

## Requirements and restrictions to join “SHOWER-CLIMBING in Hida-Osaka

Welcome to Shower-Climbing in Hida-Osaka.

Before making a reservation, please check that all members in your group DO NOT apply to any of the restrictions below. In addition, comprehension of all details on the following pages will be absolutely necessary for participation.

### <<Health conditions>>

1. Diagnosed with asthma or any respiratory diseases.
2. Diagnosed with any circulatory diseases.
3. Have a back pain or a hernia.
4. Have a history of dislocation or partial dislocation.
5. Have a serious fear of water.
6. Presently pregnant

### <<Others>>

1. Shorter than 140 cm (4'7" ft)
2. Taller than 190 cm (6'2" ft)
3. Weigh more than 90 kg (198 lbs)
4. Shoe size is bigger than 30 cm (EU 47, USA 12).
5. Older than 65 years old.
6. All members of your group are younger than 18 years old.

*To be continued to the next page.*

## Requirements and restrictions to join “SHOWER-CLIMBING in Hida-Osaka

### ※Please read through the end.

On Hida-Osaka Guided tours, you will get in and enjoy wild outdoor environments where people do not live. This will mean, at the same time, the environment will be very harsh for human beings, and can be life threatening.

Our guides are determined and prepared to take participants on our exciting tours with minimal risk, but it is important that you also cooperate with us to assure you do not put yourself in danger. Once the tour has started, you must be physically capable to support yourself, by swimming, hiking, and climbing, until returning to the starting point. In order to complete the tour, please **prepare yourself, be in shape to endure the whole tour, and prepare necessary gear in advance.**

Also, in order to prevent the spread of Covid-19, it is very important not only for the guides, but also for the participants to take precautionary measures.

Before leaving for the tour, please read all cautions below and check your present condition. If you are subject to even one of them, please postpone your participation.

### 【IMPORTANT NOTICE】

#### The risk of a deadly accident increases if you don't follow below.

- Please stay fit for the tour from the day before. If your body temperature at the sign up is higher than 37.5 C, you will not be able to join the tour. (You would endanger yourself, if you join the tour with hangover, cold, or any kind of uneasiness.)
- If you have or had asthma before, please bring your medicine. Please postpone your participation if your condition is severe.
- If you are allergic to something, please bring your medicine, for example, EpiPen® Injection for bee allergy. If you have your own antihistamines, please bring it with you.
- If you have food allergies, please let us know in advance. Light meals and drinks are included in some tours.
- If you have chronic conditions or diseases, please let us know in advance. Also, please bring your own medicine.
- You cannot take your personal belongings to shower-climbing. A waterproof camera can be taken with you, but you are solely responsible for loss or damage that may occur to it. The tour insurance does not cover damages on your personal belongings.

## Requirements and restrictions to join “SHOWER-CLIMBING in Hida-Osaka

- Please do not use hard contact lenses during the tour. It is very likely that your eyes will get injured.
- You may wear glasses, but you are solely responsible for any loss or damage that may occur to it. The tour insurance does not cover damages on your personal belongings.
- In order to avoid injuries, please cut your nails short, especially your fingernails.
- The tour may be called off, even during the tour, if there are any participants who do not follow the instructions given by the guide.
- Participants who appear to have had any alcohol just before the tour will not be allowed to participate

### <<Possible cancelation>>

- Depending on the spread of Covid-19, the tour may possibly be canceled.

### <<WEATHER POLICY >>

- It is possible that the tour may be canceled due to excess water flow of rivers and bad weather. The decision to cancel the tour will be made according to the weather forecast at 4:00 PM on the day before the tour. It may be after 5:00 PM when the main booker receives such information from the Hida-Osaka Waterfall Trekking Office. In such case, you may receive a phone call from 0576-62-2215 or 080-2650-0215.

Please note that the guide can call off the tour even on the day of the tour, or during the tour because of excessive water flow, heavy rain or any sudden changes in weather. Also, the guide may change the tour route in order to secure the safety of the tour group.

### <<CANCELLATION POLICY >>

- 50 % of the fee will be charged to participants who cancel their tour on the day before the tour date before 5:00 PM.  
(Cancelation must be made 7 days prior to the tour date if your booking falls on the bon holiday, otherwise, 50 % of the fee will be charged.)
- The full fee will be charged to participants who cancel their tour after 5:00 PM on the day before the tour date.