

Items to be brought to SPAC (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.