

# GUIDELINES FOR SINGAPORE SPORTS ORGANISATIONS IN RESPONSE TO INFLUENZA A (H1N1-2009)

**(Issued by the Singapore Sports Council)**

With the recent H1N1-2009 cases development in Singapore, there has been growing concern over the spread of influenza A (H1N1-2009) in Singapore. The Singapore Sports Council (SSC) has prepared guidelines for sports organisations (including National Sports Associations (NSA), sports clubs and event organizers) to ensure the well being of everyone in Singapore who participates in sports, uses sports facilities and organizes sports events, involving local and international athletes. The SSC urges everyone to **'Think Safe, Play Safe, Stay Safe'**.

The guidelines follow the recommendations by the Singapore Ministry of Health (MOH) and National Environment Agency (NEA) and also include additional precautionary measures recommended by the SSC.

For ease of reference, the guidelines spell out specific actions required at the current alert level (e.g. currently yellow) as specified by the MOH and NEA.

The SSC will issue updated guidelines as and when the situation changes, as advised by the MOH.

Please do not hesitate to contact your SSC representative if you need any clarifications. **(NSAs, please contact your respective High Performance Managers, Relationship Managers and/or SSC's Medical Director)**

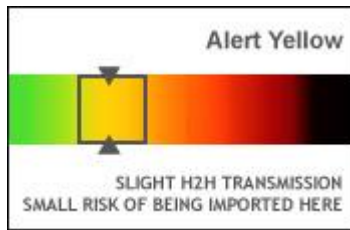
You may also call MOH hotline 1800-333 9999 or visit [www.moh.gov.sg](http://www.moh.gov.sg) or [www.flu.gov.sg](http://www.flu.gov.sg) for more up-to-date information.

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(Information accurate as at Thursday, 8 June 2009)

**A) Latest MOH Disease Outbreak Response System Alert (DORSCON) Status ([www.crisis.gov.sg/FLU/Alert+System.htm](http://www.crisis.gov.sg/FLU/Alert+System.htm))**



The current Singapore's Disease Outbreak Response System Alert (DORSCON) status is Yellow.

It has been yellow since 12 May 2009 when MOH stepped down from the alert level from Orange to Yellow.

**B) What it Means at the National Level**

All the measures taken in Alert Yellow will continue where operationally feasible

Inefficient human-to-human transmissions of flu caused by a novel virus, requiring close and sustained contact to an index case. Further spread can be prevented through public health measures to isolate cases and quarantine contacts.

Risk of import into Singapore elevated. Isolated imported cases may occur but there is no sustained transmission.

Strategy is to prevent further import of cases, and to ring fence and isolate cases to prevent spread. The focus will be to provide treatment of all cases, and antiviral prophylaxis to contacts including exposed healthcare workers.

**C) Situational Update of Singapore Cases**

As of 7 June 09, Singapore remains at 15 confirmed cases of influenza A (H1N1), all of which are imported cases with a travel history. There is currently no evidence of community spread in Singapore. Six of the cases have been discharged. All contacts under Home Quarantine Orders are also doing well.

MOH advises the public to avoid non-essential travel to these affected areas. Should they become unwell within 7 days of their return from affected areas, they should seek medical attention promptly and call 993 for an ambulance. They should avoid taking public transport or taxi to minimise exposure.

(Information accurate as at Thursday, 8 June 2009)

In Alert Yellow, stringent border controls will still be maintained, with temperature screening at air, land and sea checkpoints.

MOH-defined "Affected Countries" include:

- Mexico
- USA
- Canada
- Melbourne & the state of Victoria, Australia
- Kobe and Osaka, Japan
- Chile

*MOH advises the public to avoid non-essential travel to affected areas. The definition of 'affected areas' - Areas with evidence of community transmission of Influenza A (H1N1-2009).*

***\*For latest information on Singapore cases, please visit [www,moh.gov.sg](http://www.moh.gov.sg)***

#### **D) What it Means for the Sports Fraternity (Summary)**

| <b>S/N</b> | <b>AREAS</b>   | <b>ALERT STATUS: YELLOW</b>   | <b>DETAILS</b>         |
|------------|--|---|------------------------|
| 1          | Sports Facilities & Venues                           | Continue to operate, but with the following precautionary measures in place: 1) personal, 2) environmental  | Refer to Annex A       |
| 2          | Sports Events, meetings, training, office operations | Proceed, but with the following precautionary measures in place: 1) personal, 2) environmental  | Refer to Annex A,B & C |
| 3          | Overseas Travel                                      | 1) Avoid 'affected countries'<br>2) Adopt precautionary measures when travelling to 'countries with confirmed cases'<br>3) Observe MOH guidelines upon returning to Singapore | Refer to Annex B       |

## **Annex A (Personal & Environmental Hygiene Guidelines Recommended by the National Environment Agency)**

### 1) Personal Hygiene

1. Wash hands regularly with soap and water especially before touching your mouth and nose
2. Cover nose and mouth with a tissue when sneezing and coughing , especially after contact with respiratory secretions
3. Be socially responsible. When you are unwell, stay at home and avoid crowded places (including trains, buses, offices) and put on a surgical mask, and see a doctor if you have flu symptoms
4. If you are unwell with fever and cough but have no travel history to affected areas, please see a doctor, avoid crowded areas and stay at home. If you need to go out, do wear a surgical mask

### 2) Environmental Hygiene

The following precautionary measures are to maintain high standards of sanitation and hygiene to prevent the transmission and spread of infectious diseases to patrons of sports facilities.

