

TEAM LEADERS' GUIDE

Powerlifting



About this Team Leaders' Guide

Published in June 2021, the series of Team Leaders' Guides offer a summary of competition-related material about each sport at the Tokyo 2020 Paralympic Games and provide a variety of information aimed at helping NPCs plan and prepare for the Games.

All information provided in this Team Leaders' Guide was correct at the time of publication, but some details may change prior to the Games so stakeholders are urged to regularly check Tokyo 2020 Connect and contact the respective Tokyo 2020 competition management teams for the latest updates.

Regarding COVID-19 protocols, the latest versions of 'The Playbook Athletes and Officials' will be attached to the Team Leaders' Guides as they become available, and sport-specific COVID-19 countermeasures approved by International Federations and Tokyo 2020 competition management will be published alongside the guides on Tokyo 2020 Connect.

The Team Leaders' Guides are designed for internal operational use by Tokyo 2020 stakeholders and should not be publicly shared.

WELCOME



On behalf of the Tokyo Organising Committee of the Olympic and Paralympic Games, I am delighted to present the Powerlifting Team Leaders' Guide for the Tokyo 2020 Paralympic Games. We have been working diligently to provide facilities, services and procedures which will allow everyone involved in the Games to safely achieve all three of Tokyo 2020's core concepts: achieving personal bests, unity in diversity, and connecting to tomorrow.

Included is information about:

- processes relating to competition and training
- key dates and personnel
- competition format and rules
- venue facilities and services, including maps
- information about COVID-19 protocols, heat countermeasures, accreditation, accommodation, Games-time medical services, doping control, etc.

This guide was produced in cooperation with World Para Powerlifting (WPPF) and IPC Sport, and we trust it will assist you with your planning for the Tokyo 2020 Paralympic Games. If you require any additional information that is not found in this guide, do not hesitate to check Tokyo 2020 Connect or contact your respective Tokyo 2020 sport manager. Games-time information will also be available at the Sport Information Centre in the Paralympic Village and Sport Information Desks at competition venues.

Please rest assured that the Paralympic flame will not go out and will continue to burn in our hearts until the Games this summer.

We look forward to welcoming you all with our warm Japanese hospitality when you arrive in Tokyo in August 2021.

Kind regards,

小谷 実可子

KOTANI Mikako

Sport Director, Tokyo 2020

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1. POWERLIFTING OVERVIEW

Powerlifting competition

The Powerlifting competition at the Tokyo 2020 Paralympic Games will be held from Thursday 26 August to Monday 30 August 2021 at Tokyo International Forum. The competition will consist of 20 medal events, summarised below:

Medal events	
Men (10)	Women (10)
Up to 49 kg	Up to 41 kg
Up to 54 kg	Up to 45 kg
Up to 59 kg	Up to 50 kg
Up to 65 kg	Up to 55 kg
Up to 72 kg	Up to 61 kg
Up to 80 kg	Up to 67 kg
Up to 88 kg	Up to 73 kg
Up to 97 kg	Up to 79 kg
Up to 107 kg	Up to 86 kg
Over 107 kg	Over 86 kg

A total of 180 athletes may take part in the Powerlifting competition. This figure comprises eighty (80) male and eighty (80) female athletes, plus twenty (20) Bipartite Commission places.

Key dates

2 AUGUST 2021	Sport entries final deadline
17 AUGUST 2021	Paralympic Village official opening
21 AUGUST 2021	Start of official Powerlifting training
23 AUGUST 2021	Powerlifting technical meeting for NPCs (16:00-17:00, online)
24 AUGUST 2021	Venue familiarisation for NPCs (10:00-11:00)
	Paralympic Games Opening Ceremony
26 AUGUST 2021	Start of Powerlifting competition
29 AUGUST 2021	End of official Powerlifting training
30 AUGUST 2021	End of Powerlifting competition
5 SEPTEMBER 2021	Paralympic Games Closing Ceremony
8 SEPTEMBER 2021	Paralympic Village closes

Tokyo 2020 competition management

Powerlifting Sport Manager:	YOSHIDA Susumu (JPN)
Powerlifting Deputy Sport Manager:	Veronika KUCHTOVA (CZE)
Powerlifting Services Manager:	SHINOHARA Noriko (JPN)
Powerlifting Technical Operations Manager:	Sayoko HARPER (USA)



YOSHIDA Susumu
Powerlifting Sport Manager, Tokyo 2020

susumu.yoshida@tokyo2020.jp

Yoshida Susumu started his career as an able-bodied powerlifter in the mid-1970s. Powerlifting at that time was considered a new sport compared to the Weightlifting but started to grow steadily across the globe. He won five national championship titles in Japan and competed internationally. Yoshida founded his own Powerlifting club in 1984 and around the same time became a member of the Japan Powerlifting Association (JPA) and also Secretary General of the Asian Powerlifting Federation (APF). He has trained many national champions in Japan, and even some world champions, and was APF president from 2004 to 2015. Yoshida and his wife Hisako founded the Japan Para Powerlifting Federation (JPPF) just prior to Sydney 2000, and he continues to serve as JPPF president while his wife is Secretary General of the organisation. Yoshida is currently a member of the World Para Powerlifting Competition Advisory Group.

