



Ministry of Youth & Sports Sarawak

# DOS & DON'TS IN SPORTS AND RECREATION DURING CONDITIONAL MOVEMENT CONTROL ORDER (CMCO)

---

Venue Operator, Club Association,  
Academy, Coaching, Sports Team,  
Individual, Event Organiser, ETC:





**Ministry of Youth & Sports Sarawak**

# CONDITIONS IF MANAGEMENT OFFICE & OUTDOOR VENUE IS OPEN:

- ✓ Sanitise & cleaning 3 times a day.
- ✓ Full Sanitisation daily before opening.
- ✓ Hand sanitiser for public.
- ✓ Adhere to MKN and KKM current and new guideliness
- ✓ Face Mask for Staff.
- ✓ 1 metre marking for public.
- ✓ Permitted operating time: 6:30am to 7pm.
- ✓ Activity involving kids requires parents' close supervisions.





**Ministry of Youth & Sports Sarawak**

# ALLOWED:

- ✔ Outdoor Venue.
- ✔ Max 10 Person.
- ✔ Non-team sports.
- ✔ Motor sports at Race Track.
- ✔ Management Office.
- ✔ Non-contact sports.
- ✔ e-Sports (Play from home).





Ministry of Youth & Sports Sarawak

# PROHIBITED:



Indoor sports.



Water sports.



Team sports.



Body Contact sports.



Many spectators.



Swimming Pool.



Indoor venue such as Gym, Indoor Badminton Court.



More than 10 people.



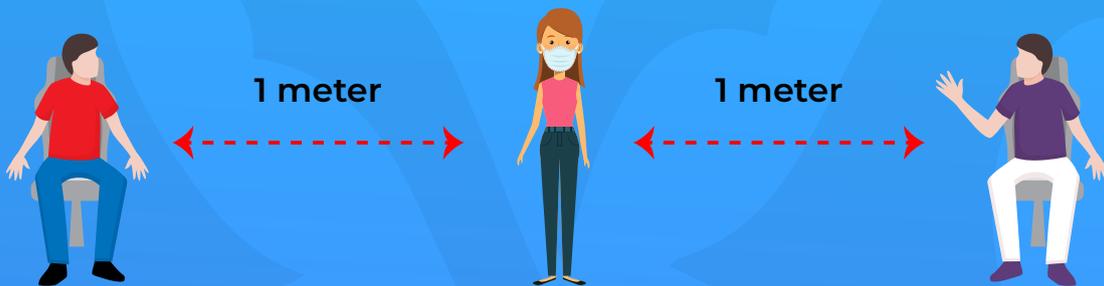


Ministry of Youth & Sports Sarawak

# WHAT IS SPORTS DISTANCING?

Distance maintenance between Individual in Sports distancing

## HOW?



Sitting or standing at rest, the distance to maintain between you and someone is 1 meter.



However, during physical activity such as walking/running the distance maintain 10 meter.