Updated: 8 November 2021

# Frequently Asked Questions (FAQ)
# A SAFE AND GRADUAL RESUMPTION OF SPORT & FITNESS ACTIVITIES WITH MANDATORY FAST & EASY TESTING

## A. ON FAST & EASY TEST (FET) AND "VACCINATE OR REGULAR TEST" (VoRT) REGIME FOR SPORT AND FITNESS SECTOR

**Q1: What are the testing requirements for the sport / fitness sector starting 13 September 2021?**

**Ans:** As announced by the Multi-Ministry Taskforce on 6 September 2021, there will be a need to increase the frequency of testing regimes for all workforce, especially those in high-risk settings. From 13 September 2021, the mandatory testing regime for the sport and fitness sector will be as follows:

<table>
<tr><th colspan="2">*Workforce defined as all workers[1], including full-time/part-time workers at the same premises such as cleaners, administrative staff, etc, even if they are masked and do not interact with unmasked persons) in the following sport / fitness settings:</th><th>Fast and Easy Test (FET) Rostered Routine Testing (RRT)<br>i. Employer-led Supervised Self-Swab (ESSS),<br>ii. Quick Test Centres (QTCs)</th><th>Vaccinate or Regular Test (VoRT)<br>i. Employer-led Supervised Self-Swab (ESSS),<br>ii. Quick Test Centres (QTCs)<br>iii. MOH approved Covid-19 test provider</th></tr>
<tr><td rowspan="4">Vaccinated workforce*</td><td>Indoor Masked</td><td rowspan="8">1 x per week<br><br>Tests funded by Govt till 31 Dec 2021</td><td rowspan="4">N.A.</td></tr>
<tr><td>Indoor Unmasked</td></tr>
<tr><td>Outdoor Unmasked</td></tr>
<tr><td>All activities involving children 12yo and below</td></tr>
<tr><td rowspan="4">Unvaccinated workforce*</td><td>Indoor Masked</td><td rowspan="4">2 x per week<br><br>• Each weekly FET RRT will count towards one of the twice weekly VoRT requirements.<br><br>• Remaining test is not funded unless medically ineligible for vaccination.</td></tr>
<tr><td>Indoor Unmasked</td></tr>
<tr><td>Outdoor Unmasked</td></tr>
<tr><td>All activities involving children 12yo and below</td></tr>
</table>

[1] Does not include volunteers and those who are not paid/compensated for their services.

**Q2: Who will have to undergo the mandatory Fast & Easy Testing (FET)?**
**Ans:** Under the mandatory Fast and Easy Test (FET) Rostered Routine Testing (RRT) regime, all workforce[2] (include full-time/part-time workers at the same premises such as cleaners, administrative staff, etc, even if they are masked and do not interact with unmasked persons) in the following sport / fitness settings will have to be tested once every seven days:

i. All indoor (regardless of masked or unmasked activities) sport / fitness facilities and activities
ii. All outdoor unmasked sport / fitness activities
iii. Activities involving children 12 years and under, regardless of masked or unmasked activities

**Q3: Who needs to do VoRT? Which types of staff need to do it?**
**Ans:** All unvaccinated staff (including full-time/part-time workers such as cleaners and administrative staff) in the following sport / fitness settings will have to be tested twice a week:

i. All indoor (regardless of masked or unmasked activities) sport / fitness facilities and activities
ii. All outdoor unmasked sport / fitness activities
iii. Activities involving children 12 years and under, regardless of masked or unmasked activities

Do note that your weekly FET RRT will count towards one of the twice weekly VoRT requirements and that the remaining test is not funded unless you are medically ineligible for vaccination.

Enterprises should guide their staff who are not Fully Vaccinated to be tested at least once every 3 - 4 days, i.e. at least two times a week (e.g. Days 3 and 7 of the week or Days 1 and 4 of the week).

**Q4: How often will one need to be tested under the FET?**
**Ans:** With effect from 13 September 2021, one will be required to be tested every 7 days. 1 October 2021, under the Vaccinate or Regular Test (VoRT) regime, any unvaccinated workers mentioned in Q1 above, will have to be tested twice every seven days. This will operate in tandem with FET and each weekly FET RRT will count towards one of the twice weekly VoRT requirements. The remaining VoRT requirement can also be fulfilled via the ESSS or at the QTCs. This additional test will not be funded by Government unless one is medically ineligible for vaccination. All Sport & Fitness businesses currently on ESSS are to provide relevant vaccination status updates via this link. For self-employed and small businesses, you would be required to declare your vaccination status when registering for your QTC appointment.