World Para Powerlifting (WPP0)

Head of World Para Powerlifting:	Jorge MORENO (MEX)
WPP0 Performance & Development Manager and Tokyo 2020 Field-of-Play Supervisor:	Dillon RICHARDSON (CAN)
WPP0 Competition Coordinator :	Sandra FAUL (FRA)

International Technical Officials (ITOs)

Role	Name (NPC)
Technical Delegate	Kamaruzaman KADIR (MAS)
	YOSHIDA Hisako (JPN)
ITO	Noor Syahieda MAT SHAH (MAS)
	LEE Yoo jin (KOR)
	Norsiah MOHAMAD (MAS)
	Otga PROKOPISHINA (KAZ)
	Khadija ACEM (MAR)
	Maria MILEA (ROU)
	Olesya PARUKH (RUS)
	Iliana ARAKA (GRE)
	Zita GYERKÓ (HUN)
	Chiara CIFARELLI (ITA)
	Ekaterina LISOVA (RUS)
	Jenny Ortiz CÁRDENAS (COL)
	Gabriela Moreno PEREZ (MEX)
	Martin BURLEY (AUS)
	Ahmed ALHAMMADI (UAE)
	Mohammed ALQERSH (YEM)
	Azzam AL-ZUBI (JOR)
	Nor Mohd Riduan ANAN (MAS)
	Martin CAPLA (SVK)
	Nikolaos KAZANTZIS (GRE)
	Jari LAINE (FIN)
	Fathi Ali Saeid LASHEHAB (LBA)
	Tibor GYERKÓ (HUN)
	Mahmoud ELSHERBENY (EGY)
	MANLIANG Wei (CHN)
	Conrado BRUNACCI (BRA)
	Luis Gustavo Correa LEITE (BRA)
	Evgeny MASHKOVSKIY (RUS)

National Technical Officials (NTOs)

(JPN unless otherwise stated)

ANAN Yoshihiro	MONOE Takeshi
MORISAKI Yurie	FURUTA Yasukazu
KAWAI Masayuki	Preeyanuch NHUKATE (THA)
NAKAMOTO Ichiro	KWON Hyezin (KOR)

Competition format

Each athlete has three (3) attempts to record their heaviest lift successfully against the others in their bodyweight category.

The order the athletes compete in is from the lowest lift weight requested to the highest. If athletes choose the same lifting weight, the athlete with the lowest lot draw number will begin. The lot draw number is a random number allocated to each athlete. Each athlete has two (2) minutes per attempt to start their lift.

If an athlete's lift is successful, then the lifting weight for the next round must be raised by a minimum of one (1) kilogram. If an athlete's lift is unsuccessful, then the lifting weight can be the same until the lift is successful. If an athlete's lift can break a record, then the attempt can be increased by only a half (0.5) kilogram; however, the recorded result would be rounded down to the nearest kilogram.

An athlete is allowed to make changes to the weight of their requested lift attempt depending on the round:

- Ahead of the first round, one (1) change to the starting weight either higher or lower is allowed but it cannot be lower than seven (7) kilograms of the original request.
- After the final decision of the first attempt, the athlete has one (1) minute to select a different weight for round two. No changes are permitted to this selected weight.
- After the final decision of the second attempt, the athlete has one (1) minute to select a different weight for round three. In round three, two other changes are allowed. The first change is allowed until the athlete's full name is announced; this change must be higher than the starting weight for round two and higher than an attempt (successful or unsuccessful) by another athlete, or equal to an attempt (successful or unsuccessful) by another athlete that the athlete would have already preceded. The second change is allowed under the same conditions as the first.

If an athlete is close to breaking a record, a power lift (fourth attempt) is allowed. This is only for record purposes and does not count towards the final result.

The attempt board near the bench displays key information to follow about the competition, including the rack height, requested lift attempt weight and the lift result.

Judging

As the athletes attempt their lifts, they are judged by three (3) referees based on set criteria of the distinct lift phases:

- Body position sequence
- Bar control sequence
- Chest sequence
- Press sequence

Each referee has a terminal with two (2) buttons: red and white. The red button is pressed if the referee believes the athlete failed to execute the lift correctly, whereas the white button is pressed when the lift is considered good.

An athlete must receive a minimum of two (2) white lights for the lift to be considered good. This is displayed on the attempt board after the decision.

At competitions where a jury is present, technical challenges may be lodged when a “no lift” is given. They are only accepted within one (1) minute of the lift decision. The jury is comprised of four (4) members who are all technical officials with the highest level of certification. They judge each lift and are able to overturn the decision only when they are unanimous in that the lift should have been good.

Scoring

The final result of each athlete is calculated by their best good lift (their heaviest weight successfully lifted) within the three (3) attempts against athletes in their bodyweight category. If there is a tie, the athlete with the lower bodyweight is ranked higher. Because the weigh-in scale measures to two (2) decimal places, a tie is nearly impossible. If an athlete successfully completes a power lift (fourth attempt), it is only for record purposes and does not count towards the final result.

