHO EUL vaccines. Persons who have recovered from COVID-19 within the last 270 days, regardless of their vaccination status, may also be managed similarly to a fully vaccinated individual. Unvaccinated individuals with a valid negative result on a Pre-Event Test (PET) taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event are of similarly lower risk, and may also join in the group of fully vaccinated individuals. 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 PET. 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)***

70. A Coach for **competitive aquatic sports**, where the athletes are training for races and competitions may take **2 group of 5 participants (including coach) in an indoor 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 : 4 Athletes**. All participants **MUST be fully vaccinated**<sup>1</sup> 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 5 person** per diving board or platform with a safety distance of 2m while in queue.

**Unvaccinated Children in Indoor Unmasked Setting**. Children 12 years old and below (born in 2009 and later) are currently not eligible for any COVID-19 vaccine under the national vaccination programme. They will be allowed to participate in indoors unmasked classes/programmes/activities without needing to take any PET, subject to the following provisions:

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

<sup>1</sup> An individual is considered vaccinated if he/she a) has been fully vaccinated, i.e. received the appropriate regimen of World Health Organization Emergency Use Listing (WHO EUL) vaccines including their respective duration post-vaccination for the vaccine to be fully effective and b) had their vaccination records ingested in MOH's IT systems. Sinovac-CoronaVac will require a three-dose primary series regime, but all individuals who have taken two doses of Sinovac-CoronaVac should be regarded as fully vaccinated for 4 months after the second dose, or until 31 December 2021, whichever is later. Persons who have recovered from COVID-19 will be considered fully vaccinated 14 days after their single dose of the PSAR-authorized mRNA vaccines (i.e. Pfizer-BioNTech/Comirnaty, Moderna) or WHO EUL vaccines. Persons who have recovered from COVID-19 within the last 270 days, regardless of their vaccination status, may also be managed similarly to a fully vaccinated individual. Unvaccinated individuals with a valid negative result on a Pre-Event Test (PET) taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event are of similarly lower risk, and may also join in the group of fully vaccinated individuals. 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 PET. 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)***

71. 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 5 participants in an indoor 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 Instructor : 4 Participants**. All participants **MUST be fully vaccinated**<sup>1</sup> 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.

**Unvaccinated Children in Indoor Unmasked Setting.** Children 12 years old and below (born in 2009 and later) are currently not eligible for any COVID-19 vaccine under the national vaccination programme. They will be allowed to participate in indoors unmasked classes/programmes/activities without needing to take any PET, subject to the following provisions:

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

<sup>1</sup> An individual is considered vaccinated if he/she a) has been fully vaccinated, i.e. received the appropriate regimen of World Health Organization Emergency Use Listing (WHO EUL) vaccines including their respective duration post-vaccination for the vaccine to be fully effective and b) had their vaccination records ingested in MOH's IT systems. Sinovac-CoronaVac will require a three-dose primary series regime, but all individuals who have taken two doses of Sinovac-CoronaVac should be regarded as fully vaccinated for 4 months after the second dose, or until 31 December 2021, whichever is later. Persons who have recovered from COVID-19 will be considered fully vaccinated 14 days after their single dose of the PSAR-authorized mRNA vaccines (i.e. Pfizer-BioNTech/Comirnaty, Moderna) or WHO EUL vaccines. Persons who have recovered from COVID-19 within the last 270 days, regardless of their vaccination status, may also be managed similarly to a fully vaccinated individual. Unvaccinated individuals with a valid negative result on a Pre-Event Test (PET) taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event are of similarly lower risk, and may also join in the group of fully vaccinated individuals. 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 PET. 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)***

72. An Instructor who teaches participants for beginner aquatic sports, which is equivalent to **Learn to Swim at SwimSafer Stage 3 and below**, can take up to **4 participants in an indoor environment provided** the participant **is fully vaccinated**<sup>1</sup>. 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

**Unvaccinated Children in Indoor Unmasked Setting.** Children 12 years old and below (born in 2009 and later) are currently not eligible for any COVID-19 vaccine under the national vaccination programme. They will be allowed to participate in indoors unmasked classes/programmes/activities without needing to take any PET, subject to the following provisions:

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

<sup>1</sup> An individual is considered vaccinated if he/she a) has been fully vaccinated, i.e. received the appropriate regimen of World Health Organization Emergency Use Listing (WHO EUL) vaccines including their respective duration post-vaccination for the vaccine to be fully effective and b) had their vaccination records ingested in MOH's IT systems. Sinovac-CoronaVac will require a three-dose primary series regime, but all individuals who have taken two doses of Sinovac-CoronaVac should be regarded as fully vaccinated for 4 months after the second dose, or until 31 December 2021, whichever is later. Persons who have recovered from COVID-19 will be considered fully vaccinated 14 days after their single dose of the PSAR-authorized mRNA vaccines (i.e. Pfizer-BioNTech/Comirnaty, Moderna) or WHO EUL vaccines. Persons who have recovered from COVID-19 within the last 270 days, regardless of their vaccination status, may also be managed similarly to a fully vaccinated individual. Unvaccinated individuals with a valid negative result on a Pre-Event Test (PET) taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event are of similarly lower risk, and may also join in the group of fully vaccinated individuals. 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 PET. 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)***

73. Instructors of infant classes where parent is in control of the infant in the session at ALL times can take up to **2 groups of 2** (caregiver and child) in an indoor environment provided the children are from the **same household. Otherwise, group size is limited to 1 Instructor : 1 group of 2 (caregiver and child).**

- a. A facility can have multiple coaches / swim teachers instructing as separate **group** 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.

**Unvaccinated Children in Indoor Unmasked Setting.** Children 12 years old and below (born in 2009 and later) are currently not eligible for any COVID-19 vaccine under the national vaccination programme. They will be allowed to participate in indoors unmasked classes/programmes/activities without needing to take any PET, subject to the following provisions:

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

<sup>1</sup> An individual is considered vaccinated if he/she a) has been fully vaccinated, i.e. received the appropriate regimen of World Health Organization Emergency Use Listing (WHO EUL) vaccines including their respective duration post-vaccination for the vaccine to be fully effective and b) had their vaccination records ingested in MOH's IT systems. Sinovac-CoronaVac will require a three-dose primary series regime, but all individuals who have taken two doses of Sinovac-CoronaVac should be regarded as fully vaccinated for 4 months after the second dose, or until 31 December 2021, whichever is later. Persons who have recovered from COVID-19 will be considered fully vaccinated 14 days after their single dose of the PSAR-authorized mRNA vaccines (i.e. Pfizer-BioNTech/Comirnaty, Moderna) or WHO EUL vaccines. Persons who have recovered from COVID-19 within the last 270 days, regardless of their vaccination status, may also be managed similarly to a fully vaccinated individual. Unvaccinated individuals with a valid negative result on a Pre-Event Test (PET) taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event are of similarly lower risk, and may also join in the group of fully vaccinated individuals. 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 PET. Refer to <https://www.moh.gov.sg/covid-19/pet> for more details.

### **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)***

74. Learn to Swim for participants with disabilities in an indoor facility will be **1 Instructor : 4 Participants in an indoor<sup>3</sup> environment provided** the participant **is fully vaccinated<sup>1</sup>**. 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. For more details, please refer to SDSC Safe Management Plan at <https://sdsc.org.sg/>

**Unvaccinated Children in Indoor Unmasked Setting.** Children 12 years old and below (born in 2009 and later) are currently not eligible for any COVID-19 vaccine under the national vaccination programme. They will be allowed to participate in indoors unmasked classes/programmes/activities without needing to take any PET, subject to the following provisions:

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

<sup>1</sup> An individual is considered vaccinated if he/she a) has been fully vaccinated, i.e. received the appropriate regimen of World Health Organization Emergency Use Listing (WHO EUL) vaccines including their respective duration post-vaccination for the vaccine to be fully effective and b) had their vaccination records ingested in MOH's IT systems. Sinovac-CoronaVac will require a three-dose primary series regime, but all individuals who have taken two doses of Sinovac-CoronaVac should be regarded as fully vaccinated for 4 months after the second dose, or until 31 December 2021, whichever is later. Persons who have recovered from COVID-19 will be considered fully vaccinated 14 days after their single dose of the PSAR-authorized mRNA vaccines (i.e. Pfizer-BioNTech/Comirnaty, Moderna) or WHO EUL vaccines. Persons who have recovered from COVID-19 within the last 270 days, regardless of their vaccination status, may also be managed similarly to a fully vaccinated individual. Unvaccinated individuals with a valid negative result on a Pre-Event Test (PET) taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event are of similarly lower risk, and may also join in the group of fully vaccinated individuals. 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 PET. 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)***

75. An instructor can **take up to 3 groups of 5 in an indoor 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 Instructor : 4 Participants.** All participants **MUST be fully vaccinated**<sup>1</sup> 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 or 3V2 training are allowed. **Groups are to maintain a distance of 2m apart from one another and no mixing of groups at ANY time.** **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.

