

## Boat Course Information Sheet

As of February 1st, 2017

<b>Name</b>	: Shimosuwa Rowing Course		
<b>Address</b>	: 10615-8,Shimosuwa-machi, Suwa-gun, Nagano, 393-0087 JAPAN		
<b>Contact Phone No.</b>	: +81-266-27-1455		
<b>Mail Address</b>	: taiiku@town.shimosuwa.lg.jp	<b>Web Site URL</b> : http://www.town.shimosuwa.lg.jp/	
<b>Person in Charge</b>	: Yoshihiro Motoyama		

<b>Selling Points</b>	: The course has almost no stream and wave due to dissipating blocks to be installed Located in convenient place where is close to hotels, hospitals and shopping areas High altitude training provided with quite cool weather
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\*m:meter / cm:centi-meter

<b>1 Boat Course</b>	:	Regular Open Hour:	Dawn	~	Sunset
1-1 Competitive Course	:	Length: <u>1,000</u> m	How many lanes:	<u>6</u>	lanes
1-2 Training Area	:	<u>approx. 2,000</u> m	Straight or curve:	<u>Straight</u>	
1-3 Verocity of Stream	:	<u>5.4</u> cm/second			
1-4 Pontoon Length	:	<u>14</u> m	Width: <u>2</u> m	How many:	<u>3</u>
1-5 Motor Boats	:	<u>2</u> boats			
1-6 Buoys/intervals/lanes	:	<u>0-100:10m 100-900:20m 900-1000:10m</u>	<u>6</u> N° (lanes)		
1-7 Distance Markers/intervals	:	<u>250</u> m			
1-8 Course Location	:	Natural Lake: <u>Yes</u> / No River: <u>Yes</u> / <u>No</u> Sea or cannal: <u>Yes</u> / <u>No</u>			
1-9 Clearness(Transparency)	:	Very clear( ) / Normal( ) / Not clear( x ) *check ( x )	Transparency, if possible:	<u>        </u> m	
1-10 Depth	:	Average meters: <u>2.7</u> m	Lowest: <u>2.3</u> m	Highest: <u>3.2</u> m	
1-11 Coaches Viewing Course	:	Roads alongside the course <u>Yes</u> / No	Floating platforms	<u>Yes</u> / <u>No</u>	

<b>2 Boat House</b>	:	Regular Open Hour:	~	
2-1 Meeting Rooms	:	<u>Yes</u> / No	Multimedia Facilities: <u>Yes</u> / <u>No</u>	Extra charge : <u>Yes</u> / <u>No</u>
2-2 Shower Rooms	:	<u>Yes</u> / No	How many: <u>2</u> rooms	Extra charge : <u>Yes</u> / <u>No</u>
2-3 Training Room	:	<u>Yes</u> / No	<u>1</u> rooms	Extra charge : <u>Yes</u> / <u>No</u>
2-4 Rowing Machine	:	<u>Yes</u> / No	<u>16</u> sets	Extra charge : <u>Yes</u> / <u>No</u>
2-5 Rental Bicycle	:	<u>Yes</u> / No	<u>3</u> bikes	Extra charge : <u>Yes</u> / <u>No</u>
2-6 Internet Enviroment	:	<u>Yes</u> / <u>No</u>		Extra charge : <u>Yes</u> / No
2-7 Boat for Trainer or Rescue	:	<u>Yes</u> / No		Extra charge : <u>Yes</u> / <u>No</u>
2-8 Boat Storage Rack	:	<u>Yes</u> / No		Extra charge : <u>Yes</u> / <u>No</u>
2-9 Trailer Parking Place	:	<u>Yes</u> / No		
2-10 Places of 40 Feet Container:	:	<u>Yes</u> / No	For how many containers: <u>5</u>	
2-11 Message and Physiotherapy Space/Room	:	<u>Yes</u> / <u>No</u>		
2-12 Ice-making machine	:	<u>Yes</u> / No		

<b>3 Accommodations</b>	:			<b>Bath-tub</b>	<b>Shower</b>
3-1 Boat House	:	<u>0</u> rooms with	Single bed	Yes / No	Yes / No
*No accommodation	:	<u>0</u> rooms with	Twin beds	Yes / No	Yes / No
Large rooms	:	<u>0</u> rooms with	<u>        </u> beds	Yes / No	Yes / No
3-2 Hotel (Western style)	:	<u>15</u> rooms	Distance from the course: <u>5</u> minutes <u>by bus</u> / on foot		
3-3 Japanese Style Inn with Tatami Mat:	:	<u>70</u> rooms	Distance from the course: <u>13</u> minutes <u>by bus</u> / on foot		
3-4 Transportation Service between the course and the Accommodation:	:		<u>Yes</u> / No	Extra charge :	<u>Yes</u> / <u>No</u>
3-5 Are they in the hot spa resort area?	:		<u>Yes</u> / No	Extra charge :	<u>Yes</u> / No

4 **Meals**

- 4-1 Are there any restaurants within walking distance from the boat house?  
 Western foods: Yes / No Japanese foods: Yes / No Chinese foods: Yes / No Other foods: \_\_\_\_\_
- 4-2 Are they offered by accommodations? Hotel: Yes / No Boat House: Yes / No
- 4-3 Are there any facilities so that guests can cook by themselves? Hotel: Yes / No Boat House: Yes / No
- 5 Convenience Store : \_\_\_\_\_ 10 \_\_\_\_\_ minutes walking distance from the venue or accommodations

6 **Access**

- 6-1 Haneda International Airport to the venue \_\_\_\_\_ 211 \_\_\_\_\_ kilometers \_\_\_\_\_ 180 \_\_\_\_\_ minutes hours by/on bus / foot
- 6-2 Shimosuwa **Railway Station** \_\_\_\_\_ 1.4 \_\_\_\_\_ kilometers \_\_\_\_\_ 5 \_\_\_\_\_ minutes hours by/on bus / foot
- 6-3 Is there transportation service from **the rail station**? Yes No Extra charge : Yes / No

7 **Safety/Emergency**

- 7-1 Hospital Name : Suwa Red Cross Hospital Rescue Staff: Yes / No
- 7-2 Address : 5-11-5 Kogan-dori, Suwa-shi, Nagano Tel.:81+(0)266-52-6111 Mail address: \_\_\_\_\_
- 7-3 Available Language : English: Yes / No Other language: \_\_\_\_\_

8 **Interpreter Service**

- 8-1 (Volunteer or specialist) English: Yes / No Extra charge : Yes / No  
 Other language: Yes ( ) / No Extra charge : Yes / No

9 **Welcome Ceremony**

- 9 Yes / No By City officers, Boat Club Staffs, Athletes, or Others
- 10 **Friendly Meeting with Japanese** : Yes : Citizens, Athletes, or Others ( Children, students ) No

11 **Weather**

	Spring	Summer	Autumn	Winter
Average Temperature ( centigrade)	9.2	22.6	13.6	-0.3
Wind (m/second)	3.7	2.8	3.1	3.2
Average Humidity (%)	62.7	73.0	73.7	68.3

- 12 **Altitude above sea level** \_\_\_\_\_ 759 \_\_\_\_\_ m