Rules

The Powerlifting competition will be held in accordance with the editions of the following documents that are in force at the time of the Games:

World Para Powerlifting Rules and Regulations

<https://www.paralympic.org/powerlifting/rules>

The IPC Handbook

<https://www.paralympic.org/the-ipc/handbook>

World Para Powerlifting, working with Tokyo 2020 competition management, will be responsible for the technical control and direction of the Powerlifting competition at the Tokyo 2020 Paralympic Games.

Clothing and equipment

Clothing and equipment used by athletes and other participants in the Powerlifting competition at the Paralympic Games must comply with the documents listed below:

World Para Powerlifting Rules and Regulations

<https://www.paralympic.org/powerlifting/rules>

The IPC Handbook

<https://www.paralympic.org/the-ipc/handbook>

The IPC Manufacturer Identification Guidelines for the Tokyo 2020 Paralympic Games

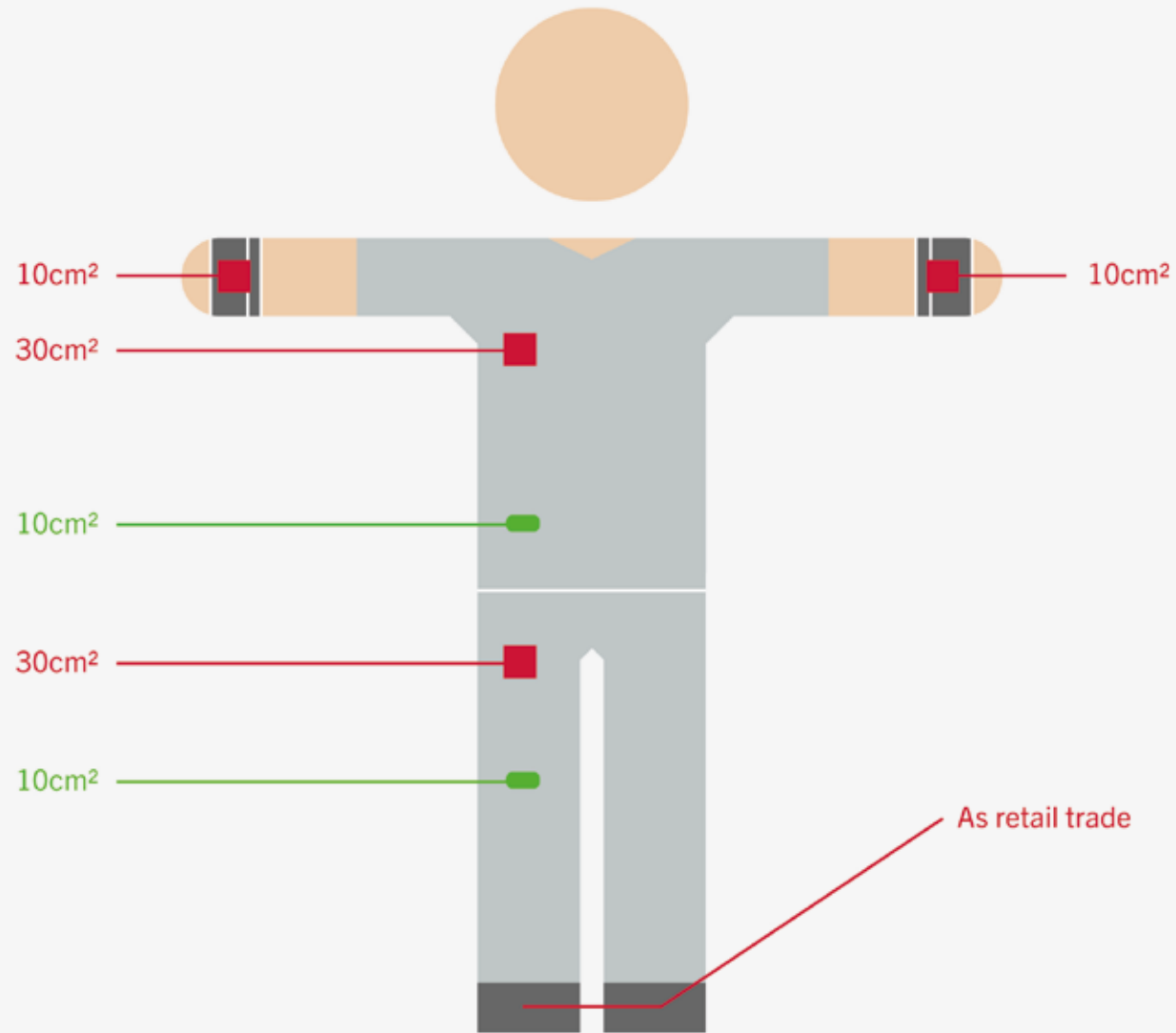
<https://www.paralympic.org/tokyo-2020/guides-and-policies>

The IPC Manufacturer Identification Guidelines have been distributed to all National Paralympic Committees (NPCs) and International Federations (IFs) to encourage all parties to make use of this reference manual during the design and production of clothing, equipment, accessories and footwear items for the Tokyo 2020 Paralympic Games.

One of the key factors that differentiate the Paralympic Games from other sporting events is the visual presentation of the Games, which includes the 'look' of the participants, the venues and the field of play.



