

# SCC GENERAL SPORTS PROTOCOL & GUIDELINES

**(UPDATED AS OF 19 JUNE 2021)**

In accordance with the Safety Management Measure advisories issued by Sport Singapore and National Sports Associations (NSAs) and the Multi-Ministries Taskforce – Gradual Re-opening to Phase 3 (Heightened Alert) – (Updated 18 June 2021) Calibrated Easing of Safe Management Measures for Sport and Physical Exercise & Activity From 14 June 2021, please take note of the following **with effect from 21 June 2021:**

## **General Guidelines:**

1. **Please abide by the Safety Management Measure advisories issued by SportSG, National Sports Associations (NSAs) and the Club (including the SCC Sports Protocol Guidelines). Members and their guests 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 groups of maximum 5 pax for outdoor activities are allowed. For indoor activities, refer to the guidelines for respective activities. Guests are allowed.** Coach is inclusive in the group for sports which sports association allows it and the Sports Department must be informed in advance at the time of facilities booking.
3. **All guests must be signed into the SCC Guestbook at the Main Reception and members must be with their guests at all times. Guests are allowed to use the permissible Sports Facilities and section invited activities during operating hours.** Members who booked the facilities must be present in person during the time of play, and be part of the group of players.
4. Members and guests must enter club via main entrance, where their temperature will be taken and a wristband issued upon verification of their names/ booking. Prior to entering the sports facility, **they MUST** use the TraceTogether app for check in SafeEntry at the various sports facilities using their smartphone. If they are feeling unwell, should not go to the SCC under any circumstances.
5. **IMPORTANT NOTES FOR COMPULSORY REGISTRATION:**
  - a. As part of the Safe Management Measures, the maximum number of persons allowed within the Clubhouse facilities is 50 persons. For outdoor activities, multiple groups of 5 (including instructor/coach) up to 30 participants or capacity limit of the facility, whichever is lower is allowed.
  - b. **It is mandatory for the Club to maintain records of users (required for subsequent audits by the authorities) who are using the different sports facility locations. Bookings without the required details will be cancelled automatically.**
  - c. Members must book courts/ nets/ gym at least one day in advance. Strictly no walk-in; refer to respective sports for more information. Do not start your activity when the facility's capacity is reached. Please contact the Main Reception for assistance.
  - d. Confirmed Groups/ Bookings are to submit their name list to [sportdept@scc.org.sg](mailto:sportdept@scc.org.sg) one day before play.
  - e. In the case where a section has more than one group of 5 (for outdoor activities) 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 (for outdoor activities) throughout session. **No intermixing is allowed between the different groups.**
  - f. There will be staff operating as Safe Management Officers conducting regular site inspections to monitor compliance to this SCC Sports Protocol & Guidelines and other related rules and requirements.
  - g. **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.
6. **WEAR YOUR MASKS AT ALL TIMES THE MOMENT YOU STEP OUT OF THE COURTS/ FIELD.**  
Masks are only allowed to be removed when engaged in strenuous activities during training/ exercise.  
  
Put on your mask when arriving and leaving the courts/ field, including to refill water, collect equipment, visit the restroom/changing room, stretching, warming up, cooling down or do anything other than exercising or training.  
  
If you need to recover your breath, do so first at the courts/ field, then put your mask on before exiting.
7. Be prepared for training prior to arrival at Club (i.e. arrived dressed and ready to train); please minimise any need to use/ gather in changing rooms and shower facilities. Maximum capacity of Men's Changing Room: 15 pax / Ladies' Changing Room: 8 pax.
8. Bring your own water bottles already filled; do not share water bottles. Please note that the water dispensers in the Club are closed except the dispenser at the Squash Court Area solely for the purpose of refilling your water bottles. Do not drink directly from the dispenser.
9. Bring your own sweat towels for personal wipe-down; from 28 September 2020, club towels are available for shower use only. **NO TOWELS SHOULD BE BROUGHT OUT OF THE CHANGING ROOMS.** All used towels must be returned to the towels bin. For hygiene reasons, Members are still strongly encouraged to bring their own towels for shower use and own wipe-down after exercise.

10. 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.

