

FAQ
RELATED TO CONDITIONAL MOVEMENT CONTROL ORDER (CMCO)
MINISTRY OF YOUTH AND SPORTS

1. Can all sports and recreational clubs operate as usual?

All clubs, associations and companies are allowed to operate on a limited basis in compliance with the Standard Operating Procedure (SOP) Operations and Administration of Sports-Related Organizations issued by Ministry of Youth and Sports. However, any sporting event is not permitted to organize.

2. Are sports-related courses allowed to be organized during the Conditional Movement Control Order (CMCO) period?

Not allowed. During the Conditional Movement Control Order (CMCO) period, any sports events / courses are not permitted to organize, and it is subject to directions and developments from time to time.

3. Can recreational activities be carried out outside the location of the residence? For example, living in Putrajaya and relaxing in an open park in Kuala Lumpur?

Not allowed. Sports and recreational activities are encouraged only to be done within the state only. The sports activities traveling across the state are not allowed.

4. According to Prime Minister's announcement, I can play badminton outdoors. Can I play in the open complex at night after coming home from work?

All outdoor sports activities during the CMCO that do not involve physical contact including badminton are allowed during the day only from 6.30 am to 7.00 pm with the practice of social distancing.

5. Is the use of badminton halls within the condominium area allowed?

Not allowed. All types of indoor sports activities are included in the List of Prohibited Activities published by National Security Council (NSC). However, it is allowed to play badminton outdoors.

6. Can I use sports / recreational equipment in the public parks?

You can. However, the user must ensure that the equipment is clean and safe to use. Users also need to practice 1-meter social distancing with others.

7. Our company is a sports event organizer and depends on organizing events as a source of income. Based on the Ministry's criteria of allowing individual and outdoor sports, can we organize events on a

smaller scale?

Not allowed. All types of sports events are not allowed during the CMCO period.

8. Based on the SOP issued by the Ministry, I can play in the public parks and near my home. However, the local authorities did not allow me to do so. Whose instructions / decisions should I obey in this regard?

The implementation of the SOP is subject to the government's permanent directives, the Prevention and Control of Infectious Diseases Act 1988 [Act 342], other directives from the National Security Council (NSC) and the Ministry of Health Malaysia (MOH) from time to time as well as the Local Authorities regulations. Local authority's regulations are prioritized and should be obeyed by local community.

9. I want to go to the lakeside park for jogging and light exercise. Can I bring all four of my family members with me in the car to the park?

You can. Recreational activities in parks are permitted. Each person is responsible for complying with the Covid-19 Prevention SOP issued by the Ministry of Health (MOH) that includes ensuring at least one (1) meter of social distancing and personal hygiene when the activity is carried out.

10. Upon arriving at the lakeside park, I noticed that there were already many visitors doing sports and leisure activities there. Do I need to continue my wish to exercise there?

Subject to suitability. Although sporting activities are permitted during the CMCO, individuals are required to comply with the Covid-19 Prevention SOP issued by the Ministry of Health (MOH) which includes ensuring at least one (1) meter of social distancing and personal hygiene. In this regard, it is recommended that the activity be carried out in any area of the lake without a large group of visitors for social distancing to be maintained.

11. Can I take kids to a playground in our residential park?

You can. Recreational activities in open playgrounds are permitted and individuals are responsible for complying with the Covid-19 Prevention SOP issued by the Ministry of Health (MOH) including ensuring social distancing of at least one (1) meter and personal hygiene.

12. My neighbors of about eight (8) people invited me to do aerobics activities in the open space near the village hall in our village. Am I allowed to do that?

Allowed for outdoor sports activities of not more than ten (10) individuals at a time. The aerobics activities only involve the local community and each individual is responsible for complying with the Covid-19 Prevention SOP issued by the Ministry of Health (MOH) including ensuring social distancing of at least one (1) meter and personal hygiene.

13. I am an avid sports fan and intend to do a 80km bike ride to maintain my stamina. Can I do that?

Allowed. However, sports and recreational activities such as cycling is only allowed within the state.

14. Can my friends and I play skateboarding at Skate Park located in a park near our house?

You can. Recreational activities involving extreme sports such as skateboarding and inline skating are also permitted throughout the CMCO provided that they play in sports facilities and open areas and do not exceed ten (10) individuals at a time.

15. Football sports are included in the list of prohibitions issued by the National Security Council (NSC). What if I just want to play on my own?

Allowed. Although football is a part of the prohibition sport because it involves direct contact, it is permissible to play only at leisure and without contact between players. Social distancing of at least one (1) meter should be practiced among players and not exceed ten (10) individuals at a time.

16. Through my review, wall climbing is permitted. In this regard, I intend to climb the artificial wall of the extreme park located in a mall near my home. Am I allowed to do that?

Not allowed. Although extreme sports including wall climbing are permitted, use of indoor facilities is not permitted. It is only allowed to play in an open sports facility.

17. In my opinion, fishing is a part of recreational sports. Can I fish in the river near my home?

Allowed. However, only the recreational activities that are for individual fishing and are limited to the beach, river banks, tunnels, lakes, or wherever appropriate without the use of boats. Fishing activities in commercial fishing and shrimp ponds are prohibited. This permission is subject to current instructions and regulations issued by the Department of Fisheries Malaysia.

18. My recreation association intends to hold courses and classes in an open hall near our office. Are we allowed to do that?

Not allowed. All forms of courses, seminars, classes and so on are included in the Prohibited Activities List.

19. I intend to play golf with a friend at a golf club located in another state. Am I allowed to do that?

Not allowed. Each person is subject to the current directives issued by the National Security Council (NSC) including prohibition of traveling across the state without a justifiable reason.

20. Can I invite my friends to play console games at home?

Not allowed. Esports are only allowed to play at their respective homes and are limited to the same family member or household member or online only.

21. I intend to spend the night camping with my friends in the nearby forest. Can I do that?

Not allowed. Sports and recreational activities are limited during the day from 6.30am to 7.00pm during the CMCO period.

22. Am I a motor sports enthusiast and would like to test my two (2) wheel drive in an open circuit?

Allowed. Motorcycles without racing are allowed and restricted to circuits and open tracks only.

23. Can I stop by the supermarket to buy some kitchen utensils after completing a sporting activity in a lakeside park?

Individuals are advised to return home after their activities and are not encouraged to visit other facilities such as convenience stores, restaurants and so on for hygiene and health reasons.

24. I and some five (5) friends including a private trainer intend to hold a fitness training session at a public park using outdoor gym equipment such as monkey bars, punching bags and more. Am I allowed to do that?

Allowed for outdoors sports activities of not more than ten (10) individuals at a time. Each individual is responsible for complying with the Covid-19 Prevention SOP issued by the Ministry of Health (MOH) including ensuring social distancing of at least one (1) meter and personal hygiene.

25. I am a taekwondo coach and intend to hold a training session in a public space outdoors with my eight (8) students. Can I do that?

Allowed for outdoor sports activities of not more than ten (10) individuals including coaches at a time. Each individual is responsible for complying with the Covid-19 Prevention SOP issued by the Ministry of Health (MOH) including ensuring social distancing of at least one (1) meter and personal hygiene. Only training without physical contact is allowed.

Notes:

- 1) *It is the responsibility of all parties - individuals, bodies, sports associations, companies / operators to be open to understand and comply with all current directives of the National Security Council (NSC) as well as the Covid-19 Prevention SOP issued by the Ministry of Health Malaysia (MOH)) and simultaneously reduce the risk and contain the Covid-19 pandemic.*
- 2) *Any recent changes in accordance with the latest directives of NSC and MOH will be notified from time to time.*

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