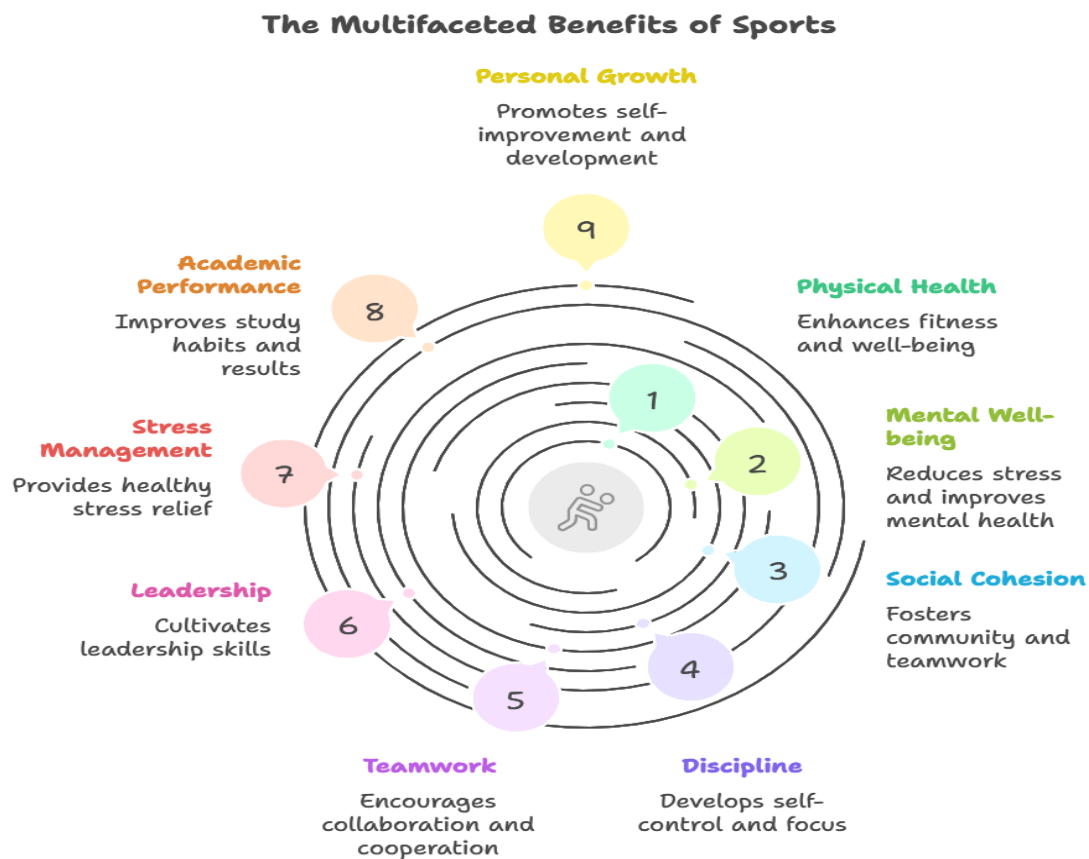


Shared Sports Facilities with Local Community

Lincoln University College, Malaysia

Introduction

Sports play a vital role in the overall development of both university staff and students, fostering physical health, mental well-being, and social cohesion. For students, regular participation in sports enhances discipline, teamwork, leadership, and stress management, contributing to better academic performance and personal growth. For staff, sports provide a healthy outlet for stress relief, encourage work-life balance, and strengthen camaraderie with colleagues. By engaging in sports together, staff and students build a vibrant, supportive community that promotes inclusivity, mutual respect, and lifelong healthy habits.

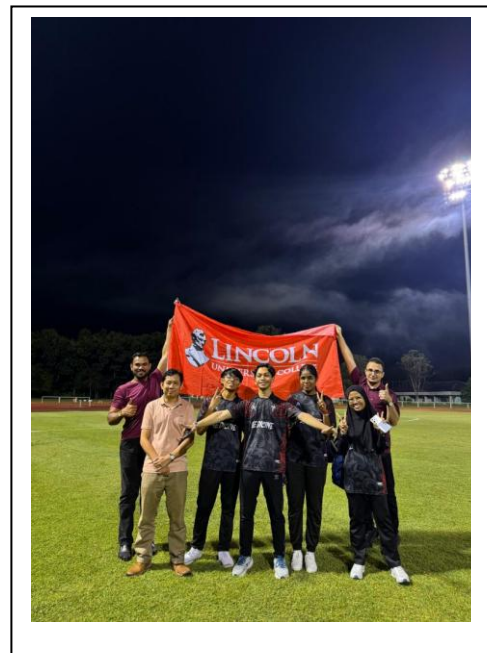


Lincoln University College (LUC) strongly emphasizes the holistic development of students and the local community by promoting health, fitness, and well-being through sports. Recognizing the role of physical activities in nurturing teamwork, discipline, and a healthy lifestyle, LUC has actively engaged in partnerships that extend beyond the university campus.