**Q5: I am an admin officer at my gym and are masked at all times with no interaction with anyone who is unmasked. I am unvaccinated. I understand that I need to do VoRT, but do I also need to do FET RRT?**
**Ans:** Yes, you will need to do FET RRT as that is a separate testing regime for the workforce under sport and fitness sector. Each weekly FET RRT will count towards one of the twice

[2] Volunteers and those who are not paid/compensated for their services are treated as participants, and are not included in the group that needs to meet the VoRT requirement.

weekly VoRT requirements. So if you have already done your FET RRT, you will need to do just one more VoRT.

- FET RRT may be done via (i) Employer-led Supervised Self-Swab (ESSS), or (ii) Quick Test Centres (QTCs);
- VoRT may be done via (i) Quick Test Centres (QTCs), or ( ii) MOH approved Covid-19 test provider.

**Q6: How will the FET / VoRT be conducted?**
**Ans:** ***Sport & Fitness businesses*** are encouraged to conduct Employer-Supervised Self-Swab (ESSS), where employees will swab themselves under the supervision of a staff ('supervisor'). Supervision can be done either on-site at the workplace or virtually using tools such as video conferencing. For ESSS, ART kits will be provided. The costs for the kits for employees will be borne by the Government until 31 December 2021.

***Self-employed persons (SEPs) and small businesses*** who may not be able to organise the supervised self-swabs on their own, are to register to secure an appointment at Quick Test Centres (QTCs)[3]. You may register for subsequent test after your first appointment.

**Q7: How do I request for test kits / record the FET / VoRT results?**
**Ans:** ***Sport & Fitness businesses conducting ESSS*** must submit their essential details here to arrange for both the self-collection of test kits and set-up of the Swab Registration System (SRS) account (to be used for uploading FET results). Notifications on collection and registration will be sent via email around 7 – 9 days.

Businesses with multiple outlets are to consolidate their orders and submit only one form per unique entity number (UEN). The Point-of-Contact (POC) indicated in the form must be the supervisor or employee who will be responsible for both self-collection of the test kits, and the uploading of FET results to SRS account.

For replenishment of ART kits for ESSS for the subsequent months, please proceed to https://go.gov.sg/fet-kits to fill in the form.

Businesses are required to submit Ag+ results no later than 12 hours and Ag- results to be submitted no later than 24 hours via the SRS. More information can be found in the ART Testing SRS Guide for ESSS.

Businesses on ESSS can contact the SRS Support Email: AskSRS@hpb.gov.sg or Support Hotline: 6876 5848 from Monday to Friday: 8 a.m. to 5 p.m. and Saturday: 8 a.m. to 1 pm. The hotline is closed on Sundays and Public Holidays.

***Self-employed persons (SEPs) and small businesses*** who may not be able to organise the supervised self-swabs on their own, are to register via this link to indicate their preferred dates at Quick Test Centres (QTCs). The QTCs are at Bishan ActiveSG Sport Centre, Jurong West ActiveSG Sport Centre and Pasir Ris Combined Test Centre. Registrants will be assigned a time slot by the system based on a first-come-first-serve basis. The QTCs are operational daily from 10 a.m. to 5 p.m. (including weekends and public holidays).

[3] The QTCs are Bishan ActiveSG Sport Centre, Jurong West ActiveSG Sport Centre and Pasir Ris Combined Test Centres . They are operational from 10 a.m. to 5 p.m. daily including weekends and public holidays.

**Q8: Is there a deadline for FET to be implemented?**

**Ans:** Since 15 July 2021, FET is mandatory for all coaches, instructors and staff, who in the settings cited in Q1 in the course of their work. All SEPs and businesses are to register themselves immediately to be on board the FET regime. They may show proof of their test results for FET to their employers or enforcement officers. Those who have yet to be on board the FET regime in the settings cited in Q1 are not allowed to conduct any businesses or coaching activities. They can only conduct their lessons outdoors with masks on for the clients / patrons above 12 years old and in adherence to the latest advisory on Safe Management Measures for Sport and Physical Exercise & Activity.

Please note that this FET regime is being imposed under the COVID-19 (Temporary Measures) (Control Order) Regulations. Failure to comply with the requirements set out herein may result in prosecution and/or other enforcement action, including suspension/closure of operations[4].

For FET related enquiries, please email to SportandFitness@sport.gov.sg with your UEN/ Identification number, contact details and description of the assistance that you require.

