

SCC GENERAL SPORTS GUIDELINES
(UPDATED AS OF 28 DECEMBER 2020)

In accordance with the Safety Management Measure advisories issued by Sport Singapore and National Sports Associations (NSAs) and the Multi-Ministries Taskforce – Reopening of Phase 3, 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 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 8 athletes (i.e. members and guests) are allowed.** An additional one coach is permitted for sports which sports association allows it (i.e. 8 athletes + 1 coach; except for squash is 5 athletes + 1 coach) and the Sports Department must be informed in advance at the time of facilities booking.
3. **All guests must be signed by members and members must be with their guests at all times.** Guests are allowed to use the permissible Sports Facilities between 8am to 5pm.
4. 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 within the Clubhouse facilities 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 one day before play.
 - c. In the case where a section has more than one group of 8 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 8 throughout session. **No intermixing is 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.
5. **WEAR YOUR MASKS AT ALL TIMES THE MOMENT YOU STEP OUT OF THE COURTS/ GYM/ 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/ gym/ 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/ gym/ field, then put your mask on before exiting.
 6. 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 note that shower facilities at the Club have reopened from 22 July 2020. Refer to the Club's announcement on Reopening of Showers Facilities.
 7. 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 from 28 September 2020 solely for the purpose of refilling your water bottles. Do not drink directly from the dispenser.
 8. 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.
 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	UPDATED Guidelines (as at 28 December 2020)
Billiards & Snooker Reopened on 3 October 2020	<p>[AS AT 3 OCTOBER 2020]</p> <ul style="list-style-type: none"> • Billiard Room Opening Hours and Restrictions <ul style="list-style-type: none"> ○ 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 BILLIARD ROOM AT ALL TIMES. ○ Maximum of 8 Billiards & Snooker Section Members allowed at any one time into the Billiards Room excluding the markers. ○ Only Billiards & Snooker Section Members allowed to play until further notice. No Guests allowed. ○ The Pool table will remain closed until further notice. • Registration and SafeEntry before Play <ul style="list-style-type: none"> ○ MANDATORY: All players MUST register in the booking register book with the Billiard Markers <u>before</u>* playing. ○ Players must scan the SafeEntry via smartphone before entering the Billiards Room. • Booking Process <ul style="list-style-type: none"> ○ MANDATORY: Bookings can be made in person with the markers or by calling the club reception 6338-9271 ext. 345 for Billiard Room ○ Monday to Saturday: 12 pm to 10 pm. Sunday: 12 pm to 6 pm. Closed on Public Holiday. ○ Maximum 4 players per table per booking slot. Max capacity of the entire Billiard Room: 8 pax ○ Bookings open every Monday for slot reservations for the rest of the week. • League Team Training and Club Nights for Section members Every Monday, Wednesday and Friday: 5 pm to 8 pm. • Playing Guidelines Please abide by the Safety Management Measure advisories issued by MTI, SportSG, National Sports Associations (NSAs) and the Club. <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"> • Players and markers are to wear their masks at all times • Maintain physical distancing of 3m (i.e. 3 arms-length) between 2 pax. • 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. • Leave the billiard room 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".
Bowls	<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. • 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	<p>[UPDATED AS AT 28 DECEMBER 2020]:</p> <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. • Strictly no guests are allowed to play after 5pm. • Normal training within groups of not more than 8 pax allowed. (additional one approved coach permitted). Approved modified games/ competition are 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.

	<ul style="list-style-type: none"> • Nets are open between Mon to Sun: 8am to 9pm. • No sharing of equipment is allowed. • Cricket Nets Bookings: <ul style="list-style-type: none"> ○ Bookings must be made strictly one day in advance. ○ There shall be clear segregation between groups and no cross-mixing or cross-playing between groups. ○ Cricket Nets - Only 2 nets can be in use together at same time. ○ Bookings can only be made for a maximum of 4 pax (excluding of any coach) per net. No more than 8 persons allowed in the Cricket Nets at a time (entire 3 nets combined) ○ Vacate the nets area/ field after booking and do not linger alongside incoming groups.
Darts Reopened on 16 November 2020	<p>[UPDATED AS AT 3 NOVEMBER 2020]:</p> <p><u>Darts Corner (in Billiards Room) Opening hours and restrictions</u></p> <ul style="list-style-type: none"> ○ 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. ○ CAPACITY: Maximum of 3 Darts players allowed at any one time in the Billiards Room, Darts Corner. ○ Only SCC Darts section members allowed to play until further notice. No Guests allowed. ○ Members are to use their own darts. No sharing of equipment. House darts will not be provided. <ul style="list-style-type: none"> • <u>Registration and SafeEntry before Play</u> <ul style="list-style-type: none"> ○ MANDATORY: All players MUST register in the booking register book with the Billiard Markers before* playing. ○ Players must scan the SafeEntry via smartphone before entering the Billiards Room. • <u>Booking Process</u> MANDATORY: Hourly Bookings can be made in person with the markers or by calling the club reception 6338-9271 ext 345 for Billiards Room. • <u>Playing Guidelines</u> Please abide by the Safety Management Measure advisories issued by MTI, SportSG, National Sports Associations (NSAs) and the Club. (<i>*subject to replies from SportSG & Darts Association Singapore on the advisory for Darts play</i>) <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>Members are to comply to the following:</p> <ul style="list-style-type: none"> • Players are to wear their masks at all times. • ONLY 1 PLAYER ALLOWED AT THE THROW LINE (OCHE) AT ANY ONE TIME TO MAKE THEIR THROW. 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. • 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. • Leave the Billiards Room/ Darts Corner immediately after playing and do not gather. "Get In, Play and Leave". • No intermingling and loitering after play. • 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 & vice versa in not allowed. <p>Members should also follow all SCC Sports Guidelines subject to the latest measures and advisories.</p>
Football	<p>[UPDATED AS AT 28 DECEMBER 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 8 pax allowed. (additional one approved coach permitted). Matches are not permitted. • Maintain physical distancing of 2m (i.e., 2 arms-length) between 2 pax. • There shall be clear segregation between groups and no cross-mixing or cross-playing between groups. • Any activity must adhere to group size limitation • 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 Reopened on 19 June 2020	<p>[UPDATED AS AT 14 DECEMBER 2020]:</p> <ul style="list-style-type: none"> • Gym is open from 8am 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. • 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. • Not more than 3 pax are allowed in the gym at any one time. (Note: Zoning has been removed from 6 October 2020). • 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). • Each pax is limited to a 45min session in the gym. • Each pax is limited to a 20min session for each machine/ station. • After 45mins, the 15mins before the next person can enter will be used for disinfectant cleaning by the cleaner.

