



**THE SITUATION OF
UNIVERSITY SPORTS
DEVELOPMENT IN ASIA
UNDER COVID-19
IN 2020**



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2020

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Dear friends,

It is my great privilege to welcome you to this special edition of the AUSF Magazine for 2020.

The outbreak of the COVID-19 Pandemic in 2020 has been so disruptive that the international sports movement for this year would be remembered as one of the worst periods in the history of modern sports. University sports was not spared either. Regrettably, many national university sports federations are experiencing perhaps the most critical period of all time, with limited or no financial support, temporary closure of offices and suspension of onsite sport events.

In the face of the crisis, AUSF took a proactive and decisive action to protect the health and safety of the all

the people involved. Four Executive Committee Meetings as well as other communications were organized timely via Zoom calls to cope with the unexpected challenges. Urgent plans were made and timely decisions were taken to give feedback to all stakeholders of the scheduled events in a hope to minimize any potential losses.

Besides meetings to make contingency plans and discuss issues, we adopted a creative approach to ensure the sustainability of the Asian university sports movement. In order to encourage Asian university community to stay together, and build up our confidence of containing the pandemic, the AUSF Run Challenge was organized successfully in late August and September. In addition, together with National University Sports Federation of I. R. Iran, we are gearing up preparation for the 2020 Asian University of Chess Championship, in partnership with Asian

AUSF President, Yanqing XUE delivered the address during 2019 Asian University Karate Championship.

MESSAGE FROM AUSF PRESIDENT

Chess Federation. This will be held from 14-29, December and hopefully it will be a perfect conclusion to the year 2020.

On behalf of AUSF, I want to extend my sincere gratitude to Chinese Taipei University Sports Federation for their generous funding, our Education Committee for coordinating the publication of this magazine, and others who have contributed to this special issue. The efforts made by the various NUSFs, universities, and individuals in continuing to promote and strengthen Asian university Sports in 2020 will be marked in history.

2020, a difficult year for all international sports community is coming to an end. We now look ahead to the future with new hopes. In 2021, 3x3 Basketball, AUSF Football Cup and Rugby 7s are the three FISU qualifying tournaments which we will place strong emphasis on and that we aim to deliver these successfully. We hope to see equally good participation and organization in the other important AUSF

activities - the General Assembly, FISU-CUSF Strategic Dialogue as well as the FISU-NUSF Seminar,

COVID19 is ruthless, but we are filled with care and love for each other and that will ensure our victory over the virus. Let's stand hand in hand and step up our efforts to open up a new page in the post-pandemic era. In the name of AUSF Board members and myself, I would like to express my sincere gratitude to all the stakeholders - the member federations, the universities, FISU, Continental Federations, Asian Sports Federations, our potential partners - for their involvement and continued support.

I wish all of you would have a safe and prosperous new year, and look forward to seeing you soon in person.

AUSF President



Dear friends,

This year, many countries and regions were impacted by Covid-19. To prevent the cluster inflection, whether the schools or offices are temporarily closed. There is no doubt that people pay more attention to their health after the outbreak of pandemic. As for the university sports, we also figured out to find solutions to keep providing university students a healthy platform of education & competition. Even though the pandemic remains, we still believe the day of recovery is coming soon.

In order to record this special time and with the approval of the 4th Executive Committee Meeting on 27th October, we are pleased to present you the “2020 AUSF Education Committee Special Issue” that collects the current situation of university sports development in Asia under Covid-19. From this edition, you can learn some useful measures and responses from different culture and will be inspired from their stories. In addition, this edition is expected to connect all of us to be together and consistent with “We are together” by AUSF.

**AUSF Vice President
 AUSF Education Committee Chairman**

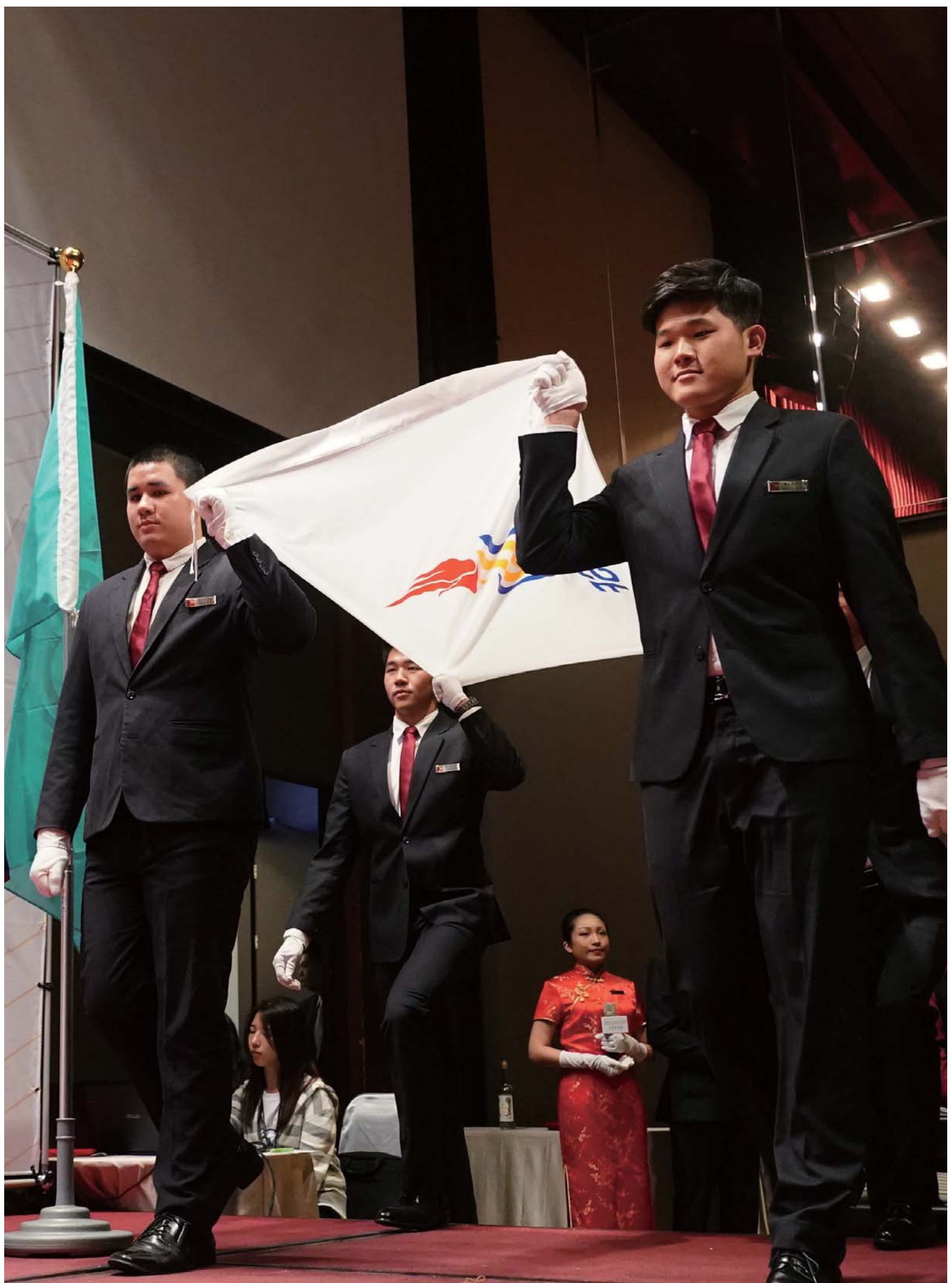


Moreover, I would like to deliver my special thanks to President XUE Yanqing(CHN), Vice President, JARGALSAIKHAN Dorjsuren(MGL) Secretary General, CHOW Kenny(HKG), Treasure, SEETOW Cheng Fave(SGP), Assessor IGARASHI Hisato(JPN), ZAKIRYANOV Kairat(KAZ), HANAFIAH Ayub(MAS), BOHARA Purna Singh(NEP), Auditor, LOU Kit Long(MAC), Representative of Southeast Asia, KANUNGSUKKASEM Vijit and Ms. Samaneh Nazari from Iran. Without their contribution, we can't have such this special edition for members.

