

Resumption of Activities for Phase 2



Disclaimer

The following guidelines are based on prevailing directions and policies established by the relevant authorities and will be subject to changes should there be any updates

STF Advisory Version 0.85



Session Context

- No Audio or Video Recording of the session
- Camera must be **switched on**
- Mute until there are questions to ask; click on “Raise Hand” function when need to ask question – **unmute only when invited to speak**
- Work from a **quiet space** on your own without background noise
- Use a **headset or earpiece** for dialling in with your computer
- Ensure **good internet connectivity** prior to joining for better communication



Safe Return by Sports SG

- As announced by the Multi-Ministry Taskforce, Phase Two will commence on 19 June 2020
- Appointment of Safe Management Officers
- Facility Access & Temperature Screening

SAFE RETURN TO SPORT, PHYSICAL EXERCISE & ACTIVITY IN PHASE TWO

DO YOUR PART TO KEEP YOU & YOUR COMMUNITY SAFE

- 

SafeEntry and temperature taking at all sport facilities
- 

2m safe distancing while exercising.
3m distancing for indoors high intensity/
high movement exercise classes
- 

Maximum 5 pax in group activities and classes*. Different groups must stay 3m apart when exercising
- 

Contact sports are permitted in groups of 5. Avoid extensive body contact
- 

Wear your mask unless you are doing strenuous activities
- 

Avoid touching common public objects with your hands or any part of your body
- 

Wipe your perspiration with your towel. Avoid touching your face with your hands
- 

Bring your own personal equipment where possible. If not, please wipe down the equipment after use
- 

Senior-centric* activities can resume, limited to activities done individually & no sharing of equipment
- 

Children and youth programmes and activities may resume

* 1 additional instructor is permitted
* Seniors refer to 60 years old and above

Sport SINGAPORE **SG UNITED** **BE SOCIALLY RESPONSIBLE.**



Facility Capacity

- Maximum number of person based on 10 sqm per pax **excluding staff**;
Cap limit at 50pax
- I.E. -

20 SQM = 5 PAX

50 SQM = 5 PAX

60 SQM = 6 PAX



Entering the Premises



- All training premises must set up a station at the entry/exit with the following requirements:
 - SafeEntry Check in / Check Out (<https://www.safeentry.gov.sg/>)
 - Travel declaration
 - Close contact with known or suspected cases
 - Temperature Record
- Entry/exit should be a single flow where participants entering the premise is of transient to no contact upon entry or exit

Safety Distancing



1 METER DISTANCE

- 1-arm's length
- Queue to enter Training Area
- Changing Areas
- Rest Area / Common Area
- Bathrooms
- Store / Equipment Storage



2 METER DISTANCE

- 2-arm's length
- Fall-In
- General Exercises
- Poomsae Drills
- Kicking Drills
 - Holding of hand mitts are allowed



