



**NATIONAL INSTRUCTORS AND COACHES ASSOCIATION**  
***Compilation of Safe Management Measures Advisories***

Sport Singapore						
References: <a href="https://www.sportsingapore.gov.sg/Newsroom/Media-Releases/2020/Advisory-For-Resumption-Of-Sport-And-Physical-Exercise-and-Activity-For-Phase-Two-Safe-Transition">- https://www.sportsingapore.gov.sg/Newsroom/Media-Releases/2020/Advisory-For-Resumption-Of-Sport-And-Physical-Exercise-and-Activity-For-Phase-Two-Safe-Transition</a> <a href="https://www.sportsingapore.gov.sg/Newsroom/Media-Releases/2020/Annex%c2%a0For-Resumption-Of-Sport-And-Physical-Exercise-and-Activity-For-Phase-Two-Safe-Transition">- https://www.sportsingapore.gov.sg/Newsroom/Media-Releases/2020/Annex% c2% a0 For-Resumption-Of-Sport-And-Physical-Exercise-and-Activity-For-Phase-Two-Safe-Transition</a> <a href="https://www.sportsingapore.gov.sg/Newsroom/Media-Releases/2020/Addendum-to-Advisory-for-Resumption-of-Sport-and-Physical-Exercise--a--Activity-for-Phase-Two">- https://www.sportsingapore.gov.sg/Newsroom/Media-Releases/2020/Addendum-to-Advisory-for-Resumption-of-Sport-and-Physical-Exercise--a--Activity-for-Phase-Two</a>						
	Studio	Outdoor Sports Facilities	Indoor sports hall	Swimming Pool	Gymnasium	Outdoor Exercise class
Group size	Limit to 5 persons per group  An additional coach/instructor is permissible	<u>For Team Sport</u> (e.g. futsal, netball, volleyball, basketball, floorball) - Limit to 5 persons - An additional coach/instructor is permissible and will be considered <b>in addition</b> to the 5 pax allowed into the facility  <u>For Squash (single court)</u> - limit to 3 persons per court - An additional coach/instructor is permissible, and <b>will be included</b> in the 3 pax allowed	Limit to 5 persons per group  Coach/instructor <b>will be included</b> in the 5 persons (e.g. for badminton, table tennis)	Limit to 5 persons per group  An additional coach/instructor is permissible and will be considered <b>in addition</b> to the 5 pax allowed into the facility	Limit to 5 persons per group  An additional coach/instructor is permissible and will be considered <b>in addition</b> to the 5 pax allowed into the facility	Limit to 5 persons per group; with a total class size of not more than 50 persons
Safe distancing  For facilities with guideline for high intensity workout: (1 OR 2) & (3)	(1) 2 metres (2 arms-length) <b>between individuals</b> should be maintained at all times  (2) 3 metres (3arms-length) <b>between individual</b> should be observed for <b>high intensity or high movement exercises</b> such as Zumba, Piloxing	(1) 2 metres (2 arms-length) <b>between individuals</b> should be maintained at all times  (2) 3 metres (3arms- length) <b>between individual</b> should be observed for <b>high intensity or high movement exercises</b>  (3) 3 metres distance <b>between groups</b> should be	(1) 2 metres (2 arms-length) <b>between individuals</b> should be maintained at all times  (2) 3 metres (3arms-length) <b>between individual</b> should be observed for <b>high intensity or high movement exercises</b>	3 metres (3 arms-length) distance <b>between groups</b> should be maintained at all times  Instructors may adopt the most appropriate position and distance in the interest of water safety.	2 metres (2 arms-length) spacing <b>between equipment and users</b>	2 metres (2 arms-length) <b>between individuals</b> should be maintained at all times  3 metres distance <b>between groups</b> should be maintained at all times

