



Sports Boules Singapore

Safe Return to Sports Plan

Return to play guidelines

Sports Boules Singapore (SBS) has developed the following guidelines and let athletes, coaches and staff to have a safe return training for Petanque. Participants 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 the case of any Individuals who is unwell will need to seek doctor advice immediately. As a community we need to come together now more than ever to ensure the sustainability of our sport and the safety of all. Even as restrictions ease, our responsibility to each other does not.

These guidelines are based on the best available information and advice we have gathered and used in conjunction with the directives and guidelines from SportSG.

Key Principles

1. GENERAL MEASURES
2. EDUCATION
3. SCREENING & TRACING
4. MEASURES DURING TRAINING
5. GENERAL HYGIENE
6. Enforcement of measures
7. Period Review
8. Contingency Plan

1. General Measures

a. General

- I. Sport and recreational facilities may open. Facilities can only admit a maximum number of persons according to its Gross Floor Area based on 10 Sqm per person. No facility, regardless of size, shall admit more than 50 persons without specific approval by Sport Singapore.
- II. Athletes, coaches or other approved personnel who are unwell, on Stay Home Notice (SHN) or Quarantined Order will not be allowed to enter the facilities.
- III. Physical distancing of 2 metres (2 arms-length) between individuals should be maintained in general while exercising and playing sport.
- IV. Group activities are limited to no more than 5 participants. If there is more than one group sharing a space, the groups must not interact and must always maintain 3 metres apart from one another. For organized programmes and classes, an additional service provider (such as an instructor or a coach) from a permitted enterprise may guide the group.
- V. Mask should be worn as a default. Masks can be taken off when performing strenuous activities, although it is still recommended as good practice even under such circumstances.
- VI. Sharing of common equipment should be avoided. Personal equipment should not be shared. If this cannot be done, then equipment should be wiped down / sanitized frequently.
- VII. Owners or Operators of facilities are responsible for ensuring safe management measures are implemented, and that their patrons/users comply.

b. Safe Management Measures

- I. 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.
- II. Support Contact Tracing & Implement Temperature Screening. All sport and recreational facilities must implement SafeEntry for participants and visitors. Facility operators must conduct temperature screening and checks on visible symptoms for visitors and turn away those with fever and/or who appear unwell. Employees and visitors are encouraged to download and activate the TraceTogether app <https://www.tracetogether.gov.sg/>

- III. Reduce Physical Interaction and Ensure Safe Distancing. Facility operators will have to organize human traffic flow and space management to ensure that the mixing of groups is minimized to transient contact. Equipment should be arranged to allow users to exercise at a safe distance with each other.
- IV. Crowd Management. Facility operators will have to devise systems to ensure there is no overcrowding at or around their premises, such as through the use of booking systems. Facility operators will have to manage rest areas and changing room operations to prevent crowding and loitering.

2. Education

- I. 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)
- II. Education of all individuals on hygiene practices and promote required behaviours relevant to their sport and environment.
- III. Display appropriate education material within the facilities
- IV. All individuals to download the “TraceTogether” app. Please visit <https://www.tracetgether.gov.sg/> for more information
- V. Athletes, Coaches and Staff will be distributing education material for easy recognition.

3. Screening & Tracing

a. Ensure that high risk persons are denied entry

Health declarations and temperature screening before training session.

b. Know the GFA (Gross Floor Area) of the facilities

- I. To assist in working out the anticipated number of permissible individuals to train
- II. Group activities shall be limited to 5 persons. For organized programmes/classes, an additional service provider (such as an instructor or a coach) is permissible.
- III. Three meters distance between different groups should be maintained at all times.
- IV. No mixing between multiple groups throughout.

c. Use of “TraceTogether” app to facilitate contact tracing

Please visit <https://www.tracetogogether.gov.sg/> for more information

d. Register and implementation of Safe Entry at facilities

Institute SafeEntry App usage. Visit <https://www.safeentry.gov.sg/> to find out more.

e. Redesign traffic flow to minimize mixing

- I. Visit by prior appointment
- II. Management of queueing system
- III. Space management at access points

4. Measures during training Distancing and Size limitation

a. Develop options for training content and guidelines to suit different distancing parameters

- I. Training that can be done from home should be done from home.
- II. Maximum group size allowed and distance between groups
- III. Nature of activities that will meet the stated distancing requirement (e.g. 2m apart as a practical guide this equates to “2 arm’s length during exercises”)
- IV. Management of multiple groups in the facilities
- V. Human traffic flow separation
- VI. Mask wearing policy based on prevailing national posture
- VII. Space management of common areas on a ‘use and leave’ principle

b. Redesign layout to separate groups

- I. Grouping of participants for repeat participants (don’t end up mixing on different days)
- II. Stagger training to minimize numbers and reduce contact
- III. Modifying training (and subsequently competition) times so that there are less people present at one time

c. Strategies to limit time and person to person contact on site should be implemented

