



SINGAPORE CANOE FEDERATION

Safe Management Measures for Sport and Physical Exercise & Activity Following Mid-point Review of Phase 2 (Heightened Alert)

Paddling Activities

(10 September 2021)

Version 11

Updated as of 10 September 2021

Refer to the revised safe management measures highlighted in green



Important Note

- Following the Multi-Ministry Taskforce's announcement on the calibrated easing of measures following Mid-Point Review of Phase 2 (Heightened Alert), Sport Singapore is providing guidance on the SMMs for sport and physical exercise & activity, **updated on 9 September 2021**. For the latest updates on COVID-19 for sport and physical exercise & activity, please visit <https://www.sportsingapore.gov.sg/>.
- This document provides an updated operational guidance regarding the calibrated easing of safe management measures to all affiliates and private operators in Singapore, so they can plan and prepare their operations and commence kayaking and canoeing programmes and courses, in line with Government timescales, as safely as possible.
- Sport Singapore (SportSG) has been engaging the Singapore Canoe Federation (SCF) on the safe management measures for kayaking and canoeing. The SCF will be publishing our SportSG endorsed safe management plans on our website www.scf.org.sg and on Sport Singapore website: <https://circle.myactivesg.com/ssi/safe-return-to-sport/plan-listing>.
- This document is guided by current MOH guidelines, SportSG's Advisory for Safe Management Measures for Sport and Physical Exercise & Activity, as well as kayaking and canoeing industry and expert input.



Disclaimer

- The advisory and recommended measures by Singapore Canoe Federation (SCF) must be considered against our remit as the national governing body for Canoeing.
- While all care has been taken in the preparation of these guidelines and templates, Singapore Canoe Federation (SCF) have not and cannot make any representation or warranty that relying on this guide and the templates will ensure the health and safety of individuals in venue or paddling activities. SCF is not liable to users of this guide and templates for any loss or damage however caused resulting from the use of this guide and templates, nor do they accept any responsibility for the accuracy of the information or your reliance upon it. You should consider whether you wish to obtain your own medical and legal advice.



Return to Paddling

- Affiliates and private operators are advised to plan and prepare for their operations in the following key areas:
 - General Measures of Re-opening of Facilities
 - **Fast and Easy Testing and** "Vaccinate or Regular Test" Regime for Sport and Fitness Sector
 - Safe Management Officers
 - Facilities Access, Screening & Tracing
 - Safe Management Measures (SMM)
 - General Hygiene
 - Education
- The parameters will be reviewed from time to time, and guidelines may change at a later juncture, taking into account how well the measures are implemented by operators and the compliance of the users in these settings, and the broader COVID-19 situation at the time. Please refer to the latest version in order to benefit from the latest best practices.



Return to Paddling

- Prior to the resumption of paddle sports, it is important to safely prepare the sporting environment. A thorough risk assessment must be carried out, with preparation that is specific to the sporting environment. A resumption of sport activity should not occur until appropriate measures are implemented to ensure safety of all individuals.
- Individuals should not return to sport if in the last 14 days they have been unwell or had close contact with a known or suspected case of COVID-19. In an environment of community transmission of COVID-19, any individual with respiratory symptoms (cough, sore throat, fever or shortness of breath), even if mild, should not to attend any training if they are unwell and should use a cautious approach.
- Anyone who is unwell should be referred to a doctor in accordance with local MOH guidelines. Any individual with a possible case of COVID-19 should refrain from training (even at home) until they have been cleared to do so by a doctor, given the potential for worsening illness.
- It should also be considered that anyone returning to sport and exercise after a period of social isolation and not exercising regularly may be at an increased risk of injury. There should be a graded return to mitigate injury risk, understanding that sudden increase in training load will predispose one to injury.



