



Return to Modern Pentathlon Guide

This *Return to Modern Pentathlon Guide* is developed by Singapore Modern Pentathlon Association (SIMPA) to assist the Modern Pentathlon community's return to activity in a cautious and methodical manner **in Phase 2** of post COVID-19 Circuit Breaker in Singapore.

The guide will be communicated to the Modern Pentathlon community prior to the resumption of sport from 19 June onwards via the

- SIMPA website (www.singaporepentathlon.org.sg),
- SIMPA Facebook and Instagram page (#sgpentathlon),
- Sport Singapore website: <https://circle.myactivesg.com/ssi/safe-return-to-sport>

You may email any queries to info@singaporepentathlon.org.sg

The priority must always be protection of public health and minimisation of the risk of community transmission of the virus. It is our responsibility in helping to prevent the spread of COVID-19. We need to come together now more than ever to ensure the safety of all and the sustainability of our sport.

As restrictions ease, our responsibility to each other does not. Singaporeans are urged to remain vigilant and observe safe distancing measures in place to minimise community transmissions. Together, we all have a part to play in keeping COVID-19 at bay and protect ourselves and our loved ones.

This *guide* will be updated from time to time as further guidance material from government and public health authorities is provided. These guidelines are based on the advisory issued by Sport Singapore on 17 June 2020. The link to the advisory is provided: <https://www.myactivesg.com/read/2020/6/covid19-latest-updates>.

We look forward to seeing you on the court soon.

Key Principles

1. GENERAL MEASURES
2. RETURN TO PLAY MEASURES
3. RETURN TO TRAIN MEASURES
4. EDUCATION
5. SCREENING & TRACING
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1) GENERAL MEASURES

1.1 General

1.1.1 Sport and recreational facilities may oPentathlon. 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.

1.1.2 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.

1.1.3 Physical distancing of 2 metres (2 arms-length) between individuals should be maintained in general while exercising and playing sport.

1.1.4 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 organised programmes and classes, an additional service provider (such as an instructor or a coach) from a permitted enterprise may guide the group.

1.1.5 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.

1.1.6 Sharing of common equipment should be avoided. Personal equipment should not be shared. If this cannot be done, then equipment should be wiped down / sanitised frequently.

1.1.7 Owners or Operators of facilities are responsible for ensuring safe management measures are implemented, and that their patrons/users comply.

1.2 Safe Management Officers (SMOs)

1.2.1 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.

1.2.2 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.tracetgether.gov.sg/>).

1.2.3 Reduce Physical Interaction and Ensure Safe Distancing. Facility operators will have to organise human traffic flow and space management to ensure that the mixing of groups is minimised to transient contact. Equipment should be arranged to allow users to exercise at a safe distance with each other.

1.2.4 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.

1.2.5 Facility Access. As SIMPA is only having a store room in Bedok Sports Hall (3 Bedok North Street 2, Singapore 469643), thus we will prohibit anyone from accessing the store room for the time being. Only the storeroom key-holder, Ms. Cassandra Choh, is allowed to access, as and when necessary.



In view that Modern Pentathlon comprises of 5 different individual sports, SIMPA urges all athletes and participants who wishes to train for the individual sport to refer to the **“Safe Return to Sport Plan”** of the following sports to ensure adherence to the sport specific guidelines: Athletics, Equestrian, Fencing, Shooting & Swimming at the following link:

<https://circle.myactivesg.com/ssi/safe-return-to-sport/plan-listing>

2 Return to Play Measures

This is applicable to recreational play by the general public.

- 2.1 Adhere to facility capacity: capped at 10sqm per pax or 50 pax, whichever is lower.
- 2.2 **“Get in, play, get out”** – be as fully geared as you can prior to arrival at venue, minimise the need to use/gather in change rooms, bathrooms where possible.
- 2.3 Allowed group size as per Sport Singapore or the respective facility management’s advisory:
 - 2.3.1 5 players per court
 - 2.3.2 2 meters distance within the group should be maintained at all times.
 - 2.3.3 3 meters distance between different groups should be maintained at all times.
- 2.4 No mixing between multiple groups throughout.
- 2.5 Wearing of masks.
 - 2.5.1 Wearing of masks is compulsory pre and post exercise for all.
- 2.6 Avoid hanging around or loitering in the facility (such as toilets, changing rooms, or corridors) after your session has ended.

3 Return to Train Measures

This is applicable to team trainings for National Teams and Clubs/Academies.

