

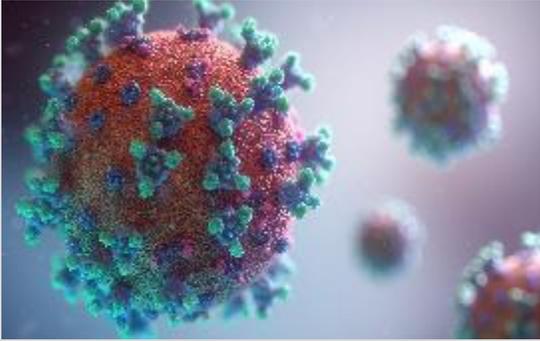


# DB-SAFE

# SAFE RETURN TO SPORT PLAN

Ver. 01/06/2020

# ABOUT COVID-19



COVID-19 is a disease caused by a new coronavirus, which has not been previously identified in humans.

In most cases, COVID-19 causes mild symptoms but may escalate to become more serious, even life threatening.

COVID-19 was declared as a pandemic by the World Health Organization with the number of global infection steadily rising everyday.

To combat and coordinate efforts to control and manage the COVID-19 outbreak, the Singapore government formed an Inter-Ministry Task Force (the “Task Force”) to helm all efforts.

For more information regarding COVID-19, including control measures and recommended safe policies in place, please visit the following websites:-

- Singapore Government: <https://www.gov.sg/article/covid-19-updates-and-announcements>
- Ministry of Health: <https://www.moh.gov.sg/covid-19>
- World Health Organization: <https://www.who.int/>

**COVID-19 Know The Facts**  
World Health Organization  
Western Pacific Region

**COVID-19 spreads primarily from person to person**

- Droplets released when someone sick sneezes or coughs can land on the mouths or noses of people nearby
- Close contact with someone sick – like hugging or shaking hands

**COVID-19 mainly spreads from person to person  
But it can also be left on objects and surfaces...**

So if you touch something contaminated and then touch your face or another's face, you might all fall ill.

**Reduce your risk of COVID-19**

- Clean your hands often
- Cough or sneeze in your bent elbow – not your hands!
- Avoid touching your eyes, nose and mouth
- Limit social gatherings and time spent in crowded places
- Avoid close contact with someone who is sick
- Clean and disinfect frequently touched objects and surfaces

# ABOUT DB-SAFE



DB-Safe is designed for the sport of dragon boat, covering the unique requirements and dynamics of the sport and related activities.

COVID-19 is still being studied and understood. Hence the information and knowledge about the coronavirus is still evolving.

Nonetheless, SDBA guarantees the accuracy and factuality of this document at the time of writing. DB-Safe takes into account the directives and recommendations issued by The Task Force and/or Sport Singapore (SportSG).

At any time new information and knowledge is confirmed by The Task Force, SDBA will share them with the dragon boat community.

We shall then refined our necessary response and issue advises and/or directives, as and when required.



# OBJECTIVE

With the end of the Circuit Breaker, businesses and activities may gradually resume in three (3) phases with Sports & Recreation planned for resumption in Phase 2

DB-Safe aims to deliver safe management and operation procedures (the “DB-Safe Plan”) to guide the sport. It shall cover:-

- i) Facilities
- ii) Organized training
- iii) Organized programs
- iv) Courses



# OUR COMMUNITY

## DB Unite...SG United

COVID-19 is not only a health threat, it is also a social and economic threat. It hurts everyone and there is no escaping its many impact.

To keep our sport going, the dragon boat community must adapt to living with it. In doing so, we need to adopt new norms to ensure that we are safe while playing our sport.

*This new norms may not be ideal to all but they are necessary.*

We are a strong and close-knit community. Let's come together, support one another, and help each other so that we can all overcome it.

This will be the hardest and longest race in all our lives.

*Are You Ready?!*

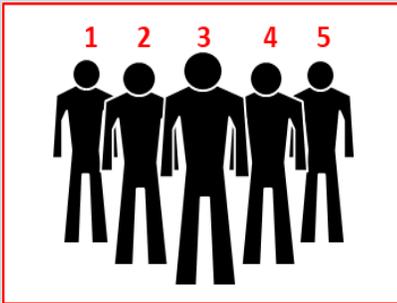


# NEW NORMS – GENERAL DESCRIPTION

## SportSG Advisory for Resumption of Sport & Physical Exercises & Activities Phase 2

### Sport & Recreational Facilities may open

Maximum number no of persons allowed is limited to its gross floor area on 10m<sup>2</sup> per person or cap at 50 persons, whichever is lower

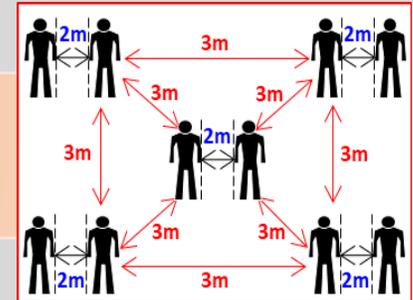


### Group Activities

Limited to no more than 5 athletes

### Physical Distancing

2m between individuals while exercising and playing sport. 3m between different groups

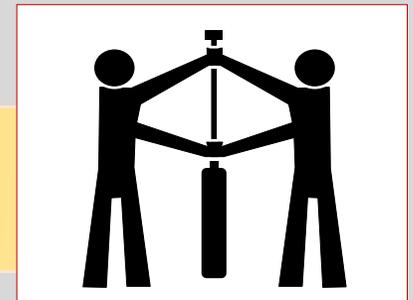


### Wear face mask

By default and at all times but can be taken off when performing strenuous activities

### Sharing of Equipment

Should be avoided. If cannot be done, the equipment must be sanitised & disinfected before/after every use



# NEW NORMS – SPORT SPECIFIC STANDARD

## Required for all dragon boating and related activities

**1**

Come Train Leave

**TRAIN HARD  
TRAIN QUICK  
TRAIN HAPPY**

Come > Train > Leave  
Do not linger & quickly do all that needs to be done

*Purpose: To reduce time spent in crowded places*

**2**

1 2 3 4 5

Group size limitation of max 5 persons, excluding the Coach

4 paddlers + 1 steerer shall make-up one(1) crew in the DB12 dragon boat

*Purpose: To limit social gathering*

**3**

January 2020 February 2020

Team A Team B

Deconflicted schedule i.e. specific launch/ recovery timing, etc.

*Purpose: To reduce time spent in crowded places*

**4**

Temperature checking at facility entrance

Temp 38° and above shall be declined entry

*Purpose: To avoid contact with someone who is sick*

**5**

© GovTech

Whereabouts tracking via SafeEntry app

Mobile phone with QR scanner app required. NRIC scanning option unavailable

*Purpose: Contact tracing*

**6**

Participate in community-driven contact tracing

Trace Together

© GooglePlay

Whereabouts and proximity alert via TraceTogether app

*Purpose: Contact tracing*

**7**

**Wear face mask**

Strenuous Exercise

Wear face mask at all times unless undergoing strenuous exercise with adequate social distancing

Coach/Steer may wear Face Shield during dragon boat activity

*Purpose: Protect yourself & protect others*

**8**

General 1m apart applies.