In 2021, AUSF Education Committee is ready to serve you a series of educational events, such as FISU-AUSF Strategy Dialogue in September and the workshops during every AUSF championship. We hope to reach more countries and regions as well as the participants in these events and can't wait to have more ideas and creations from you.

“Last but not least, I wish everyone stay healthy and safe and look forward to meeting you face-to-face soon!”





CHINA



Cultivating Opportunities in Crisis

- University Sports in China under COVID-19

The year of 2020 is full of uncertainties and challenges, in which FUSC has effectively dealt with external uncertainties and challenges with its own certainties and strength.

Early Stage of the Pandemic: Accurately Recognize Changes

After the outbreak of the novel corona virus named COVID-19 early this year, the Chinese government has given top priority to people's lives & health and the fight against the virus. Under the strong leadership and thorough prevention strategies by the Chinese authorities, all Chinese people have voluntarily joint in this war without gunpowder. Under these circumstances, on one hand, after serious considerations and evaluations, FUSC postponed or cancelled national championships and programs; on the other hand, detailed information concerning the pandemic situation in China has been informed timely to AUSEF, FISU, and other relating stakeholders. For the sake of everyone's safety domestically and overseas, all related parties made the prudent decision to withdraw from FISU World University Championships and cancel the organization of FISU Wushu, Squash and 3 on 3 Basketball in China, which have effectively prevented the spread of the virus nationwide and worldwide.

Mid-Stage of the Pandemic: Respond to Changes in a Science-based Manner

The disaster is cruel, but humans are affectionate. As Chinese President Xi Jinping emphasized, "mankind is the community for

shared future and unity & cooperation is always the most powerful weapon to defeat the virus." With the wide spread of the pandemic globally as dominoes, FUSC has respectively extended sincere greetings and shared China's experiences in the epidemic prevention to 35 external partners, in the hope that the world could get back to normal as soon as possible.

Domestically, with the COVID-19 pandemic promptly contained at home, FUSC has been promoting the resumption of national championships and programs. Until October 2020, FUSC has organized 23 championships and training programs, with 50230 participation opportunities for students & teaching staff and 1868 opportunities for universities being provided.

Among all the onsite championships, the resumption of the 22nd China University Basketball Association (CUBA) has been regarded as a typical example, in which 2451 students and staff from 142 university teams have got engaged in, with extremely strict anti-virus measures taken to guarantee the health and safety of all the participants, including but not limited to 4596 nucleic acid tests being accomplished and 2630 health kits being distributed. Although all the games are not open for spectators, online platforms have become better options and even more popular for all the fans. For instance, 119 games have been livestreamed via YOUKU platform with more than 40 million views and relevant topics have been listed for 29 times in popular social media rankings with more than 2.5 billion readings.



Phase of Regular Epidemic Prevention: Actively Seek Changes

Facing with the uncertainty caused by the epidemic in an unstoppable manner, FUSC has taken innovative initiatives with use of online networks to good advantage. On one hand, FUSC has unprecedentedly organized 11 online championships and training programs in table tennis, sports dance, sport climbing, e-sports, long-bar weapons of Wushu etc., involving 45395 people from 1239 universities.

On the other hand, as part of IDUS celebration activities in AUSF and FISU, The week-long “Run Challenge” project, organized by FUSC, has attracted more than 40,000 Chinese students and staff from 357 institutions and universities for participation, promoting the number of participation in the IDUS celebration to a new record high. The objective of the ‘Run Challenge’ program is for university teams with a maximum of 500 students each, to run a total long distance of 2020 kilometers. Smaller teams of two to four students can also run a short distance of 20.20 kilometers, with all results recorded on a designated Joyrun App. In spite of the intensity of the competition, student

participants seem to be the happiest group in the running race for celebrating their own holiday.



Furthermore, FUSC has taken positive part in the first-ever 2020 FISU online championships like Mind Sports and eSports Challenge Football, in which 57 students in 10 teams of Chess and Bridge have been awarded with top honors for both sports.

Meanwhile, FUSC has been devoted to the preparation of AUSF and FISU programs, including 2021 AUSF Football Cup and 2022 FISU University World Cup Football to be hosted in JinJiang city and Chengdu 2021 FISU World University Games. FUSC has been playing an important role to bridge

AUSF/FISU with LOCs for effective communication and efficient operation, in the aim to display marvelous showcases for these programs and provide great hospitalities to friends around the world.

Besides the above initiatives, in order to make more contribution for the goal of eradicating poverty nationwide by the end of 2020, FUSC has invited 33 excellent sports teachers and researchers from 14 provinces/cities in the country to participate in the I am a PE teacher, FUSC Educational Poverty Alleviation Program in Lancang county for 28 cloud courses and 5 webinars with audience totaling 250000 people via online platforms like China Central Television (CCTV), Migu Video, PPTV Sport, JSports, etc.

There is no winter not to be surmounted and another spring will come as expected. FUSC-ers will be ready to stand shoulder by shoulder and walk forward hand in hand with all the fellows, waiting for the end of this winter and welcoming the arrival of a new spring.



The University Sports Situation Under Covid-19 in Hong Kong, China

The COVID-19 pandemic has brought exceptional challenges to Hong Kong. In year 2020, due to the spread of the COVID-19, sports participation in its normal forms and places has become more challenging than any time we experienced before. All the universities in Hong Kong have cancelled face to face teaching activities in year 2020. Most of the sports facilities were closed and sports team trainings were also cancelled. There are eighteen universities sports competitions/ events including Aquatic meet, Athletics meet, Badminton, Basketball, Cross country race, Fencing, Handball, Karatedo, Rugby, Soccer, Squash, Table tennis, Taekwondo, Tennis, Volleyball, Woodball, Water polo and Dragon boat have been cancelled in 2020. The University Sports Federation of Hong Kong, China (USFHK) has continue measuring the possibility to organize the sports competitions/ events safely. However, all the competitions need to be cancelled because most of the sports facilities in Hong Kong were closed and athletes' training were cancelled.


Online meetings, e-sports events and e-learning activities are very common during this difficult year. At the same time, however, some local universities could be able to launch face-to-face short physical education courses and sport/wellness programmes with reduced number of student participants together with series of exercise videos.

The Asian University Sports Federation (AUSF) has organized an AUSF Run Challenge to celebrate the International Day of

University Sports (IDUS). The theme of the Run Challenge is "We are together". It aims to emphasize the importance of getting outside and doing more sports exercises. Each of the competitors must finish his or her own share of the total distance, until the required 19.92 kilometers is completed by all the four competitors. During the International Day of University Sports, on 20 September 2020, a group of student-athletes from local university gathered at the Joints Sports Centre, Hong Kong to complete the run challenge. Both men's and women's teams finished 19.92 kilometers successfully. AUSF Run Challenge is at the right time to do the right thing and to provide a platform for all the people who love and care for university sports to stay in close bond and to find a sense of belonging.

Organizing physical activities in virtual format is already a global necessity to encounter the unprecedented situations caused by COVID 19 pandemic. In upcoming future, more resources and effort could be allocated to develop cutting-edge technology to combine virtual and realistic format of sports.

The sports community is struggling in the present climate and competitions and activities have been affected to a great extent. The Hong Kong Special Administrative Region Government has given different kind of support to the coaches, athletes and different sports association/ Federation to overcome the difficulties.



From this pandemic, we have learned that health is important to everyone and the best way to stay healthy is to retain sporting habits in our life. We look forward to overcoming the COVID-19 and everything can resume in the coming year. A number of international competitions are anticipated to be held in Year 2021, such as Olympic Games Tokyo 2021, 31st Chengdu 2021 FISU World University Games, Lucerne 30th Winter Universiade 2021, All China Universities Games and so on. Year 2021 will be a fruitful and wonderful year to everyone.

