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Risk Management Analysis For Sport And Recreation Industry During Novel Coronavirus Outbreak in Malaysia

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Abstract

The purpose of this article is to explore risk management analysis for the sport and leisure business in Malaysia during a Novel Coronavirus assault. The Wuhan Municipal Health Commission reported 27 instances on December 31, 2019 in Wuhan, China. According to reports, the virus originated in the Wuhan South China seafood market and spread around the world (Wuhan Municipal Health Commission, 2019). Until February 2020, the number of patients increased on a daily basis all across the world, including Malaysia. According to data from the Malaysian Ministry of Health, the total number of deaths is 37 as of June 6, 2020. (Ministry of Health Malaysia, 2020). The research method used is through observation from refereed sources and related to the field of sports associated with the covid pandemic 19. In addition, this study also evaluates risk management practices for the sports sector especially in the field of sports and recreation conducted in Malaysia faced of the Covid-19 pandemic until now. Various obstacles and issues related to management practices are discussed in this study. As a result of this study, we can see the sports sectors affected by the covid -19 pandemic and risk management practices that can help athletes and coaches avoid covid 19 infections during matches. Through this study as well, can be used as a reference to the sports industry and athletes during sports matches during this covid -19 pandemic.

Keywords: Risk Management, Coronavirus, 2019 n-CoV, Sports and Recreation, Outdoor.

Introduction

The 2019 Corona Virus triggered a worldwide pandemic, affecting various businesses, including the sports and leisure industry. Several important international sporting events have been postponed as a result of the development of this dangerous virus. The Tokyo 2020 Olympic Games, Formula One, the Tour de France, and other important international sporting events have to be postponed or cancelled.

Malaysia is no exception, as there have been 37 deaths as of June 6, 2020 (MOH, 2020). Several sporting events, both professional and amateur, have been postponed or cancelled,

including the Malaysian League and the Malaysia Games 2020, which are scheduled to take place in July. The sadder conclusion is that this pandemic issue affects numerous sports and recreation companies. Many operators were forced to re-coordinate their operations, and event managers were also impacted. Many theme parks and camps that offered recreational activities were forced to close temporarily until the Movement Control Order (MCO) was lifted.

Indeed, the Malaysian sports and recreation business is being harmed by this extended scenario. Activities and initiatives that cannot be carried out have a negative impact on their financial elements. If this condition continues, the sports and recreation environment will be in a bleak state for the foreseeable future.

Element Risk Management In Sport And Recreation

Risk management emerged as a concept in the 1950s, with applications in space missions, finance, and nuclear energy (Erten, 2008). Another example is the early development of risk management in the insurance business, which is later applied to various disciplines such as construction project, clinical, medical, energy, and operational risk management (Hollnagel & Goteman, 2004). Risk management has also been included into the area of sport and leisure, and today's most essential elements include budgeting, scheduling, insurance coverage, eligibility, equipment and facility management, contract management, and other responsibilities (Australian Sports Commission, 2002).

Risk management is a critical aspect that impacts and has an impact on the security status, and can, of course, result in casualties. The rising number of accidents near sports and leisure facilities may have a negative impact on the sector. This current tendency is having an effect on the sector, which might lead to a grim future owing to a lack of demand in organised activities (Mulrooney & Farmer, 1998)

Risk management is the greatest technique for ensuring the safety of consumers and the general public. This helps them to do their organisation in a safe and secure manner. Some beneficial risk management methods are discussed, as well as the importance of risk management theories. Audit and Inspection processes, maintenance procedures, staff management and development, emergency plans, facility design, programme management, user information, vendor management (eg: catering, transportation, 3rd party service provider), culture intergration, and insurance policies are examples of these activities.

Aside from that, one of the aspects of the subject in sports management is the administration of sports and leisure facilities. This issue is receiving more attention and significance since this industry contributes significantly to the sports and leisure industry through leasing, sponsorship, event management, and other means. These facilities, if professionally maintained, give job possibilities to the sports and recreation community while also generating a healthy economy in the surrounding community. Facility management is a service provided by the facility manager, and it should fulfil the expectations and needs of users who rely on the facility for the planning of events, training, or any other activity. However, deficiencies in risk management have severe and unfavourable consequences for the organisation. Negligence and shortcomings in risk management have an impact on the organization's ability to benefit individuals via healthy living habits. This is due to the fact that

the usage of well-functioning, full, suitable, and safe facilities assists the community in maintaining the notion of a healthy lifestyle as well as feeling safe in the activities undertaken.

