

COVID – 19 SOP GUIDELINES

SLGCC SPORTS SECTION

Club Operating Hours: 7.00am – 8.45pm (Except Monday)

1. FACILITY BOOKING –
 - **Booking must be made in advance by phone call or SLGCC App.**
2. REGISTRATION –
 - **Temperature check and hand sanitising is compulsory before entering SLGCC sports premises.**
 - **Anyone with colds or coughs or any symptoms of COVID- 19 is not permitted to enter Club premises.**
 - **Club members and guest must register 10 mins before playing time.**
3. While at SLGCC Sport Premises –
 - **Strictly required to practise on social distancing (2 metres).**
 - **Wear a mask at all times.**
 - **Sanitise hands regularly.**
 - **Follow facility SOP set by the Malaysian Government.**
 - **Member Guest not allowed**
4. SLGCC Sports facility Info –
 - Badminton – Available with SOP
 - Tennis - – Available with SOP
 - Gym - – Available with SOP
 - Table Tennis -- Available with SOP
 - Library - – Available with SOP
 - Basket Ball Courts -- Available with SOP
 - Squash -- Available with SOP
 - Changing Room – Available with SOP
 - Swimming Pool – Available with SOP
 - Sauna - Not Available
 - Futsal – Available with SOP

(All Facility SOP are available at our SLGCC Club Website and SLGCC Sports Counter)

SLGCC SPORTS FACILITY SOP



1.

- Badminton –

- Booking must be made 1 week in advance.
- Booking must be made via phone call or SLGCC App.
- Members must register 10 min before playing time at Sports Counter and must immediately vacate playing area after allocated schedule for the next incoming group.
- All members/players are recommended to wear face mask while in the Sports premises, may remove during play.
- Temperature check and hand sanitising is compulsory for each member before entering Sports Premises.
- Practice hand hygiene. Players are encouraged to have handy sanitizer and use them before and after each game.
- Members insist on social distancing of 3-meter rules during play time.
- Non players are not allowed to be around in the premises.
- Follow the designated seating and queuing arrangements inside the club premises for social distancing.
- Members are encouraged to come ready in their playing attire to reduce crowd in changing room / toilet.
- No tournament allowed.
- Maximum **8 players** per court at one time.



2. VideoStock www.royal.gov.uk - Tennis -

- Booking must be made 1 week in advance
- Booking must be made via phone call or SLGCC App
- Members/ players must register 10 min before playing time at Sports Counter and must immediately vacate playing area after allocated schedule for the next incoming group.
- All members/players are recommended to wear face mask while in the Sports premises, may remove during play.
- Temperature check and hand sanitising is compulsory for each members/ player before entering Sports Premises
- Practice hand hygiene. Players are encouraged to have handy sanitizer and use them before and after each game.
- Members / players insist on social distancing of 3-meter rules during play time.
- Non players are not allowed to be around in the premises.
- Follow the designated seating and queuing arrangements inside the club premises for social distancing.
- Members / players are encouraged to come ready in their playing attire to reduce crowd in changing room / toilet.
- No tournament allowed.
- Maximum **8 players** per court at one time.



3. GYM – VectorStock VectorStock.com/21182801

- Booking must be made 3 days in advance
- Booking must be made via phone call or SLGCC App
- Members / user must register 10 min before booking time at Sports Counter and must immediately vacate playing area after allocated schedule for the next incoming group.
- All member / user is recommended to wear face mask while in the sports premises, may remove during play.
- Temperature check and hand sanitising is compulsory for each members/ user before entering Sports Premises
- Practice hand hygiene. Players are encouraged to have handy sanitizer and use them before and after each game.
- Members / user insist on social distancing of 3-meter rules during play time.
- Non user are not allowed to be around in the premises
- Follow the designated seating and queuing arrangements inside the club premises for social distancing
- Members / user are encouraged to come ready in their playing attire to reduce crowd in changing room / toilet.
- **Minimum 6 member with maximum 1 Hour only can use GYM Facility at one time.**



4.

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TABLE TENNIS

- Booking must be made 1 week in advance.
- Booking must be made via phone call.
- Members/ players must register 10 min before playing time at Sports Counter and must immediately vacate playing area after allocated schedule for the next incoming group.
- All members/players are recommended to wear face mask while in the Sports premises, may remove during play.
- Temperature check and hand sanitising is compulsory for each members/ player before entering Sport Premises
- Practice hand hygiene. Players are encouraged to have handy sanitizer and use them before and after each game.
- Members / players insist on social distancing of 3-meter rules during play time.
- Non players are not allowed to be around in the premises.
- Follow the designated seating and queuing arrangements inside the club premises for social distancing.
- Members / players are encouraged to come ready in their playing attire to reduce crowd in changing room / toilet.
- No tournament allowed.
- Maximum **4 players** per court at one time.



5.

- SQUASH

- Booking must be made 1 week in advance.
- Booking must be made via phone call.
- Members/ players must register 10 min before playing time at Sports Counter and must immediately vacate playing area after allocated schedule for the next incoming group.
- All members/players are recommended to wear face mask while in the Sports premises, may remove during play.
- Temperature check and hand sanitising is compulsory for each members/ Players before entering Sport Premises
- Practice hand hygiene. Players are encouraged to have handy sanitizer and use them before and after each game.
- Member / players insist on social distancing of 3-meter rules during play time.
- Non players are not allowed to be around in the premises.
- Follow the designated seating and queuing arrangements inside the club premises for social distancing.
- Members / players are encouraged to come ready in their playing attire to reduce crowd in changing room / toilet.
- No tournament allowed.
- Maximum **4 players** per court at one time.



6.

- BASKET BALL

- Booking must be made 1 week in advance.
- Booking must be made via phone call.
- Member/ players must register 10 min before playing time at Sports Counter and must immediately vacate playing area after allocated schedule for the next incoming group.
- All member/players are recommended to wear face mask while in the Sports premises, may remove during play.
- Temperature check and hand sanitising is compulsory for each Member/ Players before entering Sport Premises
- Practice hand hygiene. Players are encouraged to have handy sanitizer and use them before and after each game.
- Member / players insist on social distancing of 3-meter rules during play time.
- Non players are not allowed to be around in the premises.
- Follow the designated seating and queuing arrangements inside the club premises for social distancing.
- Members / players are encouraged to come ready in their playing attire to reduce crowd in changing room / toilet.
- No tournament allowed.
- Maximum **5 players** per court at one time.



8.

SWIMMING POOL

- Booking must be made 1 week in advance.
- Booking must be made via phone call.
- Member must register 10 min before swimming time at Sports Counter and must immediately vacate swimming pool area for the next incoming member.
- All member is recommended to wear face mask while in the Sports premises.
- Non swimmer are not allowed to be around in the premises.
- Temperature check and hand sanitising is compulsory for each Member before entering Sport Premises.
- Practice hand hygiene. Member are encouraged to have handy sanitizer and use them.
- Swimmers are required to practise social distancing of 3-meter rules while in the swimming pool.
- Swimmers are required to bath before and after swim.
- Swimmers are advised to bring their own towel.
- **Per swimmer max 45 minutes.**
- **Maximum 15 swimmers only at one time (one swimmer per lane at one time).**