HONG KONG, CHINA

Studying the effects of Coronavirus on Iran sports: with emphasis on the performance of National University Sports Federation of Iran

written by Samaneh Nazari

In Iran, on February 19, 2020, 2 patients in Qom City were confirmed as COVID-19 positive. The virus then spread rapidly in adjacent provinces. The new Coronavirus (SARS-CoV-2) and the disease it causes (COVID-19) have had an impact on the public health and the global economy. The United States, Spain, Italy, France, Germany, the UK, China, and Iran have reported the highest number of confirmed cases.

Today, the world is facing the Coronavirus crisis and the changes it has created. Studies in this area have shown that, with the outbreak of Coronavirus in the world, the structure of activities in many Industries have changed. The educational structure in the sports industry is also from traditional to state Modern and online status change.

Due to the importance of physical activity in physiological and psychological conditions Individuals, being active during quarantine is of great importance and immobility increases the risk of disease Chronic increases in the post-Coronavirus period.

Therefore, sports organizations are recommended in the presentation Codified educational programs should be diligent and with proper awareness to individuals, the ground for staying active Make people in the community smooth.

The Coronavirus epidemic poses a very serious challenge to all communities because It has changed people's social interactions and lifestyles. Several strategies such as combined social distancing interventions (quarantine, school closure, and workplace distancing) have been advised (7) and recommended by WHO and many Centers for Disease Control (CDCs) to slow viral transmission as much as possible and flatten theepidemic curve and is widely applied in many countries and integrated into their national guidelines, including Iran. In order to have a valid social distancing strategy, maintaining adequate distance from others (at least 2 meters), no handshaking, hugging or kissing, limiting exposure time (by minimizing hours spent outside the home), and avoiding crowded places with the possibility of high viral loads are required.

Sports stadiums, before the announcement of epidemics in countries, when matches are held, and players, coaches, team staff members, and in particular fans gather together in sports events can be considered as hot spots for COVID-19 spread. In an overcrowded stadium, none of the criteria for an effective social distancing are met (5). Fans are usually sitting and standing within centimeters from each other, hug and kiss each other in joy when their teams score goals, or win a set or the entire game repeatedly. Even when their favorite teams lose a game, they hug each other in grief and disappointment. What is more, usually a game with a considerable number of spectators (which mainly includes soccer, volleyball, basketball, and futsal in Iran as in many other countries worldwide) lasts for about 1 to 2 hours which is prolonged exposure time if people with SARS-COV-2 infection are present among participants.

It is entirely rational to assume a considerable number of infected patients got the disease in or around the stadium or from close contact with fans participating in the soccer match.

Postponement of all matches in all sports is the most reasonable answer so that matches can be held in a safe and joyful environment once the epidemic wave has passed. The decision to postpone Tokyo 2020 summer Olympic and Paralympic Games in Japan, which were supposed to be the largest mass gathering sport event in 2020, clearly shows top concerns about the health of all participants (1,4).

IRAN



The widespread outbreak of Coronavirus (COVID-19) worldwide has raised concerns about physical activity and exercise. The main question in the researches of sports and exercise medicine is that whether physical activity is suitable during this viral respiratory tract epidemic or not. First, it is reasonable to restrict heavy exercise at this stage, as the open window hypothesis may increase the susceptibility to infection. Second, healthy or asymptomatic individuals can exercise moderately with hygiene guidelines and benefit from improved immune function according to the J-shaped model. Third, people with mild upper respiratory tract symptoms (e.g., runny nose, sinus congestion, mild sore throat) can exercise lightly with precautions. Finally, one suspected of Covid-19 symptoms (e.g., fever, cough, severe sore throat, myalgia, shortness of breath, general fatigue) should avoid exercise. (12)

As a conclusion, moderate-intensity (and not high-intensity) exercise may be helpful for healthy asymptomatic people and should be recommended. However, as mentioned earlier, due to high risk of spread (by person to person or contaminated surfaces), exercise in private environments (for example in home) with good ventilation and use of personal equipment may be more reasonable. A home exercise program using different safe, simple, and easily implementable exercises is suitable to avoid the airborne Coronavirus and preserve fitness levels. This program may include aerobic (walking in the house), strengthening, stretching and balance exercises, or a combination of these (3). Also, moderate intensity aerobic exercise (such as brisk walking) in outdoor environments with special attention to maintaining safe distance with others and surfaces may be a proper alternative. However, the hazards of high-intensity exercise in public gyms and crowded environments may outweigh the benefits and should be avoided.

Similarly, there were important challenges for competitive sport events. Firstly, athletes in this setting should do strenuous exercise to compete, which may be immunosuppressive. Secondly, the majority of competitive sports mandate close contact of athlete with teammates, opponents, environment (for example pool water in swimming or diving) or equipment (for example barbells in weight lifting or power lifting, javelin, shot put or discus in field sports) which may be hazardous due to the very high contagiousness of COVID-19. Furthermore, the most organized competitions are held in big sport stadiums with a great number of spectators, which increases the risk of spread. Another concern is regarding international competitions in which asymptomatic carrier athletes (especially from the countries with high prevalence) might spread the virus to the opponents, match executives and spectators and cause an outbreak in the host country. This could accelerate the international or intercontinental transmissions (6).

Therefore, it was rational to cancel or postpone these competitions. However, when the cancellation was not possible due to the sensible reasons, the matches should be organized without spectators and with full consideration of protection and sanitary principles. Due to these considerations, a big concern existed regarding the largest mass gathering sport events (Tokyo 2020 Olympic and Paralympic Games). The great decision for responsible authorities such as the International Olympic Committee (IOC) and World Health Organization (WHO) was whether to hold, postpone or even cancel these important games (5).

The Coronavirus changed programs of National University Sports Federation of Iran. In February 2020, all student sports competitions were canceled due to the need to prevent the spread of Coronavirus heart disease. Also, many student sports events were canceled due to the Coronavirus for example Canceling bodybuilding competitions. As well as, the election assembly of the National University Sports Federation of I.R Iran was canceled.

In March 2020, the International University Sports Federation canceled its competitions due to the Coronavirus. In April 2020, The International University Sports Federation announces the date of the World Student Summer Championships (Universiade) in 2021. Following the announcement of the new date for the Tokyo Olympics, the International University Sports Federation (FISU) announced the new date for the Universiade on August 18-29, 2021 (two days late). Also, the Asian Student Football Championship has been postponed to next year. While the World Student Winter Universiade was scheduled to take place in Switzerland from January 21 to 31, the competition will not be held on time, and the event will be postponed according to FISU.



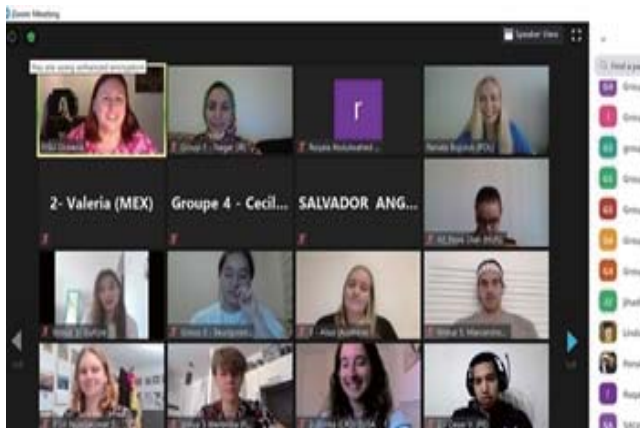
Given that this year has been affected by the Covid-19 epidemic, the activities of the International University Sports Federation are no exception, and according to a FISU official, after several meetings with Swiss state officials and various venues that were to host the winter competitions. Students of the world to participate in January, after receiving the votes, agreed to postpone the 30th Winter Universiade and it was decided not to hold these competitions in January 2021 because this would be the right decision to ensure the high level of competition and safety of all participants.