2m apart when exercising or playing sport

3m between groups/ boats

*Purpose: Protect yourself & protect others*

**9**

Disinfect equipment regularly, especially after use

*Purpose: Protect yourself & protect others*

# NEW NORMS - CREW

## Based on limit of 5 athletes per Crew

### Description

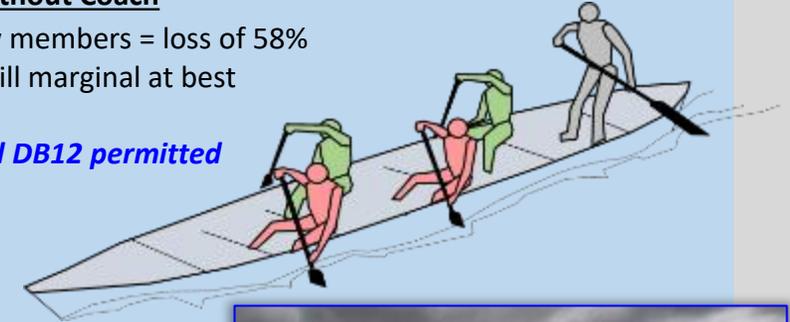
- ❑ Definition of 5 athletes = 4 Paddlers + 1 Steer, excluding one (1) Coach
- ❑ Max. permissible inside boat (the "Crew") = 1 Coach + 5 Athletes
- ❑ Alternatively, the Coach can double-up as the Steer to just make 5 athletes inside the boat in total

### Requirements

- ❑ **5-crew permitted for the DB12 boat only**
- ❑ 2 paddlers on the Right & 2 paddlers on the Left to balance the boat
- ❑ Social distancing of 2m between the 2 paddlers on one side
- ❑ 1 Steer in the back ; 1 Coach (if have), in the front
- ❑ Crew must practice proper boat handling, i.e. stabilize seating, bracing, controlled movements inside the boat, etc.
- ❑ Crew and Coach in different boats cannot cross over ; Crew must remain unique at all times for the session

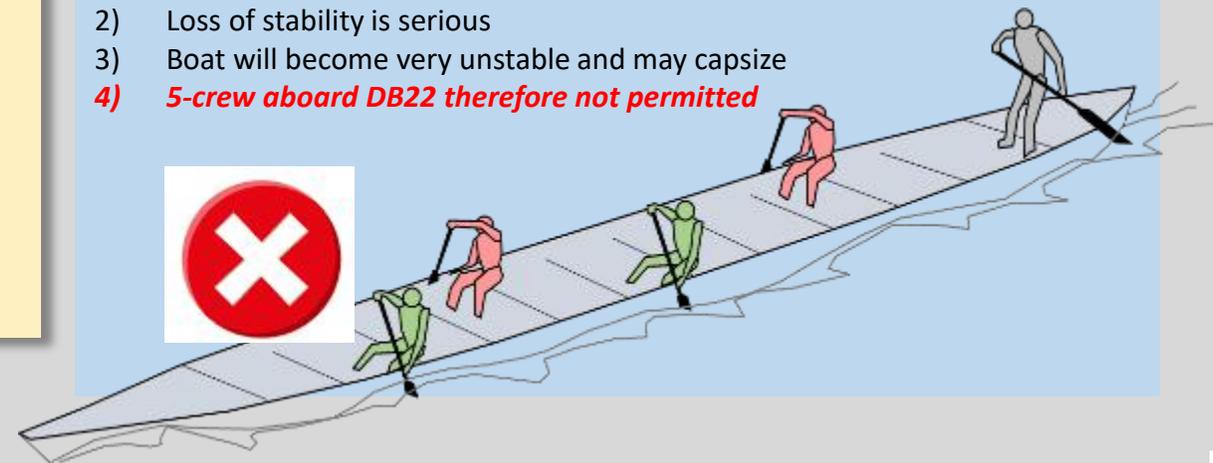
### Set-up of DB12-crew , without Coach

- 1) Reduction of 7 crew members = loss of 58%
- 2) Loss of stability is still marginal at best
- 3) Boat is still stable
- 4) **Only 5-crew aboard DB12 permitted**



### Set-up of DB22-crew , without Coach

- 1) Reduction of 17 crew members = loss of 77.3%
- 2) Loss of stability is serious
- 3) Boat will become very unstable and may capsize
- 4) **5-crew aboard DB22 therefore not permitted**



# NEW NORMS – COACH & STEER

**Must be SDBA certified Trainers and/or Technical Coach (Level 1 or 2)**

## Description

- Total permissible inside boat (the “Crew”) = 1 Coach + 5 Athletes
- The Coach must be in the front of the boat
- The Coach can double-up as the Steer ; in this case, the boat can only have 5 persons (1 Coach/Steer + 4 Athletes) aboard
- If no Coach present, the boat can only have 5 athletes (1 Steer + 4 Athletes) aboard

## Requirements

- The Coach & Steer are required to wear Face Shield as they will be shouting commands and instructions. Face Shield will accord clearer voice commands as Face Mask may muffled the voice commands
- The Coach & Steer need to re-wear Face Mask after dragon boating over, i.e. recovery of boat into storage OR recovery of crew on land (refer to New Norms for Training or Programs)*
- A non-Coach (i.e. no qualifications) cannot fill-in the exclusive Coach position
- The Coach or Steer cannot cross over to another boat ; The Coach or Steer must remain with the same boat at all times for the session
- The Coach/Steer can only coach and/or steer for one(1) crew in one(1) day to limit exposure across different groups of people



