Safe Return to Sport Plan

<table>
<thead>
<tr>
<th>Date</th>
<th>Version</th>
<th>By</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 June 2020</td>
<td>1</td>
<td>Eugene Ong</td>
<td>Created</td>
</tr>
<tr>
<td>18 June 2020</td>
<td>1.1</td>
<td>Eugene Ong</td>
<td>Updated with reference to advisory from SportSG</td>
</tr>
<tr>
<td>25 June 2020</td>
<td>1.2</td>
<td>Eugene Ong</td>
<td>Checked and endorsed</td>
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Definitions

<table>
<thead>
<tr>
<th>Abbreviation</th>
<th>Definition</th>
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<tbody>
<tr>
<td>TAS</td>
<td>Triathlon Association of Singapore</td>
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<td>ITU</td>
<td>International Triathlon Union</td>
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<tr>
<td>MOM</td>
<td>Ministry of Manpower</td>
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<td>MOH</td>
<td>Ministry of Health</td>
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<td>SportSG</td>
<td>Sport Singapore / Singapore Sport Council</td>
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<tr>
<td>Participants</td>
<td>TAS secretariat, staff, MC Members, Athletes, Officials, Coaches, Event</td>
</tr>
<tr>
<td></td>
<td>Organizers, Race Directors, Clubs and affiliates</td>
</tr>
<tr>
<td>Triathlon</td>
<td>Includes Duathlon, Aquathlon and its related multisports</td>
</tr>
<tr>
<td>Triathlon Activities</td>
<td>Includes courses, workshops, clinics, events, training sessions</td>
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Introduction

1. As guided by the Multi-Ministry Taskforce, the Circuit Breaker will end on 1 June 2020 and Singapore will gradually resume activities over 3 phases.

2. As announced by the Multi-Ministry Taskforce, Phase Two will commence on 19 June 2020. Sport and Physical exercises & activities are permitted to resume, within the adherence to the Phase 2 guidelines.

3. This document puts in place a set of guidelines for a safe return to triathlon specific activities in phase 2 for our participants.

4. Before the resumption of Triathlon activities, it is important for TAS to safely prepare our sporting environment in a cautious and methodical manner, based on the best available evidence, guidelines and measures, to optimise the safety of our participants.

5. This document is guided by current guidelines from MOH, MOM, SportSG’s “Advisory for resumption of Sport and Physical Exercises & activities for Phase Two” and ITU’s “Covid-19 Prevention guidelines for event organisers”

6. These parameters will be reviewed from time to time, and guidelines may change again at a later juncture of Phase Two, taking into account how well the safety measures are implemented and complied with, and the broader COVID-19 situation at the time.
7. TAS expects all participants to continue to monitor and ensure strict adherence to the updated COVID-19 measures and guidelines in the latest MOH, MOM, SportSG and related government advisories.

**TAS Approach for a Safe return to Sport in Phase 2**

- A resumption of Triathlon activities should not occur until appropriate measures are implemented to ensure the utmost safety of our participants.

- Prioritize the safety and well-being of the of our participants and the Triathlon Community in the planning process.

- TAS will conduct a thorough risk assessment, with preparation that is specific to Triathlon.

- To include key stakeholders in the planning process – athletes, coaches, officials, volunteers, clubs, affiliates, event organisers

- Rely on and make consistent with advisories and guidelines from the governing bodies including MOH, MOM, SportSG and ITU

- Rely on data, resources and guidance from our partner NSAs (SSA, SCF and SAA) and their Safe Return to Sport Plans, in order to avoid any conflicting information

- Due to the rapidly changing situation, these guidelines will continue to be updated, as new information is made available.

- TAS will make every effort to update the community on any new changes in a timely manner. Please refer to the latest version of this document for the most updated information

**Phase Two overview – Safe Transition**

- Group activities are allowed but limited to no more than 5 participants. For organised programmes and classes, an additional coach/instructor may guide the group.

- Safe distancing principles will apply for all activities that are allowed to resume in Phase Two

- Sport activities are allowed to resume at Sports, parks and other public facilities, with group sizes, capacity limits and safety management practices in place. These includes playgrounds, beaches, swimming complexes, sport halls, gyms and fitness studios, function rooms, and similar facilities in private condominiums and clubs

- Large-scale events cannot resume for now in Phase two. As such, no local events or competitions are permitted, except for virtual ones.

