
Lei

— Thank you for finding me —

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Request for Health Check

Our tours take place in the special environment of the ocean. To ensure that everyone can participate safely and enjoyably, we kindly ask all guests to complete a health check in advance.

It would be very disappointing if, on the day of the tour, a family or group arrives only to find out that, for example, “the father cannot participate.” Such situations are not only sad for the guests but also very difficult for our staff.

In order for everyone to create happy memories with peace of mind, please make sure to confirm and reply in advance.

Deadline for Your Reply

Regular reservations: Please reply no later than **7 days before the tour date**.

Last-minute reservations (within the cancellation charge period): Please reply **within 1 day after booking**.

As soon as a reservation is confirmed, we immediately secure a dedicated instructor and arrange boat boarding. If we only learn later that you are not eligible to join, unfortunately the cancellation charge will apply.

Please Do Not Make Your Own Judgment

Comments such as “I was able to do it before, so I’ll be fine today” or “I joined another shop without a problem” are not accepted at our shop.

Safety standards differ by shop and are becoming stricter every year.

Even if you personally feel that a condition is “cured,” you must inform us in advance.

Conditions That Will Result in Refusal of Participation

- Those who are pregnant or may be pregnant
- Those who have had lung surgery
- Those with a history of heart or circulatory disease, or surgery
- Those with a history of high or low blood pressure, or who are taking medication for blood pressure
- Those with a history of blood disorders, or currently under treatment
- Those who have had an endocrine disorder (e.g., diabetes, thyroid disease such as Graves’ disease or Hashimoto’s disease)

■ There are many other endocrine conditions. Please disclose all, regardless of type.

- Those with ulcerative colitis
- Those with Ménière’s disease
- Those who have had asthma

■ If there is no medication and no swimming restrictions, snorkeling only is possible

- Those with a history of brain disease

- Those who have had pneumothorax ■ **snorkeling only is possible**
- Those who have epilepsy, or are taking medication to prevent seizures
- Those who have had COVID-19 (moderate level 1 or higher) or pneumonia findings
- Those with panic disorder, anxiety disorder, or other mental instability
- Those aged 45 or older who have not had a yearly medical check-up
- Those aged 45 or older with a BMI of 30 or more ■ **consultation possible if body fat percentage is under 20%**

Conditions That Require Prior Declaration

- Currently under medical treatment or attending hospital for illness/injury
- Experiencing ear discomfort, pain, or sinus infection
- History of bronchitis or pneumonia within the past 6 months
- History of ear disease (infection, vertigo, dizziness, etc.)
- History of ear or nose surgery
- History of respiratory or lung disease
- Severe allergies
- History of chest or abdominal disease, or surgery
- Diagnosed with developmental or mental disorders
- Aftereffects of illness, injury, or surgery
- Currently taking prescribed medication (excluding contraceptives)
- Other past history of serious illness, severe injury, or hospitalization

■ **Even conditions not listed above may result in refusal of participation for safety reasons. If you have any concerns, please consult us in advance.**

Contact

If you have any questions or concerns, please feel free to contact us.

■ 098-965-4515

■ Diving Shop Lei