



# NATIONAL RECOVERY PLAN – PHASE 3 SOP

## UPDATED : 17 SEPTEMBER 2021

Unofficial  
Translation



Permitted Activities
<ul style="list-style-type: none"> <li>Purchasing / obtaining essential goods and services.</li> <li>Obtaining healthcare treatment &amp; medicine.</li> <li>Conducting Official Government business.</li> </ul>
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<ul style="list-style-type: none"> <li>Inter-district movement in NRP areas except with permission as stated in the Phase 3 NRP SOP.</li> <li>Please refer to the List of Prohibited Activities</li> </ul>
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### ACTIVITY AND PROTOCOL

Activity	Brief Description
1. Areas Involved	<p><b>PERLIS, SARAWAK NEGERI SEMBILAN AND TERENGGANU</b></p> <p>* For Sarawak, please refer to the National Recovery Plan – Sarawak SOP Phase 3</p> <p>** For areas enforced by EMCO, the EMCO SOP in those areas are in effect until their respective dates the EMCO ends</p>
2. Effective Period	<p><b>Commencing 16 August 2021 (commencing 12:01 am)</b></p> <p><b>*For Negeri Sembilan, it commences starting 4 September 2021 (12.01am)</b></p> <p><b>**For Terengganu, it commences starting 17 September 2021 (12.01am)</b></p>
3. Fully Vaccinated	<p>Individuals who have been fully vaccinated are individuals who have met the following criteria:</p> <ol style="list-style-type: none"> <li>For vaccine types that require two doses (such as Cormirnaty (Pfizer BioNTech), COVID 19 AstraZeneca (Oxford AstraZeneca), CoronaVac (Sinovac), Spikevax (Moderna) and Covilo (Sinopharm)), the individual in question must have passed the 14th day from the date second dose injection; or</li> <li>For vaccine types that require only one dose (such as COVID 19 Janssen (Johnson Johnson) and Convidecia (CanSino)), the individual in question must have passed the 28th day from the date of injection.</li> </ol>



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4. General Health Protocol	<ul style="list-style-type: none"> <li>It is <b>mandatory</b> for the license holder and premise owner to provide a MySejahtera QR code and a customer attendance registration book.</li> <li>Hand sanitizers are to be provided at entrances and to ensure its use before entry.</li> <li>Use of the MySejahtera app is <b>mandatory</b> 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).</li> <li>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.</li> <li>It is <b>mandatory</b> 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.</li> <li>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.</li> <li>A person with a body temperature of above 37.5 degree Celsius is <b>not allowed</b> to enter the complex and premises.</li> <li>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.</li> <li>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.</li> </ul>				



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ALLOWANCES FOR FULLY VACCINATED INDIVIDUALS	
Activity	Brief Description
5. Inter-District and Inter-State Movement for Long Distance Married Couples (PJJ)	<ul style="list-style-type: none"> <li>Long-distance married couples are <b>allowed</b> to cross districts and states for the purpose of meeting their respective partners with the condition that both must have been fully vaccinated with PDRM confirmation and produce:               <ul style="list-style-type: none"> <li>➢ A copy of the husband and wife’s identity card</li> <li>➢ A copy of the marriage certificate/ card</li> <li>➢ A copy of the husband and wife’s COVID-19 Vaccination Card/ Digital Certificate</li> <li>➢ A copy of documentary evidence of the husband/ wife’s residence or employer confirmation letter.</li> </ul> </li> <li>Showing a permission letter approved by PDRM when passing roadblocks (SJR).</li> </ul>
6. Inter-District and Inter-State Movement for Parents/ Guardians with Long Distance Children (Below 18 Years)	<ul style="list-style-type: none"> <li>Parents/ guardians who have children under the age of 18 residing in a different district or state are <b>allowed</b> to cross districts and states to meet their respective children with the condition that both parents / guardian must be fully vaccinated with PDRM confirmation and produce:               <ul style="list-style-type: none"> <li>➢ A copy of the parents’ identity card and child’s birth certificate/ document</li> <li>➢ A copy of the parents’ / guardian’s COVID-19 Vaccination Card/ Digital Certificate</li> <li>➢ The child’s schooling information (if relevant)</li> </ul> </li> <li>Showing a permission letter approved by PDRM when passing roadblocks (SJR).</li> </ul>