11. Leave the courts/ 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".

12. The SCC Sports Protocol & Guidelines is live and subject to the latest measures/ advisories. For any clarifications, please contact the Sports Department at [sportsdept@scc.org.sg](mailto:sportsdept@scc.org.sg).

Section / Sporting Activity	UPDATED Guidelines – From 21 June 2021
Billiards & Snooker	<p>[AS AT 19 JUNE 2021 – With effect from 21 June 2021]</p> <ul style="list-style-type: none"> <li>• <b><u>Billiard Room Opening hours and restrictions</u></b> <ul style="list-style-type: none"> <li>○ Monday to Saturday: 12 pm to 10 pm. Sunday: 12 pm to 6 pm. Closed on Public Holiday.</li> <li>○ NO FOOD OR DRINKS ALLOWED TO BE BROUGHT INTO AND/OR CONSUMED IN BILLIARD ROOM AT ALL TIMES.</li> <li>○ <b>Maximum of 8 pax (4 pax per table)</b> allowed at any one time into the Billiards Room excluding the markers.</li> <li>○ <b>Each member is allowed to introduce a maximum of 2 guests per day. Guest fees applies.</b></li> <li>○ The Pool table will remain closed until further notice.</li> </ul> </li> <li>• <b><u>Registration and SafeEntry before Play</u></b> <ul style="list-style-type: none"> <li>○ <b>MANDATORY:</b> All players and guests <b>MUST</b> register in the booking register book with the Billiard Markers <u>before</u>* playing.</li> <li>○ Players must use the TraceTogether app to check in SafeEntry at the Billiard Room using your smartphone.</li> </ul> </li> <li>• <b><u>Booking Process</u></b> <ul style="list-style-type: none"> <li>○ <b>MANDATORY:</b> Bookings can be made in person with the markers or by calling the club reception 6338-9271 ext. 345 for Billiard Room</li> <li>○ Monday to Saturday: 12 pm to 10 pm. Sunday: 12 pm to 6 pm. Closed on Public Holiday.</li> <li>○ <b>Maximum 4 players per table per booking slot. Max capacity of the entire Billiard Room: 8 pax</b></li> <li>○ Bookings open every Monday for slot reservations for the rest of the week. Cut off time is 6pm, the day before playing day. No walk-in.</li> </ul> </li> <li>• <b><u>League Team Training and Club Nights for Section members</u></b> Every Monday, Wednesday and Friday: 5 pm to 8 pm.</li> <li>• <b><u>Playing Guidelines</u></b> Please abide by the Safety Management Measures advisories issued by MTI, SportSG, ational Sports Associations (NSAs) and the Club.</li> </ul> <p>Members who fail to comply will be asked to leave the Club premises; disciplinary action may be taken for serious breaches of safety measures.</p> <p>Members are to comply to the following:</p> <ul style="list-style-type: none"> <li>• Players and markers are to wear their masks at all times</li> <li>• Maintain physical distancing of 3m (i.e. 3 arms-length) between 2 pax.</li> <li>• Wash your hands or use a hand sanitiser before, during and after play. Avoid touching your face after handling a ball, cue, rest or other equipment, and avoid touching shared surfaces. Sanitisers are available.</li> <li>• Leave the billiard room immediately after playing and do not gather.</li> <li>• No loitering after play.</li> <li>• Mixing between groups of players is not allowed; groups should maintain a 3m distance apart. "Get In, Play and Leave".</li> </ul>
Bowls	<p>[AS AT 19 JUNE 2021 – With effect from 21 June 2021]</p> <ul style="list-style-type: none"> <li>• Bowlers must use the TraceTogether app to check in SafeEntry at the Bowling Green gate using your smartphone.</li> <li>• All bowlers must pre-register before increment the previous day with the committee members in charge on first come, first serve basis. Strictly no walk-ins.</li> <li>• A maximum of 5 Bowlers allowed per rink. Competitions are subject to approval from SportSG/Bowls Singapore.</li> <li>• There shall be no mixing and socialising between groups.</li> <li>• Masks may be removed when playing and to be put on immediately after play, before leaving the green.</li> <li>• No spectators allowed in the green and the Deli Area.</li> <li>• Score Boards – Appointed bowler within the same group to handle it.</li> <li>• Maintain a physical distance of 1m (i.e. 1 arms-length) between 2 pax. There must be a 3m physical distance between other groups.</li> <li>• Other bowls equipment cannot be shared between players (e.g. bowls, chalk, cloth, measure).</li> <li>• Rinks are strictly reserved for bowlers who are allocated the rinks. Non-players are not allowed on the green.</li> <li>• Do not help centre the jack for bowlers on other rinks with your hand.</li> </ul>