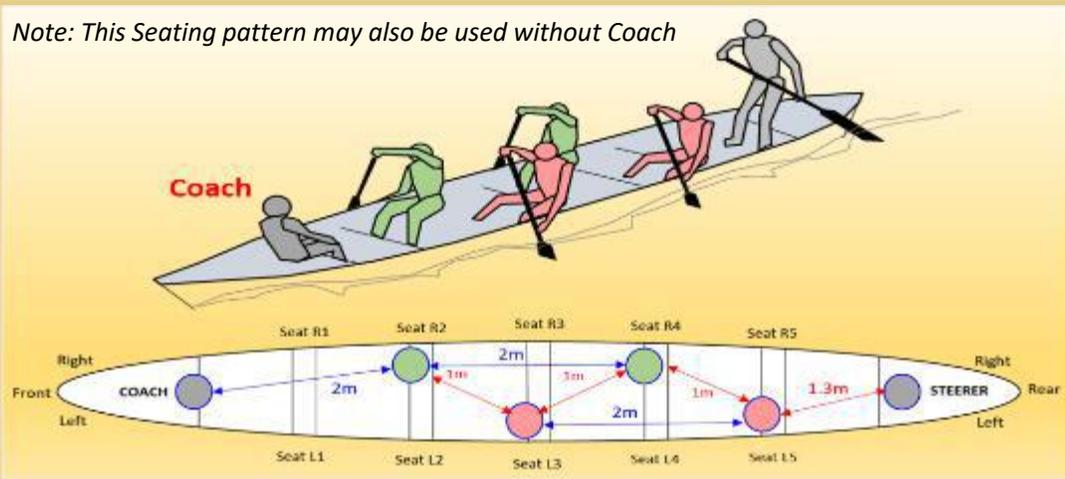
# NEW NORMS – BOAT CONFIGURATION

## Pattern 1 & 2

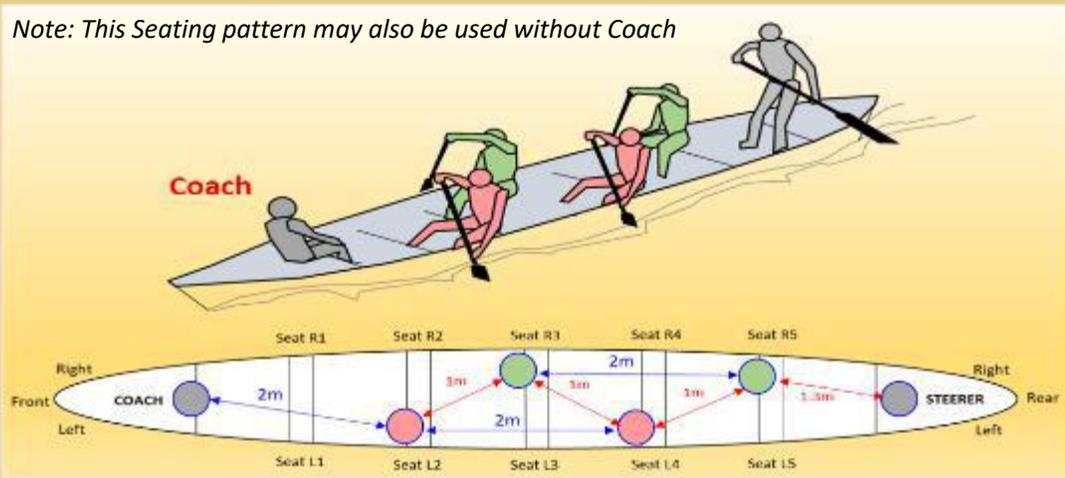
### Pattern 1

- ✓ With Coach
- ✓ Front seat blank

Note: This Seating pattern may also be used without Coach

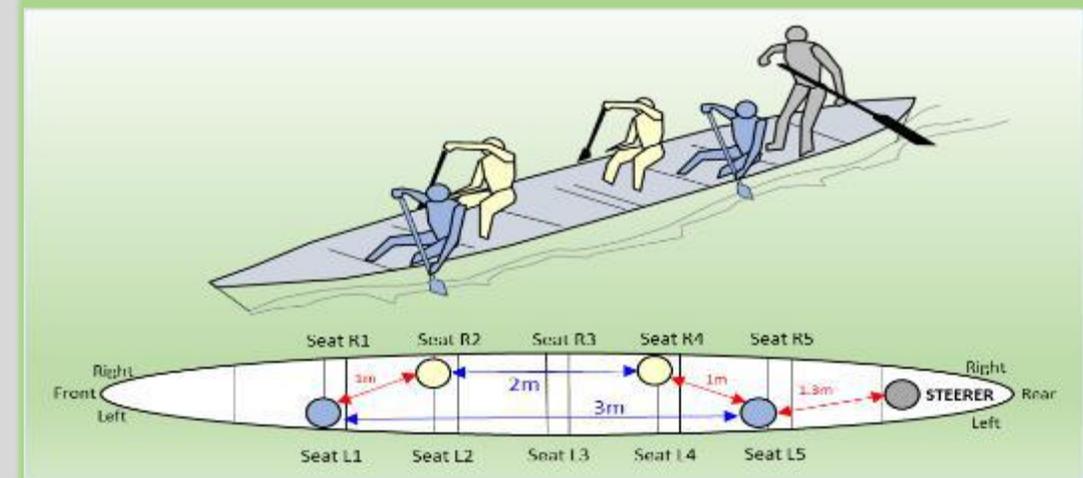
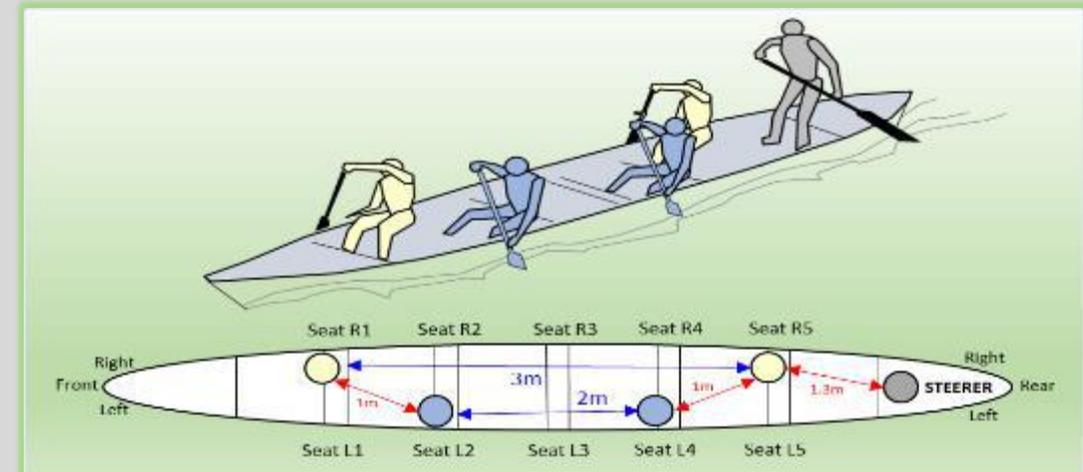


Note: This Seating pattern may also be used without Coach



### Pattern 2

- ✓ Without Coach
- ✓ Centre seat blank

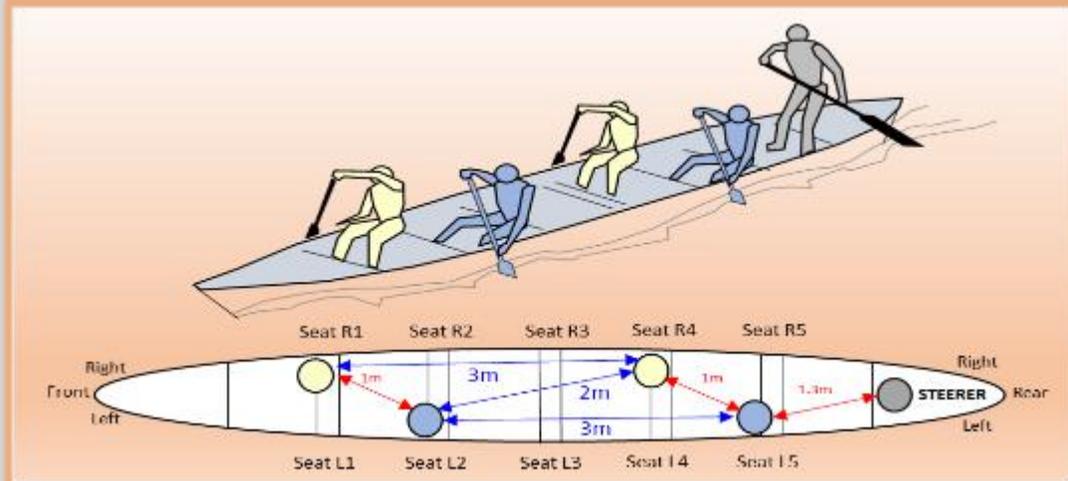
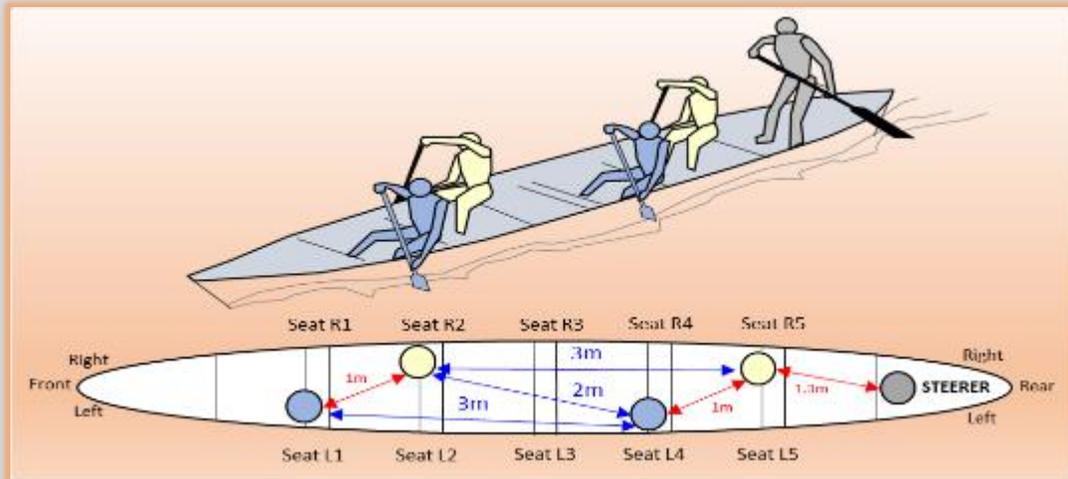


