

**Singapore Disability Sports Council (SDSC)  
Safe Management Plan for Para Sports  
Version updated 18 May 2021**

**Acknowledgement**

The Singapore Disability Sports Council (SDSC) thanks its member organisations - Bowling Association for the Disabled (Singapore), Deaf Sports Association (Singapore), Lawn Bowls Association for the Disabled (Singapore), Para Athletics (Singapore), and Table Tennis Association for the Disabled (Singapore) - for their contributions to this plan and its implementation.

**Disclaimer**

Please note that this plan is subject to changes. Adjustments may be made based on advisories from the Multi-Ministry Task Force (MTF), SportSG and other government authorities.

This plan should be read in conjunction with the advisories from the Ministry of Health (MOH), and SportSG which can be located at the following links:

MOH - <https://www.moh.gov.sg/covid-19>  
SportSG - <https://www.sportsingapore.gov.sg/>

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## 1 INTRODUCTION AND EVALUATIVE FACTORS FOR SAFE MANAGEMENT OF PARA SPORT ACTIVITIES

### Introduction

Singapore entered Phase 2 on 19 June 2020. In Phase 2, sports facilities were reopened and face-to-face training was approved to resume gradually.

Phase 3 began on 28 December 2020. More sports facilities were reopened, group sizes increased and more activities could resume gradually with adherence to safe management measures.

On 4 May 2021, due to rising cases in the community, the Multi-Ministry Taskforce (MTF) announced the tightening of safe management measures to curb the transmission of COVID-19 within the community, referred to as “Phase 3 (Heightened Alert)”. This was subsequently raised to “Phase 2 (Heightened Alert)” on 14 May 2021, with new measures introduced from 16 May 2021 to 13 June 2021.

We seek the understanding of our stakeholders, including athletes, coaches, and officials that this is an important period where we need to work together to curb the spread of infection and avoid disastrous outcomes for Singapore.

With this in mind, we will continue to apply four evaluative factors in this Safe Management Plan, for the conduct of para sports activity in Phase 2 (Heightened Alert). These four factors should be jointly assessed as they interact heavily with each other.

### Factor 1: Activity essentiality

- 1.1 Face-to-face activity shall be restricted, and limited to athletes who are on programmes targeting major game participation or qualification.
- 1.2 Overseas travel will be strictly restricted to that which is essential. Administrators should note that costs of overseas activity would also increase significantly due to safe management measures such as direct flights, pre-departure and arrival COVID-19 tests, and quarantine stays.

### Factor 2: Assessment of vulnerability

- 1.3 Due to rising cases and expanding clusters, we will take a more cautious stance for programmes involving youth aged 18 and below. Face-to-face activity shall be suspended for this segment in all instances.
- 1.4 There is currently no evidence that COVID-19 affects Persons with Disabilities (PWD) more. As long as PWD maintain adequate safety

measures, the risk of them contracting COVID-19 is the same as everyone else. However, COVID-19 does affect persons with underlying conditions more adversely.

- 1.5 We should therefore be mindful of such situations or daily living requirements which may render more vulnerability to some individuals:
- Underlying or pre-existing medical conditions;
  - Immunocompromisation / weakened immune systems / proneness to respiratory illnesses / inability to recover easily from respiratory illnesses;
  - Elevated tactile contact, e.g. individuals with visual impairment who may come into contact with surfaces or persons more easily, individuals who use wheelchairs
  - Additional time or simplified instruction to support the adherence to safety measures, e.g. individuals with intellectual impairment, individuals with autism;
  - Assisted routines, e.g. individuals who are assisted by caregivers, athletes who work with competition partners, individuals who require wheelchair transfers
- 1.6 Identification of such situations or requirements specific to the individual allows additional controls to be implemented to mitigate risks to the individual. These could include extending measures to caregivers and athlete competition partners, engaging parents or guardians to revise safety measures with individuals, providing transport options to reduce commuting on public transport, as well as delaying face-to-face sports activity.
- 1.7 That being said, this assessment of vulnerability should be balanced by considering the impact of the lack of face-to-face sports activity for such individuals. In cases where they could be rendered further vulnerable from the lack of such activity, discussions should be held with the individual to deliver face-to-face sports activity if reasonable controls can be identified and mutually agreed upon.
- 1.8 An individual should never, in any circumstance, be forced or threatened to participate in face-to-face activity if there is a valid threat to his or her health from such participation.

**Factor 3: Readiness for Conduct of Activity with Safe Management Measures**

Selected face-to-face activity can only be conducted if the following measures are implemented:

- 1.9 **General Measures**
- 1.9.1 Appoint Safety Management Officers (SMO)
- 1.9.2 Use TraceTogether at training or event environments

- 1.9.3 Stagger training hours (if venue is small and capacity is limited)
- 1.9.4 Ensure physical spacing of 2m between individuals.
- 1.9.5 Limit group / “bubble” size to 2 pax (athletes + caregivers + sport assistants), with an additional coach.
- 1.9.6 Ensure physical spacing of at least 3m between groups if there are multiple groups sharing the space. Groups must not interact with each other.
- 1.9.7 Do not cross-deploy or mix groups (e.g. same groups to attend repeat sessions. No changing of groups which will lead to mixing.)
- 1.9.8 Wear mask at all times unless engaging in strenuous exercise. Unmasked activities within indoor enclosed spaces are not allowed at all times.
- 1.9.9 Minimise physical touchpoints
- 1.9.10 Step up cleaning
- 1.9.11 Avoid sharing equipment. If equipment is shared, wipe-down routines must be implemented before and after sessions. This includes gym equipment such as weights, and sport equipment such as basketballs.
- 1.9.12 Ensure availability of cleaning and disinfecting agents and facilities
- 1.9.13 Set up evacuation and cleaning protocol for suspected / confirmed cases
- 1.9.14 Educate participants, e.g. reminders on safety management to athletes and officials, e.g. declaration of respiratory illnesses, travel, contact with COVID-19 cases, use of TraceTogether app (mandatory)
  
- 1.10 **Sport-Specific Measures**
- 1.10.1 Risks specific to the sport would be evaluated to determine additional measures that may be required to ensure the safety of trainings and events.
  
- 1.11 **Individual-Specific Measures**
- 1.11.1 Based on the vulnerability assessment carried out under Factor 2, measures specific to individual should be implemented to ensure the safety of trainings and events.
  