Front



Manufacturer Identification Guidelines Tokyo 2020 Paralympic Games

Sport-by-Sport List

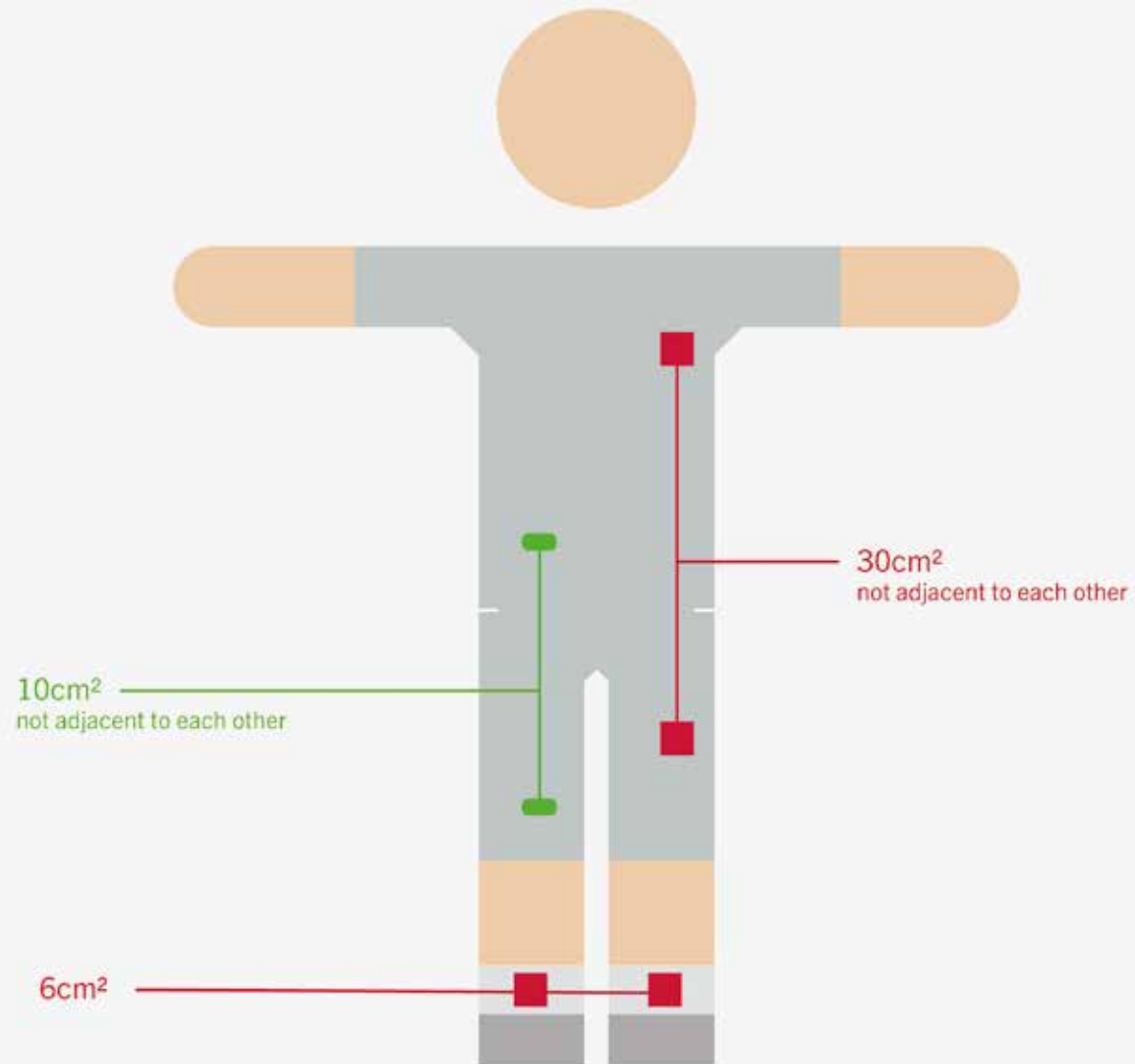
- World Para Powerlifting



Each type of identification mark is represented by a shape and colour, as indicated in the coding below. It is also specified if the identification must be placed in the precise location indicated on the illustration [Precise] or if the placement is not specified in the guidelines [Floating].



One-piece body suit



Manufacturer Identification
Guidelines
Tokyo 2020 Paralympic Games

Sport-by-Sport List

- World Para Powerlifting

Floating	Precise	
		Manufacturer Identification
		Product Technology Identification
		NPC Emblem and National Identity
		Homologation Marks

Each type of identification mark is represented by a shape and colour, as indicated in the coding below. It is also specified if the identification must be placed in the precise location indicated on the illustration [Precise] or if the placement is not specified in the guidelines [Floating].



Manufacturer Identification Guidelines

Clothing

T-shirt Tracksuit/jacket	One Identification of the Manufacturer per clothing item will be permitted, to a maximum size of 30cm ² . One additional Product Technology Identification will be permitted per clothing item, to a maximum size of 10cm ²
Lifting suit/one-piece body suit	Where one-piece body suits are used in competition, one Identification of the Manufacturer and one Product Technology Identification shall be permitted above the waist and below the waist, in accordance with the maximum size noted above, however these identifications shall not be placed immediately adjacent to each other.