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7. Citizens and Foreigners Returning/ Arriving from Overseas	<ul style="list-style-type: none"> <li>• Citizens and foreign travellers with a residence in Malaysia (including PR and Malaysia MY Second Home) returning or arriving from abroad who are fully vaccinated are <b>allowed</b> to undergo mandatory quarantine at home and will be given a digital Home Surveillance and Observation Order (HSO) subject to risk assessment by the Ministry of Health (MOH) and further details issued by MOH. <ul style="list-style-type: none"> <li>➢ Showing evidence of a negative RT-PCR test report that is valid and conducted 3 days before departure.</li> <li>➢ Having a valid and complete COVID-19 vaccination certificate (dependent on the type of vaccine).</li> <li>➢ No symptoms during the health screening conducted at Malaysia's International Arrival Gate.</li> <li>➢ Having a suitable residence to carry out quarantine.</li> </ul> </li> <li>• Individuals returning / arriving from abroad who have not been fully vaccinated or vaccinated at all must undergo quarantine at a designated quarantine centre subject to further details issued by the Ministry of Health (MOH).</li> <li>• The mandatory quarantine period for travellers from all countries is 14 days and can be extended for another 7 days if required based on the risk assessment result conducted on the 14<sup>th</sup> day</li> <li>• Travellers are required to conduct a daily self-assessment through the Home Assessment Tool (in the MySejahtera application and this assessment must be continued until the end the quarantine period which is either 14 days or 21 days from the date of arrival.</li> <li>• Travellers are required to undergo a RT PCR COVID 19 detection test upon arrival at PMA. Repeat of the RT PCR COVID 19 detection test must be conducted on day 10, or day 18 for travellers who have to undergo quarantine for 21 days</li> </ul>





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8. Religion	<ul style="list-style-type: none"> <li>Prayer activities in mosques and <i>suraus</i> for fully vaccinated individuals are <b>allowed</b> subject to the regulations and SOPs prescribed by the State Religious Authority.</li> <li>Prayer activities in Non-Muslim Houses of Worship (RISI) for fully vaccinated individuals are <b>allowed</b> subject to the regulations and SOPs prescribed by the Ministry of Unity.</li> </ul>
9. Tourism Activities	<ul style="list-style-type: none"> <li>Tourism activities are only <b>allowed</b> in the same state only that involving hotels and <i>homestays</i>.</li> <li>Guests who have been fully vaccinated are <b>allowed</b> domestic tourism activities by submitting <b>COVID-19 Vaccination Card/ Digital Certificate</b> upon checking-in.</li> <li>Hotel and homestay operators need to ensure individuals who wish to enter the premises <b>MUST</b> show a COVID-19 Digital Vaccination Certificate proving the individual have been fully vaccinated.</li> <li>Couples who have received a complete vaccination are <b>allowed</b> to bring children aged 17 years and below for tourism activities in hotels and homestays by adhering to general health protocols.</li> <li><b>The tourism bubble on Langkawi Island is allowed for tourists who are fully vaccinated with compliance with the Island Domestic Tourism Bubble SOP - Langkawi</b></li> </ul>



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10. Cruise Ships	<ul style="list-style-type: none"> <li>• Cruise Ships are <b>allowed with 50% ship capacity</b> provided all ship crew and passengers have been fully vaccinated</li> <li>• Pub and nightclub activities are <b>not permitted</b></li> </ul>
11. Manufacturing and Construction Sector, Mining and Quarrying	<ul style="list-style-type: none"> <li>• For the manufacturing and construction sector that have achieved a fully vaccinated rate of the workforce as follows:               <ul style="list-style-type: none"> <li>a) 80 -100% : Allowed to operate with 100% workforce capacity.</li> <li>b) Less than 80% : Allowed to operate with up to 80% workforce capacity only.</li> </ul> </li> <li>• RTK Antigen tests to be conducted on workers every 2 weeks with the cost borne by the employer.</li> </ul>



