

# **Safe Return to Sport Plan**

## **Singapore Sailing Federation**

Version 8.0 - Tightening of Safe Management Measures  
Phase 2 Heighten Alert (22 July 2021 - 18 August 2021)

Approved by SportSG on 21 July 2021

## Content

1. Introduction
2. General measures
  - a. Facility capacity
  - b. Distancing markers
  - c. Density
  - d. Group size
  - e. Fast and Easy Testing (FET) for Sport and Fitness Sector
3. Safe Management Measures
  - a. Apoint Safe Management Officer
  - b. Support contact tracing and implement temperature screening
  - c. Reduce physical interaction and ensure safe distancing
  - d. Crowd management
  - e. Wear masks and ensure hygiene
  - f. Enhance cleaning protocols
  - g. Ventilation
4. Screening & Tracing
  - a. High Risk Persons
  - b. TraceTogether App
5. Measures during training
  - a. Time spent at Facilities
  - b. Mask wearing
  - c. Physical distancing
  - d. Changing rooms / toilets
  - e. Sharing of equipment
  - f. Reducing Physical Interaction & Hygiene and Ensuring Safe Distancing
6. Water safety
  - a. Personal protective equipment
  - b. Kill cords
  - c. Heat injury

## 1. INTRODUCTION

This document aims to prepare the Singapore Sailing Federation and its affiliated members of the sporting sailing community for further tightening of safe management measures (SMM) in Singapore from 22 July 2021 under Phase 2 (Heightened Alert) by the Multi-Ministry Taskforce (MTF) on 20 July 2021 .

The following measures will take effect from Thursday 22 July 2021 to 18 August 2021 which will supersede the guidance issued previously.

The measure proposed are primarily based on Sport Singapore's Tightening of Safe Management Measures For Sport and Physical Exercise & Activity Under Phase 2 (Heightened Alert) (22 July To 18 August 2021) advisory [released on 20 July 2021](#) which can be found below:

[SportSG | Tightening of Safe Management Measures For Sport and Physical Exercise & Activity Under Phase 2 \(Heightened Alert\) \(22 July To 18 August 2021\) \(sportsingapore.gov.sg\)](#)

Sailing training facilities shall adopt these measures for sailing activities effective from 22 July 2021 onwards.

## 2. GENERAL MEASURES

### a. Facility Capacity

Access to the facility should be restricted mainly to those who are attending sailing training or courses. There should be a dedicated entry/exit point for the facility. Anyone who wishes to enter the facility should be subjected to temperature taking & travel declarations.

### b. Distancing markers

Facilities shall demarcate safe physical distances (at least 1 metre apart) at common spaces, where congregation or queuing of sailors / visitors might occur, using visual indicators or through physical means.

### c. Density

Sport/recreational facilities can only admit a maximum number of persons according to its Gross Floor Area based on 16 Sqm per person<sup>1</sup> , up to a maximum of 50 persons. No facility, regardless of size, shall admit more than 50 persons.

However, large complexes or multi-function premises such as country clubs 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 (ToS) check-in and check-out as well as other screening provisions.

**d. Group Size**

Group activities must be confined to no more than 2 individuals. The physical distance of 3 meters between individuals as well as between groups of up to 2 individuals must be maintained while exercising and playing sport.

i. For organised programmes and classes that take place **indoors**

- **All high intensity, unmasked activities** are to be suspended. To be clear, activities that are strenuous and could result in participant removing their mask to catch their breath should not be conducted.

- **Masked activities** can take place in multiple groups of 2, up to 30 participants (including instructor) or the capacity limit of the venue, whichever is lower. The groups of 2 are not to intermingle before, during and after the class, and must remain 3 metres apart. Refer to subsequent paragraphs on restricting all indoor activities to masked activities at all times.

ii. For organised programmes and classes that take place **outdoors**

- **Unmasked activities** can take place with only two persons (including instructor), and there can be no multiple groups of 2. Dispensation may be approved at SportSG-operated facilities subject to strict enforcement of SMMs.