# NEW NORMS – BOAT CONFIGURATION

## Pattern 3 & 4

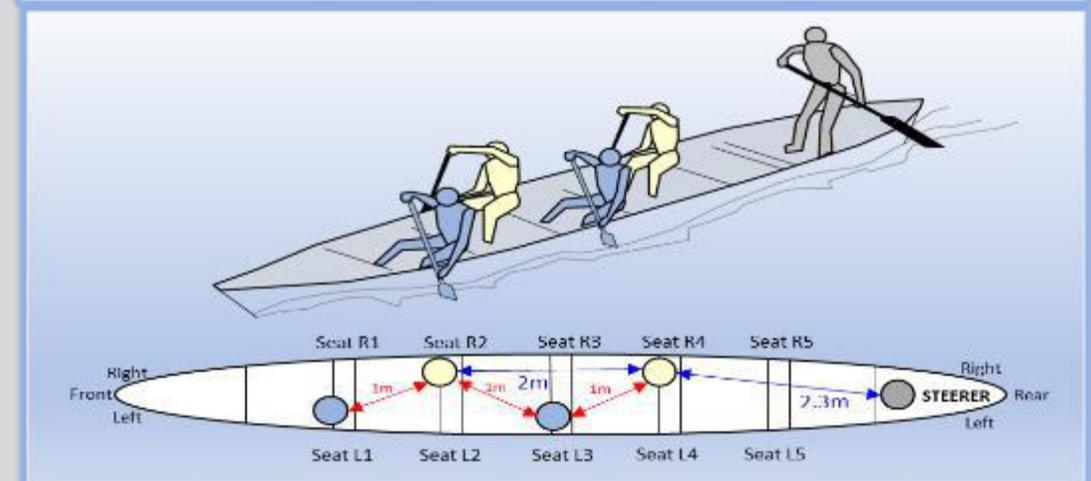
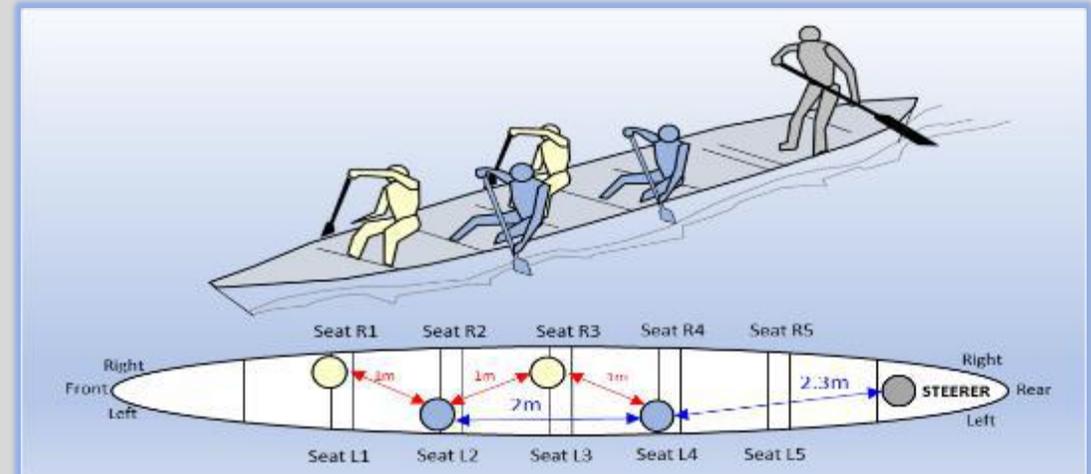
### Pattern 3

- ✓ Without Coach
- ✓ Centre seat blank II



### Pattern 4

- ✓ Without Coach
- ✓ Last seat blank



# NEW NORMS – OPERATING AREA

## For DB12 boat with 5-crew embarked

### Description

- ❑ There is general reduction about 60% in the Weight to Power ratio with only 4 paddlers in the boat
- ❑ The boat may encounter difficulties negotiating strong winds, swift currents and high waves
- ❑ In case of a capsized, more difficult for The Crew to recover the boat

### Requirements

- ❑ All boats must stay within Kallang River and/or Kallang Basin
- ❑ Keep sight of the Lightning Warning System installed at KWSC and/or Passion Wave ; If you launch from Sports Hub WSC, keep sight of their unique Lightning Warning System
- ❑ Return to base if you encounter dangerous situations (i.e. Cat 1 weather / lightning strikes) or emergencies (i.e. medical or damage to the boat)
- ❑ Each boat must maintain a distance of 3m from another boat, even when stationary. Bunch up (i.e. rafting) of multiple boats are not permitted



# **ORGANIZED TRAINING**

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For both High Performance & Mass Participation

# NEW NORMS – TRAINING SESSION (Regular Dragon Boat Teams)

## In conjunction with New Norms for Facilities



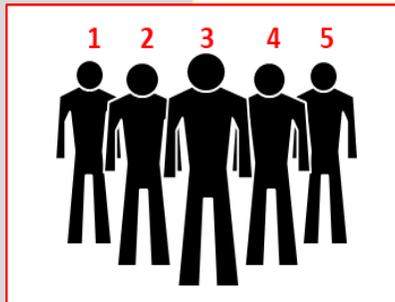
1. SDBA shall provide a Booking Schedule for Teams to indicate their preferred date & time
2. Follow the Schedule
3. Be on time!
4. Come in your training attire & ready to train
5. Move quickly (& safely)



1. Crew members are required to have their temperature taken at entrance into Facility
2. Those with temp 38° and above shall be declined entry



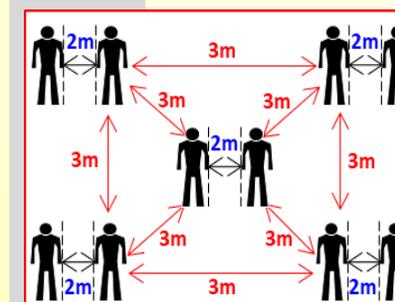
1. The Crew may remove face mask during paddling activity
2. Removal of face mask permitted before launching into the water
3. *Re-wearing of face mask required after recovery of boat into storage*



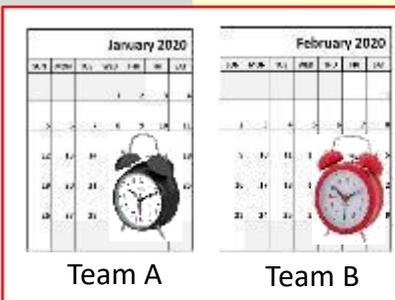
1. Teams may have more than 1 crew in same session but must be in different boats
2. Crew in different boats in the same session cannot cross over
3. Rafting (or bunching-up) of different boats are not permitted



1. Crew members are required to log into the SafeEntry app before entering Facility
2. Mobile phone with QR code scanner app required ; NRIC scanning option in unavailable



1. 2m apart between individual when exercising or playing sport on land
2. 3m apart between crew/groups on land
3. 3m apart between boats on water



1. Each training session is 2hrs, i.e. 1.5hrs land prep and training + 0.5hrs boat recovery and for disinfecting
2. Next batch can only enter Facility after previous batch has left



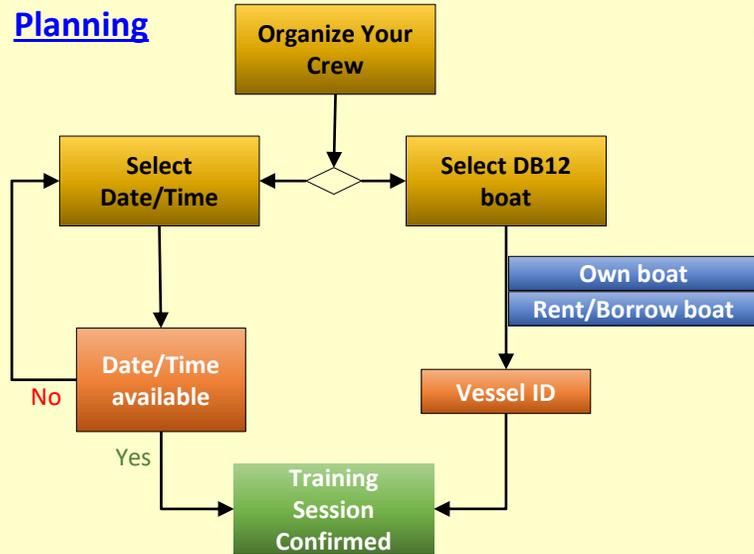
1. Crew members are required to activate the SafeTogether app before entering the Facility