- 3.1 Adhere to facility capacity: capped at 10sqm per pax or 50 pax, whichever is lower.
- 3.2 **“Get in, train, get out”** – be as fully geared as you can prior to arrival at venue minimise the need to use/gather in change rooms, bathrooms where possible.
- 3.3 If you need to visit the washroom, do it alone – do not go in pairs or groups except for emergency cases.
- 3.4 Allowed group size as per Sport Singapore or the respective facility management’s advisory:
 - 3.4.1 For organized training sessions: 5 players + 1 coach.
 - 3.4.2 2 meters distance within the group should be maintained at all times.
 - 3.4.3 3 meters distance between different groups should be maintained at all times.
- 3.5 No mixing between multiple groups throughout.



- 3.6 Wearing of masks/protective shields.
 - 3.6.1 For Modern Pentathlon training sessions (sheltered courts), the coach must wear masks at all times.
 - 3.6.2 For Modern Pentathlon training sessions (non sheltered courts), the coach can wear a protective face shield instead of mask.
 - 3.6.3 Players need not wear masks during training.
- 3.7 For Modern Pentathlon training sessions (sheltered courts), the coach must wear masks at all times.
- 3.8 For Modern Pentathlon training sessions (non sheltered courts), the coach can wear a protective face shield instead of mask.
- 3.9 Players need not wear masks during training.
- 3.10 All equipment to be wiped using disinfecting material before and after training.
- 3.11 Athletes and coaches to avoid hanging around or loitering in the facility (such as toilets, changing rooms, or corridors) after your session has ended.
- 3.12 Team de-briefing should be done via online methods.
- 3.13 Attendance taking should be done for every training.
- 3.14 Grouping of players should be maintained during Phase 2.

4 Education

- 4.1 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)
- 4.2 Education of all individuals on hygiene practices and promote required behaviours relevant to their sport and environment.
- 4.3 Display appropriate education material within the facilities
- 4.4 All individuals to download the “TraceTogether” app. Please visit <https://www.tracetogogether.gov.sg/> for more information
- 4.5 Athletes, Coaches and Staff will be distribute education material for easy recognition.

5 Screening & Tracing

- 5.1 Ensure that high risk persons, defined in 1.1.2 are denied entry.
- 5.2 Health declarations and temperature screening before training session showing temperature of >38°C will be denied entry.



- 5.3 Know the GFA (Gross Floor Area) of the facilities, to assist in working out the anticipated number of permissible individuals to train
- 5.4 Group activities shall be limited to 5 persons. For organised programmes/classes, an additional service provider (such as an instructor or a coach) is permissible.
- 5.5 3m distance between different groups should be maintained at all times.
- 5.6 No mixing between multiple groups throughout.
- 5.7 Use of “TraceTogether” app to facilitate contact tracing.
Please visit <https://www.tracetogether.gov.sg/> for more information
- 5.8 Register and implementation of Safe Entry at facilities.
Institute SafeEntry App usage. Visit <https://www.safeentry.gov.sg/> to find out more.

6 General Hygiene

6.1 Cleaning Regime

- 6.1.1 Minimise the use of communal facilities, e.g. toilets, changing rooms.
- 6.1.2 Increase in the cleaning and sanitising of the training venues (i.e. protocol and frequency)
- 6.1.3 Hand hygiene (hand sanitisers) on entry and exit to venues, as well as pre, post and during training.
- 6.1.4 Change rooms, surfaces and objects in other relevant spaces should be cleaned between exercise sessions/matches with disinfectant.

6.2 Equipment sharing policy

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

6.3 Ventilation

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



7. Enforcement of Measures

- 7.1 Government agencies will be conducting inspections following Phase 2 re-opening, where those who do not comply with safe management measures may face Penalties.
- 7.2 Fitness activities organisers 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:
- Submit the number of workers who are working on-site via the GoBusiness portal (<https://covid.gobusiness.gov.sg>); and
 - Prepare and have ready a safe management plan covering the measures relevant to their operations.
- 7.3 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.

8. 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.

9. References

In view that Modern Pentathlon comprises of 5 different individual sports, SIMPA urges all athletes and participants who wishes to train for the individual sport to refer to the “Safe Return To Sport Plan” of the following sports to ensure adherence to the sport specific guidelines: Athletics, Equestrian, Fencing, Shooting & Swimming at the following link: <https://circle.myactivesg.com/ssi/safe-return-to-sport/plan-listing>

10. Annex A – Useful Links

Advisory for Resumption of Sport and Physical Exercise & 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>

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>

Education materials for print and download:

<https://www.moh.gov.sg/covid-19/resources>