



SINGAPORE SWIMMING ASSOCIATION

SAFE MANAGEMENT MEASURES FOR
AQUATIC ACTIVITIES FOR
10 Oct 2022 onwards

Updated: 09 Oct 2022 | Version 33

1. On 7 October 2022, the Multi-Ministry Taskforce (MTF) announced¹ the lifting of vaccination differentiated safe management measures (VDS) as Singapore progresses to towards a COVID-19 resilient nation.
2. From 10 October 2022, VDS for sporting events with >500 participants at any one time, will no longer be required.
3. This document provides the safety management measures (SMM) to assist and offer guidance to all pool facility owners, swim school owners, administrators and coaches in Singapore so they can plan to continue aquatic lessons for learn to swim participants and competitive athletes, in line with the updated Government's guidelines.

DISCLAIMER

4. This position is current as at 1000 (SGT) on 9 October 2022.
5. Our guidelines must be considered against our remit as a national governing body for the aquatic sport of swimming, water polo, artistic swimming, diving and open water, with a key focus on competitive aquatic sports and learn to swim programs.
6. While all care has been taken in the preparation of these guidelines and templates, the Singapore Swimming Association (SSA) has not and cannot make any representation or warranty that relying on this guide and the templates will ensure the health and safety of participants in club, venue or swimming activities. SSA 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.
7. For the latest updates on COVID-19 for sport and physical exercise & activity, please visit <https://www.sportsingapore.gov.sg/COVID19/Safe-Management-Measures>.

¹ Please refer to <https://www.moh.gov.sg/news-highlights/details/vaccination-our-primary-defence-in-living-with-covid-19> for MOH's press release

SAFE MANAGEMENT MEASURES FOR SPORT & PHYSICAL EXERCISE / ACTIVITY FROM 10 OCTOBER 2022

8. **[NEW]** Mask wearing continues to be optional indoors but will still be required in selected healthcare and public transport settings. For sport/fitness facilities such as gyms, fitness/exercise studios/areas that are located within healthcare settings², mask wearing is required. Masks may be taken off when performing strenuous activity or as part of a class requirement, but will have to be put on after the completion of such strenuous sporting and physical activity/class and during rest breaks.
9. **[NEW]** From **10 October 2022**, VDS for sporting events with >500 participants at any one time, will no longer be required.

TOWARDS A COVID-19 RESILIENT NATION

10. Even as most safe management measures are lifted, we must continue to exercise personal and social responsibility, keep up-to-date with vaccinations and be mindful of growing reinfection rates, or new variants. Should the situation worsen, there may be a need to put in place necessary mitigatory measures at short notice, so as to protect everyone. The latest updates on COVID-19 for sporting and physical exercise & activity can be found on <https://www.sportsingapore.gov.sg/COVID19>.
11. Individuals who are unwell should continue to stay at home and avoid going out. If they feel unwell, when out or in the workplace, they should go home immediately to rest or see a doctor. Please refer to <https://www.covid.gov.sg/> for the updated protocols.
12. As a precautionary measure, individuals are advised to avoid strenuous physical activities - no jogging, swimming, cycling, school PE or sports for **2 weeks** after their first and second **vaccination** doses as well as **booster** dose. Please refer to [here](#) for MOH guidelines.
13. 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. SSA, clubs and individuals should also apply a graded return to mitigate injury risk, understanding that sudden increase in training load will predispose to injury.

² Healthcare settings where masks are still required indoors: all indoor premises of hospitals (inclusive of retail, food and beverages (F&B) outlets and other facilities within the hospital compound); all primary care facilities, specialist facilities, Traditional Chinese Medicine (TCM) clinics, renal dialysis centres, dental clinics, day hospices; homes that provide residential care to the elderly; as well as COVID-19 care facilities, testing centres and vaccination centres.

14. As good practice, facility owners/operators and event organisers are encouraged to:
 - a. a. Voluntarily require the vaccination of workers, customers and event participants as a condition of employment/deployment/entry/service.
 - b. Frequently disinfect common spaces/equipment and interactive components (e.g., shared exercise equipment, 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.
 - c. Refer to the latest guidance on improving ventilation and indoor air quality in buildings amid the COVID-19 situation, available at <https://www.nea.gov.sg/our-services/public-cleanliness/environmentalcleaning-guidelines/advisories/advisory-on-co2-monitoring-to-assessventilation-adequacy> if they are operating indoor facilities.
 - d. Place hand sanitisers in close proximity of the facility entrance and hightouch surfaces like door handles. Attendees should be encouraged to sanitise their hands before entering and upon leaving the facility.
15. This guidance supersedes all advisories issued by Singapore Swimming Association before this date.