- I. Be prepared for training prior to arrival at venue (arrive dressed and ready to train).
- II. Athletes should get dressed to train/compete at home and shower at home on completion.
- III. Training groups to be kept compact, with a cap of five (5) persons per group.
- IV. Maintain a physical distance of at least 2m between all individuals (as a practical guide this equates to “2 arm’s length during exercises”).
- V. Body contact between athletes and/or coaches is prohibited.
- VI. Staggered training timings should be implemented to avoid overcrowding in the training venue, such that safe physical distancing is not possible.
- VII. Athletes and coaches/specialists to avoid lingering outside before/after training.
- VIII. No socializing or group meals before, during or after training.
- IX. Do not share drink bottles, towels, or any other personal sporting equipment.
- X. Any tasks that can be done at home, should be done at home (e.g. recovery sessions).
- XI. There should be no unnecessary body contact (e.g. hand shaking, high fives).

5. General Hygiene

a. Cleaning Regime

- I. Minimize the use of communal facilities, e.g. toilets, changing rooms.
- II. Increase in the cleaning and sanitizing of the training venues (i.e. protocol and frequency)
- III. Hand hygiene (hand sanitizers) on entry and exit to venues, as well as pre, post and during training
- IV. Change rooms, surfaces and objects in other relevant spaces should be cleaned between exercise sessions/matches with disinfectant.

b. Equipment sharing policy

- I. Policy on use of equipment (for e.g., no sharing of equipment or common equipment to be wiped after each use)
- II. Dedicated cleaning time
- III. Provision of sanitiser
- IV. Hand hygiene stations should be placed in high traffic areas and entry/exit points

c. Ventilation

Ensure the venue is well ventilated and aired at regular intervals (i.e. protocol and frequency)

6. Enforcement of Measure

- I. Government agencies will be conducting inspections following Phase 2 reopening, where those who do not comply with safe management measures may face penalties.
- II. Fitness activities organizers and operators should only resume operations when they can comply with safe management measures. Within two weeks of the date of resumption of on-site operations, they are required to:
- III. Submit the number of workers who are working on-site via the GoBusiness portal (<https://covid.gobusiness.gov.sg>); and
- IV. Prepare and have ready a safe management plan covering the measures relevant to their operations.
- V. Enforcement Officers will be conducting on-site inspections, where businesses found not complying with safe management measures may be required to close. Businesses that are unable to comply are advised to approach Sport Singapore on alternative arrangements at SPORT_QSM@sport.gov.sg.

7. Periodic Review

These parameters will be reviewed from time to time, and more persons may be allowed at a later juncture in Phase Two, taking into account how well the safe measures are implemented by operators and the compliance of the users in these settings, and the broader COVID-19 situation at the time.

a. Return to Play Measures

- I. *This is applicable to recreational play by the general public.*
- II. Adhere to facility capacity: capped at 10sqm per pax or 50 pax, whichever is lower.
- III. **“Get in, play, get out”** – be as fully geared as you can prior to arrival at venue, minimize the need to use/gather in change rooms, bathrooms where possible.
- IV. Allowed group size as per Sport Singapore or the respective facility management’s advisory:
- V. 5 players per court
- VI. 2 meters distance within the group should be maintained at all times.
- VII. 3 meters distance between different groups should be maintained at all times.
- VIII. No mixing between multiple groups throughout.
- IX. Wearing of masks
- X. Wearing of masks is compulsory pre and post exercise for all.
- XI. Avoid hanging around or loitering in the facility (such as toilets, changing rooms, or corridors) after your session has ended.
- XII. Sports Boules Singapore will provide safety equipment such as hand sanitizer and equipment sanitizer for athletes.
- XIII. Safe distancing will be implemented when coming in and during training.
- XIV. Everyone needs to scan safe entry before and after training.
- XV. Visitor/Parents Currently are not allow to enter the premise

8. Contingency Plan

If any players that is currently training with the team tested positive, the following are the immediate steps need to be taken.

- 1) Whenever training is on-going on the next 5 days, athletes will have to report their evidence of negative ART test to SDM before attending the training. This is to ensure the well-being for the rest of the athletes in the team.
- 2) Equipment will be disinfected after each training and safe keeping will be further enforced in the training.