1. Boat and equipment used shall be disinfected after use
2. If can, do not share paddles & PFD!
3. If must share paddles and PFD, to disinfect **BEFORE & AFTER** use

# What Needs to be Done for Training

## Planning



- SDBA offers the rental of either our DB12 racing or training boats at \$32.10/2hr session (inclusive of GST)
- Submit your training schedule to SDBA at least 5 working days before your training session
  - Include the total number of pax that will be attending the training session
  - Submit the DB12 boat vessel ID number if not renting SDBA boat
- NOTE!** Availability of preferred time and/or boat is on 1<sup>st</sup> come – 1<sup>st</sup> get basis (otherwise SDBA may allocate a suitable time for you if there are available slots)
- \*SDBA shall confirm your training session and rental of boat in writing (via email or Whatsapp, if necessary)

\* Note: If you are training at Sports Hub WSC or Passion Wave, please check with them on their schedule and boat availability



## Training Sessions regulated at 2hr per crew, per session

To reduce time spent in a social gathering & to meet control on 50 pax per Facility at any one time

## Preparation

- Come in your training attire, i.e. suitable for getting wet and ready to train, etc.
- Be on time!
- Wait for the rest of your crew before entering the Facility
- Only enter the Facility when all crew are present
- \* SDBA may tag every person that enter Nursery (i.e. with a wrist band, etc.) to track their allocated training time
- Move quickly and safely (there are other crew awaiting their allocated time to enter the Facility)
- Quickly prep and ready your boat with accessories and equipment

\* Note: If you are training at Sports Hub WSC or Passion Wave, please comply with their tracking system and process



Max. 50 persons permitted to operate out from all dragon boat Facilities at any given time

## Execution

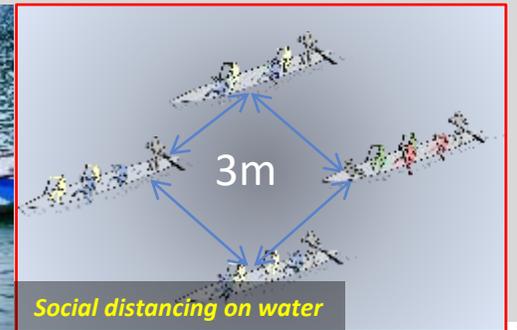
- Teams are only permitted to train within allocated time, based on the Booking Schedule
- Launch the boat once it is ready, do not linger (there are other crew awaiting their turn)
- Move quickly away from the pontoon or beach
- NOTE!** With lesser crew onboard, power to weight ratio is reduce. Crew may encounter difficulties negotiating strong wind, wave and currents
- Stay close to base or in Kallang Basin
- Post training
  - Debrief/ conduct training assessment inside the boat, before heading back to base
  - Quickly disembark and/or recover boat back into stowage
  - Disinfect the boat, accessories and equipment used
  - Recover your belongings and quickly exit the Facility



Social distancing on land



Move quickly & safely



Social distancing on water

# What Needs to be Done - Booking Schedule

Session	Boat 1	Boat 2	Boat 7	Boat 8	Total Pax / Session	Remarks	
	Team Details	Team Details	Team Details	Team Details			
Session 1: 7am to 8.30am	No of Pax	6	6	6	48		
	Vessel ID No	DB001	DB003	DB013			DB015
	Team Name	NUS	SMU - 1	OCBC			Dragonfly
	Contact Person	Sharon Ng	Lim Wee Kok	Toh Lay Yen			Chia Yi Liang
	Contact No	12345678	23456789	67890123			45678901
8.30am to 9am	Disinfect boat & change over crew at Beach or disinfect & stowe boats at Nurser						
Session 2: 9am to 10.30pm	No of Pax						
	Vessel ID No						
	Team Name						
	Contact Person						
	Contact No						
10.30am to 11am	Disinfect boat & change over crew at Beach or disinfect & stowe boats at Nurser						
Session 3: 11am to 12.30pm	No of Pax						
	Vessel ID No						
	Team Name						
	Contact Person						
	Contact No						
12.30pm to 1pm	Disinfect boat & change over crew at Beach or disinfect & stowe boats at Nurser						
Session 4: 1pm to 2.30pm	No of Pax						
	Vessel ID No						
	Team Name						
	Contact Person						
	Contact No						
2.30pm to 3pm	Disinfect boat & change over crew at Beach or disinfect & stowe boats at Nurser						
Session 5: 3pm to 4.30pm	No of Pax						
	Vessel ID No						
	Team Name						
	Contact Person						
	Contact No						
4.30pm to 5pm	Disinfect boat & change over crew at Beach or disinfect & stowe boats at Nurser						
Session 6: 5pm to 6.30pm	No of Pax						
	Vessel ID No						
	Team Name						
	Contact Person						
	Contact No						
6.30pm to 7pm	Disinfect & stowe boats at Nursery						

# **ORGANIZED PROGRAMS**

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For both High Performance & Mass Participation

# NEW NORMS – DRAGON BOAT PROGRAMS

## In conjunction with New Norms for Facilities



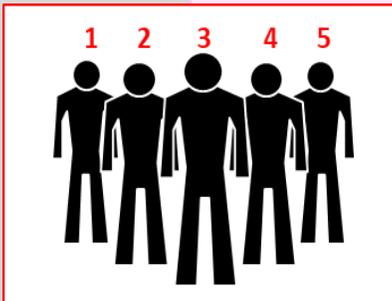
1. Minimum age to participate is 12 years old
2. Come in suitable attire, ready to get wet
3. Be on time
4. Stay within your designated group
5. Follow instructions given by SDBA Trainers & Steerers



1. Participants are required to have their temperature taken at entrance into Facility
2. Those with temp 38° and above shall be declined entry



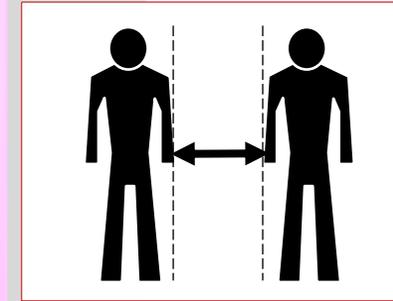
1. Participants may remove face mask during activity
2. Removal of face mask is permitted before embarking into the boat
3. *Re-wearing of face mask required after recovery of Crew and Coach back on land*



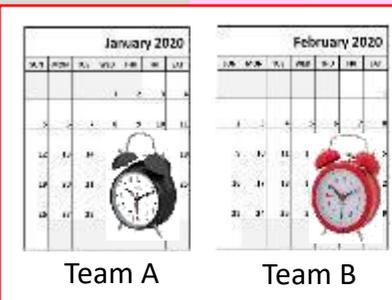
1. Minimum no of persons per Crew = 4 pax + 1 Steer
2. Minimum no of persons for Program = 8 pax
3. Maximum no of persons for Program = 40 pax (subjected to time slot and boat availability)
4. If you do not have own Steer, SDBA shall assign one to you



1. Participants are required to log into the SafeEntry app before entering Facility
2. Mobile phone with QR code scanner app required ; NRIC scanner option is unavailable



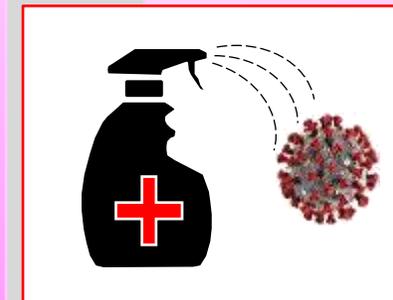
1. 2m apart when exercising or playing sport on land
2. 3m apart between crew/ groups on land
3. 3m apart between boats on water



1. Each crew launch and recovery time shall be staggered
2. Each session is 2 hrs, i.e. 0.5hrs safety & technical briefing + 1.5hrs water works



