

SCC GENERAL SPORTS GUIDELINES

In accordance with the Safety Management Measure advisories issued by Sport Singapore and National Sports Associations (NSAs) and the Multi-Ministries Taskforce, please take note of the following:

Section / Sporting Activity	Guidelines
Balut	<ul style="list-style-type: none"> Not allowed till further notice.
Billiards & Snooker	<ul style="list-style-type: none"> Not allowed till further notice.
Bowls	<ul style="list-style-type: none"> Section to confirm opening date. Normal Training within group size limitation permitted. All players are to use separate mats and jacks (or ensure that the same players on each rink places mats or places/ rolls jacks). Other bowls equipment cannot be shared between players (e.g. bowls, cloths, measures).
Bridge	<ul style="list-style-type: none"> Not allowed till further notice.
Cricket	<ul style="list-style-type: none"> Normal training within groups of not more than 5 pax allowed. (additional one approved coach permitted). Match not permitted. Maintain physical distancing of 2m (i.e. 2 arms-length) between 2 pax. Any activity must adhere to group size limitation with no inter-mixing between groups; groups must maintain 3m distance apart. No deliberate body contact drills and activities. No shining cricket ball with sweat/ saliva during training. <p>BOOKING PROCESS:</p> <ul style="list-style-type: none"> Ground and Nets Bookings must be made through Wendy at wendy.foo@scc.org.sg, citing name and contact for all participants. Nets are only open between 11am and 10pm. Field open from 11am to 7pm. No sharing of equipment. Cricket Nets Booking: <ul style="list-style-type: none"> No same day bookings for Cricket Nets – bookings must be made at least the day before. Only Lane 1 & 3 can be in use together at same time. Bookings can only be made for a maximum of 3 pax (inclusive of any coach) per net. One batsman, one bowler/thrower with a third to wait outside the practice area. No more than 5 persons allowed in the Cricket Nets (entire) Vacate the nets after booking and do not linger alongside incoming groups.
Darts	<ul style="list-style-type: none"> Not allowed till further notice.
Football	<ul style="list-style-type: none"> Normal training within groups of not more than 5 pax allowed. (additional one approved coach permitted). Match not permitted. Maintain physical distancing of 2m (i.e. 2 arms-length) between 2 pax. Any activity must adhere to group size limitation with no inter-mixing between groups; groups must maintain 3m distance apart. No deliberate body contact drills and activities. <p>BOOKING PROCESS:</p> <ul style="list-style-type: none"> Ground Bookings must be made through Wendy at Wendy.foo@scc.org.sg, citing name and contact for all participants.
Golf	<ul style="list-style-type: none"> No more than 5 pax per flight. No sharing of equipment is allowed All guidelines by respective golf courses must be adhered to.
Gym	<ul style="list-style-type: none"> Not more than 3 pax are allowed in the gym at any one time. Individual Workout only in the booked zone. No cross over to the other zones. Some stations are closed due to distancing measures. 2-metre boundary between equipment (edge-to-edge). Entry is from the outdoor staircase located near the bowling green; registration is compulsory at a temporary gym registration counter located at The Deli. Please also fill in the SafeEntry form via the QR Code using your smartphone. Each pax is limited to a 45min session in the gym. After 45mins, the 15mins before the next person can enter will be used for disinfectant cleaning by the cleaner. Maintain physical distancing of 3m (i.e. 3 arms-length). <p style="background-color: yellow;">Reopens on 19 June 2020</p>