- Travelling for overseas competition will be highly discouraged during Phase Two.

- Local training is permitted with strict limitations while maintaining adherence to specific facilities safety management measures.
- All decisions on the conduct of Triathlon activities should continue to be consistent with government advisories.

**Before Resuming Triathlon Activities in Phase Two: Education and self-assessment**

All participants should be aware of the signs and symptoms of COVID-19, how to prevent the spread and self-assess their readiness to resume triathlon activities in Phase Two.

**What is Covid-19?**
COVID-19 is a respiratory disease caused by the SARS-COV-2 virus. There is not currently a vaccine or anti-viral treatment for COVID-19. This increases the risk of infection and potential complications associated with this illness. Therefore, it is imperative to prevent the spread of COVID-19 by rapidly identifying those with COVID-19, having them self-isolate and receive medical treatment.

**Signs and Symptoms:**
All individuals should be familiar with signs and symptoms of COVID-19. COVID-19 symptoms range from mild, cold-like symptoms, to respiratory failure.

The three most common symptoms include:
- Fever (> 38 degree Celsius)
- Cough
- Shortness of breath

Less common symptoms include:
- Chills
- Sore throat
- Headache
- Muscle & joint pain
- Loss of sense of smell
- Vomiting
- Diarrhoea

**Evaluate your health**
When resuming triathlon activities, all participants should self-monitor for signs and symptoms of COVID-19 daily.

- If any individual develop any symptoms, they should self-isolate and contact a healthcare professional.

- If an individual have tested positive for COVID-19, had recovered from COVID-19 or had develop any symptoms, they should get clearance from a doctor before resuming any activities.

- If an individual had close contact with a known or suspected case of COVID-19, on Stay Home Notice (SHN) or Quarantined Order, they should not resume any activities in a public venue.

**Prevent the Spread**

a) Practice good personal hygiene
   - Covering their mouth and nose with a tissue when coughing or sneezing
   - Proper disposal of the soiled tissue in the trash
- Frequently washing their hands for 20 seconds with soap and water, or
- Using alcohol-based hand sanitizer with a minimum of 60% alcohol
- Avoid touching their face

b) Wearing Masks when you leave home
- Worn properly to cover their mouth and nose
- Proper handling of the mask, e.g. not touching the front of the mask
- Proper disposal of used mask in the thrash
- Reusable masks must also be washed properly after each use

c) Safe Distancing in Public Venue (when not in training)
- Maintain at least 1m away from others
- Avoid sharing of drinks, towels, or other equipment
- Avoid hugging, shaking hands, chit chats

d) Good Sanitization Practices
- Frequently cleaning commonly touched surfaces with antiseptic cleanser
- Ensure venue is well ventilated

Return to Training guidelines

1. Self-assessment of health
- Do not train if unwell, develop signs and symptoms of COVID-19, have any contacts with known or suspected cases of COVID-19. Seek for medical advice immediately

2. Follow the “Get in, train and leave” principle.
- Minimize use of communal areas such as changing rooms, bathrooms etc.
- Arrived in training attire, ready to train
- where possible, shower at home instead of at training venues.
- Avoid unnecessary body contact such as hugging, hand shakes
- Strictly NO Socialising
- Certain training or related activities should be done from home – basic strength and conditioning, recovery sessions, online briefings.

3. Adhere to facility's safety management measures, which generally includes:
- Capacity limits, capped at 10sqm per pax or 50 pax, whichever is lower
- Temperature screening
- Contact tracing support via SafeEntry (refer to Annex D)
- Wear masks and observe personal hygiene
- Refer to annex B for safe management measures when training at ActiveSG Facilities.
- Refer to annex C for list of ActiveSG Facilities that will remain Closed in early Phase Two

4. Adhere to safe distancing principles.
- Ensure safe distancing of at least 2 metres from others while training in general
- Ensure safe distance of at least 3 metres from others while training that involves high intensity or high movement

5. Always observe the basic etiquette for exercising in common areas (refer to annex D)
- Always adhere to safe distancing principles
- Mask should be worn if it does not affect your breathability. Otherwise, Masks can be taken off when performing strenuous activities during training

6. Where group training is necessary,
   - Group size should be restricted to 5 pax group
   - One coach is allow to guide the 5 pax group in training (5 pax + 1 coach)
   - Within the group, always adhere to safe distancing principles.
   - Within the group, any prolonged interactions is strictly not permitted
   - Should there be another group training in the same venue, always maintain a 3m distance from them

7. Multiple groups training
   - It is okay for 1 coach to take on multiple groups of 5 pax, but recommended up to a maximum of 3 groups of 5 pax. (5 pax + 5 pax + 5 pax + Coach)
   - Within a group, always adhere to safe distancing principles
   - 3m distance between different groups should be maintained at all times. Strictly no mixing, mingling or interacting between different groups.
   - The Coach must also stay 3m away from all groups and not inter-mix or come into contact with any of these groups.

