

# 2023 Kyoseikan Training Room Usage Guidelines (Fall semester)

Institute of Physical Education, Keio University

The Kyoseikan training room will be opened according to the following procedures. Please follow the precautions when using it.

【open period】 October 16 , 2023 — January 24, 2024

【day/time】 Monday : 16:30~18:00

Wednesday / : 14:45~16:15

Some days may not be available for certain reasons. Please check availability on the calendar.

【subject】 students/staff

【usage limit】 Maximum 15 people.

## Precautions when using

### 1 . About entering and leaving the training room

- When entering the room, please write your name, student ID number/faculty number and entry time at the reception desk.
- When you leave the room, please write down the time you leave the room at the reception desk.

### 2 . About using the changing room

- Showers in changing rooms are available.
- Don't leave your luggage in the changing room and bring it to the training room.
- Please take care of your valuables by yourself.

### 3 . Measures to prevent the spread of infection during use

- The wearing of masks is left to the discretion of the individual.
- Please bring 2 towels. Use it for wiping sweat and for wiping the machine.
- After use, please disinfect the parts that come into contact with each device.
- Please refrain from talking in a loud voice.
- In principle, the use of the free weight area is prohibited.

### 4 . others

- If you are using it for the first time, we will explain how to use it, so please let the person in charge know when you enter the room.
- The university has completed uniform infectious disease control measures on May 7, 2023, but please manage each of them.
- For information on infectious diseases, please check the information provided by the Health Service Center from the following URL.

<http://www.hcc.keio.ac.jp/ja/infection/index.html>

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