

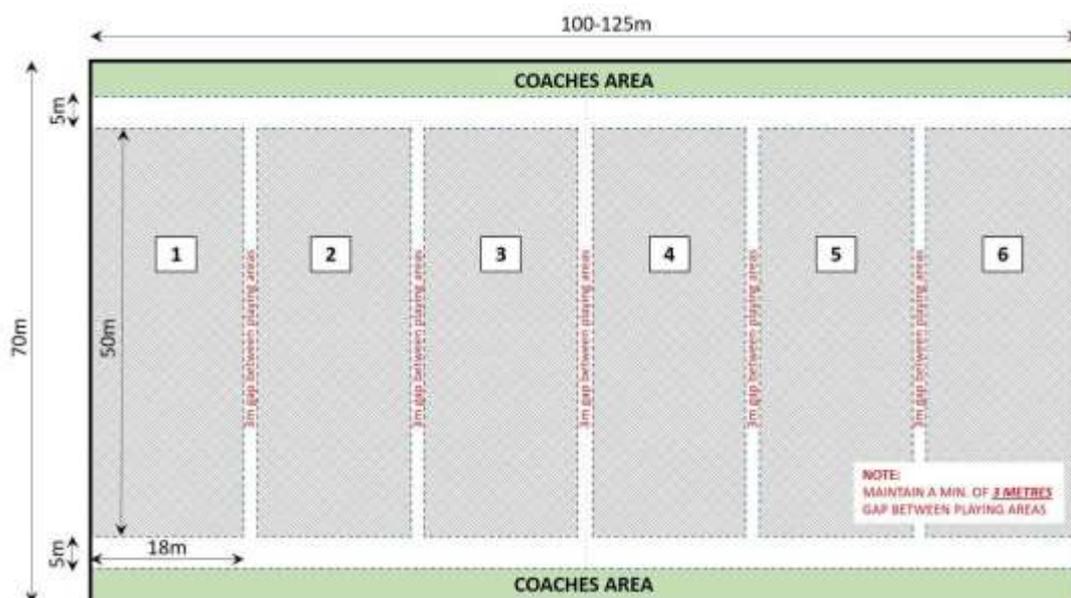


Touch Singapore Phase 2 Guidelines

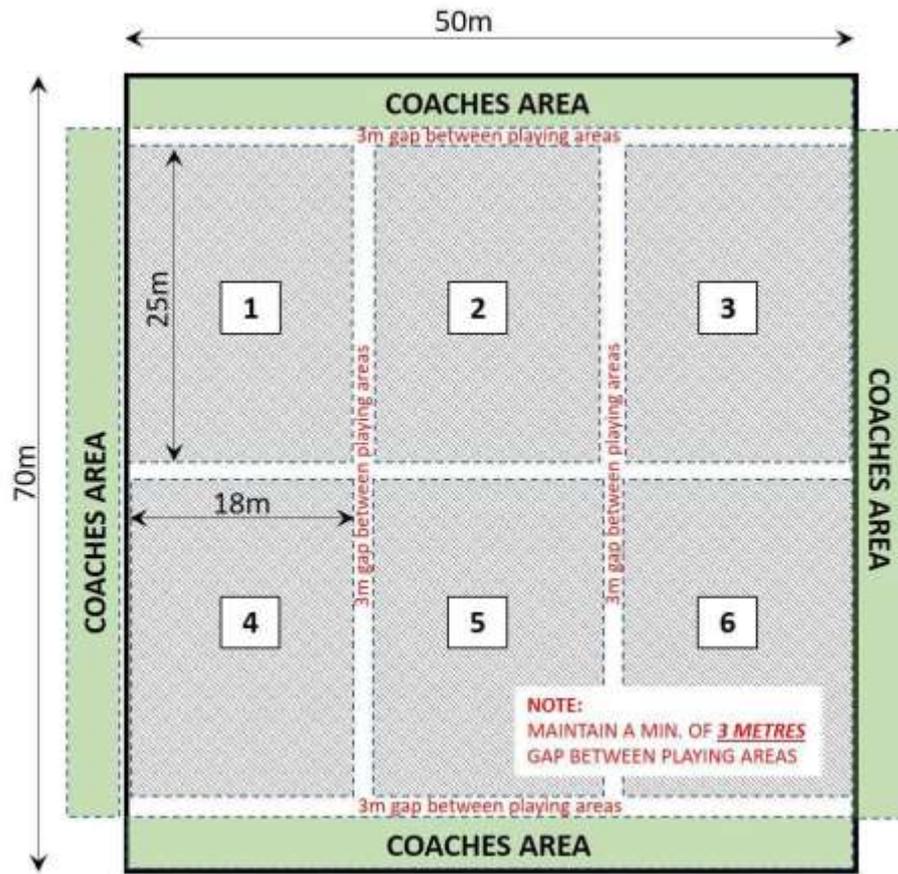
Starting from Friday, June 19, 2020, individuals from different households can meet outside for socialising and exercise, while still observing social distancing guidelines. Clubs may now be exploring options to re-start their training programs, so TSG has prepared the following advice based on the [National Sports Advisory](#) received from Sport Singapore.