Lincoln Team in the Opening Ceremony of the Medical Intervarsity Games 2025

Proud of our students from years 1, 4, and 5 who were present at the Opening Ceremony of the Medical Intervarsity Games 2025. From the year 2 and 5, Khaled and Omar were the top achievers in PE4, passing with distinction with a CGPA of 3.84, and they went straight for the intervarsity sports with the juniors after the end of the BOE meeting.

One of the key initiatives is the collaboration with Kompleks Sukan Kelana Jaya, which provides a platform for both students and the local community to access high-quality sports facilities. This collaboration highlights the university's commitment to Sustainable Development Goal (SDG) 3: Good Health and Well-Being and SDG 11: Sustainable Cities and Communities by



fostering inclusivity in sports and recreation.

Shared Facilities and Access

Through this collaboration, sports facilities such as:

- Football fields
- Futsal courts
- Badminton and multipurpose indoor halls
- Athletics track

- Swimming pool and gymnasium

are made available for use by both Lincoln University College students and the general public, including nearby schools and community groups.



Accessibility for Students

LUC students may request access to these facilities through the university's Student Affairs Department. Arrangements are made for training, inter-faculty tournaments, and recreational activities. The facilities are also available for student clubs and societies to organize sports events.

Accessibility for Local Community

The general public, local schools, and community organizations are also able to request and utilize the facilities at Kompleks Sukan Kelana Jaya for:

Inter-school competitions

Community sports events

Health and fitness activities

Recreational and leisure purposes



This shared use strengthens university–community ties and ensures maximum utilization of the infrastructure for public benefit.

Community Engagement and Benefits

By extending access to these facilities:

Students benefit from professional-grade sporting venues for both practice and competitions.

Local schools gain opportunities to organize inter-school tournaments and sports days at a larger scale.

Community members enjoy access to affordable, well-maintained sports complexes that encourage a healthier lifestyle. This initiative also allows students and community members to interact, building a sense of inclusivity, mutual respect, and shared responsibility for health and well-being.

Lincoln University College's collaboration with Kompleks Sukan Kelana Jaya demonstrates its proactive role in fostering health, wellness, and community spirit. By opening access to

both students and the public, the university promotes inclusivity in sports, encourages lifelong participation in physical activities, and strengthens its relationship with the broader community.

Note: Access to the sports facilities is available upon request through the proper channels, ensuring fair use and coordinated scheduling for both university students and the community.

Memorandum of Understanding
Between
Lincoln University College (Malaysia)
And
GETWELL Physiotherapy and Fitness Centre

1. Introduction

This Memorandum of Understanding (MOU) is made between **Lincoln University College, Malaysia**, and **GETWELL Physiotherapy and Fitness Centre** (hereinafter referred to as "Parties") to formalize their collaboration on the shared use of sports facilities. This partnership aims to promote access to fitness and sports facilities for the local community, including schools, individuals, and public groups, to foster greater community health and well-being.

2. Purpose

The purpose of this MOU is to establish an agreement between the Parties to share sports facilities at **Lincoln University College** and **GETWELL Physiotherapy and Fitness Centre** under agreed terms. This collaboration will allow the local community access to sports and fitness resources to enhance physical well-being, support healthy lifestyles, and encourage greater participation in fitness activities.

3. Scope of Collaboration

The shared use of sports facilities will focus on the following key areas:

- **Free Access Programs:** Provision of certain sports facilities and fitness equipment to the local community free of charge during specified hours or special events. This may include:
 - Designated open gym hours.
 - Community sports days or events.

- Access for underprivileged community members or schools.
- **Charged Access Programs:** Offering sports facilities to the local community for a fee under agreed terms. This includes:
 - Regular paid memberships or one-time access fees.
 - Fitness programs and classes such as aerobics, yoga, or strength training.
 - Corporate group access or facility rental for events.

4. Roles and Responsibilities

Each Party has defined roles and responsibilities to ensure the successful implementation of this partnership.