The quick growth and strong impact of sports and recreational activities has aided in the expansion of these sports and recreational services to all corners of the country. Following a sequence of events, former Prime Minister Tun Dr. Mahathir Mohamad initiated the "Malaysia Cergas" initiative in 1983. This programme focuses on the notion of Malaysians living a healthy lifestyle. With the implementation of this programme, it has aided in the growth and building of sports and recreational facilities in Malaysia, as well as the expansion of sports and recreation-related services. Significant funding have been directed through the Ministry of Youth and Sports to the construction of different sports and leisure facilities (Taff, 2011)

Various infrastructures and facilities have been developed and updated as a consequence of the "Malaysia Cergas" initiative, in response to local requirements. Open concept sports and leisure facilities such as artificial climbing walls, volleyball courts, skateboard courts, BMX action courts, and many more are among them. While the facilities are indoors, they include a gymnasium, badminton courts, and other amenities. All costs associated with the construction and operation of this facility are significant, and it necessitates high-quality safety safeguards, particularly for high-element activities such as artificial wall climbing. Weaknesses and neglect in performing activities result in incidents that should not have occurred.

The Ministry of Youth and Sports' contribution and engagement in assisting the growth of sports and recreation-based activities can no longer be disputed. As a result of this growth, a number of organisations devoted to sports and leisure activities have sprouted up. Malaysian Football Association, Malaysian Badminton Association, Malaysian Canoe Association, Malaysian Climbing Association, Malaysian Recreational Instructors Association, Malaysian Orienteering Association, and more organisations are among them. All of these organisations work to enhance their particular sports and recreation fields, specifically with the help of ministry grants. However, the association's operations are restricted to the funding allocated by the government for sports and leisure activities. However, given the relatively limited supply from Malaysian NGOs, the government took the initiative to construct sports and leisure centres for the local people. The state youth and sports department complex, young friends complex, people's gymnasium, Malaysian futsal court, and challenge parks for extreme sports activities are among them.

However, the expansion of sports and leisure services, as well as the interest and participation of many participants, has resulted in several issues, such as control, equipment safety, and so on. This is because the delivery of sports and leisure services has always been inextricably tied to the perception of harm and accident. Humans and the environment is a worldwide problem that is frequently contested by many segments of society (Erten, 2008). This has demonstrated a definite link and reliance between these two factors in terms of the capability of sports and leisure activities and services. However, if every activity is carried out, the organisers frequently take it easy in terms of risk management. Thus, when combined with other factors such as carelessness and so on, the facility environment can also be a source of accidents and injuries.

Injuries and accidents are commonly defined as an unwelcome incident that can result in harm, damage, or interruption to the teaching and learning process (Hollnagel & Goteman 2004). When it comes to providing sports and leisure services, the environment is a common feature that is unlikely to endanger participants. However, risk management procedures are a crucial pillar in carrying out activities at sports and recreational facilities in order to create a more successful and peaceful community environment minimalise of the possibility of injuries and accidents.

Various sporting facilities were created under the Ministry of Youth and Sports, directed by Y.T.M Tunngu Abdul Rahman Putra Al Haj, as part of the Malaysia Plan, which began in the 1960s. The construction of sports and recreation facilities is part of the government's aim to develop young interest in sports and leisure, as well as to promote unity and a healthy lifestyle. The National Sports Policy (OSN), which was re-enacted in 2003, allowed for the development of sports facilities at KBS agencies around the country, in addition to third parties. (2003 National Sports Policy). This legislation has acted as a spur for the construction of sporting facilities throughout the nation and is a key component in instilling a healthy living culture among Malaysians.

Most sports and leisure facilities, on the other hand, are subject to dynamic surroundings and risks. This atmosphere is continually changing from day to day, hour to hour, year to year. In this sense, risk management techniques at sports and recreational facilities must be viewed as a continuing process that takes into account qualified management's commitment and focuses on continual monitoring and assessment. Practices for risk management Given the documented occurrences of accidents and injuries, the management of sports and recreational facilities in Malaysia is an essential problem.

