COVID-19: Expanded Team Sports under Vaccination Differentiated SMMs (VDS) in IHLs

Dear Students

1. On 15 March, in ORMC’s Circular 4 (Ref: 25. Sports Activities (b), (c)) the resumption of team sports for up to 30 fully vaccinated individuals was announced.

2. This document outlines the activities and SOP on the implementation of this expanded team sports activities.

3. **Overview**

   (a) Team sports will be allowed for up to 30 fully vaccinated persons (including players, coaches, umpires etc), at selected supervised/operated sports facilities i.e. sports facilities under SUU, facilities at the respective halls/residences/colleges from 4 April 2022.

   (b) The number of players who can be admitted into the premises and onto each court or field will also depend on the venue capacity and safe-distancing considerations. See Annex B.

   (c) The prevailing national SMMs as prescribed by SportSG such as wearing of masks and safe distancing, will apply before and after the sporting activity, and during rest breaks. Any participants not playing during the game in indoor facilities will have to be masked and observe a 1-metre safe distancing from unmasked players on the court or field. There should be no mingling before and after the game between groups of up to 10 individuals.

   (d) No additional testing requirement will be imposed but participants are strongly encouraged to self-test before arriving for the sporting activity, and to stay home if they test positive or develop symptoms. Participants will be required to fill in a health declaration form prior to the sporting activity.

   (e) Team sport formats in other unsupervised settings such as outdoor courts or fields in public areas will continue to adhere to the prevailing national social gathering group size of 10 individuals.

   (f) Enforcement officers and safe distancing ambassadors will conduct regular checks to ensure compliance with the required SMMs by the participants.

   (g) In addition to the SMMs under the preceding paragraphs, other prevailing SMMs prescribed by SportSG will continue to be in place and should be complied with. These includes:
i. Reducing physical interaction & hygiene and ensuring safe distancing. Organise human traffic flow and space management to ensure that the mixing of groups is minimised to transient contact.

ii. Frequently disinfect common spaces/equipment and interactive components (e.g., shared exercise equipment).

iii. Sanitise hands before and after the activity.

iv. Ensure that instructors/coaches/participants do not shout while engaging in physical activities. This is because shouting increases the risk of transmission via droplets.

4. Eligibility of Participants and Organisers (Updated)

   (a) This is only applicable for official trainings/games organised by NUS Student Groups.

   (b) Update: Student groups using SUU facilities must have a valid approved Reboks booking.

   (c) Only fully vaccinated and verified COVID-19 recovered individuals are allowed to participate in the team sports format under VDS. All unvaccinated (including unvaccinated children aged 12 years old and under) and medically ineligible individuals are not allowed to participate.

   (d) Persons who have the following will not be allowed to participate:

      i. Issued a Medical Certificate (MC); or

      ii. Under Stay Home Notice (SHN), Home Recovery Programme (HRP), Isolation Order (IO), Self-isolation; or

      iii. Awaiting a COVID-19 swab test result.

5. Health Declaration and Reporting (Updated)

   (a) Organisers need to ensure that each participant complete a Health Declaration at each session as follows:

      i. Does not have a fever / any ARI symptoms (cough, runny nose, sore throat, loss of taste or smell)

      ii. In close contact with a known COVID case

      iii. Does not have a positive ART result in the last 3 days

   Organisers will be responsible of collecting such information from your respective participants and can decide the method in which you wish to collect the information. You may find a sample of the Health Declaration form in Annex C.

   (b) At the start of each session, organiser/Team Captain/IC should complete this Expanded Team Sports - Pre-Session Form 1.

   (c) Seven (7) days after the session, organiser/Team Captain/IC will be prompted to complete a second Expanded Team Sports - Post-Session Form 2. This second form requires the organiser/Team Captain/IC to report if any of the participants had a positive ART result or known to be a confirmed COVID-19 case 7 days after the session.

   Update (6 Apr): Captain/IC will need to fill in details of the cases in this Expanded Team Sports – COVID-19 Cases template. Please upload the password-protected file and saved in this format:
This reporting is on a best effort basis. Participants are not mandated to test themselves just for the purpose of completing this report.

