



NATIONAL RECOVERY PLAN – PHASE 3 SOP

UPDATED : 4 AUGUST 2021

Unofficial
Translation



Permitted Activities
<ul style="list-style-type: none"> Permitted Essential Service sectors Purchasing / obtaining essential goods and services Obtaining healthcare treatment & medicine Conducting Official Government business.
Prohibited Activities
<ul style="list-style-type: none"> Inter-district movement in NRP areas except with permission as stated in the Phase 3 NRP SOP. Please refer to the List of Prohibited Activities
Standing Orders
<ul style="list-style-type: none"> Regulation 16 P.U. (A) 293/2021. Act 342. Subject to conditions issued by the NSC and MOH. Orders and rules under the Local Authorities. Subject to the Hotspot Identification for Dynamic Engagement (HIDE) report and MOH risk assessment. Other orders issued from time to time by the Director General of Health

Effective Period	As prescribed in the brief description	Permitted Hours for Activities	As prescribed in the brief description	Movement	Conditional
ACTIVITY AND PROTOCOL					
	Activity	Brief Description			
	1. Areas Involved	PERLIS, SARAWAK AND THE FEDERAL TERRITORY OF LABUAN. * For Sarawak, please refer to the National Rehabilitation Plan – Sarawak SOP Phase 3 ** For areas enforced by EMCO, the EMCO SOP in those areas are in effect until their expiry dates			
	2. Effective Period	Commencing 4 August 4 2021 (commencing 12:01 am)			



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3. General Health Protocol	<ul style="list-style-type: none"> It is mandatory for the license holder and premise owner to provide a MySejahtera QR code and a customer attendance registration book. Hand sanitizers are to be provided at entrances and to ensure its use before entry. Use of the MySejahtera app is mandatory in areas with extensive internet access. Use of the customer attendance registration book is only allowed for areas without internet access or for other reasonable reasons (senior citizens, no smartphone and others). The license holder and premise owner to ensure customers check-in to the premises using MySejahtera or to manually write down their name and telephone number if there is no internet access. It is mandatory for employers, workers, customers and visitors to check in with MySejahtera or to manually write down their name and telephone number legibly before entering the premises including at Government, private sector and individual offices. For shopping centres, supermarkets or departmental stores, customers only need to scan their body temperature once at the entrance to the complex and not at every business premise within one complex. A person with a body temperature of above 37.5 degree Celsius is not allowed to enter the complex and premises. The owner of the complex and premises outside the complex must ensure that only customers with the status “Low Risk” including “Casual Contact Low Risk” in the MySejahtera app are allowed inside their respective complex / premises. The license holder and premise owner to ensure control on the entry and exit movement of customers on the premises with at least 1 meter physical distancing. 				



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General Health Protocol	<ul style="list-style-type: none"> Children the age of 12 and under are not allowed to be in public areas and facilities except for the purpose of emergency, treatment and education and exercise. The license holder and premise owner to limit the number of customers on the premises with physical distancing of at least 1 meter radius at any given time. Every premise must display the maximum number of customers at any given time. The use of a queue numbering system is encouraged for customers entering a premise. All building owners must provide a QR code for each floor. Employees, suppliers and customers are required to wear face masks correctly in accordance with MOH recommendations while on the premises. To ensure there is VENTILATION AND a good VENTILATION SYSTEM on the premises based on the ventilation and indoor air quality guidelines issued by the Department of Occupational Safety and Health (DOSH). It is mandatory to wear face masks especially while in congested public areas except for the following activities and areas: <ol style="list-style-type: none"> Hotel rooms or privately paid accommodation involving members of the same household. Individual workspaces. Outdoor sports and recreational activities. Own vehicles involving members of the same household. Indoor or outdoor areas and public places without any other individual. While eating and drinking in public without any other individual (other than in restaurants or eateries). 				



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Standing Orders	<ul style="list-style-type: none"> Regulation 16 P.U. (A) 293/2021. Act 342. Subject to conditions issued by the NSC and MOH. Orders and rules under the Local Authorities. Subject to the Hotspot Identification for Dynamic Engagement (HIDE) report and MOH risk assessment. Other orders issued from time to time by the Director General of Health 									