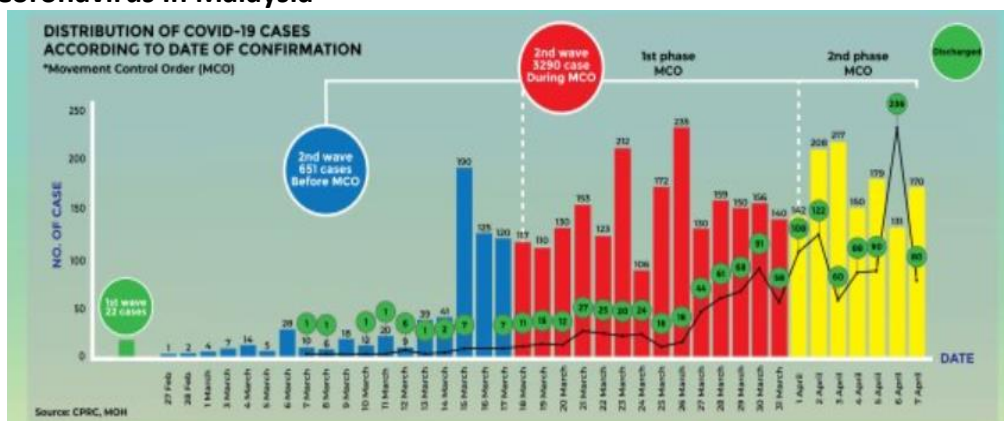
The inclusion of environmental components, equipment, facilities, people, and so on in sports and leisure activities and service offers increases the physical risk of accidents and injuries to participants. Several incidences involving sports and leisure activities were publicised in the mass media and print media between 2008 and 2011.

Risk management in government has been performed for many years. Insurance firms were among the first to use risk management methods. These risk management strategies have been refined and adapted for use in various industries, including health and education. This group is only concerned with financial risk management. Risk management, on the other hand, cannot match the highly specific demands of the sports and leisure business services. Financial management and risk management are practised in the sports and recreation business for both the public and commercial sectors, which offer programmes and services.

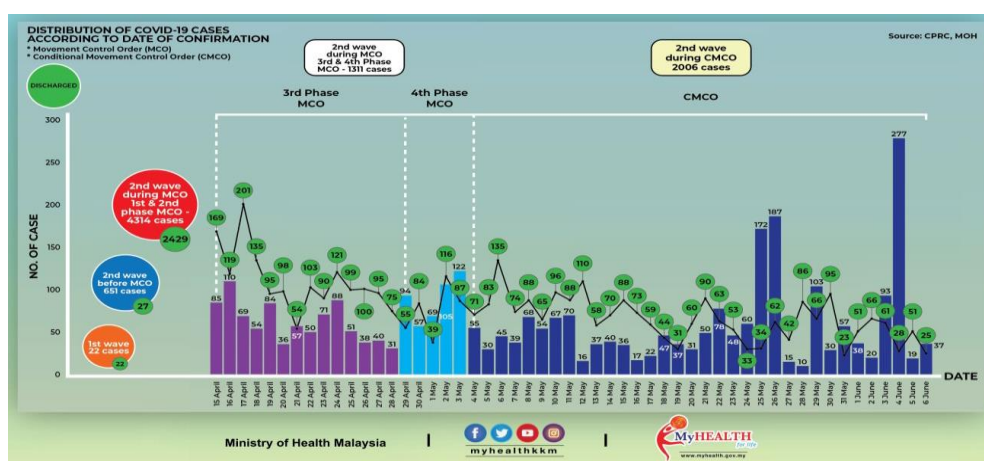
The industry also provides management services for facilities and locations where outdoor recreational activities, sports, and other activities can be held. The combination, as well as the combination of all of these aspects, has resulted in a one-of-a-kind dimension. This one-of-a-kind feature is known as programme risk management. As a result, the sports and recreation business must focus not only on financial risk management, but also on risk management practises of facilities and activities. Some insurers, however, do not cover athletes or coaches who are infected with covid 19 before, during, or after events or training. Some insurers, however, do not cover athletes or coaches who are infected with covid 19

before, during, or after events or training. For example, the insurance sector's most significant part is money, therefore a lack of financial resources is a loss in this industry. In the meanwhile, losses in sports and recreational activities include the danger of players becoming injured while utilising the facility. It is well acknowledged that athletes or coaches sick with the covid 19 epidemic can cause financial harm to the company if not managed appropriately.

Novel Coronavirus In Malaysia



Graph 1: Corona Cases in Malaysia from early Covid – 19 until early April
 Source: <https://www.moe.gov.my/>



Graph 2: Corona Cases in Malaysia 15 April 2020 until 6 June 2020
 Source: <https://www.moe.gov.my/>

COVID-19 is an infectious illness caused by a newly identified coronavirus strain, a kind of virus known to cause respiratory infections in humans. This novel strain was unknown until December 2019, when an unusual pneumonia outbreak broke out in Wuhan, China. World Health Organization 2020

The threat of COVID-19 became more obvious in Malaysia after neighbouring Singapore reported its first imported COVID-19 case from Wuhan, China on January 23, 2020, which was also the republic's first positive case. Eight close connections in Johor, Malaysia, were found as a result of this initial case. (Abdullah, 2020a)

Malaysia reported their first COVID-19-positive case on January 25, 2020, less than 48 hours after the first case was reported in Singapore. This was a case brought from Wuhan, China (Abdullah, 2020b). Beginning with the initial case, a total of eight positive cases were recorded within six days. All of these instances were brought in from China (Abdullah, 2020d). On

February 3, 2020, the first Malaysian who tested positive for COVID-19 was announced; this individual had a history of travelling to a neighbouring nation for a business conference, which was also attended by a Chinese group (Ahmad, 2020).