Despite the effects of the Coronavirus on the federation's activities, many of programs of the National University Sports Federation in Iran were conducted virtually and online. In April 2020, the big Nowruz Cup chess competition for the country's students was held online. Also, in May, the first e-sports competition for students of the country's universities was held. Wushu Virtual Tournament by National University Sports Federation of Iran was held online.

The specialized meeting of the International University Sports Federation (FISU Forum) for the first time in the form of virtual roundtables and specialized workshops focusing on health and university sports - university sports capacities - university sports challenges (Digitization, university rankings, university sports in the days of the Coronavirus outbreak) was held with the participation of about 1400 participants from different countries. This meeting ended with the selection of the project of Zahra Basiri, an Iranian student.



The National University Sports Federation (NUSF) of Iran recently organized educational workshops titled 'Introduction to FISU structure and events', in partnership with the Sport Sciences Research Institute of Iran (SSRI). The exercise was undertaken with the aim of acquainting university students in the country with the international events organized by the International University Sports Federation (FISU).



The head of the Chess Federation stated that Iran hosted the holding of online chess tournaments for Asian students. According to the report, all students from Asian countries can participate in these competitions. It should be noted that this event will be held online in January of this year in both men and women (6).



JAPAN



Field Hockey Championship (20-25th of Oct.)



The University Sports Situation Under Covid-19 in Japan

written by Hisato IGARASHI

General Information

We as Japanese are still cautious about Covid-19 just like other countries. The damage by the virus has resulted in little more than 173,000 infected & 2,526 died (as of Dec. 12th). Our Constitution does not have a legal restriction towards individuals, forcing them not to go out of home and not to open their stores. No matter what the circumstances, many depend on individual decisions except going abroad and compulsory educations. Decision regarding whether or not to keep conventional way in higher education, however, depends on local governments & chancellors (colleges, universities). Japanese people tend to act what others do. If many universities were applying online systems, the other universities would tend to implement the same track. In towns, if many people wear masks; the others will wear masks.

In our society, under covid-19 situation, the citizens are trying to keep away from three Cs:

- ① Confined spaces
- ② Crowded places
- ③ Close contact

Although until several months ago, none of sports competitions was seen, at present, many professional sports & leagues have started with/ without audiences. Recent months, especially in professional sports, they are trying to have more and more audiences step by step , on the other hand, college sports are still held without audiences.

University Education and Sports Class

First semester started from April to Sep, almost all universities were adopting online classes. Most universities did not practice physical activities and extracurricular activities in campuses. The pandemic situation is actually affecting almost all universities terribly. For example, students in most universities should stay in their houses or room of an apartment instead of entering their campuses. It made them surely feel isolation. This has caused many students to face mental depression. This phenomenon now continues.

We have mainly two types of classes; lecture and practical activities, including sports activities.

Lecture classes

No face to face classes allowed in the first semester in most universities. But the classes which were absolutely imperative & consisting small number of students for obtaining the qualification after their graduation allowed to practice with permissions. For teachers, it required careful management of classes, having students' health checks and keeping away from 3Cs.

Sports Classes

No sports classes were allowed to practice during the first semester in most universities. All communication was done by university network systems between students & teaches. For example, in the case of my physical education class (as general education), the students were given assignments by the university network system as to what kind of exercises they were to do (walking, jogging etc...). The students had to submit their reports to me as to the exercise they did by his/her-self including time, distance, heartrate, intensity of exercise, when and where indicated by applications of their mobile phones. And then, the students were given some comments and advises from me for next week exercise.

As to the special field of class, for example, my gymnastics classes, each class was done by Zoom, using videos which I happened luckily enough to filmed several years ago. Not only myself but most physical education teachers taught their special field by zoom.

In first semester

University Education and Sports Class

Second semester starts from October through March, most universities still have been taking strict measurement to avoid the pandemic of covid-19 by utilizing online systems for lectures in class rooms except the classes were absolutely imperative as well as same manner in the first semester, keeping away from three Cs: ① Confined spaces, ② Crowded places, ③ Close contact.

Most students still have been informed to keep away from university campuses. But those who are permitted can come to their campuses.

What difference from the former semester is sports classes. Starting face to face way manner, depending on the characteristics of the sports are allowed to teach in universities, especially in most national universities. Team sports have not been practiced because it would be inevitable to make 3Cs situations (basketball, volleyball, etc..).

Actually, I am now teaching several sports activity classes by face to face with the careful countermeasures. And let me introduce how I protect our students from infection. Just for one of examples in my general physical education class, I chose the badminton to teach because it keeps students away from 3Cs situations.

There are 40 students in each class.

In order for teaching the class, I have to remind as follows:

Dividing 40 students into two groups by announcing previously with university online system for orientation: A half of them practice jogging or walking inside of the campus streets and the rest of them play badminton (doubles with 4 courts, already known her/his partner and which court to play at beginning).

1

2 Body temperature check with non-contact manner when students entering the gyms.

Using only designated rackets not using others ones (their names attached previously on the grips of the rackets).

3

In second semester

University Education and Sports Class

4 Preparing disinfection liquid and wet towels for cleaning up their hands and racket grips.

Preparation done only by myself (providing nets, shuttlecocks, timers, scoring boards, etc.) .

5

6 Offering wide and enough spaces for changing their clothes.

Wearing facemask when not playing.

7

8 Mopping up all the surface of the floor by myself (it takes me about an hour!!).

Not to let the students touch the equipment and tools as far as possible during the class sessions.

9



Universities Championships

Concerning extracurricular activities in campuses, in the first semester, although anyone could not be allowed to do extracurricular activities in campuses, some local university sports leagues started without audiences in early autumn. For example, baseball autumn leagues started from Sep. 19th and finished Nov. 8th, having audiences up to 5,000. There are two major university baseball leagues in Tokyo and even they had done their leagues after a great struggle. Football league in central area started from Jul. 5th~Sep. 19th without audiences.

According to the Japan Association for University Athletics and Sports (UNIVAS) which was founded in March, 2019 (the number of member universities is 221 out of approximately 780 uni. in Japan) indicated that due to the covid-19, almost all universities banned or restricted to implement all the activities, however most of universities let athletic clubs restarted partially at the beginning of October. There are 32 sports organizations, involved in the UNIVAS and all of them held the championships already.



Sports Chanbara Championship (20-25 of Oc.)
*Fight with a soft sword (sports like fencing)

©UNIVAS

Preparation for 2020 Tokyo

Please, let me put some remarks on the preparation of 2020 Tokyo.

According to “Midterm Report” by the OC of Tokyo 2020 & the National Government for prevention of covid-19 to host the Olympic next year revealed some comments in the report.

In the report, OC may ask:

1. To proceed PCR tests for participants when departure their countries and after entering Japan.
2. Physical Check be exercised basically once in 4-5 days during their stay in the athlete village.
3. To inform their physical conditions by an application of cell phones. And this might apply to overseas audiences for their physical checks.
4. To have good operation system when having somebody positive in competition sites.
5. To have effective strategy for audiences to keep away from 3 Cs when out-door sports as such marathon and race-walk and so forth.

Not only the remarks above but other issues will be reviewed by next spring for the test matches of 2020 Tokyo. And as following up issues for 2020 Tokyo are as follows:

1. Health check policy for athletes
2. Embodiment of hub medical institution center for infection prevention in the OC
3. Ensuring the number of hospital and care facilities
4. Operating policy when having confirmed positives
5. Drawing a line of maximum number of people in each site including the staff, audiences, volunteers
6. Appropriate measurement for prevention of over-crowded when torch-relay & live sites
7. Having smooth and secure running of opening & closing ceremony
8. Proper corresponding to possible vaccine
9. Appropriate timing for entering & leaving the village and shortening their stay in the village

“ I hope to have healthy sports lives for not only university students but the Olympian and people concerned!! ”

Kazakhstan

The University Sports Situation Under Covid-19

As we all know, Covid-19 has affected everyone's lifestyle since March 2020. Everyone had to adapt to the rules dictated by the Coronavirus pandemic. To a greater extent, the pandemic has affected the lives of athletes who are used to often travel to competitions, training camps and training in different parts of the world.

