



RKC- 30th November 2021

SPORTS & RECREATIONAL ACTIVITIES AND FACILITIES DURING NRP
PHASE 4

Dear Members,

Please find below the latest SOPs enforced at the Club in line with the latest provisions under Phase 4 of the National Recovery Plan (NRP).

Car Park Operations Hours	- 7am to 12mn
Admin Office Operations Hours	- 9am to 5:30pm (Monday to Friday) 9am to 1:30pm (Saturday)

Sports & Recreational Facilities

1.	Table-Tennis (MPH)	- 8am to 9pm (Monday to Friday)
2.	Squash	- 8am to 9pm
3.	Badminton (MPH)	- 8am to 9pm (Saturday & Sunday)
4.	Gaming Room	- 11:30am to 9pm
5.	Cricket	- 8am to 9pm
6.	Tennis	- 8am to 9pm
7.	Football / Hockey / Basketball	- 8am to 9pm
8.	Pool / Darts / Billiards	- Open based on the outlet operation hours
9.	Swimming Pool	- 8am to 9pm
10.	Jacuzzi	- 8am to 9pm
11.	Sauna	- 8am to 9pm

10. Gymnasium - 8am to 9pm
11. Karaoke Room - 5pm to 12mn
12. Open Karaoke at the Sports Tavern - 8pm to 11pm (Every Thursday)
13. Zumba / Aerobics / Qi Gong / Line Dancing / Yoga - Based on classes schedule
14. Library & Reading Room - 8am to 12mn

F&B Facilities

1. Lagoon - 11:30 to 12mn
2. Sports Tavern - 4pm to 12mn
3. Pirates Inn - 4pm to 12mn
4. Benbow Inn - 4pm to 12mn (Monday to Friday)
12noon to 12mn (Saturday & Sunday)

(Last Call for food service is at 10pm and beverage service at 11pm.)

All patrons **MUST** leave the Club premises by 12mn in line with MKN directive)

The General Committee

General Guidelines

1. The Club appreciates the cooperation of all members to comply with the directives set forth by the Majlis Keselamatan Negara (MKN).
2. The Club will display the staff vaccination status (percentage) at the entrance as an update for members.
3. All persons entering the Club, including vendors/contractors, affiliated members and guests will be subject to the entry policy.
4. Unvaccinated family members below 18 years are allowed to patronise the Club, provided that the accompanying members comply with our entry policy.
5. Members can introduce guests to the Club, provided that the guest is accompanied by the member all the time.
6. Affiliate Club members and their immediate family are allowed into the Club by presenting an Introduction Card at the Reception.
7. Busking at the Lagoon on Fridays from 8pm – 10:45pm.
8. Any updates on the Club's SOP will be displayed at the Club's main notice board, broadcasted to members via Whatsapp message broadcasting services (017-614 6864) and updated on the Club's website (www.royalklangclub.com.my).
9. Members are encouraged to settle their outstanding balances to the Club to avoid any service interruption. Payment can be made via online banking or JomPay facilities. Due to the present situation, online payment is preferred. Please refer to the latest bulletin for payment details.

General Protocols for members during sporting activities

1. Please use face mask before and after training.
2. Strictly no guest(s) allowed.
3. Call the Club to book your slot one day in advance. Confirmation of booking is subject to verification of risk and vaccination status before entry to Club. Walk-in will be subject to available time slots on schedule.
4. Practice sports / recreational etiquette such as no spitting, wash hands frequently and no handshakes. Reduce social interactions before, during and after games.
5. No sharing of belongings such as water bottle, towel, food, and other personal belongings and sports equipment such as tennis / badminton racquet, etc.
6. Booking of sports facilities outside the Club's premises are allowed upon prior approval from the General Committee.

7. The Club will not be accountable for any liability incurred due to SOP non-compliance within or outside the Club premises.
8. All Social games are allowed.
9. All Interclub & friendly games between any other Clubs, associations etc are **NOT ALLOWED** until further notice.
10. All Championship games are **NOT ALLOWED** until further notice.

