

6 April 2020

Dear Athletes, Officials, NDSAs, Sports Teams,

**SDSC Directive: Suspension of all Activities and Training Programmes for all Sports Extended until 4 May 2020**

The Ministry of Health (MOH) issued an advisory on 3 April 2020, titled "[Circuit breaker to minimise further spread of COVID-19](#)". Additionally, Sport Singapore (SportSG) has also issued an advisory on 5 April 2020, titled "[Advisory on sport and physical exercise & activities for the control period of 7 April 2020 to 4 May 2020](#)".

The Singapore Disability Sports Council (SDSC) had earlier made the difficult decision to suspend of all of SDSC's training programmes for all sports with immediate effect, until 30 April 2020. This had been made known to our community via the directive issued on 24 March 2020, titled "[Suspension of Training Programmes for all Sports until 30 April 2020](#)".

Taking into account the above advisories issued by MOH and SportSG, SDSC would like to confirm that the suspension of all activities and training programmes will be extended until **4 May 2020 (inclusive)**, in alignment with the circuit breaker.

Closure of workplace premises: SportSG and SDSC office

Additionally, SportSG and its facilities such as the Sport Singapore Institute (SSI) Gym, SSI Medical Centre and Athletes Services Centre will be closed from 7 April 2020 to 4 May 2020. Athletes are advised to re-schedule all appointments to a later date. SDSC's office will also be closed until 4 May 2020 and staff will be telecommuting. SDSC staff will remain contactable and we stand ready to lend support to athletes, officials and the community.

Let's do our part

Together, we must be socially responsible and comply with the measures that have been set out. We encourage everyone to remain largely within their place of residence, apart from going out to buy meals or other essentials, or procure essential services. Social contact should be confined to immediate family members living in the same household during this period.

As sportspersons, athletes are encouraged to stay active, either by exercising indoors, or if you must, exercise outdoors on your own or with members of your own household around your immediate neighbourhood. Please remember to observe safe distancing measures.

Please continue to exercise the necessary precautions, such as good personal hygiene, and safe distancing, even at home. If you must go out, wearing a mask could provide some protection. If you are not feeling well, please see a doctor.

Please refer to [go.gov.sg/mohupdates](http://go.gov.sg/mohupdates) for latest announcements and stay updated on the latest news. If you have any questions, please contact the relevant sports officer or call 6342 3501. Amidst the uncertainty, let us rely on each other's strength and stay united. Together, we will ride through these challenging times.

Thank you very much.

Yours sincerely,  
SDSC