

March 18, 2022

To All Extracurricular Activities Groups

Vice President (Student Services)
Junichi Sakuma

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

The quasi-emergency measures instituted in Aichi Prefecture and in numerous regions across the country have been lifted as of March 21. Accordingly, we have decided upon the following measures for extracurricular activities. We ask that all members of extracurricular groups familiarize themselves with them.

The Extracurricular Activities Level has been lowered to Level 1. However, we cannot engage in wishful thinking about the number of COVID-19 cases within the prefecture and within the University. Please continue to exercise caution and adhere to anti-infection measures when engaging in extracurricular activities.

I fully understand that, with graduation and entrance ceremonies and activities to welcome new students, this is an exciting time for extracurricular activities. However, if a large number of people become infected, it will be difficult to continue extracurricular activities at all. Please check once again to make sure that your infection prevention measures are appropriate to your group's activities. It is vital that you remain particularly careful about ventilation during extracurricular activities.

If at all possible, please avoid eating in groups as part of your extracurricular activities. In particular, it is prohibited to eat in groups or gather in large numbers of people for an extended period of time where sufficient infection prevention measures are not in place. Remember that even if it is not directly related to extracurricular activities, having large numbers of group members congregate together increases the risk of infection. Please act responsibly and prudently, even outside of extracurricular activities. Even if you're only eating lunch with a few people, please eat without talking, whether or not you are the same group members.

Thank you for your understanding and cooperation.

Effective Period: from Tuesday, March 22, 2022 until further notice

[I] Scope of Activities

(1) As before, please make sure that you apply in advance and receive permission

before holding or participating in tournaments, official games or matches, performances, or other events on or off campus. As a rule, you must apply at least one month in advance. Please note that if there are areas that are under a state of emergency or that have implemented quasi-emergency measures, participating in tournaments, official games or matches, performances, and other activities being held in these areas continues to be, as a general rule, prohibited.

- (2) If you want to participate in activities such as official matches or contests that by necessity involve overnight trips, we will make a decision based on the details of your application, so please apply at least one month in advance.
- (3) If holding events to welcome new students, just as with official matches and other events, please apply in advance. However, applications are not necessary for new students to participate in regular practices on a tryout basis, as long as physical distance between people is maintained and the list of participants is finalized by the day before.
- (4) If you want to distribute flyers, please consult in advance with the Athletics Association or the Federation of Liberal Arts Circles, whichever your group belongs to, and follow their instructions.
- (5) Overnight training camps continue to be prohibited.
- (6) If at all possible, please avoid eating in groups as part of your extracurricular activities.

【III】 Additional Notes

● Before taking part in extracurricular activities, check to see if you have any early symptoms of a cold, such as a sore throat. If you have any symptoms at all, do not participate in extracurricular activities.

● If you take a PCR test due to feeling unwell or if you are infected or become a close contact, please e-mail the Health Administration Office yourself. At the same time, the captain or manager of the group should assess the situation and report to the Extracurricular Activities Section.

● If you ever have any questions, please consult with the Extracurricular Activities Section.

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

We have been requesting that all groups institute infection prevention measures appropriate to their group's activities. For specific measures to prevent the spread of infection, please refer to the notes below, which are reposted from Notification No. 25.

(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.

(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.

(3) 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.

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