

COVID – 19 SOP GUIDELINES

SLGCC SPORTS SECTION

Club Operating Hours: 6.45am – 9.45pm (Except Monday)

1. FACILITY BOOKING – (6 October 2021)

- **Booking must be made in advance by phone call or SLGCC App.**

2. REGISTRATION –

- **ONLY FULLY VACCINATED MEMBERS / MEMBERS GUEST ARE ALLOWED INSIDE THE SPORT SECTION.**
- **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 must register 10 mins before playing time.**
- **Strictly required Follow SOP set by the Malaysian Government.**

3. While at SLGCC Sport Premises –

- **Strictly required to practise on social distancing (2 to 3 metres).**
- **Wear a mask at all times.**
- **Sanitise hands regularly.**

4. SLGCC Sports facility Info –

- **Badminton – Available with SOP**
- **Tennis - – Available with SOP**
- **Table Tennis -- Available with SOP**
- **Library - – Available with SOP**
- **Basket Ball Courts -- Available with SOP**
- **Squash -- Available with SOP**
- **Swimming Pool – Available with SOP**
- **Futsal – Available with SOP**
- **Changing Room – Available with SOP**
- **Gym - – Available with SOP**
- **Shower Room - – Available (4 persons at one time)**
- **Sauna - Not Available**

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

SLGCC SPORTS FACILITY SOP



- Badminton – (6 October 2021)

- **ONLY FULLY VACCINATED MEMBERS / MEMBERS GUEST ARE ALLOWED INSIDE THE SPORT SECTION.**
- 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.



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Tennis - (6 October 2021)

- **ONLY FULLY VACCINATED MEMBERS/ MEMBERS GUEST ARE ALLOWED INSIDE THE SPORT SECTION.**
- **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.

SWIMMING POOL- (6 October 2021)



- **ONLY FULLY VACCINATED MEMBERS/ MEMBERS GUEST ARE ALLOWED INSIDE THE SPORT SECTION.**
- **Booking must be made 1 week in advance**
- Booking must be made via phone call or SLGCC App.
- 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 10 swimmers only at one time (one swimmer per lane at one time)**



3. shutterstock.com • 1105629134 TABLE TENNIS- (6 October 2021)

- **ONLY FULLY VACCINATED MEMBERS/ MEMBERS GUEST ARE ALLOWED INSIDE THE SPORT SECTION.**
- 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 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.



4.

- SQUASH - (6 October 2021)

- **ONLY FULLY VACCINATED MEMBERS/ MEMBERS GUEST ARE ALLOWED INSIDE THE SPORT SECTION.**
- 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/ 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 player** per court at one time.



- BASKET BALL - (6 October 2021)

- **ONLY FULLY VACCINATED MEMBERS/ MEMBERS GUEST ARE ALLOWED INSIDE THE SPORT SECTION.**
- Booking must be made 1 week in advance
- Booking must be made via phone call or SLGCC App.
- 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** at one time.



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FUTSAL - (6 October 2021)

- **ONLY FULLY VACCINATED MEMBERS/ MEMBERS GUEST ARE ALLOWED INSIDE THE SPORT SECTION.**
- Booking must be made 1 week in advance
- Booking must be made via phone call or SLGCC App.
- 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



5. GYM –  (6 October 2021)

- **ONLY FULLY VACCINATED MEMBERS/ MEMBERS GUEST ARE ALLOWED INSIDE THE SPORT SECTION.**
- 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 gym 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 5 member with maximum 1 Hour only can use GYM Facility at one time.**