8. For swim training,
   - Up to 5 swimmers per lane
   - No congregating at the walls
   - For public pool spaces, all land training to be completed at home
   - For private pool spaces, any land training to follow the 2m spacing requirement.

9. For cycling training,
   - Single file cycling is recommended
   - Always maintain 3m from cyclists in front
   - Avoid cycling in slipstream of others.

10. For run training,
    - Be mindful of safe distancing principles
    - Avoid running in slipstream of others

11. Avoid sharing of equipment
    - Participants should bring their own personal training equipment
    - Where there is a need to share certain equipment, each participant is responsible for cleaning and disinfecting the equipment before and after each usage

12. Avoiding injury
    - Anyone returning to sport and training after a period of social isolation and not training regularly may be at an increased risk of injury.
    - Participants should apply a gradual return to training, in order to mitigate any injury risk.

13. Coaches / Instructions considerations
    - Must be a certified triathlon coach
    - Have a proper risk assessment plan and program plan in place
    - Wear a mask or a face shield at all times
- Keep an attendance sheet for each training session
- Ensure participants adhere to venue/facilities safety management measures
- Ensure travel declaration and temperature screening
- Ensure that cones are used to demarcate training areas.
- Ensure that members of public still have access to public walking pathways.
- Ensure that groups and participants are dismissed from training at staggered timings
- Ensure that participants do not socialise after training sessions
- Ensure at least 10 minutes between sessions, so that there is no overlapping of athletes arriving and leaving.
- Ensure that essential items are available where necessary (Thermometers, sanitizers, gloves, disinfectants, extra masks etc)

**Return to conduct of small scale programmes such as courses, workshops, clinic**

1. **Adhere to facility’s safety management measures, which generally includes:**
   - Capacity limits, capped at 10sqm per pax or 50 pax, whichever is lower
   - Temperature screening
   - Contact tracing support via SafeEntry (refer to Annex D)
   - Wear masks and observe personal hygiene
   - Refer to annex B for safe management measures when training at ActiveSG Facilities.
   - Refer to annex C for list of ActiveSG Facilities that will remain Closed in early Phase Two

2. **Group Size Restrictions**
   - Group size should be restricted to 5 pax group
   - One coach is allow to guide the 5 pax group in training (5 pax + 1 coach)
   - Within the group, always adhere to safe distancing principles.
   - Within the group, any prolonged interactions is strictly not permitted.
   - Should there be another group in the same venue, always maintain a 3m distance from them

3. **Adhere to safe distancing principles.**
   - Ensure safe distancing of at least 2 metres from others within the group
   - Ensure safe distance of at least 3 metres from others within the group if activities involves high intensity or high movement

4. **Multiple groups activities**
   - It is okay for 1 coach to take on multiple groups of 5 pax, but recommended up to a maximum of 3 groups of 5 pax. (5 pax + 5 pax + 5 pax + Coach)
   - Within a group, always adhere to safe distancing principles
   - 3m distance between different groups should be maintained at all times. Strictly no mixing, mingling or interacting between different groups.
   - The coach must also stay 3m away from all groups and not inter-mix or come into contact with any of these groups

5. **Always observe the basic etiquette for exercising in common areas (refer to annex D)**
   - Always adhere to safe distancing principles
   - Mask should be worn if it does not affect your breathability. Otherwise, Masks can be taken off when performing strenuous activities
6. Self-assessment of health
   - Do not participate if unwell, develop signs and symptoms of COVID-19, have any contacts with known or suspected cases of COVID-19. Seek for medical advice immediately

7. Follow the “Use and leave” principle.
   - Minimize use of communal areas such as changing rooms, bathrooms etc.
   - Arrived in proper attire, ready for your activities
   - where possible, shower at home instead of at venues.
   - Avoid unnecessary body contact such as hugging, hand shakes
   - Strictly NO Socialising

8. For swim activities,
   - Up to 5 swimmers per lane
   - No congregating at the walls
   - For public pool spaces, all land activities to be completed elsewhere
   - For private pool spaces, any land activities to follow the 2m spacing requirement.

