

Pre-climb Check Sheet confirming your physical conditions (Yoshida Trail)

Please mark the following checkboxes if applicable

- 1 Fever exceeding 37.5°C or +1°C more than your normal body temperature
- 2 Fatigue or shortness of breath
- 3 Cough, loss of taste or smell, symptom of feeling sick
- 4 You have been in close contact with someone who has tested positive for COVID-19, or who has been in close contact with someone who has COVID-19 within the last 2 weeks
- 5 You have entered countries/area where Japan's restrictive travel advisories are in effect, or have been in close contact with someone who entered/lives in those affected countries/area
- 6 You are advised to avoid mountain climbing at high altitudes by your doctor due to some health concerns
- 7 There is someone in your climbing group who falls under the above checkboxes
- 8 **You do not fall under checkboxes 1 through 7**
- 9 Either you are fully vaccinated or have negative test result (PCR testing) of COVID-19 within the last 2 weeks

*If any of the above checkboxes 1 through 7 are marked, please refrain from climbing or visiting Mt. Fuji

Operating hours of Fuji Subaru Line during the climbing season

3:00 - 18:00

(19:45 - Closing time of descending toll gate)

* Operation hours has been changed this year. Please be aware that you cannot descend from the 5th station once the gate is closed, either by bus or taxi.

Due to the changing of the time of the final bus from the 5th station, we encourage you to prepare a reasonable and moderate climbing plan with time to spare.

◆ Final bus departure time from the Fuji 5th Station descending road.

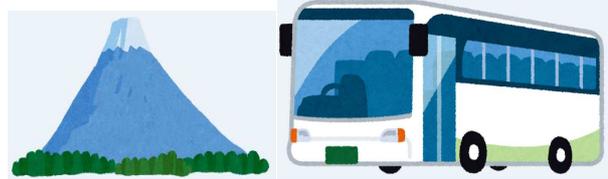
- Local bus 15:40 (July 1 ~ July 20)
17:40 (July 21 ~)
- Shuttle bus 18:30 (July 21 ~ Aug 31)

◆ Average climbing hours

Ascending 6 hours 10 minutes, descending 4 hours 5 minutes.

Total 10 hours 15 minutes (excluding breaks)

※ Please note that this is an average time for the ascent/descent. It may vary on individual physical ability.



New manners for climbing Mt. Fuji in the age of COVID-19

The following 1-7 are safety measures we urge before climbing (advance planning) and 8-15 are for while climbing (on-site behavior).

<p>1 Do not climb if you have a fever or symptoms of illness.</p> <p>Not to exceed your regular body temperature + 1.0 to 1.5 degrees. When you cough or feel hard breathing.</p> <p>※ Rescue operations require extra caution and may add to the risk of infection. You must be fit.</p> <p>※ See the calendar marked with congestion warnings!</p>	<p>2 Climb with fewer people that you live with.</p> <p>※ Divide a large group of people into smaller subgroups.</p>	<p>3 Avoid crowded days and times of day.</p> <p>※ See the calendar marked with congestion warnings!</p> <p>※ Enjoy the sunrise from a location other than the crowded summit!</p>
<p>4 Book a mountain lodge in advance.</p> <p>※ Reservations are a must if you choose to see the sunrise at the summit!</p> <p>※ Camping with tents is not allowed on Mt. Fuji.</p>	<p>5 Avoid night climbing without staying overnight to see the sunrise</p> <p>※ Avoid crowds at the summit!</p>	<p>6 Check the latest information and make a safe and agreeable climbing plan.</p> <p>*Please refer to the official website for climbing Mt. Fuji.</p> <p>※ Climbing with all the extra precautions requires more time.</p>
<p>7 Bring infection-control goods.</p> <p>Face covering (hand towel/ mask) Airtight storage bag ※As a trash or hygiene bag</p> <p>※ 2 or more pieces per day</p> <p>Head lamp Lets other climbers know where you are to adjust social distancing at night.</p> <p>Personal hand sanitizer</p>	<p>8 Keep social distance (2 m) from other groups.</p> <p>※ Do not however step out from the designated trail area (which can cause rock falls).</p>	<p>9 Wear a face covering if necessary.</p> <p>Cover your nose and mouth with a hand towel or mask.</p> <p>When passing each other on the trail</p> <p>In indoor public facilities</p> <p>When not able to keep a physical distance</p>
<p>10 Take turns to ascend and descend when the trail is crowded</p> <p>※ Follow the instructions of on-site security personnel.</p>	<p>11 Maintain your own steady walking pace to avoid excessive heavy breathing.</p> <p>※ Be careful not to breathe too hard, as that will spread more saliva droplets.</p> <p>※ Do not rush to overtake.</p>	<p>12 Avoid sharing goods with other groups and touching ropes or other objects provided near the trail.</p> <p>※ Do not touch ropes and ropes beside trails as these are provided to show the way and not for physical support.</p>
<p>13 Wash your hands after using toilets or visiting shops.</p>	<p>14 Take back your trash and vomit in airtight bags.</p> <p>※ To prevent the spread of infection!</p>	<p>15 If you feel sick, immediately stop climbing, and descend the mountain.</p> <p>※ If you are in close contact with persons who feel sick, you should also descend the mountain regardless of whether you have symptoms or not.</p> <p>※ Stop ascending when bad weather is expected.</p>

Precaution

① Please complete the pre-climb check sheet and print it out in advance. Please present it to the on-site temperature screening tents before you climb Mt. Fuji.

② The low amount of oxygen in the air at high altitudes can worsen physical condition if you are infected by Covid-19. Search and rescue operations are expected to be difficult during the COVID-19 pandemic. **Thus, please refrain from climbing and visiting Mt. Fuji if you feel sick or have health concerns.**

③ Please keep the pre-climb check sheet on your person until you finish descending.

*Mt. Fuji has been designated as World Heritage Cultural Site by UNESCO. Please do not dispose the pre-climb check sheet anywhere on Mt. Fuji in order to protect its valuable environment.

Scan QR code for the latest guidelines (appropriate manners and conduct) for climbing Mt. Fuji.

