

## **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