9. For cycling activities,
   - Single file cycling is recommended
   - Always maintain 3m from cyclists in front
   - Avoid cycling in slipstream of others.

10. For run activities,
    - Be mindful of safe distancing principles
    - Avoid running in slipstream of others

11. Avoid sharing of equipment
    - Participants should bring their own personal equipment
    - Where there is a need to share certain equipment, each participant is responsible for cleaning and disinfecting the equipment before and after each usage

12. Age Segment Specific measures
    - There is no restriction on organised activities for children and youth. Senior-centric activities may resume under Phase Two, limited for now to activities that can be done individually, with safe management measures in place and no sharing of equipment between participants.
    - As seniors are more vulnerable to the virus, they should stay at home as much as possible, and continue to keep fit by doing exercises at home.

13. Coaches / Instructors considerations
    - Must be a certified triathlon coach
    - Have a proper risk assessment plan and program plan in place
    - Wear a mask or a face shield at all times
    - Keep an attendance sheet for each session
    - Ensure participants adhere to venue/facilities safety management measures
    - Ensure travel declaration and temperature screening
    - Ensure that cones are used to demarcate activity areas.
    - Ensure that members of public still have access to public walking pathways.
    - Ensure that groups and participants are dismissed at staggered timings
- Ensure that participants do not socialise after sessions
- Ensure at least 10 minutes between sessions, so that there is no overlapping of athletes arriving and leaving.
- Ensure that essential items are available where necessary (Thermometers, sanitizers, gloves, disinfectants, extra masks etc)

**Return to conduct of mass participation events**

1. Participants should refrain from conducting any physical large scale events or courses in Phase Two, until restrictions are lifted further by government agencies.

2. Virtual courses and events conducted digitally online are allowed.

3. As a general guideline, TAS will make consistent with ITU’s advisories regarding conduct of triathlon events, and their “Covid-19 Prevention guidelines for event organisers”

4. All events should be sanctioned by TAS, so that we can work closely with event organizers to ensure that enhanced plans are in place for preventing, mitigating and responding to any viral transmission

**Return to work for employees guidelines**

1. Employees should monitor and evaluate their health
   - Taking their temperature twice daily, and declare accordingly
   - Those who are feeling unwell should not go to office, and should seek medical advice immediately

2. Employees who can work from home must continue to do so
   - Telecommuting remain the default for Phase Two
   - Go to office only if necessary (to access records or files, manage IT Systems, to fulfil statutory or legal obligations)
   - For any request to work onsite at SportSG HQ NSA Office, TAS will have to write in to SportSG personnel at SportSG HQ, at least 4 working days in advance

3. Reduce physical interaction and ensure safe distancing
   - Avoid socialising with colleagues, friends from other NSA, within and outside the workplace
   - Work in split teams. Update and communicate whereabouts via chat group.
   - Keep a safe distance of at least 1 metre between persons at all times.

4. Support contact tracing
   - Ensure proper check in and check out via SafeEntry.
   - SafeEntry QR Code can be scanned at the SportSG main entrance reception area
   - Install TraceTogether app

5. Wear masks and observe good personal hygiene
   - Masks should be properly worn even when in the NSA Office.

6. Keep workplaces clean
- frequently clean and disinfect personal spaces, and common equipment

7. Appoint Safe management Officer (SMO)
   - to ensure compliance with the Safe management Measures in office.
   - to work closely with SMOs from SportsHub Management, SportSG and other NSA situated at NSA office.

