

◀ Individual Visitors Basketball Activities User's Guide ~COVID-19 protection Version~ ▶

【 Steps to restart gradual activities to prevent the spread of infection and prevent injuries to visitors 】

Due to the spread of the COVID-19 infection it was not possible to open the basketball to individual visitors. However we are ready to resume operations based on JBA guidelines and Tokyo guidelines.

When resuming activities users parents instructors and facility managers must be aware of the two risks of 【 infection 】 and 【 injury 】 and take measures to minimize them.

Due to the nature of basketball movement which requires physical contact and conversation the risk of [infection] may increase.

In addition, since basketball activities were restricted for a long period of time during self-restraint it is assumed that the conditions 【 muscular strength and endurance 】 of many users have decreased This may increase the risk of injury.

In order to completely resume the activities while minimizing these two risks the number of people who can work in the gym at the same time 【 50 people 】 and the adjustment of the exercise load [strength and amount] 【 the practice of interpersonal training 】 From the two viewpoints of 【 prohibition 】 it is considered effective to gradually resume activities.

Therefore, we apologize for any inconvenience but we would appreciate your understanding and participation.

= Program changes and precautions =

① Flow of participation on the day :

- User's Guide A must - read for the new Coronavirus Infectious Diseases Control Ver.
- Fill out a checklist to prevent the spread of new coronavirus infections.
- Present your Shibuya classification 【 living · working · school attendance 】 ID card.
- \* Junior high school students should also present the participation agreement written by their relatives.
- The instructor will give you a numbered ticket after confirming your participation eligibility.

After picking up please purchase the ticket at the ticket machine in front of the gym and enter the gym.

○ Tickets and tickets will be collected by the instructor later so please keep them so that you do not lose them

○ If you have a fever of 37.5°C or higher on the day ,you can't enter the facility.

② In order to keep a comfortable distance and use it safely, we limit the number of users in the gymnasium to 50 When the number of seats reaches 50 a 【 Full 】 plate will be posted in front of the gym. Please check in advance.

③ User replacement system :

Only those who wish will receive a numbered ticket from No 51. When the users in the gymnasium leave the room we will call the numbers in order 【 Please wait so that it does not get crowded 】

Please note that if the called number does not appear even after 10 minutes we will transfer the right

to the next number.

- ④ About use of elementary and junior high school students :
    - \* Because elementary school students must be accompanied by relatives they will participate together.
    - \* For junior high school students please prepare a letter of consent from relatives. The text does not matter but the date of participation and the signatures and seals of relatives must be provided.
  - ⑤ Bring your own ball 【one for each person】 {1 for parents and siblings ○ / ball used outside ×}
  - ⑥ In the gymnasium . Please wear a Mask except when practicing shooting or dribbling or playing games .
  - ⑦ Please keep a sufficient distance ( 2Meters ) from other users during the practice.
  - ⑧ Please do not talk or support in a loud voice while using.
  - ⑨ Please do not share towels ・ drinks ・ etc、、、 of other users.
  - ⑩ Please consider the exercise intensity and the amount of exercise and try to improve the condition through the stages.
  - ⑪ From the viewpoint of measures against heat stroke keep in mind hydration and a short break.
  - ⑫ Please take the trash home with you and dispose of it at your home.
  - ⑬ The changing room is a closed space. Ventilation is performed but please be sure to leave the room immediately after changing clothes.
  - ⑭ Please follow the other measures and instructions specified by the facility managers / instructors.
  - ⑮ \* Bibs ( The player's Number ) will not be rented out when resuming 5 on 5, so please bring light or dark wear or bring reversible stuff.
- \* If you do not follow the instructions of the facility manager or the instructor, or if you act with morals, please leave the building immediately and refrain from participating from the next time.
- ★ This guideline is prepared based on the knowledge obtained at this stage. Please note that the content may be modified depending on the situation in the future.

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