**Q9. Can I use my self-administered ART results from ESSS/QTC within the FET regime as part of Pre-Event Test (PET) for vaccination-differentiated SMMs?**

No, self-administered ART supervised by employer and self-administered ART results are not recognised for vaccination-differentiated SMMs. PET is conducted by a list of MOH approved Covid-19 test providers. It is administered by a trained personnel.

## B. ON VACCINATION-DIFFERENTIATED SAFE MANAGEMENT MEASURES & ELIGIBILITY

**Q10: What is vaccination-differentiated Safe Management Measures (SMM) and where is it applicable at?**
**Ans:** As fully vaccinated individuals have better protection against infection and severe illness, fully vaccinated individuals may participate in activities in high-risk settings (unmasked activities that take place indoors[5]) from 10 August 2021. The group size can go up to 5 individuals (including instructor / coach). For organised classes/programmes, multiple groups of 5, up to 30 pax or the capacity limit of the venue, whichever is lower, is allowed.

Unvaccinated individuals with a valid negative result on a Pre-Event Test taken in the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event, or recovered COVID-19 individuals, are of similarly lower risk, and may also join in the group of fully vaccinated individuals.

**Q11: What does fully vaccinated individual mean?**
**Ans:** An individual is considered fully vaccinated two weeks after he or she has received two doses of Pfizer-BioNTech/ Comirnaty, Moderna, or any WHO EUL vaccines[6].

[4] Sport & Fitness businesses must comply with the COVID-19 (Temporary Measures) (Control Order) Regulations and implement Safe Management Measures (SMMs), as set out on the COVID Gobusiness website. They are also required to comply with the latest SMMs set out by Sport Singapore.
[5] Indoors are spaces that are enclosed by shelter and walls where there is inadequate natural ventilation.
[6] From 10 August 2021, individuals who are fully vaccinated with the World Health Organisation's Emergency Use Listing (WHO EUL) vaccines such as Sinovac-CoronaVac, Sinopharm, and AstraZeneca will be eligible for the vaccination-differentiated safe management measures.

Unvaccinated individuals with a valid negative result on a Pre-Event Test taken in the past 24 hours at an MOH-approved medical service provider before the expected end of the class/programme/event, or recovered COVID-19 individuals, are of similarly lower risk, and may also join in the group of fully vaccinated individuals.

## C. FOR SPORT & FITNESS BUSINESSES

**Q12: My company's POC is not able to collect ART kits. What is the impact?**
**Ans:** FET is mandatory since 15 July 2021. Businesses are to ensure that their POCs collect/receive the kits within 3 days of email notification. They are liable for costs /enforcement actions for lapsed or missed collection.

**Q13: Who bears the cost of the Antigen Rapid Test (ART) kits?**
**Ans:** The costs for the Antigen Rapid Test (ART) kits stated in Q1 will be borne by the Government until 31 December 2021.

The Government will also give further support for enterprises that conduct ESSS by providing ART test kits to enterprises for persons who have been certified by a medical practitioner in Singapore as medically ineligible to receive mRNA COVID-19 vaccines and are still required to undergo testing twice a week under the VoRT regime ("**Medically Ineligible Worker(s)**" or "**MIW(s)**"). Enterprises should verify a person's status as a MIW by checking against the original certification or memo that was issued to that person by a medical practitioner in Singapore or the SMS notification sent to that person. The Government's provision of ART test kits to enterprises for these MIWs will continue through 31 December 2021. For avoidance of doubt, all other persons who are not Fully Vaccinated are ineligible for these Government-provided ART test kits and enterprises should make arrangements to comply with the requirements set out in the VoRT Notice.

**Q14: What are the roles for supervisors when conducting the test during in Employer-Supervised Self-Swabs (ESSS)?**

**Ans:** They should wear adequate personal protective equipment and maintain appropriate infection prevention control procedures while conducting supervision, and being familiar with how ART kits are to be correctly used. Once the test is completed, they need to upload the results.

**A14A: What if a supervisor is above 50 year old?**

If a Supervisor is above 50 years old, operators must ensure that he or she is Fully Vaccinated against COVID-19[7] before they can perform any supervisory role.

**Q15: Who should upload the FET results and how?**

**Ans:** Swab Supervisors is responsible for the supervision, verification and documentation of results via the Swab Registration System (SRS) via an excel template or SRS version 2. Refer to link on ART Ops Playbook, SRS Onboarding and Results Uploading Template for Employer-Supervised Self Swab (ESSS) for more information.