- 1.12 **Co-ownership of Safe Management with Facilities**
- 1.12.1 As venue providers are required to provide onsite measures, SMO must check that these onsite measures are evident before training sessions begin. For example, cleaning and disinfecting agents and facilities are provided, education materials on safety measures are displayed, and an isolation area for suspect or confirmed cases has been designated.
  
- 1.12.2 If such measures are not provided by the venue provider, SMO must report to their national disability sport association (NDSA) or SDSC to discuss how such requirements can be met.
  
- 1.13 **Additional Support Aids**
- 1.13.1 SDSC has provided additional aids to NDSAs, coaches and event facilitators to ensure the smooth implementation of this Safe Management Plan. However, every individual should also take responsibility for their own

safety. SDSC would continue to supply aids where resources allow, with some supplies maintained for contingencies. These supplies should not be taken as the default provision.

- 1.13.2 SDSC has been using its vehicle fleet to support athletes for their trainings. In Phase 2 (Heightened Alert), we will prioritise access for athletes deemed to have increased risk of exposure due to their condition. Where SDSC’s fleet may not be able to support such requests, athletes should discuss with their coach or programme officer on alternative arrangements for trainings or transportation.
- 1.13.3 Coaches can use a Daily Training Checklist to help them ensure that measures are not overlooked.

**Factor 4: Management of Face-to-Face Activity Delivery**

- 1.14 SMO are appointed on four levels – management level to ensure that safe management practices are applied across the board, and operational and affiliate levels to ensure that safe management is applied in respective sports. Coaches and team managers form the final and most important line of SMO who help to ensure that safe management is applied on ground.



Figure 1: Appointments of SMO

- 1.15 SMO are responsible for formulating the implementation plans, conducting inspections and checks, as well as maintaining records for subsequent audits by the authorities.
- 1.16 In practice, SMO are to be briefed on their responsibilities and required to ensure that that athletes, officials and participants understand and follow safety measures when they return to activity. Prior to the return to activity, athletes, officials and attendees are to be briefed on the Safe Management Plan, and then submit a declaration to confirm their understanding to undertake the mentioned measures.

- 1.17 SMO must also keep inspection records and documentation to evidence the enforcement of safety measures. SMO are to ensure that a copy of the Safe Management Plan for the sport or event is available onsite and adequate education material is distributed to the participants.

**TABLE 1: OVERVIEW OF INTERACTIVE FACTORS THAT IMPACT THE CONDUCT OF FACE-TO-FACE PARA SPORT ACTIVITY**

Factor	Areas of Focus
a) Activity Essentiality	Programme Goals, Athlete Year Plans
b) Assessment of Vulnerability	Medical Conditions, Risk Exposure
c) Readiness for Delivery	Environment, Education, Controls
d) Management of Delivery	Monitoring, Review, Support

## 2 SAFE MANAGEMENT SPECIFICATIONS FOR THE CONDUCT OF LOCAL PARA SPORT TRAININGS

Based on the four evaluative factors outlined in Section 1, SDSC and its affiliates have delivered local face-to-face para sport trainings as follows.

### Activity Essentiality

- 2.1 Table 2 outlines a broad resumption schedule that was adopted for the delivery of face-to-face trainings. However, actual batching was subject to safety measures, e.g. limit on group sizes for sport / facility, and availability of facilities.

**TABLE 2: SAMPLE RESUMPTION SCHEDULE**

Batch	Programme Goal / Athlete Year Plan	Tentative Phase / Period
1	Paralympic 2021 podium / qualification	1
2	Asian 2022 podium / qualification	2 (From 19 June 2020)
3	Asean 2022 podium / qualification	2 (From 19 June 2020)
4	Pre-Development / Development	2 (From 3 July 2020)
5	Recreational / Community	2 (From 17 July 2020)

- 2.2 These batched returns have allowed training to continue under modified conditions, such as shrunken venue capacities and increased disinfection procedures.
- 2.3 For Phase 2 (Heightened Alert), only athletes who are training to qualify for or participate in upcoming major games would be allowed to attend training.

### Vulnerability Assessment and Controls

- 2.4 Specific measures were implemented to manage risks that may relate to individuals with impairments / conditions. Table 3 (on page 9; updated on 8 Jan 2021) provides a general guide for reference.
- 2.5 Enhanced controls may be applied to help participants who experience increased vulnerability, e.g. loss of muscle mass or muscle tone, from lack of physical sport to continue sports activities.
- 2.6 Risk and controls were examined individually and not assumed to be the same from individual to individual.
- 2.7 This assessment applied to all attendees, including coaches, caregivers, and athlete competition partners.



**TABLE 3: EXAMPLES OF ENHANCED RISKS AND CONTROLS**

<b>Impairment / Condition</b>	<b>Potential enhanced risks from</b>	<b>Possible enhanced controls</b>
Physical Impairment (Severe e.g. severe cerebral palsy, severe muscular dystrophy)	<ul style="list-style-type: none"> <li>- Caregivers, athlete competition partners (ACP)</li> <li>- Respiratory problems</li> <li>- Third-party-assisted wheelchair transfers (e.g. coach / volunteer)</li> </ul>	<ul style="list-style-type: none"> <li>- Extend measures to caregivers and ACP</li> <li>- Face shield on top of masks (optional)</li> <li>- SDSC fleet support</li> <li>- Wearing of ponchos and gloves during transfers.</li> </ul>
Physical Impairment (Non-severe)	<ul style="list-style-type: none"> <li>- Contact between wheelchair tyres and hands</li> </ul>	<ul style="list-style-type: none"> <li>- Nil needed (Addressed by handwashing / sanitisation)</li> </ul>
Visual Impairment	<ul style="list-style-type: none"> <li>- Difficulty in assessing crowds or public safety markers</li> <li>- Difficulty scanning QR codes at venues</li> </ul>	<ul style="list-style-type: none"> <li>- SDSC fleet support</li> <li>- Assist registration (first-time) and save login page thereafter</li> </ul>
Intellectual Impairment	<ul style="list-style-type: none"> <li>- Difficulty in comprehending or remembering safety measures</li> </ul>	<ul style="list-style-type: none"> <li>- Simplify instruction</li> <li>- Repeat reminders</li> <li>- Engage parents / caregivers to participate in joint education process</li> </ul>
Deaf or Hard of Hearing	Nil	Nil
Autism	<ul style="list-style-type: none"> <li>- Difficulty in comprehending or remembering safety measures</li> </ul>	<ul style="list-style-type: none"> <li>- Simplify instruction</li> <li>- Repeat reminders</li> <li>- Engage parents / caregivers to participate in joint education process</li> </ul>
Other underlying or pre-existing conditions / Immunocompromised or weak immune system	<ul style="list-style-type: none"> <li>- Serious health complications if infected</li> </ul>	<ul style="list-style-type: none"> <li>- Face shield on top of masks (optional)</li> <li>- Consult doctor for advice, or delay activity</li> </ul>
60 years old and above	<ul style="list-style-type: none"> <li>- Serious health complications if infected</li> </ul>	<ul style="list-style-type: none"> <li>- Face shield on top of masks (optional)</li> <li>- May consult doctor for advice / delay activity.</li> </ul>

