

How to use the Omiya Kenpo Ground

[Those eligible to use the Ground]

Members of the Health Insurance Society (insured persons and dependents)

Relatives of members and former members, accompanying members

(On weekdays only, relatives of members and former members may use the facility unaccompanied by members.)

[Hours]

April-September		October-March	
Saturdays, Sundays, holidays	Weekdays	Saturdays, Sundays, holidays	Weekdays
8:00-10:00	9:00-11:00	8:00-10:00	10:00-12:00
10:00-12:00	11:00-13:00	10:00-12:00	12:00-14:00
12:00-14:00	13:00-15:00	12:00-14:00	14:00-16:00
14:00-16:00	15:00-17:00	14:00-16:00	
16:00-18:00			

- * The baseball grounds are not available from the start of January through mid-March to allow for field maintenance.
- * The soccer pitches are available starting at 10:00 throughout the week from the start of January through mid-March.
- * Sessions include time required to prepare the facility and to restore the facility to its original state (putting things away and cleaning after use).

[Rates]

Facility	Number available	Rate (two hours per court/ground/pitch)
Tennis courts	6	1,000 yen
Baseball grounds (rubber baseball only)	2	2,000 yen
Soccer pitches	2	

- * A cancellation fee equal to the full applicable rate will apply for cancellations on the date of use for the user's own reasons.

[The Ground is closed on the following days]

- Every Tuesday (or the following business day if Tuesday is a holiday)
- Dates specified by the Health Insurance Society and the Omiya Kenpo Ground
- When Ground conditions are unsuitable for use due to inclement weather

[How to apply]

<<Reservations>>

- Reservations must be made by insured persons.
- Reservations are accepted by telephone on a first-come, first-served basis from 9:00 am on the 10th of the month (or the following business day if the 10th is a Saturday, Sunday, or holiday) two months before the month in which the desired date of use falls until five business days before the desired date of use.
(Contact us separately to make reservations for an entire establishment for athletic festivals, tournaments, or other such events.)
- When making reservations, provide your desired date of use, desired facility, hours of use, number of courts/grounds/pitches, and number of users.
- A single session is two hours long. In principle, you can reserve up to two sessions per reservation.
- You can reserve one baseball ground or soccer pitch and up to two tennis courts per reservation.
- The baseball grounds may be used for **playing rubber baseball only**.

<For reservations or inquiries> Call the Health Facilities Department (tel. 03-3666-8240).

<<Applying for use>>

○After making a reservation, download the **Use Application/Ticket** from the Society website (<http://www.shoken-kenpo.or.jp/>). Enter the necessary information and mail to the Health Facilities Department or submit at the department office counter.

<<Issue of Use Ticket>>

○On receiving the Use Application/Ticket, we will affix the Society seal to the Use Ticket and mail this to you or provide it to you in person over the counter at the Health Facilities Department office.

* The Use Ticket indicates information such as the rate due **after use** and the deadline for payment (within 10 business days after use).

[How to use]

<<Check Ground availability for use>>

○Be sure to check the availability of the Ground before departing on the scheduled day.

Contact: Clubhouse (Omiya Kenpo Ground office): tel. 048-623-2186

- Saturdays, Sundays, and holidays: Availability for use will be decided at 6:00 am or later for morning slots and at 10:00 am or later for afternoon slots.
 - Weekdays: In principle, availability for use will be finalized two hours before the start time for morning slots and at 10:00 am for afternoon slots.
 - Winter (January through early March): Availability for use will be finalized at 8:00 am.
- * If you plan to use a soccer pitch during the winter, be sure to check availability before departing, regardless of the weather on the day of use.

<<Reception location on the day of use>>

○On the day of use, present your Use Ticket and (original) health insurance card at the following reception location before use. Relatives of insured persons and former insured persons using the facility on weekdays unaccompanied by the Society's insured persons must present their Use Tickets and IDs.

Reception location ㊶ :

Saturdays, Sundays, and holidays in season from early March through the end of December:

Ground on-site office (Zone 19: corner of Sannobori)

Tel. 048-625-4209 (phone answered only during the time of year indicated above)

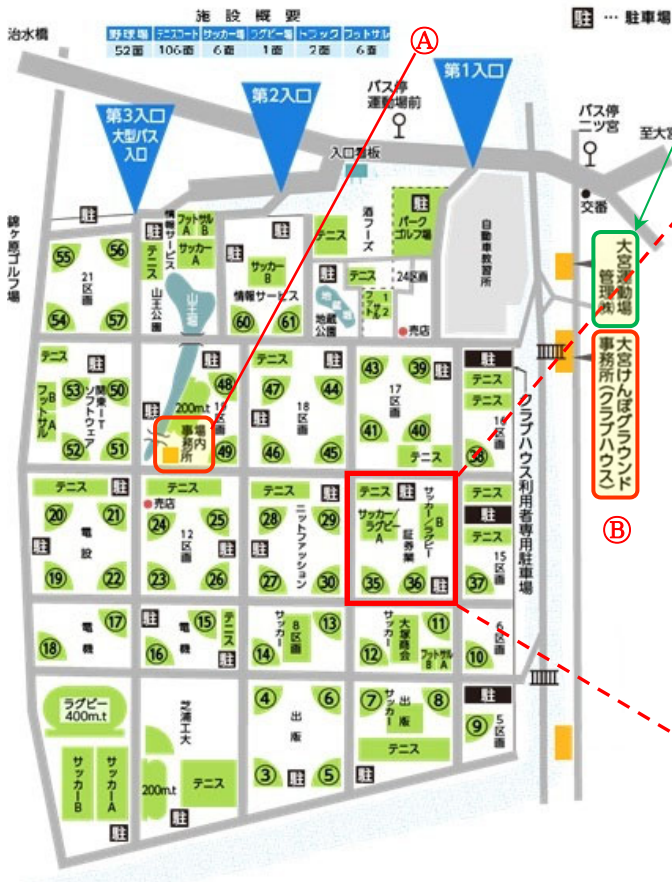
Reception location ㊷ :

