



**CAMPING AND VOLUNTEERING ADVENTURES**  
**Coronavirus Guidance**

**RECOVERY MOVEMENT CONTROL ORDER (RMCO)**  
**STANDARD OPERATING PROCEDURE (SOP)**  
**FOR OVERNIGHT CAMPING**

**ON ARRIVAL**

1. Participants temperature shall be recorded at the time of their arrival before entering the campsite
2. Participants are encouraged to sign in with MySejahtera apps
3. All participants are encouraged to often wash their hands with hand sanitizer or with soap and water, whenever accessible and available

**DURING ACTIVITIES**

1. Participants should wear face masks throughout static recreational activities
2. Participants should practice social distancing
3. Participants should report it to your group leader if you are feeling unwell

**DURING MEALS**

1. Participants are encouraged to use their own utensils to prevent them being shared with others.



2. Food sharing is allowed but it must be exchanged at a designated community area after cooking/preparation. We discourage sharing of food from your personal plate to another.
3. All community equipment/cooking tools/utensils must be clean thoroughly and kept properly after each use.

Thank you for helping us keep everyone healthy - BE SAFE, STAY SAFE



**SCAN WITH MYSEJAHTERA APP TO CHECK-IN**



Location  
**CAMPING AND VOLUNTEERING ADVENTURES KUALA  
LUMPUR  
EAST TABUR CAMPING**

For non-MySejahtera users, please scan using  
your camera or QR code reader