

Information Sheet of Rowing Boat Course

As of 11th December 2015

Name	: Shimosuwa Rowing Course		
Address	: 10615-8, Shimosuwa-town, Nagano-prefecture		
Contact Phone No.	: 0266-27-1455		
Mail Address	: taiiku@town.shimosuwa.lg.jp	Web Site URL	: http://www.town.shimosuwa.lg.jp/
Person in Charge	: Motoyama Yoshihiro		

Selling Points	: Lake Suwa located in the center of Nagano. The natural rich Shimosuwa rowing field overlooks Mount Fuji and Alps distantly. Altitude training orientation
Which country ever had been stayed?	

*m:meter / cm:centi-meter

1 Boat Course	:	Regular Open Hour:	Dawn	~	Sunset
1-1 Competitive Course	:	Length: 1,000 m	How many lanes:	6	lanes
1-2 Training Area	:	1,000 m	Straight or curve:	Straight	
1-3 Verocity of Stream	:	0 cm/second			
1-4 Pontoon Length	:	14 m	Width: 2 m	How many:	3
1-5 Motor Boats	:	2 boats			
1-6 Buoys/intervals/lanes	:	0-100:10m 100-900:25m900-1000:10m m	8 N° (lanes)		
1-7 Distance Markers/intervals	:	100 m			
1-8 Course Location	:	Natural Lake: Yes / No	River: Yes / No	Sea or canal:	Yes / No
1-9 Clearness(Transparency)	:	Very clear() / Normal() / Not clear(x) *check (x)	Transparency, if possible:	0 m	
1-10 Depth	:	Average meters: 4.7 m	Lowest: 3.2 m	Highest:	7 m
1-11 Coaches Viewing Course	:	Roads alongside the course	Yes / No	Floating platforms	Yes / No

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

3 Accommodations	:			Bath-tub	Shower
3-1 Boat House	:	0 rooms with	Single bed	Yes / No	Yes / No
*No accommodation	:	0 rooms with	Twin beds	Yes / No	Yes / No
Large rooms	:	0 rooms with	beds	Yes / No	Yes / No
3-2 Hotel (Western style)	:	16 rooms	Distance from the course:	5 minutes	by bus / on foot
3-3 Japanese Style Inn with Tatami Mat:		174 rooms	Distance from the course:	10 minutes	by bus / on foot
3-4 Transportation Service between the course and the Accommodation:			Yes / No	Extra charge:	Yes / No
3-5 Are they in the hot spar resort area?			Yes / No	Extra charge:	Yes / No

4 Meals	:				
4-1 Are there any restaurants within walking distance from the boat house?		Weatern 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 Chubu Centrair (Nagoya) Airport to the venue	:	232.7 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	:		Rescue Staff:	Yes / No
7-1 Hospital Name	:	Suwa Red Cross Hospital		
7-2 Address	:	Suwa,Nagano Prefecture Quai du 5-11-5	Tel:	0266-52-6111
7-3 Avairable Language	:	English: Yes / No	Other language:	_____

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

9 **Welcome Ceremony** : Yes / No By City officers, Boat Club Staffs, Athletes, or Others10 **Friendly Meeting with Japanese** : Yes: Citizens, Athletes, or Others (Children, students) No

11 Weather	:		Spring	Summer	Autum	Winter
Average Temparature (centigrade)			15.56	22.75	7.38	0.49
Wind (m/second)			3.3	2.8	3.1	3.7
Average Humidity (%)			65.13	74.13	72.2	67

12 **Altitude above sea level** : 759 m