**Q16: What should I do if an employee obtains a positive ART result (AG+)?**

[7] Enterprises can consider asking Supervisors to verify their vaccination status via TraceTogether.

**Ans:** Where Workers have obtained 'AG+' test results while conducting ESSS, Enterprises are recommended to strongly encourage them to abide by the prevailing management postures for such cases that are set out on MOH's website at https://www.moh.gov.sg/.

**Q16A: What should I do my company had incorrectly submitted an AG+/AG- result for a work on SRS?**
**Ans:** Enterprisers are to email to AskSRS@hpb.gov.sg with the information below:

a. NRIC
b. Name
c. Date of VoRT/FET test affected by erroneous result
d. Company/Employer's for VoRT/FET email address
e. Final result to be displayed (AG+ or AG-)

**Q17: Can the staff be exempted from FET test due to contraindications or disabilities?**

**Ans:** Please refer to Contraindications Exemptions Workflow for more information and Declaration Form for Exemptions of CI & PWI to be submitted by the company via email to SportandFitness@sport.gov.sg for Sector Lead's Review.

## D. FOR SELF-EMPLOYED PERSONS (SEPs) AND SMALL BUSINESSES

**Q18: I am a self-employed sport instructor. Am I still allowed to continue conducting classes if I missed the 1-week window between the tests?**

**Ans:** Under the COVID-19 (Temporary Measures) (Control Order) Regulations, the FET regime (to be conducted based on the table in Q1) is mandatory from 13 September 2021.

**Q19: If I am not conducting classes this month, do I need to undergo FET?**
**Ans:** All employees and self-employed persons (SEPs), regardless of vaccination status, working in settings cited in Q1 must undergo FET. You are advised to remain on the FET regime even if you are not conducting classes temporarily. You must have a valid FET result before you resume classes.

**Q20: If I am only working outdoors with masked-up clients / patrons who are above 12 years old, do I need to undergo FET?**
**Ans:** No, you do not have to but please adhere to the latest safe management measures for sport and physical exercise/activity.

**Q21: If I am teaching/coaching at a gym/studio/academy/school, will I be needed to take a separate test with them?**
**Ans:** No. You are only required to take the test once/twice every 7 days with effect from 13 September 2021 based on the table in Q1. Your details and test result are available via Short Message Service (SMS) and in your health hub app and can be used as proof that you have done your test.

**Q22: If I am a parent volunteer teaching/coaching at a gym/studio/academy school, will I be needed to take the FET regime?**
**Ans:** No, volunteers are treated as participants. Only employees and self-employed persons (SEPs), regardless of vaccination status, working in settings cited in Q1 are needed to undergo FET.

**Q23: Where to be tested under the FET?**

**Ans:** SEPs may choose to be tested at one of the following Quick Test Centres (QTCs) assigned to the sport and fitness sector:

| S/n | Locations | Address |
|---|---|---|
| 1 | Bishan ActiveSG Sport Centre Sheltered Car Park | 5 Bishan St 14 Singapore 579783 |
| 2 | Jurong West ActiveSG Centre Sheltered Car Park | 20 Jurong West St 93 Singapore 648965 |
| 3 | Pasir Ris ActiveSG Sport Centre Basement Car Park until 7 November 2021 | 120 Pasir Ris Central Singapore 519640 |
| 4 | Pasir Ris Combined Test Centre (Former Coral Primary School) from 8 November 2021 onwards | 20 Pasir Ris Street 51 Singapore 518902 |

The QTCs are operational daily from 10 a.m. to 5 p.m. including weekends and public holidays.

**Q24: What is the duration of the entire swabbing process?**
**Ans:** The whole swab process will take approximately less than 30 minutes. You do not need to wait for your results.

**Q25: How can I prepare myself for the swab?**
**Ans:** You can view the materials found in this link here to learn how to perform the variety of Fast and Easy Tests such as ART on their own.

**Q26: Who bears the cost of the Antigen Rapid Test (ART) kits?**
**Ans:** The costs for the Antigen Rapid Test (ART) kits will be borne by the Government until 31 December 2021 based on the Table listed in Q1.

**Q27: Can I buy my own ART kit to test and send you the results?**
**Ans:** No. The test would need to be conducted under trained supervision.

**Q28: I have other questions?**
**Ans:** Refer to our latest advisory and FAQs for more information.

***On Registration, Administration & Scheduling***

**Q29: I am a SEP, how do I register for Fast & Easy Testing (FET)?**
**Ans:** Please register via this link to indicate your preferred dates at QTCs. You will be assigned a time slot based on a first-come-first-serve basis. A confirmation SMS with your appointment details will be sent 1 – 4 days prior to your test date. Please adhere to the timing given.

