



24 March 2020

Dear Athletes, Officials, NDSAs, Sports Teams,

**SDSC Directive: Suspension of Training Programmes for all Sports until 30 April 2020**

The Ministry of Health (“MOH”) issued an advisory on 24 March 2020, titled “Tighter measures to minimise further spread of COVID-19”. Additionally, Sport Singapore (SportSG) has also issued an advisory on 24 March 2020, titled “Advisory to the sporting fraternity”.

In view of the developing COVID-19 situation, and the Multi-Ministry Taskforce’s decision to “enforce stricter measures that would limit gatherings outside of work and school to 10 persons or fewer”, the Singapore Disability Sports Council (SDSC) would like to announce the suspension of all of SDSC’s training programmes for all sports with immediate effect, until **30 April 2020**.

Factors such as the vulnerability of our athletes, and the rise of unlinked COVID-19 cases in Singapore, have been taken into consideration, in addition to the advisories. With the safety of our athletes as paramount importance, SDSC has had to make this difficult decision.

Safety and health of all remains SDSC’s top priority

At SDSC, the safety and health of our athletes, our officials and members of the public, is our top priority. Please continue to exercise the necessary precautions, such as regular hand-washing and social distancing. If you are not feeling well, please see a doctor. Together, we will ride through this storm and come out of it stronger.

Please refer to [go.gov.sg/mohupdates](https://www.gov.sg/mohupdates) for latest updates. If you have any questions, please contact the relevant sports officer or call 6342 3501.

Thank you very much.

Yours sincerely,  
SDSC

**FAQs** (Further questions may be directed to your NDSA or sports officer)

**General**

Q1. Can I still utilise the training facilities at the respective time slots that have been booked for training?

A: The suspension of training is in place until 30 April 2020. SDSC will be cancelling the respective booking of all facilities up till this date.

Q2. Can I still train on my own or conduct my own training?

A: SDSC has made the difficult decision of suspending training with the health and safety of our athletes and officials as our top priority. SDSC recommends that you exercise discretion and take appropriate measures to stay safe during this period.

Q3. The directive states that all training programmes will be suspended until 30 April 2020. Will this suspension be further extended?

A: SDSC will be monitoring the situation closely and taking direction from government advisories. We will review the situation and a decision will be made as we approach the end of April. This will be communicated to all parties who are affected.

Q4. I understand that the Tokyo 2020 Paralympics are postponed till 2021. Are there changes to the qualification criteria and can I try and aim for qualification?

A: At this juncture, there are no immediate changes to the qualification criteria that had been previously set out. SDSC will take direction from the International Paralympic Committee (IPC), International Federations, and work closely with Singapore National Paralympic Council (SNPC) on this matter.

Q5. The ASEAN Para Games 2020 are postponed to 3 to 9 October 2020. I want to train but the suspension affects my training plan. What can I do to stay fit in April 2020?

A: SDSC recommends that you continue to stay fit by exploring some exercises that you can do in the comfort of your home. Additionally, SDSC will work with the coaches to explore alterations to the training plan. through e-learning, such as improving athletes' knowledge of techniques, competition rules and game or team strategies. SDSC wants our athletes to stay safe and use the opportunity to retain competitiveness.

**For Athletes**

Q6. I am a carded athlete. Will I still get my Athletes Training Allowance (ATA) for the month of March?

A: The training attendance and objectives will be revised and dated up till 24 March 2020. If you have met the training objectives and the criteria for the disbursement of the allowance, we will be able to disburse the March 2020 allowance in full to you.

Q7. I am a carded athlete. I have made some appointments at the SSI Medical Centre. Can I still attend these appointments, or make more appointments at SSI Medical Centre for the month of April 2020?

A: Please call the SSI Medical Centre 6500 5450 for more information. We advise you to defer any appointment if possible, but if you have to go for the appointment, please take the necessary precautions and adhere to the measures put in place at SportSG's office.

**For Officials/Coaches**

Q8. Will I still receive my service fees for the month of March 2020?

A: SDSC will pay for all services rendered by the coaches according to their contract terms.