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12. Sports and recreation	<ul style="list-style-type: none"> <li>• All sports and recreational activities including physical contact or non-contact, performed individually or in groups in an <b>OUTDOOR area or INDOOR</b> are <b>allowed but RESTRICTED</b> to individuals who are <b>FULLY VACCINATED</b> only <b>from 6.00 am to 12 midnight</b> subject to movement control regulations in effect.</li> <li>• Operation of all <b>OUTDOOR</b> sports and recreational facilities are <b>allowed to OPEN</b> (with compliance with the General SOPs of the Sports and Recreation Sector <b>WITH</b> supervisory control. Attendance of employees is <b>not more than 80% workforce including management and operations</b> <b>Utilisation of these facilities are only for FULLY VACCINATED individuals for activities with physical contact</b> and individuals who have received a complete vaccination are also allowed bring children aged 17 and under for the activity with strict SOP compliance.</li> <li>• Operation of all <b>INDOOR</b> sports and recreation facilities are allowed with compliance to 50% area utilisation capacity <b>WITH</b> supervision. Attendance of employees are <b>not more than 80% workforce including both management and operations staff</b>. Utilisation of facilities are only allowed among individuals who are fully vaccinated only <b>for activities with physical contact</b> and individuals who have received complete vaccinations are also allowed to bring children aged 17 years and below for such activities in strict compliance with the SOP.</li> <li>• The operations of all public outdoor and partially-outdoor sports and recreational facilities including swimming pools/ water sports and recreational premises (outdoor/ partially-outdoor) are subject to the Local Authorities (LA)/ Relevant Authority.</li> </ul>





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12. Sports and recreation	<ul style="list-style-type: none"> <li>Sports and recreational activities or exercises that are in contact or not in physical contact performed in groups in a controlled manner and WITH supervision are subject to <b>50% area utilisation capacity, or not exceeding 250 people at any one time</b> including parents, instructors, coaches (whichever lower). Individuals who are fully vaccinated are also allowed bring children aged 17 and under for the activity or training with strict SOP compliance.</li> <li>The organization of all contact or not physical contact tournaments or competitions at the state/ national district/community level <b>WITH PERMISSION</b> Ministry of Youth and Sports (only <b>WITHOUT</b> attendance spectators or supporters)</li> <li>The organization of the non-physical contact tournament, competition or mass sports events <b>WITH</b> the permission of KBS LIMITED with participation not exceeding 250 people at any one time.</li> <li>Organizing international level tournaments or competitions according to the <b>SPORTS BUBBLES model</b> are <b>subject to KBS PERMISSION only WITHOUT the presence of spectators or supporters</b></li> <li>The operations of all public outdoor and partially-outdoor sports and recreational facilities including swimming pools/ water sports and recreational premises (outdoor/ partially-outdoor) are subject to the Local Authorities (LA)/ Relevant Authority.</li> </ul>



