

# Usage Guidance

The Club will provide its members with information on how to use Club facilities and various articles for rent and sale at the Club by posting a notice on the bulletin board located at each branch or distributing printouts to its members.

Depending on the branch, some of the following rules may not apply. If you have any questions, please contact a receptionist or the staff placed in each area.

We may ask you to cooperate with temporary rules and manners in the event of a natural disaster, spread of an infectious disease, or any other unexpected situation.

## <Membership card/TIP GEAR/security card>



You are required to produce your membership card or TIP GEAR to a receptionist when checking in and checking out. Members not carrying their membership cards or TIP GEAR may be permitted to use the facilities nonetheless if they produce an ID card (or perform another procedure) and also pay a fee according to their membership types. Please inquire with a receptionist. Members entering the facility with TIP GEAR are also required to carry their membership card. The Club may require a member who has used the facilities without producing his/her membership card or TIP GEAR three times or more to perform the procedures for reissue of his/her membership card or TIP GEAR (charged). You need to present your membership card or TIP GEAR to use a locker at a branch of TIPNESS. Take care not to lose or break your membership card or TIP GEAR. Members who are not carrying or have lost their security card are not permitted to use TIPNESS' self-usage hours and FASTGYM24.

## <Baggage>



You are requested to place your baggage into a locker. You are also requested to avoid bringing bulky baggage which cannot be contained in a locker to the Club. For sanitary reasons, please do not roll baggage with wheels into the locker room. Always carry it off the floor.

## <Securing lockers>



When using a locker, please ensure that it is locked with a key, and wear the key and TIP GEAR on your wrist so that it will not disappear. Membership cards can be used for lockers that are lockable by the card. Please note that when a locker is found to be locked with a card other than a membership card, measures will be taken, including opening the locker or removing the lock.

## <Rental gear/rental option>



Purchase the tickets for the items you wish to rent at the vending machine and present the ticket to the reception desk. Return rented items into the Club's return box. Taking such items home is strictly prohibited.

\*As available sizes are limited, it is possible that your size will not be available.

## <Eating>



You may take drinks (including jellied beverages) anywhere on Club premises. For sanitary reasons, you are requested to eat meals, snacks and supplements within the eating space designated by each branch. Eating in locker rooms or the Training Area is strictly prohibited.

## <Wi-Fi>



Wi-Fi is available at the reception desk and training gym area free of charge.

## <Use of smartphones, cellular phones and tablet computers>



Please set your devices to silent mode or so that they produce no sound when used. Please refrain from making or receiving calls outside the designated areas in the Club. Do not bring your devices into bathrooms, showers, the sauna or the pool. Please refrain from using your devices while attending programs, moving within the facility or in a manner that may inconvenience others.

## <Photography, video and audio recording prohibited>



Photography, video or audio recording on club premises without permission is strictly prohibited.

## <Use of electric outlets>



Members can use the marked electrical outlets. Please use them to charge your smartphone, etc.. To prevent accidents, please refrain from using unmarked electrical outlets. The Club does not lend out chargers or adaptors. Please bring your own.

## <Manners>



In order to ensure the safety and comfort of users during the use of Club facilities, you are asked to observe good manners. We are striving to the utmost to improve the manners of all our members so that everyone can spend their time comfortably in Club facilities, which are used by many people. When using Club facilities, please show care and consideration for other users.

## <Protection of personal information>



In accordance with TIPNESS's privacy policy, requests for paging a member, passing on a message to a member, or disclosing a record of attendance of a member to any person other than the member will not be accepted in light of the protection of personal information.

## <Valuables>



To prevent theft, you are requested not to bring valuables to the Club. If you must bring valuables unavoidably, please deposit them in the valuables box provided (free of charge).

## <Loss of keys>



Members who lost keys to lockers, umbrella stands, coat hangers, privately-used lockers, and so forth will be charged 2,200 yen (including tax).

## <Left-behind articles/lost articles/articles left unattended>



If you feel you may have forgotten or lost your personal belongings, please contact a receptionist. Unattended articles left in the Club premises will be collected by our staff.

## <Theft>



For the custody of your own personal effects, you are requested to store them in a locker or keep them in sight. If your personal effects have been stolen on the Club premises (including the parking space and lockers of various types), report it to the receptionist immediately.

## <No smoking>



Smoking is prohibited in any facility on the premises of each branch.

Smoking cigarettes (including electronic and smoke-free cigarettes) is strictly prohibited.

## <Solicitation/commercial activities prohibited>



Any solicitation activity (including solicitation for taking out a group insurance), whether it is commercial or noncommercial, or commercial activity (such as buying/selling goods, providing members with services including personal training services) inside the Club premises without permission is strictly prohibited.

