



Safe Return to Sport Plan

Singapore Sailing Federation

Version 3.0 (with amendments to clause 2a and 5a)

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1. INTRODUCTION

This document aims to prepare the Singapore Sailing Federation (SSF) and its affiliated members of the sporting sailing community to safely return to sailing during Phase 2 of the reopening after the Circuit Breaker.

The measures proposed are primarily based on Sport Singapore's [Advisory for resumption of sport and physical exercise and activity for phase two \("safe Transition"\)](#) released on 17 June 2020.

Sailing training facilities shall adopt these measures when they reopen for sailing activities.

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 8 Sqm per person or 50* persons, whichever is lower. ~~Facilities that are large enough to split into two or more zones (maximum 50 persons in each zone) may seek approval from SportSG with clearly demarcated zones.~~

*This figure does not include staff members.

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. 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

TraceTogether is an app that can be downloaded voluntarily and facilitates the contact tracing process. With your consent, it exchanges encrypted and anonymised Bluetooth signals with nearby phones running the same app for up to 25 days.

This allows you to be informed if you were in prolonged physical proximity with an infected person and will only use your data solely for contact tracing purposes.

Data collected will be used solely for contact tracing of persons possibly exposed to COVID-19 by MOH.

c. SafeEntry App

SafeEntry procedures should be prominently displayed at the entrance of facilities. Facility operators should designate staff to ensure that the visitor has checked-in via the SafeEntry app before entry is allowed.

SafeEntry is a national digital check-in system that logs the NRIC/FINs and mobile numbers of individuals visiting hotspots, workplaces of essential services, as well as selected public venues to prevent and control the transmission of COVID-19 through activities such as contact tracing and identification of COVID-19 clusters.

5. MEASURES DURING TRAINING

a. Group Size

Training groups to be kept compact, with a cap of 8 persons per training group (excluding coach). If there is more than one group sharing a space on land, the groups must not interact and must maintain a distance of 3 metres apart from one another at all times.

For Keelboats, the number of people on a boat shall be capped at a maximum of 8 persons. Individuals on the boat should maintain physical distancing of 2 metres (2 arms-length) in general while sailing.

For organised programmes and classes, a coach can be part of the 1 group ie. 8 + 1 persons. If a coach is coaching multiple groups, he needs to be 3m away. The members in a group or on a boat shall not intermix or change during a session.

b. 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).

c. Sharing of equipment

Sharing of equipment shall be avoided where possible. In the event when equipment are being shared, it should be wiped down/ sanitised before the next user;

d. 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.

e. 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.