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13. Movement Control	<ul style="list-style-type: none"> <li>Inter-district movement within the same state is <b>allowed</b>.</li> <li>Inter-state movement (based on district boundaries set by the State Government) is <b>not allowed</b> except for long -distance spouses, long-distance children and individuals who have approved travel permission by MOH and RMP.</li> <li>The Royal Malaysian Police (RMP) is responsible for exercising control over infected areas with the assistance of ATM, APM &amp; RELA. Entry and exit routes of MCO areas are closed and entry is controlled by the RMP.</li> <li>Movement for individuals who have been fully vaccinated is allowed based on the capacity of the vehicle. Individuals are allowed to bring children 17 years of age and under with adherence to general health protocols</li> <li>However, for those who have not been fully vaccinated:               <ul style="list-style-type: none"> <li>➢ Only <b>three (3) people</b> from the same household are <b>allowed</b> to go out to only obtain food supplies, medicine, supplements and basic necessities.</li> <li>➢ A maximum of <b>three (3) people</b> including the patient is allowed to go out to obtain healthcare services, medication, test screening, vaccination program, safety or emergency.</li> </ul> </li> <li>The number of passengers allowed in a taxi and e-hailing is limited to only <b>three (3) people</b> including the driver, the passenger must be seated at the back.</li> <li>The number of people <b>allowed</b> in a vehicle carrying goods as well as for the economic or industry activity chain including worker transport is dependent on the commercial vehicle registration license.</li> <li>The number of people <b>allowed</b> in a Department Vehicle or an Official Post Car is based on the capacity of the vehicle.</li> <li>Activities and services at all airports and ports are <b>allowed</b> to operate 24 hours.</li> </ul>				



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## ACTIVITY AND PROTOCOL

Activity	Brief Description
13. Movement Control	<ul style="list-style-type: none"> <li>Public land and sea transportation services such as bus stops, express buses, ferries and other public transport are <b>allowed</b> to operate based on full vehicle capacity.</li> <li>Unloading activities on premises, at factories and ports are <b>allowed</b>.</li> <li>Movement in cases of death, natural disaster is <b>allowed</b> after obtaining permission from the RMP.</li> <li>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.</li> <li>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 <b>allowed</b> by showing appointment details through the MySejahtera app, online or SMS.</li> <li>State Assemblymen and Members of Parliament <b>are</b> allowed to cross districts and states to visit their respective constituency.</li> <li>Movement for Short Term Business Travellers under the One Stop Centre (OSC) Initiative for official or business purposes is <b>allowed</b> subject to permission from the RMP.</li> <li>Crossing states and districts for long distance married couples who have been fully vaccinated are <b>allowed between Phase 3 and Phase 2 states</b> with the RMP permission and presenting below:               <ul style="list-style-type: none"> <li>➢ Copy of couples identification cards</li> <li>➢ Copy of marriage certificate/card</li> <li>➢ Copy of proof of residence of husband/ wife or employer's confirmation letter.</li> </ul> </li> </ul>



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Activity	Brief Description				
14. Civil Service	<ul style="list-style-type: none"> <li>Subject to the current orders of the Chief Secretary to the Government (KSN).</li> <li>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"> <li>➤ Attendance at the office does not exceed 80% of the total (not including frontliners, security, defence and enforcement services) and 20% WFH on rotation.</li> <li>➤ Counter services are open subject to the current orders of the Chief Secretary to the Government (KSN).</li> <li>➤ Attendance to the office must be accompanied by an official order document and employee pass.</li> </ul> </li> </ul>				
15. Private Sector	<ul style="list-style-type: none"> <li>Inter-state movement of workers is subject to the registration or operating approval letter or employee pass or employer confirmation letter.</li> <li>Employee attendance capacity for the private sector in the essential services including operations and management is limited to 80%.</li> <li><b>All private/ non-Governmental offices not listed as an essential service are allowed to operate with the condition that the employees are fully vaccinated as follows:</b> <ol style="list-style-type: none"> <li><b>40%: Allowed to operate with 60% workforce capacity</b></li> <li><b>60%: Allowed to operate with 80% workforce capacity</b></li> <li><b>80%: Allowed to operate with 100% workforce capacity</b></li> </ol> </li> </ul>				



