

## **Rules for use of the Medical Center for Student Health THP (Total Health Promotion) Room**

Pre-registration is necessary in order to use the Medical Center for Student Health THP Room (referred to below as the “THP Room”). Please read the following instructions carefully and comply with them when filling in the “THP Room Application Form” and while using the THP Room.

### **(Purpose and scope of the facilities)**

The THP Room was established to promote the health of Kobe University students and faculty staffs. The facility is used for medical examinations and other medical examination-related work, exercise regimen involving exercise machines, and workshops.

### **(User eligibility)**

Only students and faculty staffs of Kobe University are eligible to use the THP Room.

### **(Use of the facilities)**

Users of the THP Room must follow the rules outlined in this document.

### **(Exclusive use of the facilities)**

The THP Room cannot be monopolized by one user.

### **(Applying to use the facilities)**

Excluding use of the THP Room for medical examinations and medical examination-related work or participation in workshops, THP Room users must register with the Medical Center for Student Health, and followed the designated procedure each time they use the facilities. In order to register, users must be diagnosed as healthy with no health impediments to using the THP Room, based on the results of your most recent Medical Check-up for Kobe University students/staffs or an equivalent health examination carried out by a hospital or clinic, including an electrocardiogram. Those currently undergoing medical treatment or follow-up examinations must obtain permission from their attending physician regarding exercise therapy.

### **(Following staff instructions)**

Users must follow the instructions given by the Medical Center for Student Health staff and the health and exercise advisers appointed by Kobe University.

### **(Cancellation of user registration)**

Permission to use the THP Room will be revoked in the following cases.

- (1) If the user is no longer a student or staff member at Kobe University.
- (2) If the user has not taken the designated annual Medical Check-up (excluding cases in which the user has submitted proof of taking an equivalent examination at a hospital or clinic).
- (3) If it is judged that use of the THP Room is not appropriate due to illness or disorder. In some cases staff may temporarily restrict use of the facilities depending on the kind of illness.

- (4) If the user has submitted false information on their application form.
- (5) If the user does not follow instructions given by staff at the Medical Center for Student Health.
- (6) If the user utilizes the THP room without following the appropriate procedures.
- (7) If the user utilizes the THP room for purposes that fall outside the designated guidelines.
- (8) If the user behaves in a manner that is considered socially unacceptable, or bothering others.
- (9) If the user is assisting an unregistered person to use the THP Room.
- (10) Other reasons or circumstances that may arise

(Hours of use)

The THP Room is normally open between 9am and 4:30pm on weekdays. Health examinations, health examination-related work, and workshops may take place during and outside these hours. Due to unavoidable circumstances there may be temporary restrictions on use of the facilities without prior notice.

(Priority use for Medical Center for Student Health affairs)

Use of the THP Room for affairs related to the Medical Center for Student Health will take priority over other activities and use by individuals.

(User cost)

Those who have registered to use the THP Room can use the THP Room, exercise machines, changing rooms, lockers and showers for free of charge.

(Outdoor footwear prohibited)

THP Room users must wear appropriate clothing and appropriate indoor shoes. Bare feet, outdoor footwear, slippers and sandals are prohibited.

(Restoration to original state)

If the THP room or any of its facilities and apparatus are damaged or lost, the person responsible for this must restore the facilities to their original state. If this is not possible, the person must recompense the University for the damage caused.

(Accidents and theft)

Kobe University does not accept responsibility for accidents or loss/theft of personal possessions while using the THP Room.

(Disagreements between THP Room users)

Disagreements between users of the THP Room should be resolved by the parties concerned. In some circumstances user rights may be revoked.

(Supervisory visits)

Medical Center for Student Health staff will visit the THP Room as necessary for maintenance and supervision.