- **Masked activities** can take place in multiple groups of 2, up to 30 participants (including instructor) or the capacity limit of the venue, whichever is lower. The groups of 2 are not to intermingle before, during, and after the class, and must remain 3 metres apart.

iii. Physical activity of a social nature should be kept to 2 participants.

**e. Fast and Easy Testing (FET) for Sport and Fitness Sector**

As part of the enhanced national measures for workers involved in higher-risk mask off activities, the FET is mandatory for the following workforce (does not include volunteers and those who are not paid/compensated for their service) from 15 July 2021. The frequency of the FET shall be once every 14 days:

i. Gyms and fitness studios coaches / trainers / instructors where clients are engaged in unmasked activities.

ii. Sport coaches / instructors in sports such as, but not limited to athletics, badminton, basketball, dance, football, swimming, martial art, etc, where trainees are unmasked.

During this period, the above-mentioned workforce who operate at settings with unmasked users and were placed on mandatory regular FET regimes, would not be required to do so during this period if their business operations are suspended. For businesses that continue to remain open, their staff must continue with the regular 14-day FET requirement. Such regular FET will continue to be made free of charge during this period.

Instructors and staff who come into contact with unmasked users in the course of their work will be progressively scheduled to undergo regular FET as part of the enhanced national measures for workers involved in higher-risk mask-off activities.

More details on FET for sport and fitness sector is available below.

[A safe and gradual resumption of sport and fitness activities with mandatory fast and easy testing - ActiveSG \(myactivesg.com\)](#)

### **3. SAFE MANAGEMENT MEASURES**

#### **a. Appoint Safe Management Officer**

Facility operators are to designate a senior staff as Safe Management Officer (SMO) to ensure compliance with the measures. The SMO will be responsible for formulating the implementation plans, conducting inspections and checks, as well as maintaining records for subsequent audits by the authorities.

#### **b. Support Contact Tracing & Implement Temperature Screening**

Facilities must implement SafeEntry for participants and visitors. Facility operators must conduct temperature screening and checks on visible symptoms for visitors, and turn away those with fever and/or who appear unwell. Individuals with temperatures above 38 degrees celsius are considered as having a fever. Notable visible symptoms to look out for include coughing, sneezing, breathlessness and a runny nose.

Employees and visitors are encouraged to download and activate the TraceTogether app.

#### **c. Reduce Physical Interaction and Ensure Safe Distancing**

Facility operators will have to organise human traffic flow and space management to ensure that the mixing of groups is minimised to transient contact. Equipment should be arranged to allow users to rig/unrig their boats at a safe distance from one another.

#### **d. Crowd Management**

Facility operators will have to devise systems to ensure there is no overcrowding at or around their premises, such as through the use of booking systems or staggered training sessions. Facility operators will have to manage rest areas and changing room operations to prevent crowding and loitering

**e. Wear Masks & Ensure Hygiene**

Facility operators will have to ensure that all visitors don masks when they enter the facility. Hand sanitisers should be placed in close proximity of the facility entrance and high-touch surfaces like door handles. Visitors should be encouraged to sanitise their hands before entering the facility.

**f. Enhance Cleaning Protocols**

Facility operators will have to frequently disinfect common spaces and interactive components. Equipment will have to be thoroughly wiped down and cleaned after each use. Personal equipment should not be shared.

**g. Ventilation**

Indoor spaces should be kept well-ventilated. For non-air conditioned spaces, windows should be kept open and additional fans should be put in place.

**4. SCREENING & TRACING**

Conduct temperature screening and checks on visible symptoms for visitors and turn away those with fever and/or who appear unwell. TraceTogether only SafeEntry (ToS) must be implemented for participants and visitors. All participants and staff are to use either the TraceTogether app or the TraceTogether Tokens for ToS. Enforcement of this will be stepped up to ensure full compliance by all permitted enterprises.

