

NEW COMMUNITY CENTRE, ANUSHAKTINAGAR

At the Gate

S. No.	Do's	Don't's
1	Educate oneself of precautionary Measures and be responsible	show up if you feel unwell
2	Practice hand hygiene at regular intervals	Share any personal equipment or utility like water bottle, towel etc.
3	Maintain distance of minimum 2 metres from other individuals at all times and at all places	Engage in any form of physical contact like handshake, high-five, hugs etc.
4	Immediately inform medical personnel if experiencing any illness and avoid exercise/game	Socialize with members / other staff before or after exercise/game in common areas
5	Wear face masks inside NCC premises	Gather in groups with other members/staff
6	Exit NCC premises immediately after exercise/game	Visiting office without priori appointment
7	Arrive and leave on your allotted time	Spit/cough
8	Carry your own water bottle and other supplies/gears	Panic
9	Have dedicated shoes for NCC	
10	Use <i>AarogyaSetu</i> app	

In office

S. No.	Do's	Don't's
1	Educate oneself of precautionary Measures and be responsible	Share any personal equipment or utility like water bottle, towel etc.
2	Practice hand hygiene at regular intervals	Engage in any form of physical contact like handshake, high-five, hugs etc.
3	Maintain social distance all the times	Socialize with members / other staff.
4	Ensure disinfection of common areas, rooms, toilets at regular intervals	Conduct group meetings
5	Immediately inform medical personnel if experiencing any illness or any members experience any medical difficulty	Call players into any office without prior approval
6	Use face masks at all times except it is absolutely essential	
7	Ensure availability of hand sanitizers at strategic locations to provide easy access	

8	Use <i>AarogyaSetu</i> app	
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In each room

S. No.	Do's	Don't's
1	Educate oneself of precautionary Measures and be responsible	Share any personal equipment or utility like water bottle, towel etc.
2	Practice hand hygiene at regular intervals	Engage in any form of physical contact like handshake, high-five, hugs etc.
3	Maintain distance of minimum 2 metres from other individuals at all times and at all places	Socialize before or after exercise/games with other members / staff.
4	Ensure disinfection of equipment shared by members before and after every use	Touch face or mouth while handling shared sports/exercise equipment
5	Immediately inform medical personnel if experiencing any illness and avoid exercise/game	Perform high intensity exercises
6	Use face masks at all times except it is absolutely essential	
7	Exit rooms areas as soon as exercise/games is over	
8	Arrive and leave on your allotted time	
9	Wear gloves and arm sweatbands while working out/playing	
10	Be gentle with yourself while exercising	
11	Use <i>AarogyaSetu</i> app	
Instructor should ask members if they are feeling ill before each batch and report all cases in NCC office		