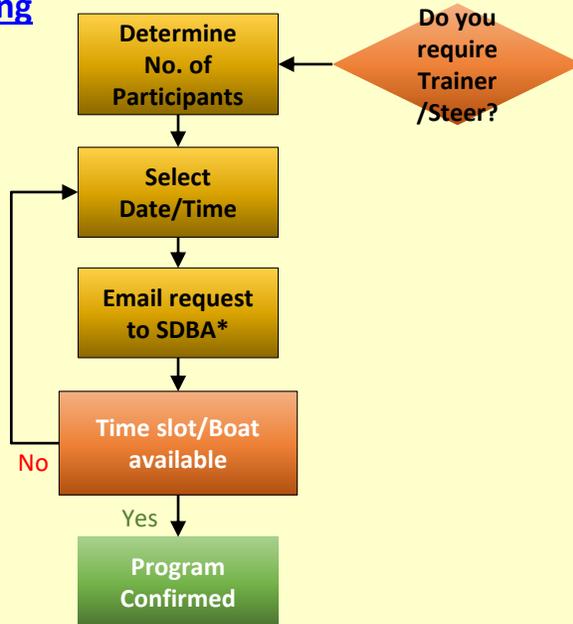
1. Participants are required to activate the SafeTogether app before entering the Facility



1. The Boat, its accessories and equipment used shall be disinfected after every use

# What Needs to be Done for Programs

## Planning



- Submit email request at least 14 working days before Program date
- Please refer to \*SDBA website ([www.sdba.org.sg](http://www.sdba.org.sg)) for program rates
- NOTE!** Availability of preferred time and/or boat is on 1<sup>st</sup> come – 1<sup>st</sup> get basis
- SDBA shall confirm your program booking, inclusive of availability of boats, trainer & steer (if required)

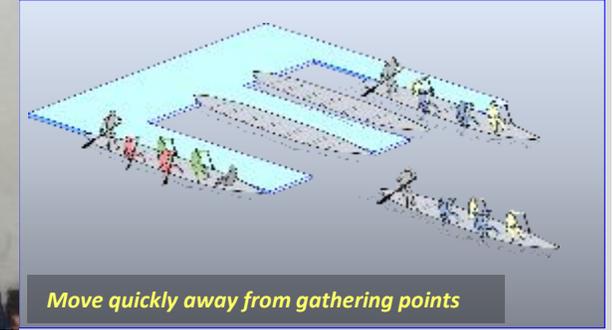
\* Note: If you are intend to do the Program at Sports Hub WSC or PAssion Wave, please check with them



Kit-up quickly



Follow the Trainer's instructions



Move quickly away from gathering points

## Preparation

- Come in suitable attire, ready to get a little wet
- Be on time!
- Wait for the rest of your participants. Only enter the Facility when all your participants are present
- Limit movement inside the Facility, i.e. between the storage space, toilets and boats, etc.
- Move quickly and safely (there maybe other crew waiting for their turn)
- Individual Trainer / Steer shall conduct the Safety & Technical Briefing according to the assigned groups
- Smile lots & have fun!

## Execution

- Follow instructions given by the Trainers / Steerers
- Kit-up quickly and embark the boat once the crew is ready, do not linger (there are other crew awaiting their turn)
- Move quickly away from the pontoon
- Maintain at least 3m distance from other boats on the water (even when stationary – bunching together is not permitted)
- NOTE!** With lesser crew onboard, power to weight ratio is reduce. Crew may encounter difficulties negotiating strong wind, wave and currents
- Stay close to base or in Kallang Basin
- Post program
  - Debrief/ conduct training assessment inside the boat, before heading back to base
  - Quickly disembark, recover your belongings, change and exit the Facility
  - SDBA will disinfect the boat, accessories and equipment used
  - Recover your belongings and quickly exit the Facility



**Max. 50 persons permitted to operate out from the dragon boat Facility at any given time**

# What Needs to be Done - Booking Schedule

Bookings at KWSC on 27 / 6 / 2020 (Saturday)

Session	Boat 1				Boat 2				Boat 7				Boat 8				Total Pax / Session	Remarks				
	Team Details		SDBA Trainer	SDBA Steer	Total Pax	Team Details		SDBA Trainer	SDBA Steer	Total Pax	Team Details		SDBA Trainer	SDBA Steer	Total Pax	Team Details			SDBA Trainer	SDBA Steer	Total Pax	
Session 1: 7am to 9am	No of Pax	5	0	0	5	No of Pax	5	0	Non Some	6	No of Pax					No of Pax					23	SCF 1 + 7am to 12pm 24 pax
	Team Name	NUS				Team Name	SMU - 1				Team Name	Block Out				Team Name	Block Out					
	Contact Person	Sharon Ng				Contact Person	Lim Wee Kok				Contact Person	Block Out				Contact Person	Block Out					
	Contact No	12345678				Contact No	23456789				Contact No	Block Out				Contact No	Block Out					
9am to 10am	No of Pax					No of Pax					No of Pax					No of Pax						
Session 2: 10am to 12pm	Team Name					Team Name					Team Name	Block Out				Team Name	Block Out					
	Contact Person					Contact Person					Contact Person	Block Out				Contact Person	Block Out					
	Contact No					Contact No					Contact No	Block Out				Contact No	Block Out					
12pm to 1pm	No of Pax					No of Pax					No of Pax					No of Pax						
Session 3: 1pm to 3pm	Team Name					Team Name					Team Name					Team Name						
	Contact Person					Contact Person					Contact Person					Contact Person						
	Contact No					Contact No					Contact No					Contact No						
3pm to 4pm	No of Pax					No of Pax					No of Pax					No of Pax						
Session 4: 4pm to 6pm	Team Name					Team Name					Team Name					Team Name						
	Contact Person					Contact Person					Contact Person					Contact Person						
	Contact No					Contact No					Contact No					Contact No						
6pm to 7pm	No of Pax					No of Pax					No of Pax					No of Pax						

# **COURSES**

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For Practical Component only

# NEW NORMS FOR PRACTICAL COURSES



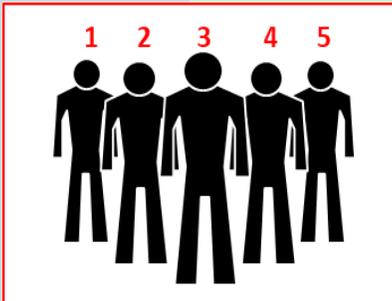
1. Be in suitable attire
2. Be on time!
3. Move quickly
4. Stay within your designated group
5. Follow instructions given by the Assessors
6. Keep calm & don't stress!



1. Candidates entering KWSC (venue for Practical Session) shall have their temperatures taken
2. Those with temp 38° & above shall be declined entry into KWSC



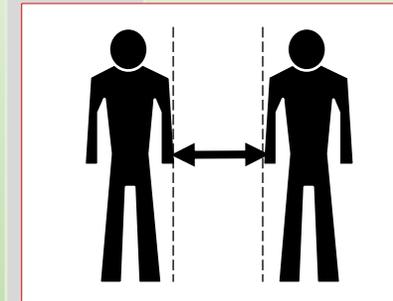
1. Candidates may remove face mask during activity
2. Removal of face mask permitted before embarking into the boat
3. *Re-wearing of face mask required after recovery on land*



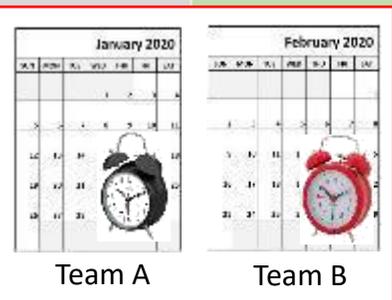
1. Theory session shall be on webinar platform
2. Theory Technical Test shall be conducted in KWSC Trainer's Room
3. For practical test session, size of crew shall be 6 persons = 1 Assessor + 5 candidates



1. Candidates entering KWSC shall be required to log into the SafeEntry app
2. Mobile phone with QRcode scanner app required ; NRIC scanning option is unavailable



