

A Guide to JASDF Pool Users

1 Hours of Operation (Subject to change)

	Hours of Operation *1	Unit PT Reservation	Individual Fitness Swimming *2
Monday-Friday	0830-1200 1300-1600 1700-2000	0830-1200	1300-1600 1700-1930
Weekends and Holidays	1000-1200 1300-1600		1000-1200 1300-1600

*1 Temporary closed:1200-1300,1600-1700

*2 Single use is allowed only if janitor is on-duty.

If janitor is off-duty,do not swim alone.

Single use is allowed if supervised by experienced swimmer.

2 Closed

Closing days will be posted at the entrance.

3 Procedure

(1) For Unit PT Reservation

A unit should make an application at least two weeks in advance of its PT by calling 226-4476 or sending an email to 3wg-adm010@inet.asdf.mod.go.jp. Training Section,3rd Air Wing Headquarters will let the unit know whether the pool is available or not at least one week in advance of its PT.

(2) For Individual Fitness Swimming

You should fill in the form in the janitor's office before using the pool.

4 Miscellaneous

(1) People with SOFA status are allowed to use the pool as long as JASDF personnel have priority over them.MLC (Master Labor Contract),IHA (Indirect Hire Agreement),and temporary employees are not permitted.

(2) You must follow the pool rules.

(3) If your family members use the pool,they must be accompanied by an adult. He or she must be responsible for their safety and ensure that they obey the pool rules.

(4) You cannot make any work request to janitors in the pool.

*PT: Physical Training

**SOFA:Status Of Forces Agreement

Pool Rules

1.Note

- (1) You should fill in the form in the janitor's office and show it to a janitor before using the pool.
- (2) For Unit PT,you should make up a party of at least two people.Its members should watch each other for safety.
- (3) If a user is eighteen years old or younger,his or her parent or guardian should observe him or her.
- (4) You should enter the pool area with a proper swim suit except in swimming competitions,cleanups,maintenance and the like.

2.Warning

- (1) No swimming if you are sleepy,tired,hungry or just after a meal.
- (2) No swimming if you are sick (including infectious diseases,skin diseases, diarrhea,fever,and the like) or weakened.
- (3) No swimming goggles made of glass.
- (4) No pushing,shoving,horesplay,and rough behavior in the pool area.
- (5) No running on the pool deck.
- (6) No smoking in the pool.
- (7) No swimming if children are not toilet trained.

3.Caution

- (1) You must remove your makeup before entering the water.
- (2) You must wear a proper swim cap.
- (3) You must take off your clothes in the locker rooms and leave them in a locker.
- (4) You must not bring your valuables to the pool.
- (5) You must do warm-up exercises before entering the water.
- (6) You must enter the water from the starting platforms or by a ladder and get out of the water by it.
- (7) You must take a frequent break.For example,you should have a break for more than ten minutes after swimming for an hour.You must not be in the water during the break.
- (8) Food and drink are allowed only in the janitor's office,at the entrance,and on benches in the aisles.You must take your trash back with you.