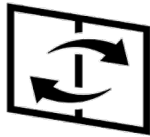


# Guideline to safely resume physical activities under COVID-19 circumstances

## Common safety precautions (Steps 1 to 3)



Check physical condition



Proper ventilation



Masks not mandatory



Hygiene management of equipment



Warm-up & Cool-down



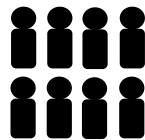
Wash/sterilize hands, gargle

### Step 1

#### Weeks 1-2 of dispersed schooling



Social distance >2m



Up to approx. 20 people



Limit to light/mild exercise



2 sessions/wk



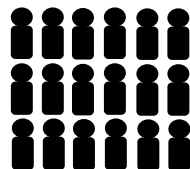
Avoid close contact

### Step 2

#### Weeks 2-4 of dispersed schooling



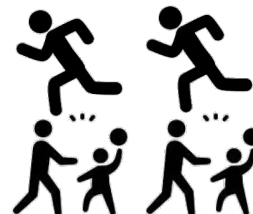
Social distance >1m



Up to approx. 40 people



Avoid intense exercise



3-4 sessions/wk



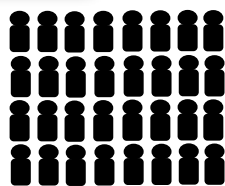
Avoid close contact

### 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.