Accessories

Support belt Bench strap	No Identification of the Manufacturer permitted.
Bandages and Wristbands	One Identification of the Manufacturer per accessory item will be permitted, to a maximum size of 10cm ² .
Socks	One Identification of the Manufacturer per accessory item will be permitted, to a maximum size of 6cm ² .
Towel (out of competition) Headgear (out of competition)	One Identification of the Manufacturer per accessory item will be permitted, to a maximum size of 10cm ² .
Headdress	No Identification of the Manufacturer permitted.
Eyewear (out of competition)	May carry the Identification of the Manufacturer as generally used on products sold through the retail trade during the period of six (6) months or more prior to the Games, with no Identification of the Manufacturer permitted on the lenses.

Manufacturer Identification
Guidelines
Tokyo 2020 Paralympic Games

Sport-by-Sport List

- World Para Powerlifting

All General Principles apply unless expressly mentioned otherwise above (in particular in relation to size, frequency or location).



Bag	One Identification of the Manufacturer per equipment item will be permitted, not greater than 10 per cent of the surface area of the item, to a maximum size of 60cm ² .
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Shoes/footwear

Shoes	All footwear items may carry the Identification of the Manufacturer as generally used on products sold through the retail trade during the period of six (6) months or more prior to the Games.
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Mobility Equipment

Wheelchair Prosthetics	May carry the Identification of the Manufacturer as generally used on products sold through the retail trade during the period of six (6) months or more prior to the Games.
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IF specific technical requirements

The following IF technical requirements apply in relation to the General Guidelines:

Section 7. Third party Identifications (athlete names)

No names of athletes allowed on items, section 7 of the General Guidelines applies.

Section 9. Maximising national and Paralympic Identity

No IF specific regulations with regard to National Identifications, section 9 of the General Guidelines applies.

Section 11. Homologation marks

No homologation marks required by the IF.

Section 17. Submission process

World Para Powerlifting technical specifications and kit check rules apply, points 12.3 and 12.4 of the current World Para Powerlifting Rules & regulations

Manufacturer Identification
Guidelines
Tokyo 2020 Paralympic Games

Sport-by-Sport List

- World Para Powerlifting

All General Principles apply unless expressly mentioned otherwise above (in particular in relation to size, frequency or location).

2. COMPETITION

Competition schedule

Day 2		Thu 26 Aug	
Session PWL01		Start: 11:00	End: 14:20
		Tokyo International Forum	
Time	Total	Event name	
11:00 - 12:05	1:05	Men's -49 kg Final	
12:10 - 12:20	0:10	Men's -49 kg Victory Ceremony	
13:00 - 14:05	1:05	Women's -41 kg Final	
14:10 - 14:20	0:10	Women's -41 kg Victory Ceremony	

Victory ceremony timing is just estimation as it will take place Immediately at the end of each Event.

Session PWL02		Start: 16:30	End: 19:50
		Tokyo International Forum	
Time	Total	Event name	
16:30 - 17:35	1:05	Women's -45 kg Final	
17:40 - 17:50	0:10	Women's -45 kg Victory Ceremony	
18:30 - 19:35	1:05	Men's -54 kg Final	
19:40 - 19:50	0:10	Men's -54 kg Victory Ceremony	

Victory ceremony timing is just estimation as it will take place Immediately at the end of each Event.

Day 3		Fri 27 Aug	
Session PWL03		Start: 11:00	End: 14:20
		Tokyo International Forum	
Time	Total	Event name	
11:00 - 12:05	1:05	Men's -59 kg Final	
12:10 - 12:20	0:10	Men's -59 kg Victory Ceremony	
13:00 - 14:05	1:05	Women's -50 kg Final	
14:10 - 14:20	0:10	Women's -50 kg Victory Ceremony	

Victory ceremony timing is just estimation as it will take place Immediately at the end of each Event.

Session PWL04		Start: 16:30	End: 19:50
		Tokyo International Forum	
Time	Total	Event name	
16:30 - 17:35	1:05	Women's -55 kg Final	
17:40 - 17:50	0:10	Women's -55 kg Victory Ceremony	
18:30 - 19:35	1:05	Men's -65 kg Final	
19:40 - 19:50	0:10	Men's -65 kg Victory Ceremony	

Victory ceremony timing is just estimation as it will take place Immediately at the end of each Event.

Day 4		Sat 28 Aug		
Session PWL05		Start: 11:00	End: 14:20	Tokyo International Forum
Time	Total	Event name		
11:00 - 12:05	1:05	Men's -72 kg Final		
12:10 - 12:20	0:10	Men's -72 kg Victory Ceremony		
13:00 - 14:05	1:05	Women's -61 kg Final		
14:10 - 14:20	0:10	Women's -61 kg Victory Ceremony		

Victory ceremony timing is just estimation as it will take place Immediately at the end of each Event.

Session PWL06		Start: 16:30	End: 19:50	Tokyo International Forum
Time	Total	Event name		
16:30 - 17:35	1:05	Women's -67 kg Final		
17:40 - 17:50	0:10	Women's -67 kg Victory Ceremony		
18:30 - 19:35	1:05	Men's -80 kg Final		
19:40 - 19:50	0:10	Men's -80 kg Victory Ceremony		

Victory ceremony timing is just estimation as it will take place Immediately at the end of each Event.