	(3) 3 metres distance <b>between groups</b> should be maintained at all times	maintained at all times (Depending on facility capacity, multiple groups of 5 can share the court)	(3) 3 metres distance <b>between groups</b> should be maintained			
Sharing of equipment (e.g. sports gears)	Should be avoided as far as possible. If this cannot be done, the equipment should be thoroughly cleaned and/or disinfected before handled or used by others  Disinfectant agents (e.g. hand sanitisers) should be made available at all times	Should be avoided as far as possible. If this cannot be done, the equipment should be thoroughly cleaned and/or disinfected before handled or used by others  Disinfectant agents (e.g. hand sanitisers) should be made available at all times	Should be avoided as far as possible. If this cannot be done, the equipment should be thoroughly cleaned and/or disinfected before handled or used by others  Disinfectant agents (e.g. hand sanitisers) should be made available at all times	Should be avoided as far as possible. If this cannot be done, the equipment should be thoroughly cleaned and/or disinfected before handled or used by others  Disinfectant agents (e.g. hand sanitisers) should be made available at all times	Should be avoided as far as possible. If this cannot be done, the equipment should be thoroughly cleaned and/or disinfected before handled or used by others  Disinfectant agents (e.g. hand sanitisers) should be made available at all times	Should be avoided as far as possible. If this cannot be done, the equipment should be thoroughly cleaned and/or disinfected before handled or used by others  Disinfectant agents (e.g. hand sanitisers) should be made available at all times
Interacting with other groups	No mixing and interacting with other groups	No mixing and interacting with other groups	No mixing and interacting with other groups  No loitering or waiting outside sports hall	No mixing and interacting with other groups; No socializing beyond activities	No mixing and interacting with other groups; No socializing beyond activities No mixing between other groups	No mixing and interacting with other groups
Masks should be worn at default	Yes	Yes	Yes	Yes (face shield) whenever feasible	Yes	Yes (only allowed to be taken off while doing strenuous exercise)

**Ministry of Education (MOE) and National Arts Council (NAC)**

References:

- <https://www.nac.gov.sg/whatwedo/support/sustaining-the-arts-during-covid-19/Arts-and-Culture-Sector-Advisories.html>

- <https://www.moe.gov.sg/news/press-releases/further-resumption-of-co-curricular-activities-and-school-activities#:~:text=1.,such%20activities%20since%2014%20September.&text=1.,-Activities%2Fprogrammes%20conducted>

	<b>School CCA and activities</b>	<b>Singing</b>	<b>Voice training, speech and drama,</b>	<b>Wind and brass instrument</b>
Group size	Limit to 5 persons per group.  An additional coach/instructor is permissible	Limit to 1 person  An additional coach/instructor is permissible	Limit to 5 persons per group  An additional coach/instructor is permissible	Limit to 5 persons.  An additional coach/instructor is permissible
Max group size	Groups of 5, subject to the venue capacity limit and safe management measures.  50 person-limit (inclusive of students and supporting adults)	Limit to 1 person	Groups of 5, subject to the venue capacity limit and safe management measures unique to venue  50 persons at any one time (Prior approval is required)	Groups of 5, subject to the venue capacity limit and safe management measures.  50 persons at any one time (Prior approval is required)
Sharing of all other equipment (e.g props, musical instruments and microphones)	Should be avoided as far as possible. If this cannot be done, the equipment should be thoroughly cleaned and/or disinfected before handled or used by others	Should be avoided as far as possible. If this cannot be done, the equipment should be thoroughly cleaned and/or disinfected before handled or used by others.	Should be avoided as far as possible. If this cannot be done, the equipment should be thoroughly cleaned and/or disinfected before handled or used by others.	Should be avoided as far as possible. If this cannot be done, the equipment should be thoroughly cleaned and/or disinfected before handled or used by others.  Participants should play on wind instruments which are fully intact, and refrain from training practices involving only parts of the instrument (e.g. mouthpiece buzzing, playing with just the lead pipe) to prevent droplet transmission.  There should be no sharing of music instruments or parts thereof (e.g. mouthpieces, reeds).

Information accurate as of 3 November 2020

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For all Phase 2 sector related advisories, visit: <https://www.moh.gov.sg/covid-19/phase-2-sector-related-advisories>