F&B Outlets Operation Guidelines

1. A limited F&B menu will be available at the operating outlets. No food or drinks service available outside the operating outlets.
2. Staff will not be able to provide any form of butler/pouring service to members in line with distancing guidelines.
3. Bottles to be parked at the outlet will be removed from the table for parking at 11:45pm. All members must leave the Club by 12mn.
4. Last call for food service at all outlets will be at 10pm and last call for beverages will be at 11pm.
5. Seating and table-setting at the various F&B outlets will comply with the announced guidelines for social distancing. Do not rearrange seating arrangements.
6. All outlets will be sanitised before opening and after closing hours.
7. Members are encouraged to contact the Club at 03-33714625 for take-away services. No table reservation allowed. Please call the Club to check on table availability.

SOP - Table Tennis

Venue: Multi-Purpose Hall (MPH)

Days: Monday to Friday – based on schedule.

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

Maximum of 20 players at any time

Please ensure distancing of 1-3 metres at all times

SOP - Squash

Venue: Squash Court

Days: Monday to Sunday – based on schedule.

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

Maximum of 2 players in a court

SOP - Badminton

Venue: Multi-Purpose Hall (MPH)

Days: Saturday & Sunday – based on schedule.

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 at any time

Please ensure distancing of 1-3 metres at all times

Strictly no playing table-tennis

SOP - Gaming Room

Venue: Gaming Room

Days: Monday to Sunday – based on schedule.

Time: 11:30am to 9pm (Closed from 12:30pm to 1pm and from 4:30 to 5pm for sanitisation)

Members are required to leave the facility at 9pm

Maximum of 9 members in the gaming room at any time

Members are required to sanitise playing tiles before and after use

Strictly **NO SMOKING** in the gaming room

Please proceed to operating F&B outlets for food & drinks service

Ensure distancing of 1-3 metres at all times

SOP - Cricket

Venue: Cricket Nets

Days: Monday to Sunday – based on schedule.

Time: 8am to 9pm

Maximum of 4 players at any time

Please ensure distancing of 1-3 metres at all times

SOP - Tennis

Venue: Tennis Courts

Days: Monday to Sunday – based on schedule.

Time: 8am to 9pm

Maximum of 8 players at any time

Please ensure distancing of 1-3 metres between players at all times

SOP - Football / Basketball

Venue: Basketball Court

Days: Monday to Sunday – based on schedule.

Time: 8am to 9pm

Maximum of 10 players at any time

SOP - Pool & Darts

Venue: Benbow Inn / Pirates Inn (where applicable)

Days: Monday to Sunday

Open based on the outlet operation hours & capacity

Please ensure distancing of 1-3 metres at all times

SOP - Billiards

Venue: Billiards Room

Days: Monday to Sunday

Maximum of 8 players at any time

Open based on the outlet operation hours

Please ensure distancing of 1-3 metres at all times

Member are required to sanitise the billiard ball and cue before and after use

SOP - Swimming Pool

Venue: Adult & Children Swimming Pool

Days: Monday to Sunday

Operation Hours:

Monday	:	2pm - 9pm
Tuesday	:	8am - 1pm, 2pm - 9pm
Wednesday	:	8am - 9pm
Thursday	:	8am - 1pm, 2pm - 9pm
Friday	:	2pm - 9pm
Saturday & Sunday	:	8am - 9pm

Maximum Capacity: 6 persons (each pool)

Maximum of 1 hour slot per member. Please book your slot at the Reception
Wear appropriate swimming wear
Please fill in the record log book on your time in/out
Please ensure a social distancing of 3 - 5 metres and strictly follow pool operation hours.
Members' children who are able to swim may use the adult pool and must be accompanied by the member/parent at all times.
Please adhere to all notices at the pool side

SOP – Jacuzzi

Venue: Jacuzzi
Days: Monday to Sunday (except Tuesday)
Operation Hours:

Monday	:	2pm - 9pm
Tuesday	:	8am-1pm & 2pm-9pm
Wednesday	:	8am - 9pm
Thursday	:	8am-1pm & 2pm-9pm
Friday	:	2pm - 9pm
Saturday & Sunday	:	8am - 9pm

Maximum Capacity: 4 persons (per Jacuzzi)

Limit your soak to 15 minutes, and cool off before re-entry, subject to a maximum of 1 hour per member in this facility
Please rinse your feet before use
Please ensure a social distancing of 3 – 5 metres at any time and strictly follow Jacuzzi operation hours.
Do not use immediately after consumption of alcohol
Please adhere to all notices and Bye-laws placed in the facility.

SOP – Zumba / Aerobics / Qi Gong / Line Dancing / Yoga

Venue: General Purpose Room (GPR)
Days: Monday to Sunday – based on classes schedule.
Time: Based on classes schedule
Not more than 15 members in the GPR at any time.
Please ensure distancing of 1-3 metres per member

SOP - Library & Reading Room

Maximum Capacity: 12
Please follow the seating arrangement in place.
Please comply with the Bye-Laws placed in the facility.

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 1 hour slot per member

Maximum of 15 members in the gymnasium on first in first out basis.

Compulsory to bring your own towel

Member are required to sanitise equipment/bench, weights and dumbbells after use

Gym bags to be placed on the rack

Ensure distancing of 1 – 3 metres between members.

SOP – Sauna

Venue: Male & Female Sauna (MPH Shower rooms)

Days: Monday to Sunday

Time: 8am to 9pm

Maximum of 3 members at any time

Strictly for members and spouses only (Children not allowed)

No food and drinks allowed

No sun cream or other lotions to be worn

Do not use immediately after consumption of alcohol

Do not pour excessive water on the hot stones. Sprinkle water when necessary

No mobile phones in the sauna

It is recommended to take a quick shower and dry off before using sauna

Do not place the handle or water bucket on the hot stones.

SOP - Lobby

Maximum Capacity: 15

Please follow the seating arrangement in place and comply with the Bye-Laws placed at the notice board.

SOP - Surau

Maximum Capacity: 1

Strictly no sharing of prayer items.

Please record in the log book provided and return the key to the Reception upon usage.

Please only use the Surau for prayer purposes.

SOP - Karaoke Room

Venue: Karaoke Room

Days: Monday to Sunday

Time: 5pm to 12mn

Maximum of 5 members at any time

Please proceed to the Benbow Bar to place your beverage orders.

Operations is based on bookings (maximum of 2 hours per member/spouse).

Please call the Club to book your slot. Bookings must be made on a daily basis.

Interaction and sharing of microphones between different groups are not allowed. Please ensure that beverage & song selection are completed before 11:45pm to avoid any inconvenience.

Members' children (below 18 or without privilege cards), guests and affiliate members are not allowed into the karaoke room.

Every member will be provided with one disposable microphone cover and is requested to use it during their session.

Please ensure that music volume is at an acceptable level.

Please ensure distancing of 1-3 metres at all times

SOP – Open Karaoke

Venue: Sports Tavern

Days: Every Thursday

Time: 8pm to 11pm

Based on rotation with a maximum of 2 songs per person.

Members' children (below 18 or without privilege cards), guests and affiliate members are not allowed

Every member will be provided with one disposable microphone for use

Please ensure that music volume is at an acceptable level

Please ensure distancing of 1-3 metres at all times

SOP - Busking

Venue: Lagoon

Days: Every Friday

Time: 8pm to 1045pm

No guest singers allowed.

No dancing on the dance floor

Song requests possible

Please ensure distancing of 1-3 metres at all times.

Please comply with the seating arrangements and all other guidelines at the respective outlet.

Members may contribute through the tip box prepared by the buskers

Location, date and time for busking may change based on the approval from the General Committee.

The General Committee