**References**

Triathlon Association of Singapore would like to acknowledge and thank the organisations listed below:

Sport Singapore - “Advisory for resumption of Sport and Physical Exercises & Activities for Phase Two (‘Safe Transition’)”

Ministry of Health – “Moving into Phase Two”

Ministry of Manpower / Ministry of Trade and Industry Singapore – “7 Key requirements for safe management at workplaces”

International triathlon Union – “Covid-19 Prevention guidelines for event organisers”

Ministry of Manpower – “Requirements for Safe Management Measures at the workplace”

Singapore Cycling Federation – “SCF Safe Return to Sport Plan”


USA Triathlon – “Safe Return to Multisport Guidelines”

USA Triathlon – “Return to Racing Recommendations for Athletes”
Annex A

**General Posture for Sport and Physical Exercises & activities**

In phase Two, all sport and physical exercises & activities may resume under the following conditions:

a) **Sport and recreational facilities may open.** Facilities can only admit a maximum number of persons according to its gross floor area based on 10sqm per person. No facility, regardless of size, shall admit more than 50 persons without specific approval by SportSG.

b) **Physical distancing while exercising and playing sport:** 2 metres (2 arms-length) between individuals should be maintained in general

c) **Physical distancing for indoors high intensity or high movement exercise classes:** 3 metres (3 arms-length) between individuals should be observed

d) **Group activities are limited to no more than 5 participants.** If there is more than one group sharing a space, the groups must not interact and must maintain a distance of 3 metres apart from one another at all times. For organised programmes and classes, an additional service provider (such as an instructor or a coach) from a permitted enterprise may guide the group.

e) **Contact sports** are permitted with modification to avoid extensive body contact.

f) **Mask should be worn as a default.** Masks can be taken off when performing strenuous activities, although it is still recommended as good practice even under such circumstances

g) **Sharing of common equipment should be avoided.** Personal equipment should not be shared. If this cannot be done, then equipment should be wiped down / sanitised frequently. This includes gym equipment such as weights, and sport equipment such as bike trainer, bicycles.

h) **Owners or operators of facilities are responsible** for ensuring safe management measures are implemented, and that their patrons/users comply.

For an elaboration of the conditions stated above, including additional measures by facility type (Gymnasiums, studio, indoor sport halls, swimming pools, outdoor facilities), please refer to the document “Advisory for resumption of Sport and Physical Exercises & activities for Phase Two (“Safe Transition”)”

Annex B

<table>
<thead>
<tr>
<th>SAFE MANAGEMENT MEASURES AT ACTIVESG FACILITIES</th>
<th>ActiveSG Facility (including hockey pitches)</th>
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<tbody>
<tr>
<td>Safe Management Measures</td>
<td>• Venue capacity of 50 pax at any one time.</td>
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<td></td>
<td>• Operating hours from 7am to 9.30pm.</td>
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<td></td>
<td>• No booking required. Entry is by first-come-first-served basis.</td>
</tr>
</tbody>
</table>
| **Swimming Complexes (only competition & training pools will be available)** | • Queues will be dispersed, with users asked to return at non-peak times.  
• Temperature screening and access with SafeEntry. No entry to those with temperature of 38 degrees and above.  
• Exercise in groups of 5 permitted. For organised programmes/classes, one additional service provider (such as an instructor or a coach) is permissible.  
• Toilets are open. Users to observe safe distancing measures.  
• If there is more than one group sharing a space, the groups must not interact and must maintain a distance of 3m apart at all times.  
• No socialisation beyond activities.  

| **Swimming Complexes** | • Venue capacity of 50 pax at any one time.  
• Only competition and training pools are open.  
• Booking required via ActiveSG app / myactivesg.com. (60 min timeslot)  
• Temperature screening and access with SafeEntry. No entry to those with temperature of 38 degrees and above.  
• Lane ropes for lap swimming.  
• Specific swimming timings:  
  1. Lap swim for seniors (60 years and above) only: 6.30am to 8.45am  
  2. Lap swim for general public: 6.30pm to 9.30pm  
  3. Organised classes: 9am to 6pm (Groups of 5 + 1 coach/instructor)  
  4. There will be extended operating hours at Our Tampines Hub, Sengkang, Yio Chu Kang, Jurong Lake & Kallang Basin Swimming Pools, from 6.30pm to 12.30am to cater to lap swim for the general public.  
• Toilets and changing rooms are open. There will be a queue system to access changing rooms. Swimmers are encouraged to wipe dry after swimming, and put on their attire without accessing changing rooms.  
• No socialisation beyond activities.  

| **Indoor Sport Facilities** | • Venue capacity of 50 pax at any one time.  
• Booking required via ActiveSG app.  
• For Badminton, Tennis, Table Tennis: Max of 4 pax per court / table.  
• For Squash: Max of 2 pax per court for single court & Max of 4 pax per court for double court.  
• For Street Soccer, Netball, Volleyball: Max of 5 pax per court.  
• For organised programmes/classes, one additional service provider (such as an instructor or a coach) is permissible.  
• Toilets are open. Users to observe safe distancing measures.  
• No socialisation beyond activities.  

