



**Regulated Sports Activities Allowed
During RMC0 Order**

SWIMMING

1. MAXIMUM OF 6 PERSONS ALLOWED AT ANY ONE TIME (each to a lane).
2. SHOWER BEFORE AND AFTER SWIMMING.
3. LEAVE THE POOL IMMEDIATELY AFTER YOUR SWIM.
4. MAINTAIN PHYSICAL DISTANCE OF A MINIMUM OF 3 METERS FOR LEISURE SWIMMERS.
5. BRING YOUR OWN TOWEL AND WATER BOTTLE.
6. MAXIMUM OF 45 MINUTES PER SESSION PER PERSON
7. ENTRY BY APPOINTMENT ONLY. CALL SPORTS OFFICE (Ms. Geetha) TO BOOK YOUR SESSION.
8. REGISTER YOUR DETAILS ON THE LOG BOOK PROVIDED.



SWIMMING SESSIONS

Morning sessions

1st session – 8.00am – 8.45am

2nd session – 9.00am – 9.45am

3rd session – 10.00am – 10.45am

4th session – 11.00am – 11.45am

5th session – 12.00 noon – 12.45 noon

Afternoon sessions

1st session – 2.00pm to 2.45pm

2nd session – 3.00pm to 3.45pm

3rd session – 4.00pm to 4.45pm

4th session – 5.00pm to 5.45pm

5th session – 6.00pm to 6.45pm

6th session – 7.00pm to 7.45pm

The Management

(Sports Office)

Date: 30 June 2020