	<ul style="list-style-type: none"> <li>Refer to section circular which will be sent to section members for more information.</li> </ul>
Cricket	<p>[AS AT 19 JUNE 2021 – With effect from 21 June 2021]</p> <ul style="list-style-type: none"> <li>Players must use the TraceTogether app to check in SafeEntry at the Cricket using your smartphone.</li> <li>Normal training within groups of not more than 5 pax allowed (inclusive of coach).</li> <li>Maintain physical distancing of 2m (i.e. 2 arms-length) between 2 pax.</li> <li>Any activity must adhere to group size limitation with no intermixing between groups; groups must maintain 3m distance apart.</li> <li>No deliberate body contact drills and activities.</li> <li>No shining cricket ball with sweat/ saliva during training.</li> </ul> <p><b>BOOKING PROCESS:</b></p> <ul style="list-style-type: none"> <li>Members Nets Bookings - Only Section Members can book the courts using the Club's web portal.</li> <li>Cricket Nets Booking: <ul style="list-style-type: none"> <li>No same day bookings for Cricket Nets – bookings must be made at least the day before.</li> <li>Only Lane 1 &amp; 3 can be in use together at same time.</li> <li>Bookings can only be made for the below (including a coach) <ul style="list-style-type: none"> <li><b>Nets 1</b> : 2 pax</li> <li><b>Nets 3 (including Batfast)</b>: 3 pax</li> </ul> </li> </ul> </li> </ul> <p>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).</p> <ul style="list-style-type: none"> <li>Private Nets Booking (which includes member's guest) and Ground Bookings must be made through Wendy at <a href="mailto:wendy.foo@scc.org.sg">wendy.foo@scc.org.sg</a>.</li> <li>Members must register names of playing partners and/or their guests) when booking of facility. Bookings without the required information will be cancelled automatically.</li> <li>Members MUST book the courts at least a day in advance. Cut off time is 6pm, the day before playing day.</li> <li><b>On the day of play, guests must be signed by members and members must be with their guests at all times.</b> Members who book the facilities must be present in person during the time of play, and to be part of the group of players.</li> <li>Nets are only open between 8am to 10pm.</li> <li>No sharing of equipment.</li> <li>Only users of the nets shall be allowed in the nets area. No spectators allowed.</li> <li>Vacate the nets after booking and do not linger alongside incoming groups.</li> </ul>
Darts	<p>[AS AT 19 JUNE 2021 – With effect from 21 June 2021]</p> <p><b><u>Darts Corner (in Billiards Room) Opening hours and restrictions</u></b></p> <ul style="list-style-type: none"> <li>Monday to Saturday: 12 pm to 10 pm. Sunday: 12 pm to 6 pm. Closed on Public Holiday. NO FOOD OR DRINKS ALLOWED TO BE BROUGHT INTO AND/OR CONSUMED IN BILLIARDS ROOM AT ALL TIMES.</li> <li><b>CAPACITY: Maximum of 3 Darts players allowed at any one time in the Billiards Room, Darts Corner.</b></li> <li>Only <b>SCC Darts section members</b> allowed to play until further notice. No Guests allowed.</li> <li>Members are to use their own darts. No sharing of equipment. House darts will not be provided.</li> </ul> <ul style="list-style-type: none"> <li><b><u>Registration and SafeEntry before Play</u></b> <ul style="list-style-type: none"> <li><b>MANDATORY:</b> All players <b>MUST</b> register in the booking register book with the Billiard Markers <b>before*</b> playing.</li> <li>Players must use the TraceTogether app to check in SafeEntry at the Billiard Room using your smartphone</li> </ul> </li> <li><b><u>Booking Process</u></b> <b>MANDATORY:</b> Hourly Bookings can be made in person with the markers or by calling the club reception 6338-9271 ext 345 for Billiards Room. Cut off time is 6pm, the day before playing day.</li> <li><b><u>Playing Guidelines</u></b> Please abide by the Safety Management Measure advisories issued by MTI, SportSG, National Sports Associations (NSAs) and the Club. (*subject to replies from SportSG &amp; Darts Association Singapore on the advisory for Darts play)</li> </ul> <p>Members who fail to comply will be asked to leave the Club premises; disciplinary actions may be taken for serious breaches of safety measures.</p> <p><b>Members are to comply to the following:</b></p> <ul style="list-style-type: none"> <li>Players are to wear their masks at all times.</li> <li><b>ONLY 1 PLAYER ALLOWED AT THE THROW LINE (OCHE) AT ANY ONE TIME TO MAKE THEIR THROW.</b> Players may wait for their turn to play and to maintain physical distancing of 3m (i.e. 3 arms-length) between players at all times.</li> <li>Wash your hands or use a hand sanitiser before, during and after play. Avoid touching your face after handling the darts or other equipment, and avoid touching shared surfaces. Sanitisers are available.</li> <li>Leave the Billiards Room/ Darts Corner immediately after playing and do not gather. "Get In, Play and Leave".</li> <li>No intermingling and loitering after play.</li> <li>Mixing between groups of players is not allowed in the same room is allowed; groups should maintain a 3m distance apart. E.g. after playing darts, to join billiards &amp; vice versa in not allowed.</li> </ul> <p>Members should also follow all SCC Sports Guidelines subject to the latest measures and advisories.</p>