For subsequent tests every 7 days, please register via this link. You may register after you had attended your scheduled appointment.

**Q30: What is the scheduling for appointment of FET like?**
**Ans:** Please indicate 3 preferences for your available dates and locations with different permutations. The timing is automatically assigned from 10 a.m. – 5 p.m. daily (including weekends and public holidays). SMS will be sent to you 1 – 4 days prior to your appointment. We will try our best to schedule you for your preferred date and location, subject to availability. A reminder SMS will also be sent 1 day prior to your appointment.

Those who do not have an appointment will not be allowed to take the test. Please ensure that you have a SMS or email us at sport_coaching@sport.gov.sg if you have not received your SMS.

Please note that employees should not take the Antigen Rapid Test if they have:

- Acute respiratory symptoms (e.g. fever, cough, flu or running nose). Instead, please visit your doctor for treatment immediately.
- A nosebleed in the past 24 hours
- Done a nasal surgery in the last 4 weeks
- Facial injury in the last 8 weeks

**Q31: Can I choose my time slot?**
**Ans:** No. The time slot is between 10 a.m. – 5 p.m. (including weekends and public holidays) and it will be automatically assigned to you by the system. Please select the dates that you would be available.

To ensure a safe environment for everyone at the QTC, you are required to adhere to your time slot. You may join the queue 30 minutes prior/after to your appointment.

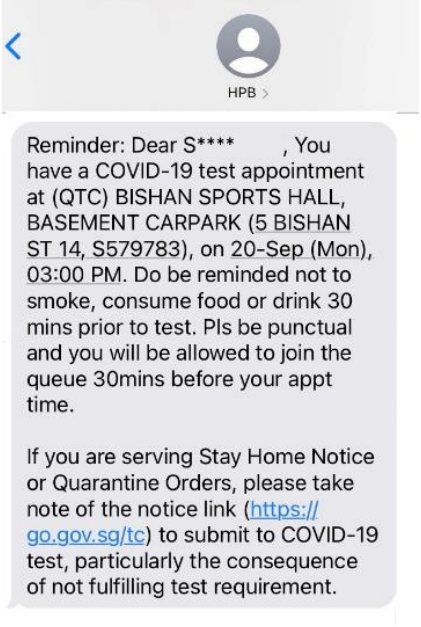
You will be turned away at the QTC if you do not have an appointment slot. You may be turned away at the QTC if you show up outside your appointment timing, especially if it has reached its capacity.

In the event that you are unable to meet the time slot, please proceed to register for another appointment.

**Q32: How do I know of my slot allocation (date, time and location)?**
**Ans:** We will try our best to schedule you for the dates based on your preferences. However, due to the high volume of scheduled appointments, a SMS notification from Health Promotion Board (HPB) will only be made to you once it is scheduled 1 – 4 days prior to the appointments that you had chosen. If you do not receive an SMS one day prior to the date of your third choice, please email us at sport_coaching@sport.gov.sg with your details (NRIC, date, location) so that we may assist you.

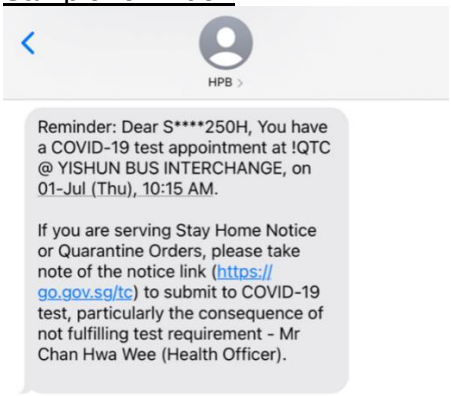
Please book your appointment early where possible.

Sample notification:




**Q33: Will there be another reminder sent for my appointment?**
**Ans:** You will receive a SMS reminder notification 1 day prior to the appointment by SMS.