A large number of sports events were planned for 2020, including the holding of our Asian Student Championships.

The pandemic has affected the entire world of sports, and Kazakhstan is not an exception. All trips, all international competitions were canceled, and all sports schools, centers, and fitness centers were closed. At the moment, it is allowed to train outdoors, but groups should not exceed 30 people.

In connection with all this, as mentioned earlier, it was necessary to cancel the competition, both at the National level and at the International level. Kazakhstan planned to hold the World Student Muay Thai Championship, but unfortunately, it also had to be canceled.

We all understand that this is difficult for all athletes, but at the same time, we must understand that due to the lack of competition, they have a chance to train individually and further improve their skills, develop their endurance, hone their skills, which in the future will only lead to the best results. The most important thing is to never give up, to have your own mindset only for the best and to believe that soon the situation around the world will return to our usual course and we will be able to observe the successful results of athletes from the world stands with all our friends from all over the world.

Only through unity, compliance with all safety rules and quarantine measures, we will be able to overcome this virus faster.

However, FISU offered options for holding events and competitions in an online format, such as a football challenge, a Volunteer Leaders Academy, as well as chess. Everything was held at a high level, despite the fact that it was one of the first events that were held in such a new format for all of us. All this once again proves to us that keeping up with the times in the 21st century is an integral part of everything. The FISU forum, the FISU Volunteer Leaders Academy, where we took part, was held in an online format. In October, the World Chess Championship was held online, where our team proved to be excellent and entered the top 10 best teams. At the moment, our guys are participating in the Asian Chess Championship, which is also held online, but in an individual format.

In conclusion, I would like to wish all athletes and their coaches great patience, strength and faith in the fact that next year all the planned events will be held, probably new online technologies will be used that will help athletes. In the end, I would like to remind you that the more we invest in ourselves, the better the result will be in the end. This may not have been such a productive year for all of us, but if we gain strength, we will achieve great success.



“ We hope that our Asian Championships will be resumed and the World Winter and Summer Universiades will be held at a good level.

We wish all of us and our loved ones to be healthy and unharmed! ”



The University Sports Situation Under Covid-19 in Macau

After the first case was confirmed in Macau on January 22, 2020, most of the large-scale events had either been cancelled, postponed or rescheduled. Two days later, the Macau Special Administrative Region (SAR) Government announced that schools would be delayed and all the public facilities including pavilions, sports centers and swimming pools would be closed for epidemic prevention and control.

Under these circumstances, all kinds of sporting events were severely impacted. The remaining inter-college competitions of the academic year were suspended and all the training sessions were cancelled starting from January. Many individuals were thus limited to personal training at homes. Fortunately, as the pandemic ceased spreading in Macau, local athletes have returned to regular training sessions from the third quarter of the year.

MACAU, CHINA

Simultaneously, the Macau SAR Government announced that both High School and University Sport competitions in Macau would resume. As a result, our association held inter-college Squash, Fencing, Table tennis, Badminton, Handball, Football and Basketball competitions from October to December, 2020. Following the policy of the the Macau SAR Government, all athletes must provide a proof of a negative COVID-19 test result in order to participate the game. In addition, the government also launched the “Macau Health Code” which works as a health condition self-declaration. All the audience must present a green “Macau Health Code” , measure body temperature, disinfect hands and wear a surgical mask before entering the venue. Inside the venue, all the audience must sit apart to minimize physical contact.

Besides, the originally postponed preliminary games of the 14th National Student Sports Games were successfully held from October to December, 2020. Under the Entry and Exit Regulations between China's mainland and Macau, Macau residents are permitted to enter China's mainland without any quarantine requirements, provided that they have not visited any high risk places within the previous 14 days. Consequently, the Macau teams were able to attend the Table Tennis preliminary game that was held in MianYang, China and the Volleyball game in YinChuan, China.

However, joining a game out of Macau is not easy during these unprecedented times. Take the Volleyball game as an example. There was only one month from the registration to the start of the competition, thus the team did not have sufficient preparation time. In addition, closed-off management was applied so the players could not go out of the hotel unless necessary. Even though there were challenges, our players still tried hard to present their best performance during the games.

At the international level, the global outbreak of COVID-19 has resulted in the cancellation of international sports tournaments and events. Even if any international tournament can be held, our athletes will have to undergo a 14-day compulsory quarantine after returning to Macau. Hence, in order to safeguard the health of the athletes and other people involved, the Macau teams did not attend any international games this year since the pandemic happened. Nonetheless, FISU forum which is a platform for students to learn about various specialized subject was held online in August and three of our students participated.

We, as well as all other sports federations, have encountered different challenges posed by the pandemic in the University Sports, but precisely because of these, we are grateful that local and regional sports activities are gradually returning to normal. We will continue to build a safe environment for our athletes and staff to enjoy all kinds of sporting events.



MALAYSIA

EFFECT OF COVID-19 ON SPORTS ACTIVITIES IN MALAYSIAN UNIVERSITIES

written by HANAFIAH BIN Ayub

The COVID-19 pandemic, or better known as coronavirus is a global epidemic of chronic coronavirus disease caused by severe respiratory syndrome of coronavirus 2 (SARS-CoV-2). The outbreak was initially detected in mid-December 2019 in the city of Wuhan, Hubei China, and was recognized as a pandemic by the World Health Organization (WHO) on March 11, 2020. As of March 20, more than 246,000 COVID-19 cases have been reported involving at least 180 countries and territories, causing more than 10,000 deaths and 87,000 recovering. On March 13 the WHO announced that Europe had become a new pandemic center.

From a similar perspective, this pandemic has led to global socio-economic disruption, the postponement and cancellation of cultural, religious and sporting events. Sports arenas in Malaysia are also affected when various sports activities and programs had to be postponed and even canceled after the outbreak of this epidemic became more serious. Due to the postponement and cancellation of activities, training and sports programs, athletes, sports staff and even sports corporations in Malaysia seem to have lost their cause. Athletes are unable to perform their training routines and have to limit their movement to comply with the Movement Control Implementation as soon as the number of infections and death toll in Malaysia increases.



Athletes training with tightened Covid-19 standard operating procedures (SOPs)



Online fitness sharing sessions conducted by the coaches

Most domestic leagues have to be postponed such as Malaysian Football League, Sepak Takraw League (STL), National Hockey League and many other sports. The majority of the associations lost the source of income they use to pay players' salaries and athlete training allowances. This is because, the sources of income of most associations are obtained from activities or programs carried out by the association itself. Clearly the Covid-19 outbreak had a huge impact on the athletes' incomes as well as the association also had to cut allowances and salaries due to the economic downturn.



Coaching course conducted with following standard operating procedures (SOPs)

The global outbreak of COVID-19 has resulted in closure of the gyms, stadiums, pools, dance and fitness studios, physiotherapy centers, parks and other facilities at the university. Many individuals are therefore not able to actively participate in their regular individual or group sport or physical activities at the campus. In 2020, Ministry of Higher Education (MOHE) will organize the largest biennial sports competition, the Malaysian Higher Education Institutions Sports Championship in August 2020 which will involve more than 100 contingents consisting of Higher Education Institutions (HEIs) in Malaysia. The competition planned is a large-scale tournament that involved almost 10,000 higher education students participate in almost 30 sports. This competition will be participated by the country's elite athletes under the auspices of their respective HEIs. In addition, the competition also involves invitations teams from ASEAN countries such as Thailand and Indonesia. This covid-19 gave a great blow to the MOHE to restructure the method of implementation of the sport. Apart from that, the competition is a medium for selecting higher education athletes to represent the country in sports competitions at the World, Asian and ASEAN levels. This situation will give a blow to in an effort to provide a strong team to participate sports competitions at the international level. In addition, allocations for sports development and sports incentives will also be affected by the spread of this pandemic. Of course, the awarding of scholarships to athletes will also be reduced in terms of the amount of incentives or the total quantity of recipients.



