**Version 3.0**

**Correct as at 3 June 2021**

**Singapore Judo Federation “Safe Return To Sport” Plan &**

**Safe Management Plan for National Training Centre at 1 Guillemard Crescent**

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| 1. **GENERAL MEASURES**
 |
| ***Guidelines for SJF*** | ***Guidelines for SJF Affiliates and Judo Clubs*** |
| **Safe Management at SJF*** The Singapore Judo Federation (SJF) appoints Ms Tang Jingfang as the designated Safe Management Officer (SMO).
* The Safe Management measures outlined in this plan covers the SJF premises at 1 Guillemard Centre, Singapore 399913. The SJF premises covers the entire gross area of the compound, including the SJF Office, the SJF Dojo, the back office, the carpark and the training court outside the SJF Dojo.
* SJF Affiliates will receive a copy of the ‘Safe Return To Sport’ plan and are strongly encouraged to produce a similar plan for their respective premises.

**Facility Access*** Individuals, including athletes, coaches or other approved personnel that show any signs of respiratory symptoms (cough, sore throat, fever (above 38 degree Celsius), sneezing, runny nose, breathlessness, loss of smell or anosmia), even if mild, must be denied entry.
* From 17 May 2021 onwards, all staff and visitors to any facility within the SJF are to use either the TraceTogether app or the TraceTogether Tokens for SafeEntry (located near the main gate and dojo).
* Temperature screening, health declaration and hand sanitizing are required prior to entry into the training venue within the SJF premise. Temperature screening is to be conducted by the training provider/tenant before allowing entry into the training venue.
* Individual with temperature above 38 degree Celsius will be denied entry to facility.

**General Measures*** Athletes, coaches or other approved personnel who are unwell, on Stay Home Notice (SHN) or Quarantined Order will not be allowed to enter the venue.
* Mandatory handwashing before and after practice.
* Masks to be worn at **all times**.
* Athletes to keep personal belongings neatly and away from others’.
* No sharing of drink bottles, towels or other personal items.
* No sharing of equipment.
 | **Safe Management Plan for Clubs & Affiliates*** Clubs and affiliates should lodge their safe management plans with SJF before re-opening if they have yet to open.
* Clubs and affiliates should appoint a SMO who is briefed to oversee and ensure that the documented safe management measures are in place.
* The Safe Management Plan is to be made available on site for inspection by the authorities.

**Facility Access*** Affiliates and clubs are to implement the facility access measures and Safe Entry to all training facilities, including their respective dojos.
* From 17 May 2021 onwards, all staff and visitors are to use either the TraceTogether app or the TraceTogether Tokens for SafeEntry.
* Affiliates and clubs are to implement dedicated entry/exit points to their premises and movement control within the venue, as well as temperature screening prior to entry.
* Individuals, including athletes, coaches or other approved personnel that show any signs of respiratory symptoms (cough, sore throat, fever (above 38 degree Celsius), sneezing, runny nose, breathlessness, loss of smell or anosmia), even if mild, must be denied entry.
* Individual with temperature above 38 degree Celsius will be denied entry to facility.

**General Measures*** Affiliates and clubs should seek to replicate these measures.
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| 1. **EDUCATION**
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| ***Guidelines for SJF*** | ***Guidelines for SJF Affiliates and Judo Clubs*** |
| **Safe Management Briefing*** Sub-tenants of SJF premises, will be orientated on the guidelines provided by SportSG on safe return to sport.
* Sub-tenants of SJF premises are to develop their own Safe Management Plan substantially consistent with this document for submission to SJF.

**Education Measures*** Display clear stance towards social responsibility by promoting high level of hygiene and upholding safe management practices by coaches and officials.
* SJF to issue official circulars (e.g. disseminated through email or chat groups) to clearly inform all athletes, officials, and sub-tenants of guidelines and practices implemented at its premise.
* Provide or display appropriate 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).
* All individuals are to download the TraceTogether app or use the TraceTogether Token, as per prevalent national guidelines.
 | **Safe Management Briefing*** Affiliates and clubs are to attend the Safe Management Officer course provided by external vendors (courses are available on MOM website).
* Representatives from affiliates and clubs are to develop their own Safe Management Plan substantially consistent with this document for submission to SJF.