## <Nuisance prohibited>



The following acts are strictly prohibited: defaming or maligning another person; practicing violence on or intimidating another person; stalking another person; committing an act being offensive to public order and morals, such as molestation, voyeurism, and genital exposure. Do not interfere with other persons' usage of the facilities or interfere with the Club personnel during the performance of their duties. Also, do not write graffiti in or make alterations to the Club premises, or bring animals or dangerous materials into the Club premises.

## <Rules to be observed in the Club premises>



Please observe the Club Rules and other various rules to be observed in the Club premises in order that members' use of the facilities may be done in safety and comfort. If you encounter any act which falls under or potentially falls under the prohibited matters as set forth in the Club Rules or other rules, please notify staff then and there. The Club will inform its members of such rules by distributing printouts and posting a notice on the bulletin board located in each branch, on TIPNESS as well as orally by the personnel. For details of such rules, please contact the branch in which you are enrolled, since they may vary among branches.

## &lt;Checking physical condition&gt;



You are requested to check your physical condition by yourself prior to taking exercise and to **refrain from using Club facilities when you do not feel well.** In the event that you 'feel sick,' 'get injured,' 'feel something is wrong with your muscles or body,' please stop using the facilities immediately and notify staff to that effect. In addition, if you become aware that something may be wrong with another member, please call for staff immediately.

## &lt;Training wear&gt;



Please select items that **allow air to pass through easily, stretch easily, and absorb perspiration well**, such as a T-shirt and jogging pants. Wearing clothing that does not allow air to pass through easily, such as sauna suits, may place strain on the body, resulting in dehydration and dermatopathy. Clothing made of functional materials that do not get in the way of hands and feet, or absorb and dry sweat quickly also help prevent injuries and colds.

## &lt;Rehydration recommended&gt;



**Sufficient rehydration during the use of the facilities is recommended.** Any beverage brought into the Training Area including studios and training gyms should be contained in a bottle (other than a glass bottle) with a cap. In addition, in some cases, 'beverages other than water may not be brought into the Aqua Area' pursuant to an ordinance of local government. For more information, please contact the branch in which you are enrolled.

## &lt;Attendance at lessons&gt;



Please select the lesson type that best suits your physical fitness and condition. You are recommended to understand the details, level, and the prescribed number of participants of the lesson you intend to attend by reading a handout or observing the lesson prior to your attendance at the lesson. To give a lesson safely and effectively, the Club requests you to refrain from joining a lesson after it has started. In addition, the Club also requests you to be careful in order to avoid body contact with another member, so that no injury or problem is caused by such contact.

## &lt;Use of facilities&gt;



You are requested to wear indoor shoes that are suitable for exercise and training when using the Club facilities. (You are also requested to wear indoor shoes when moving within the indoor part of the Club premises.) However, you can use the Club facilities at the Umeda branch in your outdoor shoes. Please refrain from moving barefoot. Do not bring personal exercise equipment not specified by the Club onto the Club premises.

## &lt;Locker rooms/powder rooms&gt;



Please enter locker rooms in bare feet or in socks. Please take off your shoes (shoes and slippers) You are requested to cooperate with the Club to keep the entrance of the locker room free from shoes by placing your shoes into a locker.

## &lt;Swimming pool/aqua area&gt;



The swimming pool is divided into several courses, including the **Swimming, Walking, Exercise and Lesson Courses.** You are requested to swim in accordance with the signs for the respective courses in the branch in which you are enrolled.

Please refrain from overtaking in the Swimming Course.

**Diving and swimming under water is prohibited by all branches** (with the exception of during lessons). Please wear swimwear (including rash guards). To swim and join a swimming lesson, please wear a swimming cap. Please tuck your hair inside the swim cap. Before entering this area, please be sure to take a shower to remove sweat, makeup, and hair products from your body. If you are going to swim without dipping your head and face in the water, you do not need to wear a swimming cap. (make sure your hair does not touch the water.) You do not need to remove makeup or hair products either.

Before using the facilities, please **take off accessories, such as watches, pierced earrings and rings, glasses, and acupuncture needles with tape (circular press needles, intradermal needles)** for safety. You are allowed to wear locker keys, club designated wristbands, and plain wedding rings. If you wear glasses, you are allowed to stay in the area designated by each branch without taking them off, provided that a band is used to fix the glasses to your head (however, glasses that use lenses made of glass are not permitted). Please enter the swimming pool barefoot (you may wear a nonslip supporter for swimming use).

In the swimming pool, you may use a waterproof portable music player or a wearable device with an activity monitor. Use a wearable device band for a wearable device for safety and water quality.

