



SINGAPORE WEIGHTLIFTING FEDERATION

Return to Sport Guidelines

Singapore Weightlifting Federation

19 May 2021

Version 3



Overview of Guidelines

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- Facilities Access
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Return to Training

- **All indoor sport / physical activity classes/ regardless of class size that cater to individuals who are 18 years (born in 2003) and below, are to be suspended or moved online.** This take effect from 19 May to 13 June 2021 or till further notice.
- Outdoor sport / physical activity for this group shall be restricted to only 1 coach to 1 student/trainee. If activity is strenuous, mask can be taken off but have to put on immediately after the end of the activity. No group outdoor classes / programmes can be conducted for this age group during this stipulated period.
- Individuals must not return to Sport if they have been unwell (showed any symptoms; fever (above 38 degree Celsius), sore-throat, cough, flu etc.) in the last 14 days or had any close contact with a known or suspected case of COVID-19.
- Anyone who is unwell should be referred to a doctor in accordance to Ministry of Health (MOH) guidelines.
- Any individuals who are possibly infected with COVID-19 must refrain from training at any venues, even from home until they are cleared by a medical doctor to do so.
- Attention should be placed towards gradual increase in training loads when returning to training in order to mitigate any risk of injuries.

Safe Management Officers (SMOs)

- Appointment of in-house Safe Management Officers (SMOs) who are briefed to oversee and ensure that the Safe Management Measures are in place (More than one where possible).
- Documentation, distribution and communication of Safe Management Plan.
- Plans are to be available on-site for inspection by the authorities.
- Appointed SMO to be in attendance at all times during training sessions.

Facilities Access

- Staggered class start times to allow for a minimum of 15 minutes between classes and/or put in place separate routes if a premise is able to host multiple classes at a time.
- Dedicated entry/exit point to the venue, and movement control of “groups” within the venue.
- Clear demarcation of 1m safety distance for queues to access the venue.
- From 17 May 2021 onwards, all visitors and staff are to use either the TraceTogether app or the TraceTogether Tokens for SafeEntry.
- Recording of entry and exit time of all Individuals. These records must be stored.
- Daily temperature screening, health declaration and hand sanitizing to be completed prior to entry (per entry) into training venue. Temperatures of all individuals must be recorded and kept.
- Individual with temperature above 38 degree Celsius will be denied entry to facility.

Facilities Access

- Exit and Entry points - Minimize & clearly demarcate entry & exit points.
- General queueing - 1m Safe distancing for all areas with waiting queues.



Facilities Access

- Individuals, including athletes, coaches or other approved personnel that show any signs of respiratory symptoms (cough, sore throat, fever, sneezing, runny nose, breathlessness, loss of smell or anosmia), even if mild, must be denied entry.
- Wear a mask at all times.
- Individuals, including athletes, coaches or other approved personnel who are unwell, on Stay Home Notice (SHN) or on Quarantine Order must be denied entry.

Facilities Access (Bedok NTC)

