

SCC GENERAL SPORTS GUIDELINES

(UPDATES AS OF 22 JULY 2020)

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:

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. Prior to entering the Sports Facilities, **all athletes MUST REPORT & REGISTER THEIR NAMES at the Sports Counter located at The Deli prior to play.** Please also fill in the SafeEntry form via the QR Code at the sports facilities locations using your smartphone.

IMPORTANT NOTES FOR COMPULSORY REGISTRATION:

- a. **As part of the Safe Management Measures, the maximum number of persons allowed is 50 persons. It is mandatory for the Club to maintain records of athletes (required for subsequent audits by the authorities) who are using the different sports facility locations.**
 - b. **Confirmed Groups/ Bookings are to submit their name list to sportdept@scc.org.sg 1 day before play.**
 - c. **In the case where a section has more than one group of 5 playing at the same time. The groupings must be decided beforehand. The players must go directly to the assigned area and stay with the assigned group of 5 throughout session. No intermixing allowed between the different groups.**
 - d. **Do not proceed to training/ play till you have physically registered at the Sports Counter.**
 - e. **The Club reserves the right to deny your participation if the measures are not observed. We seek your cooperation to comply with the Club's measures.**
4. Only groups of not more than 5 athletes are allowed. (additional one approved coach permitted) or the stipulated maximum number of pax stated in the respective sport whichever is the lower number.
 5. **Wear your mask at all times**, except when engaged in strenuous activities during training/ exercise. Put on your mask when arriving and leaving the courts/gym/ field.
 6. 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 at the club have reopened from 22 July 2020. Refer to the Club's announcement on Reopening of Showers facilities information.**
 7. Bring your own water bottles already filled; do not share water bottles. Please note that the water dispensers in the Club are closed.
 8. Bring your own sweat towels for personal wipe-down; no towels will be provided by the Club.
 9. 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.
 10. Leave the courts/ gym/ field immediately after playing and do not gather. No loitering after play. Mixing between groups of players is not allowed; groups should maintain a 3m distance apart. "Get In, Play and Leave".
 11. **Should you wish to dine in the Club after your sports activities, please change out of your sports attire first.**
 12. Members are allowed to visit the gym multiple times a week but are restricted to book the next session only after they have consumed the current session so that others will have equal chance to use the gym.
 13. The SCC Sports Guidelines is live and subject to the latest measures/ advisories.

Section / Sporting Activity	UPDATES Guidelines (as at 22 July 2020)
Bowls	<p>[Updated as at 13 July 2020]</p> <ul style="list-style-type: none"> • Fill in the SafeEntry form via the QR Code located at the Bowling Green entrance using your smartphone. • All bowlers must pre-register before 5pm the previous day with the committee members in charge on first-come, first serve basis. Strictly no walk-ins. • All Bowlers may only play Singles or Pairs. Maximum 4 Bowlers per rink. Maximum of 12 Bowlers inside the green at any one time. • Score Boards – Appointed bowler within the same group to handle it. • Maintain a physical distance of 2m (i.e. 2 arms-length) between 2 pax. • Other bowls equipment cannot be shared between players (e.g. bowls, chalk, cloth, measure). • Rinks are strictly reserved for bowlers who are allocated the rinks. Non-players are not allowed on the green. • Do not help centre the jack for bowlers on other rinks with your hand. • Refer to section circular which will be sent to section members more information.
Cricket	<ul style="list-style-type: none"> • Fill in the SafeEntry form via the QR Code located at the Cricket Nets /Padang field entrance using your smartphone. • 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.
Football	<ul style="list-style-type: none"> • Fill in the SafeEntry form via the QR Code located at the entrance to Padang field using your smartphone. • 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.
Gym Reopens on 19 June 2020	<ul style="list-style-type: none"> • Gym is open from 11am to 8pm (last entry at 7pm; exit by 7.45pm) • Fill in the SafeEntry form via the QR Code located at the Gym entrance using your smartphone. • 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). • No sharing of weights or machines. • No buddy training allowed. • Participants should not socialised and should minimise communication. <p>BOOKING PROCESS:</p> <ul style="list-style-type: none"> • Bookings must be made through MSD tel 63389271 or email membersservicedesk@scc.org.sg on first-come-first-serve basis. • Members are allowed to visit the gym multiple times a week but are restricted to book the next session only after they have consumed the current session so that others will have equal chance to use the gym. • No entry is allowed without prior booking.

<p>Hockey</p>	<ul style="list-style-type: none"> • Fill in the SafeEntry form via the QR Code located at the entrance to Padang field using your smartphone. • 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.
<p>Netball</p>	<ul style="list-style-type: none"> • Fill in the SafeEntry form via the QR Code located at the Multi-Purpose Court using your smartphone • 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.
<p>Squash</p> <p>Reopens on 19 June 2020</p>	<ul style="list-style-type: none"> • Section Members only. • 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. • Strictly No Mixing of Players between courts. Play only the hour you have booked and please leave immediately after. DO NOT stay back and join another pair playing the next hour. • Pick up your squash balls and take them with you after the play. • If you are seated at any time in the gallery or outside the court, please wear your mask. • 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 can book the courts using the Club's web portal. Only individual bookings are permitted.
<p>Tennis</p> <p>Reopens on 19 June 2020</p>	<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. • No mixing of players between courts. Play only the hour you have booked for individual court booking. • For Friday Socials, please register with the Tennis Committee. No walk-ins. • 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 can book the courts using the Club's web portal.
<p>Rugby</p>	<p>[Updated as at 22 July 2020]</p> <ul style="list-style-type: none"> • Fill in the SafeEntry form via the QR Code located at the entrance to Padang field using your smartphone. • 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 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.