Overall, documented cases in Malaysia may be classified into three waves as of March 31, 2020. By February 27, 2020, the first wave had been effectively treated, with all 22 previously recorded cases being discharged from the hospital. The majority of cases recorded in the initial wave were imported from China, as were their connections. Only two instances were discovered to be the consequence of local transmission (Abdullah, 2020c)

The COVID-19 pandemic, according to Wong et al (2020), has created the most severe interruption to the global athletic calendar since World War II. Sports events have been cancelled or postponed to varied degrees all across the world (Cooper & Derek., 2020)

A New Thing About Coronavirus Delta and Omicron in Malaysia 2021 – 2022



Picture 1 : Total cases coronavirus in Malaysia until March 2022

Source : <https://www.moe.gov.my/>

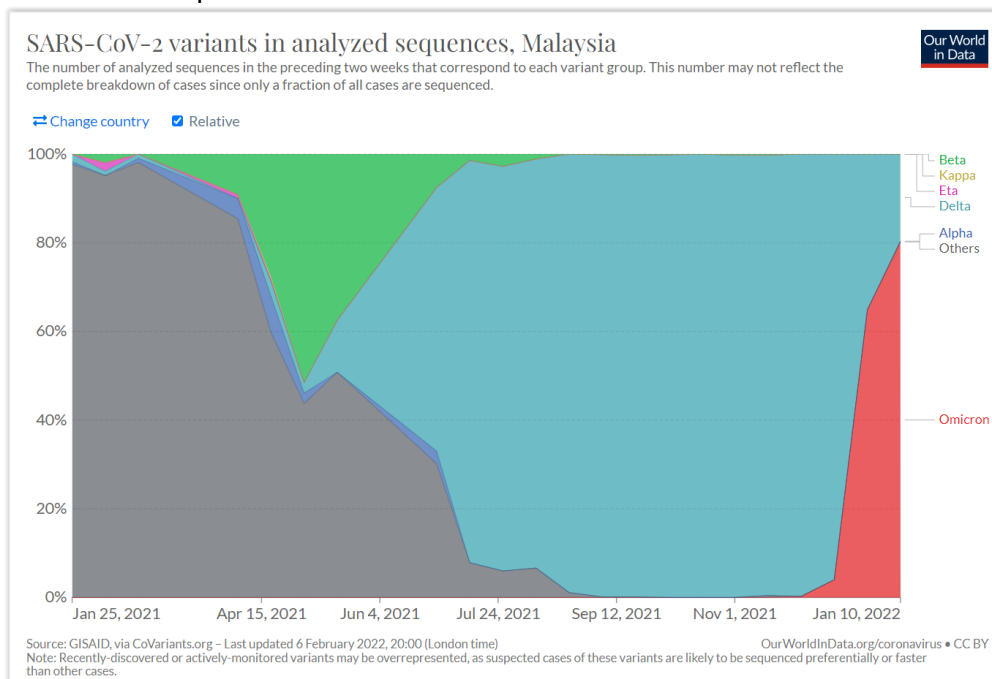
The Delta variant (B.1.617.2) is a subtype of the virus that causes COVID-19, SARS-CoV-2. It was discovered for the first time in India in late 2020. The Delta variety was designated on May 31, 2021, and by November 22, 2021, it had spread to over 179 nations. In June 2021, the World Health Organization (WHO) said that the Delta variety was becoming the prevalent strain globally.

The variation is anticipated to be partially responsible for India's lethal second wave of the pandemic, which is set to begin in February 2021. It eventually contributed to a third wave in Fiji, the United Kingdom, and South Africa, and the World Health Organization warned in July 2021 that it might have a similar impact elsewhere in Europe and Africa. It has also caused an upsurge in daily infections in regions of Asia, the United States, Australia, and New Zealand by late July. Omicron, another COVID version, followed.

On Thursday, a total of 48 new Delta variant Covid-19 cases were discovered in the country in November 2021. (Nov 11). "The overall number of Delta cases discovered in the country now stands at 3,570. The overall number of Beta variant cases is 226 while there are 14 Alpha variant cases "Tan Sri Dr Noor Hisham Abdullah, director-general of health, stated in an MStar News release.

