



Safe Return to Sport Plan

Date	Version	By	Remarks
12 June 2020	1	Eugene Ong	Created
18 June 2020	1.1	Eugene Ong	Updated with reference to advisory from SportSG for Phase 2 : Safe Transition
25 June 2020	1.2	Eugene Ong	
5 Feb 2021	1.3	Eugene Ong	Updated with reference to advisory from SportSG for Phase 3 : Safe Nation

Definitions

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

Introduction

Singapore is currently at Phase 3 of community re-opening. Sport and Physical exercises & activities are permitted to resume, within the adherence to SportSG's Phase 3 guidelines [HERE](#).

1. This document puts in place a set of guidelines for a safe return to triathlon-specific activities in phase 3 for our participants.
2. 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.
3. This document is guided by current guidelines from MOH, MOM, SportSG's "Advisory for resumption of Sport and Physical Exercises & activities for Phase Three" and ITU's "Covid-19 Prevention guidelines for event organisers"
4. These parameters will be reviewed from time to time, and guidelines may change again at a later juncture, taking into account how well the safety measures are implemented and complied with, and the broader COVID-19 situation at the time.
5. TAS expects its members, as well as all participants of triathlon and triathlon-related activities 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 3

- All necessary measures must be implemented before the resumption of any triathlon-related activities, 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 has conducted a thorough risk assessment, with preparation that is specific to Triathlon. We included key stakeholders in the planning process – athletes, coaches, officials, volunteers, clubs, affiliates, event organisers.
- We developed this advisory in strict adherence with th eadvisories and guidelines from the governing bodies including MOH, MOM, SportSG and ITU. We also used data, resources and take 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 Three overview – Safe Nation

- Group activities are allowed but limited to no more than 8 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 Three.
- Sport activities are allowed to resume at sport and recreational facilities, with group sizes, capacity limits and safety management practices in place. These include playgrounds, beaches, swimming complexes, sport halls, gyms and fitness studios, function rooms, and similar facilities in private condominiums and clubs.
- 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 Three : 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

Before resuming triathlon activities, all participants should self-monitor for signs and symptoms of COVID-19 daily.

- If any individual develops any symptoms, they should self-isolate and contact a healthcare professional.
- If an individual has 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 trash
 - 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 8sqm 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
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 **8 pax group**

- One coach is allowed to guide the 5 pax group in training (**8 pax + 1 coach**)
 - Within the group, always adhere to safe distancing principles.
 - Within the group, any prolonged interactions is 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 8 pax. (**3 pax + 8 pax + 8 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 8 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)

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 Three ("Safe Nation")"

[https://www.sportsingapore.gov.sg/Newsroom/Media-Releases/2020/Advisory-For-Resumption-Of-Sport-And-Physical-Exercise,-a,-Activity-For-Phase-Three-\(%e2%80%9cSafe-Nation%e2%80%9d\)](https://www.sportsingapore.gov.sg/Newsroom/Media-Releases/2020/Advisory-For-Resumption-Of-Sport-And-Physical-Exercise,-a,-Activity-For-Phase-Three-(%e2%80%9cSafe-Nation%e2%80%9d))

Ministry of Health – "Moving into Phase Three of Re-Opening"

<https://www.moh.gov.sg/news-highlights/details/moving-into-phase-three-of-re-opening>

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"

Singapore Swimming Association – "SSA's Covid-19 Safe Management Plans for resumption of Aquatic Sports Activities for Phase Two ("Safe Transition")"

USA Triathlon – "Safe Return to Multisport Guidelines"

USA Triathlon – "Return to Racing Recommendations for Athletes"