



RETURN TO SPORT PLAN

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The following Return to Sport Plan has been issued by the [Singapore Waterski & Wakeboard Federation \(SWWF\)](#) using the collective feedback of different stakeholders in towed water sports (waterskiing, wakeboarding, wake surfing, etc.), the [International Waterski & Wakeboard Federation \(IWWF\)](#) and [SportSG](#).

The purpose of this Return to Sport Plan is to provide participants (athletes, coaches, officials, volunteers and staff) with best practices and recommendations regarding a return to towed water sports activities.

The SWWF is putting the health and safety of all participants first. Within this Return to Sport Plan, you will find recommendations that will be applied to towed water sports activities after the restrictions are lifted by local authorities.

These guidelines will be updated continuously according to the latest information from [SportSG](#) and published on the SWWF's Website <http://www.swwf.org.sg>

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1. GENERAL

COVID-19 continues to cause significant challenges, and the organisers of towed water sport activities will be asked to implement all possible measures for respecting safe distancing and hygiene requirements.

Due to their nature, towed water sports activities are considered low risk for COVID-19 transmission as they are practiced in open air and on the water which is not known to transmit the virus.

The SWWF advises that, during the evolving COVID-19 outbreak, effective protection of the health and safety of everyone involved in the sport must remain a priority. Organisers of towed water sport activities must put in place preventive measures to stop the transmission of infection and mitigation measures to minimise the risk of infection.

Activities should be run in a safe way for the sake of athletes, coaches, officials, and volunteers. The SWWF follows the recommendations from the International Waterski & Wakeboard Federation (IWWF) and SportSG.

No outdoor group programmes are allowed for children and youth under 18 years old.

The SWWF fully respects and supports the initiatives of local government guidelines.

2. INDIVIDUAL RESPONSIBILITY

- 2.1 To reduce the general risk of transmission, participants should observe the following:
- 2.2 Wear face masks at all times, unless while on the water engaging in towed water sports activities.
- 2.3 Maintain safe distance from other people:
 - 2.3.1 1 metre at all times
 - 2.3.2 2 metres if exercising or warming up on shore (individually or in a group up to 2 people)
 - 2.3.3 3 metres away from other groups if exercising or warming up on shore in a group (maximum 2 people)
- 2.4 Download and activate the [TraceTogether](#) App.
- 2.5 Use of [SafeEntry](#) to check in and check out of training venues.
- 2.6 Temperature checking upon arrival at training venues – refer to #4.
- 2.7 Frequent hand washing using soap and hot water or alcohol-based (at least 65–70%) hand rub for 20 seconds.
- 2.8 Avoid touching mouth, nose or eyes.
- 2.9 Maintain good hygiene practices – see Appendix 1.
- 2.10 Minimise physical contact with other participants.
- 2.11 No sharing of personal equipment.

- 2.12 The SWWF recommends that anyone over 60 years of age and any person with compromised health conditions take greater preventive measures in towed water sports activities.

3. VENUE MANAGEMENT RESPONSIBILITY

- 3.1 Facility Capacity: The maximum number of persons allowed at each facility shall be limited to its Gross Floor Area based on 16 sqm per person or 50 persons, whichever is lower. No facility, regardless of size, shall admit more than 50 persons
- 3.2 Safe Management Measures:
- 3.2.1 Appointment of Safe Management Officers (SMOs) to oversee and ensure Safe Management Measure.
- 3.2.2 Support Contact Tracing - [Safe Entry](#) and [TraceTogether](#) implementation at entrances to facilitate contact tracing.
- 3.3 Implement Temperature Screening – example: availability of thermometers for daily temperature screening prior to entry into training venue.
- 3.4 Reduce physical Interaction and ensure safe distancing.
- 3.5 Crowd management – example: dedicated entry/exit points and movement control within the venue
- 3.6 Wearing of masks.
- 3.7 Ensure hygiene - hand sanitizers should be made available at entry and exit points.
- 3.8 Enhance cleaning protocols – disinfect common spaces and interactive components (e.g. gangway railings, boat tow pylon, boat tower, hand rails, boat seats, boat helm, boat throttle, etc.). Equipment will have to be thoroughly wiped down and cleaned after each use. Personal equipment should not be shared.

4. PARTICIPANTS' HEALTH SCREENING

(ATHLETES, COACHES, OFFICIALS, STAFF, VOLUNTEERS)

- 4.1 All participants should fill in a [Questionnaire](#) upon arrival to training venues for the first time. Subsequent trainings will not require additional filling up of the Questionnaire if they have not travelled overseas or fallen sick. The questionnaire can be found online at [SWWF's web site.](#)
- 4.2 The temperature of all participants should be taken each day upon arrival at training venues. Anyone with 38 degree centigrade or above temperature must be asked to leave.
- 4.3 Participants who are unwell, on Stay Home Notice (SHN) or on Quarantined Order will not be allowed to enter the venue.
- 4.4 Individuals should not return to sport if in the last 14 days they have been unwell or had close contact with a known or suspected case of COVID-19. In an environment of community transmission of COVID-19, any individual with respiratory symptoms (cough, sore throat, fever or shortness

of breath), even if mild, should not attend any training if they are unwell and should use a cautious approach.

- 4.5 Anyone who is unwell should be referred to a doctor in accordance with local [Ministry of Health \(MOH\)](#) guidelines. Any individual with a possible case of COVID-19 should refrain from training (even at home) until they have been cleared to do so by a doctor, given the potential for worsening illness.