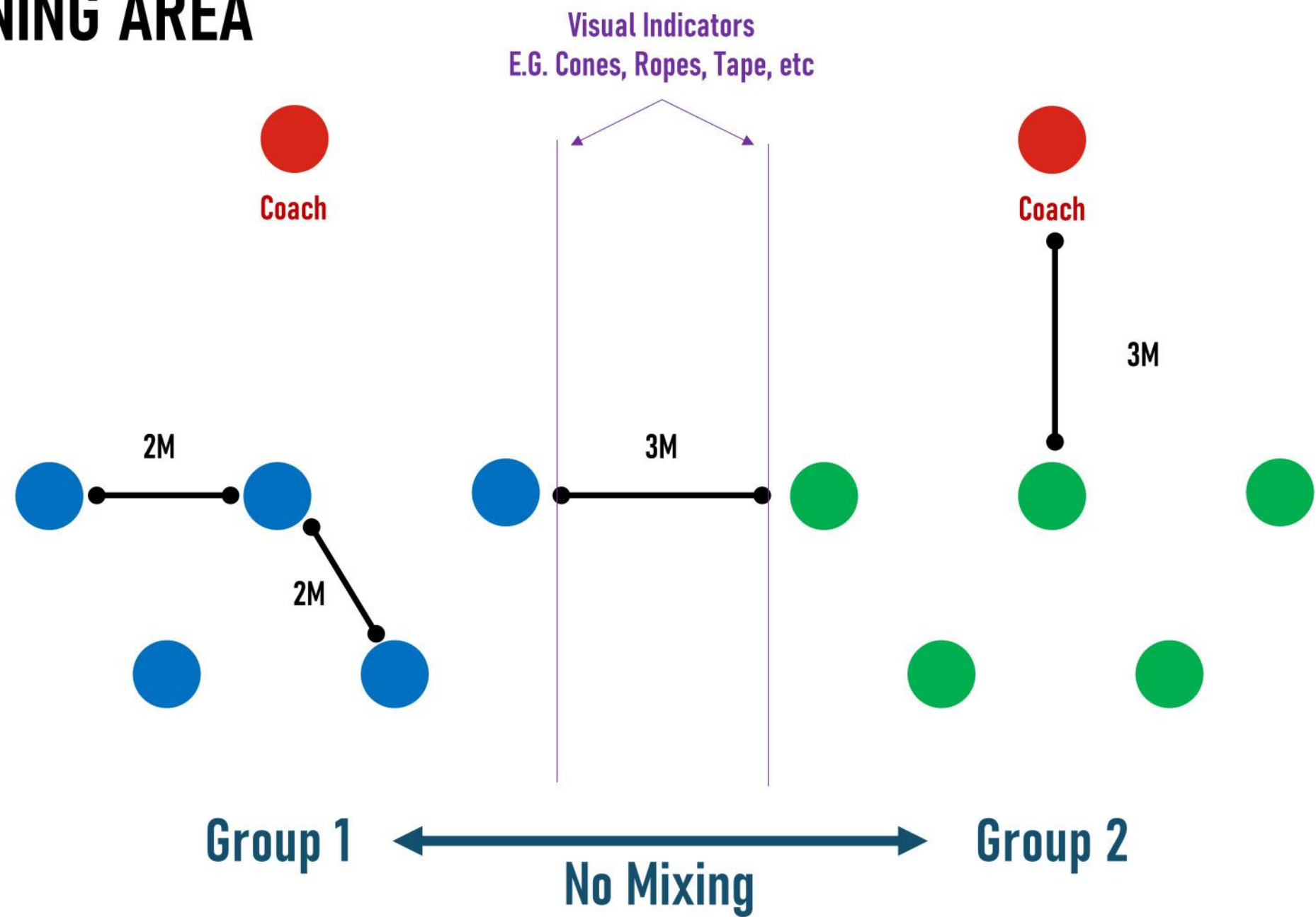
3 METER DISTANCE

- 3-arm's length
- Indoor high intensity workout
- High movement exercises
- Distance between Group(s)
- Distance between Coach and Group(s)



TRAINING MEASURES: DISTANCE

100 SQM TRAINING AREA



TRAINING MEASURES: LESSONS CONDUCT

- Avoid extensive body contact (i.e. Grappling or Restraining)
- Transient Contact such as kicking, and punching are acceptable
- Light Contact Sparring is allowed
 - Avoid extensive body contact (i.e. Clinching)
 - Only done within fixed groups of 5pax
- Staggered trainings to minimize numbers and reduce contact.
Modify sessions so that there are less people present at one time



TRAINING MEASURES: EQUIPMENT

- Mask is a must unless when performing strenuous activities
- Sharing common equipment should be avoided.
- No sharing of Personal equipment including Protective Gear
 - If not, after each session equipment must be wiped down / sanitised frequently
- Hand hygiene stations should be placed in high traffic areas and entry/exit points



Frequently Asked Questions

Do Athletes & Coaches need to wear masks during training?

Can more than one Coach teach a group of 5?

Can athletes do sparring?

Can we hold Pads / Paddles / Hand-mitts / Focusers for each other?



QUESTION & ANSWER



NEXT STEPS

- Please complete and submit **Annex A** from the Guidelines for Affiliates_v0.85 and email it to the STF Secretariat promptly

[http://www.stf.sg/attachments/article/2182/2020-06-24-Guidelines-for-affiliates w Annexes v0.85-compressed.pdf](http://www.stf.sg/attachments/article/2182/2020-06-24-Guidelines-for-affiliates_w_Annexes_v0.85-compressed.pdf)

- For any questions or clarifications please email stkdf@mail.com or call the STF office at **6345 1491** during office hours (**Monday to Thursday only**)

- Please refer to <http://www.stf.sg/local-news/2185-resumption-of-office-operations> for information on appointment making to visit the office

ANNEX A

SINGAPORE TAEKWONDO FEDERATION
DECLARATION FOR
RESUMPTION OF TAEKWONDO ACTIVITY
FOR PHASE TWO
("SAFE TRANSITION")
(VERSION 0.85: 22 JUNE 2020)

AFFILIATE: _____

I/We confirmed that we have implemented our safe management measures and safe return to sport plan with guidance from this advisory and other guidelines from the relevant authorities.

REPRESENTATIVE: _____

POSITION: _____

ID (last 4 digits): _____

DATE: _____

SIGNATURE: _____
(and company stamp if applicable)

SAFE MANAGEMENT OFFICER:

NAME: _____

ID (last 4 digits): _____

DATE: _____

SIGNATURE: _____
(and company stamp if applicable)

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