**Education Measures*** Affiliates and clubs should seek to replicate the measure implemented at SJF.
* Affiliates and clubs are to issue official circulars (e.g. disseminated through email or chat groups) to clearly inform all visitors and staff the guidelines and practices implemented at their premises.
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| 1. **SCREENING AND TRACING**
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| ***Guidelines for SJF*** | ***Guidelines for SJF Affiliates and Judo Clubs*** |
| **Visitor Screening and Crowd Size Limitation*** Visitors with recent travel history to high risk countries\* (if applicable) will not be allowed to visit SJF premises.

*\* ‘High risk countries’ as defined and updated by the Ministry of Health.** All visitors are to use SafeEntry to check in and check out upon each visit to SJF premises.
* A maximum of **1 person per 16 square metres** is allowed within designated communal spaces in the SJF premises (SJF Dojo, SJF Office, training court, etc.). The maximum number of visitors to the SJF premises is 33 persons at any one time, not including staff. i.e. GFA of SJF’s premises is 539 square metres. As such, going by 1 person per 16 square metres, SJF can have a maximum of 33 persons, excluding staff.
* Visitors are to use the TraceTogether app when they visit SJF premises.
* All visitors, both walk-in and staff, are to sign-in at a visitor register (physical or digital) maintained individually by SJF and sub-tenants of SJF premises. The visitor register should contain full names, last four digits of NRIC/IDs and mobile numbers of visitors. Check-in and check-out times must be stated also.
* The visitor registers of SJF’s sub-tenants should be accessible to SJF for contact tracing purposes, when required by SJF.
* Visitors are to maintain a safe distance of 1 metre from each other while accessing and in the SJF premises.
 | **Visitor Screening and Crowd Size Limitation*** Affiliates and clubs should seek to replicate measures implemented at SJF.
* Affiliates and clubs must adhere to the **1 person per 16 square** **metres** limit or **maximum capacity of 50 persons, not including staff**, for their facilities **depending on their respective Gross Floor Area (GFA)**. i.e. Facilities of up to 32 square metres can admit up to 2 persons, excluding staff.
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| 1. **MEASURES DURING TRAINING**
 |
| ***Guidelines for SJF*** | ***Guidelines for SJF Affiliates and Judo Clubs*** |
| **DISTANCING AND SIZE LIMITATIONS*** Modify activities to minimise contact as much as possible. Keep total grappling time to no more than 15 minutes in total per session.
* Ensure that the participants and instructors are masked on at all times, refraining from conducting activities that are strenuous to the point that they feel the need to remove their masks.
* Ensure that athletes do not shout unnecessarily while engaging in physical activities. This is because shouting increases the risk of transmission via droplets. Coaches may raise their volume when communicating instructions or in the event of a potential danger.
* Group activities must be confined to **no more than 2 persons in each group**. An additional person (i.e. coach) may guide the group. Multiple groups of 2 remain allowable up to 30 participants or the capacity limit of the venue, whichever is lower. The groups of 2 are not to intermingle before, during and after the class, and must remain 3 metres apart.
* It is **strongly advised to adopt cohorting arrangement** to manage infection risk, with clubs/ coaches maintaining records on cohorting system (i.e. which participant belongs to which group). Cohorting requires that no participant changes groups without observing a 14-day cooling period, during which the person changing groups should avoid participating in sports with prolonged grappling with any other group.
* High intensity activities where masks have to be removed, are only allowed in outdoors. Only 2 persons are allowed (including coach) and there can be no multiple groups of 2.
* **Only athletes and coaches who are listed on the submitted nominal roll will be allowed to train as part of the National Training Squad and train as per normal at Singapore Judo Federation (National Training Centre). They will be subjected to the weekly Rostered Routine Testing (RRT) Polymerase Chain Reaction (PCR) swab test and will also adhere to grouping and cohorting measures.**
* For the SJF Dojo, a maximum of 6 groups of 2 - 18 pax (excluding instructors or coaches) are allowed on the mats at any one time. Please see *Appendix A* for the safe-distancing layout (applicable for all others except national training squad).
* There should be **NO** inter-mingling between groups.
* One Coach is allowed to coach multiple groups of no more than 2 persons per group and he/she is to maintain a **3-metres** distance from the groups.
* Within group, a safe distancing of **2 metres** between individuals should be maintained while exercising.
* Athletes and coaches are to respect safe distancing measures as demarcated in the training venue.
* All windows and doors in the SJF Dojo are to be opened during training, to allow air circulation and ventilation.
* Sub-tenants are to stagger 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. This is to prevent intermingling and mixing between participants before and after class. Sub-tenants will have to ventilate the room after each class ends. Participants must leave the premises immediately once they have completed their classes, or if they have exceeded a two-hour period.
* Shower facilities will be out-of-bounds for all sub-tenants and their club members. To minimize time in the premises, visitors are to shower at home upon completion of their training activities.
* Toilet facilities remain open. At any one time, a maximum of 2 persons can be inside each of the male/female toilet.
* Sharing of personal sporting equipment (e.g. bottles, towels, etc.) is prohibited.
* Sharing of equipment such as dummies and punching bags are prohibited due to risk of fomite transmission.
* Athletes and coaches/specialists of the national squad are to only commute between training venues and their residences, without unnecessary lingering in the SJF premises before/after training.
* Members of the SJF training squad are to return home immediately after training and are not to socialise before or after training.
* All common spaces within the SJF premises are to be utilized according to the ‘use and leave’ principle. Individuals are not allowed to loiter in common spaces.
 | **SUSPENSION OF SPORT/ PHYSICAL ACTIVITY CLASS / PROGRAMMES FOR 18 YEARS AND BELOW FROM 19 MAY*** All indoor sport/ physical activity classes/ programmes 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 takes effect from 19 May to 13 June 2021 or till further notice.
* Outdoor sport/ physical activity for this age group shall be restricted to only 1 coach to 1 participant. If the 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 the stipulated period.