Lincoln University College:

- **Provide Sports Facilities:** Grant access to designated sports and fitness facilities at the university for community use, either free or charged, according to agreed schedules.
- **Manage Community Outreach:** Conduct outreach efforts to promote free and paid access to sports facilities within the local community and encourage participation.
- **Ensure Safety Standards:** Ensure that the facilities meet safety and hygiene standards, particularly in compliance with health and safety regulations.
- **Organize Events and Workshops:** Organize sports events, health workshops, and fitness programs for local schools and community groups.

GETWELL Physiotherapy and Fitness Centre:

- **Provide Physiotherapy and Fitness Expertise:** Offer fitness consultation and physiotherapy services to individuals or groups using the sports facilities. These services may be provided at a fee, depending on the nature of the consultation.
- **Facilitate Access to Fitness Classes:** Conduct fitness programs, exercise classes, and physiotherapy sessions for the community. These sessions may be free or charged, based on the type of service.
- **Collaborate in Community Events:** Collaborate with Lincoln University College to host sports competitions, fitness challenges, or community health programs.

- **Manage Paid Access:** Handle the logistics of charged access programs, ensuring proper fee collection, facility scheduling, and service delivery.

5. Access Types and Conditions

- **Free Access:**
 - Free access will be granted to community members during specific hours or special events, such as university-sponsored health days or school sports initiatives.
 - Free access is primarily intended for public health promotion, including access to gym facilities, fitness trails, and certain group activities.
- **Charged Access:**
 - Charged access will be offered to the local community, including corporate groups, fitness enthusiasts, and individuals looking for consistent access to premium services.
 - Charges may apply for membership plans, facility rental, fitness classes, and personalized physiotherapy sessions.
 - The fee structure will be agreed upon by both Parties, with clear guidelines on how charges will be applied.

6. Duration and Termination

This MOU shall remain in effect for a period of **three (3) years** from the date of signing, with the option for renewal upon mutual agreement of both Parties. Either Party may terminate the agreement with at least ninety (90) days' written notice. In the event of termination, both Parties will honor any prior commitments to the community made under the agreement.

7. Safety and Maintenance

The Parties agree to maintain a high standard of safety and cleanliness at the facilities. Both Parties will:

- Conduct regular safety checks of sports equipment and facility infrastructure.
- Ensure that any potential hazards are reported and addressed in a timely manner.
- Provide supervision during free and paid access hours to ensure the safety of participants.

8. Financial Arrangements

- For **free access programs**, each Party will be responsible for its respective operational costs, including facility maintenance, staffing, and equipment usage.
- For **charged access programs**, the Parties will agree on a revenue-sharing model that reflects the contribution of each Party. This will include fees collected from facility rentals, fitness classes, or physiotherapy sessions.

9. Confidentiality

The Parties agree to maintain the confidentiality of any proprietary or sensitive information shared in connection with this MOU, unless both Parties agree to disclose such information.

10. Dispute Resolution

In the event of any dispute arising from the terms of this MOU, the Parties agree to resolve the matter through friendly negotiations. If necessary, the Parties may seek mediation to settle any unresolved issues.

11. Amendments

This MOU may be amended or modified only by mutual written agreement of both Parties.

12. Signatures

For Lincoln University College

Name: **Dr Amiya Bhaumik**

Position: President

Signature:

Date: 10/12/2018



For GETWELL Physiotherapy and Fitness Centre

Name: **Anees Sabiya Mohamed Ansari**

Position: General Manager

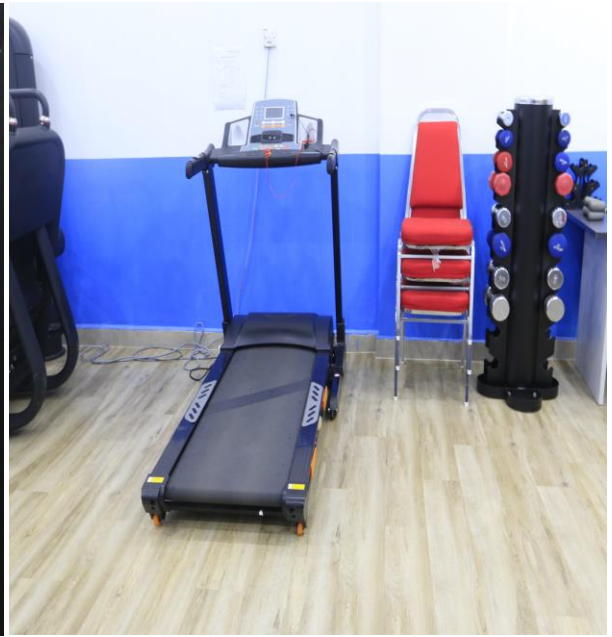
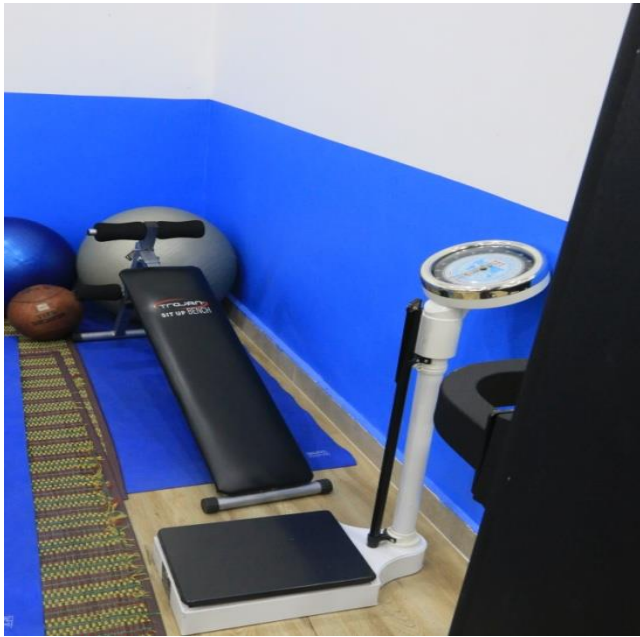
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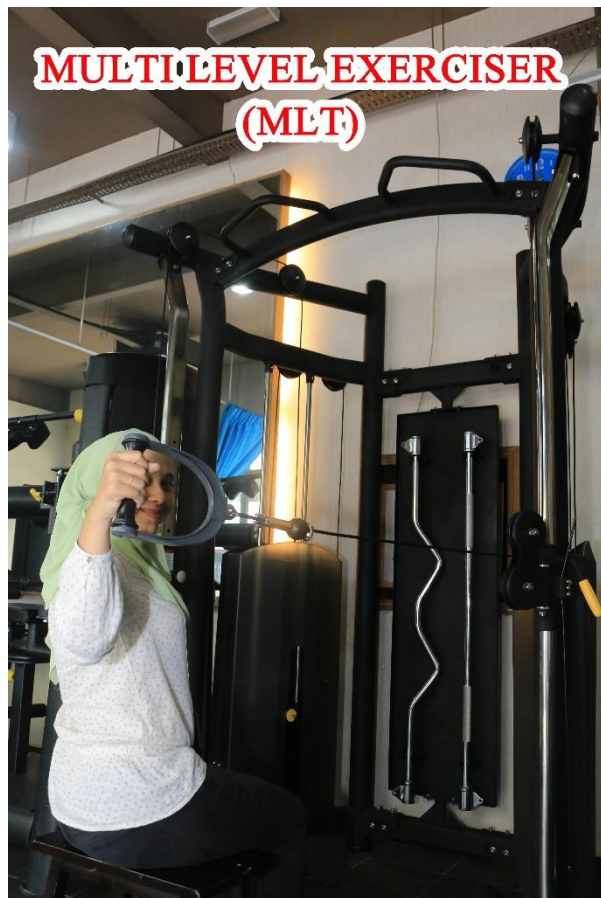
Date: 10/12/2018



SOME OF THE FACILITIES AND ACTIVITIES AVAILABLE AT THE CENTER





















**FREE
FROM
YOUR PAIN**

**FREE
INITIAL
PHYSIO
CONSULTATION &
TREATMENT**



**TREATMENTS
AVAILABLE FOR:**

- HEADACHES
- NECK PAIN
- STIFF NECK
- SHOULDER DISLOCATION
- GOLFERS ELBOW
- SPRAINED THUMB
- FINGER AND HAND PAIN
- POSTURAL DYSFUNCTION
- SCOLIOSIS
- SPONDYLOSIS
- BACK PAIN
- SACRO-ILIAC JOINT SPRAIN
- SCIATICA
- HAMSTRING
- KNEE PAIN
- RUNNER'S KNEE
- CALF MUSCLE INJURY
- ACHILLES TENDONITIS
- HEEL PAIN

**Address: Kelana Mall, 31G, Jalan SS 6/12,
SS 6, 47301 Petaling Jaya, Selangor**