

## Guidelines regarding Covid-19

Facility	1	Hand antiseptis	Hand sanitizers are placed in various locations.
	2	Door knob / Door	Attached antibacterial film on door knobs. Doors and windows will be kept open.
	3	Ventilation	Fans used as necessary. Air purifier will be on all the time.
	4	Restroom	Clean the gym after AM classes, Open Gym of 13:00 and 17:00, and PM classes. Hand soaps and disposable paper towels are stocked Staffs will empty trash boxes regularly.
	5	Elevator	Attached antibacterial film on buttons. Limited to 3 people at one time.
Class	6	Class duration	60 minutes
	7	Structure	The last 10 minutes are for cool down. Staff cleans up the place in those 10 minutes. To keep enough spaces in a class and locker room, please refrain from joining late or leaving early.
	8	Capacity	Limited to 14 people.
	9	Spaces between members	<b>Please keep your social distance.</b>
	10	Cleanup	Please wipe equipments with alcohol sheets after use. Staff clean the floor and wall after classes.
	11	In class	No running outside. Elbow touch instead of high-five.
	12	Open gym	By appointment only. 30 minutes slot up to 2 hours. Limited to 14 people. Staffs clean the gym twice at 13:00 and 17:00.
	13	Drop in	We will resume drop-ins from October 2021. (4,400yen *incl.tax) Please contact us in advance if you want to do drop-in, as the drop-in system may be stopped without notice depending on future circumstances.
Staff	14	New membership	Now accepting new membership.
	15	Mask	Wear mask at all times.
	16	Temperature check	In the beginning of the shift.
Visitor	17	Hand hygiene	Washing and sanitizing hands when coaches switch .
	18	Hand hygiene	Please use hand sanitizer at entrance.
	19	Mask	Please wear mask all the time. Please read our pop that we hang on the wall.
Member	20	Temperature check	Staff will take guests temperature upon entry. Staff will take guests temperature upon entry. Temperature readings of over 37.5 will not participate in class. Participants to advise others when feeling ill.
	21	Class health check	
	22	Member temperature check	Members take temperature prior to going to DKY.
	23	Hand & shoe sanitizing	Sanitize hand at entrance, sanitize shoes at gym entrance.
	24	Changing shoes	Shoes worn outside are not permitted in the gym area.
	25	Mask	Masks are recommended but not required. Do not use mask during high intensity exercise.
	27	Hydration	Hydrate every 15 minutes Usage of water dispenser, tap water and ice from counter are prohibited. Purchased water from outside is permitted. Fridge is not available.
	28	Clothing change	Change only in locker room (not in lounge).
	29	Sofa space	Arranged for social distancing. Please avoid eating in sofa space.
	30	Departure	Please do not come to the gym earlier than 30 minutes prior to the class. Also, please leave here in 30 minutes after the class is finished.
Register area	31	Register	Money, cards are exchanged using a tray.
	32	Entrance	Vinyl partitions enclose the register and bar areas.
	33	Smoothie	Always wash hands, sanitize, put on gloves, sanitize before making smoothie.
Miscellaneous	34	Government guidance	Rules and practices will be updated according to government guidance.
	35	Updates and announcements	Updates and new announcements will be made through verbal explanation at the gym and SNS.