#### 1. Cleaning of premises and facilities

- Check and clean all drains within premises daily to prevent chokage and siltation.
- The following should be cleaned regularly with disinfectant:
  - Lift cars, escalators and staircases, particularly buttons and handrails.
  - Surfaces with high human contact, such as counters, tabletops, door knobs/handles and public phones
  - General premises, paying more attention to places of higher human traffic such as the entrance, lobby area, information counter, common corridors.

#### 2. Toilets

- Clean toilets regularly, paying attention to areas with high human contact such as water taps, cistern handles, seats and cover flaps, wash basins, door knobs, buttons and switches.
- Provide adequate supply of toilet paper, paper towels (if provided) or hand dryers and liquid soap at all times.
- Ensure toilet-flushing apparatus is functioning at all times.

(Information accurate as at Thursday, 8 June 2009)

### 3. Refuse Management

- Bag all waste properly before disposing in bins with tight-fitting lids.
- Wash all refuse bins, bin chambers and bin centres after refuse collection, and disinfect where necessary.
- Ensure no refuse spillage when transferring refuse from chute chamber to bin centres.

### 4. Sanitary Pipes

- Check your sanitary pipes, especially at the joints. Call a plumber to fix any leaks or defects, and to clear any chokes immediately.
- As a further precaution, disinfect the area in the vicinity of the leak with household bleach after the repair.

### 5. Pest Control

- Keep premises free of food scraps to keep pests away.
- Look for signs of pest infestation such as rodent droppings, cockroaches and stagnant water. If necessary, call a pest control company.

### 6. Ventilation System

- Clean, inspect and maintain all ventilating systems and air-conditioning systems regularly, particularly in small, confined areas such as lifts and toilets.
- Clean and disinfect cooling towers regularly. [Refer to the Environmental Public Health (Cooling Towers and Water Fountains) Regulations 2001].

### 7. Swimming/Spa pools

- Ensure residual chlorine level in the water is maintained between 1 and 3 ppm at all times.
- Ensure entire pool area, spas, steaming rooms and cooling berths are free of litter and vermin.
- Remind pool users to shower before entering the pool.
- Have lifeguards and pool attendants look out for any swimmer or visitor who is sick or not feeling well.

### 8. Gymnasium

- Clean and disinfect exercise equipment regularly.
- Ensure that area is kept clean and free of litter and vermin.

(Information accurate as at Thursday, 8 June 2009)

- Increase rate of ventilation to allow as much fresh air as possible into the gym.
- Require club members to sign in before they are allowed to use gym facilities (to allow easy contact tracing if required).
- Caretaker should look out for users who are sick or not feeling well.

*[Please note that Section 60 of the Environmental Public Health Act requires the owner, occupier or lessee of any building to which public has access, to regularly clean, keep clean and keep the building free of such conditions as may endanger the lives or health of his employees, members of public and other users. The Director-General of Public Health will require the owner, occupier or lessee to carry out these measures if they fail to do so by way of Notice under section 60(2) of the Act. Failing to comply with the Notice shall be liable on conviction to a fine not exceeding \$5,000 under section 85(1) of the Act.]*

## **Annex B (Travel Guidelines)**

### **1) Prior to Departure**

#### *MOH Guidelines:*

The public are advised to avoid non-essential travel to affected areas. If you have to travel to such areas, be vigilant and maintain a high standard of personal hygiene at all times. Should you fall ill while overseas, do see a doctor as soon as possible and refrain from travelling until you are certified fit by the doctor.

The list of MOH-defined affected countries (as at 8 June 2009) is Mexico, United States of America, Canada, Chile, Kobe & Osaka, Japan and Melbourne & the state of Victoria, Australia.