Day 5		Sun 29 Aug		
Session PWL07		Start: 11:00	End: 14:20	Tokyo International Forum
Time	Total	Event name		
11:00 - 12:05	1:05	Men's -88 kg Final		
12:10 - 12:20	0:10	Men's -88 kg Victory Ceremony		
13:00 - 14:05	1:05	Women's -73 kg Final		
14:10 - 14:20	0:10	Women's -73 kg Victory Ceremony		

Victory ceremony timing is just estimation as it will take place Immediately at the end of each Event.

Session PWL08		Start: 16:30	End: 19:50	Tokyo International Forum
Time	Total	Event name		
16:30 - 17:35	1:05	Women's -79 kg Final		
17:40 - 17:50	0:10	Women's -79 kg Victory Ceremony		
18:30 - 19:35	1:05	Men's -97 kg Final		
19:40 - 19:50	0:10	Men's -97 kg Victory Ceremony		

Victory ceremony timing is just estimation as it will take place Immediately at the end of each Event.

Day 6		Mon 30 Aug	
Session PWL09		Start: 11:00	End: 14:20
		Tokyo International Forum	
Time	Total	Event name	
11:00 - 12:05	1:05	Men's -107 kg Final	
12:10 - 12:20	0:10	Men's -107 kg Victory Ceremony	
13:00 - 14:05	1:05	Women's -86 kg Final	
14:10 - 14:20	0:10	Women's -86 kg Victory Ceremony	

Victory ceremony timing is just estimation as it will take place Immediately at the end of each Event.

Session PWL10		Start: 16:30	End: 19:50
		Tokyo International Forum	
Time	Total	Event name	
16:30 - 17:35	1:05	Women's +86 kg Final	
17:40 - 17:50	0:10	Women's +86 kg Victory Ceremony	
18:30 - 19:35	1:05	Men's +107 kg Final	
19:40 - 19:50	0:10	Men's +107 kg Victory Ceremony	

Victory ceremony timing is just estimation as it will take place Immediately at the end of each Event.

Pre-competition procedures

Technical meeting for NPCs*

Date: 23 August 2021

Time: 16:00 – 17:00

Location: online

All NPCs are expected to attend the technical meeting, with a maximum of two (2) representatives per NPC permitted. This will be the last opportunity for NPCs to verify the names of their athletes. Changes to athlete bodyweight categories will not be permitted.

Venue familiarisation for NPCs*

Date: 24 August 2021

Time: 10:00 - 11:00

Location: Tokyo International Forum

All NPCs are expected to attend the venue familiarisation with a maximum of one (1) representative per NPC permitted.

Lot draw

In the lot draw process, lifters will be allocated a number by which they will attend the kit check and be weighed in. The lot number also determines in which order athletes complete their attempt (lift) in case two (2) or more athletes have submitted the same weight for that attempt. The athlete who has the lowest lot number will lift first.

The lot draw for all athletes will be randomly allocated via computer following the final entries deadline prior to the technical meeting.

Kit check verification

Kit check will be conducted at Tokyo International Forum (Hall C, 4F) from five minutes before the start of the weigh-in. Each athlete's uniform and personal equipment will be verified at the kit check process prior to their competition.

This ensures their items are verified in accordance with the Technical Rules and Regulations. On average, this process takes about two (2) minutes per athlete and is completed before the weigh-in. The athlete's uniform and personal equipment include:

- lifting suit
- t-shirt
- shoes
- socks
- bra
- head-dress
- bench straps
- belt
- wrist straps
- bandages
- plasters

*All contents subject to change.

Weigh-in

Weigh-in will be conducted at Tokyo International Forum (Hall C, 4F) 90 minutes before the start of each medal event.

Each athlete's official bodyweight will be verified by the weigh-in process before the competition. This ensures their weight is within the parameters of their registered bodyweight category for the competition. On average, this process takes four (4) minutes per athlete.

If an athlete weighs in over their bodyweight category limit, they can re-weigh under the limit and only by the end of the time set. Any athletes that do not make the necessary weight by the end of time set will be disqualified from the competition.

Each weigh-in will be conducted in the presence of two (2) technical officials appointed to that bodyweight category.

Competition procedures

Warm-up

The warm-up area will open fifty (50) minutes prior to start of the competition. Each athlete will be allocated a bench number based on the Paralympic ranking to which they will be guided by a warm-up volunteer upon arrival at the warm-up area.

Athletes' presentation

The athletes' presentation will take place twenty (20) minutes before the start of the competition. The athletes will enter the FOP individually (one by one) in the order of lifting (as per the printed start list after the weigh-in) and will be presented individually. They will then exit the FOP back into the warm-up area and continue/start warming up.

Technical Officials' presentation

Presentation of technical officials immediately follows the end of the athletes' presentation. The appointed three (3) Referees and Technical Controller for the event should proceed onto the FOP and the announcer will then introduce them one by one.

Accredited/team seating

Same-sport accredited seating including accessible seats will be provided in the left side block of the stage. There will be no different sport spectator tickets (for the competition at other venues) available for Powerlifting team members due to COVID-19 countermeasures.

Video recording

Teams are allowed to take video recording from the athletes' seating areas using non-professional consumer video cameras. However, the videos taken by teams cannot be used for protest or appeals. Those can be used only for educational purposes.

