

About Resuming Extracurricular Activities

As we gradually lift campus entry restrictions, our policies regarding extracurricular activities will be as follows. Information such as when facilities will reopen will be issued at a later date. We appreciate your understanding and cooperation as we strive to prevent the spread of COVID-19.

1. Policies regarding the resumption of extracurricular activities

- (1) Before resuming extracurricular activities, groups are required to submit an extracurricular activity plan, which must list specific measures they will take to prevent the spread of infection.
- (2) The specifics of extracurricular activities conducted on campus must be limited to those listed on your extracurricular activity plan. Even after regular activities resume, you must follow the university's instructions, such as available hours, regarding the use of facilities.
- (3) Training camps, intermural sport matches, events and other activities conducted off-campus remain prohibited (excluding activities conducted online, such as through SNSs).
- (4) Direct recruitment of new students on campus is prohibited until the resumption of regular extracurricular activities. This excludes recruitment through SNSs and other non-face-to-face methods.

2. Points to note regarding the resumption of activities (guidelines)

The following are the minimum points to note. Please do your best to prevent the spread of COVID-19 according to details of the activity.

- (1) Respect what members decide regarding participation in activities
Have members decide whether they will participate in an activity and respect their decisions. Make sure students who choose not to participate do not any disadvantage as a result.
- (2) Conduct thorough health checks
Students who will be participating in activities must voluntarily check their temperature and health condition daily. Those worried about their health/showing symptoms must not participate. If someone feels sick during the activity, he/she should stop participating in the activity immediately.
- (3) Maintain a record of which students participate and details of the activity
Always record the name of all students who participated, activity details and times for all activities.
- (4) Facilities use
Facilities use will gradually be permitted from Monday, August 3.
Always wear a mask when entering indoor facilities, and limit the number of people entering at the same time to maintain social distance. In general, each person can use the facilities for up to two hours continuously. Open the windows to thoroughly ventilate and disinfect the rooms appropriately. If you eat and/or drink—which is not recommended—do not share tableware.
- (5) Activities that require the use of the gym or outdoor facilities

Facilities use will gradually be permitted from Monday, August 3.

Please conduct activities in small groups and ensure that there is no constant physical contact or two or more people in close contact. In general, limit activities to two hours or less. Limit access to lockers so that social distancing can be maintained. Do not touch your mouth, eyes or nose after touching items many others have touched. Make sure other people do not touch items with your body fluids (such as sweat or saliva) on them, and thoroughly wash or disinfect such items before using them again.

3. Procedures for resuming extracurricular activities

(1) Extracurricular activities

- All groups, regardless of whether they are registered or not, must submit an extracurricular activity plan to the Student Affairs Division before resuming their activities.
- Avoid holding nonessential and nonurgent group activities on campus, whether the activity is an organizational one or not.
- In general, your group's extracurricular activity plan should include the following:

List specific measures to prevent closed spaces, crowded places and close-contact settings to prevent the spread of infection based on the guidelines listed in 2. above and the mode of activity.

- Group name
- Number of members
- Activity location (main facility used)
- Desired date to start activities
- Measures to prevent the spread of infection based on the guidelines (facility of use, time necessary for each practice session, number of participants, activity details, etc.)

(2) Recruitment of new members

Each group should follow the instructions and management of Chuo Shinkan when conducting its activities.

(3) Off-campus activities, intermural sport matches, competitions, etc.

Avoid holding off-campus activities. They will be gradually permitted in the future.

After such activities are permitted, please check thoroughly the measures used to prevent the spread of infections the event organizer presents in advance, observe those measures, and submit an extracurricular activity plan.

4. Other points to note

Meetings and events with food and drink that many people attend, such as dinner parties, present a high risk of spreading infection. We strongly advise you to avoid hosting these types of events, such as welcoming parties for new students either on- or off-campus.