General Measures on Re-opening of Facilities

- **Group Size.** Group activities are allowed for up to 5 individuals (including instructor / coach) - (for clarity, this applies to indoor masked/unmasked as well as outdoor masked/unmasked activities). Indoor unmasked activities will be allowed only where all participants have been fully vaccinated. (If any of the participants is not fully vaccinated, then indoor unmasked activity for that group is prohibited.)
- **Treatment of children aged 12 years old and below (i.e. born in and after 2009) participating in indoor unmasked activities.** This age group is currently ineligible for any COVID-19 vaccine under the national vaccination programme. They will be allowed to participate in indoors unmasked classes/programmes/activities, subject to the following provisions:
 - - Group of not more than 5 participants, where all children who are aged 12 years and below are from the same household. There can be no multiple groups of 5 participants in an organised class/programme in this situation.
 - - Participant(s) in the group who are above 12 years can be from a different household as the children, but must be fully vaccinated to be able to be part of the group activity. This could, for instance, be an instructor who is leading the group. The instructor will be required to verify that all children in the group who are 12 years and below are from the same household before the start of the class/programme/activity. To be clear, multiple groups of 5 are not allowed in this situation.



General Measures on Re-opening of Facilities

- **Density.** Sport/ recreational facilities can only admit a maximum number of persons according to its **Gross Floor Area based on 10 Sqm per person, up to a maximum of 50 persons.** No facility, regardless of size, shall admit more than 50 persons.
- **Physical Distancing.** While exercising and playing sport, the following physical distancing requirements apply:
 - - 2-metre physical distancing between individuals for general physical activities, unless the nature of activity requires the distance to be shortened;
 - - 3-metre physical distancing between individuals for indoors high intensity or high movement exercise classes, unless the nature of activity requires the distance to be shortened.
- For instance, in an exercise studio, participants have to maintain the above distancing during the workout when performing exercise, but may interact within the same group during intervals. If there are multiple groups, the groups must not interact across groups, and must maintain a distance of 3 metres apart from one another at all times. Groups should not intermingle at all times.



General Measures on Re-opening of Facilities

- **Provision of Common Equipment.** For outdoor facilities, operators can provide common equipment for their participants. For indoor facilities, vaccination-differentiated SMMs (VDS) needs to be implemented before common equipment such as weight, strength or resistance training equipment, climbing walls, yoga mat etc can be made available. Operators will have to verify the vaccination status of all participants, and ensure that only fully vaccinated individuals will be allowed to participate in indoor unmasked activities. To be clear, even if an indoor facility does not offer unmasked activity, it will have to institute checks on vaccination status upon entry if common equipment is provided at that facility. **In such instance where activities are indoors but masked, and equipment is provided, vaccinated and unvaccinated persons are allowed to be in the same group of 5 individuals as long as they remain masked.** Thorough sanitisation is to be instituted at regular intervals to minimise risk of transmission via common surfaces.
- **Organised Classes / Programmes.** Multiple groups of 5, up to 50 participants (including instructor / coach) or up to the capacity limit of the venue, whichever is lower, can take place. **(For clarity, this applies to indoor masked as well as outdoor masked/unmasked activities.)** For indoor unmasked activities, a lower limit of up to 30 participants applies, and all participants have to be fully vaccinated for the class/programme to take place. A record of the participants in each grouping is to be maintained to aid contact tracing. To be clear, physical activity of a social nature (that does not involve any instructor / coach) should be kept to a limit of 5 participants.



General Measures on Re-opening of Facilities

- **Contact sports** are permitted, notwithstanding the point on physical distancing on the previous slide, with modification to avoid extensive body contact.
- **Mask wearing.** Masks should be worn as a default. Masks may be taken off when performing strenuous activity, and it must be put on immediately after the completion of high intensity sport and physical activities. In indoor settings, only fully vaccinated individuals may remove their masks when performing strenuous activity in a facility that has implemented vaccination-differentiated SMMs.
- **Intermingling to be avoided in changing rooms / toilets.** 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 sport attire / swimwear. If a mask is removed during shower or face-washing, it is to be worn promptly after. Changing rooms and toilets must be closed off if individuals cannot comply with these SMMs.
- **Sharing of common equipment should be minimised.** Where the sharing of equipment is permitted, these should be minimised as far as possible. The equipment should be wiped down / sanitised before passing on for use by the next user. This includes equipment such as weights and balls.
- **Reducing Physical Interaction & Hygiene and Ensuring Safe Distancing.** Owners or operators of facilities are responsible for ensuring safe management measures are implemented, and that their patrons/users comply.