Q9: Will I still receive my service fees for the month of April 2020?

A: SDSC will pay for all services rendered by the coaches according to their contact terms. If there were services rendered for the month of April, payment will be made according to the respective contract terms.

SDSC understands that this is a trying period for coaches who may be facing reduced incomes from programme cancellations on other fronts too. SDSC will work with the coaches and athletes to determine if alternatives to physical coaching can be achieved fruitfully in the programmes, which may allow some coaches to continue rendering their service through different means. However, SDSC cannot guarantee that solutions can be found in every programme and seeks coaches' understanding on this.

As a charity, SDSC has its own funding challenges amidst this worsening economic climate, but would endeavour to maintain a healthy para sports landscape for all stakeholders whilst ensuring the responsible use of public funds.

**DORSCON (Disease Outbreak Response System Condition) – SDSC ADAPTATION**

ADAPTED FROM MOH PANDEMIC READINESS AND RESPONSE PLAN FOR INFLUENZA AND OTHER ACUTE RESPIRATORY DISEASES (REVISED APRIL 2014)

**Updated 24 March 2020:**

Please refer to [go.gov.sg/mohupdates](http://go.gov.sg/mohupdates) for the latest updates on the COVID-19 situation. SDSC will comply with all relevant government advisories.

COLOR	NATURE OF DISEASE	IMPACT ON DAILY LIFE	ADVICE TO PUBLIC
	STATUS OF SDSC STAKEHOLDERS <i>Staff, Athlete, Coach, Caregiver, Volunteer, etc.</i>	IMPACT ON SDSC ACTIVITY <i>Office, Training, Event, etc.</i>	SDSC ADVISORY
<b>GREEN</b> <i>Negligible to low public health impact</i>	<ul style="list-style-type: none"> <li>Disease is mild</li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li>Disease is severe but does not spread easily from person to person (e.g. MERS, H7N9)</li> </ul>	<ul style="list-style-type: none"> <li>No disruption</li> </ul>	<ul style="list-style-type: none"> <li>Be socially responsible: if you are sick, stay home</li> <li>Maintain good personal hygiene</li> </ul>
	<ul style="list-style-type: none"> <li>No reported / known case of infection in Singapore from SDSC stakeholders</li> <li>For overseas engagement, no reported and/or known case of infection in hosting country and/or SDSC stakeholders (during preparation phase in Singapore and/or already overseas)</li> </ul>	<ul style="list-style-type: none"> <li>Local Activity / Local Training proceed as per planned</li> <li>For overseas engagement, proceed as per planned</li> </ul>	<ul style="list-style-type: none"> <li>Be socially responsible: if you are sick, stay home</li> <li>Maintain good personal hygiene</li> </ul>
<b>YELLOW</b> <i>Low to moderate public health impact</i>	<ul style="list-style-type: none"> <li>Disease is severe and spreads easily from person to person but is occurring outside Singapore</li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li>Disease is spreading in Singapore but is typically mild i.e. only slightly more severe than seasonal influenza. Could be severe in vulnerable groups. (e.g. H1N1 pandemic)</li> </ul>	<ul style="list-style-type: none"> <li>Minimal disruption e.g. border screening measures, higher work and school absenteeism</li> </ul>	<ul style="list-style-type: none"> <li>Be socially responsible: if you are sick, stay home</li> <li>Maintain good personal hygiene</li> <li>Look out for health advisories</li> </ul>
	<ul style="list-style-type: none"> <li>Reported case/s of infection from SDSC stakeholders</li> <li>For overseas engagement, reported case/s of infection in hosting country and/or SDSC stakeholders (during preparation phase in Singapore and/or already overseas)</li> </ul>	<ul style="list-style-type: none"> <li>Local Activity / Local Training proceed as per planned with precautionary measures in place for all stakeholders where necessary (e.g. Temperature taking before start of session, hand washing with soap before and after session)</li> <li>For overseas engagement, proceed as per planned if unaffected with precautionary measures in place for all stakeholders where necessary</li> </ul>	<ul style="list-style-type: none"> <li>Be socially responsible: if you are sick, stay home</li> <li>Maintain good personal hygiene</li> <li>Look out for health advisories</li> <li>If vaccination is available, recommend to take</li> <li>If infection occur outside of SDSC activity, identify location/activity and inform stakeholders to avoid</li> <li>Apply same practices if stakeholders are already overseas</li> </ul>

