

# IPOH SWIMMING CLUB

## STANDARD OPERATING PROCEDURE FOR SWIMMING

IN COMPLIANCE WITH THE STANDARD OPERATING PROCEDURE BY MAJLIS KESELAMATAN NEGARA AND KEMENTERIAN BELIA DAN SUKAN, THE FOLLOWING SAFETY GUIDELINES WILL BE IMPLEMENTED :-

### OPERATIONAL REQUIREMENTS

1. All members are requested to download the MYSEJAHTERA app and scan the displayed QR code before entering the Club.
2. All members will be required to undergo a contactless temperature check and health screening upon entering the Club. Members are not allowed to enter premise if their temperature reading is **37.5° C** or above and having any symptoms of sore throat, running nose, cough and breathing difficulties.
3. Members must wear a face mask before and after the sport activity.

### REQUIREMENTS BY MAJLIS KESELAMATAN NEGARA & KEMENTERIAN BELIA DAN SUKAN

1. **Approved opening and closing hours:** MONDAY TO SUNDAY:- 7.30A.M. - 10.30P.M. Not allowed to swim before and after the stated time.
2. A "**Pegawai Bertugas**"(Officer in Charge) is required to monitor the pool activities.
3. **Booking and scheduling** are required for monitoring and audit records.
4. Swimmers will have to observe **social distancing** and lane ropes will be set up for this purpose.
5. Swimmers must be in proper swim wear, caps and shower before entering the pool.
6. Swimmers with infectious disease & skin problem are strictly not allowed to swim.

### GENERAL RULES

1. Members may call reception to book their preferred time slots. Pre-booking can be done on the same day and for next day only. Walk in will be subjected to lane availability.
2. Kindly call reception for cancellation of booking. Booking will be release to others **after 15 minutes** of no show.
3. 11 lanes available for booking (Based on lane allocated for individual/family).
4. Maximum of 3 members from the same family can share a swimming lane.
5. Swimmers under the age of 10 will only be allowed to swim at the 30m pool with parents guidance and supervision.
6. Parents are responsible for their kids conduct and discipline.
7. No towel rental during this period.
8. Sharing of equipment is not allowed.
9. Children pool is not allowed to use.

**Spot checks will be done by Kementerian Belia dan Sukan on a regular basis. Failure to comply with the above SOP may result in the Club being fined and withdrawal of approval from MITI.**