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Activity	Brief Description				
16. Meetings	<ul style="list-style-type: none"> <li>Face-to-face meetings are <b>allowed</b> for fully vaccinated individuals <b>WITH</b> 50% capacity of meeting room.</li> <li>Meetings are <b>encouraged</b> to be carried out through video conferencing.</li> </ul>				
17. Seminars, Workshops, Courses, Training and Lectures	<ul style="list-style-type: none"> <li>Seminars, workshops, courses, trainings and talks are <b>not allowed</b> except for ongoing internal training that can be conducted in training areas through the Camp Based Training method.</li> <li>Seminars, workshops, courses, trainings and talks conducted online are <b>allowed</b>.</li> <li>Critical interviews which must be conducted face-to-face and online are <b>allowed</b>.</li> </ul>				
18. Official Ceremonies	<ul style="list-style-type: none"> <li>Official ceremonies are <b>allowed</b> with 50% capacity of the premises with physical distancing.</li> </ul>				





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### ACTIVITY AND PROTOCOL

Activity	Brief Description
19. Business and Services	<ul style="list-style-type: none"> <li>Restaurant operators including those at hotels, sports and recreation club houses, eateries, food stalls, food trucks, roadside hawkers, mobile hawkers, food courts, hawker centers, roadside food stalls or kiosks are <b>allowed</b> operate from <b>6.00 am to 12.00 midnight</b>.</li> <li>Food sale activities can be on a <b>dine-in, take-away, drive-through or delivery basis</b>. <b>Dine-in services for social celebratory events are not allowed</b></li> <li><b>Dine-in</b> activities must be with physical distancing of at least 1 meter subject to the MDTCA NRP Phase 3 – Distributive Trade SOP.</li> <li>Healthcare services such as hospitals, clinics, medical laboratories, veterinary hospitals and veterinary clinics can operate up to <b>24 hours</b> or in accordance with their operating permit license.</li> <li>Petrol stations are <b>allowed</b> to operate from <b>6.00am to 12.00 midnight</b> except for petrol stations on highways which can operate <b>24 hours</b>.</li> <li>All distributive trade sectors are <b>allowed</b> operate from <b>6.00am to 12.00 midnight</b> or in accordance with the terms of the license.</li> <li>Spas, reflexology, massage centers, wellness and pedicure and manicure services are <b>not allowed</b> to operate.</li> </ul>



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Activity	Brief Description				
20. Markets	<ul style="list-style-type: none"> <li>Daily markets and public markets are <b>allowed</b> to operate from <b>6:00am to 4:00pm</b> subject to the local authorities (LA) with compliance to SOPs and supervision of RELA or LA officers.</li> <li>Controlled Fresh Markets (<i>Pasar Segar Terkawal – PST</i>) are <b>allowed</b> to operate from <b>7:00am to 2:00pm</b>.</li> <li>Permanent Farmers' Markets (<i>Pasar Tani Kekal – PTK</i>), MyFarm Outlets (MFO) and Local Farmer Organization Complexes (<i>Kompleks Pertubuhan Peladang Kawasan – PPK</i>) are <b>allowed</b> to operate from <b>6:00am to 6:00pm</b>.</li> <li>Wholesale markets are <b>allowed</b> to operate from <b>12:01 am to 6:00am</b> and <b>11:00am to 4:00pm</b> subject to the local authorities (LA) with compliance to SOPs and supervision of RELA or LA officers.</li> <li>Farmers' markets and morning markets are <b>allowed</b> to operate from <b>7:00am to 1:00pm</b>.</li> <li>Night markets and weekly markets are <b>allowed</b> to operate in accordance with their license/permit up to 12:00 midnight with compliance to SOPs and supervision of the authorities as well as RELA/LA officers.</li> </ul>				
21. Agriculture, Fisheries, Livestock, Farming, Commodities, Logging, Manufacturing and Construction	<ul style="list-style-type: none"> <li>Agriculture, fisheries, livestock, farming, commodities and logging as well as their supply chains are <b>allowed</b> to operate.</li> <li>Manufacturing and construction as well as their supply chains are <b>allowed</b> to operate.</li> </ul>				
22. Mining and Quarrying	<ul style="list-style-type: none"> <li>Mining and quarry operations are <b>allowed</b> subject to the Mining and Quarrying SOP.</li> </ul>				



