

October 22, 2021

To All Extracurricular Activities Groups

Vice President (Student Services)
Junichi Sakuma

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

With the exception of September, the Activities Level for Extracurricular Activities had been set at Level 2 since mid-December of last year. However, seeing that case numbers have fallen and prefectural and national states of emergency have largely been lifted, we have lowered the Extracurricular Activities Level to Level 1. I know that during this time, you have faced many inconveniences in your extracurricular activities, but thanks to your cooperation and vigilance, we have successfully avoided having any cluster outbreaks. I am very grateful for your cooperation.

Now that the activities level has been lowered to Level 1, the range of permissible activities has been expanded. However, please remember that the pandemic is not over. I know that many of you have 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 make sure that all members of your group continue to strictly enforce infection prevention measures.

Even though we are now at Level 1, the University may have to once again make requests that restrict extracurricular activities. However, these activities are, at their essence, independent activities run by and for students. Thus, even if there is a bounce back in the future, I hope that each and every one of you will consider what needs to be done to ensure that extracurricular activities can continue.

Please continue any measures already been implemented, such as shortening practice or meeting times from pre-COVID-19 levels. We will accept and approve applications to hold tournaments, official games or matches, performances, or other events on campus, participate in such events off campus, or hold activities involving overnight travel (including training camps), so please contact us to apply. As a rule, applications must be received at least one month in advance. When using facilities, either on or off campus, please follow the rules of use of the facilities you are using.

Once again, please continue to wear masks and maintain other basic everyday protective measures, not just during extracurricular activities but throughout your daily life. Please also remember that the greatest risk comes not from extracurricular activities

themselves, but rather from eating with others. Eating or drinking in groups is not forbidden, but when doing so, please restrict your group to a maximum of four people you spend the most time with. In addition, please ensure “masked eating” and make sure to wear a mask when having conversations, and remove your mask only when eating or drinking. If people disregard infection prevention measures, not only during extracurricular activities but also when commuting to or from school or when eating or drinking in groups, and if infections increase as a result, activities may once again be restricted. We ask each and every one of you to act responsibly.

Finally, please note that our guidelines for extracurricular activities may change depending on future developments within the University or within Aichi Prefecture. Furthermore, while there are currently no areas that are under a state of emergency or that have implemented quasi-emergency measures, if such measures are once again announced, participation in tournaments, games or matches, performances, and other events being held in those areas shall be, as a rule, prohibited.

Effective Period: Monday, November 1, 2021 – until further notice

[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 shorter than before.
- (2) When eating or drinking in groups, please restrict your group to a maximum of four people you spend the most time with. In addition, please ensure “masked eating” and make sure to wear a mask when having conversations, and remove your mask only when eating or drinking.
- (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) If you develop a fever or other cold symptoms, report to your team captain or manager and have them report to the Extracurricular Activities Section. Do not come to school or participate in extracurricular activities until you have had a normal temperature for three days without taking fever medicine.

(5-1) Infection prevention 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 no more than half the maximum capacity of the facility.
- ② Maintain a distance of at least 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. Disinfect your hands and rinse your mouth frequently.
- 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 using Liberal Arts and Sciences Building A, please keep all doors fully open during activities. The windows must be kept closed while noises are being made in order to avoid disturbing nearby residents.
- ⑥ Please wear a mask during breaks. If you need to hydrate during a break, remove your mask only when you are 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 practice times as short as possible and limit the number of people you have contact with.
- ⑧ Every person should keep a record for each practice day, detailing who was in your group and who you had contact with during practice.
- ⑨ When having full practices, keep practice time 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) Infection prevention measures to take when carrying out non-speaking activities indoors while wearing a mask

- ① The maximum number of people participating in an activity indoors should be no more than half the maximum capacity of the facility.
- ② Wear a mask at all times and 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. Wash or disinfect your hands and rinse your mouth frequently.
- 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 using Liberal Arts and Sciences Building A, please keep all doors fully open during activities. The windows must be kept closed while noises are being made in order to avoid disturbing nearby residents.
- ⑥ Wear a mask even during breaks. If you need to hydrate during a break, remove your mask only when you are drinking.
- ⑦ If practice involves physical contact, keep practice times as short as possible and limit the number of people you have contact with. If group members need to be switched, do so every 1-2 weeks, and do not switch members frequently.
- ⑧ Every person should keep a record for each practice day, detailing who you had contact with during practice.
- ⑨ 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) Infection prevention 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 practice times as short as possible and limit the number of people you have contact with.
- ③ Every person should keep a record for each practice day, detailing who was in your group and who you had contact with during practice.
- ④ When having full practices, keep practice time 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 Always wear a mask except during practice. Wash your hands and rinse your mouth frequently.

*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 infection prevention measures above, including ventilation, washing your hands, wearing your masks, maintaining social distance, and restrictions on practice participants and practice groups. In addition, **please enforce infection prevention measures, not just during extracurricular activities but throughout your daily life.** 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.

To participate in tournaments or contests, hold games, concerts, or other events, or activities involving overnight travel, please submit an application at least 1 month before the event, and obtain permission ahead of time.

Please only distribute pamphlets with infection prevention measures in effect and as coordinated by the Athletics Association or the Federation of Liberal Arts Circles.

Please take care not to pressure new students with face-to-face recruitment, and do not force 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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