		<ul style="list-style-type: none"> <li>If affected / involves vulnerable group, suspend session till further notice</li> <li>To liaise with relevant authorities to arrange for return to Singapore</li> </ul>	
<b>ORANGE</b> <i>Moderate to high public health impact</i>	<ul style="list-style-type: none"> <li>Disease is severe AND spreads easily from person to person, but disease has not spread widely in Singapore and is being contained (e.g. SARS experience in Singapore).</li> </ul>	<ul style="list-style-type: none"> <li>Moderate disruption e.g. quarantine, temperature screening, visitor restrictions at hospitals.</li> </ul>	<ul style="list-style-type: none"> <li>Be socially responsible: if you are sick, stay home</li> <li>Maintain good personal hygiene</li> <li>Look out for health advisories</li> <li>Comply with control measures</li> </ul>
	<ul style="list-style-type: none"> <li>Increase in reported cases of infection</li> <li>Reported severe cases of infection</li> <li>Reported case/s of quarantine</li> <li>For overseas engagement, increase in the above condition/s of infection in hosting country and/or SDSC stakeholders (during preparation phase in Singapore and/or already overseas)</li> </ul>	<ul style="list-style-type: none"> <li>Local Activity / Local Training proceed as per planned with precautionary measures in place for all stakeholders where necessary (e.g. Temperature taking before start of session, hand washing with soap before and after session)</li> <li>Activity suspended till further notice for affected / vulnerable group</li> <li>For overseas engagement, proceed as per planned if unaffected with precautionary measures in place for all stakeholders where necessary</li> <li>If affected / involves vulnerable group, suspend session till further notice</li> <li>To liaise with relevant authorities to arrange for return to Singapore</li> </ul>	<ul style="list-style-type: none"> <li>Be socially responsible: if you are sick, stay home</li> <li>Maintain good personal hygiene</li> <li>Look out for health advisories</li> <li>Comply with control measures</li> <li>Affected group to impose self-quarantine and seek medical attention for those highly suspected of infection</li> <li>Disinfection of location/equipment</li> <li>Apply same practices if stakeholders are already overseas</li> </ul>
<b>RED</b> <i>High public health impact</i>	<ul style="list-style-type: none"> <li>Disease is severe AND is spreading widely.</li> </ul>	<ul style="list-style-type: none"> <li>Major disruption e.g. school closures, work from home orders, and significant number of deaths.</li> </ul>	<ul style="list-style-type: none"> <li>Be socially responsible: if you are sick, stay home</li> <li>Maintain good personal hygiene</li> <li>Comply with control measures</li> <li>Practice social distancing: avoid crowded areas</li> </ul>
	<ul style="list-style-type: none"> <li>Significant increase in reported cases of infection</li> <li>Significant increase in reported severe cases of infection</li> <li>Significant increase in reported cases of quarantine</li> <li>Fatality</li> <li>For overseas engagement, increase in the above condition/s of infection in hosting country</li> </ul>	<ul style="list-style-type: none"> <li>All local Activity / local Training suspended till further notice for all stakeholders</li> <li>For overseas engagement, proceed as per planned if unaffected with precautionary measures in place for all stakeholders where necessary</li> <li>If affected / involves vulnerable group, suspend session</li> <li>To liaise with relevant authorities to arrange for return to Singapore</li> </ul>	<ul style="list-style-type: none"> <li>Be socially responsible: if you are sick, stay home</li> <li>Maintain good personal hygiene</li> <li>Comply with control measures</li> <li>Practice social distancing: avoid crowded areas</li> <li>All to monitor own health status and seek medical attention where suspected of infection</li> <li>Apply same practices if stakeholders are already overseas</li> </ul>

	and/or SDSC stakeholders (during preparation phase in Singapore and/or already overseas)		
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