

USE OF THE JASDF POOL BY SOFA STATUS PERSONNEL

This facility is operated by the Japan Air Self Defense Forces (JASDF) and the Japanese Ministry of Defense. JASDF permits SOFA status personnel to use the facility in accordance with their hours of operation and rules and procedures. The pool is for fitness (lap) swimming ONLY. There are no recreational open swim periods.

JASDF Pool Rules & Procedures

1. CLOSURES. Closures will be posted at the entrance of the facility. The facility may close without advance notice.

2. UNIT FITNESS & PT RESERVATIONS.

a. Requests for unit PT reservations must be made AT LEAST 2 WEEKS IN ADVANCE by calling 226-4476 or by email to 3wg-adm005@inet.asdf.mod.go.jp . Reservations will be considered for groups only and cannot be made for individual training.

b. A request for approval IS NOT a confirmed reservation. The Training Section, 3rd Air Wing Headquarters will notify the unit at least one week in advance if the pool is available for the desired reservation.

3. SWIMMER CHECK-IN PROCEDURES. All patrons MUST COMPLETE A USER FORM each and every time they use the facility. These forms are available in the Janitor's office.

4. AUTHORIZED PATRONS.

a. All personnel with SOFA status are permitted to use the JASDF pool, however JASDF personnel have priority at all times.

b. MLC/IHA personnel are NOT AUTHORIZED use of the JASDF pool.

c. Family members (UNDER 18) must be accompanied by an adult who must remain in the facility and be responsible for supervising them at all times. PLEASE NOTE: This is for fitness swimming only. There is no open recreational swimming permitted. Family members who cannot swim or are not engaged in fitness swimming are not permitted in the pool.

5. POOL PATRON RULES AND REGULATIONS.

a. Swim caps are mandatory.

b. No swimming if you are sleepy, tired, hungry, or just after a meal.

c. No swimming if you are sick (including infectious diseases, skin diseases, diarrhea, fever, etc.

d. No swim goggles made of glass.

e. Diving masks, snorkels, and fins, are not permitted.

f. No pushing, shoving, horseplay, or other rough behavior in the facility.

g. No running on the pool deck.

h. No smoking in the pool facility.

i. Children who are not toilet trained are NOT PERMITTED IN THE POOL. Swim diapers are not considered acceptable.

- j. Remove makeup before entering the pool.
- k. Use the locker room to change and leave clothes in the locker room, not in the pool area.
- l. You are responsible for your valuables and other items, do not bring them into the pool area.
- m. Please do warm up exercises before entering the pool.
- n. Enter the pool from a starting platform or ladder and exit the same way. NO JUMPING INTO THE POOL!
- o. Take frequent breaks.
- p. Food and drinks are only allowed in the Janitor's office at the entrance or on benches in the aisles. There are no trash cans in the facility. Take your trash with you.

6. HYPERVENTILATION AND BREATH-HOLD SWIMMING AND DIVING. While the JASDF pool does not have a rule covering this, the US Air Force prohibition remains in effect. HYPERVENTILATION, BREATH-HOLD DIVING AND SWIMMING, AND BREATH-HOLD COMPETITIONS ARE NOT PERMITTED AT ANY TIME FOR ANY REASON. People have died engaging in these practices!