

Issued: 5 April 2020

## **ADVISORY ON SPORT AND PHYSICAL EXERCISE & ACTIVITIES FOR THE CONTROL PERIOD OF 7 APRIL 2020 TO 4 MAY 2020**

1. On 3 April 2020, the Multi-Ministry Taskforce announced the implementation of an elevated set of safe distancing measures as a circuit breaker, to minimise the further spread of COVID-19. This advisory covers measures that concerns all sports, physical exercises & activities, and public & private sports and recreational facilities in Singapore for the control period of 7 April 2020 to 4 May 2020. These are overseen by Sport Singapore (SportSG) and all queries are to be directed to SportSG QSM at [SPORT\\_QSM@sport.gov.sg](mailto:SPORT_QSM@sport.gov.sg). Members of the public can also call 1800-344-1177 during office hours (Mondays to Fridays, 9.00am to 6.00pm).
2. The following guidelines and rules shall apply:
  - a. Stay Healthy. We encourage individuals to continue exercising and stay healthy as our immunity improves when we are fit and well. There should be no mixing between households, and this means that private coaches must not be physically present with clients to run individual or group programmes at home or outdoors except through online channels.
  - b. Exercise indoors. We can keep fit by doing simple exercises at home. There are also online resources<sup>1</sup> available, which offer access to virtual classes and events, as well as tips and advice on how to stay active at home. These will progressively be enhanced in collaboration with sport industry partners under the ActiveSG Circle initiative.
  - c. Exercise outdoors. If you wish to exercise outdoors, exercise on your own or only with members of your own household around your immediate neighbourhood in open, uncrowded places. Safe distancing measures must be observed at all times. Public parks and open-air stadiums will remain open, but gathering in groups in these spaces must be avoided. Please return to your homes promptly after exercising and do not linger.
3. As announced by the Ministry of Health, sports and recreation facilities will be closed between 7 April 2020 and 4 May 2020.
  - a. SportSG facilities. With the exception of 15 open-air ActiveSG stadiums, all SportSG facilities will be closed. The closure includes ActiveSG Sport Centres, studios, gyms, indoor sport halls, swimming complexes, Active Health Labs, as well as The Float and The Rink@JCube.

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<sup>1</sup> <https://www.facebook.com/getactivetv>  
<https://www.facebook.com/activehealthsingapore>  
<https://www.youtube.com/c/ActiveSG>  
<https://m.youtube.com/channel/UCuxLiBJZxsbBx9tpV0Kt7A>  
<https://www.youtube.com/user/kelvinchuayh/playlists>

b. Other facilities. All sports, fitness and recreation facilities and spaces shall be closed, including those operated by private apartments and condominiums, country clubs, golf clubs, businesses, and national sports associations.

4. All group sports and physical activities shall cease between 7 April 2020 and 4 May 2020, regardless of group size or location. This includes one-on-one private coaching sessions, as well as outdoor group physical activities (such as bootcamp-style training, circuit training, group running/cycling, group yoga, as well as gatherings involving workouts, exercises and physical activity of any nature). Physical activity involving only members of the same household may proceed according to the stated guidelines above.

5. The fight against COVID-19 is a collective effort. Let us stand united during these challenging times. SportSG urges everyone to remain socially responsible and limit interactions to members living in the same household.

## SPORT FACILITY CLOSURES DURING THE CONTROL PERIOD (7 APRIL 2020 TO 4 MAY 2020)

### SportSG Facilities

- The following ActiveSG sport facilities are closed to the general public:
  - All ActiveSG gyms, indoor sport halls, studios and swimming pools; and
  - All public-shared sport facilities in schools under the Dual Use Scheme.
- The Float and The Rink@JCube will also be closed.
- 15 ActiveSG stadiums will remain open during the control period for members of the public to exercise (see list in next section). Coaching, training and group activities are forbidden within these facilities. Gatherings in groups in these spaces must be avoided. Members of the public should practise safe distancing even in open spaces. ActiveSG staff will be deployed to ensure safe distancing, and we reserve the right to turn away visitors to avoid overcrowding within these facilities.
- Tenants at ActiveSG Sport Centres offering essential services (such as F&B outlets and pharmacies) will remain open to the public, but F&B outlets will only offer take-away services. All visitors are required to observe a physical distance of 1 metre between persons at all times. They should not loiter at these premises, and should leave promptly after they have been served.
- It is the responsibility of these tenants to put in place strong access controls to avoid overcrowding at their premises, and conduct frequent disinfection of common spaces, as well as regularly clean surfaces and interactive components (e.g. smart kiosks, turnstiles). Hand sanitisers should be placed near frequently touched surfaces like door handles.
- Tenants offering non-essential services will be closed during the control period.