				Liquids from instruments (i.e. condensation and saliva) must be collected and disposed of hygienically.
Safe distancing	<p>Instructors/coaches may move between groups, but must keep contact to a minimum.</p> <p>1 metre physical distancing <b>between students/individuals per group</b></p> <p>3 metres physical distancing <b>between groups</b> should be maintained for more physically demanding activities where students are unmasked where e.g. sports activities</p>	<p>Instructors/coaches may move between groups, but must keep contact to a minimum, and remain at the front of class as much as possible with a 1 metre physical distancing</p> <p>2 metres (2 arms-length) <b>between individuals</b> should be maintained at all times</p> <p>Refrain from positioning directly opposite each other, and when singing, should sing away from each other.</p>	<p>Instructors/coaches may move between groups, but must keep contact to a minimum, and remain at the front of class as much as possible with a 1 metre physical distancing</p> <p>2 metres (2 arms-length) <b>between individuals</b> should be maintained at all times</p> <p>Refrain from positioning themselves directly opposite each other</p>	<p>Instructors/coaches may move between groups, but must keep contact to a minimum, and remain at the front of class as much as possible with a 1 metre physical distancing</p> <p>2 metres (2 arms-length) <b>between individuals</b> should be maintained at all times</p> <p>Refrain from positioning themselves directly opposite each other</p>
Interacting with other groups	No mixing and interacting with other groups	<p>No mixing and interacting with other groups</p> <p>No more than one group is permitted in the same room.</p>	<p>No mixing and interacting with other groups</p> <p>No more than one group is permitted in the same room.</p>	<p>No mixing and interacting with other groups</p> <p>No more than one group is permitted in the same room.</p>
Masks should be worn at default	<p>Yes</p> <p>Masks can be taken off when performing strenuous activities</p>	<p>Yes, when singing or humming a passage of music to demonstrate how this should sound when played on the instrument</p> <p>Instructors may wear face shields instead of masks only if speaking to the group in a classroom setting, where they largely remain at the spot from which they are speaking, and are able to maintain a safe distance away from any other persons</p>	<p>Yes</p> <p>Instructors may wear face shields instead of masks only if speaking to the group in a classroom setting, where they largely remain at the spot from which they are speaking, and are able to maintain a safe distance away from any other persons.</p>	<p>Yes when singing or humming a passage of music to demonstrate how this should sound when played on the instrument.</p> <p>Instructors may wear face shields instead of masks only if speaking to the group in a classroom setting, where they largely remain at the spot from which they are speaking, and are able to maintain a safe distance away from any other persons.</p>

<b>National Arts Council (NAC) – Indoor Live Performances</b>		
Reference: <a href="https://www.nac.gov.sg/whatwedo/support/sustaining-the-arts-during-covid-19/Arts-and-Culture-Sector-Advisories.html">https://www.nac.gov.sg/whatwedo/support/sustaining-the-arts-during-covid-19/Arts-and-Culture-Sector-Advisories.html</a>		
	<b>General</b>	<b>Performers and Crew</b>
Group size	Limit to 5 persons per group	30 performance and crew on stage and backstage
Max group size	100 persons, two zones of 50 audience members	
Safe distancing	<ul style="list-style-type: none"> <li>- Seating arrangement: 1m physical distance within group</li> <li>- Between audiences and performance: 3m physical distance</li> </ul>	<ul style="list-style-type: none"> <li>- 1m physical distance between performers</li> <li>- 2m physical distance between unmasked performers engaged in singing/playing of wind/brass instruments. As much as possible, singers should try not to position themselves directly opposite each other and are encouraged to sing away from each other.</li> </ul>
Interacting with other groups	<ol style="list-style-type: none"> <li>1) No physical interaction or mixing between groups</li> <li>2) Audiences are to remain static and not move around the venue during the performance. <ul style="list-style-type: none"> <li>- While audiences may move from set to set (or point to point) in their groups in-between live performance segments, there are to be no free-standing audiences during a live performance.</li> <li>- No audience participation (e.g. singing or dancing) in a live performance. However, spoken responses while remaining masked are acceptable, but should be kept at a low volume.</li> </ul> </li> <li>3) No physical interactions between audiences and performers (e.g. autograph/photograph sessions, inviting members of the audience on stage)</li> <li>4) No intermissions and pre/post-performance receptions, in order to reduce congregations of people and audience mingling.</li> </ol>	<ul style="list-style-type: none"> <li>- Transient contact between performers during a performance is acceptable</li> <li>- All performers, crew and other staff should not mingle with audiences and other personnel on duty (e.g. front-of-house and box office staff, ushers, etc.). Staff who are not deployed as onstage/backstage crew should not go onto the stage/backstage area at all times.</li> </ul>

Masks should be worn at default	Yes	<ul style="list-style-type: none"><li>- A maximum of 10 performers can be unmasked at any given time, with maximum of 5 singers at any given time.</li><li>- All unmasked performers are encouraged to wear face shields while performing. The number of unmasked performers using face shields will count towards the maximum number of unmasked performers allowed.</li></ul>
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