According to Our World In Data, on December 27, 2021, Omicron formed 65 percent of sequenced Covid-19 cases in Malaysia, and 80 percent two weeks later on January 10, 2022, displacing Delta as the prevalent strain. Omicron became the prevalent coronavirus variant in Malaysia around a month ago, accounting for 80% of Covid-19 sequencing cases on January 10.

According to Our World In Data, Omicron increased from 0.25 percent of sequenced Covid-19 instances in Malaysia on November 29 last year to 4% on December 13, before skyrocketing to 65% a week later on December 27. After another two weeks, Omicron accounted for 80% of analyzed cases on January 10, displacing Delta as the prevalent strain, which accounted for the remaining 20%. Because only a subset of Covid-19 cases in Malaysia receive genome sequencing, these figures may not represent an accurate representation of the total number of reported cases.



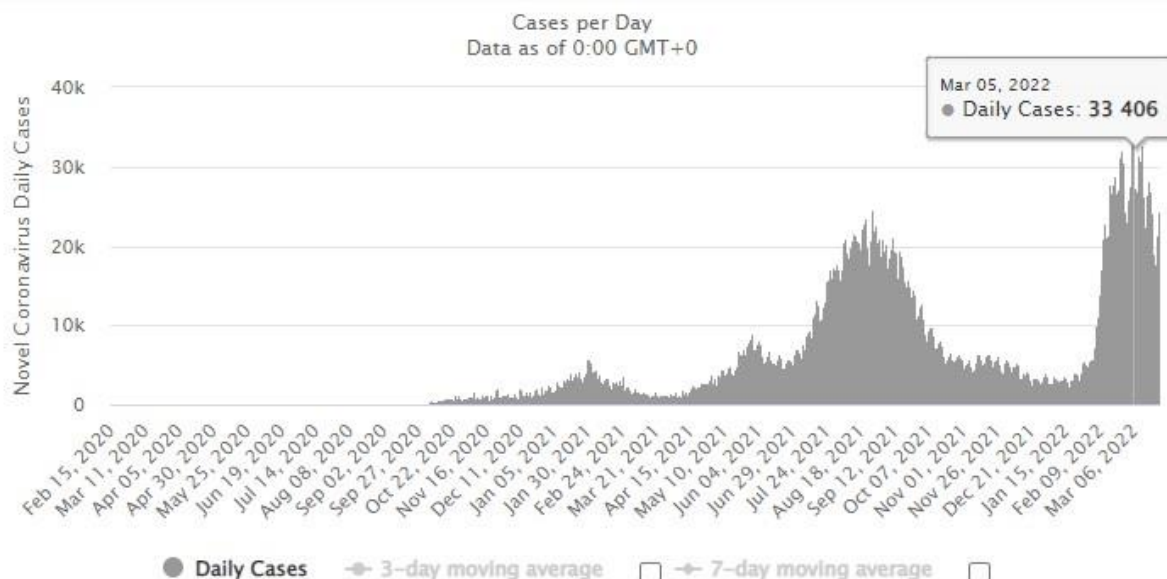
Graph 3: Corona Cases in Malaysia 2020 until 2022 by a type of Coronavirus
 Source: GISAID, via CoVariants.org

Malaysia sequenced and shared just 0.5% of the 390,515 reported Covid-19 cases in the past 90 days, or 1,984 sequences, according to the worldwide GISAID database. Other ASEAN nations sequenced a higher proportion of their reported coronavirus illnesses in the last three months, including Cambodia (30.5%), Brunei (15.1%), Indonesia (2.6%), Singapore (2%), and Thailand (0.9 per cent). In Malaysia, daily Covid-19 instances reached 10,089 yesterday, the biggest 24-hour increase since October 2 with 10,915 infections.

According with CovidNow website, Malaysia's seven-day average is presently 6,891 Covid-19 instances, a 46% rise from a week earlier, with the positive rate increasing to 5.5%. A positive rate greater than 5% indicates that additional Covid-19 infections are likely to go undetected in testing and monitoring programmes. Except for Terengganu, Perak, Labuan, and Sarawak, all states, along with the Klang Valley area, had positive rates of 5% or more.

Prof Dr David Pereira, head of Universiti Malaysia Sarawak's (Unimas) Institute of Health and Community Medicine (IHCM), said in a speech yesterday that Omicron accounted for 78% of the 58 sequenced Covid-19 cases in Sarawak between January 3 and January 26. 45 Omicron infections were found in the sample, compared to 13 Delta cases. "The 78% detect rate shows that Omicron has supplanted Delta as the major circulating strain in Sarawak," Dr Pereira stated in a statement issued by the office of Sarawak Disaster Management Committee chairman Douglas Uggah Embas. Omicron instances were found in samples from Kuching, Samarahan, Sibul, Kapit, Mukah, and Miri, according to Dr. Pereira.

