

Physical Education Center's Hygiene Measures for Face-to-Face Classes

1. Body temperature measurement and other actions taken before the class

Students are required to take body temperature every morning and record it on their health observation report. Students must carry the health observation report so that they can show it to the teacher when needed. If you have a fever or other common cold symptoms, report it to the teacher of the class via email or *manaba* and stay home. If students feel sick or be suspected contracting COVID-19, follow the procedure of “9. In case of suspected illness” stated below. Before the class, the teacher will take temperature of each student with a non-contact thermometer, and check if students feel fine. When a student was found having a shortness of breath, fatigue, or a high fever, the teacher will let the student go home immediately and have the student follow “9. In case of suspected illness” stated below.

Reference: Ministry of Health, Labour and Welfare website: COVID-19, information on health and medical consultation. https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000121431_00094.html

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. Activities that involve standing face-to-face or involve physical contact, the teacher should take measures to shorten the face-to-face time and avoid unnecessary physical contact.

Reference: Ministry of Health, Labour and Welfare website: Practicing a new lifestyle. https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000121431_newlifestyle.html

3. Mask wearing

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. If there is a student with hearing impairment in the class, the teacher should wear a mouth shield.

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 will prepare hand sanitizers.

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.).

7. Rest and hydration

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

Reference: Ministry of Health, Labour and Welfare website: Reiwa 2, heat stroke prevention.

<https://www.mhlw.go.jp/content/000633494.pdf>

8. Locker room use

Students will come to a class in an active outfit that does not require changing. If changing is unavoidable, the student may use a locker room with a mask on, and avoid the Three Cs (Closed spaces, Crowded places, Close-contact). If students in different classes must use the same locker room, follow the teacher in charge.

Reference: Physical Education Center website: Fall 2020, changing cloths before and after a physical education class. <https://www.saptec.tsukuba.ac.jp/?p=8176>

9. In case of suspected illness

If at least one of the following cases applies, contact the teacher of the class and your Area Support Office's the Student Support Center, then call your primary care doctor and COVID-19 Consultation Center (public health office) and follow their instructions (see the Action Manual for Those who are Suspected Contracting Novel Coronavirus (2nd ed.) created by the University's Novel Coronavirus Infection Risk Management Team).

- Having a fever or other common cold symptoms
- Identified by a public health office as a person who had a close contact with a COVID positive case
- Living with a person who undergone a COVID PCR test due to sickness or being identified as a close contact with a COVID positive case
- Found to have had a contact with a person who was a COVID positive case

Reference: University of Tsukuba website: The Action Manual for Those who are Suspected Contracting Novel Coronavirus (2nd ed.)

<https://www.tsukuba.ac.jp/about/antidisaster-crisismanagement/covid-19/pdf/202012241754.pdf>

Reference: Tsukuba University Health Center website: Information about Novel Coronavirus:

<https://www.hokekan.tsukuba.ac.jp/2020/01/24/0028/>