### **Preparation and Management of Sport Trainings**

- 2.8 Face-to-face para sport trainings or activities are permitted for the select group with the measures below. These measures are applied to all attendees, including caregivers and athlete competition partners, unless otherwise specified.

#### ***General Measures (AT ALL TIMES)***

- 2.9 If you are suspected or confirmed to have COVID-19 at any time, inform SDSC or your NDSA at the earliest possible time so that safety measures can be implemented to protect others. You may be a suspect case if you display symptoms such as coughing, running nose, shortness of breath or difficulty breathing, sore throat, loss of taste or smell, diarrhoea or body ache. Use the [Singapore COVID-19 Symptom Checker](#) to decide what your next steps should be. Inform SDSC or your NDSA of your diagnosis at the earliest possible time.
- 2.10 If you have someone within your household that has been issued with a Stay Home Notice or Quarantine Notice, you must refrain from training for 14 days starting from the commencement date of the Notice. Report the matter to SDSC or your NDSA at the earliest possible time.
- 2.11 If you have come into close contact with someone who has tested positive for COVID-19, you must self-quarantine at home for 14 days starting from the date of last contact with the person.
- 2.12 If you have been issued medical leave by a medical practitioner, you must stay home until the completion of your medical leave even if you start feeling better before the end of it.

#### ***General Measures (BEFORE TRAINING SESSION / ACTIVITY)***

- 2.13 Undergo Rostered Routine Testing (RRT).
- 2.14 Take temperature before leaving for training / activity. If you have a fever (temperature > 37.5 °C) or display COVID-19 symptoms (i.e. coughing / running nose / shortness of breath or difficulty breathing / sore throat / loss of taste or smell / diarrhoea / body ache), you must not come for training / activity.
- 2.15 Bring your thermometer along for temperature recording at venue, if such provisions are not available at the venue, or from your coach / facilitator.
- 2.16 Wear a face mask, upon leaving your home. A re-usable cloth mask or disposable surgical mask may be used. The mask should be worn properly to ensure it covers the nose and mouth with an effective seal. A spare mask should be brought along to standby in case the first mask gets dirtied or damaged. Bring along your personal water bottle and hand sanitizer.

- 2.17 No carpooling will be allowed. If taking public transport, refrain from talking on the phone or with another person.
- 2.18 Proceed to training alone or with essential personnel only, such as your caregiver if you require assistance for your activities of daily living. Do not bring along siblings, friends, parents or others who are not essential to assist you. All attendees must be registered for the slot, and not turn up without notice, to ensure that the group size is kept.
- 2.19 Confirm your assigned training slot before you turn up for training. Do not visit others at their training slots or attempt to use another slot if you miss yours.
- 2.20 Come dressed for training. Avoid using toilets, changing rooms or common shared areas for changing of clothes.
- 2.21 Download and activate the TraceTogether App and/or carry the TraceTogether Token as it enables tracing by proximity to each person.
- 2.22 Coaches are to ensure that training times are staggered, with at least 30 minutes between sessions, to prevent the cross contact between different groups of attendees.
- 2.23 Groups must be limited to 2, including caregivers, athlete competition partners, and volunteers, unless otherwise advised under sport-specific measures. Training drills and activities should enable the required safe distancing where possible, at 2m between individuals who are exercising and 3m between individuals who are exercising indoors at high intensity. Groups should be distanced at least 3m apart, if using the same venue.

***General Measures (ARRIVAL AT VENUE)***

- 2.24 Activate TraceTogether at venue entrance to aid contact tracing.
- 2.25 Wash hands with soap and water right after entering the facility. Use hand sanitizer only if hand-washing is not available, as hand-washing is more effective. Enough sanitizer should be used to cover the surface of hands and the gel should be rubbed until the sanitizing solution/gel dries.
- 2.26 Coaches / Facilitators should arrive at least 30 minutes earlier, before training commences, to facilitate TraceTogether procedures which include temperature check. Coaches / Facilitators will check the temperature of athletes / attendees if this is not done by the venue provider. Those having a temperature of 37.5 degrees Celsius and above will be barred from entry and asked to return home immediately. Such individuals are advised to visit the doctor. Coaches / facilitators should report such instances to SDSC on the day of training for records and monitoring.
- 2.27 Coaches / Facilitators are to conduct visual scans that athletes /

attendees are well (i.e. not displaying symptoms such as coughing, running nose, shortness of breath or difficulty breathing, sore throat, fatigue) and check that athletes / attendees are wearing their mask properly (nose and mouth covered with an effective seal). Anyone displaying said symptoms will be barred from entry and asked to return home immediately.

- 2.28 Coaches / Facilitators can use the checklist provided by SDSC and/or your NDSA as a guide on measures to be taken before and after trainings / activities.
- 2.29 Athletes / attendees are to arrive at least 15 minutes earlier before training commences to allow adequate time for TraceTogether procedures to be observed.
- 2.30 Athletes / attendees are required to retrieve and sanitise their equipment before training commences, if they use equipment stored at or provided by the venue. Coaches / facilitators may assist if the athlete / attendee requires help due to their condition, e.g. total visual impairment.
- 2.31 Adhere to any other safety instructions or protocols that may be implemented by the venue owner. Where there are differing measures between those of the venue owner and those of SDSC or the NDSA, adhere to the stricter / strictest set.

