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Japan Mix Volleyball Association  
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### Guidance for COVID-19 prevention

If COVID-19 has a severe health impact on our important friends, we will cancel the tournament asap. In organizing the 1st 3 & 3 Mixed Volleyball World Cup, we must understand COVID-19 correctly and take precautionary measures to allow everybody to take part in the tournament in a safe environment and create a peace of mind for everybody.

In Japan, people are worried that among the tourists from abroad, some may be infected with COVID-19. Many people perceive airports and shinkansens that tourists often use are a high risk for infection. Some countries advise their citizens not to travel to Japan. Many are afraid of the invisible virus.

Cambodia allowed a cruise line ship Westerdam to dock. Cambodia's prime minister says "The real issue is the fear people have against COVID-19. We allowed the ship to dock in Cambodia to remove fear, that often result in discrimination." Getting ill is scary but the fear people have is scarier.

In the U.S, among it's population of 327.2 million, the U.S. Centers for Disease Control & Prevention (CDC), announced that 15-21 million people had influenza this year. Of those infected with influenza, 8200 - 2 million people have died from influenza-associated encephalopathy. This winter, influenza is widely seen also in Japan. There is opinion that we must be cautious of influenza as much as Covid-19.

### << COVID-19 >>

#### - Infection route

##### **Infection via droplet**

Covid-19 can spread from person to person through respiratory droplets (sneezes, coughs, spits etc) from someone with the virus and you breathe it in through the mouth or nose.

##### **Infection via contact**

When an infected individual sneezes or coughs into their hand(s) and touch an object or surface, the virus will remain on the objects or surface. A person can get 2019-nCoV by touching the surface or object that has the virus on it and then touching their own mouth, and nose.

#### - Symptoms

In many cases, symptoms of pneumonia are experienced, such as over 37.5 degrees (99.5°F), cough, throat pain, phlegm, and discomfort around the chest. In some cases people who are infected with the Covid-19 do not have symptoms. In other cases, respiratory problems quickly result in death. In addition, according the Chinese media, in addition to the above symptoms, head ache, fatigue, gastrointestinal symptoms such as diarrhea and nausea are often seen in infected individuals.

### **- Information about who are infected**

This is a summary of the vast information available.

Children under 15 years of age, tend not to be infected with Covid-19. In China, many of the infected people are in their 40s. However, those infected in Japan span a wide range of age, as seen with the spread of influenza. When people with diabetes and underlying diseases are infected with Covid-19 they do tend to be severe.

### **- Diagnosing Covid-19 infection**

Diagnosis of Covid-19 infection can be done through specific medical institutions. However, testing is done via a number of different organizations. Therefore it will take a few days for the results to come in. Top Japanese manufacturer of instant influenza test have announced that they will develop a testing kit for Covid-19. We are looking forward to the more development on this.

### **- Prevention**

Thorough sanitation by sneezing in proper manner, washing hands, using alcohol sanitizers.

### **- Incubation period**

1 - 12.5 days (various opinion and reports on this)

### **- Death rate**

In China, the death rate is 2.19%, Wuhan city 5.97%, Hubei province 1.45%, the rest of China (excluding Hubei province) 0.22%.

We suspect that it is unlikely that the number of infected people with Covid-19 publicized on the media will increase drastically. This is because a proper testing system is not in place in medical institutions. However, it is a fact that Covid-19 exists in Japan, as in influenza. The final number of infected may be as much as tens of thousands of people.

We are living in an environment with various bacteria. The participation in The 1st 3&3 Mixed Volleyball World Cup and traveling in your own country are likely about the same hygienic conditions.

If COVID-19 has a severe health impact on our important friends, we will cancel the tournament asap. As of February 15, we have made a decision that the infection will not affect the tournament.

In order to provide a safer environment, we have decided to take the following precautionary measures.

### << Precautionary measures >>

- Temperature measurement of all players, participants and all parties involved on the first day and every time leaving the hotel.
  - > People with a temperature of over 37.5 degrees (99.5°F) will stay in the hotel and may be referred to a hospital.
- Temperatures of those offering food/drinks and other services will be taken every 2 hours.
  - > Stores with staff measuring a temperature of over 37.5 degrees (99.5°F) will cease operation.
- There will be alcohol sanitizers placed on each floor of the hotel as well as the gym entrance.
- We will ensure all players, participants and all parties involved will bring masks.

### << To all participating teams >>

- We ask that you cooperate with temperature measurement. If you refuse to be measured, you will not be able to board our buses and also not be able to take part in the tournament.
- You must bring masks for your trip in Japan.
- You must wear a mask during your flight, from your country to Japan.
- We ask that you sanitize your hands regularly.
- We ask for your cooperation in wearing a mask whilst traveling.
- People with body temperature over 37.5 degrees (99.5°F) will be asked to stay in the hotel.

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