Football	<p>[AS AT 19 JUNE 2021 – With effect from 21 June 2021]</p> <ul style="list-style-type: none"> <li>• Players must use the TraceTogether app to check in SafeEntry at the Padang Field using your smartphone.</li> <li>• Normal training within groups of not more than 5 pax allowed (inclusive of coach).</li> <li>• Maintain physical distancing of 2m (i.e., 2 arms-length) between 2 pax.</li> <li>• There shall be clear segregation between groups and no cross-mixing or cross-playing between groups.</li> <li>• Any activity must adhere to group size limitation. Rolling substitutes outside the same group of 5 not allowed.</li> <li>• Groups must maintain 3m distance apart.</li> <li>• No deliberate body contact drills and activities.</li> </ul> <p><b>BOOKING PROCESS:</b></p> <ul style="list-style-type: none"> <li>• Ground Bookings must be made through Wendy at <a href="mailto:Wendy.foo@scc.org.sg">Wendy.foo@scc.org.sg</a>, citing name and contact for all participants.</li> </ul>
Gym	<p>[AS AT 19 JUNE 2021 – REOPENS FROM 21 JUNE 2021]:</p> <ul style="list-style-type: none"> <li>• Gym is open from 8am to 8pm (last entry at 7pm; exit by 7.45pm).</li> <li>• Members must use the TraceTogether app to check in SafeEntry located at the Gym entrance using your smartphone.</li> <li>• Entry is from the outdoor staircase located near the bowling green.</li> <li>• <b>Not more than 2 pax are allowed in the gym at any one time. When there are 2 pax in the gym at your reserved time slot, do not start your workout. Please approach the SCC Main Reception (MSD) for assistance.</b></li> <li>• Use alternate machine/ station when there is another user using the machine/ station beside you. Adhere to 2-metre boundary between equipment (edge-to-edge).</li> <li>• Each pax is limited to a 50 min session in the gym. Stick to your booking time slot and do not extend to work out as the next user will be coming in for their time slot.</li> <li>• Each pax is limited to a 20min session for each machine/ station.</li> <li>• After 50 mins, users have 10mins before the next booking to disinfect the used equipment/ stations.</li> <li>• Maintain physical distancing of 3m (i.e. 3 arms-length).</li> <li>• No sharing of weights or machines.</li> <li>• No buddy training allowed.</li> <li>• Return all gym equipment (e.g. <b><u>weight plates, kettlebell weights, weightlifting bars/ accessories from the gym machines and exercise benches</u></b>) to their respective places after use. See the gym layout for allocation.</li> <li>• Users should not socialise and should minimise communication.</li> <li>• Sports Department will be conducting on-site inspections from time to time.</li> </ul> <p><b>BOOKING PROCESS:</b></p> <ul style="list-style-type: none"> <li>• Bookings must be made through MSD Tel 63389271 or email <a href="mailto:memberservices@scc.org.sg">memberservices@scc.org.sg</a> on a first-come-first-serve basis. <b><u>Members MUST book their gym slot at least a day in advance. Cut off time is 6pm, the day before using the gym. Strictly no walk in.</u></b></li> <li>• Guests and members Under 18 are not allowed.</li> <li>• 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.</li> <li>• No entry is allowed without prior booking confirmation (email confirmation).</li> </ul>