***General Measures (ACTIVITY AT TRAINING / ACTIVITY VENUE)***

- 2.32 Keep 2m distance when exercising. (Note further instructions that may fall under sport-specific measures.)
- 2.33 If there is more than one group sharing a space, the groups must not interact and must maintain a distance of 3m apart from one another at all times.
- 2.34 Avoid physical contact unless permitted under sport-specific measures. Social exchanges, including high fives, should also be avoided.
- 2.35 Any activities that can be done at home, should be done at home (e.g. pre-training briefings, recovery sessions, training debriefs, meals).
- 2.36 Practise good hygiene, e.g. regular and thorough handwashing/hand sanitization, especially each time you leave and return to the venue. Cover your mouth or nose with a tissue or sleeve when coughing/sneezing.
- 2.37 Do not share equipment, unless necessary. Where such sharing is necessary, equipment should be sanitised frequently, if not between uses. Personal equipment that poses a high risk of transmission from user to user and cannot be sanitised between uses such as towels and water bottles must not be shared.

- 2.38 Masks should be worn at all times unless performing strenuous exercise. Masks must be put on again right after exercise is completed.
- 2.39 Face shields may be worn by persons who have health conditions that may result in breathing or other medical difficulties when a mask is worn for a prolonged period of time, or by persons engaged in activities or environments that may make mask-wearing dangerous, e.g. in swimming pools. Face shields can be worn on top of masks for additional protection if the risks of transmission of droplets to eyes is high during practice of the sport, or if persons with higher vulnerability are involved in the session. A face shield, if used, must be worn properly so that it covers the entire face, from the forehead to below the chin, wrapping around the sides of the face.
- 2.40 Adhere to any other safety instructions or protocols that may be implemented by the venue owner. Where there are differing measures between those of the venue owner and those of SDSC or the NDSA, adhere to the stricter / strictest set.
- 2.41 Rest areas should be set for individuals at least 2m apart, if the individuals are involved in high intensity exercise or contact sports. Otherwise, rest areas should be at least 1m apart. Refrain from socialising during rest times.
- 2.42 If you feel unwell halfway through training or the activity, alert the coach or facilitator immediately.
- 2.43 If anyone in the training or activity group displays COVID-19 symptoms (coughing / running nose / shortness of breath or difficulty breathing / sore throat / loss of taste or smell / diarrhoea / body ache), coaches / facilitators are to isolate the person and alert the venue staff immediately. In the event that the venue does not have an evacuation facilitator, the coach / facilitator is to bring the individual to the isolation area, and activate an ambulance to bring the individual to a hospital / COVID-19 test facility. All contact surfaces that the individual has interacted with are to be disinfected immediately, and all attendees of that session are to be dismissed and informed to monitor their health after returning home. The coach / facilitator must also report the case to SDSC or their NDSA immediately so that the SMO can follow up on the individual's diagnosis.

***General Measures (AFTER TRAINING)***

- 2.44 Attendees are to sanitise used equipment and return them to storage areas.
- 2.45 Attendees are to wipe down high contact surfaces, e.g. stability poles.
- 2.46 Coaches / facilitators may assist if the athlete / attendee requires help due to their condition, e.g. total visual impairment.

2.47 Wash hands with soap and water before exiting venue. Use hand sanitizer only if hand-washing is not available, as hand-washing is more effective. Enough sanitizer should be used to cover surface of hands and the gel should be rubbed until the sanitizing solution/gel dries.

2.48 “Get in, Train and Get out”. Do not congregate after training or activity. Leave the venue promptly.

**General Measures (JOURNEY HOME FROM TRAINING)**

2.49 No carpooling allowed. If taking public transport, refrain from talking on the phone or with another person.

**Sport-Specific Measures**

2.50 Table 4 outlines specific measures that are to be taken according to the sport being practised. Additional measures may be taken where necessary. SMO should also check if there are new or overlooked needs upon training delivery.

**TABLE 4: SPORT-SPECIFIC MEASURES**

<b>Sport</b>	<b>Specific Control/s</b>
Athletics	One lane per athlete, with min. 2m distancing OR staggering of athlete to increase physical distance of min. 3m in between athletes if sharing lanes. Avoid running in slipstream of others. High contact points to note for disinfection: javelin, discus, jump mats, pole vault, shot put, club, starting blocks, racing chair, throwing chair, store handles.
Archery	No sharing of arrows between archers in same session unless disinfected between uses. High contact points to note for disinfection: bow, arrows, stool.
Badminton	No sharing of shuttlecocks or court with other groups. High contact points to note for disinfection: shuttlecocks, racquets.
Boccia	High contact points to note for disinfection: boccia balls, ramps, wheelchairs, paddles, calipers, cage handles.
Chess	Face shield recommended on top of mask due to indoor close proximity to fellow chess player. High contact points to note for disinfection: chess set.
Cycling	Avoid cycling in slipstream of others – maintain 3m from cyclist in front. High contact points to note for disinfection: bicycles, pumps, store handle, guards, helmets.
Equestrian	Refer to Safe Management Plan of Equestrian Federation of Singapore (EFS).
Goalball	High contact points to note for disinfection: balls, floor, goalpost, goggles, guards.
Football	High contact points to note for disinfection: balls, locker handle.

Lawn Bowls	High contact points to note for disinfection: balls, assistive poles, measures, store handle.
Powerlifting	Use of gloves by coach to adjust weights. High contact points to note for disinfection: benches, weights.
Sailing	Dedicated Personal Flotation Device (PFD) per participant. High contact points to note for disinfection: boats, including sails, office handles, personal flotation devices.
Shooting	One firing point per shooter, with physical separator. If physical separator is not available, to distance with empty lanes. High contact points to note for disinfection: guns, tables, stools.
Swimming	1 coach to 1 athlete. Encouraged to wipe dry after swimming, and shower at home, instead of accessing common changing rooms. High contact points to note for disinfection: gym equipment if any at venue.
Table Tennis	High contact points to note for disinfection: balls, paddles, tables, ball pickers.
Tenpin Bowling	High contact points to note for disinfection: balls, seats, score console, ball return area, guide rails, goggles, store handle.
Triathlon	Refer to measures for various disciplines.
Wheelchair Basketball	High contact points to note for disinfection: wheelchairs, balls, store handle.
Wheelchair Fencing	Refer to Safe Management Plan of Fencing Singapore.
Wheelchair Rugby	High contact points to note for disinfection: wheelchairs, balls, guards, gloves, store handle.
Wheelchair Tennis	High contact points to note for disinfection: wheelchairs, racquets, store handle.

#### Gradual Loading

- 2.51 Training loads should generally start off low and gradually increase, as a sudden increase of load (after a prolonged period of rest) can lead to injury.

