

Our Reference : MCST1801/21-91-jw  
Date : 27 September 2021

**All Subsidiary Proprietors and Occupiers**  
The Waterside

## **Update on COVID-19 no. 31 – The Stabilisation Period [From 27 September to 24 October 2021]**

The Multi-Ministry Taskforce had announced on 24 September 2021 that to minimise the strain on our healthcare capacity and slow down transmission. There will be further tightening of community safe management measures during this stabilisation period.

Management Corporations (MCSTs) should put in place measures to ensure compliance with the following safe management measures (SMMs) to mitigate the risk of COVID-19 transmission. All MCSTs, together with residents, have a collective responsibility to ensure that the community is safe. Should there be any contraventions of COVID-19 laws, appropriate enforcement action will be taken against MCSTs and/or residents as may be applicable. For more information on the list of SMM for MCSTs, please refer to the advisory issued by BCA at:

<https://go.gov.sg/bca-advisory-mcsts-stabilisation-period>.

### **Safe Management Measures for Social gatherings (27 September 2021 Onwards)**

From 27 September 2021, the group size for social gatherings will be reduced from up to 5 persons to up to 2 persons. The number of unique household visitors allowed will also be reduced to 2 persons. One social gathering per day, whether to another household or in a public place. The cap on visitors does not apply for grandchildren being care for by grandparents.

### **Safe Management Measures for Sports Facilities and Activities (27 September 2021 Onwards)**

From 28 September 2021, indoor mask-off activities at the gym are allowed in groups of up to 2 persons if all individuals are vaccinated. Indoor mask-on and all outdoor (mask-on and mask-off) activities will be permitted with group sizes of up to 2 persons (including the instructor). This restriction stands even if individuals have been fully vaccinated (i.e. has received two doses of either PfizerBioNTech/Comirnaty or Moderna, with an additional two weeks after the second dose for the vaccine to be fully effective).

**Note:** All in-door and out-door activities in-person classes serving students aged 12 years and below will be suspended.

**Please note that with effect from 28 Sep 2021, all Gym users who have booked slots to use the gym must first report at the security guardhouse to have their vaccination status checked, perform safe entry and have details recorded.** Security will be monitoring the use of the gym very closely and residents found to be entering the gym without first reporting to the guardhouse to perform the safe entry checks will be asked to leave the gym to do so. This process must be followed every time the resident wishes to use the gym.

ONLY 10 \*fully vaccinated users are allowed at any one time through Mandatory online bookings. Two users from the same family can book each session with an hour of consecutive permitted booking per day. Users without bookings will be asked to leave the gym. Trainers (must be masked at all times) are allowed but if there are more than 10 users, the security officer will first advise the walk-ins user to leave, followed by residents with trainers.

For more information on the list of SMMs for sports facilities and activities, please refer to the advisory issued by SportSG updated on 25 September 2021 at:

<https://www.sportsingapore.gov.sg/Newsroom/Media-Releases/2021/September/Safe-Management-Measures-for-Sport-and-Physical-Exercise-and-Activity-During-Stabilisation-Period>

Residents are reminded that when they leave their homes to walk, run or engage in other similar exercises, be socially responsible and considerate to others. Etiquette for exercising in common spaces within the estate:

#### **Keep Your Distance**

1. Exercise alone or only with members living in your same household.
2. If you stop to catch your breath, please do so away from the footpath.
3. Give at least 2 metres or 2 arms-length when passing others.
4. Walk in one (1) direction following the arrow drawn on the pathway.
5. When exercising in the estate refrain from chatting and using the mobile phone without a mask even from the same family group.
6. When you are going in the same direction and at the same pace as another user, keep at least 5m when walking at 4 km/h or 10m when running at 14 km/h.

#### **Bring Your Towel and Mask**

1. Wipe your perspiration with your towel
2. Avoid touching your face with your hands
3. If you have to cough or sneeze, do so into your towel
4. Masks should be worn as a default. If an individual is engaged in an outdoor or indoor activity of **high intensity** by himself or with another person(s) (i.e. no more than 2 in the group), masks may be removed for the activity. Put it on before and after your exercise or brisk walk or run.

We seek your co-operation and understanding to remain united and vigilant in the fight against COVID-19 and ensuring The Waterside is COVID-19 free.

Thank you.

#### **Chay Jee Wah**

General Manager

For and on behalf of the MCST Plan No. 1801

**NO. OF PERSONS ALLOWED IN THE FACILITIES (27TH SEP 2021 - 24TH OCT 2021)**

S/NO	FACILITIES	NO. OF PERSONS ALLOWED		REMARKS
		BALL GAMES	STATIC EXERCISES	
1	MPC1 / MPC3	<b>2 persons</b>	<b>10 persons - 5 groups of 2 persons with at least 3m distance between groups</b>	<b>NO PERSONS BELOW AGE 12 ALLOWED.</b> No intermingling between groups.
2	MULTI PURPOSE COURT 2 (MPC2) NEAR BLK11	<b>4 persons - 2 persons each side of the courts maintaining at least 3m distance btn groups</b>		<b>NO PERSONS BELOW AGE 12 ALLOWED.</b> No intermingling between groups.
3	MULTI PURPOSE ROOM (MPR1/MPR2)	<b>2 persons allowed in each room with or without masks. CLASSES NO AGE BELOW 12 ALLOWED</b>		No intermingling between rooms.
4	MAIN SWIMMING POOL	<b>30 persons in each amenities - In groups of max 2 persons allowed and maintain 3m distance between groups. No intermingling between groups. FOR CLASSES NO PERSONS BELOW AGE 12 ALLOWED</b>		Sitting, eating and drinking at pool allowed for 2 persons per table.
5	POOL SITTING AREA			
6	JACUZZI	<b>4 persons allowed or 2 groups of 2 people</b>		<b>NO PERSONS BELOW AGE 12 ALLOWED</b>
7	BABY POOL	<b>4 persons allowed or 2 groups of 2 people</b>		
8	SQUASH/TABLE TENNIS	Allowed 2 players inclusive of coaches. Players are strictly advised to show proof of vaccination status upon request by security team. Failure to show proof will be denied in the court		<b>NO PERSONS BELOW AGE 12 ALLOWED.</b> No intermingling between groups.
9	TENNIS	Inside courts - 2 persons. No intermingling between groups		<b>NO PERSONS BELOW AGE 12 ALLOWED.</b>
10	GYM	Wef from 28 Sep 2021 Gym users must first report at the security guardhouse to have their vaccination status checked, perform safe entry and details recorded. ONLY 10 *fully vaccinated users are allowed at any one time through Mandatory online bookings. Two users from the same family can book each session with an hour of consecutive permitted booking per day. Users without bookings will be asked to leave the gym. Trainers are allowed but if there are more than 10 users, the security officer will first advise the walk-ins user to leave, followed by residents with trainers.		User to observe 2m distance and no intermingling. Trainers must wear masks at all times.
11	HOUSEHOLD VISITS	2 distinct visitors per day. All individuals should limit themselves to one social gathering a day, while social gatherings and interactions at workplaces will not be allowed.		
12	<b>PLAYGROUNDS BLK 5 &amp; 9/ OUTDOOR GYM/ OBSTACLE PLAYGROUND AREA</b>			<b>CLOSED</b>
13	BBQ HUTS	<b>Closed for bookings until further notice. Only 2 persons allowed for sitting, eating and drinking. No intermingling between huts.</b>		

\* Fully vaccinated means administered 2nd dosage and after a period of 14 days