

All Students – **PLEASE READ**

Hokkaido University
Academic Affairs Department

July 10, 2020

COVID-19 Response: New Alert Level 1 Restrictions and Requirements Under Hokkaido University Business Continuity Plan During Coronavirus Outbreak (BCP)

Dear HU students

HU is at Alert Level 1 – we have moved out of Alert Level 2 on July 10, 2020. Please read and follow the below instructions (1-6) set out in accordance with the Alert Level 1 measures prescribed in the BCP's Response Plan. Alert Levels and restrictions are subject to continual review depending on what national and local pandemic phase we are in. We will promptly let you know any changes.

COVID-19 Health Alerts and Advisories

<https://www.global.hokudai.ac.jp/university-life/health-and-wellness/covid-19-health-alerts-and-advisories/>

BCP (Hokkaido University Business Continuity Plan During Coronavirus Outbreak)

<https://www.global.hokudai.ac.jp/wp-content/uploads/2020/07/Hokkaido-University-Business-Continuity-Plan-During-Coronavirus-Outbreak%EF%BC%880710%EF%BC%89.pdf>

1. Campus off-limits and voluntary travel restrictions

Unless attending in-person classes, or requested/given permission by HU, students must not come to campus.

When traveling within Japan, check the latest COVID-19 updates for your

destination. Take thorough measures such as reducing conversation on public transport as much as possible and avoiding traveling peak hours to safeguard yourself from infection. Avoid unnecessary travel to and from the prefectures where COVID-19 is now resurging or continuing to spread quickly.

2. Change in class delivery during AY2020 first semester

Although the Alert Level 1 of the Response Plan in the BCP stipulates that face-to-face teaching is authorized with preventive measures in place while online education is encouraged, **most classes remain online during the first semester** to prevent our campus from becoming COVID-19 clusters and maintain the continuity of our education.

However, when part of class delivery to conduct seminars, experiments or practical training requires face-to-face teaching, necessary infection preventive measures must be taken including indoor ventilation, physical [social] distancing between students and staggered class hours with a limited number of students at one time. To ensure equal and impartial educational opportunities, alternative options must be provided to the students who missed classes owing to unavoidable circumstances.

The end-of-semester exams should be conducted online wherever possible. When absolutely necessary, exams may be carried out on-site using class rooms, provided that the above COVID-19 safety measures are in place and the exam dates are set after the date of the last scheduled class in the semester to avoid conflicts with other online classes.

In compliance with the requests from the central Japanese and Hokkaido governments, and in response to how the COVID-19 crisis unfolds, a decision on class delivery for the second semester should be made by HU at the end of July after careful deliberation.

Please visit the website of your School/Graduate School to confirm how your classes will be conducted.

Information for the first year students (in the First Year Education Division)
<http://sougou.academic.hokudai.ac.jp/> (in Japanese)

Information for the second year students and higher
<https://www.hokudai.ac.jp/introduction/dept/> (in Japanese)

3. Tracking your health - daily health journaling

HU community members must be committed to taking preventive action against COVID-19 to resume in-person classes. We ask all students to monitor their general health condition every morning and keep a health log in either the smartphone application or excel sheet below.

If you are a student in the First Year Education Division and take general education course subjects conducted face-to-face, you must bring your up-to-date health log with you to attend classes. You may be asked to present the log by the academic staff in charge of the class. The same rule may apply to the classes for other year undergraduate students and graduate students.

Daily Health Log (健康日記 Kenko Nikki) smartphone application
https://www.hokudai.ac.jp/gakusei/usageofhealthdiary_eng.pdf (users manual in English)

Daily Health Check Log Sheet (健康チェックシート Kenko Check Sheet)
<https://www.hokudai.ac.jp/gakusei/healthchecksheets.xlsx> (EXCEL in Japanese)
<https://www.hokudai.ac.jp/gakusei/healthchecksheets.pdf> (PDF in Japanese)

4. Student extracurricular activities

Outdoor personal training is allowed. Given the ever-changing situation of COVID-19, safety of indoor training and group training with necessary measures in place shall be examined in light of "COVID-19 Safety Measures for Extracurricular Activities" formulated by HU for resuming extracurricular activities. NO in-person socializing with other groups/communities, training camps or away games are allowed until a decision is made after careful assessment of COVID-19 circumstances.

Outdoor facilities for extracurricular activities are open for use only for outdoor personal training.

For further information, visit:

Life on Campus (学生生活 Gakusei Seikatsu)

<https://www.hokudai.ac.jp/gakusei/> (in Japanese)

5. Basic precautionary action against COVID-19

Health and hygiene precautions: Please keep in mind and practice the following.

- Enforce physical [social] distancing, face mask wearing, cough etiquette and hand hygiene including thorough hand washing.
- Avoid high-risk settings with 3Cs (Closed spaces, Crowded places and Close-contact settings), and ensure adequate ventilation inside buildings.
- Avoid dining in a large party with people outside your family.
- Keep an eye on your general health and any signs of cold. If you have one such as high temperature, do not go to campus.
- We encourage the use of COVID-19 Contact App (COCOA), a smartphone app available in Japanese, Chinese and English. An increase in the number of downloads is thought to help prevent infection spread in Japan.

6. If you need advice

If you have worries, anxieties or questions to ask, please contact below.

Inquiries on academic issues

Students in the First-Year Education Division:

Contact General Education and First Year Education Unit (Educational Promotion Division, Academic Affairs Department)

Phone: 011 706 5083 or 6098

Email: sougou@academic.hokudai.ac.jp

Web: <http://sougou.academic.hokudai.ac.jp/> (in Japanese)

Students in Schools/Graduate Schools (2nd year or above):

Contact your School/Graduate School Office.

To find your School's website, the below School/Graduate School Portal may be

of help.

<https://www.hokudai.ac.jp/introduction/dept/> (in Japanese)

Learning Support Office

Phone: 011 706 7526

Email: Iso@high.hokudai.ac.jp

Web: <https://Iso.high.hokudai.ac.jp/> (in Japanese)

Financial advice including scholarships

Student Grant Unit (Student Support Division, Academic Affairs Department)

Phone: 011 706 7530 or 7531

Email: syogaku@academic.hokudai.ac.jp

Web: <https://www.hokudai.ac.jp/gakusei/campus-life/certificates/bursary.html> (in Japanese)

General/social concerns in everyday life

Student Advice and Counseling Center

Phone: 011 706 7463

Email: yoyaku@sacc.hokudai.ac.jp

Web: <https://www.sacc.hokudai.ac.jp/en/> (in English)

Healthcare advice

Health Care Center

Phone: 011 706 5347

Email: hoke-kan@jimu.hokudai.ac.jp

Web: <https://www.hokudai.ac.jp/hoken/en/> (in English)