	<ul style="list-style-type: none"> • Maintain physical distancing of 3m (i.e. 3 arms-length). • No sharing of weights or machines. • No buddy training allowed. • Return all gym equipment (e.g. weight plates, kettlebell weights, weightlifting bars/ accessories from the gym machines and exercise benches) to their respective places after use. See the gym layout for allocation. • Users should not socialise and should minimise communication. <p>BOOKING PROCESS:</p> <ul style="list-style-type: none"> • Bookings must be made through MSD Tel 63389271 or email memberservicedesk@scc.org.sg on a 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.
Hockey	<p>[UPDATED AS AT 28 DECEMBER 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 8 pax allowed. (additional one approved coach permitted). Matches are not permitted. • Maintain physical distancing of 2m (i.e., 2 arms-length) between 2 pax. • There shall be clear segregation between groups and no cross-mixing or cross-playing between groups. • Any activity must adhere to group size limitation • 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	<p>[UPDATED AS AT 28 DECEMBER 2020]:</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 8 pax allowed. (additional one approved coach permitted). Matches are not permitted. • Maintain physical distancing of 2m (i.e., 2 arms-length) between 2 pax. • There shall be clear segregation between groups and no cross-mixing or cross-playing between groups. • Any activity must adhere to group size limitation • 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.
Squash Reopened on 19 June 2020	<p>[UPDATED AS AT 28 DECEMBER 2020]:</p> <ul style="list-style-type: none"> • Strictly no guests are allowed to play after 5pm. • Fill in the SafeEntry form via the QR Code located at the Squash Courts entrance using your smartphone. • Groups of 5 players can book the court with a maximum of 4 players allowed to play at one time in the court. The group of 5 should stick to the court they have booked and no cross over and mixing with other players in the other court. • However, groups of 5 players are allowed to book both courts, in which case they can use both courts as long as they stick to playing within the group of 5 players. • Coaching/Training <ul style="list-style-type: none"> ○ For coaching and training, a maximum of 5 players per court are allowed. In addition the Coach is allowed to go in to instruct, correct etc but no feeding is allowed. ○ The coach can move between both courts to instruct and correct ○ If the coach decides to do drills or feeding, then the Coach will be required to stick with the court and the group s/he has fed or done drills with and will not be allowed to then interact with players in the other court. • No intermixing of players between courts is allowed, unless both courts are booked by a group of 5 players. • Play only within the hour you have booked and please leave immediately after. DO NOT stay back and join another group playing the next hour. • Maintain physical distancing of 3m (i.e. 3 arms-length) between 2 pax, while outside the courts • 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. • Pick up your squash balls and take them with you after the play. • If you are seated at any time in the gallery or stretching/ warm up 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.
Tennis Reopened on 19 June 2020	<p>[UPDATED AS AT 28 DECEMBER 2020]:</p> <ul style="list-style-type: none"> • Strictly no guests are allowed to play after 5pm. • Fill in the SafeEntry form via the QR Code located at the Tennis Courts entrance using your smartphone. • A maximum of 8 pax and an additional instructor / coach per court may be admitted into the facility. • Groups of 8 players can book the court. The group of 8 should stick to the court they have booked and no cross over and mixing with other players in the other court.

	<ul style="list-style-type: none"> • However, groups of 8 players are allowed to book both courts, in which case they can use both courts as long as they stick to playing within the group of 8 players • No intermixing of players between courts is allowed, unless both courts are booked by a group of 8 players. • Play only within the hour you have booked and please leave immediately after. DO NOT stay back and join another group playing the next hour. • Each booking slot will be for 45mins. • 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. • 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.
Rugby	<p>[UPDATED AS AT 28 DECEMBER 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 8 pax allowed. • Additional one approved coach permitted. • Matches are not permitted. • Maintain physical distancing of 2m (i.e., 2 arms-length) between 2 pax. • There shall be clear segregation between groups and no cross-mixing or cross-playing between groups. • Any activity must adhere to group size limitation. • 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.

General Committee
Singapore Cricket Club
13 January 2021