



SAFE RETURN TO FOOTBALL

**Football Activities During Heightened Measures
8 May to 30 May***

**Pending National Posturing*

6 May 2021

Approved by **Sport**
SINGAPORE



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OVERVIEW

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- These guidelines set are in line with the Multi-Ministry Taskforce (MTF) requirements and key areas recommended by SportSG as per their published advisory on 4 May 2021.
- In resuming footballing activities, the objective of the FAS remains the safety of all participants and to ensure the risk of communal infections are minimised.
- In this regard, the FAS will work with our stakeholders and authorities to ensure the measures adopted satisfy all requirements of the authorities and meet the FAS's objectives.
- These guidelines should be adopted by all participants, venue operators, clubs and academies who conduct footballing activities.



GENERAL HYGIENE

PLAYERS, COACHES AND OFFICIALS

- Ensure all training equipment (e.g. kettlebells and dumbbells), markers, cones and balls are disinfected after each use.
- Ensure players and coaches are equipped with or provided personal equipment such as towel, water bottles, exercise bands, yoga mats and bibs which should not be shared.
- Provide hand washing guidance to all individuals including players, coaches and officials.
- Promote the practice of regular and thorough hand washing by all individuals including players, coaches and officials.

PLAYERS, COACHES AND OFFICIALS

- Players should take their personal training bib (if any) home to wash individually after training.
- Coaches and technical staff should not share the usage of pens or clip boards.
- Players, coaches and officials should avoid the use of public toilets, however if necessary, ensure hands are washed thoroughly after use.
- Players, coaches and officials should not share drink bottles. Each player, coach and official should have their own personal drinking bottle that is to be clearly labelled.



GENERAL MEASURES FOR TRAINING

GENERAL ADVISORY

ALL PLAYERS, COACHES AND OFFICIALS WHO DISPLAY ANY SYMPTOMS OF RESPIRATORY ILLNESS SUCH AS FLU, COUGH OR SHORTNESS OF BREATH AND/OR HAVING A FEVER, OR HAVE ANY MEMBERS IN THE SAME HOUSEHOLD WHO DISPLAY ANY OF THE ABOVE SYMPTOMS, SHOULD NOT PARTICIPATE IN ANY FORM OF FOOTBALL ACTIVITY UNTIL THEY ARE FULLY RECOVERED.

ALL PLAYERS, COACHES AND OFFICIALS WHO HAD BEEN IN RECENT CONTACT WITH ANY INDIVIDUAL/S WHO HAD TESTED POSITIVE FOR COVID-19 OR PLACED UNDER QUARANTINE ORDER OVER THE LAST 14 DAYS PRIOR, SHOULD NOT PARTICIPATE IN ANY FORM OF FOOTBALL ACTIVITY.

GENERAL

- Players, coaches and officials should not attend training if they have experienced any of the following symptoms in the past 7 days:
 - Fever of 38 degrees Celsius or higher
 - Cough
 - Fatigue
 - Sore throat
 - Shortness of breath
 - Loss of taste or smell
- From 17 May 2021 onwards, all participants and staff are to use either the TraceTogether app or TraceTogether Tokens for Safe Entry.
- Players, coaches and officials should wear a mask at all times except during strenuous football training.
- Reporting time for players and technical staff is encouraged to be staggered and different groups should not mingle with one another.
- Only essential people are to attend training sessions (players, coaches and officials including the designated Safe Management Officer).

BEFORE TRAINING GUIDELINES

- Coaches and officials should not arrive more than 30 minutes prior to training commencing.
- Players should not arrive more than 15 minutes prior to training commencing.
- Players, coaches and officials are encouraged to come already prepared in attire to train – changing rooms would not be in use.
- Records of attendance for all players, coaches and officials at trainings should be maintained.
- Temperature for all players, coaches and officials should be taken prior to all training sessions. Anyone with a temperature of 38 degrees Celsius and above, should not participate in any trainings.
- Facilities can only admit a maximum number of persons according to its Gross Floor Area based on 10 Sqm per person. No facility, regardless of size, should admit more than 50 persons without specific approval by Sport Singapore.

