

Safe Return to Sport Policy

Singapore Sailing Federation

Version 6.0 - (Gradual re-opening to Phase 3 - Heightened Alert)

Approved by SportSG on 14 June 2021

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1. INTRODUCTION

This document aims to prepare the Singapore Sailing Federation and its affiliated members of the sporting sailing community to safely return to sailing after the announced calibrated easing of Safe Management Measures (SMMs) in Singapore from 14 June 2021 under Returning to Phase 3 (Heightened Alert) by the Multi-Ministry Taskforce (MTF) on 10 June 2021 .

Following the measures Safe Return to Sport Policy ver.5.0, introduced on 19 May 2021, the following measures will take effect from Monday 14 June 2021 onwards which will supersede the guidance issued previously.

The measure proposed are primarily based on **Sport Singapore's Calibrated Easing of Safe Management Measures for Sport and Physical Exercise & Activity from 14 June 2021** advisory [released on 11 June 2021](https://www.sportsingapore.gov.sg/Newsroom/Media-Releases/2021/June/Calibrated-Easing-of-SMM-for-Sport) which can be found below:
<https://www.sportsingapore.gov.sg/Newsroom/Media-Releases/2021/June/Calibrated-Easing-of-SMM-for-Sport>

Sailing training facilities shall adopt these measures for sailing activities effective from 14 June 2021 onwards.

2. GENERAL MEASURES

a. Facility Capacity

The maximum number of persons allowed at each facility shall be limited according to its Gross Floor Area based on **10 Sqm per person, up to a maximum of 50 pax**, instead of 16 Sqm per person previously. No facility, regardless of size, shall admit more than 50 pax.

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.

b. Facility Access

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.

c. Restrictions on Sport and Physical Exercise & Activity in Indoor Settings

From 21 June 2021, Gym facilities usage and indoor activity may resume with stipulated SMMs in place. Masks may be removed if an activity is strenuous. However, masks must be worn once the individual has ceased strenuous activity. Users should have their masks with them at all times. Common equipment may be provided for use by participants. Gyms, studios, climbing walls and other indoor facilities may resume normal operations subject to prevailing rules in this guidance.

Individuals should restrict their use of facilities to no more than 2 hours each time.

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

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 will be released in due course.

e. 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.

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

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, or shares a household with someone who has been;
- 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 \(smartnation.gov.sg\)](#)

5. MEASURES DURING TRAINING

a. Physical Activity Classes / Programmes for 18 Years & below

Organised programmes and classes for this age group may resume with the stipulated SMMs in place:

i. From 14 to 20 June, only outdoor sport / physical activity programmes may be conducted for up to 1 group of 5 participants (including instructor/coach) in total. If the activity is strenuous, masks can be taken off, but will have to be put on immediately after the end of the activity.

ii. From 21 June, multiple groups of 5 (including instructor/coach) up to 30 participants or the capacity limit of the venue, whichever is lower, will be allowed. This applies to both indoor and outdoor activities.

b. Group Size

From 14 June 2021 onwards, the group size restriction will increase from 2 to 5 persons. From 21 June 2021 onwards, indoor and outdoor sport and physical exercise & activity may resume with mask allowed to be removed if the activity is strenuous. Common equipment may be provided from 21 June.

For all organised programmes and classes, service provider(s) (such as instructor or coach) may guide the group, and will be included in the group size of 5.

i. For programmes/classes where all participants are masked-up, multiple groups of 5 (including instructor/coach) remain allowable up to 30 participants or the capacity limit of the venue, whichever is lower.

ii. For programmes/classes where any participant is not wearing a mask:

- From 14 to 20 June, only outdoor activities are allowed, limited to 5 participants (including instructor/coach) in total;
- From 21 June onwards, multiple groups of 5 (including instructor/coach) up to 30 participants or the capacity limit of the venue, whichever is lower, will be allowed. This applies to both indoor and outdoor activities.

There should be no intermingling between groups before, during and after the class, and they must remain 3 metres apart at all times.

iii. All activities of a social nature should be kept to 5 participants.

c. Minimise time spent at sailing facility

Get in, sail, and get out. Be prepared for training prior to arrival at the facility. Sailors are recommended to get dressed to sail at home (minimise need to use/gather in change rooms, bathrooms).

d. Sharing of equipment

Sharing of equipment for programmes and classes that take place outdoors, shall be avoided where possible. In the event when equipment is being shared, it should be wiped down/ sanitised before the next user.

e. On Land

Body contact between sailors and/or coaches is prohibited (e.g. hand shaking, high fives, etc.).

Masks are to be worn at all times whilst ashore except when engaging in strenuous activity. Masks should be kept in a personal dry bag as you are about to launch or cast off.

f. On Water

Sailors and coaches should maintain physical distancing of 2 metres and not bring their boats alongside each other during training exercises with the exception of emergencies.

Coaches and support staff are required to wear masks or face shields (without masks) whilst on water. Masks shall be worn if there are more than one person on the coach or support boat.

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.

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 canister 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.