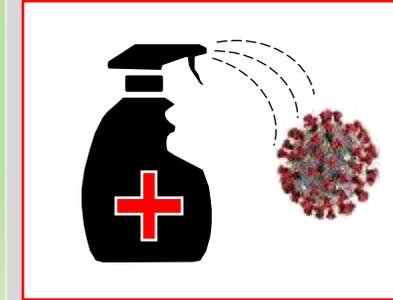
1. 1m apart during Theory Technical Test
2. 2m apart when exercising or playing sport on land
3. 3m apart between crew/ groups on land
4. 3m apart between boats on water



1. Each session = 4hr
2. Each crew shall be isolated from the other
3. Each crew's launch and recovery time shall be staggered



1. Candidates entering KWSC shall be required to activate the SafeTogether app



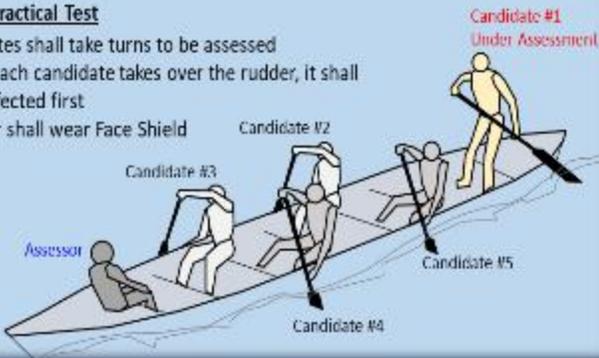
1. The Boat, its accessories and equipment used shall be disinfected after every use
2. Candidates must use their own PFD and paddles

# What Needs to be Done



## Set-up of Practical Test

- 1) Candidates shall take turns to be assessed
- 2) Before each candidate takes over the rudder, it shall be disinfected first
- 3) Assessor shall wear Face Shield



## Social distancing during Practical Assessment



## Planning

- Theory will be done online via Zoom and the Theory test will be conducted when the participant comes for their Practical session.
- Practical assessment will be done in person at KWSC
- All participants will be in groups of 5 + 1 Assessor (total 6pax in a DB12)
- SDBA will allocate date and a 4 hour time slot for the practical test

## Preparation

- Come in suitable attire, ready to get a little wet
- Be on time!
- SDBA will designate you into crew of 5 pax each
- Theory test will be conducted in the Trainers Room
- Ready the boat & kit-up quickly and safely

## Execution

- Launch and/or embark in the boat once it is ready, do not linger
- Move quickly away from the beach or pontoon
- NOTE! With lesser crew onboard, power to weight ratio is reduce. Crew may encounter difficulties negotiating strong wind, wave and currents**
- Post training
  - Debrief/assessment, if any, shall be conducted inside the boat, before heading back to base
  - Quickly disembark, recover your belongings, change and exit the Facility
  - SDBA will disinfect the boat, accessories and equipment used
  - Recover your belongings and quickly exit the Facility

# **FACILITIES**

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1. SDBA Admin Office
2. Kallang Water Sports Centre (KWSC)
3. Kallang Dragon Boat Nursery

# 1. NEW NORMS FOR SDBA ADMIN OFFICE

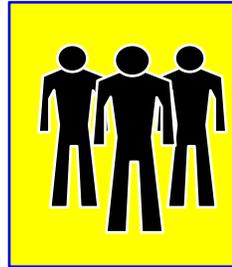
## Not Cleared to Work from Office



### Work from home

Until permitted to return back to office

## If have to Work from Office



Team A



Team B

### Separate Work Groups

Staff shall be divided into two(2) groups



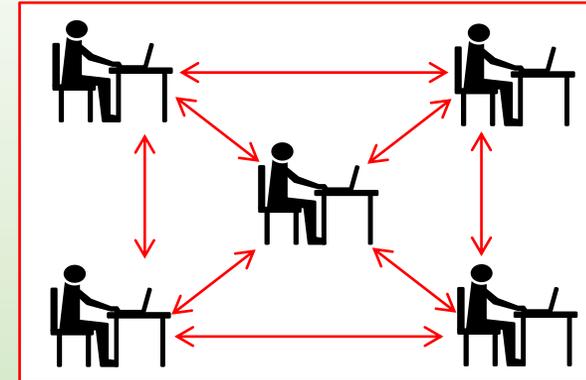
Team A



Team B

### Alternate Work Schedule

The two(2) groups shall work on alternate days



### Staggered work stations

Staff shall occupy alternate work stations and shall not share same space

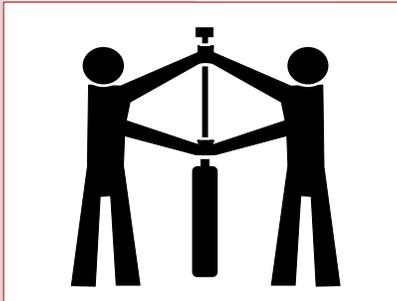


### Line of Communications

The two(2) groups shall rely on pre-established open line of communications

# 2. NEW NORMS FOR KWSC (KALLANG WATER SPORTS CENTRE)

## In conjunction with New Norms for Training, Programs & Courses



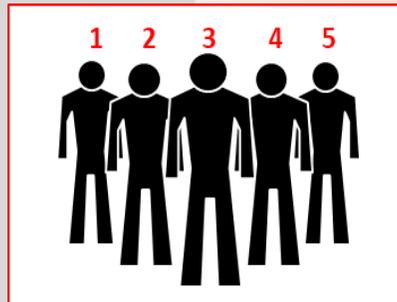
1. SDBA is sharing KWSC with Singapore Canoe Federation (SCF)
2. Facility capacity = 50 pax
3. SDBA shall coordinate with SCF to maintain no of both SDBA and SCF participants = max 50 pax



1. People entering KWSC shall have their temperatures taken
2. Those with temp 38° & above shall be declined entry into KWSC



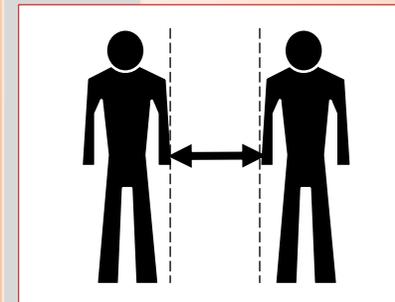
1. Coach and Steer shall wear Face Shield as they need to shout commands & instructions
2. Removal of face mask permitted before entering pontoon
3. *Re-wearing of face mask required after recovery on land*



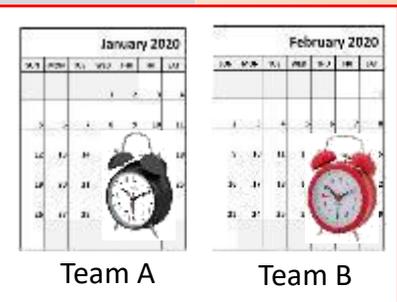
1. Minimum dragon boat participants at KWSC is 1\*DB12 boat with 5 athletes per boat, excluding Coach
2. Maximum dragon boat participants at KWSC is 10\*DB12 boats at 5 athletes per boat, excluding Coach



1. People entering KWSC shall be required to log into the SafeEntry app
2. Mobile phone with QR code scanner app required ; NRIC scanning option is unavailable



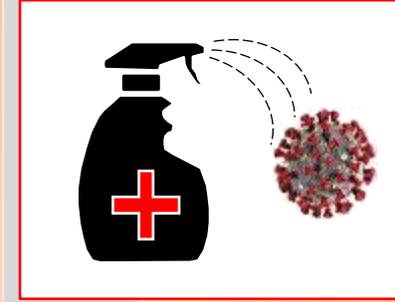
1. 2m apart when exercising or playing sport on land
2. 3m apart between crew/ groups on land
3. 3m apart between boats on water