TRIPATITE SAFE-CHECKING SYSTEM

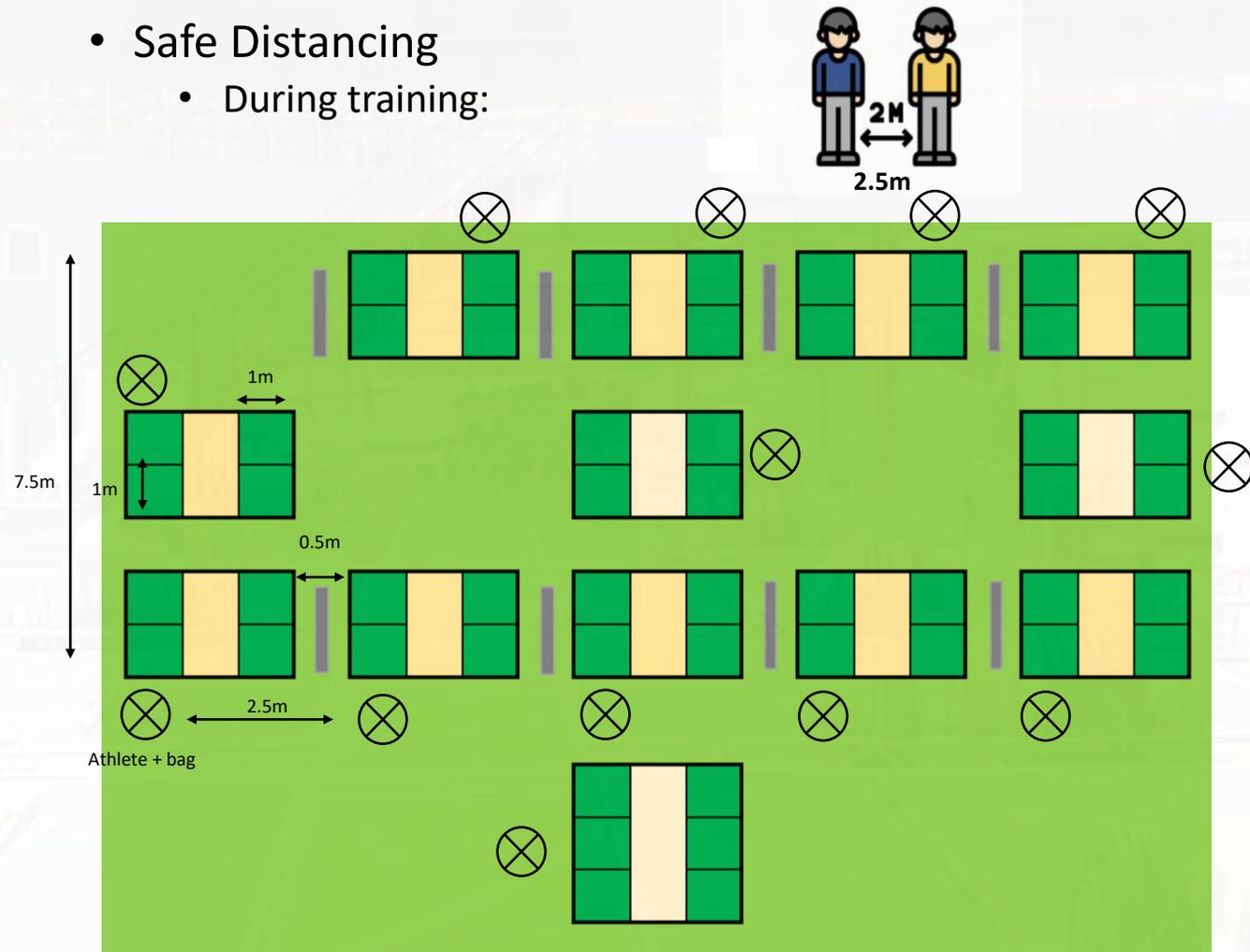
1. **Gatekeeper** will be stationed at Main entrance of facility during peak hours (5.00pm –8.00pm). Athletes will complete SafeEntry as well as Temperature check and online Declaration form before entering facility and be diverted via demarcation lanes to their Area of Training.
2. **Safe Management Officer (Coach)** will perform ‘Safety declaration questioning’ before allowing athlete to access the wrestling mats.
3. **Appointed witness (athlete or staff)** must witness Coach performing ‘Safety declaration questioning’.

Measures Within Facilities (Bedok NTC)

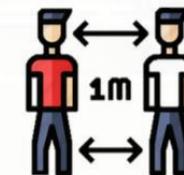
- Training timetable will be managed by **pre-booking, only reserved for National Team Training.**
- Schedule:
 - Mornings: 1100 – 1300 (Mon – Sat)
 - Evenings: 1600 – 2030 (Mon – Fri)
 - Sun/PH: Closed
- Maximum capacity allowed will be limited to **16 individuals** per session including staff.
- Mixing/ socialising/ interaction between groups is prohibited.
- Ensure a minimum of 10-15min for disinfection after training ends.

Measures Within Facilities (Bedok NTC)

- Safe Distancing
 - During training:



- At other times (non-training):



Measures Within Facilities

- 1 pax per 16sqm, maximum 50pax not including staff in the facility, depending on Gross Floor Area (GFA) of the venue. i.e. facility of up to 32sqm can admit up to 2 pax.
- Since 8 May and to 13 June 2021, all indoor facilities including **gyms** and fitness studios are to close, unless they only offer low intensity physical activities, sport and exercises where all participants and coaches are wearing masks at all times.
- No sharing or supply of common equipment is allowed.
- Organised classes/programmes indoors/ outdoors, multiple groups of 2 (with mask-on at all times) are allowable up to 30 pax or the capacity limit of the venue, whichever is lower.
- Within groups, must keep a 2m distance from each other. If there are two groups of 2 pax, they must keep a 3m distance between the groups.
- For outdoors – high intensity activity where masks have to be removed, only 2 pax are allowed (including the coach) and no multiple groups of 2 is allowed.
- Mixing/ socialising/ interaction between groups is prohibited.
- Common areas where people will otherwise congregate should be cordoned off.

