

April 26, 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, the Extracurricular Activities Level has been lowered to Level 1 from March 22. After that, however, the number of infections on campus remained high until the first half of April. There are reports of the discovery of new COVID-19 variants and although we cannot say for sure that the COVID-19 pandemic has subsided, in general, the number of infections nationwide and in the prefecture is decreasing. The infection situation in Nagoya University has also started to settle down, so we have decided to accept applications for training camps.

Although the range of permissible activities has been expanded, if infections increase due to irresponsible behavior, extracurricular activities may once again be restricted. Please make sure that all members of extracurricular activity groups continue to exercise caution and adhere to anti-infection measures when engaging in extracurricular activities.

In addition, please continue to 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 with a few people, please eat without talking, whether or not you are the same group members.

If you want to participate in activities such as official matches or contests that by necessity involve overnight trips, please make sure that you apply in advance. A decision will be made based on the details of your application. The same applies to training camps, however, with consideration of the current situation, please make plans with the minimum number of people and days in mind.

Thank you for your understanding and cooperation.

Effective Period: from Tuesday, April 26, 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.
- (2) If you want to participate in activities such as official matches, contests, training camps, etc. that involve overnight trips, we will make a decision based on the details of your application, so please apply at least one month in advance. However, if you want to participate in activities involving overnight trips, please make plans with the minimum number of people and days in mind.
- (3) If at all possible, please avoid eating in groups as part of your extracurricular activities.

[II] 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>
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