1. Every Training, Program and Course session shall be pre-scheduled and rostered



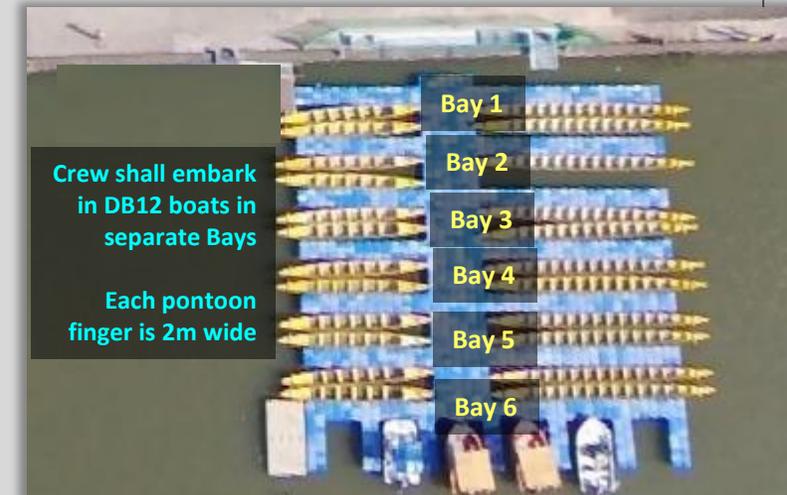
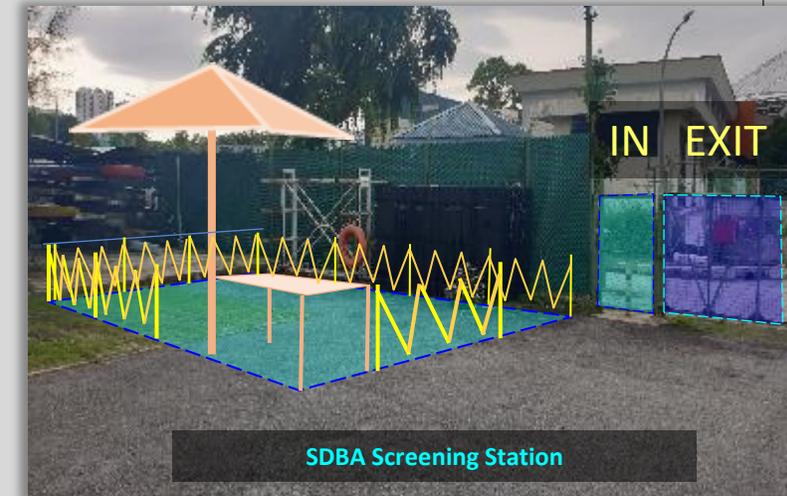
1. People entering KWSC shall be required to activate the SafeTogether app



1. Boat and equipment used shall be disinfected after use
2. There is also a weekly disinfection schedule

# What Needs to be Done at KWSC

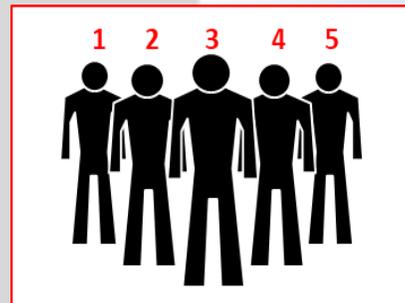
Facility Capacity = 50 pax to be shared between SDBA & SCF



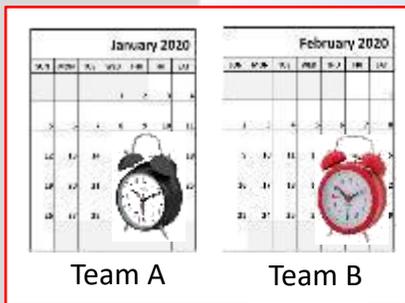
# 3. NEW NORMS FOR DRAGON BOAT NURSERY



1. Stick to the Booking Schedule (see below)
2. Move quickly (& safely) as other Crew are waiting for you to end your session
3. The next Crew on the Booking Schedule have to wait for the previous session to vacate first



1. Only the Crew indicated on the Booking Schedule will be permitted to enter Nursery
2. Limit time spend in Nursery, quickly prep and launch your boat



1. Each training session is 2hrs, i.e. 1.5hrs land prep and training + 0.5hrs boat recovery and for disinfecting
2. Next batch can only enter Facility after previous batch has left



1. Crew entering The Nursery shall have their temperatures taken
2. Those with temp 38° & above shall be declined entry into Nursery



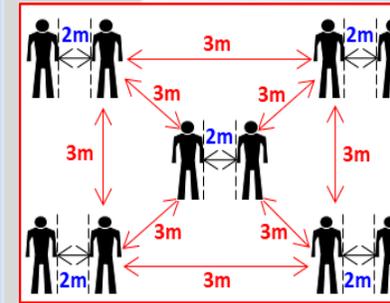
1. Crew entering The Nursery shall be required to log into the SafeEntry app
2. Mobile phone with QR code scanner app required ; NRIC scanning option is unavailable



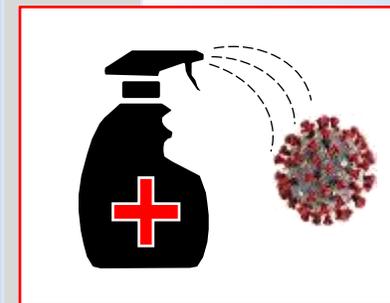
1. Crew entering The Nursery shall be required to activate the SafeTogether app



1. The Crew may remove face mask during paddling activity
2. Removal of face mask permitted before launching into the water
3. *Re-wearing of face mask required after recovery of boat into storage*



1. 2m apart between individual when exercising or playing sport on land
2. 3m apart between crew/groups on land
3. 3m apart between boats on water



1. Boat and equipment used shall be disinfected after use
2. If can, do not share paddles & PFD!
3. If must share paddles and PFD, to disinfect **BEFORE & AFTER** use

# What Needs to be Done at Nursery

Facility Capacity = 50 pax permitted to operate at any one time



# **ENFORCEMENT & CHECKS**

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# NEW NORMS – ENFORCEMENT & CHECKS

Let's do our very best to comply with the control measures

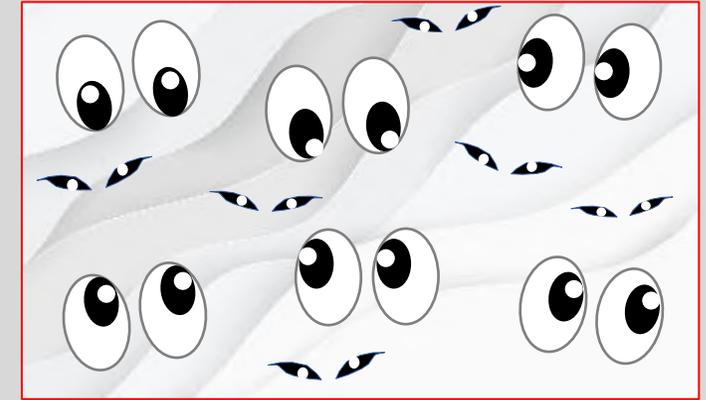


*Government agents*



*Government CCTV*

*"There's one at Nursery Beach too..."*

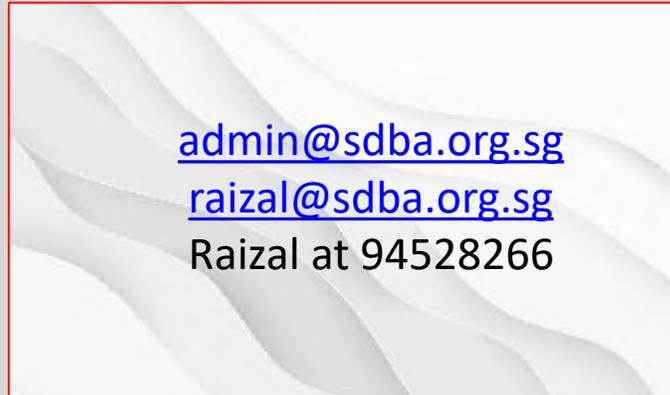


*Someone is always watching*



*Screening Stations at Facilities*

*"Mobile phone with QR scanning app required, NRIC scanning option unavailable"*



*Feedback channels*

*"Can also contact us if you are lonely...."*



*SDBA patrols*



**Stay Safe & Healthy**