



# SEKTOR: PHYSICAL EXERCISING OR JOGGING IN SELECTED NATURE RESERVES

<b>Waktu Dibenarkan</b>	8 hours	<b>Waktu Operasi</b>	7 am – 7 pm	<b>Kapasiti</b>	50 %
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## Merangkumi

- Physical exercising or jogging in:
  - Bukit Lima Nature Reserve, Sibul
  - Piasau Nature Reserve, Miri
  - Bukit Sembiling Nature Reserve, Limbang

## Aktiviti Tidak Dibenarkan

- Guided or unguided ecotourism tours.
- Trekking outside authorised trails.
- Touching, disturbing or feeding wildlife.
- Religious or social functions
- Picnicking and children playground recreational activities.

## Arahan Tetap

- All visitors' name and contact numbers must be recorded.
- Must comply to the provisions of the National Parks & Nature Reserves Ordinance , 1998 and its Regulations, 1999.
- Comply to the orders by KKM, MKN and SDMC.

## Aktiviti & Protokol

### Tindakan

- Enforcing the social distancing practice, and visitor's personal hygiene.
- Strict compliance to the provisions of the National Parks & Nature Reserves Ordinance 1998, and its Regulations, 1999.
- Limiting number of visitors when entering nature reserve at any one time.

### Penerangan Ringkas

- Strict compliance to SOP of KKM, such as social distancing of at least 1 meter apart, wearing of face mask (where necessary), body temperature check, and thorough hand-washing.
- Visitors are required to obtain admission card before entry.
- Recording visitor's names and contact numbers at visitor's counter to facilitate the visitor contact tracing.
- Enforcing the law in controlling unauthorized entry of visitors into nature reserves, in close proximity to, disturb, feeding or touching wildlife.
- Taking legal actions of those who violated the National Parks & Nature Reserves Ordinance 1998 and its Regulations, and Controller's order.
- Enter into and exit from nature reserve via one authorised entrance.
- Where applicable, visitors are to follow a one-way direction when using the trail.
- 200 visitors, *depending on the discretion by the respective warden*, are permitted to access the nature reserve per day.
- Morning: 7.00am – 10.00am (for those of 50 years old & above)
- Afternoon: 12.00pm – 6.00pm (for those of 13 to 59 years old)



# SEKTOR: PHYSICAL EXERCISING OR JOGGING IN SAMA JAYA NATURE RESERVE

<b>Waktu Dibenarkan</b>	8 hours	<b>Waktu Operasi</b>	7 am – 7 pm	<b>Kapasiti</b>	50 %
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## Merangkumi

1. Physical exercising or jogging in:
  - Sama Jaya Nature Reserve, Kuching

## Aktiviti Tidak Dibenarkan

1. Guided or unguided ecotourism tours.
2. Trekking outside authorised trails.
3. Touching, disturbing or feeding wildlife.
4. Religious or social functions
5. Picnicking and children playground recreational activities.

## Arahan Tetap

1. All visitors' name and contact numbers must be recorded.
2. Must comply to the provisions of the National Parks & Nature Reserves Ordinance , 1998 and its Regulations, 1999.
3. Comply to the orders by KKM, MKN and SDMC.

## Aktiviti & Protokol

### Tindakan

- Enforcing the social distancing practice, and visitor's personal hygiene.
- Strict compliance to the provisions of the National Parks & Nature Reserves Ordinance 1998, and its Regulations, 1999.
- Limiting number of visitors when entering nature reserve at any one time.

### Penerangan Ringkas

- Strict compliance to SOP of KKM, such as social distancing of at least 1 meter apart, wearing of face mask (where necessary), body temperature check, and thorough hand-washing.
- Visitors are required to obtain admission card before entry.
- Recording visitor's names and contact numbers at visitor's counter to facilitate the visitor contact tracing.
- Enforcing the law in controlling unauthorized entry of visitors into nature reserves, in close proximity to, disturb, feeding or touching wildlife.
- Taking legal actions of those who violated the National Parks & Nature Reserves Ordinance 1998 and its Regulations, and Controller's order.
- Enter into and exit from nature reserve via one authorised entrance.
- Where applicable, visitors are to follow a one-way direction when using the trail.
- 100 visitors, *depending on the discretion by the respective warden*, are permitted to access the nature reserve per day.
- Morning: 7.00am – 10.00am (for those of 50 years old & above)
- Afternoon: 12.00pm – 6.00pm (for those of 13 to 59 years old)