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Movement Control	<ul style="list-style-type: none"> Public land and sea transportation services such as worker transport, bus stops, express buses, ferries and other public transport are allowed to operate based on full vehicle capacity (operational hours and frequency is subject to the Ministry of Transport). Unloading activities on premises, at factories and ports are allowed. Movement in cases of death, natural disaster is allowed after obtaining permission from the RMP. Movement for disaster or humanitarian relief by NGOs must obtain permission from the State Disaster Management Committee or District Disaster Management Committee in the affected area and the assistance must be channelled through the Disaster Operations Control Center in that area. Inter-district and inter-state movement for the purpose of COVID-19 vaccination in Vaccination Centres (<i>Pusat Pemberian Vaksin [PPV]</i>) in a district or state outside their residential area is allowed by showing appointment details through the MySejahtera app, online or SMS. State Assemblymen and Members of Parliament are allowed to cross districts and states to visit their respective constituency. Movement for Short Term Business Travellers under the One Stop Centre (OSC) Initiative for official or business purposes is allowed subject to permission from the RMP. Crossing states and districts for long distance married couples are allowed between Phase 3 and Phase 2 states with the PDRM permission 				



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	5. Civil Service	<ul style="list-style-type: none"> Subject to the current orders of the Chief Secretary to the Government (KSN). Government office operations are conducted on a hybrid basis through physical presence at the office and Work From Home (WFH) using the following approach: <ul style="list-style-type: none"> ➤ Attendance at the office does not exceed 80% of the total (not including frontliners, security, defence and enforcement services) and 20% WFH on rotation. ➤ Counter services are open subject to the current orders of the Chief Secretary to the Government (KSN). ➤ Attendance to the office must be accompanied by an official order document and employee pass. 			
	6. Private Sector	<ul style="list-style-type: none"> All essential service sectors approved by the relevant Ministry or Agency can operate during the MCO period subject to an approval letter of the relevant Ministry effective 1 June 2021. The movement of workers is subject to the registration or operating approval letter or employee pass or employer confirmation letter. Employee attendance capacity for the private sector in the essential services including operations and management is limited to 80%. 			



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7. Meetings	<ul style="list-style-type: none"> Face-to-face meetings of Government and private agencies are allowed WITHOUT involving the presence of external agency representatives with 50% capacity and physical distancing. Meetings involving external agencies are encouraged to be carried out through video conferencing. 				
8. Seminars, Workshops, Courses, Training and Lectures	<ul style="list-style-type: none"> Seminars, workshops, courses, trainings and talks are not allowed except for ongoing internal training that can be conducted in training areas through the Camp Based Training method. Seminars, workshops, courses, trainings and talks conducted online are allowed. Critical interviews which must be conducted face-to-face and online are allowed. 				
9. Official Ceremonies	<ul style="list-style-type: none"> Official ceremonies are allowed with 50% capacity of the premises with physical distancing. 				



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Standing Orders	12. Agriculture, Fisheries, Livestock, Farming, Commodities, Logging, Manufacturing and Construction		<ul style="list-style-type: none"> Agriculture, fisheries, livestock, farming, commodities and logging as well as their supply chains are allowed to operate. Manufacturing and construction as well as their supply chains are allowed to operate. 			
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14. Education	<ul style="list-style-type: none"> All Public & Private Higher Educational Institutions, Vocational Institutes, other schools under the Ministry of Education (MOE), <i>tahfiz</i> centers and other educational institutes are to be closed. HEIs under the purview of the Ministry of Higher Education (MOHE) can continue online. All schools and educational institutes under MOE, private educational institutes under the school category and tuition centers, language centers, skill centers, counselling centers and others registered under MOE are to be closed. Students and candidates sitting for the <i>Sijil Pelajaran Malaysia</i> (SPM) 2021, <i>Sijil Tinggi Persekolahan Malaysia</i> (STPM), <i>Sijil Vokasional Malaysia</i> (SVM), <i>Sijil Tinggi Agama Malaysia</i> (STAM), <i>Sijil Kemahiran Malaysia</i> (SKM), <i>Diploma Vokasional Malaysia</i> (DVM) and equivalent international examinations are allowed to attend school, crossing districts and states in accordance with the school calendar set by the Ministry of Education (MOE) with confirmation documents from MOE, MARA or relevant Ministry / Agency. The movement to and from school can be accompanied by a guardian. The movement of teachers or lecturers for the purpose of Teaching and Learning classes involved in examinations are allowed with confirmation from MOE, MARA or relevant Ministry / Agency. Movement for the admission of students to dormitories for examination classes set by MOE is allowed with confirmation from MOE, MARA or relevant Ministry / Agency. For students who need to cross states from Peninsular Malaysia to Sabah, Sarawak and F.T. Labuan or vice versa must comply with the current quarantine rules. Only international school and expatriate school students sitting for international examinations are allowed to attend to sit for their examination according to the examination schedule set by the international examination body. 				



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ACTIVITY AND PROTOCOL

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Education	<ul style="list-style-type: none"> All in-person <i>Pengajaran dan Pembelajaran</i> (PdP) activities are not allowed except for students in need. International examinations and professional bodies as well as research activities which require laboratory facilities at HEIs are allowed in accordance with the relevant HEI SOP and movement must be accompanied by confirmation from the Ministry of Higher Education (MOHE) or relevant HEI. Industry training is allowed in accordance with the effective SOPs. Students in boarding school, universities or educational institutes are allowed to be in the boarding school, university or institution and continue hybrid learning.