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### ACTIVITY AND PROTOCOL

Activity	Brief Description
23. Education	<ul style="list-style-type: none"> <li>All private educational institutions operating as Centres such as Language Center Tuition Center, Center Skills, Mind Development Center Training Center and other registered centers under the Ministry of Education Malaysia (operating face to face with rotation basis of 50% class capacity)</li> <li>Reopening of all schools under the MOE and educational institutions registered under MOE to conduct face-to-face PdP Teaching and Learning sessions is subject to the decision of the MOE based on risk assessment advice and views from the Ministry of Health Malaysia and the National Security Council</li> <li>The opening of Primary Schools:               <ol style="list-style-type: none"> <li>Special Needs Students (MBK) in National Special Education Schools and Special Integrated Education Programs (PPKI) attend without rotation;</li> <li>Private Pre-school and kindergarten students attend without rotation; and</li> <li>Other students conduct Pengajaran dan Pembelajaran at Home (PdPR).</li> </ol> </li> <li>The opening of Secondary Schools:               <ol style="list-style-type: none"> <li>Second Semester Form 6, Second Year International Baccalaureate Diploma and Third Semester Pre-University Program in National Sports Schools (SSM) students attend without shifts;</li> <li>MBK in National Special Education Secondary Schools/ National Special Vocational Secondary Schools and PPKI attend without shifts;</li> <li>Students of the Pre -University Program at SSM and students of the SPM public examination class, Higher Religious Certificate Malaysia (STAM), Malaysian Vocational Certificate (SVM), and Sijil Tinggi Persekolahan Malaysia (STPM) in full boarding schools at Full Boarding School, Religious National Secondary School, Government Aided Religious School (Full Boarding Art School and Sports Schools attend without rotation.</li> </ol> </li> </ul>



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### ACTIVITY AND PROTOCOL

Activity	Brief Description
23. Education	<p>d. International General Certificate for Secondary Education (IGCSE) O-Level, A-Level and Australia Higher School Certificate and International Baccalaureate Diploma Programme international examination students attend without rotation;</p> <p>e. <b>Other international examination students attend without rotation;</b></p> <p>f. <b>Public examination students for SPM, STAM, SVM, STPM in public and private day schools attend with rotation; and</b></p> <p>a. Other students conduct PdPR.</p> <ul style="list-style-type: none"> <li><b>Matriculation College</b> Students in the 2 semester system and four semester system (Sem3) will have PdP at the college / PdPR. Semester 1 students of the 4 semester system will have classes via PdPR. <b>Teacher's Training Institute (IPG)</b> <ul style="list-style-type: none"> <li><b>PdP continues online until 6/7 November 2021 for students Preparatory Program for Bachelor of Teaching (Degree Program) Bachelor of Education (and Postgraduate Program in Education) and PdP Prime Mode will be implemented in a hybrid face-to-face on the IPG campus starting 7/8 November 2021</b></li> <li><b>PdP is continued online for students of the Diploma in Teaching Program Malaysia (and PDPP Course Mode During Holidays (PdP hybrid/face-to-face will be implemented from 11/12 December 2021</b></li> </ul> </li> </ul>



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### ACTIVITY AND PROTOCOL

Activity	Brief Description
23. Education	<p><u>Crossing States</u></p> <ul style="list-style-type: none"> <li>Students/Pupils who are involved are allowed to cross states to go to schools/educational institutions by using a confirmation letter from MOE/MARA or relevant ministry/agency.</li> <li>The movement to and from the school/educational institution for students/pupils who are involved can be accompanied by a guardian.</li> <li>The movement of teachers or lecturers to schools/educational institutions to cross states for the purpose of PdP is allowed with a confirmation letter from MOE / MARA or relevant ministry/agency.</li> <li>Students/Pupils crossing states from Peninsular Malaysia to Sabah, Sarawak and F.T. Labuan or vice versa must comply with the current COVID-19 screening and quarantine rules.</li> </ul> <p><u>Movement Control for Students/Pupils Returning to Dormitories</u></p> <ul style="list-style-type: none"> <li>Movement for the admission of students/pupils to dormitories is allowed with a confirmation letter from MOE / MARA or relevant ministry/agency for the purpose of crossing states.</li> <li>Students/Pupils in dormitories must undergo a COVID-19 Self-Test Kit three (3) times, once before registration, on the 6th day and on the 14th day in the dormitory.</li> <li>IPG students are encouraged to perform the COVID 19 Self -Kit Test the day before returning to IPG or perform swab test at a health facility and inform the IPG of the test results</li> </ul>





