



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	
<i>Guidelines for SJF</i>	<i>Guidelines for SJF Affiliates and Judo Clubs</i>
<p><u>Safe Management at SJF</u></p> <ul style="list-style-type: none">• 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.	<p><u>Safe Management Plan for Clubs & Affiliates</u></p> <ul style="list-style-type: none">• Clubs and affiliates should lodge their safe management plans with SJF before re-opening at Phase 2.• 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

- 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.
- Staff and visitors to any facility within the SJF premise have to check-in through Safe Entry (located outside the main gates) before being permitted entry and are required to check out on exit and all are to download and activate the Trace Together App and keep it in active mode at all times.
- 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**, unless engaged in Judo practice.
- Athletes to keep personal belongings neatly and away from others'.
- No sharing of drink bottles, towels or other personal items.
- No sharing of equipment without appropriate cleaning or sanitisation between change of user.

Facility Access

- Affiliates and clubs are to implement the facility access measures and Safe Entry to all training facilities, including their respective dojos.
- Affiliates and clubs which operate on their own premises are to obtain SafeEntry QR code. Kindly log in to www.ndi-api.gov.sg/safeentry with CorpPass account to obtain the QR code posters. Clubs and affiliates should not operate on premises without Safe Entry and all are to download and activate the Trace Together App and keep it in active mode at all times.
- 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.

General Measures

- Affiliates and clubs should seek to replicate these measures.



2. EDUCATION

<i>Guidelines for SJF</i>	<i>Guidelines for SJF Affiliates and Judo Clubs</i>
<p><u>Safe Management Briefing</u></p> <ul style="list-style-type: none"> ● 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. <p><u>Education Measures</u></p> <ul style="list-style-type: none"> ● 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 encouraged to download the TraceTogether app, as per prevalent national guidelines. 	<p><u>Safe Management Briefing</u></p> <ul style="list-style-type: none"> ● 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. <p><u>Education Measures</u></p> <ul style="list-style-type: none"> ● 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



3. SCREENING AND TRACING

<i>Guidelines for SJF</i>	<i>Guidelines for SJF Affiliates and Judo Clubs</i>
<p><u>Visitor Screening and Crowd Size Limitation</u></p> <ul style="list-style-type: none"> ● Visitors with recent travel history to high risk countries* (if applicable) will not be allowed to visit SJF premises. <p style="margin-left: 20px;">* <i>'High risk countries' as defined and updated by the Ministry of Health.</i></p> <ul style="list-style-type: none"> ● All visitors are to use SafeEntry to check in and check out upon each visit to SJF premises. ● A maximum of 1 person per 10 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 50 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 10 square metres, SJF can have a maximum of 50 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. 	<p><u>Visitor Screening and Crowd Size Limitation</u></p> <ul style="list-style-type: none"> ● Affiliates and clubs should seek to replicate measures implemented at SJF. ● Affiliates and clubs must adhere to the 1 person per 10 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. facility of up to 50 square metres can admit up to 5 pax while a 60 square metres facility can accommodate 6 pax (60 square metres/ 10 square metres per pax) excluding staff.



4. MEASURES DURING TRAINING

<i>Guidelines for SJF</i>	<i>Guidelines for SJF Affiliates and Judo Clubs</i>
<p><u>DISTANCING AND SIZE LIMITATIONS</u></p> <ul style="list-style-type: none"> ● Training activities that involve extensive body contact, including but not limited to <i>uchikomi with uke, randori/shiai</i> and <i>partnered exercises</i> are not allowed. ● Transient contact is allowed. (i.e. “fast touch and let go” – only short moments of contact such as accidental contact during activities) Nonetheless, trainings should be designed to minimize extensive body contact. ● Depending on the GFA of the facility, there can be multiple groups of no more than 5 persons per group (plus one coach per group is allowed). A distance of at least 3 metres must be maintained between the groups. ● For SJF Dojo, a maximum of 3 groups of 5 (plus one coach for each group of 5) are allowed at any one time. ● There should be NO inter-mingling between groups. ● One Coach is allowed to coach multiple groups of no more than 5 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 and 3 metres for indoor high intensity or high movement activities. ● Athletes and coaches to respect safe distancing measures as demarcated in the training venue. ● Before and after training, masks are to be worn at all times. Masks can be taken off only during training. 	<p><u>DISTANCING AND SIZE LIMITATIONS</u></p> <ul style="list-style-type: none"> ● Affiliates and clubs are to adhere to similar training measures and modify their training programmes accordingly. ● At any one time, the number of people allowed will be dependent on respective GFA. Affiliates and clubs should set a limit on the number of groups permitted in a single setting. There can be multiple groups of no more than 5 persons in each group (plus one coach per group is allowed).



- All windows and doors in the SJF Dojo are to be open during training, to allow air circulation and ventilation.
- Groups of participants are **not to inter-mingle**. Coaches/administrators using SJF premises are to manage the grouping of participants and to ensure that repeat participants do not end up mixing on different days.
- To maximize training accessibility, sub-tenants may stagger training time for different groups of participants within their allocated time slots. However, access to the training venue will only be allowed upon the departure of another group so as to meet crowd size limitation guidelines.
- 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.
- Equipment for common use have to be wiped down and/or sanitized after every individual use. The individual using the equipment is responsible for wiping down and/or sanitizing the equipment before use.
- Athletes and coaches/specialists of the national squads 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 squads 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.



5. GENERAL HYGIENE

<i>Guidelines for SJF</i>	<i>Guidelines for SJF Affiliates and Judo Clubs</i>
<ul style="list-style-type: none"> ● 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. ● Shared equipment, e.g. throwing dummies, weights, etc., are to be wiped down and/or sanitised after every use. ● 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: <ul style="list-style-type: none"> - Monday (10 am) - Wednesday (10 am) - Friday (10 am) 	<ul style="list-style-type: none"> ● 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.



USEFUL LINKS

1. 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>

2. Resumption of business activities:

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

3. Safe management plan:

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

4. 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)

5. SafeEntry QR code:

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

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

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

7. Education materials for print and download:

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