	<ul style="list-style-type: none"> No sharing of weights or machines. No buddy training allowed. Participants should not socialise and should minimise communication. <p>BOOKING PROCESS:</p> <ul style="list-style-type: none"> Booking must be made through MSD tel 63389271 or email memberservicedesk@org.sg on a first-come-first serve basis once a week per membership.
Hockey	<ul style="list-style-type: none"> Normal training within groups of not more than 5 pax allowed. (additional one approved coach permitted). Match not permitted. Maintain physical distancing of 2m (i.e. 2 arms-length) between 2 pax. Any activity must adhere to group size limitation with no inter-mixing between groups; groups must maintain 3m distance apart. No deliberate body contact drills and activities. <p>BOOKING PROCESS</p> <ul style="list-style-type: none"> Ground Bookings must be made through Wendy at Wendy.foo@scc.org.sg, citing name and contact for all participants.
Netball	<ul style="list-style-type: none"> Normal training within groups of not more than 5 pax allowed. (additional one approved coach permitted). Match not permitted. Maintain physical distancing of 2m (i.e. 2 arms-length) between 2 pax. Any match play must adhere to group size limitation with no inter-mixing between groups; groups must maintain 3m distance apart. No deliberate body contact drills and activities. <p>BOOKING PROCESS</p> <ul style="list-style-type: none"> Ground Bookings must be made through Wendy at Wendy.foo@scc.org.sg, citing name and contact for all participants.
Rugby	<ul style="list-style-type: none"> Normal training within groups of not more than 5 pax allowed. (additional one approved coach permitted). Match not permitted. Any activity play must adhere to group size limitation with no inter-mixing between groups; groups must maintain 3m distance apart. Maintain physical distancing of 2m (i.e. 2 arms-length) between 2 pax. No deliberate body contact drills and activities. No rucks, mauls, lineouts or scrums, no tackling/wrestling. <p>BOOKING PROCESS</p> <ul style="list-style-type: none"> Ground Bookings must be made through Wendy at Wendy.foo@scc.org.sg, citing name and contact for all participants.
Squash Reopens on 19 June 2020	<ul style="list-style-type: none"> Only players aged above 18 can play. Strictly no guests or family members (that are not Section Members) are allowed. Fill in the SafeEntry form via the QR Code located at the Squash Courts entrance using your smartphone. Each booking slot will be for 45mins with a maximum of 2 players allowed on each court. Maintain physical distancing of 3m (i.e. 3 arms-length) between 2 pax. After 45mins, players have 15mins before the next booking to disinfect door latches (inside and outside) and any other surfaces (e.g. sitting gallery and glass door) that they have touched. Bring your own balls and mark them; no sharing of equipment is allowed. After playing, players must leave the courts area and not gather around the courts. <p>BOOKING PROCESS</p> <ul style="list-style-type: none"> Only Section Members after can book the courts using the Club's web portal. Only individual bookings are permitted.
Tennis Reopens on 19 June 2020	<ul style="list-style-type: none"> Strictly no guests or family members (that are not Section Members) are allowed. Fill in the SafeEntry form via the QR Code located at the Tennis Courts entrance using your smartphone. Each booking slot will be for 45mins with a maximum of 4 players allowed on each court. Maintain physical distancing of 2m (i.e. 2 arms-length) between 2 pax. After 45mins, players have 15mins before the next booking to disinfect high touch points surfaces. Bring your own balls and mark them; no sharing of personal equipment is allowed. After playing, players must leave the courts area and not gather around the courts. <p>BOOKING PROCESS</p> <ul style="list-style-type: none"> Only Section Members after can book the courts using the Club's web portal. Only individual bookings are permitted.

Individual Exercise on the Padang Field	<ul style="list-style-type: none"> • Before commencement of any individual activity like evening run on the Padang, please contact the SportsDepartment@scc.org.sg to register.
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General Guidelines:

1. Please abide by the Safety Management Measure advisories issued by SportSG, National Sports Associations (NSAs) and the Club.
Members who fail to comply will be asked to leave the Club premises; disciplinary actions may be taken for serious breaches of safety measures.
2. Only Members can exercise/ play using Club facilities and on its premises.
NO GUESTS ARE ALLOWED TO EXERCISE / PLAY using Club facilities and on its premises at all times.
3. Only groups of not more than 5 athletes are allowed. (additional one approved coach permitted)
4. Wear your mask at all times, except when engaged in strenuous activities during training/ exercise.
5. Be prepared for training prior to arrival at Club (i.e. arrived dressed and ready to train); please minimise need to use/ gather in changing rooms and note that shower facilities are closed.
6. Bring your own water bottles already filled; do not share water bottles. Please note that the water dispensers in the Club are closed.
7. Bring your own sweat towels for personal wipe-down; no towels will be provided by the Club.
8. Wash your hands or use a hand sanitiser before, during and after play. Avoid touching your face after handling a ball, racket or other equipment, and avoid touching shared surfaces. Sanitisers are available for players' use.
9. Leave the courts/ gym/ field immediately after playing and do not gather. Mixing between groups of players is not allowed; groups should maintain a 3m distance apart.
10. Should you wish to dine in the Club after your sports activities, please change out of your sports attire first.
11. The SCC Sports Guidelines is live and subject to the latest measures/ advisories.

General Committee
Singapore Cricket Club
18 June 2020, 20:00hrs