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Standing Orders	16. Religion	<ul style="list-style-type: none"> Activities at mosques and <i>suraus</i> are allowed in accordance with State Religious Authority directives. The Muslim <i>akad nikah</i> is allowed in accordance with State Religious Authority directives. Muslim funeral arrangements are allowed in accordance with State Religious Authority directives. Non-Muslim House of Worship activities are allowed in accordance with the Ministry of National Unity (KPN) directives. The registration of marriages for non-Muslims at the National Registration Department (NRD), Houses of Worship and Religious Associations is allowed with attendance according to NRD directives. Non-Muslim funeral arrangements are allowed in accordance with KPN directives. 				
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17. Sports and Leisure	<ul style="list-style-type: none"> All non-contact sports and recreational activities carried out individually for the purpose of health, exercise and self-training with compliance to physical distancing of at least 2 to 3 meters and from 6.00am to 12.00 midnight subject to the current effective movement control order. Such activities include jogging, exercising, gym activities, swimming, jetskis, taichi, cycling, skateboarding, fishing, equestrian, archery, hiking, tennis/ badminton (single), golf, motoring and the like. Individual activities conducted in small groups are subject to 50% capacity usage/ area or not exceeding 50 persons including the trainer/ instructor (whichever is lower). Group activities such as aerobics, Zumba, sports dances, taekwondo with no physical contact (poomsae) and the like. The operations of all sports and commercial recreational facilities including swimming pools with compliance to 50% capacity usage/ area WITH monitored control. The attendance of workers must not exceed 80% workforce capacity encompassing management and operations. Whereas the operations of public sports and recreational facilities are SUBJECT to the Local Authorities (LA). The organizing of national or international tournaments or competitions following the SPORTS BUBBLE model is subject to PERMISSION of the Ministry of Youth and Sports (KBS) WITHOUT the attendance of spectators or supporters. Central training programs with quarantine organized by the National Sports Council (MSN) and State Sports Councils (State MSNs) using the SPORTS BUBBLE model (Camp/ Home Based Training). Central training programs including training matches with quarantine for teams in the Malaysian Football League (MFL) using the SPORTS BUBBLE model (Camp/ Home Based Training). The entry of Malaysian athletes / coaches / officials / technicians to overseas tournaments or competitions or matches is SUBJECT to approval by the Department of Immigration, Malaysia WITH the support of KBS/MSN. The entry of foreign athletes/ coaches/ officials/ technicians into Malaysia is SUBJECT to approval by the Department of Immigration, Malaysia (JIM) WITH the support of KBS/ MSN and compliance to the guidelines for the entry of foreigners into Malaysia.



NATIONAL RECOVERY PLAN – PHASE 3 SOP

UPDATED : 4 AUGUST 2021

Unofficial Translation



Permitted Activities
<ul style="list-style-type: none"> Permitted Essential Service sectors Purchasing / obtaining essential goods and services Obtaining healthcare treatment & medicine Conducting Official Government business.
Prohibited Activities
<ul style="list-style-type: none"> Inter-district movement in NRP areas except with permission as stated in the Phase 3 NRP SOP. Please refer to the List of Prohibited Activities
Standing Orders
<ul style="list-style-type: none"> Regulation 16 P.U. (A) 293/2021. Act 342. Subject to conditions issued by the NSC and MOH. Orders and rules under the Local Authorities. Subject to the Hotspot Identification for Dynamic Engagement (HIDE) report and MOH risk assessment. Other orders issued from time to time by the Director General of Health

Effective Period	As prescribed in the brief description	Permitted Hours for Activities	As prescribed in the brief description	Movement	Conditional
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ACTIVITY AND PROTOCOL

Activity	Brief Description
18. Creative Industries	<ul style="list-style-type: none"> Development and broadcasting of creative content through recordings or live broadcasts including animation, filming, drama, promotions, sitcoms and the like, including dance arts, theatre arts, musical arts, cultural and heritage performances as well as musical art activities are allowed without spectators and the attendance of management and crew is limited to 70%. Creative content filming activities in and outside studios (outdoors) are allowed with strict compliance to the SOP issued by the National Film Development Corporation Malaysia (FINAS). Indoor / outdoor busking activities are allowed with compliance to physical distancing. Lounge hotel performances are allowed with 50% capacity of the premise area and physical distancing. Drive-in cinema activities are allowed.