Post-competition procedures

Leaving the field of play

All athletes are required to pass through the mixed zone located in the lobby of Hall A when leaving the field of play (FOP) after their last attempt. Non-medallists must leave the FOP towards the mixed zone while the top 4 in the rankings are required to go back to the warm-up area. As soon as the results are known medallists start preparing for the Victory Ceremony and the fourth-placed athlete will be accompanied to the mixed zone. Medallists will be guided directly to the mixed zone immediately after the Victory Ceremony.

3. VENUE

Key information

Tokyo International Forum (Hall A)

3-5-1 Marunouchi
Chiyoda-ku Tokyo
Japan

The Tokyo International Forum, which is located in Tokyo's central Marunouchi district and in the Heritage Zone of venues. It is a convention and arts centre equipped with a range of facilities and known as one of Tokyo's leading architectural landmarks.

Venue access

Tokyo International Forum will open for competing athletes and team officials 30 minutes before the first kit check and close one (1) hour after the end of the last Victory Ceremony.

The training venue will be accessible from 30 minutes before the start of the first training session and athletes with their team officials will be asked to wait in the Training Venue Waiting/Rest Area until training commences. Forty-five minutes after the end of the last training session the training venue will close.

TA shuttle buses will drop the athletes at the athletes' load zone on B2 (second basement floor) of Tokyo International Forum. There will be signs which will guide athletes and team officials accessing the back-of-house area.

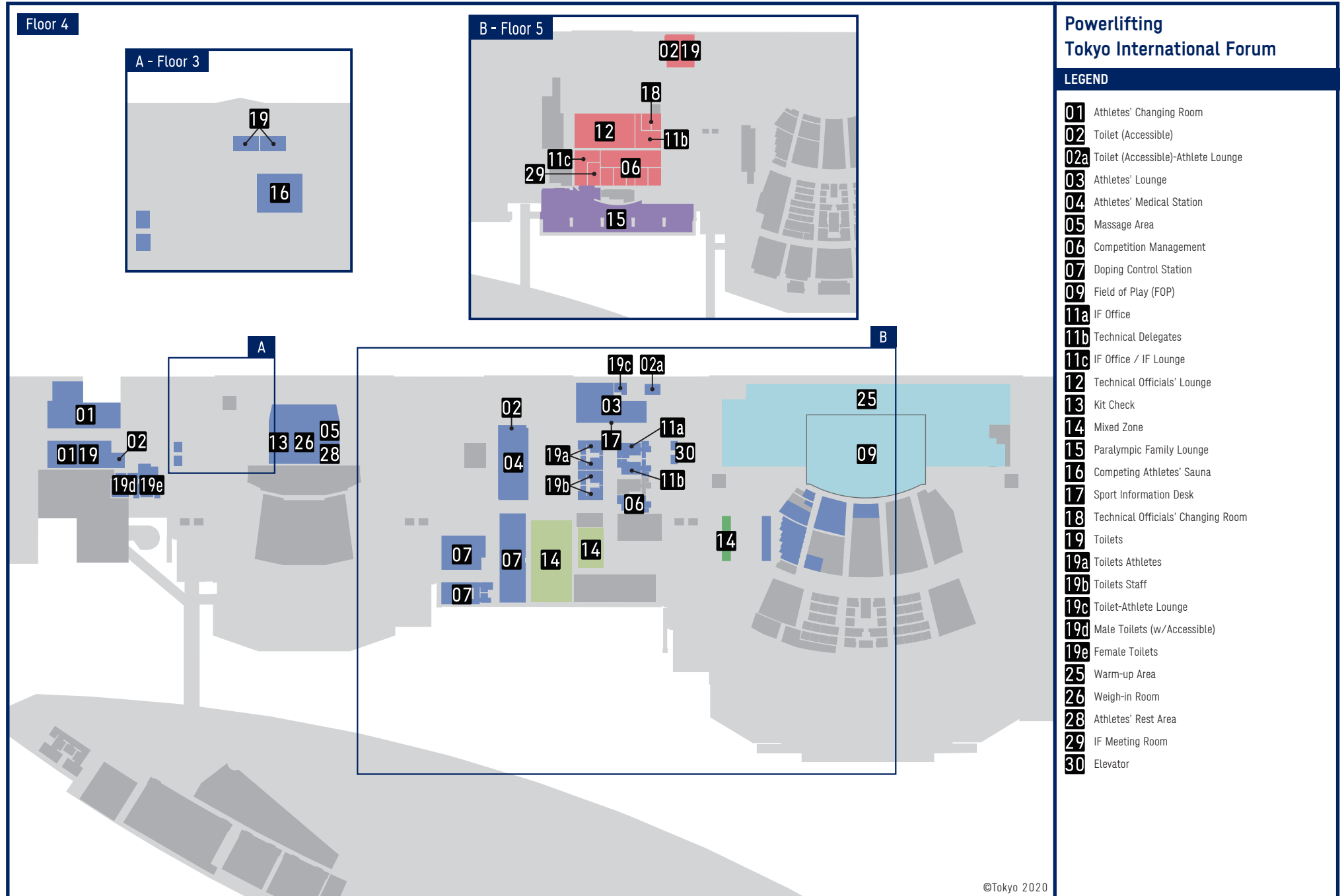
Venue transport

Time/distance from Paralympic Village using Tokyo 2020 transport services: 25min/14km

