



## STANDARD OPERATING PROCEDURES: CONDITIONAL MOVEMENT CONTROL ORDER

Conditional Movement Control Order (CMCO) is enforced effective **9 Nov 2020**. Chinese Recreation Club Penang as an entity that offers facilities in sports, recreation and social activities embraces the General Management Protocol as outlined in CMCO.

In addition, the Club urges all members and visitors to familiarize and observe the General Individual Protocol when they are within the Club premises. The information is available in <https://www.mkn.gov.my/web/ms/sop-pkp-pemulihan/>

- ✓ Wear face mask before and after your activity.
- ✓ It is mandatory to measure the body temperature and register manually/Mysejahtera before entering the Club. Those with body temperature 37.5°C and/or having symptoms like cough, influenza, sore throat and breathing difficulties are **PROHIBITED** into the Club.
- ✓ Avoid areas that are crowded.
- ✓ Ensure social distancing is observed at all times
  - static activity                    1 – 3 metres                    (e.g. yoga)
  - dynamic activity                3 – 5 metres                    (e.g. badminton, tennis, snooker, aerobics, taichi, line dance, basketball/netball/badminton/football/dry-land swimming training etc).
- \*Parents/spectators are refrained from training sessions while in progress.
- ✓ Football/basketball/netball games, swimming, sauna, jacuzzi, mahjong, karaoke are **DISALLOWED**.
- ✓ Observe good hygiene (wash hands) before, during and after the activity.
- ✓ Do not spit randomly.
- ✓ Ensure equipment used is sanitized before replacing back in its proper position.
- ✓ Do not linger around and leave the premise/training location after training/activity session has ended.
- ✓ Any body contact is prohibited and social interaction is to be minimized.
- ✓ Sharing of drinking water, food, face towels, clothing and personal sports equipment are disallowed.
- ✓ Any activities that involve children below 12 years old, senior citizens (above 60 years old) and differently able persons are strongly discouraged.
- ✓ Club operating hours shall be from **8am until 10pm** with effect from 11<sup>th</sup> November 2020.
- ✓ Badminton, table tennis and tennis (limited to 10 persons per court/table) are allowed.
- ✓ Yoga, Line dance, Jazz Aerobics, Taichi (limited to 10 persons per class) are allowed.
- ✓ With effect from 15 June 2020, pre-booking is required for use of gym facility at least one day in advance. Only 10 members are allowed in the gym for each session of 45 minutes. Only members who bring their own towels shall be allowed entry.
- ✓ A warden shall patrol and monitor adherence of above.



## 标准操作程序: 条件行动管制令

条件行动管制令(CMCO)自 **2020 年 11 月 9 日**起实施。槟城中华体育会为提供运动，娱乐及社交活动设施的会所，本会将遵守概述于条件行动管制令的《通用管理协议》。此外，本会敦促会员及外宾熟知及遵守《通用管理协议》。预知更多详情，可浏览 <https://www.mkn.gov.my/web/ms/sop-pkp-pemulihan/>。

- ✓ 运动前后请穿戴口罩。
- ✓ 在进入本会之前，必须测量体温及登记资料于登记表格/MySejahtera。体温超过 37.5 度或出现发烧，咳嗽，感冒及呼吸困难等症状者一律禁止进入本会。
- ✓ 避免人潮拥挤的地方。
- ✓ 确保时刻保持安全社交距离
  - 静态活动 1 - 3 米 (eg. 瑜加)
  - 动态活动 3 - 5 米 (eg. 羽毛球，网球，桌球，有氧运动，排舞，太极气功，篮球，英式篮球，羽毛球，足球，旱地游泳训练)家长/观众应避免参与正进行中的培训课程。
- ✓ 禁止足球，篮球，英式篮球，游泳，桑拿，按摩浴缸，麻将，卡拉 OK 等活动及设施。
- ✓ 保持个人卫生，运动前后勤洗手。
- ✓ 禁止随地吐痰。
- ✓ 确保将使用过的器材已消毒并放回原先的位置。
- ✓ 禁止在训练或活动结束后到处徘徊。
- ✓ 禁止任何的亲密身体接触及尽量减少社交互动。
- ✓ 禁止共用饮料，食物，面巾，衣物及私人运动用品。
- ✓ 本会不鼓励 12 岁以下的孩童，60 岁以上的老年人及残障人士参与任何活动。
- ✓ 本会的开放时间由 2020 年 11 月 11 日起将由上午 8 时开放至晚上 10 时。
- ✓ 本会允许进行羽毛球，乒乓，网球活动（每个球场仅限 10 人）。
- ✓ 本会允许进行瑜伽，排舞，有氧舞蹈及太极气功活动（每班仅限 10 人）。
- ✓ 即 2020 年 6 月 15 日起，会员需提早 1 天预定使用健身室的时间。每 45 分钟健身时段仅限 10 人。仅允许携带面巾的会员进入健身室。
- ✓ 负责人必须时刻巡逻以监测上述的遵守情况。