



# SAFE RETURN TO FOOTBALL

## SINGAPORE PREMIER LEAGUE

### (PHASE 2)

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Approved by  Sport  
SINGAPORE



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# OVERVIEW

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- The impact of COVID-19 has resulted in the suspension of all football activities since 24 March 2020. In this time, the priority of the Football Association of Singapore (FAS) has been to safeguard the health and wellbeing of the community and to undertake its social responsibility to do everything it can to prevent the spread of COVID-19.
- COVID-19 is mostly likely spread through direct close contact with a person while they are infectious (usually face to face contact for at least 15 minutes; or being in the same closed space for at least 2 hours). Given that football is generally played outdoors, the risk of infection through playing football may be lower. However, as Singapore transits into Phase 2, the FAS will cautiously, in consultation with the authorities, aim to bring back footballing activities at ALL LEVELS over time and in compliance with all recommended advisories and measures.
- 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 17 June 2020.

## OVERVIEW

- 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 shall be adopted by all participants, venue operators, clubs and academies who conduct footballing activities without compromise.



# GENERAL HYGIENE

# “Public and Personal hygiene is Singapore’s first defense...”

Masagos Zulkifli

Minister of Environment & Water Resources

All players, coaches and officials are expected to undertake the highest levels of personal hygiene in their personal and football space.

All venue owners are expected to raise the standards of cleanliness in their facilities and provide a clean environment for football.

## **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 shall 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 shall take their personal training bib (if any) home to wash individually after training.
- Coaches and technical staff shall not share the usage of pens or clip boards.
- Every player, coaches and official shall avoid the use of public toilets, however if necessary, ensure hands are washed thoroughly after use.
- Players, coaches and officials shall not share drink bottles. Each player, coach and official shall 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, SHALL 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, SHALL NOT PARTICIPATE IN ANY FORM OF FOOTBALL ACTIVITY.**

## GENERAL

- Players, coaches and officials shall 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
- Players, coaches and officials shall download and use the SafeEntry and/or TraceTogether App in compliance with the respective venue requirements.
- Players, coaches and officials shall 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 shall 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**

- Coaches and officials shall not arrive more than 60 minutes prior to training commencing.
- Players shall not arrive more than 15 minutes prior to training commencing.
- Players, coaches and officials are to come already prepared in attire to train – changing rooms shall not be in use.
- No socialising or group meals before training sessions shall be allowed.
- Records of attendance for all players, coaches and officials at trainings shall be maintained.
- Temperature for all players, coaches and officials shall be taken prior to all training sessions. Anyone with a temperature of 38 degrees Celsius and above, shall not participate in any trainings. They should be referred to seek medical consultation immediately.

## DURING TRAINING

- Group size shall consist of a maximum of 5 players and 1 coach.
- Social distancing of at least 2 metres shall be implemented within members of the same group.
- Social distancing of at least 3 metres shall be implemented between different groups.
- There will be no inter-mixing of players between groups.
- Regular breaks are to be provided for the purpose of rehydrating and hand sanitising.

## **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 shall be no usage of change rooms and gyms.
- Communication between players, coaches and officials should be limited.

## **AFTER TRAINING**

- If training bibs are used, each player shall take the bib home and wash after training.
- All players, coaches and officials shall leave the venue immediately upon the conclusion of training.
- Players, coaches and officials shall ensure that training facility is kept clean after training.
- No socialising or group meals after training should be allowed.



# **SAFE MANAGEMENT MEASURES**

## **SINGAPORE PREMIER LEAGUE**

These measures are to be adopted by the 8\* Singapore-based clubs participating in the professional Singapore Premier League.

The activities shall be conducted and/or carried out in any of the following venues:

- Dedicated training venue at SportSG Stadiums and OTH

These include activities such as:

- Individual football training for fitness or technical skills;
- Team football training for fitness or technical skills with members of the same team only.

Clubs are required to submit to the FAS the following:

- Name of Safe Management Officer;
- Prescribed grouping of the team;
- Brief summary of training plans

*\*Brunei DPMM FC are currently conducting their own training in Brunei Darussalam in compliance with their local health protocols.*

## **FOR PLAYERS AND COACHES**

- The numbers per group shall be a maximum of **5 players and 1 coach**.
- Social distancing of at least 2 meters shall be implemented within members of the same group.
- Social distancing of at least 3 meters shall be implemented between different groups.
- There will be no inter-mixing of players 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;
  - Disinfect football equipment.
- Individuals should activate the TraceTogether App.
- Comply with all SafeEntry Measures of the venue.

