

September 29, 2021

To All Extracurricular Activities Groups

Vice President (Student Services)
Junichi Sakuma

How We Are Handling Extracurricular Activities to Prevent COVID-19 Infection

Due to the drastic increase in people being asked to quarantine, we were forced to cancel all extracurricular activities starting September 1. But thanks to your efforts, the number of people who have been infected or quarantined has dropped, and we have been able to start the fall semester safely. In addition, the state of emergency in Aichi Prefecture was lifted on September 30. Given these improved conditions, we have decided to lower the Extracurricular Activities Level to where it was in August and resume extracurricular activities as of October 1.

The number of new cases has been falling around the country; however, there are highly infectious variants that can lead to serious symptoms even for young people. Please make sure that you continue to closely adhere to infection prevention measures when engaging in extracurricular activities. I know that many of you have already received both vaccine doses. However, it is possible to be infected even after vaccination, and even if you experience no symptoms, you might still infect other people. Please do not forget that we are still in the midst of a pandemic. It is not over yet.

During the pandemic, the University has had to make a number of requests that have restricted extracurricular activities. However, extracurricular activities are, at their essence, independent activities run by and for students. Thus, even as there is an expected resurgence in infections, I hope that each and every one of you will consider what needs to be done to ensure that extracurricular activities can continue and what you should keep in mind when conducting extracurricular activities. If some people disregard anti-infection measures and increased infections result, extracurricular activities may once again be suspended. If infections increase and it seems as though proper precautions to prevent infection have not been taken, the guidelines for extracurricular activities may be tightened and made stricter. As activities resume, please again review the following points, and we ask that each and every one of you act responsibly.

Please make sure that all members of your group follow the anti-infection measures

listed below. 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, early enough that all members can return home by 9 p.m.

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. Please note that participating in 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 continues to be, 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.

We deeply regret that the recent ban on extracurricular activities forced groups to withdraw from tournaments, concerts, and other events they had been preparing for. Some people feel that the decision was made too quickly, and it is hard to argue with that. However, the reality is that the pandemic situation could take another turn for the worse; there are no guarantees about what the future holds. We ask each group to take this time to consider what infection prevention measures you can put into place, taking into account the characteristics of your group's activities, so that, even under these circumstances, we can continue to conduct extracurricular activities while keeping infections and close contacts to a minimum.

Effective Period: From October 1 (Fri), 2021 onwards for the time being

[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 renewed permission.

<< 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.
- (2) Regardless of the size of the group or whether you are eating out or in, do not eat with others.
- (3) Many students have been seen not wearing masks when commuting to and from campus. Please wear a mask at all times, excluding cases where wearing a mask is difficult during practice.
- (4) Install “COCOA,” the Ministry of Health, Labour and Welfare’s COVID-19 contact-tracing app, on your smartphone.

(5-1) Anti-infection measures to take when carrying out activities indoors that involve participants using their voices or playing wind instruments, etc.

- ① The maximum number of people participating in an activity indoors should be half of the maximum capacity of the facility.
- ② Maintain a distance of over 2m from other people, whether you are wearing a mask or not during activities.
- ③ Fully open all windows and doors and air out the room for 5-10 minutes every 15 minutes. 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 Please maintain an environment where air is able to travel outdoors, such as by using ventilation or, if the facility does not have ventilation, by using air circulators or fans.
- ⑤ When you use Liberal Arts and Sciences Building A, please keep all doors open while making a sound. In order for the nearby residents not to be bothered by the noise, the windows are not able to be opened while such noise is being made.
- ⑥ Please wear a mask during breaks. If you need to hydrate during a break, only remove your mask when you are drinking, and maintain a distance of over 2m from other people when drinking.
- ⑦ Split up into practice groups, and try to have the practices with the same, small number of members as much as possible. If group members need

to be switched, do so every 1-2 weeks, and do not switch members frequently. If practice involves physical contact, keep the practice times as short as possible, and limit the number of people you physically contact.

- ⑧ Please keep a record for each practice day, detailing whether the practice involved physical contact and who was around you.
- ⑨ 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.
- ⑩ If you use a classroom in the Liberal Arts and Sciences Main Building, please abide by the separate rules for use set by the Institute of Liberal Arts and Sciences.

5-2. Anti-infection measures to take when carrying out activities indoors while wearing a mask without using your voice

- ① The maximum number of people participating in an activity indoors should be half of the maximum capacity of the facility.
- ② If carrying out activities while wearing masks, maintain a distance of approximately 1m from other people (far enough that you cannot touch them if you fully extend both arms)
- ③ Fully open all windows and doors and air out the room for 5-10 minutes every 30 minutes. 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 Please maintain an environment where air is able to travel outdoors, such as by using ventilation or, if the facility does not have ventilation, by using air circulators or fans.
- ⑤ When you use Liberal Arts and Sciences Building A, please keep all doors open while making a sound. In order for the nearby residents not to be bothered by the noise, the windows are not able to be opened while such noise is being made
- ⑥ Please wear a mask even during breaks. If you need to hydrate during a break, only remove your mask when you are drinking, and maintain a

distance of over 2m from other people when drinking.

- ⑦ Split up into practice groups, and try to have the practices with the same, small number of members as much as possible. If group members need to be switched, do so every 1-2 weeks, and do not switch members frequently. If practice involves physical contact, keep the practice times as short as possible, and limit the number of people you physically contact.
- ⑧ Please keep a record for each practice day, detailing whether the practice involved physical contact and who was around you.
- ⑨ 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.
- ⑩ If you use a classroom in the Liberal Arts and Sciences Main Building, please abide by the separate rules for use set by the Institute of Liberal Arts and Sciences.

6. Anti-infection measures to take outdoors

- ① For practices that do not involve physical contact, maintain sufficient distance from others.
- ② Split up into practice groups, and try to have the practices with the same, small number of members as much as possible. If group members need to be switched, do so every 1-2 weeks, and do not switch members frequently. If practice involves physical contact, keep the practice times as short as possible, and limit the number of people you physically contact.
- ③ Please keep a record for each practice day, detailing whether the practice involved physical contact and who was around you.
- ④ 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.

- ⑤ Even for activities at outdoors facilities, wear masks whenever possible.
- ⑥ Please wear a mask at all times except during practice. If you need to hydrate during a break, maintain a distance of over 2m from other people when drinking.

*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.

For participating in tournaments or contests, or for holding concerts etc., please submit an application form at least 1 month before the event, and obtain permission ahead of time.

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.

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.

<Inquiries/Document Submission>
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