Sports leadership training program with following standard operating procedures (SOPs)

One of the strategy to encourage sports activities at the university is to have online game such as activities for the university students. Although it is a new norms, but it was acceptable for most of the students. There are lot of students participate for online sports gaming and also easy to organize. Other than that is to develop an online training program during the Movement Control Order (MCO) period that was aimed at ensuring athletes are well-taken care of. It is important for them that they are still going through their activities, although having difficulties due to the covid-19 situation. While for the elite athletes at the university that need to be at the campus, the training program was conducted with tightened Covid-19 standard operating procedures (SOPs) in place. All athletes are required to follow the movement restrictions, which are limited to its accommodation, sports venue and nearby clinics only.

Therefore, it is clear that the transmission of the Covid-19 epidemic has a negative impact on the sports arena in Malaysian universities. Immediately after the recovery of this epidemic, various parties must work together to restore the situation as usual and then various activities can be carried out for the development of sports in Malaysia universities. The Covid-19 epidemic is not only having a negative impact on sports development at the national level, but it also involves the grassroots program of national sports development.

M O N G O L I A



University sports in Mongolia under COVID19

The government of Mongolia quickly reacted to this pandemic and from March closed the borders with Russia and China, cancelled international flights and introduced the “heightened awareness” situation. Schools and universities have switched to online classes since February. The organization of public events of such sports competition, meetings, and cultural concerts was temporarily suspended. Thanks to lockdown, in Mongolia, there were no local cases until 10 November.

Despite the external situation, Mongolian Student Sports Federation (MSSF) tried by all means not to suspend the development of university sports in Mongolia.



New book “The Historical Development of the University Sports in Mongolia”

During an outbreak when all sporting events and trainings were canceled in Mongolia, Jargalsaikhan Dorjsuren Ph.D. Secretary General of MSSF wrote and published a new book named “The Historical Development of the University Sports in Mongolia”. It is a great creation with 404 pages and color print 50,5-page work on A4 with 2000 copies.

To write this book, Dr. Jargalsaikhan visited the archives of FISU and AUSF offices to receive and collect news, information, photographs, documents and other materials about Mongolian delegations. He wrote this book for more than six years while he was doing research, analyzing and collecting a large amount of foreign and domestic materials. And during this lockdown, he was able to focus more on writing this book and get it published.

The book tells the history of university sports in Mongolia since the founding of the Mongolian Pedagogical College in 1922. It emphasizes that students who internationally enrolled in schools were main contributors for the development of modern sports in Mongolia. In addition, readers will find the historical photos and information of participation of Mongolian student-athletes in Universiade Games since 1965 in Budapest, Hungary.

The Ministry of Education, Culture, Science, and Sports of Mongolia recommended utilizing this book as a textbook in physical education courses.



Executive committee meeting

On September 10, a meeting of MSSF Executive committee was held to address the main operational issues of the Federation. During the meeting, issues such as activities report 2019, planning and budget 2020, general information on student's external and internal competition status and participation, issues of 5th National Universiade Games, approving the regulation of participation of Mongolian student-athletes in the World and Asian university championships, on progress of celebration the IDUS 2020-AUSF Run challenge, establishment of a working group to revise the statute of the MSSF and about setting the date and preparing for the VIII MSSF General Assembly.

Celebration of IDUS 2020 – AUSF Run Challenge

For the 5th year MSSF host IDUS 2020 AUSF Run Challenge with the motto “We are together” in collaboration with the Mongolian National Commission for UNESCO, FISU and AUSF. The Run challenge held on 20 September at a distance of 19,92 meters relay race at the National Garden Park in Ulaanbaatar city, Mongolia.

Since no local cases were reported in September, the State Emergency Commission of Mongolia allowed this event to be held to inspire the sports spirit among students. All 60 participants from 12 universities took part this great events. Universities participated in a team of 4 students (one of them is a female) and one coach. More than 200 spectators and cheerleaders joined to celebration IDUS 2020. According to regulation, one student-athlete ran 4,980 meters. In relay race form, the following students ran the same distance, and the team with the shortest time in the distance of 19,92m won. The MSSF provided all athletes a T-shirt with a new FISU and IDUS logo.

FISU World University Championship Mind Sports online

FISU officially hosts the World University Mind sport championship on October 26-30, 2020 in Bydgoszcz, Poland online. More than 500 athletes from 41 countries are competing in two types of chess and bridge competitions. Six students of National University of Mongolia successfully participated in this event.

5th National Universiade Games

5th National Universiade Games was planned to organize in April, but due lockdown games were postponed to November.

On November 2, 2020 the official opening ceremony of the 5th National Universiade Games was organized at the Central Sports Palace in Ulaanbaatar city, Mongolia. The best student-athletes of Mongolia will compete for the champion title in 10 sports (basketball, volleyball, cheerleading, taekwondo, chess, futsal, wrestling, judo, handball, table tennis). In opening ceremony were participated more than 300 student-athletes of 27 universities of Mongolia.

The Government of Mongolia financial supported this event and decided to hold the National Universiade Games every two years from 2020.

Competitions in men's and women's basketball were successfully held and the champion team was awarded. Also, technical meeting and draw of taekwondo and cheerleading sports event held. Unfortunately, on November 10, one a local case was identified and because of this, the championship was immediately stopped on the second day of the handball competition.

At the moment, the Federation plans to continue the Games in the spring 2021.

Mongolian student-athletes have their own anthem song

For the first time, Mongolian student-athletes had their own anthem song during the Games. The anthem song was initiated and produced by Jargalsaikhan Dorjsuren, MSSF Secretary General, and Jargalsaikhan D., soloist of the "Chinggis Khaan" band of Mongolia composed the melody and lyrics. At the height of the opening ceremony, singer Jargalsaikhan Dashdeveg sang new song for the first time and inspired all students.



NEPAL

University Sports Activities in Nepal

written by BOHARA Purna Singh

University Sports Activities are totally effected in Nepal during this Corona pandemic 2020. It's not only University level its effected all sports in Nepal, Still to the date all School's and Colleges/Universities are closed. Social Life is also effected due to the lock down.

In Nepal, current situation is : 245000+ positive cases , 1600+ Death , and 220000+ free from Corona. Our Students and Athletes are mostly effected.

University Sports Association of Nepal(USAN), has been organized university Woodball Championship on Feb.2020 after that no any activities in formally because of the Covid-19. This year we celebrate 20 September IDUS program via Blood Donation. Because humanitarian , Nepal Red Cross has demanded more blood for hospitalized people and USAN decided to organize Blood Donation Program on the occasion of IDUS 20 September 2020.

“ Wish you Stay Safe and healthy all CTUSF & AUSF Family. Thank you. ”