DURING TRAINING

- No more than 5 players and 1 coach should be involved in organised football trainings.
- No more than 5 players only should be involved in football trainings for unorganised football trainings.
- *Social distancing of at least 2 meters should be implemented within members of the same group.
- Social distancing of at least 3 meters should be implemented between different groups.
- There will be no inter-mixing of players and coaches between groups.
- Regular breaks are to be provided for the purpose of rehydrating and hand sanitising.

**Transient contact which occurs as part of the training drill is acceptable. However, prolonged contact should not be allowed.*

DURING TRAINING

- Any handling or usage of equipment is to be kept to a minimum.
- Heading of a ball may occur during the natural process of a drill, for example a ball being crossed. However, practising of heading by picking up the ball and throwing should be discouraged.
- Throw-ins are discouraged.
- Physical contact should be discouraged during trainings.
- There should be no usage of changing rooms and gyms.
- Communication between players, coaches and officials should be limited.
- Ensure that participants do not shout unnecessarily while engaging in physical activities as shouting increases the risk of transmission via droplets. Coaches/instructors may raise their volume when communicating instructions or in the event of a potential danger.

AFTER TRAINING

- If training bibs are used, each player should take the bib home and wash after training.
- All players, coaches and officials should leave the venue immediately upon the conclusion of training.
- Players, coaches and officials should ensure that the training facility is kept clean after training.



**SAFE MANAGEMENT
MEASURES**

FOR PLAYERS AND COACHES

- The numbers per group may be **5 players and 1 coach**.
- *Social distancing of at least 2 meters should be implemented within members of the same group.
- Social distancing of at least 3 meters should be implemented between different groups.
- There will be no inter-mixing of players and coaches between groups.
- Individuals must maintain personal hygiene at all times. These include:
 - No spitting;
 - No sharing of water bottles;
 - No sharing of personal items like towels;
 - Disinfecting football equipment after use.

**Transient contact which occurs as part of the training drill is acceptable. However, prolonged contact should not be allowed.*

FOR ALL

- From 17 May 2021 onwards, all participants and staff are to use either the TraceTogether app or TraceTogether Tokens for Safe Entry.
- Comply with all SafeEntry Measures of the venue.
- Ensure that participants do not shout unnecessarily while engaging in physical activities as shouting increases the risk of transmission via droplets. Coaches/instructors may raise their volume when communicating instructions or in the event of a potential danger.
- For organised programmes and classes, an additional service provider (such as an instructor or a coach) from a permitted enterprise may guide the group. Multiple groups of 5 remain allowable up to 30 persons or the capacity limit of the venue, whichever is lower. The groups of 5 are not to intermingle and should remain 3 meters apart.

**Transient contact which occurs as part of the training drill is acceptable. However, prolonged contact should not be allowed.*

PITCH SET-UP GUIDELINES

The field set-up guidelines are intended to prevent the transmission of COVID-19 among players, coaches, officials and any other persons at the venue.

PLAYING SPACES

Football pitch size is between 90m–120m x 40m-90m can accommodate only 4 designated training areas.

- ❑ Each designated training area can only accommodate a maximum of 5 players and 1 coach.
- ❑ *Every player and coach should observe 2 meters social distancing within the group.
- ❑ Every group should observe 3 meters social distancing between groups.
- ❑ Coaches may form a group together so that they are able to conduct staggered training sessions.

**Transient contact which occurs as part of the training drill is acceptable. However, prolonged contact should not be allowed.*

MANAGEMENT OF GROUPS

- ❑ Facilities can only admit a maximum number of persons according to its Gross Floor Area based on 10 Sqm per person. No facility, regardless of size, should admit more than 50 persons without specific approval by Sport Singapore.
- ❑ No player from another group can come into contact with a group.
- ❑ Must not create unnecessary risk of players, coaches and officials congregating.
- ❑ Each training area has a defined entry and exit space.
- ❑ Groups/individuals to leave the venue immediately after activity to prevent unnecessary crowding.