The BA.2 sub-variant of Omicron, termed the "stealth" sub-variant, lacks the same missing target gene as the BA.1 sub-variant, which could be discovered using standard RT-PCR testing. This implies that, unlike BA.1 instances, which can be readily assumed Omicron with PCR testing, BA.2 can only be detected through the more time-consuming genome sequencing. A Danish research indicated BA.2 to be "significantly" more transmissible than BA.1, however a second UK investigation found no indication that Covid-19 vaccinations would be any less effective against symptomatic illness for either the BA.2 or BA.1 sub-variants. So yet, there is no evidence that BA.2 causes more severe sickness than prior Omicron sub-variants.



Graph 4: Corona Highes Cases in Malaysia

Source: <https://www.moe.gov.my/>

Malaysia recorded 33,406 new Covid-19 cases Tuesday, the biggest daily number since the epidemic hit the country two years ago. This brings the total number of coronavirus cases in the country to 3,561,766. Tan Sri Dr Noor Hisham Abdullah, director-general of health, stated that 99.39% of new infections, or 33,006 cases, are in Categories 1 and 2. "The remaining 0.61 percent comes from Category 3 to 5, totaling 203 instances," he added in a statement released on March 5, 2022.

43 cases in Categories 3 to 5 are unvaccinated or have yet to complete their vaccine, 117 cases have completed their immunisation but have not received their booster injections, and 43 cases have received their booster shots. In March, there were 119 instances involving people aged 60 and up, 67 cases involving people with comorbidities, and one involving a pregnant woman. Meanwhile, 348 people have been admitted to the Intensive Care Unit (ICU), with 138 cases having Covid-19 verified and the remainder 210 under investigation. He stated that 211 individuals had been intubated.

Meanwhile, in the last 24 hours, 26,352 Covid-19 patients have been released. There are also 17 additional Covid-19 clusters, bringing the total number of active clusters in the country to 476. In Malaysia, the Covid-19 infectivity rate climbed marginally from 1.01 to 1.02 as of yesterday. According to Dr. Noor Hisham, Sarawak has the highest R-naught (Rt) infectivity score at 1.41, followed by Perak at 1.28 and Kuala Lumpur at 1.23. Terengganu had a Rt value of 1.18; Negri Sembilan had a value of 1.11; Perlis, Pahang, and Selangor had values of 1.10; Penang had a value of 1.09; Melaka had a value of 1.06; Kedah and Putrajaya had values of 1.05; and Labuan and Kelantan had values of 1.02. Johor, with a score of 0.96, and Sabah,

with a score of 0.91, are the only states with a score less than 1.0. Recently, there were 21,839 new instances, 21,552 local cases, and 287 imported cases, according to the ministry's GitHub database (27 Mar).

Risk Management Analysis for Sport and Recreation in Malaysia

Sports and leisure activities have been developed since the beginning of Malaya's history. People have begun to develop imaginative and designed games at the time to fill a void in their leisure time. Among the traditional games, such as top spinning, sepak raga, long pole game, and kite flying (Daraji & Chia., 2012), it is apparent that sports and leisure activities began long ago and subsequently expanded in response to the circumstances of the period. This might be due to the location of people and communities who lived near the river, the sea, the coast, and neighbouring hills and mountains back then. At the time, the kids had the opportunity to participate in and experience sports and leisure in a real-world setting, and those experiences may be applied in their everyday lives.

With the establishment of the British colonial authority at the time, the modern period of recreational places began to thrive. With the opening and development of structures in the highlands, more leisure activities such as challenges centred on Bukit Larut (Perak), Cameron Highlands (Pahang), Fraser's Hill (Selangor), and Bukit Bendera have been stimulated (Penang). The building of a National Park in Kuala Tahan, Pahang, formerly known as King George V National Park before the country's independence, has been one of the most energetic leisure activities. Mountain climbing, river and cave exploring, and aquatic sports are just a few of the activities available in this category (Zakaria et al., 2016)

Most major sporting events at the international, regional, and national levels have been cancelled or postponed to protect the health of athletes and others involved, ranging from marathons to football tournaments, athletics championships to basketball games, handball to ice hockey, rugby, cricket, sailing, skiing, weightlifting to wrestling, and more. For the first time in modern sports history, the Olympics and Paralympics have been postponed and will be place in 2021.