**a. High Risk Persons**

Anyone responding positively to any of the following will be considered as a High Risk Person and should be denied entry to the facility:

- Been issued and serving a Stay Home Notice or Quarantine Notice,
- Have come into close contact with someone who has tested positive for Covid-19 (unless he/she had completed a 14 day quarantine);
- Someone in their household has tested positive for Covid-19;
- Have been issued and serving the duration of five-day medical leave by a medical practitioner;
- Have a body temperature of 38 degrees celsius and above;
- Displaying flu symptoms (coughing, sneezing, difficulty in breathing, runny nose);
- Not equipped with or not wearing a mask properly;

**b. TraceTogether App**

The implementation of TraceTogether-only SafeEntry (TT-only SE) will be brought forward to 17 May 2021 from the previously-announced 1 June 2021.

This means all venues that are required to enforce SE check-in will be required to implement TT-only SE from 17 May 2021.

With the nationwide implementation of TT-only SE on 17 May 2021, SE check-in must be performed using a TT App or Token by:

- i. using one's TT App to scan the venue's QR code;
- ii. displaying one's TT Token so that a venue staff can scan the TT Token's QR code;
- iii. tapping one's TT App or TT Token at a SafeEntry Gateway device.

Other modes of SE check-in such as launching your phone's camera to scan a venue's QR code and using Singpass App will be discontinued from 17 May 2021. To help ease the transition, scanning of barcodes on personal IDs will be retained until 31 May 2021.

The full list of TT-only SE venues can be found in the link below:

[Microsoft Word - SNDGG Press Release - TT-Only SE Implementation and SEGW Deployment - Annex B \(smarnation.gov.sg\)](#)

## **5. MEASURES DURING TRAINING**

- a. Minimise time spent at sailing facilities. Get in, sail, and get out. Be prepared for training prior to arrival at the facility.
- b. Mask wearing. Masks should be worn as a default. If an individual is engaged in an outdoor activity of high intensity by himself or with another person (i.e. no more than 2 in the group), masks may be removed for the activity. Maintain physical distancing from other groups.

Those performing permitted low intensity sport and physical activity in an indoor environment are required to wear a mask at all times. The activity has to cease immediately, if any participant removes his or her mask, even for a short while to breathe.

- c. Physical distancing of at least 2 metres between individuals must be maintained in general while exercising (if not prohibited), and 3 metres between different groups must be maintained at all times. There shall be no intermingling between groups before, during and after classes.

Sailors and coaches should not bring their boats alongside each other during training exercises with the exception of emergencies

Do not share drink bottles, towels, or any other personal sporting equipment. Where possible, keep the dry bag in your own boat and minimise the need to pass equipment between coach and sailor.

- d. Intermingling to be avoided in changing rooms / toilets. Sailors are recommended to get dressed to sail at home (minimise need to use/gather in change rooms, bathrooms). Individuals should not intermingle with others and linger within the facilities. Masks must be worn when one is changing in and out of one's sailing attire. If a mask is removed face-washing, it is to be worn promptly after. Changing rooms and toilets must be closed off if individuals cannot comply with these SMMs.
- e. Sharing of common equipment should be minimised. 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.
- f. Reducing Physical Interaction & Hygiene and Ensuring Safe Distancing. Body contact between sailors and/or coaches is prohibited (e.g. hand shaking, high fives, etc.). Owners or operators of facilities are responsible for ensuring safe management measures 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. 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.
  - iv. 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>

## 6. WATER SAFETY

### a. Personal protective equipment

Sailors are reminded to don lifejackets prior to launching of boats. They are reminded to inspect their life jackets for wear and tear, including CO2 canisters for inflatable lifejackets.

Facilities providing lifejackets shall also conduct a safety check on the equipment to ensure they are fully functional.



Other protective equipment includes gloves, sailing shoes/booties, hat and sunglasses.

**b. Kill cords**

All drivers of powered boats shall be reminded to use the kill cords.

Facilities providing coach boats shall ensure kill cords are provided and the kill switch is functional.

**c. Heat Injury**

Sailors are reminded to bring sufficient water onboard and to hydrate regularly to prevent heat injury after a long break away from sailing activities. They should also wear appropriate clothing to protect them from the sun.