

Health Policies and Reservation Precautions Marine Activities

- Marine Activities may be cancelled according to the weather conditions
- Customers over 60 years of age is required a medical certificate when you reserve
- Please refrain from drinking before the tour. If you have a hangover, you may not participate
- Each marine activities have a target age. Participants outside the eligible age range cannot join the activity.
Please refer to the respective activity pages for the age requirements.

Guests with the following conditions will not be able to participate in our marine activity programs.

- Expectant Mothers
- Suspected hangover
- Plan to fly on the day after the diving to prevent decompression sickness (No problem with snorkeling)

Guests with the following medical histories are required a medical certificate.

Please confirm the conditions when making a reservation.

- Currently on prescription medication (except contraceptives and malaria prophylactics)
- Have or have had epilepsy, seizures, or are taking medications to control them
- Have high blood pressure, or have taken any medication that controls blood pressure, such as antihypertensive drugs
- Have or have had experienced diabetes
- Have experienced heart disease, arrhythmia, or heart disease (such as myocardial infarction or angina)
- Have or have had a blood or vascular disease (such as cerebral infarction or bleeding disorder)
- Have or have had an ear or nose disease, or have had ear or sinus surgery
- Have or have had problems such as mental illness, anxiety disorders, behavioral disorders (anxiety attacks, claustrophobia, etc.)
- Common or severe motion sickness (such as seasickness or motor sickness)
- Have or have had asthma or are taking asthma medications
- Can only do moderated exercise (for example, cannot walk about 1.6 km within 12 minutes)
- Have received any medical care within the last 3 months
- Worried about own physical condition when participating in the marine activities

< Please confirm following points when participating in any diving tour >

- Have or have had a digestive illness
- Have or have had pneumothorax or other lung disease, or have had lung (chest) surgery
- Having severe attacks of hay fever or allergic symptoms, or common cold, sinusitis, or bronchitis
- Have or have had hyperventilation
- Have a loss of consciousness or faint (complete or temporary loss of consciousness)
- Have or have had diving sickness or decompression sickness
- Have bone or joint or muscle disease or pain
- Have had back pain repeatedly or have had back surgery
- Have or have had a hernia
- Have or have had a thyroid disease
- Taking medications to repeatedly or prevent migraines
- Alcoholism, drug dependency, or has been in the past 5 years