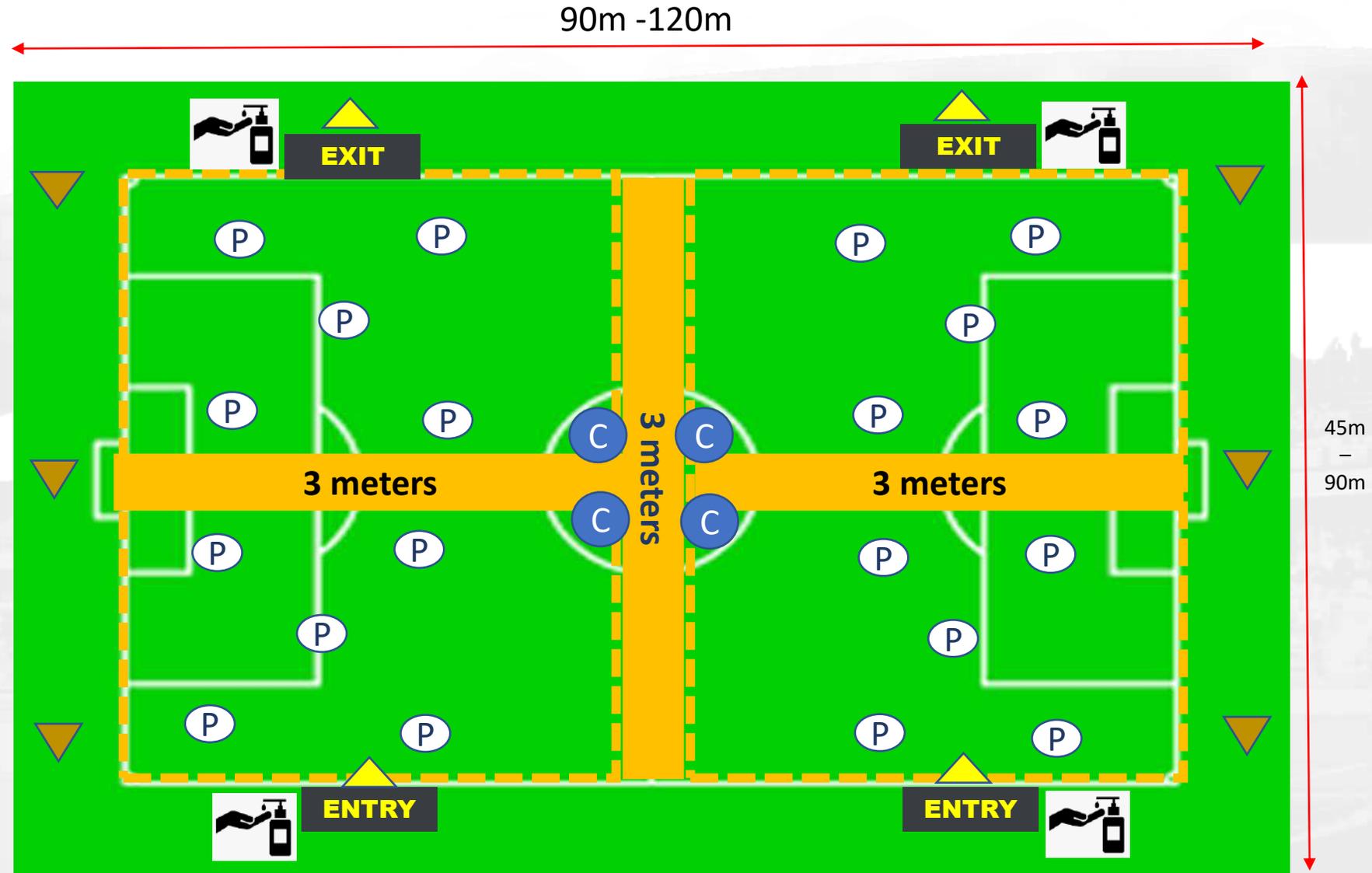
PITCH SET-UP GUIDELINES

Facilities can only admit a maximum number of persons according to its Gross Floor Area based on 10 Sqm per person. No facility, regardless of size, should admit more than 50 persons without specific approval by Sport Singapore.

Each training area can only accommodate a maximum of 5 players and 1 coach.

Each pitch can accommodate a maximum of 5 groups including the coaches.

All players and coaches must be at least 2 meters apart.





TOGETHER WE ARE
NESTRONG

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THANK YOU



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