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## ACTIVITY AND PROTOCOL

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23. Education	<ul style="list-style-type: none"> <li>All Skills Training Institutes, schools other than those under the MOE, tahfiz centers and other educational institutions are subject to the relevant Ministry/Agency.</li> <li>All HEIs under the supervision of MOHE are opened in stages to students who are fully vaccinated and have passed the effective period after full vaccination, however actual admission is subject to the capacity of the HEI.</li> <li>All Pengajaran dan Pembelajaran (PdP) activities in HEIs conducted face-to-face/in groups/in gatherings are allowed for students who are fully vaccinated and have passed the effective period after vaccination with strict compliance to SOPs. PdP hybrid modes will be implemented for students on campus. Online PdP modes will be continued for students who have not yet returned to campus.</li> <li>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 a confirmation letter from the relevant HEI.</li> <li>Students in boarding schools, universities or educational institutes are allowed to be in the boarding school, university or institution and continue hybrid learning.</li> </ul>



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Activity	Brief Description				
24. <i>Tabikas</i> , Childcare Centers, Kindergartens, Daycare Centers and Residential Daycare Centers	<ul style="list-style-type: none"> <li>Childcare Centers and Daycare Centers under the Department of Social Welfare (JKM) are <b>allowed</b> to operate in accordance with prescribed SOPs.</li> <li><i>Tabikas</i>, private kindergartens, kindergartens in private, international and expatriate schools as well as mind development centers for children between the ages of 4 and 6 are <b>allowed to operate</b> in accordance with prescribed SOPs.</li> <li>Residential care centers or rehabilitation centers for children, People with Disabilities, senior citizens, women and multi-purpose care centers are <b>allowed</b> to operate in accordance with the SOPs prescribed under the relevant Ministry, Department or Agency.</li> </ul>				
25. Religion	<ul style="list-style-type: none"> <li>Activities at mosques and <i>suraus</i> are <b>allowed</b> in accordance with State Religious Authority directives.</li> <li>The Muslim <i>akad nikah</i> is <b>allowed</b> in accordance with State Religious Authority directives.</li> <li>Muslim funeral arrangements are <b>allowed</b> in accordance with State Religious Authority directives.</li> <li>Non-Muslim House of Worship activities are <b>allowed</b> in accordance with the Ministry of National Unity (KPN) directives.</li> <li>The registration of marriages for non-Muslims at the National Registration Department (NRD), Houses of Worship and Religious Associations is <b>allowed</b> with attendance according to NRD directives.</li> <li>Non-Muslim funeral arrangements are <b>allowed</b> in accordance with KPN directives.</li> </ul>				