The yearly worldwide worth of the sports sector is estimated to be \$756 billion. Many millions of jobs are thus at risk globally as a result of COVID-19, not just for sports professionals as well as for those in related retail and sporting services industries linked with leagues and events, such as travel, tourism, infrastructure, transportation, catering, and media broadcasting, among others. Professional athletes are also under pressure to rearrange their training while remaining healthy at home, and they risk losing professional sponsors who may not support them as agreed.

The closure of education institutions around the world as a result of COVID-19 has also had an impact on the sports education sector, which includes a diverse range of stakeholders such as national ministries and local governments, government and education institutions, sports organisations and athletes, Nongovernmental organizations and the business sector, teachers, scholars and coaches, parents, and, most importantly, the – mostly young – learners. While the current crisis has had a significant impact on this group, it may also be a crucial contributor to measures to limit and overcome it, as well as in supporting rights and values in times of social alienation.

Outdoor cycling events with large spectators will also be impacted. The Tour de France, cycling's most important event, is traditionally held in June and July. The Giro D Italia, which was scheduled to take place from May to June, has been postponed, according to Datuk Amarjit Singh, vice-president of the Malaysian National Cycling Federation.

The epidemic has had a significant impact on sports companies, with many unable to pay their bills, rentals, and employee salaries. We learnt something from the Asian financial crisis in 1998, and we incorporated some of the procedures (taken then) to ensure that we are not negatively impacted this time, said Mohd Sadek Mustafa, senior lecturer at Universiti Teknologi Mara (UiTM) Faculty of Sports Science & Recreation (Bernama, 2020)

According to Datuk Seri Norza Zakaria, president of the Olympic Council of Malaysia (OCM) and the Badminton Association of Malaysia (BAM), Malaysia has so far extended its movement control order (MCO), causing all sporting leagues and major events, such as the Malaysian Open Badminton Championships in March, to be postponed indefinitely. The issue is that the athletes may be unprepared because no one has been able to practise properly since the epidemic.

The Malaysian Football League (MFL), which is in charge of the local leagues, has halted all football activity until the MCO is removed. According to the CEO, Datuk Abdul Ghani Hassan, football teams will struggle to pay their personnel. However, because there is no clarity about when the current seasons will end, Fifa has recommended that clubs extend the contracts of players whose contracts were set to expire this summer until the seasons can be completed. While outdoor or mainstream sports struggle and have no idea how to bring their followers back to the stadiums and halls, e-sports fans may have it simpler due to a unique set of conditions.

Most E-sports events are hosted in supermarkets and malls, where opposing teams compete in improvised booths in front of a live crowd while the action is aired on a giant screen. If they hold tournaments, die-hard fans will flock to see their favourite players and will be willing to travel long distances. According to Muhamad Farouq Abdul Patah, communications director of E-Sports Malaysia, there is almost a tournament every weekend in Malaysia, and since all of those scheduled for March and April have been cancelled, sponsors will be chomping at the bit to spend their budget during the rest of the year once the MCO is lifted.

Not just football events such as the Malaysia League, but also operators of commercial sports facilities like as fields and badminton courts, are affected by the COVID-19 epidemic in Malaysia. Furthermore, key local events such as Sukma 2020 have to be rescheduled, which will have an influence on Malaysian athletes training for the Tokyo 2020 Olympics. The Kuala Lumpur Diving Grand Prix Aquatic Event, which was scheduled for June 5 - 7, had to be rescheduled. Furthermore, due of the rising COVID-19 epidemic in Malaysia, the Malaysian Open badminton event in Kuala Lumpur was cancelled.

Water sports company activities in prominent coastal resorts were also significantly impacted by Malaysia's COVID-19 outbreak, with several businesses losing important sources of income. Penang, Terengganu, Kedah, Perak, as well as Sabah and Sarawak, are among the impacted tourist destinations in Malaysia for water sports.

Furthermore, the COVID -19 pandemic has an impact on hockey. Among the sports that had to be cancelled was the 29th Sultan Azlan Shah Cup, which was scheduled to take place in Malaysia this year. The cancellation, according to its chairman, Datuk Abd Rahim Md Ariff, was caused by the COVID-19 pandemic transmission factor and the global economic crisis.

The 2020 Asian Team Squash Championship, which was planned to take place in Bukit Jalil from March 25 to March 29, has been postponed indefinitely due to the spread of the COVID-19 virus. Aside from that, some competition judges from Hong Kong and Macau withdrew from the contest.

As a result, large-scale golf conferences and events, such as the Asian Golf Tourism Convention (AGTC, 2020), which was scheduled to take place in March, were cancelled by organisers in order to contain the spread of the COVID-19 outbreak in Malaysia. Due to the COVID-19 epidemic, other scheduled events such as the Selangor Golf Classic 2020 and the 2nd Tourism Selangor Corporate Tournament 2020 were also cancelled.