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Effective Period	As prescribed in the brief description	Permitted Hours for Activities	As prescribed in the brief description	Movement	Conditional
ACTIVITY AND PROTOCOL					
Activity	Brief Description				
19. Tourist and Cultural Activities	<ul style="list-style-type: none"> Only tourist and cultural activities within the same state are allowed to operate with 50% capacity of visitors of the premise area as well as compliance with the relevant SOPs: <ul style="list-style-type: none"> Public tourist attractions such as zoos, farms, aquariums, snorkeling, diving, fishing, edutainment centers, recreational parks, extreme / adventure / nature parks, etc. Artwork, cultural and heritage premises such as museums, libraries, art galleries, cultural heritage art centres or villages, cultural performance stages, etc. Theme Parks and Family Entertainment Centres. Other tourist and cultural activities OTHER than those under the Negative List must follow the available Tourist and Cultural Sector SOPs which are currently effective. 				
20. Other Activities	<ul style="list-style-type: none"> Other activities are allowed except for those decided upon by the Government from time to time. 				



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Prohibited Activities
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Standing Orders
<ul style="list-style-type: none"> Regulation 16 P.U. (A) 293/2021. Act 342. Subject to conditions issued by the NSC and MOH. Orders and rules under the Local Authorities. Subject to the Hotspot Identification for Dynamic Engagement (HIDE) report and MOH risk assessment. Other orders issued from time to time by the Director General of Health

Effective Period	As prescribed in the brief description	Permitted Hours for Activities	As prescribed in the brief description	Movement	Conditional
ACTIVITY AND PROTOCOL					
Activity	Brief Description				
LIST OF PROHIBITED ACTIVITIES (NEGATIVE LIST)					
1. Businesses	<ul style="list-style-type: none"> Spas, reflexology, massage centres, wellness operations, and pedicure and manicure services. 				
2. Creative Industry and Entertainment Activities	<ul style="list-style-type: none"> Activities at cinemas. Activities at nightclubs or pubs. 				
3. Social Activities	<ul style="list-style-type: none"> Social Events such as ceremonies, celebratory events, <i>akad nikah</i> or engagement celebrations, weddings, receptions, <i>aqiqah</i> ceremonies, <i>doa selamat</i>, <i>tahlil</i>, anniversaries, birthday celebrations, reunions, retreats and other social gatherings. In-person seminars, workshops, courses, training, conferences, talks, exhibitions and activities related to Meeting, Incentives, Conventions and Exhibitions (MICE). 				
4. Tourist and Cultural Activities	<ul style="list-style-type: none"> Inter-state tourist activities. Overseas tourist activities. Domestic tourist activities that involve foreign tourists entering Malaysia. 				



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Prohibited Activities
<ul style="list-style-type: none"> Inter-district movement in NRP areas except with permission as stated in the Phase 3 NRP SOP. Please refer to the List of Prohibited Activities
Standing Orders
<ul style="list-style-type: none"> Regulation 16 P.U. (A) 293/2021. Act 342. Subject to conditions issued by the NSC and MOH. Orders and rules under the Local Authorities. Subject to the Hotspot Identification for Dynamic Engagement (HIDE) report and MOH risk assessment. Other orders issued from time to time by the Director General of Health

Effective Period	As prescribed in the brief description	Permitted Hours for Activities	As prescribed in the brief description	Movement	Conditional
ACTIVITY AND PROTOCOL					
Activity	Brief Description				
LIST OF PROHIBITED ACTIVITIES (NEGATIVE LIST)					
5. Sports and Recreational Activities	<ul style="list-style-type: none"> All physical contact sports and recreational activities EXCEPT for the organizing of tournaments or competitions at the national or international level THAT HAVE OBTAINED KBS permission. The organizing of all tournaments or competitions EXCEPT for those that have obtained permission from the Ministry of Youth and Sports (KBS) only. The attendance of spectators or supporters to sports and recreational venues. The entry of Malaysian athletes / trainers / officials / technicians to overseas tournaments or competitions or matches WITHOUT the approval of the Department of Immigration, Malaysia (JIM) and support of KBS / MSN. The entry of foreign athletes/ trainers/ officials/ technicians into Malaysia WITHOUT the approval of the Department of Immigration, Malaysia (JIM) and support of KBS/ MSN with non-compliance to the regulations for the entry of foreigners into Malaysia. Sports and recreational activities conducted outside or across areas under effective movement control orders EXCEPT with permission from the RMP. 				
6. Other Prohibited Activities	<ul style="list-style-type: none"> Any activity that can cause the attendance of many people in one place, rendering physical distancing and compliance with orders from the Director-General of Health difficult. Other matters as decided by the Government from time to time. 				

DISCLAIMER: This unofficial translation is based on the original document which is written in the Malay language. Should there be any inconsistency or difference between this translation and the original document, kindly note that the original document is the governing and prevailing version.