### Other Facilities

- All sports, fitness and recreation facilities and spaces shall be closed during the control period. This includes but is not limited to gyms, studios, fields, courts, swimming pools, as

well as golf courses and driving ranges in public and private/commercial spaces. The closure shall apply to facilities and spaces operated by private apartments and condominiums, country clubs, golf clubs, businesses and national sports associations.

- All organised sports and physical activities shall cease during the control period, regardless of location or group size. This includes competitions and matches, coaching and training programmes, as well as social games. Physical recreation activities involving only members of the same household may proceed according to the stated guidelines and rules above.

**LIST OF ACTIVE SG STADIUMS THAT WILL REMAIN OPEN  
DURING THE CONTROL PERIOD (7 APRIL 2020 TO 4 MAY 2020)**

- The following 15 ActiveSG stadiums will remain open during the control period.
- All other ActiveSG sport facilities will be closed, and all programmes suspended during this period.

1. Bedok Stadium	9. MOE (Evans) Stadium
2. Bishan Stadium	10. Queenstown Stadium
3. Bukit Gombak Stadium	11. Serangoon Stadium
4. Choa Chu Kang Stadium	12. Toa Payoh Stadium
5. Clementi Stadium	13. Woodlands Stadium
6. Home of Athletics	14. Yio Chu Kang Stadium
7. Hougang Stadium	15. Yishun Stadium
8. Jurong West Stadium	

**LIST OF SERVICES THAT REMAIN AVAILABLE IN ACTIVE SG SPORT CENTRES  
DURING THE CONTROL PERIOD (7 APRIL 2020 TO 4 MAY 2020)**

- List is correct as of 5 April 2020, 12pm.
- Members of the public are advised to contact the respective tenants before heading down. The sport facilities will be closed to the public.
- \*Childcare / student care centres may be opened with limited service provision.

1. Bishan Sport Centre	<ul style="list-style-type: none"> <li>• Good Bites</li> </ul>
2. Bukit Gombak Sport Centre	<ul style="list-style-type: none"> <li>• Singapore Post (POPStation)</li> </ul>
3. Choa Chu Kang Sport Centre	<ul style="list-style-type: none"> <li>• Kentucky Fried Chicken</li> <li>• Singapore Post (POPStation)</li> <li>• Star Learners @ CCK Sports Centre*</li> </ul>
4. Heartbeat@Bedok ActiveSG Sport Centre	<ul style="list-style-type: none"> <li>• Burger King</li> <li>• Heavenly Wang</li> <li>• NTUC Income Insurance Co-operative Bedok</li> </ul>

	<ul style="list-style-type: none"> <li>• Kaki Makan</li> <li>• QB House</li> <li>• RedMan at Heartbeat@Bedok</li> <li>• Ren Tian Tang Herbal Haircare</li> <li>• SuperGenius Preschool HBB*</li> <li>• Subway</li> <li>• Swee Heng Bakery</li> <li>• Tian Ma Group</li> <li>• Unity Dental</li> <li>• Watson's Personal Care</li> </ul>
5. Hougang Sport Centre	<ul style="list-style-type: none"> <li>• Singapore Post Limited (POPStation)</li> </ul>
6. Jalan Besar Sport Centre	<ul style="list-style-type: none"> <li>• Broadway Food Centre</li> </ul>
7. Jurong East Sport Centre	<ul style="list-style-type: none"> <li>• Kentucky Fried Chicken</li> <li>• PastaMania</li> <li>• Singapore Post (POPStation)</li> </ul>
8. Jurong West Sport Centre	<ul style="list-style-type: none"> <li>• MindChamps PreSchool @ Jurong West</li> <li>• The Enrichment Childcare*</li> <li>• Singapore Post (POPStation)</li> </ul>
9. Pasir Ris Sport Centre	<ul style="list-style-type: none"> <li>• Burger King</li> <li>• Kcuts</li> <li>• McDonald's</li> <li>• MSF Social Service Office</li> <li>• Singapore Post (POPStation)</li> </ul>
10. Sengkang Sport Centre	<ul style="list-style-type: none"> <li>• Kcuts</li> <li>• PastaMania</li> <li>• Singapore Post (POPStation)</li> <li>• Star Learners*</li> </ul>
11. Serangoon Sport Centre	<ul style="list-style-type: none"> <li>• Singapore Post (POPStation)</li> </ul>
12. Woodlands Sport Centre	<ul style="list-style-type: none"> <li>• Citrus By The Pool</li> <li>• Singapore Post (POPStation)</li> </ul>
13. Yio Chu Kang Sport Centre	<ul style="list-style-type: none"> <li>• MindChamps Pre-school*</li> <li>• Singapore Post (POPStation)</li> </ul>
14. ActiveSG Hockey Village@Boon Lay	<ul style="list-style-type: none"> <li>• Little Explorers' Cove*</li> </ul>