Due to the growing COVID-19 outbreak, the Malaysian Motorcycle Association (MAM) has decided to delay all motor sports activities to a later date. This decision resulted in the cancellation of the GT Asia test race, Malaysia Speed Festival (MSF), and Desmo Cup, as well as the first and second rounds of the Malaysian Championship Series (MCS) scheduled for March 27-29 and April 10-12, respectively, and the first round of the Superbike Championship Malaysia (MSBK) (April 3-5).

To avoid Covid-19 infection, the Malaysian Ministry of Education (MOE) has also postponed all sports and co-curricular activities in schools, as well as any public meetings. Sports activities for Physical Education and Health (PEH) were also postponed. The school was forced to close owing to an uncontrollable COVID -19 outbreak. This affects all parties, and the decision was made to ensure the safety of kids and the general public.

Preventive Measures For Sport And Recreation Activity During Covid-19

5.1 Periodic Exercise

The World Health Organization advises 150 minutes of moderate-intensity physical exercise per week or 75 minutes of vigorous-intensity physical activity per week. The effects of such regular exercise have been shown to be quite beneficial, particularly during times of worry, crisis, and terror. There are fears that, in the context of the pandemic, a lack of access to regular athletic or exercise routines may result in difficulties to the immune system and physical health, including the onset or exacerbation of illnesses that have their roots in a sedentary lifestyle.

Lack of availability to exercise and physical activity can also have a negative influence on mental health, compounding the tension or worry that many people experience when they are isolated from regular social life. The possibility of losing relatives or friends as a result of the virus, as well as the infection's influence on one's economic well-being and access to nourishment, will compound these consequences.

5.2 Exercise at Home

Many people may still exercise at home without any equipment and in a little amount of space. For people who spend a lot of time sitting at home, there may be ways to be more active during the day, such as stretching, doing housework, climbing stairs, or dancing to music. Furthermore, for those with internet access, there are several free guides on how to keep active throughout the epidemic. Physical fitness games, for example, may appeal to individuals of all ages and be employed in tight quarters. Strength training, which does not require big areas but helps maintain muscular strength, is another key part of maintaining physical fitness. This is especially crucial for older people or those with physical limitations.

5.3 Free Tutorials Exercise on Social Media

The worldwide community has quickly reacted by providing online material customised to diverse people, ranging from free social media courses to stretching, meditation, yoga, and dancing workshops in which the entire family may participate. Online learning tools are provided by educational institutions for students to use at home.

Many fitness facilities are also providing discounted memberships to apps and online video and audio lessons of varied lengths that change on a daily basis. On social media, there are several live fitness demos available. Many of these programmes don't require any particular equipment, and some use common household items instead of weights.

5.4 Provide Sports Federations, Clubs And Organizations

Governments and intergovernmental organisations may give assistance to sports federations, clubs, and organisations all over the globe on safety, health, labour, and other international norms and procedures that will apply to future sporting events and related safe working conditions. This will enable all stakeholders to collaborate as a team to address present difficulties and support future sporting events that are safe and pleasant for everybody.

5.5 Sport Ecosystem

The sport ecosystem, which includes producers, broadcasters, fans, corporations, owners, and players, must discover fresh and inventive methods to reduce the detrimental consequences of COVID19 on the world of sport. This involves figuring out how to engage spectators in order to assure safe sporting events in the future while keeping the workforce, as well as developing new operational models and venue plans.

Conclusion

As a result, COVID-19 has had a significant negative impact on Malaysian athletes and the sports sector. During this covid -19 pandemic it was clear that this covid 19 was affecting the sports sector tremendously around the world. Apart from the impact in the match sector, this pandemic has a negative impact on athletes, coaches, management, organizers and so on. The importance of this study is to give awareness to athletes and coaches to always maintain Standard Procedure Operation (SOP) and safety when covid so that all athletes, coaches and organizers are safe as well as the sports industry can carry out activities without any restrictions.

Risk management is critical in everyday life, but it is especially crucial in the administration of sports facilities and recreation. The shortcomings of risk management features will have a

detrimental impact on the organisation. The COVID-19 epidemic has had and will continue to have a significant impact on the athletic world, as well as the physical and emotional health of individuals all over the world. The COVID -19 epidemic has had a significant impact on the sports sector in Malaysia, as well as on education in terms of regular learning sessions. Aside from that, the COVID -19 pandemic has an impact on Malaysian athletes' training and the Malaysian sports development strategy for this year.

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