 **DISTANCING AND SIZE LIMITATIONS*** Affiliates and clubs are to adhere to similar training guidelines at SJF and modify their training programmes accordingly.
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| 1. **GENERAL HYGIENE**
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| ***Guidelines for SJF*** | ***Guidelines for SJF Affiliates and Judo Clubs*** |
| * Safe distancing of **2 metres** is to be observed at all times within the SJF premises.
* Only 2 persons are allowed in the male/female changing room in the SJF Dojo at any one time.
* The toilets and changing rooms within the SJF premises will be cleaned and sanitized 3 times a week.
* Hand sanitizers will be provided at the entrance/exit of the SJF Dojo and will be refilled every week.
* There will be no sharing of Judogi at all times - Judgogi which are found in common spaces will be cleared away after every training.
* At the end of every training session, participants have to clean and mop the mats in the SJF Dojo with water and disinfectant.
* The SJF Dojo’s cleaning and sanitizing weekly schedule is as follows:
* Monday (10 am)
* Wednesday (10 am)
* Friday (10 am)
 | * Affiliates and clubs should seek to replicate these measures implemented at SJF.
* To ensure a high level of hygiene in the training environment, the training area should be cleaned in between sessions.
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**USEFUL LINKS**

* **1.**  **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](https://www.sportsingapore.gov.sg/Newsroom/Media-Releases/2021/May/Updated-as-of-18-May-2021-Further-Stricter-SMM-For-Sport-And-Physical-Exercise-%2C-a-%2C-Activity)
* **2. FAQs Further Stricter Safe Management Measures For Sport and Physical Exercise and Activity (16 May to 13 June 2021):**
* <https://www.sportsingapore.gov.sg/-/media/SSC/Corporate/Files/News-and-Updates/Media-Releases/2021/May/21/Updated-21-May-2021_FAQs--Further-Stricter-SMMs-for-Sport-and-PA_PE.pdf>
* **3. Resumption of business activities:**
* <https://covid.gobusiness.gov.sg/faq/resumption/resumption/>
* **4. Safe management plan:**
* <https://www.mom.gov.sg/covid-19/requirements-for-safe-management-measures>
* **5. 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-%28temporary-measures%29-%28control-order%29-regulations)
* **6. SafeEntry QR code:**
* <https://www.safeentry.gov.sg/>
* **7. TraceTogether:**
* [https://www.tracetogether.gov.sg](https://www.tracetogether.gov.sg/)
* **8. Stipulated Occupancy Limits, Safe Management Measures & mention of Covid-19 (Temporary Measures) Act:**
* <https://www.ura.gov.sg/Corporate/Guidelines/Circulars/ja-15>

**9. Education materials for print and download:**

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

Appendix A – SJF Dojo Safe-Distancing Layout -applicable for all others except national training squad

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|  | 3m |  |  |  |
|  |  |  3m |  |  |
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Maximum capacity based on GFA: 16 pax

Maximum capacity per group: 2 pax