## 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.

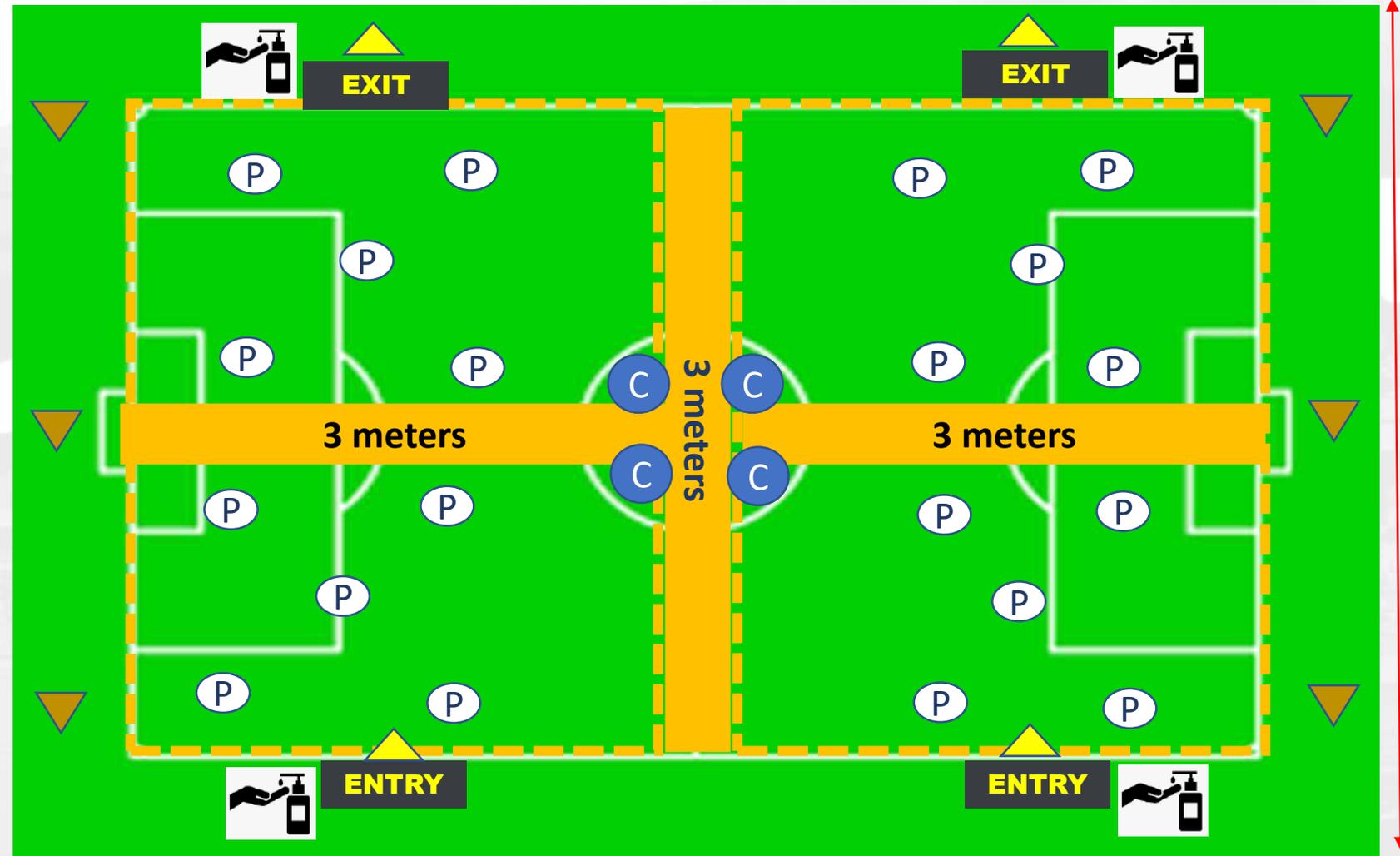
### MANAGEMENT OF GROUPS

- ❑ Facilities can only admit a maximum number of persons according to its Gross Floor Area based on 10 Sqm per person.1 No facility, regardless of size, shall admit more than 50 persons without specific approval by Sport Singapore.
- ❑ No individual from one group shall come into contact with anyone from another 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

90m -120m

45m - 90m



Facilities can only admit a maximum number of persons according to its Gross Floor Area based on 10 Sqm per person.1 No facility, regardless of size, shall 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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