



**FREQUENTLY ASKED QUESTION (FAQ)  
ON THE CONDITIONAL MOVEMENT CONTROL ORDER (CMCO)  
MINISTRY OF YOUTH AND SPORTS SARAWAK (MYSS)**

**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 SOP Operations and Administration of Sports-Related Organizations issued by MYSS. However, any organization of sporting events is not permitted.

**2. Are sports-related courses allowed to be organized during the CMCO period?**

No. During the CMCO period, any organization of sports events / courses is not permitted subject to directions and developments from time to time.

**3. Can recreational activities be carried out outside the location of the residence? For example, A is living in Kuching and relaxing in an open park in Kota Samarahan?**

No. Sports and recreational activities are encouraged only at home. The movement of sports activities across the division is not allowed.

**4. The Right Honourable Prime Minister's announcement saying I can play badminton in the open. 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 a.m. to 7.00 p.m. and individuals to practice social distancing.

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

No. All types of indoor sports activities are included in the List of Prohibited Activities published by Malaysia National Security Council (MNSC). However, it is advisable to play badminton in the open court.

**6. Can I use sports / recreational equipment provided in the open, public recreational parks for sports / recreation?**

Yes. 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 in the area.

**7. Our company is a sports event organizer and depends on the organization of events as a source of income. Based on MYYS's criteria of allowing for individual and outdoor sports, can we organize events on a smaller scale?**

No. All types of sports events are either contested or not, are not allowed during the CMOC period.

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

The implementation of the MYYS 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 (MKN) and the Ministry of Health Malaysia (MOH) from time to time and regulations of Local Authorities. Rules and regulation by local authorities are a priority and should be obeyed by the local community.

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

Yes. Recreational activities in open lake parks are permitted in accordance with the permitted capacity. Each individual is responsible for complying 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 during personal activities.

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

Yes. 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 such activities be carried out in any area of the lake without a large group of visitors in order for social distancing to be maintained.

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

Yes. Outdoor recreational activities are permitted, and individuals are responsible for complying 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.

**12. My neighbour 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?**

Yes. 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 at least one meter social distancing and personal hygiene.

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

Yes. However, sports and recreational activities such as cycling are only allowed within the division.

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

Yes. Recreational activities involving extreme sports such as skateboarding, inline skating and the like are also permitted throughout the CMCO provided that they are played in sports facilities and open areas and do not exceed ten (10) individuals at a time and no sharing of equipment.

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

Yes. 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 including ball juggling. However, social distancing of at least one (1) meter should be practiced among players and not more than 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?**

No. 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 part of recreational sports. Can I fish in the river near my home?**

Yes. However, only recreational activities are allowed and are limited to the beach, riverbanks, tunnels, lakes, or wherever appropriate without the use of boats. Fishing activities in fishing ponds, commercial shrimp or any other area are prohibited. This permission is subject to current instructions and regulations issued by the Department of Fisheries Malaysia.

**18. My recreational association intends to hold courses and classes related to rope knot in the open hall near our office. Are we allowed to do that?**

No. 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?**

No. Each individual is subject to current directives issued by the National Security Council (MKN) including prohibition of traveling across the District/State/Country for no apparent reason.

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

No. Electronic Sports (E-Sports) 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?**

No. Sports and recreational activities are limited during the day from **6.30 a.m.** to 7.00 p.m. during the CMCO period

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

Yes. 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 lake 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) other friends including a private trainer intend to hold a fitness training session at a public lake using outdoor gym equipment such as monkey bars, punching bags and more. Am I allowed to do that?**

Yes. It is allowed for outdoor 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 an open training session in a public court with my eight (8) students. Can I do that?**

Yes. It is allowed for outdoor sports activities of not more than ten (10) individuals including coaches at a time. Every individual is responsible for abide/ comply 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 demonstration technique discipline is allowed without any physical contact.

**Notes:**

- 1) It is the responsibility of all parties - individuals, bodies, sports associations, companies / operators of open facilities to understand and abide/ comply with all current directives of the National Security Council (MKN) and the Ministry of Health Malaysia (MOH) in accordance for us to minimize the risk and contain the Covid-19 pandemic.
- 2) Any recent changes in accordance with the latest directives of MKN and MOH will be notified periodically.

**MINISTRY OF YOUTH AND SPORTS SARAWAK  
5 MAY 2020**