**Unvaccinated Children in Indoor Unmasked Setting.** Children 12 years old and below (born in 2009 and later) are currently not eligible for any COVID-19 vaccine under the national vaccination programme. They will be allowed to participate in indoors unmasked classes/programmes/activities without needing to take any PET, subject to the following provisions:

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

<sup>1</sup> An individual is considered vaccinated if he/she a) has been fully vaccinated, i.e. received the appropriate regimen of World Health Organization Emergency Use Listing (WHO EUL) vaccines including their respective duration post-vaccination for the vaccine to be fully effective and b) had their vaccination records ingested in MOH's IT systems. Sinovac-CoronaVac will require a three-dose primary series regime, but all individuals who have taken two doses of Sinovac-CoronaVac should be regarded as fully vaccinated for 4 months after the second dose, or until 31 December 2021, whichever is later. Persons who have recovered from COVID-19 will be considered fully vaccinated 14 days after their single dose of the PSAR-authorized mRNA vaccines (i.e. Pfizer-BioNTech/Comirnaty, Moderna) or WHO EUL vaccines. Persons who have recovered from COVID-19 within the last 270 days, regardless of their vaccination status, may also be managed similarly to a fully vaccinated individual. Unvaccinated individuals with a valid negative result on a Pre-Event Test (PET) taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event are of similarly lower risk, and may also join in the group of fully vaccinated individuals. 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 PET. Refer to <https://www.moh.gov.sg/covid-19/pet> for more details.

## **Learn to Play Programs (Diving) – INDOOR FACILITY ONLY**

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

76. An instructor coach can **take up to 2 groups of 5 in an indoor 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 Instructor : 4 Participants**. All participants **MUST be fully vaccinated**<sup>1</sup> 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 5 person** per diving board or platform with a safety distance of 2m while in queue

**Unvaccinated Children in Indoor Unmasked Setting**. Children 12 years old and below (born in 2009 and later) are currently not eligible for any COVID-19 vaccine under the national vaccination programme. They will be allowed to participate in indoors unmasked classes/programmes/activities without needing to take any PET, subject to the following provisions:

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

<sup>1</sup> An individual is considered vaccinated if he/she a) has been fully vaccinated, i.e. received the appropriate regimen of World Health Organization Emergency Use Listing (WHO EUL) vaccines including their respective duration post-vaccination for the vaccine to be fully effective and b) had their vaccination records ingested in MOH's IT systems. Sinovac-CoronaVac will require a three-dose primary series regime, but all individuals who have taken two doses of Sinovac-CoronaVac should be regarded as fully vaccinated for 4 months after the second dose, or until 31 December 2021, whichever is later. Persons who have recovered from COVID-19 will be considered fully vaccinated 14 days after their single dose of the PSAR-authorized mRNA vaccines (i.e. Pfizer-BioNTech/Comirnaty, Moderna) or WHO EUL vaccines. Persons who have recovered from COVID-19 within the last 270 days, regardless of their vaccination status, may also be managed similarly to a fully vaccinated individual. Unvaccinated individuals with a valid negative result on a Pre-Event Test (PET) taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event are of similarly lower risk, and may also join in the group of fully vaccinated individuals. 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 PET. 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)***

77. For **casual swimming**, the group size should be kept to 5 participants, ie not more than 5 pax per lane) **in an indoor environment** and all participants **MUST be fully vaccinated**<sup>1</sup>. 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 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 5 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.