#### *SSC Additional Precautionary Measures:*

- Consider receiving a Flu Vaccine shot to prevent against seasonal flu, but please note that currently there is no evidence to show whether or not the Flu Vaccine will provide immunity against Influenza A (H1N1-2009). Aim to have the Flu Vaccine shot two weeks prior to departure to minimise the risk of adverse effects on performance.
- Within 24 hrs prior to departure, please confirm with the respective SSC representative or MOH website on whether there are any contra-indications to travel. **(NSAs, please contact your respective High Performance Managers, Relationship Managers and/or SSC's Medical Director)**
- Confirm with the Event Organiser that the competition will proceed as planned, and find out if there are restrictions put in place.
- Athletes and officials are advised to monitor and record temperature, twice daily, for a minimum of 48 hours prior to departure.
- Any athlete who is feeling unwell should not travel and should seek medical attention immediately.
- Adequate Personal Protection Equipment should be packed for the travelling contingent:
  - 3-ply masks
  - N95 masks if you are travelling to an affected country
  - Thermometers (ideally each athlete should have their personal thermometers, and if that is not possible, then hygiene measures should be in place when using the thermometers)
  - Hand sanitisers
  - Personal tissues (for single use and immediate disposal only)

### **2) During the flight**

#### *MOH Guidelines:*

(Information accurate as at Thursday, 8 June 2009)

The public is advised to take precautionary measures such as maintaining high standards of personal hygiene at all times.

*SSC Additional Precautionary Measures:*

- Consider wearing a mask, if you are coughing or sneezing.
- Hydrate adequately during the trip.

### 3) When Overseas

*MOH Guidelines:*

The public is advised to take precautionary measures such as avoiding crowded areas and maintaining high standards of personal hygiene at all times.

*SSC Additional Precautionary Measures:*

- Maintain high standards of personal hygiene
  - Wash hands regularly with soap and water
  - Do not share utensils
  - Avoid crowded places
  - Avoid contact with sick people
- Monitor and record temperature of all contingent members twice daily.
- Monitor situation on list of “affected countries” and Alert status in Singapore on a daily basis.
- Continually maintain contact with the SSC representative/MOH website to receive updates on situation. **(NSAs, please contact your respective High Performance Managers, Relationship Managers and/or SSC’s Medical Director)**
- If an athlete develops symptoms such as cough, breathlessness, fever or flu-like symptoms, please seek medical attention immediately and disclose their recent travel history. Please inform the SSC representative of any referral for medical investigations while overseas. **(NSAs, please contact your respective High Performance Managers, Relationship Managers and/or SSC’s Medical Director)**
- If the situation changes in Singapore, for example, a change in Alert status from Orange to Red, please communicate directly with the SSC representative, who will advise on the next appropriate course of action. **(NSAs, please contact your respective High Performance Managers, Relationship Managers and/or SSC’s Medical Director)**
- If the situation changes in the overseas country you are in, for example, a change from 1 confirmed case to “affected country” status, please communicate directly with the SSC representative on the next appropriate course of action, which could entail a recall back to Singapore, where warranted. **(NSAs, please contact your respective High Performance Managers, Relationship Managers and/or SSC’s Medical Director)**

### 4) On Returning to Singapore

(Information accurate as at Thursday, 8 June 2009)

*MOH Guidelines:*

**Those who have visited MOH-defined affected countries in the last seven days**

On your return to Singapore, you should continue to monitor your health for 7 days. If you develop the above symptoms within the 7 days, please put on a surgical mask and **call 993 promptly**. An ambulance will come round to bring you for medical assessment and treatment. Please provide accurate information on the following to the doctor attending to you:

- a. where you have been over the past 7 days
- b. whom you have been in close contact with.

*Any person guilty of breaking the home quarantine order shall be liable to a maximum fine of \$10,000, or imprisonment of six months, or both. In the case of a second or subsequent offence, the person will be liable to a maximum fine of \$20,000, or imprisonment of 12 months, or both.*

***\* Please note that the lists of affected countries may change on a daily basis, that is, the changes may have implications on the party returning home to Singapore. Please check MOH website regularly for updates.***

## **Annex C (Considerations for Sports Events)**

### **1) Adequate Medical Support Services**

- Do have sufficient medical services support at the event venue.
- During the event or at the venue, if athletes/officials become unwell, please refer them for a medical opinion immediately.
- At athletes' hotel or accommodation, please have dedicated medical service who can attend to the athletes immediately if they are/become unwell.
- If an athlete/official from an 'affected country' (USA/ Mexico/ Canada/ Chile/ Kobe & Osaka, Japan, Melbourne & the state of Victoria, Australia) develops flu symptoms, call 993 immediately.
- Review Indemnity and Medical coverage policy for event

### **2) Prepare for DORSCON Orange/Red**

- Put in place measures needed if the Alert level increases during the event and be ready to activate when necessary.
  - Contact tracing
  - Temperature screening
  - Personal Protection Equipment, eg. masks, gloves, gown
  - Venue access restriction/control

***\* Sports organisations (including National Sports Associations (NSA), sports clubs and sports event organisers) may consult SSC through your SSC representative (for NSAs through RMs or HPMs) for guidelines and measures needed for their individual events.***

### **3) Monitor developments via MOH website regularly.**

- Adhere to guidelines in Annex A & B
- For NSAs, communicate directly with your respective RM, HPM and/or SSC Medical Director on any issues related to H1N1
- Monitor H1N1-2009 developments and information on changes in 'affected' country status from official sources, like MOH website.