

August 6, 2021

To All Extracurricular Activities Groups

Vice President (Student Services)
Junichi Sakuma

How We Are Handling Extracurricular Activities During the COVID-19 Surge

It has been decided that quasi-emergency measures will be instituted in Aichi Prefecture for the period from August 8 to August 31. Accordingly, for this period of time, Nagoya University will maintain its current guidelines for extracurricular activities.

Given that, as has been previously reported, there are highly infectious coronavirus variants that can lead to serious symptoms even for young people, we ask that you make every effort to maintain strict infection prevention measures when engaging in extracurricular activities. We know that some of you have been vaccinated. However, vaccination does not obviate the need to maintain infection prevention measures. Specifically, we ask that you please continue to behave responsibly, and keep in mind the measures detailed in Notification No. 13 and the following notes. Letting down your guard, even once, can cause significant trouble to other members of your club or team. That said, not even the strictest infection prevention measures can completely eliminate the risk of infection. Do not attack or blame anyone who happens to get infected. Also keep in mind that people have different views on infection risk and vaccination, and some people may have their own circumstances that they need to take into consideration, such as the condition of family members they live with. Please accommodate other people's needs and let them decide whether or not to take part in extracurricular activities and whether or not to get vaccinated.

Please make sure that all members of your group follow the infection prevention measures listed in the January 8 notification (replicated below in Section [I]). In addition, please continue any measures you have already implemented, such as decreasing the frequency of group meetings or shortening practice or meeting times. In addition, we also ask that if group activities take place in the evening, please conclude all activities, including activities in the club room or locker room, by 8 p.m. and promptly go home.

Please consult with us about holding tournaments, official games or matches, performances, or other events on campus, or if you want to participate in such events off campus. However, please note that tournaments, official games or matches, performances, and other activities being held in areas that are under a state of emergency or that have implemented quasi-emergency measures are, as a general rule, prohibited.

This goes without saying, but please continue to wear masks and maintain other basic everyday protective measures, not just during extracurricular activities but in the rest of your life as well. Please also remember that the greatest risk comes not from extracurricular activities themselves, but rather from eating with others. Extracurricular activities that involve eating are completely forbidden. Please make sure that all members of your group are aware of and adhere to this rule.

Finally, please note that our guidelines for extracurricular activities may change depending on future developments within the University or within Aichi Prefecture. Thank you for your understanding.

Effective Period: August 8 (Sun) – August 31 (Mon), 2021

[I] Scope of Extracurricular Activities

Practices are allowed, provided that the group submits the Infectious Disease Prevention Measure Application Form, receives permission, and implements infection prevention measures. However, if any of the following measures are not included in the original application, your group must re-apply and receive permission anew.

[[Infection prevention measures that must be listed on the application form and must be implemented]]

1. Keep practice times short. Do not hold practices that span across meal time.
Regardless of the size of the group or whether you are eating out or in, do not eat with others.
2. Install “COCOA,” the Ministry of Health, Labour and Welfare’s COVID-19 contact-tracing app, on your smartphone.

3. Anti-infection measures to take indoors

- ① If wearing masks during activities, maintain approximately 1m of distance on all sides between you and other people (far enough that you can't touch them if you extend both arms).
- ② If wearing masks during activities is difficult and you take off your masks during activities, maintain 2m of distance on all sides.
- ③ Fully open all windows and doors and air out the room for 5-10 minutes every half-hour. When airing out the room, have everyone leave the room and use that time to wash or disinfect your hands and rinse your mouth.
- ④ If practice involves physical contact, keep practice times as short as possible, limit the number of people you touch, and split up into practice groups.
- ⑤ Full practices should be kept as short as possible, and limit the number of people participating in practice at the same time. However, if it is difficult to hold practices with both shortened practice time and a limited number of participants, then thoroughly implement either one or the other.

4. Anti-infection measures to take outdoors

- ① For practices that do not involve physical contact, maintain sufficient distance from others.
- ② If practice involves physical contact, keep practice times as short as possible, limit the number of people you touch, and split up into practice groups.
- ③ Full practices should be kept as short as possible, and limit the number of people participating in practice at the same time. However, if it is difficult to hold practices with both shortened practice time and a limited number of participants, then thoroughly implement either one or the other.
- ④ Even for activities at outdoors facilities, wear masks whenever possible.

*If someone in your group is infected, and if there were activities involving physical contact or if it is discovered that ventilation and social distancing were not properly conducted, everyone who practiced at the same time and place as the infected person may be identified as close contacts, and the club's activities may be canceled entirely, including for people who did not participate in those activities. In order to keep your club or team's activities from being canceled, please follow any guidelines set forth by your league or related industry, and strictly adhere to the anti-infection measures above, including ventilation, washing your hands, wearing your masks, maintaining social

distance, and restrictions on practice participants and practice groups. In addition, please maintain good infection prevention practices, both during extracurricular activities and in the rest of your everyday life, and do not eat with others. We have long requested that everyone wear masks, but we still see people chatting without masks on. **Please always wear a mask, whether on campus or off.** If you do not strictly maintain these measures to prevent infection, we may temporarily suspend extracurricular activities.

[II] Other Notes

Details not addressed in this notification shall be handled as described in Notifications No. 9 and No. 10.

Distributing pamphlets is prohibited except for groups that have submitted applications through the Athletics Association or the Federation of Liberal Arts Circles and have been approved by the University.

Regarding tournaments, contests, and other events held in other prefectures: even if you have received permission from Nagoya University to participate, please double-check in advance with the event organizer whether or not participants from Aichi Prefecture are allowed to attend.

Please take care to avoid pressuring new students with face-to-face recruitment, and do not force your club/circle members to take part in practices, tournaments, or other events.

We will notify you if any changes are made in response to future circumstances.

<p><Inquiries/Document Submission> Extracurricular Activities Section, Student Support Division gakumu-kagai@adm.nagoya-u.ac.jp</p>
