



Climbing Gym SPIDER will be implementing the following safety policies upon the reopening of our gym. We understand that some of these policies are cumbersome, but for the safety of our customers and staff, we ask for your kind cooperation. If these policies cannot be met, we will be asking you to kindly leave our gym.

Please carefully read and confirm the following:

- I do not currently have Covid-19;
- For the past two weeks, I have not
 1. Had a fever of more than 37.5C;
 2. Had flu-like symptoms such as coughing and/or sneezing;
 3. Experienced any loss and/or changed sense of smell or taste;
 4. Come in close contact with known or suspected cases of Covid-19;
 5. Travelled outside of Japan.

Please also adhere to the following practices while inside our gym:

- Sanitize your fingers and hands with disinfectants placed at our entrance;
- Try to wash your hands, practice gargling from time to time;
- Always wear masks inside our gym;
(Please note that you will not be allowed inside without a mask)
- Practice social distancing with other customers and staff and refrain from engaging in a prolonged conversation;
- Avoid direct contact with each other such as fist bumps, high fives, etc.;
- No loud voices while climbing including cheering, etc.;
- No eating inside our gym; please practice social distancing when drinking beverages.

Our staff may also give out further instructions when deemed appropriate.

First name	
Family name	
Tel	
Date of visit	
Time	Entered the gym at: _____ / Left the gym at: _____