#### Contingency Protocols

- 2.52 If an attendee is reported to SDSC as a confirmed COVID-19 case, SDSC will inform the venue which the attendee has used to activate deep cleaning procedures and contact tracing. (If the attendee is reported to the NDSA, the NDSA must inform SDSC in addition to informing the venue provider.)
- 2.53 SDSC / the NDSA will identify other attendees at the session and submit this list to MOH for contact tracing.

#### Disciplinary Action

- 2.54 Any attendee may be subjected to disciplinary action for failure to comply with the safety measures listed in this document due to wilful negligence or disregard for safety to self or others.

### **3 SAFE SPORT SPECIFICATIONS FOR THE CONDUCT OF LOCAL PARA SPORT COMPETITIONS, EVENTS AND COMMUNITY PROGRAMMES**

3.1 Evaluative factors and safe management measures for face-to-face competitions, events and community programmes are similar to those outlined for face-to-face training.

#### **Activity Essentiality**

3.2 Selection / Performance trials / National tournaments, to support high performance goals, such as performance monitoring for Paralympic-bound athletes, and qualification for major games and sanctioned international championships shall be approved on a case-by-case basis.

3.3 All other events shall be cancelled or postponed until further notice.

#### **Vulnerability Assessment and Controls**

3.4 While vulnerability assessment for COVID-19 infection remains the same, other factors such as suspended training due to safe management measures in the past months could lead to other forms of safety risks. The introduction of events that demand higher levels of skill demonstration should therefore be measured. Batching of different groups of participants could be considered for such events.

#### **Preparation and Management for Delivery of Activity**

##### ***Measures for Organisers***

3.5 Events shall be considered on a case-by-case basis by SportSG. SDSC's affiliates are to submit their events to SportSG through SDSC, except for Equestrian Federation (Singapore) and Fencing Singapore. Bookings of SportSG venues shall only be supported after SportSG's approval.

3.6 Zoning or sessions of 50 pax, including working personnel, must be applied for such events, subject to the venue capacity. There must not be interaction between zones or sessions. Time-slots, if applied, would be staggered, with at least 30 minutes between sessions, to reduce interaction between different groups of attendees.

3.7 All entry to event venues must be pre-planned due to restricted group / zone sizes and the deployment of other safe management measures. Pre-registration should be adopted as a default to support safe management. Time-slots could be allocated to manage group / zone size.

3.8 Every entry point to the activity must be regulated by safe management measures. Entry points may be restricted for this purpose.



- 3.9 Officials facilitating entry must conduct:
- o Temperature screening: Those that register temperatures above 37.5 degrees Celsius shall not be allowed to enter venue.
  - o Visual wellness scans: Those that display symptoms of illness, e.g. runny nose or cough, shall not be allowed to enter venue.
  - o Use of TraceTogether: Those that do not activate TraceTogether (i.e. scan their tokens or apps) shall shall not be allowed to enter venue.
  - o Tagging: If staggered sessions / zoning is deployed, identification stickers, wristbands or accreditation cards may be implemented to facilitate control.
- 3.10 Sanitisers should be placed at entry and exit points as well as high contact points for participant use.
- 3.11 Activity and seating should be planned to enable the required safe distancing where possible, at 2m between individuals who are exercising and 3m between individuals who are exercising indoors at high intensity. Groups should be distanced at least 3m apart, if using the same venue.
- 3.12 Rest areas should be set for individuals at least 2m apart, if the individuals are involved in high intensity exercise or contact sports. Otherwise, rest areas should be at least 1m apart.
- 3.13 To reduce contact and contamination risk, food should not be served at the event venue. Participants should take their meals before or after the activity. If there is an absolute need to provide meals at the venue, meals should be pre-packed and distributed by the organiser to the individuals to minimise contact from individual to individual. Exposed food should not be re-distributed to another individual.
- 3.14 Exit points should preferably be away from entry points to reduce crowding and cross-contact between groups. Traffic within the event venue must also be considered.
- 3.15 Common equipment to be used should be sanitised frequently, particularly between uses by different groups or individuals.
- 3.16 Other guidelines issued by government or programme partners may be applied. For example, participants may be required to take PCR tests before participation. More time should be allocated in between sessions to allow for cleaning.

***General Measures for Participants and Officials (AT ALL TIMES)***

- 3.17 You must not register or act as an official/volunteer for competitions, events or community programmes if you are suspected or confirmed to have COVID-19 infection. Inform the organiser (e.g. SDSC) at the earliest opportunity if you are suspected or confirmed to have COVID-19 after registration. You may be a suspect case if you display symptoms such as coughing, running nose, shortness of breath or difficulty breathing, sore throat, loss of taste or smell, diarrhoea or body ache. Use the [Singapore COVID-19 Symptom Checker](#) to decide what your next steps should be. Inform the organiser (e.g. SDSC) of your diagnosis at the earliest possible time.
- 3.18 If you have someone within your household that has been issued with a Stay Home Notice or Quarantine Notice, you must refrain from participating in competitions, events or programmes for 14 days starting from the commencement date of the Notice. Report the matter to the organiser (e.g. SDSC) at the earliest possible time.
- 3.19 If you have come into close contact with someone who has tested positive for COVID-19, you must self-quarantine at home for 14 days starting from the date of last contact with the person.
- 3.20 If you have been issued medical leave by a medical practitioner, you must stay home until the completion of your medical leave even if you start feeling better before the end of it.

***General Measures for Participants and Officials (BEFORE ACTIVITY)***

- 3.21 Take temperature before leaving for the competition / event / community programme. If you have a fever (temperature > 37.5 °C) or display COVID-19 symptoms (i.e. coughing / running nose / shortness of breath or difficulty breathing / sore throat / loss of taste or smell / diarrhoea / body ache), you must not come for the activity. Check if a Rapid Antigen Test is required.
- 3.22 Wear a face mask, upon leaving your home. A reusable cloth mask or disposable surgical mask may be used. The mask should be worn properly to ensure it covers the nose and mouth with an effective seal. A spare mask should be brought along to standby in case the first mask gets dirtied or damaged. Bring along your personal water bottle and towel.
- 3.23 Pre-registered participants should only enter the venue during their allocated time-slots. Requests to change time-slots may be allowed before the event day but shall be subject to the approval of the organiser. Do not turn up at a different time-slot.
- 3.24 If you are not eligible for pre-registration, please check with the organiser in advance before the event day if there is arrangement for walk-ins.