Hockey	<p>[AS AT 19 JUNE 2021 – With effect from 21 June 2021]</p> <ul style="list-style-type: none"> <li>• Players must use the TraceTogether app to check in SafeEntry at the Padang Field using your smartphone.</li> <li>• Normal training within groups of not more than 5 pax allowed (inclusive of coach).</li> <li>• Maintain physical distancing of 2m (i.e., 2 arms-length) between 2 pax.</li> <li>• There shall be clear segregation between groups and no cross-mixing or cross-playing between groups.</li> <li>• Any activity must adhere to group size limitation. Rolling substitutes outside the same group of 5 not allowed.</li> <li>• Groups must maintain 3m distance apart.</li> <li>• All training must be modified to avoid prolonged and extensive contact. Only transient contact is allowed.</li> <li>• Strict compliance with 4sq meters per person is to be observed during training.</li> </ul> <p><b>BOOKING PROCESS:</b></p> <p>Ground Bookings must be made through Wendy at <a href="mailto:Wendy.foo@scc.org.sg">Wendy.foo@scc.org.sg</a>, citing name and contact for all participants.</p>
Netball	<p>[AS AT 19 JUNE 2021 – With effect from 21 June 2021]</p> <ul style="list-style-type: none"> <li>• Players must use the TraceTogether app to check in SafeEntry at the Multipurpose Court (MPC) using your smartphone.</li> <li>• Normal training within groups of not more than 5 pax allowed (inclusive of coach).</li> <li>• Maintain physical distancing of 2m (i.e., 2 arms-length) between 2 pax.</li> <li>• There shall be clear segregation between groups and no cross-mixing or cross-playing between groups.</li> <li>• Any activity must adhere to group size limitation. Rolling substitutes outside the same group of 5 not allowed.</li> <li>• Groups must maintain 3m distance apart.</li> <li>• No deliberate body contact drills and activities.</li> </ul> <p><b>BOOKING PROCESS:</b></p> <ul style="list-style-type: none"> <li>• Bookings must be made through Wendy at <a href="mailto:Wendy.foo@scc.org.sg">Wendy.foo@scc.org.sg</a>, citing name and contact for all participants.</li> </ul>
Squash	<p>[AS AT 19 JUNE 2021 – With effect from 21 June 2021]:</p> <ul style="list-style-type: none"> <li>• Players must use the TraceTogether app to check in SafeEntry at the Squash Courts using your smartphone.</li> <li>• Maximum of 2 players allowed to play at one time in the court. The group of 2 should keep to the court they have booked and no cross over and mixing with other players in the other court. Individual players should restrict their use of facilities to no more than 2 hours each time.</li> <li>• <b>No intermixing of players between courts is allowed.</b></li> </ul>



