

Items to be brought to PRAC (for personal use)

Aug-24

	Item	Can I bring it in?	NameNotes
1	T-shirts and shorts	○	Must be worn over swimsuit
2	Compresses and magnetic therapy tape	×	Taping is OK, but stickers are not allowed
3	Fins	×	
4	Paddles	△	※Rubber, silicone, and nylon are OK
5	Snorkels	×	
6	Whistles	×	
7	Stopwatches	○	Only allowed by poolside managers
8	Drinks	○	※Refills at poolside
9	Smartwatches	○	<ul style="list-style-type: none"> The product is completely waterproof, and the strap is made of silicone material. It has healthcare functions (heart rate monitor and activity tracker), and only these functions are to be used. The entire smartwatch (wearable device) must be completely covered with a silicone band, etc. The product must be free of cracks or other damage, and no significant dirt. The use of the camera function is prohibited.
10	Waterproof earphones	×	
11	Cell phones and smartphones	×	
12	Papers and practice menus	○	※Waterproof measures such as clear files and pouches are required ※Must take home
13	Hairpins and hair ties	○	※When using in the water, store them inside the swimming cap
14	Accessories	×	
15	Training equipment	△	<ul style="list-style-type: none"> Equipment for stretching purposes is permitted. Equipment that may damage the poolside, etc. is not permitted. Fixing equipment to the facility is not permitted. (Rubber tubes, etc.) *Please follow the manager's instructions for items not specified.