These may not be available due to safe management measures.

- 3.25 Come dressed for the activity and avoid using the common changing rooms if possible.
- 3.26 Download and activate the TraceTogether App and/or carry the TraceTogether Token as it enables tracing by proximity to each person.

***General Measures for Participants and Officials (ARRIVAL AT VENUE)***

- 3.27 Arrive at least 15 minutes before your allocated timeslot to facilitate TraceTogether procedures.
- 3.28 Scan your TraceTogether token or app at venue entrance to aid contact tracing.
- 3.29 Wash hands with soap and water right after entering facility. Use hand sanitizer only if hand-washing is not available, as hand-washing is more effective. Enough sanitizer should be used to cover surface of hands and the gel should be rubbed until the sanitizing solution/gel dries.
- 3.30 Adhere to any other safety instructions or protocols that may be implemented by the venue owner. Where there are differing measures between those of the venue owner and the organiser, adhere to the stricter / strictest set.

***General Measures for Participants and Officials (INSIDE VENUE)***

- 3.31 Keep 1m distance from other people when not exercising, 2m distance when exercising, and 3m distance when exercising indoors at high intensity. (Note that distancing may be adjusted according to sport-specific compliance requirements.)
- 3.32 If you are designated to a group, do not interact with other groups and maintain a distance of 3m from them.
- 3.33 Avoid physical contact unless permitted under sport-specific measures. Social exchanges, including high fives, should also be avoided.
- 3.34 Any activities that can be done at home, should be done at home. Eat before or after the activity, as meals would not be provided at the venue.
- 3.35 Practise good hygiene, e.g. regular and thorough hand washing/hand sanitization, especially each time you leave and return to the venue. Cover your mouth or nose with a tissue or sleeve when coughing/sneezing.
- 3.36 Do not share personal equipment that poses a high risk of transmission such as towels and water bottles with others.

- 3.37 Masks should be worn at all times unless performing strenuous exercise. Masks must be put on again right after exercise is completed.
- 3.38 You can wear face shields if you have health conditions that may result in breathing or other medical difficulties when a mask is worn for a prolonged period of time, or if you are engaged in activities or environments that may make mask-wearing dangerous, e.g. in swimming pools. This is subject to the prevailing government measures.
- 3.39 Adhere to any other safety instructions or protocols that may be implemented by the venue owner. Where there are differing measures between those of the venue owner and those of the organiser, adhere to the stricter set.
- 3.40 If you feel unwell halfway through training or the activity, alert the coach or facilitator immediately.

**General Measures for Participants and Officials (AFTER ACTIVITY)**

- 3.41 If you had used common / shared equipment, sanitise and return them to the storage areas. Wipe down surfaces you have had frequent contact with, if these are not used by others. Seek assistance only if necessary.
- 3.42 Wash hands with soap and water before exiting the venue. Use hand sanitizer only if hand-washing is not available, as hand-washing is more effective. Enough sanitizer should be used to cover the surface of hands and the gel should be rubbed until the sanitizing solution/gel dries.
- 3.43 “Get in, Participate and Get out”. Do not congregate after the activity. Leave the venue promptly.

**Sport-Specific Measures**

- 3.44 Specific measures would be taken according to the sport being practised.

**EXAMPLE OF SPORT-SPECIFIC MEASURES**

<b>Sport</b>	<b>Specific Control/s</b>
Athletics	One lane per athlete, with min. 2m distancing OR staggering of athlete to increase physical distance of min. 3m in between athletes if sharing lanes. High contact points to note for disinfection: javelin, discus, jump mats, pole vault, shot put, club, starting blocks, racing chair, throwing chair, store handles.
Archery	No sharing of arrows between archers in same session unless disinfected between uses. High contact points to note for disinfection: bow, arrows, stool.
Badminton	No sharing of shuttlecocks or court with other groups. High contact points to note for disinfection: shuttlecocks, racquets.

Boccia	High contact points to note for disinfection: boccia balls, ramps, wheelchairs, paddles, calipers, cage handles.
Chess	Face shield recommended on top of mask due to indoor close proximity to fellow chess player. High contact points to note for disinfection: chess set.
Cycling	Distancing of 3m from cyclist to cyclist High contact points to note for disinfection: bicycles, pumps, store handle, guards, helmets.
Equestrian	Refer to Safe Management Plan of Equestrian Federation of Singapore (EFS).
Goalball	High contact points to note for disinfection: balls, floor, goalpost, goggles, guards.
Football	High contact points to note for disinfection: balls, locker handle.
Lawn Bowls	High contact points to note for disinfection: balls, assistive poles, measures, store handle.
Powerlifting	Use of gloves by coach to adjust weights. High contact points to note for disinfection: benches, weights.
Sailing	Dedicated Personal Flotation Device (PFD) per participant. High contact points to note for disinfection: boats, including sails, office handles, personal flotation devices.
Shooting	One firing point per shooter, with physical separator. If physical separator is not available, to distance with empty lanes. High contact points to note for disinfection: guns, tables, stools.
Swimming	Encouraged to wipe dry after swimming, and shower at home, instead of accessing common changing rooms. High contact points to note for disinfection: gym equipment if any at venue.
Table Tennis	High contact points to note for disinfection: balls, paddles, tables, ball pickers.
Tenpin Bowling	High contact points to note for disinfection: balls, seats, score console, ball return area, guide rails, goggles, store handle.
Triathlon	Refer to measures for various disciplines.
Wheelchair Basketball	High contact points to note for disinfection: wheelchairs, balls, store handle.
Wheelchair Fencing	Refer to Safe Management Plan of Fencing Singapore.
Wheelchair Rugby	High contact points to note for disinfection: wheelchairs, balls, guards, gloves, store handle.
Wheelchair Tennis	High contact points to note for disinfection: wheelchairs, racquets, store handle.

### **Contingency Protocols**

- 3.45 If an attendee is reported to the organiser as a confirmed COVID-19 case, the organiser will inform the venue owner to activate deep cleaning procedures and contact tracing.

- 3.46 The organiser will identify other attendees at the session and submit this list to MOH for contact tracing.

Disciplinary Action

- 3.47 Any attendee may be subjected to disciplinary action for failure to comply with the safety measures listed in this document due to wilful negligence or disregard for safety to self or others.

