

11 May 2020

Dear Athletes, Officials, Associations, Teams,

**A Letter to our Community: Cancellation of the 10th ASEAN Para Games**

The Singapore National Paralympic Council (SNPC) issued a media release on 9 May 2020, titled “10th ASEAN Para Games cancelled due to COVID-19 pandemic”. This comes after the ASEAN Para Sports Federation (APSF) confirmed that Philippines would not host the biennial Games.

This announcement comes at a very challenging time for all of us. The Singapore Disability Sports Council (SDSC) has had to take stringent but necessary measures, in tandem with government advisories, to scale back on all training programmes and activities since 24 March 2020. This meant that we could not meet physically to do what we love so much: play sports.

SDSC recognises that this has been a period of immense stress and uncertainty. Having a major game postponed twice, and eventually cancelled is unprecedented. In fact, none of whatever we are experiencing currently is preceded.

Thank you for all that you have done

We journeyed with you in preparing for the Games, we celebrated with you when you achieved personal bests and we stood by each other through the tough times – this will always remain our unwavering commitment to you. We salute you for your blood, sweat and tears, your dedication towards training and the many hours that have gone into preparing to represent Singapore with distinction. The time will come when these sacrifices will bear fruit, when sport can once again take centre stage in our lives.

Let us take strength, and not negativity, from what is happening, and look forward to the 2021 ASEAN Para Games in Hanoi, Vietnam. The cancellation this year does not mean that we put a stop to our sporting aspirations. It may be light at the end of the tunnel if many more athletes can qualify for the 2021 games, with the longer runway, or perform even better.

spexCarding Update

Non-carded athletes who have been provided with temporary spexCarding in preparation for the 10th ASEAN Para Games may wish to note that the temporary spexCarding has ceased on 20 April 2020.

For the next spexCarding application, SDSC will work closely with the Singapore Sports Institute to ensure the process remains fair and supportive to athletes. In the meantime, we strongly encourage athletes to find alternative ways to maintain your form, so that you will be able to sustain your performance at competitions when there are opportunities. Across the world, many athletes have started to share inspiring videos and stories on how to maintain one’s body and mind in excellence amidst this challenging environment. Let us not take this as a setback in our journey, but an opportunity to break through. Study our opponents well, analyse our game, build our endurance. Once international travel restrictions are relaxed, and we see international sports federations restart their competition calendars, SDSC will work with coaches and associations to plan our way forward.

For more information and queries about spexCarding, you may email Mr Kang Tze Wei ([tze.wei@sdsc.org.sg](mailto:tze.wei@sdsc.org.sg)).

### Curating resources for our community

The importance of having a balanced wellness in both our bodies and minds cannot be underestimated, and we are glad to find that most of our athletes have been coping well during this circuit breaker, through our recent well-being survey. Nonetheless, with these extraordinary circumstances set to continue for some time, SDSC needs to innovate to ensure that our community remains connected with each other and physically active.

We will be launching a portal of learning resources curated for our community. Called “*The Inside Track*”, SDSC is committed to being alongside you in your sports journey.

We will explore relevant topics to our athletes, such as nutrition, sleep & recovery. Fitness videos for different impairment groups, and created in collaboration with the Singapore Para-Athletes Commission (SPAC), are also lined up for the greater community. We look forward to launch the portal on our website in the next two weeks. If you have suggestions and other contributions you wish to make for this portal, please feel free to contact the SPAC or your sports officer.

### Let's continue to do our part

Thank you for being socially responsible and for complying with the measures that have been set out. We must continue to stay vigilant and heed advisories issued by the government. Please refer to [go.gov.sg/mohupdates](https://www.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 via their mobile phones or email. With safe management measures set to continue for some time, we may not be able to return to our workplace physically, but we remain operational offsite.

While the nation prepares to emerge from some circuit breaker measures come 1 June 2020, we do know that sport will not be able to return to the state that we knew it to be. When training is allowed to resume, SDSC will have to enforce measures to ensure that the environment is safe for everyone. We look forward to seeing everyone again soon.

We have come this far only by relying on each other's strength. Just as how sport has taught us to be resilient, we will see through such tough times together. We are counting down to the day when sports resume and we ride through wins and losses again as one family.

Thank you very much.

Yours sincerely,



Kelly Fan  
Executive Director