

Health Check Sheet

For all 2022 Summer Pony Camp participants

To prevent infection, please check each point below before participating.

Participation may be refused if the following points are not observed.

Please bring this check sheet on the first day of the camp.

Nihon Trekking Co.

Ippei Nagami, Representative

- No travel history outside Japan within 14 days.
If yes, please notify the date of entering Japan.
- No symptoms of infection over the last 7 days
- Temperature has not exceeded 37.5°C over the past 7 days
- No one in the family or close contacts has been infected for the last 7 days
- No one in the family or close contacts has tested positive for COVID-19 within the last 14 days.
- Have no common cold symptoms
- You are required to bring your own masks with you. The camper has prepared one mask for each day of participation plus 2 extra ones with names on them.
- In case of illness, parent/guardian will be able to pick up upon request
- Take the temperature before arriving to the camp, and confirm that it does not exceed 37.5°C
- Follow the instructions of our organization on infection control methods
- The camper has received either its 3rd vaccination or will take the PCR test within 7 days before the start day of the camp.

Date: _____

Name (Parent/Guardian): _____

Name (Participant): _____,

※Please fill out the form and bring this sheet when coming to the camp