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## ACTIVITY AND PROTOCOL

Activity	Brief Description
26. Sports and Leisure	<p>For individuals who <b>have not</b> yet completed or received full vaccination, these are the following activities allowed:</p> <ul style="list-style-type: none"> <li>All non-contact sports and recreational activities carried out indoors or outdoors, must comply to physical distancing of at least 1 to 3 meters and from 6.00am to 12.00 midnight subject to the current effective movement control order.</li> <li>The operations of all OUTDOOR sports and recreational facilities with compliance to the General Sports and Recreation Sector SOP WITH supervisory control. The attendance of workers should not exceed 80% workforce capacity encompassing management and operations.</li> <li>Operation of all INDOOR commercial sports and recreation facilities with compliance to 50% capacity of area utilization WITH control supervision Attendance of employees is not more than 80% workforce covers management and operations</li> <li>The operations of public sports and recreational facilities are <b>SUBJECT</b> to the Local Authorities (LA).</li> <li>The entry of Malaysian athletes / coaches / officials / technicians to overseas tournaments or competitions or matches is <b>SUBJECT</b> to approval by the Department of Immigration, Malaysia <b>WITH</b> the support of KBS/MSN.</li> <li>The entry of foreign athletes/ coaches/ officials/ technicians into Malaysia is <b>SUBJECT</b> to approval by the Department of Immigration, Malaysia (JIM) <b>WITH</b> the support of KBS/ MSN and compliance to the guidelines for the entry of foreigners into Malaysia.</li> </ul>



# NATIONAL RECOVERY PLAN – PHASE 3 SOP

UPDATED : 17 SEPTEMBER 2021

Unofficial  
Translation



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

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
27. Creative Industries	<ul style="list-style-type: none"> <li>Development and broadcasting of creative content through recordings or live broadcasts</li> <li>Broadcasting through recording or live shows to convey information, or entertainment with fully vaccinated audience with 70% capacity of the studio's space.</li> <li>Creative content filming activities in and outside studios</li> <li>Busking.</li> <li>Lounge hotel performances are <b>allowed</b> with 50% capacity of the premise area and physical distancing.</li> <li>Cinema activities are allowed provided employees and viewers have fully vaccinated with a 80% capacity of cinema screening hall space</li> <li>Live performance activities such as musical theatre, music and comedy with pre-registration for a fully vaccinated audience as well as a 70% audience capacity according to the premise's space</li> </ul>



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

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





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

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
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### LIST OF PROHIBITED ACTIVITIES (NEGATIVE LIST)

1. Businesses	<ul style="list-style-type: none"> <li>Spas, reflexology, massage centres</li> </ul>
2. Creative Industry and Entertainment Activities	<ul style="list-style-type: none"> <li>Activities at nightclubs or pubs.</li> </ul>
3. Social Activities	<ul style="list-style-type: none"> <li>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.</li> <li>In-person seminars, workshops, courses, training, conferences, talks, exhibitions and activities related to Meeting, Incentives, Conventions and Exhibitions (MICE).</li> </ul>
4. Tourist and Cultural Activities	<ul style="list-style-type: none"> <li>Inter-state tourist activities.</li> <li>Overseas tourist activities.</li> <li>Domestic tourist activities that involve foreign tourists entering Malaysia.</li> </ul>



# NATIONAL RECOVERY PLAN – PHASE 3 SOP

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Unofficial Translation



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

Effective Period	As prescribed in the brief description	Permitted Hours for Activities	As prescribed in the brief description	Movement	Conditional
<b>ACTIVITY AND PROTOCOL</b>					
<b>Activity</b>	<b>Brief Description</b>				
<b>LIST OF PROHIBITED ACTIVITIES (NEGATIVE LIST)</b>					
5. Sports and Recreational Activities	<ul style="list-style-type: none"> <li>• The attendance of spectators or supporters to sports and recreational venues.</li> <li>• Sports and recreational activities performed EXCEEDING the prescribed capacity of spectators or supporters allowed in sports and recreation venues</li> <li>• Organizing local tournaments or competitions or matches and international EXCEPT indoor tournament competitions organized by the National Sports Council (and tournament organized by the Malaysian Football League)</li> <li>• Participation of Malaysian technical officer coaches athletes to tournaments or competitions or matches abroad WITHOUT the approval of the Malaysian Immigration Department (and KBS/ MSN support)</li> <li>• Sports and recreational activities conducted outside or beyond areas where movement control is in force UNLESS permission is obtained PDRM</li> </ul>				
6. Other Prohibited Activities	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Other matters as decided by the Government from time to time.</li> </ul>				

**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.