

Important notice for Use of the THP Room

- THP Room opening hours

University members who have a user registration card can use the THP Room between 9:00-16:30 on weekdays. (The facilities are locked at 17:00, so please exit before this time.)

The THP Room cannot be used by individuals when it is being occupied for health examinations or workshops. Sometimes use of the facilities is temporarily limited for administrative reason without prior notification.

- Non-registered users cannot use these facilities

To maintain users' health and safety, only registered users are permitted to use the THP Room. Please carry your THP Room user registration card with you at all times while using the facilities.

In cases when registered users dishonestly assist non-registered users to use the THP Room, their rights to use the facilities will be revoked. If someone you know wishes to use the THP Room, please tell them how to register.

- Clothing, footwear and necessary items

Please wear appropriate clothing when using these facilities. Users must not dress in a way that may cause other users discomfort (for example, going topless). Please use the changing rooms if you wish to change clothes. Please bring a towel to rub down after exercise and a drink to stay hydrated.

- No outdoor footwear

Outdoor footwear is not permitted in the THP Room. Please use indoor footwear. Bare feet, outdoor shoes, slippers, sandals and "geta" are not permitted.

- Entrance and exit

The THP Room entrance is located inside the Medical Center for Student Health. After entering the Medical Center, please go downstairs. (The west-facing glass door and east-facing door in the THP Room are locked.)

- Proper use of facilities

Please use the equipment and facilities (training machines etc.) with appropriate care.

If you damage the facilities or equipment, please restore them to their former condition. If this is not possible, in some cases you will be asked to pay for the damage caused.

This does not apply if the machines malfunction during normal use. Please show consideration for the safety of the next user and report the problem to the Medical Center reception.

- Theft and loss of belongings

Please take care that your belongings are not stolen or lost. The Medical Center for Student Health is not responsible for any loss or theft of personal belongings, including items stored in lockers.

- Trashes

Please take home all your trash (Plastic bottles.etc.)

- Accidents and injuries

If an accident or injury occurs, please contact the Medical Center for Student Health immediately. The Medical Center will respond to emergencies, including first aid and contacting a hospital or clinic if necessary. The Medical Center for Student Health is not responsible for accidents or injuries that take place while using the THP Room.

- Use of the changing rooms and lockers

Non-users of the THP Room are not permitted to use the changing rooms and lockers, as this may inconvenience others.

- Use of the shower rooms

There is only one shower room each for men and women. Please be considerate of other users and limit your use of the shower room to a short period of time. The shower room is not equipped with soap. Please take care not to fall over in the shower.

- Toilets

Please use the toilets in the Medical Center for Student Health (2F). During out-of-hours user workshops and special programs, only the toilets next to the stairs within the Medical Center can be used. The corridor to the other toilets is locked outside opening hours.

- Emergency alarms and security cameras

The THP Room is equipped with emergency alarms in various locations. Please confirm the location of your nearest alarm. The THP Room is also installed with security camera system.

- AED (Automated External Defibrillator)

There is an AED located next to the Medical Center reception (2F).

- Start times for user workshops and special programs

Users who wish to participate in the workshops and special programs should finish changing and assemble in the THP Room before the scheduled start time. If you are late or do not attend, you will have to reserve a place in a different program.