	<ul style="list-style-type: none"> <li>• <b>Play only within the hour of the court you have booked and please leave immediately after. DO NOT change court or stay back and join another group playing the next hour.</b></li> <li>• Should there be 2 users in the courts, there should be no one else waiting outside the court.</li> <li>• <b>Coaching/Training</b> <ul style="list-style-type: none"> <li>○ <b>For coaching and training, a maximum of 2 pax (inclusive of coach) are allowed in the court. The coach would not be allowed into the other court.</b></li> </ul> </li> <li>• Only users of the court shall be allowed in the court area. Should there be 2 users in the court, there should be no one else waiting outside the court. No spectators allowed. No walk-ins.</li> <li>• <b>Section Socials are currently suspended till further notice. Please refer to the latest information shared via the Social Whatsapp group.</b></li> <li>• Each booking slot will be for 45mins.</li> <li>• Maintain physical distancing of 3m (i.e. 3 arms-length) between 2 pax, while outside the courts.</li> <li>• After 45mins, players have 15mins before the next booking to disinfect high touch points surfaces.</li> <li>• After playing, players must disinfect door latches (inside and outside) and any other surfaces (e.g. sitting gallery and glass door) that they have touched, using the disinfectant provided court side.</li> <li>• <b>If you are seated at any time in the gallery or stretching/ warm up outside the court, stepping out of the court to refill water bottle and when not playing/drinking water, please wear your mask.</b></li> <li>• After playing, players must leave the courts area and not gather around the courts.</li> <li>• Sports Department will be conducting on-site inspections from time to time.</li> </ul> <p><b>BOOKING PROCESS</b></p> <ul style="list-style-type: none"> <li>• Only Section Members can book the courts using the Club’s web portal.</li> <li>• Members must register names of playing partners and/or their guests when booking of courts. Bookings without the required information will be cancelled automatically.</li> <li>• Members MUST book the courts at least a day in advance. Cut off time is 6pm, the day before playing day.</li> <li>• <b>On the day of play, guests must be signed by members and members must be with their guests at all times.</b> Members who book the facilities must be present in person during the time of play, and to be part of the group of players.</li> </ul>
Tennis	<p>[AS AT 19 JUNE 2021 – With effect from 21 June 2021]</p> <ul style="list-style-type: none"> <li>• Players must use the TraceTogether app to check in SafeEntry at the Tennis Courts using your smartphone.</li> <li>• A maximum of 5 pax per court may be admitted into the tennis facility. However only a maximum of 4 pax are allowed to play on the same court. The fifth player has to be masked while waiting at courtside for his/ her turn to play. Only users of the court shall be allowed in the court area. No spectators allowed.</li> <li>• <b>For coaching and training, a maximum of 5 pax (inclusive of coach) is allowed in the court.</b></li> <li>• <b>No intermixing of players between courts is allowed, unless both courts are booked by same group of 5 players.</b></li> <li>• <b>Play only within the hour of the court you have booked and please leave immediately after. DO NOT change court or stay back and join another group playing the next hour.</b></li> <li>• Each booking slot will be for 45mins.</li> <li>• Maintain physical distancing of 2m (i.e. 2-arms-length) between 2 pax.</li> <li>• After 45mins, players have 15mins to pack their belongings and leave before the next booking</li> <li>• <b>For Friday Socials, please register with the Tennis Committee. No walk-ins.</b></li> <li>• No sharing of personal equipment is allowed.</li> <li>• After playing, players must leave. No gathering at the court.</li> <li>• Sports Department will be conducting on-site inspections from time to time.</li> </ul> <p><b>BOOKING PROCESS</b></p> <ul style="list-style-type: none"> <li>• Only Section Members can book the courts using the Club’s web portal.</li> <li>• Members must register names of playing partners and/or their guests when booking of courts. Bookings without the required information will be cancelled automatically.</li> <li>• Members MUST book the courts at least a day in advance. Cut off time is 6pm, the day before playing day.</li> <li>• <b>On the day of play, guests must be signed by members and members must be with their guests at all times.</b> Members who book the facilities must be present in person during the time of play, and to be part of the group of players.</li> </ul>
Rugby	<p>[AS AT 19 JUNE 2021 – With effect from 21 June 2021]</p> <ul style="list-style-type: none"> <li>• Players must use the TraceTogether app to check in SafeEntry at the Padang field using your smartphone.</li> <li>• Normal training within groups of not more than 5 pax allowed (inclusive of coach).</li> <li>• Maintain physical distancing of 2m (i.e., 2 arms-length) between 2 pax.</li> <li>• There shall be clear segregation between groups and no cross-mixing or cross-playing between groups.</li> <li>• Any activity must adhere to group size limitation. Rolling substitutes outside the same group of 5 not allowed.</li> <li>• Groups must maintain 3m distance apart.</li> <li>• No deliberate body contact drills and activities.</li> <li>• No rucks, mauls, lineouts or scrums, no tackling/ wrestling).</li> </ul> <p><b>BOOKING PROCESS:</b></p> <ul style="list-style-type: none"> <li>• Ground Bookings must be made through Wendy at <a href="mailto:Wendy.foo@scc.org.sg">Wendy.foo@scc.org.sg</a>, citing name and contact for all participants.</li> </ul>