

**-COVID-19 Preventative Measures-
To Users of the Training Room**

Firstly

- ◆ **Please cooperate with temperature measurements at reception.**
- ◆ **Up to 10 people can use the bath, and individuals may use the bath for up to one hour.**
- ◆ **The use of training room equipment is limited.**

Please cooperate in preventative measures by following the below checklist when using the facility.

Important Points to Abide By

- If any of the following applies to you, please refrain from using the facility.
 - If you are feeling unwell. (Ex: if you have a fever, cough, sore throat, etc.)
 - If someone living in the same household as you or someone you know may have COVID-19.
 - If you have traveled to/from a country that has restricted entry and/or requires an observational quarantine after entry, or have had close contact with a resident from relevant country within the past 14 days.
- Please wear a mask.
- Please wash your hands thoroughly for at least 30 seconds or more, and use hand sanitizer, etc.
- Before and after using training room equipment, please wipe it down with the provided disinfectant.
- Please social distance yourself between other users and facility staff (at least 2m or more) (excluding support staff for those with disabilities).
- Please avoid having conversations with loud voices or in close-quarters.
- Please fill in and submit your “user’s card” to the managing staff. In addition, if you have tested positive for COVID-19 within 2 weeks after using the facility, please notify the staff as soon as possible of any close contacts.
- Because there is a limited amount of training room equipment available to use, please limit yourself to 30 minutes per machine and only use it within your reserved time.
- Please cooperate with any other preventative measures as instructed by the staff.

Things to Keep in Mind

- Please follow social distancing.
 - This includes during the times you are not using the training room. Please keep 2m apart or more between yourself and others. (Excluding support staff for those with disabilities.)
- Please bring plenty of water.
- Do not share towels.
- Do not share and pass around drinks.
- Please take home any drinks you brought, etc., and properly dispose of them there.

※Info subject to change depending on the state of infection as stated by the nation • prefecture.

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