| **Gyms / Studios** | • Studios: Activities shall be limited to 5 persons. For organised programmes/classes, one additional service provider (such as an instructor or a coach) is permissible.  
• Gyms: Capped at 10sqm per pax or 50 pax, whichever is lower. Extended gym operating hours is from 7am to 12.30am, except for Toa Payoh West CC Gym, Ang Mo Kio CC Gym and Enabling Village Gym which will close at 10pm.  

• Booking required via ActiveSG app. (90 min timeslot)
• Toilets are open. Users to observe safe distancing measures.
• No socialisation beyond activities.

Annex C

LIST OF ACTIVESG FACILITIES THAT WILL REMAIN CLOSED
IN EARLY PHASE TWO (“SAFE TRANSITION”)
– Correct as of 17 June 2020

<table>
<thead>
<tr>
<th>1. Stadiums</th>
<th>Jalan Besar Stadium</th>
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<td>MOE Evans Stadium</td>
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| 2. Swimming Pools (only competition & training pools will be available) |
|-----------------|------------------|
|                 | Choa Chu Kang Swimming Complex |
|                 | Delta Swimming Complex |
|                 | Hougang Swimming Complex |
|                 | Jalan Besar Swimming Complex |
|                 | Jurong West Swimming Complex |
|                 | MOE Swimming Complex |
|                 | Bishan Swimming Complex |
|                 | Yio Chu Kang Swimming Complex (Competition Pool) |

<table>
<thead>
<tr>
<th>3. Indoor Sport Facilities</th>
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<tbody>
<tr>
<td>Bukit Gombak Sport Hall</td>
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<td>Clementi Sport Hall</td>
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<tr>
<td>Clementi Table Tennis</td>
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<tr>
<td>Delta Sport Hall</td>
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<tr>
<td>Delta Table Tennis</td>
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<td>Hougang Table Tennis</td>
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<tr>
<td>Jurong West Sport Hall</td>
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<tr>
<td>Jurong West Table Tennis</td>
</tr>
<tr>
<td>MOE Sport Hall</td>
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<tr>
<td>Pasir Ris Sport Hall</td>
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<tr>
<td>Sengkang Table Tennis</td>
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<tr>
<th>4. Outdoor Sport Facilities</th>
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<tbody>
<tr>
<td>Jurong West Tennis Centre</td>
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<tr>
<td>Pasir Ris Tennis Court</td>
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<tr>
<td>Pasir Ris Futsal Court</td>
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<tr>
<td>MOE Squash &amp; Tennis Courts</td>
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<thead>
<tr>
<th>5. Gyms</th>
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<tbody>
<tr>
<td>Clementi Gym</td>
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<tr>
<td>Delta Gym</td>
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<tr>
<td>Hougang Gym</td>
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<tr>
<td>Jurong West Gym</td>
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<tr>
<td>Pasir Ris Gym</td>
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<tr>
<td>Sengkang Gym</td>
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<tr>
<td>Senja Cashew Gym</td>
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<tr>
<th>6. Studios</th>
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<tbody>
<tr>
<td>Clementi Studio</td>
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<td>Delta Studio</td>
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<tr>
<td>Hougang Studio</td>
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<tr>
<td>Jurong West Studio</td>
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<tr>
<td>Sengkang Studio</td>
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| 7. Others | Delta Hockey Pitch  
|           | MOE Hockey Pitch  
|           | All Dual-Use Facilities in schools  
|           | All Active Health Labs |

Annex D – Educational Posters
ETIQUETTE FOR EXERCISING IN COMMON SPACES

The public is strongly encouraged to exercise at home. If you have to leave your home to walk, run, cycle or engage in other similar exercise, be socially responsible and considerate to others.

The following set of etiquette will help you do your part to keep you and your community safe.

