

RKC- 14<sup>th</sup> February 2021



## **REOPENING OF SPORTS ACTIVITIES AND FACILITIES DURING MCO**

Dear Members,

Further to our notice dated 11<sup>th</sup> February 2021, the General Committee has approved the reopening of the following activities and facilities from **15<sup>th</sup> February 2021**, subject to compliance to the SOPs provided.

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|---|---------------------|
| <b>1. Gymnasium</b>                         | <b>- 8am to 9pm</b> |
| <b>2. Table-Tennis (Monday to Friday)</b>   | <b>- 8am to 9pm</b> |
| <b>3. Badminton (Saturday &amp; Sunday)</b> | <b>- 8am to 9pm</b> |
| <b>4. Tennis</b>                            | <b>- 8am to 9pm</b> |
| <b>5. Squash</b>                            | <b>- 8am to 9pm</b> |

**The General Committee**

**Allowed sporting and recreational activities and facilities are as follows:**

1. Tennis
2. Table-Tennis
3. Badminton
4. Gymnasium
5. Squash

**Allowed food & beverage facilities are as follows:**

1. The Lagoon
2. The Sports Tavern
3. Pirates Inn
4. Benbow Inn

The following facilities will be **CLOSED** until further notice:

1. Karaoke Room
2. Smugglers' Inn
3. Library & Reading Room
4. Surau
5. Swimming Pools
6. General Purpose Room
7. Children Playground
8. Billiards / Pool & Darts Equipment
9. Captain's Cabin & Crow's Nest
10. Sauna
11. Gaming Room
12. Cricket

## **General Protocols for members during sporting activities:**

1. Member's Children below 12 years old and Members above 60 years are discouraged from using any sports facilities.
2. Interclub & friendly games between any other Clubs, associations etc. are **NOT ALLOWED** until further notice.
3. Social & Championship games are **NOT ALLOWED** until further notice.
4. All activities must be scheduled and by appointment only. No walk-ins are allowed to control the numbers of people in the facilities.
5. Please use face masks before and after sports activities.
6. Sign in / out records are placed at all venues / premises – MPH, GYM, Tennis Court. Please fill in the record log book.
7. No guests are allowed to use any sports facilities.
8. Please practice sports / recreational etiquette such as no spitting, wash hands frequently and no handshakes. Reduce social interactions before, during and after games.
9. No sharing of belongings such as water bottles, towel, food, personal belongings and sports equipment.
10. Leave premises as soon as possible after activity.
11. Bathing is **NOT ALLOWED**.
12. **STRICTLY** no usage of Sauna.
13. Members who repeatedly fail to comply with the SOP provided may be subjected to disciplinary action.

## **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 15 members in the gymnasium at any time based on schedule

No walk-ins allowed. 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 at all times

## **SOP - Table Tennis**

Venue: Multi-Purpose Hall (MPH)

Days: Monday to Friday – 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)

No walk-ins allowed

First in first out basis

Only Single games allowed (Maximum of 10 players at any time)

Please ensure distancing of 3-5 meters at all times

## **SOP - Squash**

Venue: Squash Court

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 1 player in a court at any time (individual training only)

Please ensure distancing of 3-5 meters at all times

## **SOP - Badminton**

Venue: Multi-Purpose Hall (MPH)

Days: Saturday & Sunday – based on schedule. 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 4:30pm to 5pm for sanitisation)

Only Single games allowed (Maximum of 2 players at any time)

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

**Strictly no playing of table-tennis**

## **SOP - Tennis**

Venue: Tennis Court

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

Time: 8am to 9pm

No walk-ins allowed

Only Single games allowed (Maximum of 2 players in each court 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**