

# Confirming Letter

All activities of MARUGOTO MIKURAJIMA TOUR such as dolphin swimming, skin diving lesson, drive tour or other programs need a special confirmation of your agreement.

1. Please put the check mark in the box (☐) if you understand the followings.

Dolphin swimming is an exciting activity. On the other hand there are some risks such as drowning or serious injury caused by contact accident with propeller of the boat. The captain and guides focus on safety. However, the principle is self-responsibility.

**I understood all.**

2. If you have or suspect that you have any of the medical conditions listed below, you must get medical certificate from your doctor, valid within 12 months of the date of your trip and attach to this confirming letter.

- Injuries or disabilities that limit physical movement (Please consult us in advance)
- Dolphin swim is not allowed during pregnancy

Current or past illnesses that may not have been completely cured

- Cardiovascular system (angina pectoris, myocardial infarction, arrhythmia, hypertension, etc.)
- Respiratory system (asthma, bronchitis, etc.)
- Brain / nervous system (cerebral infarction, epilepsy, syncope, convulsion, etc.)
- Ear, nose and throat system (tympanic membrane perforation, Meniere's disease, otitis media, etc.)
- Psychiatric system (claustrophobic or fear of heights, emotional instability, etc.)
- Diabetes
- Severe allergies
- I have any of the above items, but my doctor's diagnosis indicates that I am in good health to swim in the sea.**

**I do not meet any of above conditions and my health is good enough to swim in the sea.**

3. Current health condition (Participation may be refused depending on the applicable item and degree)

- Dolphin swim is not allowed if you have consumed alcohol today.

Cold, fever, hangover, sleep deprivation, heart palpitations, etc.

Other health concerns other than those listed on the above ( )

Please list any medications you are currently taking ( )

**I have some of the above items, but I am in good health to swim in the sea.**

**I do not meet any of above conditions and my health is good enough to swim in the sea**

4. Dolphin swim Rules and Precautions

- Never approach the rear of the boat because the propeller is rotating. It is very dangerous.
- Follow the instructions of the captain and guide, especially when entering the water and returning to the boat.
- After entering the water, quickly swim away from the boat about 5-6m. But do not swim toward the rear of the boat.
- Beginners and people who are not good at swimming should wear wetsuits and life jackets.
- Children under 7-year-old should wear both a wetsuit and a life jacket and always be accompanied by a guardian.
- Do not swim more than 100m away from your own boat and swim in the water within sight of each other with a guide.
- Swimmers can enter the sea up to 8 times per voyage.
- Do not touch dolphins, do not feed dolphins, do not interfere with natural behavior (foraging, mating, etc)
- Do not chase dolphins forcibly, and do not approach dolphins with newborn babies
- Do not bring artificial objects including selfie sticks into the water other than the equipment necessary and cameras.
- Do not shoot with flash or other artificial light sources and not make artificial sounds unnecessary.
- You are responsible for managing items such as cameras and equipment.
- If rental items are damaged or lost, actual expenses may be charged.

**I have read and understood the dolphin swim rules and precautions.**

I will fill in the above information truthfully and sign. If an accident occurs due to a false declaration, I will respond at my own risk and will not make any complaints to the relevant captain guide, or tour organizer.

|                                   |              |                               |                               |   |   |
|-----------------------------------|--------------|-------------------------------|-------------------------------|---|---|
| Name                              | Age          | Parental signature for minors |                               |   |   |
| Address                           |              |                               |                               |   |   |
| Emergency contacts (family, etc.) |              |                               |                               |   |   |
| Name                              | Relationship | Tel                           | Entry date(year / month/ day) | / | / |

# Medical certificate

Name

Birthday

I plan to participate in a dolphin swim (an activity which people go out into the open sea by a small boat and snorkel and skin dive there.). But since there are parts that fall under the following health checks, I ask for doctor's opinion.

Current or past illnesses that may not have been completely cured

- Cardiovascular system (angina pectoris, myocardial infarction, arrhythmia, hypertension, etc.)
- Respiratory system (asthma, bronchitis, etc.)
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- Psychiatric system (claustrophobic or fear of heights, emotional instability, etc.)
- Diabetes
- Severe allergies

## Evaluation results

- No visible medical disturbance that you are ineligible to participate in this activity.
- This activity is not recommended.

## Findings

Doctor's signature

Date

Clinic/Hospital name

Tel

Email

※As Marugoto Mikurashima Tour, this evaluation is basically valid for one year if there is no change in the medical condition.  
If this medical certificate has been more than a year, please see your doctor again.