

Guideline to safely resume physical activities under COVID-19 circumstances

Common safety precautions (Steps 1 to 3)



Check physical condition



Proper ventilation



Masks not mandatory



Hygiene management of equipment



Warm-up & Cool-down



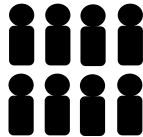
Wash/sterilize hands, gargle

Step 1

Weeks 1-2 of dispersed schooling



Social distance >2m



Up to approx. 20 people



Limit to light/mild exercise



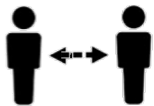
2 sessions/wk



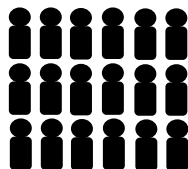
Avoid close contact

Step 2

Weeks 2-4 of dispersed schooling



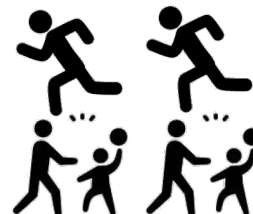
Social distance >1m



Up to approx. 40 people



Avoid intense exercise



3-4 sessions/wk



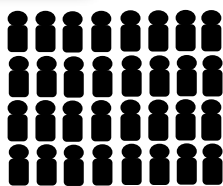
Avoid close contact

Step 3

After week 5 of dispersed schooling



Keep some distance



Avoid mass gathering events



No restriction of intensity



No restriction of frequency



Avoid excessive contact

* This document is based on information available as of May 23, 2020.

* Please implement according to respective conditions and consult school physician before application.

* Modification is recommended according to the situations of respective organizations.