

# Notice on Opening of Swimming Pool

Research Center of Health, Physical Fitness and Sports

This is a notice on opening of swimming pool during the summer vacation of AY2019. The open days are 3 days a week, Monday, Wednesday, and Thursday, only August (please see below for the details). For those who will use the swimming pool, please fully adhere to the following 'Notice for Users' listed below, in addition to instructions given by lifeguards, and be fully aware at all times to prevent any accidents.

## Details

Open Period: **August 7, 2019 (Wednesday)~August 29, 2019 (Thursday)**

Days of the Week: **Monday, Wednesday, and Thursday (Excluding August 12 and 14)**

Open Time: **16:30~19:00 (Monday and Thursday)**

**14:00~19:00 (Wednesday)**

Eligibility for Use:

The use of the swimming pool is limited to those who are undergraduate and graduate students and faculty and staff members of the university and have no health problems found in medical examination, etc. People not affiliated with the university, such as family members, are not allowed to use the swimming pool.

Notice for Users

1. When entering the facility, please provide a form of identification upon check in, and be sure to fill out the user list located at the check in.
2. After changing clothes in the changing room, please **lock your belongings in a coin locker**. The locker requires a coin (100 yen coin) that will be returned after use.
3. Please be sure to shower your entire body before entering the swimming pool, and to adequately warm up and stretch.
4. Please wear a swimming cap at all times when swimming.
5. While at the facility, follow all lifeguard instructions, and avoid any bothersome behaviors such as blocking or annoying other users, dirtying the swimming pool, etc.
6. Eating or drinking is prohibited (except for rehydration.)