KEEP YOUR DISTANCE
- Exercise alone
- If you stop to catch your breath, please do so away from the foot path
- Give at least 2 metres or 2 arms-length, when passing other users
- Give way to pedestrians on a narrow path
- If you are going in the same direction and at the same pace as another user, to keep at least 5m to 20m apart to keep an even further distance apart
- As a guide, these are the distances* that you may adopt:
  - 20m when cycling at 30 km/h
  - 10m when running at 14 km/h
  - 5m when walking at 4 km/h
  - *equivalent to 1.5m of safe distance when stationary

BRING YOUR TOWEL AND MASK
- Wipe your perspiration with your towel
- Avoid touching your face with your hands
- If you have to cough or sneeze, do so into your towel
- Wear your mask unless you are in the midst of strenuous activity
- Put it on before and after your exercise

KEEP SAFE
- Slow down and check for blind spots before changing direction to not bump into others
- Say “passing on your right / left” when running past others, if necessary to alert them
- Drink from your own water bottle and not from a drinking fountain
- Avoid touching common public objects with your hands or any part of your body

BE SOCIALLY RESPONSIBLE.
HELP US KEEP YOU SAFE

MANDATORY AT SELECTED VENUES FROM 12 MAY
Speeds up contact tracing

Check-in when you enter. Scan QR code
Fill in personal details
Check-out when you leave

OR

Use your NRIC/FIN or any official ID with barcode
(e.g. PAssion card, Driving Licence, TransitLink Concession Card)

List of venues:
- Workplaces
- Schools
- Pre-schools
- Healthcare facilities
- Residential care facilities
  e.g. nursing homes
- Hairdressers, barbers
- Supermarkets
- Malls
- Hotels
- Selected popular wet markets*
  *Geylang Serai Market,
  Block 10A/109 Yuhua Ring Road (Chong Pang Market),
  Block 25/21 Marsiling Lane, and
  Block 555 Jurong West Street 52

Updates at www.safeentry.gov.sg/deployment

⚠️ You can be denied entry if you do not provide the necessary info

Your personal data is protected.
It will be used only for contact tracing during the period of COVID-19.

Do not spread rumours
Get the latest on COVID-19 by signing up for the Gov.sg WhatsApp channel (www.go.gov.sg/whatsapp)

Updated: 11 May 2020
SAFE DISTANCING
AT WORKPLACES

- Sit at least 1 metre apart
- Tele-commute, video and tele-conference
- Stagger work and lunch hours
- Cancel non-critical work events
- Limit size of meetings

Singapore has enough supplies of food and essentials. Stay calm and only buy what you need.

If you are sick
- Wear a mask
- See a doctor
- Stay at home
- DON'T doctor-hop

Do not spread rumours. Get the latest on the COVID-19 by signing up for the Gov.sg WhatsApp channel (www.go.gov.sg/whatsapp)

Updated: 26 Mar 2020
COVID-19
Practise Good Personal Hygiene
Keeping our Hands & Environment Clean!

8 STEPS TO CLEAN YOUR HANDS

WITH SOAP & WATER
- Palm to palm
- Between fingers
- Back of hands
- Base of thumbs
- Backs of fingers
- Fingernails
- Wrist
- Rinse & wipe dry

WITH ALCOHOL BASED HAND SANITIZER
- Apply the product to the palm of one hand.
- Rub the product on the surfaces of your hands according to steps 1 through 7 until your hands are dry.

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TYPES OF DISINFECTANTS

<table>
<thead>
<tr>
<th>For Hand Hygiene</th>
<th>For Disinfecting Surfaces</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soap &amp; Water</td>
<td>Alcohol-based Hand Sanitiser (at least 60%)</td>
</tr>
<tr>
<td></td>
<td>Alcohol (e.g. isopropyl/ Ethyl Alcohol 70%)</td>
</tr>
<tr>
<td></td>
<td>Benzalkonium Chloride (common cleaning agents)</td>
</tr>
<tr>
<td></td>
<td>Chloroxylenol (ingredient in Dettol®)</td>
</tr>
<tr>
<td></td>
<td>Sodium Hypochlorite (in bleaches)</td>
</tr>
</tbody>
</table>

TIPS

- Getting around (e.g. taking public transport)
- Travelling by air
- Cleaning the house or workplace (e.g. door knob, window, desk, phone keyboard)
- Going to school
- Cleaning mobility aid(s) (e.g. wheelchair, quad cane, walking stick)
- Eating out (e.g. at coffee shop, bakery centre, restaurant)
- Exercising (e.g. at a fitness corner or gym)
- Visiting a healthcare institution

Remember to moisturize your hands frequently after washing!