Weekdays, and Saturdays, Sundays, and holidays during the off-season period from January through early March:

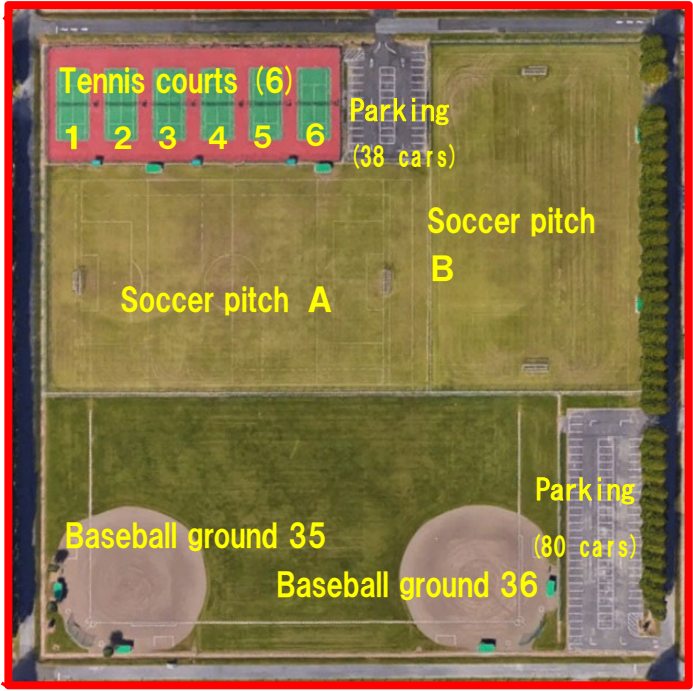
Clubhouse (Omiya Kenpo Ground office)

Tel. 048-623-2186

[Ground map]



Equipment rentals, etc.



Restrooms are available at five locations in this zone.

[Notes on using the facilities]

Baseball grounds

- ① Bases are kept on the dugout roof. Please return them when finished.
Note that the bases are fixed-position bases.
- ② Please rake the infield after use.
- ③ To avoid injuring others if the ball goes into a neighboring soccer pitch, call out to warn the people there.
- ④ Lines will be painted around the batter's boxes, on the foul lines, and so forth for the first use of the day. They will not be repainted for subsequent uses.
If the lines need to be repainted, purchase a line marker at the Omiya Athletic Ground Management Co., Ltd. office and repaint them yourself.
- ⑤ The baseball grounds may be used for playing rubber baseball only.

Soccer pitches

- ① These are also designed for rugby but are currently available for soccer only.
- ② To avoid injuring others if the ball goes into a neighboring baseball grounds or tennis court, call out to warn the people there. Watch out for balls from other baseball grounds and tennis courts.
- ③ Take off spiked shoes before recovering balls from the tennis courts.
- ④ To protect the lawn, eating and drinking other than drinking water is prohibited.
- ⑤ Goal lines, touch lines, and other lines will be painted for the first use of the day and will not be repainted for subsequent uses.
If the lines need to be repainted, purchase a line marker at the Omiya Athletic Ground Management Co., Ltd. office and repaint them yourself.

Tennis courts

- ① Wear only tennis shoes or rubber-soled shoes on the tennis courts. Remove all mud and gravel from your shoes before entering the courts.
- ② Eating, drinking, or smoking on the tennis courts is prohibited.
- ③ Do not drag umpire's chairs or other hard items over the surface of the tennis courts.
- ④ Avoid overtightening the nets. Doing so may bend the posts or snap the cables. Be sure to loosen the net after use.
- ⑤ Watch out for balls from the neighboring soccer pitches. To avoid injuring others if the ball goes into a neighboring soccer pitch, call out to warn the people there.

Clubhouse

- ① Go to the website (<http://www.tokyokenpo.jp/>) for information on using the clubhouse facilities.
- ② The dining hall is open 10:00-14:00 on Saturdays, Sundays, and holidays.
- ③ To use the showers on weekdays, notify the Clubhouse office that you would like to use them before using the Ground, then notify the same office when you are done.
- ④ No amenities are provided in the shower rooms. Please bring your own.
- ⑤ A meeting room is available for use by members free of charge for up to two hours. Reservations are required. Contact the Omiya Kenpo Ground office in advance to make reservations.
- ⑥ The number of parking spaces in the parking lot in front of the Clubhouse is limited. Please vacate the space promptly when you leave the Clubhouse.

Sale and rental of equipment and supplies (See the Ground map.)

Omiya Athletic Ground Management Co., Ltd. offers equipment and supplies for sale and rental. See the website (<http://www.tokyokenpo.jp/>) for more information.