



RKC- 1<sup>st</sup> November 2020

**REOPENING OF THE GYMNASIUM & BADMINTON COURT OF THE  
ROYAL KLANG CLUB DURING THE CONDITIONAL MOVEMENT  
CONTROL ORDER (CMCO)**

Dear Members,

Further to our notice dated 14<sup>th</sup> October 2020, the General Committee has approved the opening of the following facilities from **2<sup>nd</sup> November 2020**, subject to the compliance to the SOPs provided.

- 1. Gymnasium – 8am to 9pm**
- 2. Badminton Courts (Multi-Purpose Hall) – 8am to 9pm**

**The Club Operation Hours has been revised to be from 8am to 9:45pm.** All members will be required to leave the Club premises at the stipulated closing hour.

This opening is subject to Standard Operating Procedure (SOP) adopted through the requirements by both the State and Federal Governments.

**The General Committee**

## **General Protocols for members:**

1. Please use face masks before and after sports activities.
2. Sign in / out records are placed at all venues / premises – MPH, GYM, Tennis Court. Please fill in the record log book.
3. No guests are allowed to use any sports facilities.
4. Strictly follow SOPs that are in place. Walk-in will be subject to available time slots and in accordance with the maximum limit capacities.
5. Please practice sports / recreational etiquette such as no spitting, wash hands frequently and no handshakes. Reduce social interactions before, during and after games.
6. No sharing of belongings such as water bottles, towel, food, and other personal belongings.
7. Shared equipment must be sanitised before and after every use.
8. Leave premises as soon as possible after activity.
9. Usage of shower facilities subject to maximum capacity allowed.
10. Members who repeatedly fail to comply with the SOP Provided may be subjected to disciplinary action.

## **SOP - Badminton**

Venue: Multi-Purpose Hall (MPH)

Days: Monday– Sunday (Until Table Tennis is allowed to resume) – based on booking schedules. Please call the Club to book. Booking can be made the day before the intended training day

Time: 8am to 9pm (Closed from 12:30pm to 1pm and from 4:30 to 5pm for sanitisation)

Maximum of 4 players and 1 hour slot per training session. Members who are not playing are not allowed to be in the Multi-Purpose Hall (MPH)

Please ensure distancing of 3- 5 meters between players at all times

Strictly no playing of table-tennis in the MPH for the moment

## **SOP - Gymnasium**

Venue: Gymnasium

Days: Monday to Sunday – based on schedule. Please call the Club to book

Time: 8am to 9pm (Closed from 12:30pm to 1pm and from 4:30 to 5pm for sanitisation)

- Maximum of 10 members in the gymnasium on first come first serve basis subject to priority for members who have booked gym slots in advance. Booking slots are only held for maximum 10 minutes
- Compulsory to bring your own towel
- Members are required to wipe off their sweat from equipment immediately after use
- Members are **strictly** required to self sanitise equipment / bench, weights and dumbbells after use and encouraged to do so before use also
- Members are not allowed to use machines / equipment that have been closed up for social distancing purposes
- Gym bags to be placed on the rack
- Please ensure distancing of 1 – 3 meters between members at all times

## **SOP - Tennis**

Venue: Tennis Court

Days: Monday to Sunday – based on schedule. Please call the Club to book

Time: 8am to 9pm

Maximum of 4 players in each court at any time

Please ensure distancing of 3-5 meters between players at all times

## **SOP - Cricket**

Venue: Cricket Nets

Days: Monday to Sunday – based on schedule. Please call the Club to book

Time: 8am to 9pm

Maximum of 8 players at any time

Please ensure distancing of 3-5 meters between players at all times

The General Committee has authorised the Club Management to **NOT ALLOW** entry or request members who do not follow the SOPs provided to leave the facility. Failure to comply with SOP's may result in disciplinary action being taken.

We hope all members will cooperate with the staff on duty and comply with the SOPs to ensure that the Club facilities remain open and free from Covid-19.

**The General Committee**