Data collected from (b) and (c) will help MOH and SportSG evaluate if the proposed approach for resumption of team sports is safe and can be extended to other mask off settings and activities.

6. **Team Sports, Facilities and Capacities**
   
i) Only team sports activities held at SUU sports facilities (See Annex B) will be allowed under this VDS.
   
ii) Halls, residences and colleges have full discretion to decide which the Team Sports shall be under this protocol at their supervised facilities as long as it adheres to the protocol set out in this document and SportSG.

7. **Feedback and Queries**

   Please refer to the FAQ section (Annex A). Should you have further questions, comments or feedback on this pilot, please email to [sports@nus.edu.sg](mailto:sports@nus.edu.sg) with the subject: Resumption of Bigger Team Sports.

Thank you.

A/P Ho Han Kiat  
Dean of Students  
Office of Student Affairs

**Stay updated:**
- NUS circulars, FAQs, emergency contact numbers, as well as useful links on the COVID-19 situation are available at [emergency.nus.edu.sg](http://emergency.nus.edu.sg).
- The latest NUS-related news, research and commentaries on COVID-19 are available [here](http://www.nus.edu.sg).
- Please refer to the [Ministry of Health](http://www.moh.gov.sg) for the latest information on the COVID-19 situation in Singapore.
Annex A

Frequently Asked Questions (FAQ) on Team Sports VDS

1. Qns: Who is included in the 30 pax per session?
   
   Ans: The 30 pax in the session only includes players, coaches/instructors, linesmen, umpires, or referees who are involved in that session.

2. Do I need to take ART under this Team Sports VDS?
   
   Ans: No additional testing requirement will be imposed but participants are strongly encouraged to self-test before arriving for the sporting activity, and to stay home if they test positive or develop symptoms. Participants will be required to fill in a health declaration form prior to the sporting activity.

3. Qns: Can all participants be unmasked throughout the session?
   
   Ans: No. The prevailing SMMs such as wearing of masks and safe distancing, will apply before and after the sporting activity, and during rest breaks in indoor facilities. Any participants not playing during the game will have to be masked and observe a 1-metre safe distancing from unmasked players on the court or field. There should be no mingling before and after the game between groups of up to 10 individuals.

4. Qns: I am medically ineligible for vaccination. Can I participate under this Expanded Team Sports VDS?
   
   Ans: No.

5. Qn: I want to play 5v5 basketball / football at the open-air basketball court / field at the USC without REBOKS booking. Is this allowed?
   
   Ans: Yes, with the increase in the national group size to 10 pax, team sport formats such as 5v5 are allowed in outdoor courts or fields in public areas from 29 March 2022.

   To be clear, playing amongst 2 groups of 10 pax i.e. 10v10, is not allowed.

6. Qn: I want to play 10v10 football at the open-air field at the stadium but have no prior REBOKS group booking. Is this allowed?
   
   Ans: No. Team sport formats in other unsupervised settings such as informal and unofficial social activities will continue to adhere to the prevailing NUS SMMs group size.

7. Qn: The sports activity that my group is doing is not reflected in Annex B but I have a valid Reboks booking, can my group be part of this? (Eg, Cheerleading, martial arts, etc) "New"
   
   Ans: Yes. As long as your group has a valid approved Reboks booking for the activity at the venue, you may conduct the activity in groups of up to 30 pax. You will have to adhere to all SMMs and SOP in this document. While this is allowed, student leaders should exercise caution in deciding whether it is essential for the activity to be conducted in groups larger than 10 pax. Where there’s no need to, student organisations are advised to keep to groups of 10 pax.

