

Procedures for Volleyball Session under CMCO

Please ensure the following guidelines during your volleyball session with us.

Stay at home.

Please stay at home if you have a fever or flu.



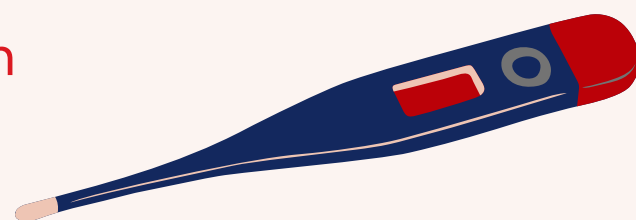
Sanitise your hands.

Hand Sanitiser is provided during the session. Please use it before and after your session.



Temperature check

Your temperature is taken at the beginning of each session.



Outdoor venue.

All sessions are conducted outdoors as instructed by the MOH.

Bring a towel, a set of clean clothes to change, and sufficient drinking water.



Practice proper hygiene & Mask On

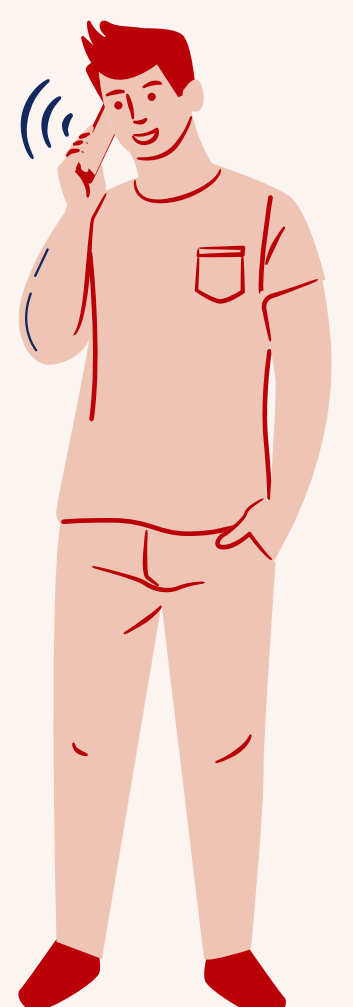
Kindly cover your mouth and be mindful of other players around you when you sneeze.

Mask should be worn before and after practice.



8 players each session.

The maximum number of players each session is set to 8 to ensure proper social distancing is feasible.



Practice social distancing.

At all times, please ensure 1 meter distance from other players and coaches.



Source

<https://www.mkn.gov.my/web/wp-content/uploads/sites/3/2020/05/NO.-2-Sukan-dan-Rekreasi.pdf>
<http://www.kbs.gov.my/perintah-kawalan-pergerakan.html>