

Safe Return to Sport Plan

Singapore Sailing Federation

Proposal to SportSG for Safe Management Measures
during Transition Phase - Updated 27 March 2022

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1. INTRODUCTION

This document aims to prepare the Singapore Sailing Federation and its affiliated members of the sporting sailing community following the announcement by the Multi-Ministry Taskforce (MTF) on 24 March 2022 into the easing of community SMM Phase.

This measures proposed are primarily based on Sport Singapore's Safe Management Measures under the Updated Safe Management Measures for Sport and Physical Exercise & Activity guidelines updated 27 March 2021 which can be found below:

[SportSG | Safe Management Measures \(sportsingapore.gov.sg\)](https://sportsingapore.gov.sg)

Sailing training facilities shall adopt these measures for sailing activities from 29 March 2022 onwards.

2. GENERAL MEASURES

2.1. Training Facility Access

There should be a dedicated entry / exit point for the facility.

Organise human traffic flow and space management to ensure that the mixing of groups is minimised to transient contact.

2.2. Distancing markers & Physical Distancing

Safe distancing is encouraged for masked settings but will no longer be mandatory.

Safe distancing will continue to be required for all unmasked settings as follows:

- a. At least 1-meter physical distancing between groups of up to 10 individuals.
- b. No cross-mixing or cross-playing between groups

2.3. Density

Training facilities can only admit a maximum number of persons based on its fire safety requirement.

- a. $\leq 1,000$ pax (including staff) based on its fire safety requirement, they can proceed without any capacity limit. However, these facilities will need to adhere to the safe distancing and prevailing group size limits under paragraph 5 if they have unmasked activities.
- b. $> 1,000$ pax (including staff) based on its fire safety requirement, and hold:
 - i. Masked activities, they would be subjected to a capacity limit of 75%.
 - ii. Unmasked activities, they would be subjected to the safe distancing and prevailing group size limits under paragraph 2.2.

For more information on class size settings, please refer to [SportSG Guidelines on Sport SMMs updated 27 March 2022](#), paragraph 7.

Each of these facilities are to have separate TraceTogether-only SafeEntry (TT-only SE) or SafeEntry Gateway (SEGW) check-in & check-out, as well as other screening provisions.

2.4. Group Size

Multiple groups of 10 individuals, or up to the capacity limit of the venue, whichever is lower, can take place for outdoor classes and sailing activities. The groups are not to intermingle before, during and after the class, and must remain 1 meter apart.

3. MEASURES DURING TRAINING

3.1. Minimise time spent at sailing facilities. Get in, sail, and get out. Be prepared for training prior to arrival at the facility.

3.2. 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.

3.3. Assignment of trainees / participants groupings (i.e. 10 individuals per group) to be assigned. Trainees / participants are to be reminded to stay within their group.

3.4. Outdoor training briefings or lessons are highly encouraged for all groups. Disinfection of the common surface area will be conducted before and after usage and hand sanitizers are to be made available if indoor classrooms are to be used.

If there are more than 1 group attending a briefing, the groups should not intermingle at all times and physical distance between individuals and groups shall be observed at all times.

3.5. During rigging / preparation of boats and launching / recovery of boats, coaches / instructors are to ensure that the trainees / participants stay within their group.

If there are multiple groups, the groups should not intermingle at all times and must maintain physical distance at all times.

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

- 3.7. Do not share drinking bottles, towels, or any other personal equipment. Where possible, keep the dry bag in your own boat and minimise the need to pass equipment between coach and sailor.
 - 3.8. Sailors are reminded to bring sufficient personal drinking bottles of 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.
 - 3.9. Body contact between sailors and/or coaches is prohibited (e.g. hand shaking, high fives, etc).
- 4. SPORT EVENTS**
- 4.1. All sporting events, irrespective of event size, must implement VDS in order to proceed, i.e. only fully vaccinated individuals may attend or participate in these events.
 - 4.2. Mass participation sporting events or regattas, where there are unmasked participants can proceed without a specific event size limit as long as the participants comply with the 1-metre safe distancing and prevailing group size limit requirements.
As good practice to avoid overcrowding, event organisers can organise participants in waves of up to 100 persons.
 - 4.3. At this juncture, mass/major participation sporting events will not be allowed to have invited spectators. Organisers are to put in place measures to prevent the spontaneous gathering of onlookers for such events.
 - 4.4. Organising Sporting Events. Sporting events that are organised within prevailing SMMs no longer need Sport Singapore's endorsement to proceed. Only events with SMM deviations, such as competitions beyond prevailing group size limits in paragraph 2, will need to have an endorsement by Sport Singapore before they can be conducted. Organisers will have to submit an application to Sport Singapore at <https://www.sportsingapore.gov.sg/COVID19/Sport-Event-Applications> at least 14 days prior to the start of the event to give time for evaluation and discussion. Organisers are advised not to carry out related marketing/publicity efforts before receiving endorsement from Sport Singapore as the event may require modifications before it may proceed .
- 5. SAFE MANAGEMENT MEASURES**
- 5.1. **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.

5.2. Support Contact Tracing & Implement Temperature Screening

As announced by the Multi-Ministry Taskforce (MTF) the temperature screening requirement will be removed from 19 August 2021.

TraceTogether-only SafeEntry (TT-only SE) or SafeEntry Gateway (SEGW) must be implemented for participants and visitors. All participants and staff are to use either the TraceTogether app or the TraceTogether Tokens for check-in and check-out. Enforcement of this will be stepped up to ensure full compliance by all permitted enterprises.

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

5.3. 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.

5.4. Crowd Management

Facility operators will have to devise systems to ensure there is no overcrowding at or around their premises, such as:

i) 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

ii) organise human traffic flow and space management to ensure that the mixing of groups is minimised to transient contact.

iii) 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.

5.5. 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.

5.6. 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.

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.

5.7. 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.

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. SCREENING & TRACING

6.1. 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.

7. FURTHER INFORMATION

For more information, please refer to [SportSG guidelines and FAQs](#).

For the latest updates on COVID-19 for sport and physical exercise & activity, please visit <https://www.sportsingapore.gov.sg/Newsroom/Media-Releases>.