- **Safe environment** - Please ensure any training is done in a safe space and you conduct your own risk assessment prior to commencing training.
- **Attendees register** - If you arrange training sessions, your club/team must assign one person to maintain a register of those attending each session to ensure safe distancing measures are adhered to. This includes keeping a record of groupings and contact information such as telephone number and email address for contact tracing purposes.
- **Physical contact** - TSG does not endorse contact training of any kind during this phase, as such only non-contact activities are considered appropriate. For example, passing drills or dumping drills without opposition.
- **Capacity of sport and recreational facilities** - is limited to its Gross Floor Area based on 10 Sqm per person or 50 persons, whichever is lower of size unless you obtain specific approval by Sport Singapore. This means clubs can consider starting small group training in line with the safety measures set out in the images below. However, we do recommend increasing distances between groups where possible but a minimum of 3m is mandatory.

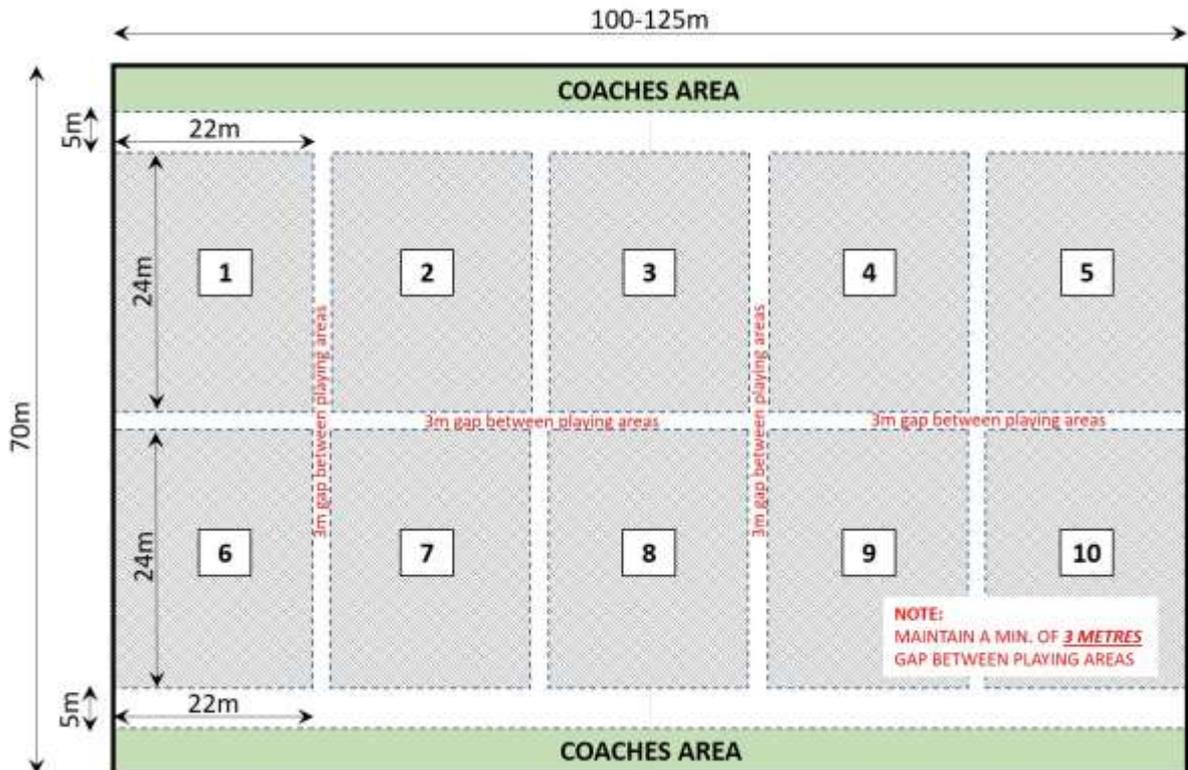
Full Field Playing Area Guide (For Adults)



Half Field Playing Area Guide (For Adults or Kids)



Full Field Playing Area Guide (For Kids)



- **Training group size** - You can train in groups of a maximum of 5 people and must not interact with other members of your club if they are training in the same facility. This number includes any coaches or other personnel that might be present. We recommend that the same five people stick together at every session, with drills three meters apart.
- **Multiple groups** - If more than one group from the same club is training at the same facility, it is advised to coordinate and stagger arrival times and consider having multiple sessions during the week depending on space constraints.
- **No Spectators** - Parents or guardians are kindly requested not to enter the training area if they are observing training or waiting for their children at the grounds.
- **Personal protection** – Do not congregate; only stay for the duration of training. Masks should be worn before and after trainings, or if there is a long break in between sessions. Equipment should be wiped down/sanitised frequently and if possible, have one person in charge. Do not share water bottles, etc. Arrive dressed to train and avoid using changing rooms and showers. Wash hands regularly with soap and water or hand sanitiser.
- **Health guidelines** - Finally, if you are showing any coronavirus symptoms whatsoever then do not train, and if you develop symptoms after a session you must inform whoever ran your session so they can inform others for self-isolating purposes. These include:
 - Persistent dry cough
 - Persistent high temperature
 - Persistent loss of taste and/or smell

