

## **Measures to prevent infection:**

Here are a few general things to keep in mind before resuming club activities.

- (1) Take preventive measures against infection seriously, even when outdoors – always wear a mask, wash your hands, gargle, keep rooms ventilated and practice social distancing.
- (2) Activities should be kept as short as possible.
- (3) Exercise extreme caution when participating in activities that involve face-to-face interaction or contact.
- (4) Refrain from shouting loudly at close range or directly in front of other people.
- (5) Avoid sharing things. If equipment or tools have to be shared, disinfect them before and after use. Please note that while the university will provide some antiseptic solution, students are responsible for bringing their own cleaners and keeping their equipment clean.
- (6) The risk of heat stroke and exhaustion is expected to be higher than usual due to the wearing of masks and the recent lack of exercise. So please be extra careful to hydrate and rest appropriately.

(Reference)

“Countermeasures against infection with the coronavirus and prevention of heat stroke when sports activities resume” Prepared by the Japan Sports Association (Published May 25, 2020)  
<https://www.japan-sports.or.jp/news/tabid92.html?itemid=4164>

## **When using indoor facilities:**

- Keep as much distance between members as possible. Reduce the number of people in the room and remember to avoid the 3Cs – closed spaces, crowded spaces and close-contact settings.
- Keep conversations to a minimum. If conversation is necessary, wear a mask.
- Do not use the changing rooms. Change at home.