5. COMMUNICATION AND AWARENESS

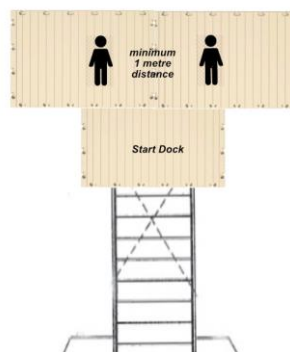
- 5.1 It is important that all the provisions in place are communicated clearly to all participants in advance using all possible communication channels (i.e., website and social media).
- 5.2 Display health advisories reminding and encouraging everyone to maintain high levels of personal hygiene, including advice on hand washing and minimising physical contact.

6. GUIDELINES FOR TOWED WATER SPORTS ACTIVITIES

The following are a list of guidelines that should be used for towed water sports activities

6.1 General Guidelines

- 6.1.1 If a starting dock is used, it is recommended to have no more than 2 persons on the dock and that they should be at least 1 metre away from each other.
- 6.1.2 Face masks should be worn at all times except when a participant enters the water to engage in an activity. The participant should wear a face mask immediately when he/she gets back onto the starting dock or onto the swim platform of the boat after his/her turn is over.
- 6.1.3 Rental equipment (life vests, handle & rope, wakeboards, wake surf boards, kneeboards, waterskis, etc) should be sanitized after each use by participants to avoid contact cross infection.



6.2 **Tow Boat Guidelines - General**

- 6.2.1 The boat driver and passengers should wear face masks at all times.
- 6.2.2 The participating athlete should only remove his/her face mask prior to getting into the water to engage in the towed water sport activity and put it on again immediately at the end of his/her run before getting into the boat from the swim platform.
- 6.2.3 The boat (all areas of contact) should be sanitized by the driver when there is a change of crew.

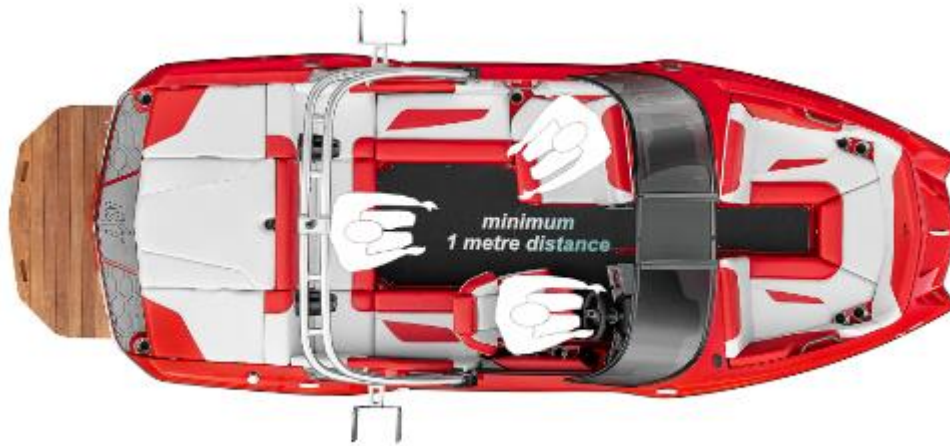
6.3 **Waterski Tow Boat Guidelines**

- 6.3.2 There should not be more than two people in the boat including the driver/coach, and both are to be seated 1m apart. Observer/s including drivers should wear face masks at all times. Use weights to aid in balancing the boat.
- 6.3.3 The skier should start his/her run from the starting dock and end his/her run at the same dock.
- 6.3.4 In the event a skier is unable to ski back to the dock and needs to get onto the tow boat, he/she should climb up and remain on the swim platform and all other people in the boat should maintain a 1 metre distance from the skier while the boat makes its way back slowly to the starting dock.



6.4 **Wakeboard / Wake Surf Tow Boat Guidelines**

The number of participants permitted in a boat will depend on the size of the boat but with a maximum of 2 people + one coach/driver. All passengers, including the driver, should be seated 1 metre apart, and should wear face masks at all times. This distance must be marked on boat. Use weights to aid in balancing boats.



6.5 Cable Wakeboard Guidelines

- 6.5.1 Masks must be worn at all times while in the premises with the exception of riders entering the starting dock to engage in cable wakeboard activity.
- 6.5.2 Only groups of maximum 2 are allowed entry. Groups must maintain 3m safe distance while warming up or resting.
- 6.5.3 The number of riders on the starting dock should be minimized with at least a 1 metre distance between each rider with clear separation markings indicated on the dock for easy reference.
- 6.5.4 All riders are to queue, 1 metre apart, & advised not to speak while queuing.
- 6.5.5 At the end of their ride, riders should not exit at the start dock but to a separate exit point.
- 6.5.6 All rental equipment (boards, bindings, life vests, helmets & ski handles) must be sanitized/disinfected before and after every use.
- 6.5.7 Where an instructor is required, only one instructor to one participant is allowed.

7. REFERENCES

7.1 SportSG

[https://f.hubspotusercontent00.net/hubfs/6212555/ActiveSG%20Circle/Circle News/media-releases/May/15/_140521-_Further%20Stricter%20SMM%20for%20Sport_PE_PA%20\(2\)%20copy.pdf](https://f.hubspotusercontent00.net/hubfs/6212555/ActiveSG%20Circle/Circle%20News/media-releases/May/15/_140521-_Further%20Stricter%20SMM%20for%20Sport_PE_PA%20(2)%20copy.pdf)

7.2 International Waterski & Wakeboard Federation (IWWF)

8. APPENDIX 1

BASIC PREVENTION:



We appeal to all everyone to adhere to the following:

- Maintain safe distancing (minimum 1 metres away).
- Minimise physical contact, eg. no shaking of hands, no hugging, no high fiving, no fist bumping, etc.
- Practice frequent hand-washing.
- Cover coughs and sneezes with disposable tissues or clothing and wash hands immediately after.
- Report to the relevant health practitioners if/when you are feeling unwell.