Fast and Easy Testing and “Vaccinate or Regular Test” Regime for Sport and Fitness Sector

- As announced by the Multi-Ministry Taskforce on 6 September 2021, there will be a need to increase the frequency of testing regimes for all workforce, especially those in high-risk settings. From 13 September 2021, the mandatory testing regime for the sport and fitness sector will be as follows:
 - a. Under the mandatory Fast and Easy Test (FET) Rostered Routine Testing (RRT) regime, all workforce (include full-time/part-time workers at the same premises such as cleaners, administrative staff, etc, but does not include volunteers and those who are not paid/compensated for their services, even if they are masked and do not interact with unmasked persons) in the following sport / fitness settings will have to be tested once every seven days:
 - i. All indoor (regardless of masked or unmasked activities) sport / fitness facilities and activities
 - ii. All outdoor unmasked sport / fitness activities
 - iii. Activities involving children 12 years and under, regardless of masked or unmasked activities
 - b. FET can be conducted via the Employer-led Supervised Self-Swab (ESSS) system, or at Quick Test Centres (QTCs). The Government will be funding the cost of ART kits for ESSS and the cost of testing at QTCs till 31 December 2021 for all workforce stipulated above.



Fast and Easy Testing and “Vaccinate or Regular Test” Regime for Sport and Fitness Sector

- From 1 October 2021, under the Vaccinate or Regular Test (VoRT) regime, any unvaccinated workers under paragraph 19 (a), will have to be tested twice every seven days. This will operate in tandem with FET and each weekly FET RRT will count towards one of the twice weekly VoRT requirements. The remaining VoRT requirement can be fulfilled via the ESSS, QTCs or MOH approved COVID-19 test provider. This additional test will not be funded by the Government unless one is medically ineligible for vaccination.
- More information on FET for the sport and fitness sector can be found at [https://www.sportsingapore.gov.sg/Newsroom/Media-Releases/2021/June/\(Updated-12-July-2021\)-Mandatory-Fast-and-Easy-Testing-Regime-for-the-Sport-, -a-, -Fitness-Sector.](https://www.sportsingapore.gov.sg/Newsroom/Media-Releases/2021/June/(Updated-12-July-2021)-Mandatory-Fast-and-Easy-Testing-Regime-for-the-Sport-, -a-, -Fitness-Sector.)



Safe Management Officers (SMOs)

- Facility operators are to designate a senior staff as Safe Management Officers (SMO) to ensure compliance with the Safe Management Measures (SMM)
- The SMO will be responsible for formulating the implementation plans for the SMM, conducting inspections and checks, as well as maintaining records for subsequent audits by the authorities.
- The SMO is also to update the SMM to suit the need of the venue and as required as the situation develops.
- The overall plan should include an evacuation and contingency protocol.



Facility Access, Temperature Screening & Contact Tracing

Facilities Access

- Organise human traffic flow and space management to ensure that the mixing of groups is minimised to transient contact.
- Establish dedicated entry/exit points to the venue and movement control within the venue.
- Individuals, coaches or other approved personnel who are unwell, on Stay Home Notice (SHN) or Quarantined Order will not be allowed to enter the venue.
- Clear demarcation of 1 metre safety distance for queues.
- 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;

Temperature Screening & Contact Tracing

- 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.



SMM at All Times

- Any tasks that can be conducted at home, should be done at home (e.g., such as strength & conditioning, cardio exercises, recovery sessions, online meetings)
- Pre-training warm-up and post-training cool-down drills will be permitted if safe distancing measure can be implemented.
- All individuals and coaches to only commute between venues and their residences, without lingering outside before or after the session.
- No socialising or group meals before, during or after the session.
- Do not share drink bottles, towels, or any other personal sporting equipment.
- There should be no unnecessary body contact (e.g. hand shaking, high fives).
- Staggered training timings should be implemented to avoid overcrowding at the venue, also taking into consideration scenarios like an inclement of weather when all individuals need to gather on land.
- All individuals should have a mask on as a default.



