

Physical Education Center's Hygiene Measures for Practical Classes

1. Body temperature measurement, etc. (preparation before the class)

Students are required to take body temperature every morning and record it on their health record sheet. Students should carry the health record to show it to the teacher when attending the class. If you have feverish symptoms, report it to the teacher in charge of the class (via email or manaba) and see how you are (recovering) at home.

If you are not feeling well or suspect of having the COVID-19, follow the instructions below in case of suspected illness. The teacher should take the body temperature of each student with a non-contact thermometer before the start of class (non-contact thermometers are available for each teacher). Students with a high body temperature (37.5 degrees or more) will be sent home or instructed to seek medical attention at the Health Care Center or other medical facilities.

2. Physical distance

Students are to maintain an appropriate physical distance from each other during the class. Conversations between students should be kept to a minimum and face-to-face conversations should be avoided. In sports that are close together or involve physical contact, the teacher should take measures to shorten the face-to-face time and avoid unnecessary physical contact.

3. Wear a mask

Students are required to wear a mask when assembling and during classes. However, students may remove their masks during exercise under the direction of the teacher. The teacher in charge must, in principle, wear a mask at all times. In addition, students with hearing impairments in the class should wear a mouth shield or similar device.

4. Ventilation

When classes are held indoors, the doors and windows should be opened at all times to provide adequate ventilation. The teacher and students work together to maintain the environment.

5. Hand washing

Students and the teacher must wash hands with soap or alcohol before and after each class and during breaks. The teacher should be prepared to disinfect the hands.

6. Cleaning and Disinfection

The teacher is responsible for cleaning the space before and after classes, and disinfecting common objects (doorknobs, etc.) and equipment (balls, rackets, etc.) (disinfection towels will be prepared).

7. Rest and Hydration

Students should take a break and rehydrate at least once every 30 minutes. When rehydrating, the students must drink their own drinks and avoid using cold water machines.

8. Use of the locker room

As a rule, the locker room is not to be used unless permission is given. If the use of the locker room is unavoidable, obtain permission from the teacher, and using the locker room by avoiding “the three Cs (Closed spaces, Crowded places, Close-contact)”.

9. In case of suspected illness

If at least one of the following cases applies, contact the teacher in charge of the class, your Area Support Office, the Student Support Center, and the Health Care Center, then contact and consult with the Health Center of the city for instructions, and seek medical attention (see the simplified version of the Action Manual for Preventing the Spread of New Coronavirus Infection created by the School of Physical Education, Health and Sport Sciences).

- If you have strong symptoms such as shortness of breath, severe lethargy, or high fever
- Patients with an underlying disease (diabetes, cardiovascular disease, chronic respiratory disease, etc.) who have relatively mild cold symptoms such as fever and cough
- Relatively mild and persistent cold symptoms (e.g., fever, dry cough, fatigue, sore throat, headache, diarrhea, abnormalities in taste and smell)