<sup>1</sup> An individual is considered vaccinated if he/she a) has been fully vaccinated, i.e. received the appropriate regimen of World Health Organization Emergency Use Listing (WHO EUL) vaccines including their respective duration post-vaccination for the vaccine to be fully effective and b) had their vaccination records ingested in MOH's IT systems. Sinovac-CoronaVac will require a three-dose primary series regime, but all individuals who have taken two doses of Sinovac-CoronaVac should be regarded as fully vaccinated for 4 months after the second dose, or until 31 December 2021, whichever is later. Persons who have recovered from COVID-19 will be considered fully vaccinated 14 days after their single dose of the PSAR-authorized mRNA vaccines (i.e. Pfizer-BioNTech/Comirnaty, Moderna) or WHO EUL vaccines. Persons who have recovered from COVID-19 within the last 270 days, regardless of their vaccination status, may also be managed similarly to a fully vaccinated individual. Unvaccinated individuals with a valid negative result on a Pre-Event Test (PET) taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event are of similarly lower risk, and may also join in the group of fully vaccinated individuals. 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 PET. Refer to <https://www.moh.gov.sg/covid-19/pet> for more details.

### **MANAGING A SUSPECTED COVID-19 CASE**

78. An evacuation plan must be prepared for unwell or suspected cases, as well as for other onsite personnel.
79. 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.
80. For incapacitated or unconscious individuals, clubs must clear the area of other personnel and administer aid immediately. Club should call [995](#) for an emergency ambulance to ferry them to the nearest hospital.

### **MANAGING A CONFIRMED COVID-19 CASE**

81. 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.
82. For facilities with confirmed cases, businesses could be suspended if there are public health grounds.

### **ENFORCEMENT OF MEASURES**

83. Government agencies will be conducting inspections following Phase 2 (Stabilisation Period), where those who do not comply with safe management measures may face penalties.
84. 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](mailto:SPORT_QSM@sport.gov.sg).
85. This guidance supersedes all advisories issued by Singapore Swimming Association before this date.



**ANNEX A –  
ENHANCED SAFE MANAGEMENT MEASURES  
(SMMs) FOR SPORT AND PHYSICAL ACTIVITIES  
FOR INDOOR FACILITIES**

### **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<sup>1</sup> engaged in strenuous activities in a facility that has implemented vaccination-differentiated SMMs.
- b. Staggered class start times to allow for a minimum of 15 minutes between classes and/or put in place separate routes if a premise is able to host multiple classes at a time. This is to prevent intermingling and mixing between participants before and after class. Operators will have to ventilate the room after each class ends. Participants must leave the premises immediately once they have completed their classes, or if they have exceeded a two-hour period.
- c. Organised programmes and classes are limited to no more than 30 (if unmasked) and 50 persons (if masked) or lower subject to the venue size and safe distancing requirements, and in groups of no more than 5 persons.
- d. Physical distancing between individuals exercising should be at least 2 metres, unless the nature of activity requires the distance to be shortened. A 2-metre physical distancing between different groups must be maintained at all times. There shall be no intermingling between groups before, during and after classes.
- e. The premises must be wiped down / sanitised before passing on to the next user to minimise the risk of COVID-19 transmission.
- f. Food and drink must not be supplied or consumed within the activity area, except if the consumption of a drink is necessary to preserve life or prevent injury in an emergency.
- g. Ensure that participants, including the instructor, do not talk loudly, sing, or shout while engaging in physical activities to minimise risk of transmission via droplets.

<sup>1</sup> An individual is considered vaccinated if he/she a) has been fully vaccinated, i.e. received the appropriate regimen of World Health Organization Emergency Use Listing (WHO EUL) vaccines including their respective duration post-vaccination for the vaccine to be fully effective and b) had their vaccination records ingested in MOH's IT systems. Sinovac-CoronaVac will require a three-dose primary series regime, but all individuals who have taken two doses of Sinovac-CoronaVac should be regarded as fully vaccinated for 4 months after the second dose, or until 31 December 2021, whichever is later. Persons who have recovered from COVID-19 will be considered fully vaccinated 14 days after their single dose of the PSAR-authorized mRNA vaccines (i.e. Pfizer-BioNTech/Comirnaty, Moderna) or WHO EUL vaccines. Persons who have recovered from COVID-19 within the last 270 days, regardless of their vaccination status, may also be managed similarly to a fully vaccinated individual. Unvaccinated individuals with a valid negative result on a Pre-Event Test (PET) taken within the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event are of similarly lower risk, and may also join in the group of fully vaccinated individuals. 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 PET. Refer to <https://www.moh.gov.sg/covid-19/pet> for more details.