END
Annex B

List of Team Sports capacities, venues and Maximum Limit

<table>
<thead>
<tr>
<th>No.</th>
<th>Sport</th>
<th>Sport-specific capacity</th>
<th>Venue(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Canoe Polo</td>
<td>Maximum of 12 players on court (6v6)</td>
<td>USC Pool</td>
</tr>
<tr>
<td>2</td>
<td>Water Polo</td>
<td>Maximum of 12 players on court (6v6)</td>
<td>USC Pool</td>
</tr>
<tr>
<td>3</td>
<td>Basketball</td>
<td>Maximum of 10 players on court (5v5)</td>
<td>USC Hall / Outdoor Court / UTSH</td>
</tr>
<tr>
<td>4</td>
<td>Floorball</td>
<td>Maximum of 12 players on court (6v6)</td>
<td>USC Hall / MSH 6</td>
</tr>
<tr>
<td>5</td>
<td>Handball</td>
<td>Maximum of 12 players on court (6v6)</td>
<td>USC Hall / Outdoor Court</td>
</tr>
<tr>
<td>6</td>
<td>Netball</td>
<td>Maximum of 14 players on court (7v7)</td>
<td>USC Hall / Outdoor Court</td>
</tr>
<tr>
<td>7</td>
<td>Tchoukball</td>
<td>Maximum of 14 players on court (7v7)</td>
<td>UTSH</td>
</tr>
<tr>
<td>8</td>
<td>Volleyball</td>
<td>Maximum of 12 players on court (6v6)</td>
<td>UTSH / Outdoor Court</td>
</tr>
<tr>
<td>9</td>
<td>Cricket</td>
<td>Maximum of 20 players on field (10v10)</td>
<td>Field</td>
</tr>
<tr>
<td>10</td>
<td>Futsal</td>
<td>Maximum of 10 players on field (5v5)</td>
<td>Field / Outdoor Court</td>
</tr>
<tr>
<td>11</td>
<td>Football</td>
<td>Maximum of 22 players on field (11v11)</td>
<td>Field</td>
</tr>
<tr>
<td>12</td>
<td>Rugby</td>
<td>Maximum of 30 players on field (15v15)</td>
<td>Field</td>
</tr>
<tr>
<td>13</td>
<td>Softball</td>
<td>Maximum of 20 players on field (10v10)</td>
<td>Field</td>
</tr>
<tr>
<td>14</td>
<td>Touch Football</td>
<td>Maximum of 12 players on field (6v6)</td>
<td>Field</td>
</tr>
<tr>
<td>15</td>
<td>Ultimate Frisbee</td>
<td>Maximum of 14 players on court (7v7)</td>
<td>Field</td>
</tr>
</tbody>
</table>

For all these sports, there is a maximum limit of not more than 30 pax during the session (inclusive of referees, officials, players and substitutes).

**Update (6 Apr):** For other head-to-head team sports such as Captain’s Ball, Dodgeball, etc – student groups may go ahead to organise them as long as it adheres to the SMMs.
Annex C – Sample of Health Declaration Form

Pre-Activity Health Declaration Form

Each participant is required to submit a health declaration before every team sports session under the Resumption of Bigger Team Sports VDS (up to 30 pax per group).

Note: Please complete this health declaration on the day of your sport training/event/competition and show the acknowledgment note to your captain and SDA.

You CANNOT PARTICIPATE if you are currently:
• Issued a Medical Certificate (MC); or
• Under Stay Home Notice (SHN), Home Recovery Programme (HRP), Isolation Order (IO), Self-isolation; or
• Awaiting a COVID-19 swab test result.

Personal Particulars:
Name:
Student Organisation:
Date of Activity:
Type of Sport Activity:
Venue of Activity:

Question 1:

☐ I declare that I am not:
   I) Having fever and/or Acute Respiratory Infection (ARI) symptoms. (i.e. cough, shortness of breath, runny nose, sore throat or loss of sense of smell.)
   II) Serving an Isolation Order (IO), Stay Home Notice (SHN) or awaiting a COVID-19 swab test result.
   III) Under MOH Health Risk Notice (HRN) monitoring. (If you are issued with a HRN, you can proceed with the activity only if you have a valid 24-hour negative ART result.)
   IV) In close contact with a case of COVID-19 infection in the last 7 days. (If you are, you can proceed with the activity only if you have a valid 24-hour negative ART result)

Question 2:

Within the last 24 hours,
☐ I have NOT taken an ART
☐ I have taken an ART and it is negative