SINGAPORE UPLIFTING OTHERS THROUGH SPORTS DURING COVID-19

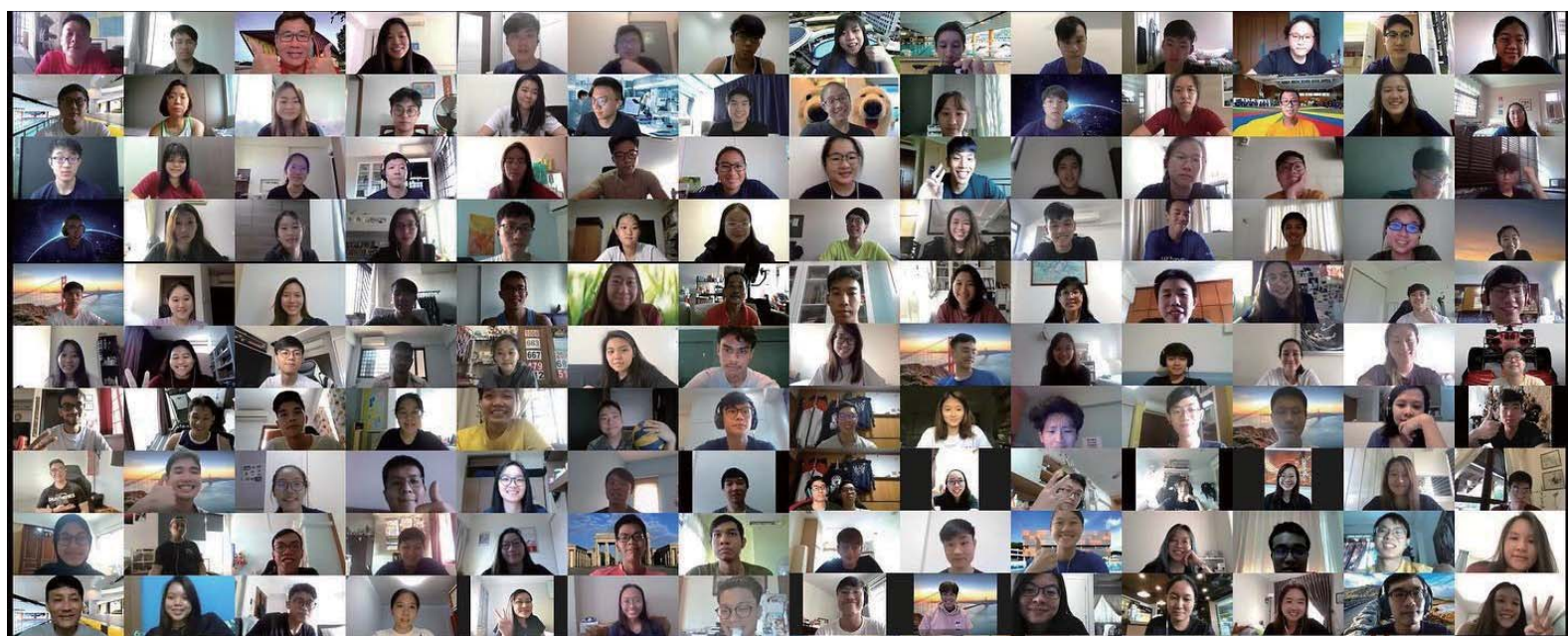
written by Lawrenz Sim Chee Choon

On 3 April 2020, the Prime Minister of Singapore announced a nation-wide partial lockdown, also known as the Circuit Breaker, to contain the spread of Covid-19. These measures came after an increase of unlinked cases over the preceding month, as well as the risk of a huge cluster of infections. All non-essential workplaces closed from 7 April, with essential workplaces remaining open. All schools transitioned to home-based learning from 8 April. All food establishments were only allowed to offer take-away, drive-thru and delivery of food.

It was no longer possible to even conduct face-to-face sports trainings not to mention sports competitions. Group-based physical sports activities in Singapore came to a standstill. Many of our sports trainings had to be modified and be conducted online.



A university Muay Thai team having a fitness conditioning session together online



While there were huge challenges that University Sports encountered, there were many others in our community that faced even greater challenges.

From May to July 2020, some of our universities' hostels were converted into Community Recovery Facilities (CRFs). The CRFs housed Covid-19 patients who remained well at Day 14 of illness, are likely to remain clinically stable and generally do not require any further medical care. Most of these recovering patients were foreign migrant workers and they were confined in these CRFs.

Recognising the need to support these recovering patients, our university sports athletes organised daily live online morning workouts as well as a playlist of easy workout videos so that our recovering foreign migrant workers can exercise in the comfort of their rooms.

Javier Soong, a university cross-country athlete said: "Migrant workers are the backbone of the economy and have helped to build the infrastructure in Singapore. All of us are going through a tough period and especially so for the migrant workers who are away from their families and living in uncertainty."

Undeterred by the 3-day production lead-time, Ding Youjia, a university football athlete, kept her spirits high while creating the homemade video. "I'm happy and thankful to be part of this initiative knowing that my efforts will encourage them."

Hannah Tay, a university badminton athlete who led in one of the workouts revealed: "It feels nice to know that I'm doing something to benefit others. The foreign workers are definitely bored and worried at the facility, so doing these things could encourage them while keeping them entertained".

Even though this pandemic has negatively affected our university sports causing many challenges and restrictions in conducting our usual trainings and competitions, it has reminded us to look beyond ourselves. What is the value of the many sporting skills we have learnt if we are not willing to use these skills to uplift others in our community? Despite the challenges that our university athletes faced in pursuing their sporting dreams during this pandemic, we are encouraged that our university athletes gave of themselves in service to others doing what they know best; sports!



Amid the pandemic situation in the world, university sports in Thailand has been unavoidably affected in one way or another.

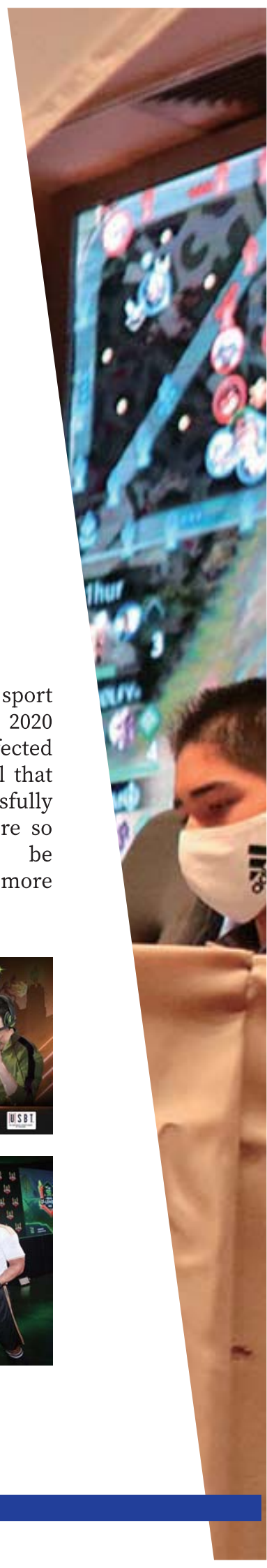
In 2019, AUSF meeting passed a resolution for Thailand to host the 1st Asian University Body Building in February, 2020. Unfortunately, due to Covid-19, the competition was cancelled.

Normally, the University Sports Board of Thailand(USBT) is obliged to annually organize the University Sports of Thailand Games which is the multi-sport events consisting of more than 100 participating universities. In 2020,Udon Thani Rajabhat University has been selected to be the host to organize this Games. But because of Covid-19, this event is postponed to December 2021.

Another important Games in Thailand has been postponed to 2021 is ASEAN University Games according to the consensus of 11 countries in ASEAN community.

However, USBT has realized that sport activities in the university is important to body and mind of the students. Consequently, USBT organized E-Sport competition online which attracted many students from the various universities. Football is one of the most popular sport in Thailand therefore USBT in cooperation with Football Association of Thailand has determined to organize the 1st Football University League and scheduled to start in 2021. This football tournament has been drawn attention from many universities, it is expected to have approximately 70 universities participating in this tournament. Besides, USBT supports AUSF by sending chess team to participate in the championship tournament. USBT is also planning to send men and women football teams to participate in AUSF Football cup in 2021 as well as sending Thai athletes students to participate in the Universiade in 2021.

Obviously, university sport activities in Thailand in 2020 has been tremendously affected by Covid-19. It is hopeful that vaccine will be successfully invented in the near future so university sports will be continuing flourish in more years to come.





THAILAND

The University Sports Situation Under Covid-19 in Thailand

written by KANUNGSUKKASEM Vijit



Chinese
TAIPEI

Impacted by Covid-19, sport events have been suspended or canceled and domestic university competitions are also struggling with postponement or cancellation.

We, CTUSF at the very beginning, with the evaluation of pandemic situation, coordinated with the concerned stakeholders heading to the direction of having sporting events taken place as scheduled. Fortunately, with the support of Sport Administration and following strict epidemic prevention measures, we eventually managed to organize up to three thousand competitions of basketball, baseball, football and volleyball. The experience of hosting events under pandemic, with the increasing number of views in broadcasting has been a model and delegations, staff, and even spectators in the venues are all familiar with the protocol of prevention measures. It is worth mentioning that self-developed broadcasting and online interactive service has become one of the most popular topics among universities.

