



## **PHASE 3 GUIDELINES**

### **Return to DanceSport Plan by Singapore DanceSport Federation**

In coming up with these guidelines, we are aware of the multiple other forms of dance genres, as such this document is intended to be applicable only for all dance genre Partner-work (such as Latin Dance and Standard Dance).

For all other forms of dances which are mainly solo in nature e.g. Jazz Funk, Street Jazz, Contemporary, Hip Hop etc, it is recommend that they follow the SportSG Advisory and guidelines (Annex A), which is used for fitness programmes such as Zumba, Dance Fitness etc.

#### **General Measures**

##### **1. Facility Access**

- a) The maximum number of persons allowed at each facility shall be limited according to its Gross Floor Area based on 8 Sqm per person or 50 persons, whichever is lower. For facilities smaller than 50 Sqm, facility operators have to ensure that the physical distancing measures are observed.
- b) Students/visitors will only enter/exit through the main door of the studio.
- c) Studios should implement Safe Entry system.
- d) Before entering/exiting the studio, students/visitors are to log their entry and exit using Safe Entry
- e) Visitors and Students are to fill in the Health declaration outside the academy by scanning the Quick Response (QR) code for tracing purposes.
- f) Temperatures are to be taken prior to entry into the studio.
- g) Hands should be sanitised before entering the venue.

##### **2. General**

- a) Safe distancing of 1 meter to be implemented at all times while queuing up outside of the studio
- b) Markings will be placed 1m apart on the floor outside of the studio for students/visitors to queue
- c) Masks are to be worn at all times, unless strenuous activities are involved

- d) Instructors, visitors or students who are feeling unwell, on Stay Home Notice (SHN) or under Quarantined Order (QO) will not be allowed in to the studio.

### **3. Education**

- a) Displaying of appropriate education material (8 Steps to clean your hands) in the studio to promote required behaviours
- b) Students are expected to wash their hands regularly
- c) Covering mouth and nose when coughing or sneezing
- d) Students should not be sharing water bottles and face towels

### **4. Screening & Tracing**

- a) Temperatures are to be taken prior to entry into the studio. Temperatures 38 Degree Celsius and above will not be allowed to enter the studio.
- b) Travel declaration forms are to be filled upon entering.
- c) Encourage all students to download “Tracetogether” app ([www.tracetogether.gov.sg](http://www.tracetogether.gov.sg)) or collect the TraceTogether tokens from the relevant authorities to facilitate contact tracing.

### **5. Redesign Traffic Flow**

- a) Payment of lessons are to be made online if possible, to reduce traffic flow
- b) Walk-ins are allowed however prior appointments made through WhatsApp/online will be entertained first
- c) There will be chairs provided for walk-ins while waiting, we will be attending to students prior to appointment first.
- d) 3 chairs will be placed outside of the studio at 1.5m apart for visitors that are waiting.
- e) No more than 3 walk-in visitors are to be queuing outside of the studio
- f) Visitors will not be allowed to loiter or mingle around the studio as they are to leave the area after they are attended by any one of the staff.
- g) Students will not be allowed to loiter or mingle around the studio as they are to leave the area after their lesson

### **6. Return to Train Measures**

- a) A group class can have a maximum of 8 students + 1 coach.
- b) 2 metre safe distancing between every student will be implemented during training
- c) Each group shall train in the same studio whenever feasible.
- d) Groupings are to be kept the same throughout of Phase 2, whereas possible.
- e) 3 metre distance between different groups should be maintained at all times.
- f) No mixing between multiple groups throughout.
- g) Stamina training can be done from home
- h) Training sessions will be arranged by the studio to ensure that the sessions are staggered so that there will not be interaction between different groups of students.
- i) Attendance to be taken for every training.
- j) Space management of common areas on a ‘use and leave’ principle.

- k) Use of the changing room will only be allowed after class and not more than 5 mins per use.
- l) Only 1 person to be queuing for toilet/changing room, following the 1m markings on the floor.
- m) Masks can be taken off when performing strenuous activities, although it is still recommended as good practice even under such circumstances.
- n) For Standard and Latin dances only, the couple pairing shall remain the same for all trainings. If the pairing needs to be changed, it shall be strictly within the group.
- o) Equipment (e.g. mats, weights, elastic bands) should not be shared without appropriate cleaning protocol in between training sessions.
- p) Instructors are to leave the studio immediately after their last lesson.

## **7. General Hygiene**

- a) Cleaning Regime
- b) Cleaning and sanitising with disinfectant of the studio (changing rooms, floors, toilets and counter) will be done every 2hrs
- c) Hand sanitisers will be placed at the main door where most people will be entering and exiting and outside of the toilet where traffic is high.
- d) Students/visitors should sanitise their hands upon entering/exiting the studio
- e) Equipment that will be shared
- f) Equipment include: Mats, Weights, Skipping Ropes and Elastic bands after sanitized.
- g) Dedicated cleaning time: Equipment are to be sanitised for at least 1hr before the next use

## **8. Appointment of Safe Management Officer (SMO)**

- a) Every dance studio shall appoint a SMO to perform regular checks and ensure compliance.

UPDATED: 18 Jan 2021

APPROVED By Sport Singapore on Monday 18 January 2021

## **ANNEX A – Useful Links**

- 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>
- Resumption of business activities:  
<https://covid.gobusiness.gov.sg/faq/resumption/resumption/>
- Safe management plan:  
<https://www.mom.gov.sg/covid-19/requirements-for-safe-management-measures>
- 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)
- SafeEntry QR code  
<https://www.safeentry.gov.sg/>
- Stipulated Occupancy Limits, Safe Management Measures & mention of Covid-19 (Temporary Measures) Act:  
<https://www.ura.gov.sg/Corporate/Guidelines/Circulars/ja-15>
- Education materials for print and download:  
<https://www.moh.gov.sg/covid-19/resources>