



PRECAUTIONARY MEASURES FOR THE COVID-19

In the interest of all parties concerned in Serangoon Gardens Country Club, we would like to urge everyone to take the following precautionary measures:

1. Remain vigilant and to adopt good personal hygiene practices. All travellers should monitor their health closely for 2 weeks upon return to Singapore and seek medical attention promptly if you feel unwell, and inform your doctor of your travel history.
2. If you just returned from Mainland China, Republic of Korea, Japan, Northern Italy (Including Milan & Venice) and Iran and or staying with families and friends who had travelled to Mainland China, Republic of Korea, Japan, Northern Italy (Including Milan & Venice) and Iran, we would like to seek your corporation to stay home for a period of 14 days, starting from the first day after return.
3. Participants are advised to refrain from attending section trainings, training programmes and activities of the Club should you
 - a. Have fever or respiratory symptoms, for example, cough, running nose and shortness of breath.
 - b. Have been in close contact with a case of COVID-19 infection or anyone who exhibits the above points
4. Avoid contact with live animals including poultry and birds, and consumption of raw and undercooked meats.
5. Avoid crowded places and close contact with people who are unwell or showing symptoms of illness.
6. Maintain good personal hygiene, including hand washing with soap and water or use of alcohol-based hand rub
7. Cover your mouth when coughing or sneezing.
8. Avoid sharing food, crockery, utensils and other personal hygiene items.

CONSENT FOR SECTION TRAINING, TRAINING PROGRAMME AND ACTIVITIES OF THE CLUB

In signing this consent form, you irrevocably and unconditionally acknowledge, agree and consent to the following:

1. I acknowledge that attending the Section Training, Training Programme and Activities of Serangoon Gardens Country Club (the "Club") during the DORSCON level **ORANGE** is solely at my own risk.
2. In connection with the aforesaid, I hereby:
 - a. Stop training at any time if I feel unwell;
 - b. to the maximum extent allowed by law, release and discharge the Club from all its losses or liabilities arising under, arising out of or otherwise in connection with the section training, training programmes and activities of the Club.
 - c. agree to indemnify, and to keep indemnified, the Club and service provider against all losses or liabilities (including, without limitation any damages, claims, demands, proceedings, tribunal awards, fines, expenses, penalties, legal and other professional fees and costs on a fully indemnity basis) which may be suffered or incurred by it as a result of the section training, training programmes and activities of the Club.
 - d. promise to abide by the rules in relation to the usage of the facilities as set out in the Bye-Laws.
3. If a court of competent jurisdiction holds any provision of this consent form to be invalid, illegal or unenforceable (whether in whole or in part), such provision shall be deemed modified to the extent, but only to the extent, of such invalidity, illegality or unenforceability and the remaining provisions of this consent form shall not be affected thereby.
4. This consent form shall be governed by and construed in accordance with the laws of Singapore.

Name of Participant:		Membership No.:	
NRIC/Birth Cert. Number: (Last 4 digits)		Handphone No.:	
Emergency Contact Person:		Emergency Contact No.:	

Signature of Member / Guest / Guardian (delete where applicable)		Date:	
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OFFICIAL USE			
Received By:		Date Received:	
Remarks:			