The University Sports Situation Under Covid-19

Ching-yu TSENG

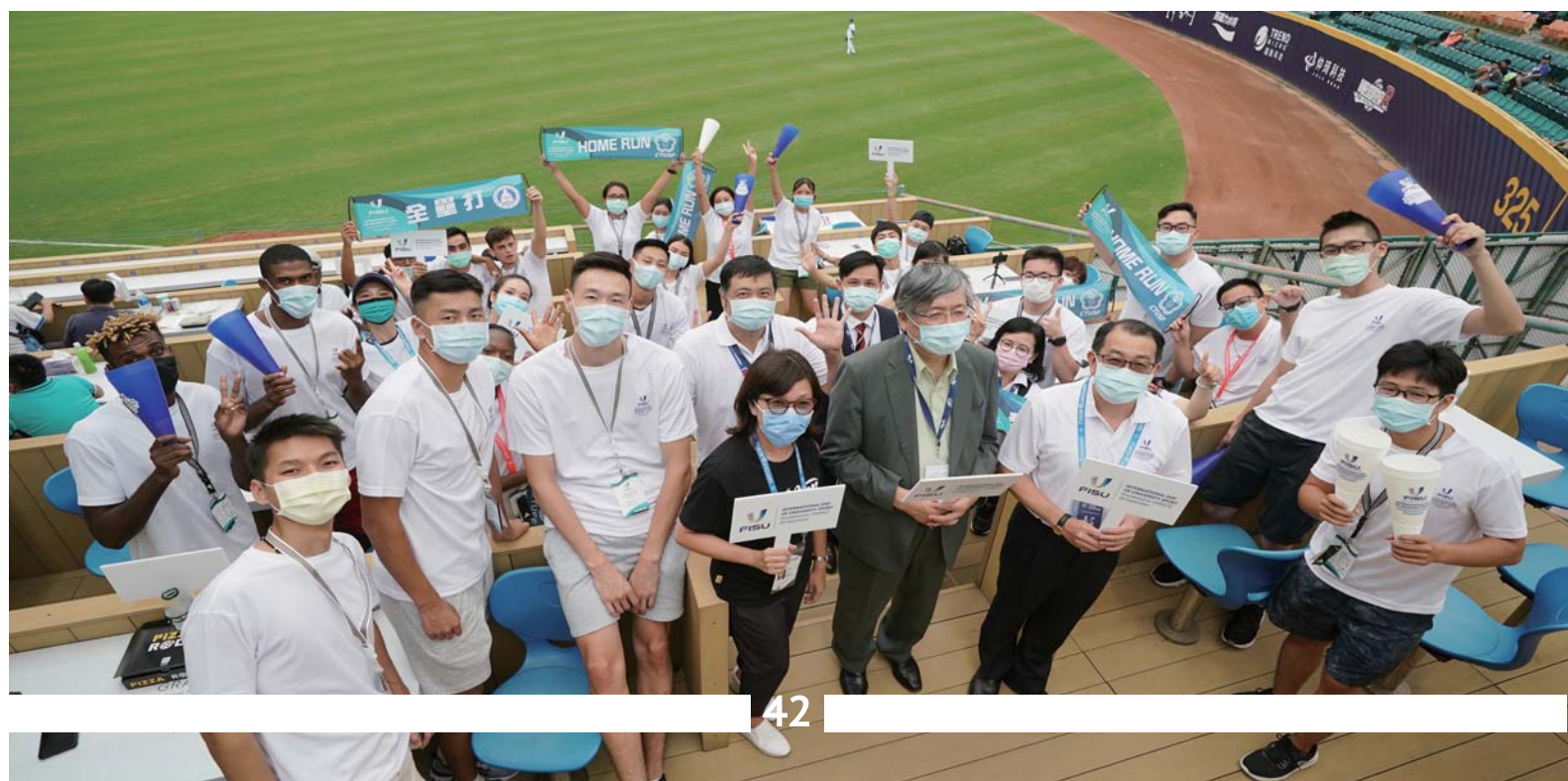
In the beginning of the pandemic, we have applied with the highest standard to conduct the prevention policy and activated the emergency response mechanism. As the commander, various emergency planning is drafted to make sure our staff stay healthy in order to continue providing highest quality of service in university sport events. During the outbreak, the secretariat is taking shift of working hours in the office to decrease the risk of cluster infection and make sure the service will not be stopped. The IT development in Taiwan is advanced and staff is familiar with working from home pattern, such as online meeting, e-document and information to exchange online. In addition, the international travelling is restricted and wearing masks and temperature taking in public are all standard procedures. We also increase the frequency of environment sterilization and have air purifiers in the office.

We also have administrative support and prevention materials from the Sports Administration in all competition venues. Sufficient medical masks, alcohol hand sanitizer, and infrared thermometer help to establish a safe zone of competition area. Same time we also followed:

1. Name-based entry policy and temperature taking when entering. If one's temperature is over 37.5 degree, he or she will not be allowed to enter the venue and will be guided by the staff to medical zone for further check.

2. Number of gathering people limited. The ceiling of people gathering indoors is 100 while outdoors is 300. Social distance is also strictly followed. 1.5 meters apart is applied and everyone must wear a mask.

3. TV and online broadcasting are available for more people who may enjoy watching games on time in pandemic. Interactive quiz online created more hits of views.





In the second half of 2020, CTUSF held annual general assembly and sport directors conference as scheduled. We also celebrated IDUS with all delegates who at the same time shared their strategies of having sports under Covid-19. Authority of Sports Administration was also invited to promote the latest prevention policy. One month later, national university games that was originally scheduled in May was successfully completed from October 31 to November 4 in National Kaohsiung University. There were more than 15,000 students and officials with about 2,000 OC staff and volunteers taking part in the games. Even with such a big number of people, we followed the prevention policy thoroughly.



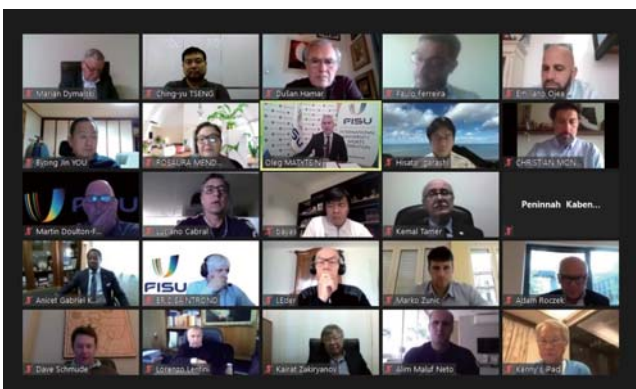
Moreover, international exchange keeps going. We invited foreign students who study in Taiwan to a bicycle tour. That tour was combined with sport, education and culture which help the development of university sport. On September 20, the secretariat following AUSF's slogan of we are together, has completed 56km of running challenge.



With more than 6 months' prevention pattern, both participants and spectators has kept a good habit. Heading nodding to replace hand shaking, washing hands and wearing mask in public. Some take disinfectant spray and hand sanitizer with them to protect self and others.

CTUSF will keep the spirit of epidemic prevention in the future. The slogan of coming four leagues of basketball, baseball, football and volleyball in 2021 is Safe play – Safe game that provides delegations and on-site staff a safe competition environment. Live stream channel is included and self-develop 5G mobile live stream will increase more than 100 games and will reach 232 competitions in total. This will truly secure spectators' health as they may enjoy watching games at home.

Though the pandemic still exists, CTUSF successfully developed various measures and service. It is expected we will take advantage of live stream technology to promote and develop university sport in the future. Through the online meetings, we may keep international activities to understand the university development in different corner of the world and will continue to pay attention to international federations.







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