Measures Within Facilities

- Minimize face to face interaction with clients, i.e. parents.
- Minimize cash transactions. (Use e-payment alternative where possible).
- Disinfecting agents like hand sanitisers, disinfectant sprays, paper towels and wipes must also be provided at all times up to a point where it is reasonably practicable, for the free use of members, visitors and employees.
- Ventilate the room after each class ends.
- Minimize the usage of changing rooms/washrooms. **1 at a time only policy**
- No spectators allowed.

Measures During Training (Bedok NTC)

- Maximum ONE lifter per platform.
- ONE barbell per lifter.
- Bags to be placed within the same platform.
- NO usage of wrestling mat.
- Warm-up/stretching are to be done at individual platform.
- NO peer to peer stepping (“massage”).
- NO body contact at all times, except when safety is involved (e.g. no handshaking, no high-fives).
- Cleaning equipment and sanitizer will be provided for use when moving between training equipment.
- Athletes and coaching staff **MUST** disinfect the platform and all equipment after use.

Measures During Training

- Coaches MUST have their mask on at ALL times.
- Class management is key. Staff must be able to manage and guarantee the adherence of 1m physical distancing within their group.
- Ensure that there is NO inter-mingling between group. Coaches and key personnel included.
- Ensure that there is a “one-way system” to keep all groups separate and to avoid congestion at entrances and exits. Coaches to assist athletes with directions.
- No sharing of drink bottles, towels, or any other personal sporting equipment.

General Hygiene

- Minimise the use of communal facilities; eg. toilets, changing rooms.
- Increase in the cleaning and sanitizing of training venue.
- Full wipe down of gym at the end of each day. (Bedok NTC)
- Common equipment must be sanitized for individual use. (Bedok NTC)
- Hand hygiene (hand sanitizers) on entry and exit point, as well as pre, during and post training.
- Toilets must be provided at all times with adequate toilet paper, liquid soap or detergent, litter bins and clean towels or hand dryers.

General Measures

- The 3 Gs “Get in, Get on, Get out”.
- ALL individuals should arrive dressed and ready to start the session.
- ALL individuals to change/shower at home on completion of session.
- ALL individuals to only commute between training venues and their residences, without lingering outside before/after training.

General Measures

- Time spent in the gym should be reduced to the minimum.
- NO socializing or group meals before, during or after training.
- Staff to be working from home as much as possible. Work from home is the default!
- No team bonding. I.e. birthday celebrations etc except remotely (Zoom etc.).
- Training sessions ONLY. Strictly NO other activities such as birthday parties.

Education

- Provide education material for community sport members to promote required behaviour. (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 behaviour, ie. 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 gym. This should be put up all around the facility prior to commencement of training.
- Documentation, distribution and communication of Safe Management plan.
- All members to be educated on the importance of personal hygiene. All individuals to ensure that they are “Germ Free” as much as possible. It is their personal responsibility!

Isolation

- There should be an area designated for isolation if an individual becomes unwell.
- Emergency response protocol must be put in place. SMOs to take charge should such a situation arise.

Contingency Protocols

- In the event of a confirmed COVID-19 case, that facility is to be shut down immediately.
- Identification of all staff and members who were in the affected facility at the time.
- List of staff and members to be submitted to MOH for contact tracing.
- Deep cleaning to be done at facility using NEA vendor.
- Facility to only be reopened after deep cleaning is done, and facility is given MOH's approval to reopen.

Useful Links

- Further Stricter Safe Management Measures For Sport And Physical Exercise & Activity (16 May To 13 June 2021):

<https://www.sportsingapore.gov.sg/Newsroom/Media-Releases/2021/May/Updated-as-of-18-May-2021-Further-Stricter-SMM-For-Sport-And-Physical-Exercise,-a-, -Activity>

- Resumption of business activities:

<https://covid.gobusiness.gov.sg/faq/resumption/resumption/>

- Safe management plan:

<https://www.mom.gov.sg/covid-19/requirements-for-safe-management-measures>

- Safety Management Officer:
(Courses are available on MOM website)

<https://www.mom.gov.sg/covid-19/frequently-asked-questions/safe-management-measures>

[https://www.moh.gov.sg/policies-and-legislation/covid-19-\(temporary-measures\)-\(control-order\)-regulations](https://www.moh.gov.sg/policies-and-legislation/covid-19-(temporary-measures)-(control-order)-regulations)

- SafeEntry

QR code: <https://www.safeentry.gov.sg/>

- Stipulated Occupancy Limits, Safe Management Measures & mention of Covid-19 (Temporary Measures) Act:

<https://www.ura.gov.sg/Corporate/Guidelines/Circulars/ja-15>