

## Guidelines regarding Covid-19

Facility	1	Hand antiseptics	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	Please keep your social distance.
	10	Cleanup	Please wipe equipments with alcohol sheets after use. Staff clean the floor and wall after classes.
	11	In class	<b>Outside run is allowed. Please sanitize the shoe-soles before entering back to the gym area.</b> 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.
	14	New membership	Now accepting new membership.
Staff	15	Mask	<b>Wear mask upon their responsibility.</b>
	16	Temperature check	In the beginning of the shift.
	17	Hand hygiene	Washing and sanitizing hands when coaches switch.
Visitor	18	Hand hygiene	Please use hand sanitizer at entrance.
	19	Mask	<b>Wearing mask is optional.</b>
	20	Temperature check	Staff will take guests temperature upon entry.
Member	21	Class health check	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.
	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	<b>Wearing mask is optional.</b> Do not use mask during high intensity exercise.
	26	Hydration	Hydrate every 15 minutes The service of water cooler has restarted in April 2022. To reduce the risk of infection, we will not be providing ice from the bar or storing your drinks in the refrigerator for the time being. Please use the water cooler or buy bottled water in our store.
	27	Clothing change	Change only in locker room (not in lounge).
	28	Sofa space	Arranged for social distancing. Please avoid eating in sofa space.
	29	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	30	Register	Money, cards are exchanged using a tray.
	31	Entrance	Vinyl partitions enclose the register and bar areas.
	32	Smoothie	Always wash hands, sanitize, put on gloves, sanitize before making smoothie.
Miscellaneous	33	Government guidance	Rules and practices will be updated according to government guidance.
	34	Updates and announcements	Updates and new announcements will be made through verbal explanation at the gym and SNS.