## **4 SAFE MANAGEMENT OF OVERSEAS TRAININGS AND COMPETITIONS**

4.1 Travel to other countries for training and competition, shall be heavily restricted due to significantly higher risks from a volatile global situation on infection and vaccination. As such, the strictest view of essentiality would be applied to overseas activities, until the global situation on COVID-19 improves.

4.2 Athletes, officials and their family members are expected to be clear about the risks, responsibilities, and safety guidelines for overseas travel, and have agreed to undertake these before travel arrangements are made.

### **Activity Essentiality**

4.3 Overseas training and competitions may only proceed when deemed essential, e.g. if an athlete is on track to qualifying for a major game or is participating in a major game

### **Vulnerability Assessment and Controls**

4.4 Vulnerability assessment for COVID-19 infection remains the same as that for training. Individuals who may be more vulnerable should be substituted by individuals who are less vulnerable, if the role is essential.

### **Preparation and Management for Delivery of Activity**

#### ***Planning for overseas competitions***

4.5 All travel for sports participation shall require additional approval by SportSG. SDSC's affiliates are to submit their trip proposals through SDSC, except for Equestrian Federation (Singapore) and Fencing Singapore. Proposals must include the rationale for travel, and the safe management measures that shall apply to that trip.

4.6 Individuals must not travel if he or she contracts COVID-19, had come into close contact with someone diagnosed with COVID-19 in the 14 days before departure, or has not completed quarantine or Stay-Home Notice. Individuals must also not travel if they have not completed their medical leave.

4.7 Only essential members should be considered for travel. Every member's role must be justified in the trip proposal. Travel bubble sizes should be kept to the allowable group size by the MTF.

4.8 Check the transmission classification for the destination country at World Health Organisation [website](#). Avoid destinations with community transmission or clusters of cases. Do not travel to destinations where re-entry to Singapore would be restricted.

4.9 Air tickets should be booked with [airlines that comply to international COVID-19 standards](#). Direct flights should be booked unless not available. Where transfers are necessary, flights with the shortest and most practical transfer time should be booked.

4.10 Travel period should be kept to the necessary activities. Individuals should return on the day their competition is over, or the day after if that is not possible.

***Preparation for departure***

4.11 Individuals must not travel if they feel unwell or display symptoms of illnesses and do not receive doctor's clearance within 10 days before departure. Inform SDSC at the earliest opportunity if you are suspected or confirmed to have COVID-19 after travel arrangements have been made. You may be a suspect case if you display symptoms such as coughing, running nose, shortness of breath or difficulty breathing, sore throat, loss of taste or smell, diarrhoea or body ache. Use the [Singapore COVID-19 Symptom Checker](#) to decide what your next steps should be. Inform SDSC of your diagnosis at the earliest possible time.

4.12 Travellers must have travel insurance prior to departure.

4.13 [Register the trip](#) on MFA website to stay informed on emergencies in the destination country.

4.14 Check the entry requirements imposed by the destination countries / regions, and take the necessary actions to facilitate entry. Some destinations require a Pre-Departure Test (PDT) before travellers depart from Singapore within a certain time frame. Check the latest travel advisories to other countries / regions on the [MFA website](#).

4.15 Take the [Pre-Departure COVID-19 Test](#) if the destination country / region requires it. Make sure to plan the appointment so that the test would be taken within the time frame specified by the destination country, and test results can be obtained from the clinic in time for the flight. If the clinic does not issue digital test results certificates, bring a print copy of the results memo for the flight.

4.16 Travellers returning to Singapore shall be subject to the prevailing [border measures](#) upon entry to Singapore, including taking COVID-19 tests and serving Stay-Home Notice (SHN) at dedicated facilities. Dependent on the country of departure, travellers may need to self-isolate or serve Stay-Home Notice. Individuals should make arrangements for a suitable self-isolation or SHN facility (if opting out of the SHN Dedicated Facility (SDF)).

4.17 Individuals must bring along sufficient masks and sanitisers to last the



period of travel. Personal amenities such as water bottles, towels, toothbrushes should also be brought along. Check the season/temperature of the destination to prepare suitable types of clothing to minimise risk of climate-related illnesses.

- 4.18 Individuals traveling together in a bubble should check in online together to ensure their seats are grouped together on the flight, away from others where possible.
- 4.19 Pre-book airport transfers from the competition organiser or reliable transport companies, to reduce waiting times and minimise interaction with persons outside the bubble.

***While at airport***

- 4.20 Individuals traveling together should meet at a designated meeting point, located away from other groups of travellers and crowds, at the terminal they are departing from. They should minimise time spent at the airport before time for check-in.
- 4.21 If online check-in has not been completed, individuals travelling together in a bubble should make a request at the check-in counter to be seated together, away from other travellers where possible.
- 4.22 Use conspicuous tags for baggage, and count the number of baggage before checking them in, to facilitate the quick collection of baggage upon arrival at the destination country.
- 4.23 Individuals travelling together should proceed to the departure gate together after check-in to wait for the flight. Individuals should not visit or linger in shops for recreation. Members in a bubble should sit together while waiting, at least 1m apart from other groups.

***While aboard flight***

- 4.24 Inflight meals should be taken only when necessary, and as quickly as possible to minimise unmasked periods. Hands should be sanitised after unwrapping food and utensils, before the consumption of food or drink.
- 4.25 Avoid drinking excessive amounts of water to reduce visits to the flight lavatory. Make sure that the lavatory seat is clean before use. Wash hands after using the lavatory and sanitise hands after returning to the seat.
- 4.26 Refrain from using the inflight entertainment system or reading materials.

***When overseas***

- 4.27 Individuals travelling together should proceed to the belt directly to collect baggage. Do not visit or linger in shops for recreation. Members in a bubble should wait together for the bags, at least 1m apart from other groups.