Sample reminder:




**Q34: What do I need to bring for my appointment?**
**Ans:** Please bring the following

- SMS indicating date and time of confirmed swab appointment
- A form of photo identification with their NRIC/FIN number e.g. NRIC, work permit, driver's license, or passport.
- Trace Together token or app
- Bottle of drinking water to keep hydrated
- Umbrella for wet weather
- Mask (to be worn at all times)

**Q35: What if I am unable to attend the date(s) that I had selected earlier?**
**Ans:** Please email us at sport_coaching@sport.gov.sg with your NRIC, full name and contact details and scheduled slot or submit a new registration. If you are unwell, or display acute respiratory symptoms (e.g. fever, cough, flu or running nose) or experience nose bleed within 24 hours on the date of the scheduled appointment, please email us at

sport_coaching@sport.gov.sg with your full name and contact details to book another appointment. You should not go for scheduled appointment if you are unwell.

**Q36: What if I cannot make it for the time slot on the day of the appointment?**
**Ans:** SEPs should arrive for their FET test at their allocated appointment time. You are allowed to join the queue 30 minutes prior/after to your appointment. You are required to adhere to your time slot.

You will be turned away at the QTC if you do not have an appointment slot. You may be turned away at the QTC if you show up outside your appointment timing, especially if it has reached its capacity.

In the event that you are unable to meet the time slot, please proceed to register for another appointment.

**Q37: For the vaccinated, I am required to undertake the FET every 7 days. Is there a buffer time period if I am unwell, or unable to schedule / attend the appointment?**

**Ans:** Individuals should arrange to take a FET based on the table in Q1. Should there be a change in your schedule, you may arrange for your next FET appointment within 2 days of the rostered routine test date. Individuals with Acute Respiratory Infections (e.g. cough, fever, running nose) should not proceed with an FET. Instead, please visit your doctor immediately. Once your medical leave has ended, you should schedule your FET appointment immediately.

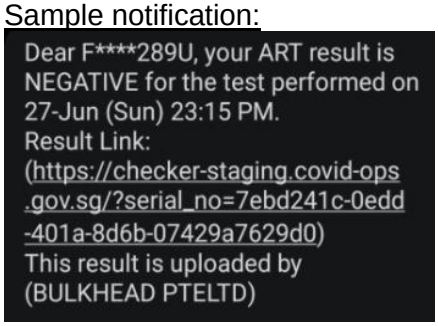
**Q38: How much does the ART costs at the QTCs if I am medically eligible for vaccination?**

**Ans:** It costs $15 per test. Cashless mode such as PayNow, NETS, Credit Card, e-wallet, etc will be made available. Cash handling is discouraged for infectious prevention and control (IPC) measures.

## E. ON FET RESULTS

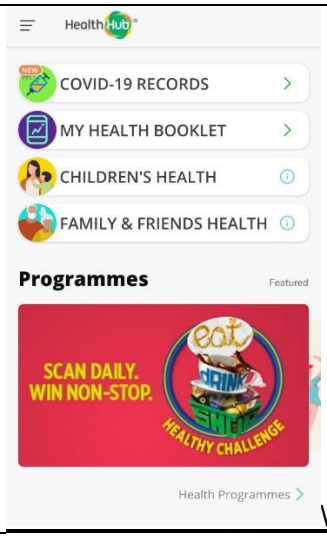
**Q39: How do I check for the test results?**
**Ans:** Please leave the QTC immediately after your test. You will receive a SMS to notify you of the result within 1 hour.

Sample notification:




Do note that the link which displays your “COVID-19 Test Results Notice” expires in 24 hours. You may either take a screen shot of your results. You may also view your ART results on HealthHub.

Steps:

| | |
|---|---|
| 1. Visit HealthHub.sg or download the latest HealthHub app.<br><br>2. Click on COVID-19 Records |  |
| 3. Log in with your Singpass | |
| 4. Scroll to the bottom of the page to view all theyour past COVID-19 test results | |

**Q40: What should I do if I have a POSTIVE ART result?**

Ans: Please abide by the prevailing management postures for such cases that are set out on MOH's website at https://www.moh.gov.sg/.

**Q41: What should I do if I have an INVALID ART result?**
Ans: An invalid test may mean that the test was not performed correctly. Please return to the QTC, where your ART was performed, for a second ART test as soon as possible.

**Q42: What should I do if I have a second INVALID ART result?**
If you do not have any symptoms such as fever, cough, sore throat, breathlessness etc. Please self-isolate for 72 hours & subsequently self-administer a second ART (unsupervised) with your own kit. If it is negative, you may proceed to work. If it is positive, please abide by by the prevailing management postures for such cases that are set out on MOH's website at https://www.moh.gov.sg/.

If you have symptoms such as fever, cough, sore throat, breathlessness etc, visit a Swab and Send Home (SASH) clinic at https://flu.gowhere.gov.sg via private transport for a doctor to assess and advise you on your next steps.