## &lt;Use of facilities&gt;



When using the facilities, **please prepare, by yourself, a towel for wiping off sweat.** You are recommended to wipe off sweat frequently. After using equipment, please return it to the designated place.

## &lt;Locker rooms/powder rooms&gt;



When staying in the locker room/powder room, please refrain from remaining undressed, **for example, by wrapping a towel around your body.** Do not place shoes or wet items on the chairs in the locker room. After staying in a pool, bath, and so forth, **please dry yourself thoroughly** before returning to the locker room. Please make appropriate use of amenities, such as shampoo and paper, so as to leave no waste.

## &lt;Studios&gt;



Before lessons, **please wait in line.** Please take care to avoid contact with other users in a crowded studio. After using a mat, please wipe it down to remove sweat so that the next user may use it comfortably.

## &lt;Before and after taking exercise&gt;



Please **be sure to stretch before and after taking exercise** to avoid getting injured. Sufficient warm-up before exercise and sufficient cool-down after exercise are recommended.

## &lt;During/after exercise&gt;



During and after exercise as well as during bathing, please **exert care so as to avoid feeling dizzy or lightheaded**, or if you have anemia. Should you feel dizzy or lightheaded, or have anemia, please settle into a **comfortable position** by holding onto something, crouching down, or lying face up with your legs bent up. In addition, ask someone nearby to notify staff immediately.

## &lt;In an emergency&gt;



In the event of a fire, you will be notified by means of emergency broadcasting. In emergencies, including earthquakes and power failure, **please follow the instructions of staff and act in a level-headed manner.** In case of emergency, please check and see where the emergency exits are located.

## &lt;Training gym&gt;



**Hours when machines are available for use as well as waiting rules vary among branches. Please observe the rules of the branch in which you are enrolled.** After using a machine, please wipe down the machine with the towel attached to it.

## &lt;Studios&gt;



**Studio lessons need to be booked in advance. Please book the lessons on iFITNESS.** Rules about entry into and exit from studios vary among branches. As well, each lesson has different rules as to whether to wear shoes or take them off. Please observe the rules of the branch in which you are enrolled. Please refrain from asking another member to save your spot for you or using an article such as a towel to save your spot. In addition, while you are waiting for a lesson to get started, please refrain from moving to another area with your personal effects left unattended in order to work out in that area.

## &lt;Shower room/bathroom&gt;



When leaving a shower booth, a water faucet in a washing space, or a clothing storage rack in a dressing room, **please refrain from placing an article in such space to prevent anyone else from using the space.** For safety, please refrain from bringing articles made of glass into the shower rooms or bathrooms. Before using the facilities, please take off accessories, such as watches, pierced earrings and rings, glasses, and acupuncture needles with tape (circular press needles, intradermal needles). **Hair dyeing is absolutely prohibited** and, bringing hair dye into the spaces set forth above is also strictly prohibited. Shaving and tooth brushing are prohibited in some spaces. Only safety razors (T-shaped razors) are allowed. Razors should be handled carefully so that they are not left behind after use. Please refrain from washing laundry in the bathrooms.

## &lt;Sauna/warming room&gt;



Please take off all your clothes when using a sauna. In addition, please be sure to **use a towel or mats provided for sitting/lying down. Please refrain from bringing into a sauna or warming room any article other than towels and sauna hats.** Washing off the dirt, rubbing salt onto the body, using oil, a cosmetic roller, etc., reading, eating and drinking, drying clothes, and watering a stove in saunas and warming rooms are strictly prohibited. Please wear your swimming suit when entering the warming room beside the swimming pool.

## &lt;Training gym&gt;



You are requested to handle training machines and gym equipment with care. You are also requested to refrain from resting on a machine after using it. Please leave the machine promptly, **giving consideration to anyone else** who wishes to use it. Please refrain from talking for a long time or doing activities other than training (such as playing games or writing emails on a mobile phone) while sitting on a machine or a stretch mat.

## &lt;Swimming pool&gt;



**Please refrain from staying in the Aqua Course for a long time to talk with someone else in the Aqua Area.** When talking with other users within a walking course, you are requested to take great care **not to cause inconvenience** to other users. When swimming butterfly or making a turn, please take care not to splash other users with water.

## &lt;Aqua area/sauna/warming room&gt;



You are requested to **keep quiet in facilities to be used for relaxation**, such as a sauna, warming room, bathroom, and whirlpool bath to maintain comfort for other people. Loud talking as well as defaming, maligning, and intimidating another person is strictly prohibited. During hours when many people use a sauna or a warming room, you are requested to sit without lying down when using the facility. When taking a waterfall shower or an ordinary shower, **please be careful not to splash other users with water.**