- 4.28 After baggage collection, proceed to the pick-up point directly, and board the organiser / pre-booked transport.
- 4.29 Follow safe management measures of the destination country, the organiser, and / or Singapore.
- 4.30 Daily wellness checks should be made at least twice a day by the Team Manager (TM) (or coach, if there is no TM), to ensure that no member register temperatures above 37.5 degrees Celsius, or display symptoms of illness. Wellness checks should be conducted before leaving for the competition venue and after returning from the competition venue.
- 4.31 All movement must be reported to and tracked by the TM (or coach, if there is no TM). Members should move together in a bubble, where possible for activity. Members that do not have activity should stay in their rooms and not roam around outside their room. However, do not leave vulnerable members alone in their room.
- 4.32 Wear a face mask, upon leaving the hotel / accommodation room. A reusable cloth mask or disposable surgical mask may be used. The mask should be worn properly to ensure it covers the nose and mouth with an effective seal. A spare mask should be brought along to standby in case the first mask gets dirtied or damaged. Masks should be worn at all times unless performing strenuous exercise. Masks must be put on again right after exercise is completed.
- 4.33 You can wear face shields if you have health conditions that may result in breathing or other medical difficulties when a mask is worn for a prolonged period of time, or if you are engaged in activities or environments that may make mask-wearing dangerous, e.g. in swimming pools.
- 4.34 Go dressed for the activity and avoid using the common changing rooms.
- 4.35 Vehicles should be booked with the organiser or a reliable transport company to provide daily transport between the accommodation and competition venue. Dedicated vehicles should be arranged where possible. If dedicated transport is not possible, keep a safe distance from other passengers in the vehicle, and refrain from talking.
- 4.36 Wash hands with soap and water right after entering facility. Use hand sanitizer only if hand-washing is not available, as hand-washing is more effective. Enough sanitizer should be used to cover surface of hands and the gel should be rubbed until the sanitizing solution/gel dries.
- 4.37 Practise good hygiene, e.g. regular and thorough handwashing/hand sanitization, especially each time you leave and return to the venue. Cover your mouth or nose with a tissue or sleeve when

- coughing/sneezing.
- 4.38 Avoid physical contact unless permitted under sport-specific measures. Social exchanges, including high fives, should also be avoided.
  - 4.39 Meals should be taken at the accommodation or competition venue, unless meals are not available at these locations. Food should be bought from external sources only when necessary and must be from reliable sources. No food should be consumed from roadside stalls.
  - 4.40 When food is required to be purchased from external sources, less vulnerable members can be appointed to purchase food for the team to reduce exposure. Otherwise, members should finish meals quickly and return to their accommodation or competition venue.
  - 4.41 Raw food should be avoided and there should be no sharing of food. Avoid buffet lines and order individual servings of food instead.
  - 4.42 If using common equipment, sanitise hands and use clean towels (if available) to wipe down equipment before and after use.
  - 4.43 Bring along personal water bottle and towel. Do not share personal equipment that poses a high risk of transmission such as towels and water bottles with others.
  - 4.44 Activities should be contained to the accommodation and competition venue. There should not be recreational visits to external venues.
  - 4.45 Adhere to any other safety instructions or protocols that may be implemented by the venue owner.
  - 4.46 Take all necessary precautions, observe good personal hygiene, monitor local developments and heed the advice of local authorities. TM (or coach, if there is no TM) should monitor the environment to ensure safety of the team. Should the environment be deemed unsafe, TM should communicate with SDSC to reach a consensus on withdrawal from the activity.
  - 4.47 Practise safe distancing where possible. Keep 1m distance from other people when not exercising, 2m distance when exercising, and 3m distance when exercising indoors at high intensity. (Note that distancing may be adjusted according to sport-specific compliance requirements.) Distance team at least 1m from other teams at the same venue, including during rest periods.
  - 4.48 “Get in, Train / Compete and Get out”. Do not congregate after the activity.

Contingency Protocols (while overseas)

- 4.49 If an individual registers temperatures above 37.5 degrees Celsius or display symptoms of illness, he or she should alert the TM / Coach immediately and isolate from others immediately. Alert the organiser to seek medical attention for the individual and report the case to SDSC for coordination with the organiser and monitoring. The organiser may alert local authorities which may require the individual to undergo additional COVID-19 test. Ensure that a mature member of the team accompanies the individual, whilst keeping a safe distance. The remaining team members should be alerted to observe themselves for symptoms.
- 4.50 If an individual tests positive for COVID-19, the organiser must be alerted to activate deep cleaning procedures and contact tracing. The TM (or coach) shall update SDSC and assist the organiser and local authorities on contact tracing and movement reports. Team members in the same travel bubble as the individual shall be quarantined immediately and undergo COVID-19 testing. SDSC shall coordinate with the organiser and TM / coach to confirm if infected individuals are able to receive adequate treatment locally, and coordinate with the travel insurance agency, embassy, SportSG, and other authorities where necessary, to arrange their return to Singapore for treatment.

***Before returning to Singapore***

- 4.51 Submit a health declaration via the [SG Arrival Card \(SGAC\) e-Service](#) before proceeding with immigration clearance. The health declaration can be submitted 3 days prior to the date of arrival in Singapore.
- 4.52 Travellers shall be subject to the prevailing [border measures](#) upon entry to Singapore, including taking COVID-19 tests and serving Stay-Home Notice at dedicated facilities. If a COVID-19 swab test is required upon arrival, [register and pre-pay](#) for the test before departing for Singapore.
- 4.53 Install and activate TraceTogether, [Homer](#) and WhatsApp mobile applications.
- 4.54 Travellers from selected countries may apply to opt out of SHN dedicated facilities and serve their SHN at their place of residence, subject to certain [criteria](#). [Application](#) must be made at least 3 days prior to arrival in Singapore.

***Upon return to Singapore***

- 4.55 Travellers shall be subject to the prevailing [border measures](#) upon entry to Singapore, including taking COVID-19 tests and serving Stay-Home Notice at dedicated facilities.

***Contingency Protocols (during flight or upon landing)***

- 4.56 If an individual registers temperatures above 37.5 degrees Celsius or display symptoms of illness during flight, he or she should be isolated from others immediately to rest. Alert the air crew immediately to activate the airline's safety protocol. Adhere to the air crew's instructions and wait for medical assistance upon landing.
- 4.57 Ensure that a mature member of the team accompanies the individual, whilst keeping a safe distance. The remaining team members should be alerted to observe themselves for symptoms.
- 4.58 Inform SDSC at the earliest possible opportunity, and update SDSC to alert the competition organiser, for tracing and disinfection purposes.

Contingency Protocols (during SHN)

- 4.59 Adhere to government-issued instructions for reporting of symptoms. Update SDSC to alert the competition organiser for tracing and disinfection procedures.

Disciplinary Action

- 4.60 Any individual may be subjected to disciplinary action for failure to comply with the safety measures listed in this document due to wilful negligence or disregard for safety to self or others.

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