SMM Before Starting Paddling Activities

- All individuals must log their presence at the venue using either the TraceTogether app or the TraceTogether Tokens for SafeEntry.
- Maintain the “Get in, train and get out” principle. All individuals should arrive dressed for training and ready to start the session in order to minimise the need to use the changing room.
- Management plans should be in place to prevent/minimise individuals cross contacting equipment when transporting the equipment in/out of storage and to/fro water.
- Where cross contact is necessary, individuals should sanitise hands before and after contact with the equipment.



SMM During Paddling Activities

- **Group activities must be confined to no more than 5 individuals.** The physical distancing between individuals as well as between groups of up to 5 individuals must be maintained while exercising and playing sport.
- For organised programmes and classes that take place outdoors:
 - - Multiple groups of 5, up to 50 participants (including instructor / coach) or up to the capacity limit of the venue, whichever is lower, can take place.
- Launch and recovery should be staggered to prevent mixing of groups
- Launch and recovery on the pontoon – Staggered return of groups on the pontoon and physical distance still must be maintained



SMM During Paddling Activities (Exceptions)

The following SMM are applicable to Canoe Polo and multi-person crafts which the keeping of a minimum physical distance of 2m is not always practicable.

Canoe Polo

Training/Game may be carried out as long as the contact between individuals is transient and minimal, e.g. a “dip-and-push” manoeuvre to challenge for the ball is deemed as a non-transient contact, organisers/coaches need to effect a rule change to the game or training programme to ensure that contacts are kept transient and minimal. Coaches/individuals should make provisions to allow fixed teams/partners across different sessions, where practicable.

Multi-person crafts

All individuals will be allowed to use ‘**multi-seat**’ crafts. The maximum no. of paddlers on each craft is capped at **5 paddlers**. Safe distances should be kept between crafts. Individuals should not change paddling partners during training. Coaches/instructors/leaders/individuals should make provisions to allow fixed paddling partners across different sessions, where practicable.



SMM During Paddling Activities (Exceptions)

The following SMM are applicable to Canoe Polo and multi-person crafts which the keeping of a minimum physical distance of 2m is not always practicable.

Record Keeping

Detailed records of the players/paddlers present for each session and the team/crew which they are on must be kept, in order to facilitate swift contact tracing, if the need arise.



SMM After Paddling Activities

- All individuals are highly encouraged to change/shower at home after training to minimise the use of the changing room. If the individual must use the changing room after training (e.g. to change into dry clothes and use public transport to return home), the individual should only towel dry the body and change into dry clothes and return home immediately. A queue system for use of the changing room should be implemented.
- Ensure that all equipment are sanitised before returning to storage. Adhere to the usage guideline set by the manufacturer of the sanitising product.



General Hygiene

- Place hand sanitisers in close proximity of the facility entrance and high-touch surfaces like door handles. Attendees should be encouraged to sanitise their hands before entering and upon leaving the facility.
- Changing rooms, surfaces and objects in other spaces in use should be cleaned between exercise sessions with disinfectant. Venue operators should also consider implementing regular cleaning times.
- Implement a policy on non-shared use of equipment (e.g. use of allocated PFD, boats and paddles, no sharing of equipment and wipe down of equipment after each use)
- Ensure any indoor venue is well ventilated and aired at regular intervals (i.e. protocol and frequency)



Education

- Provide education material for individuals to promote required behaviours (e.g. regular and thorough handwashing, covering mouth and nose with a tissue or sleeve during coughing/sneezing)
- Education of all individuals on hygiene practices and promote required behaviours relevant to their sport and environment, i.e. No sharing of drink bottles and towels. No sharing of mats, or equipment without an appropriate cleaning protocol, in between training sessions.
- Display appropriate education material within the facilities.



These guidelines are updated as of 10 September 2021.

We would like to reiterate that all affiliates and private operators should adhere to the updated COVID-19 measures in the latest MOH and related government advisories.