Field of play (FOP)

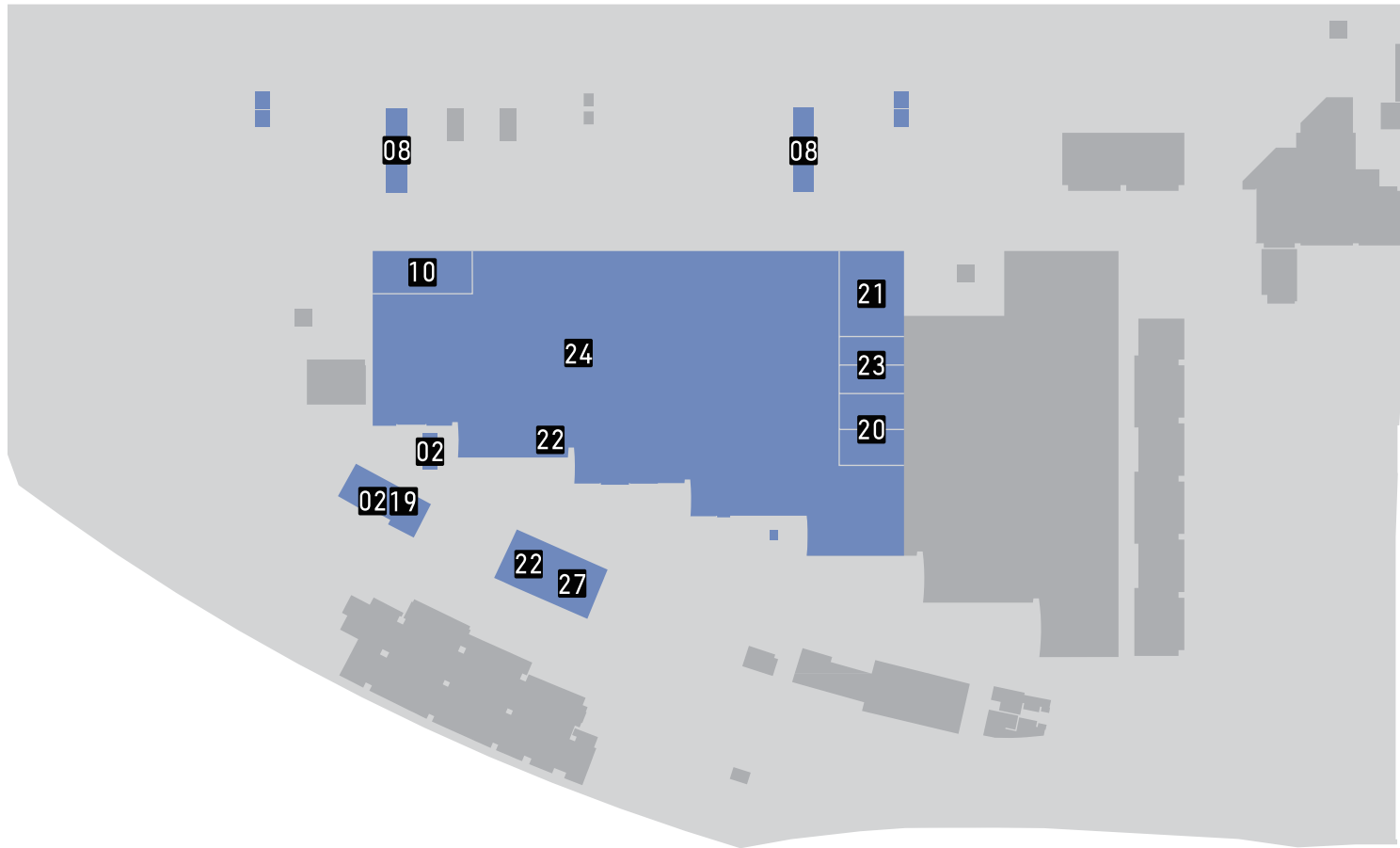
The field of play for the Powerlifting competition at Tokyo International Forum (Hall A, 4F) will contain one (1) competition platform and one (1) set of Powerlifting weights and bench. The warm-up area will be behind the field of play. The field of play and all equipment will be presented in accordance with WPP0 rules.

Venue map



LEGEND

- 02** Toilet (Accessible)
- 08** Athletes' Drop-off Point
- 10** Competing Athletes' Waiting Area for bus
- 19** Toilets
- 20** Training Athletes' Changing Room (with scale)
- 21** Training Athletes' Waiting Area for bus / Rest Area
- 22** Training Venue Athlete Medical
- 23** Training Athletes' Massage Area
- 24** Training Venue
- 27** Prayer Room



Venue facilities and services

Training facilities

The training venue is located in Hall E on Second Basement Floor (B2) of Tokyo International Forum. For details, see p.32 Training.

Warm-up area

The warm-up area is located behind the FOP and contains 10 benches. Athletes competing in the event category, and a maximum of one team official per NPC upon presenting their warm-up pass (a Supplementary Access Control Device, SACD), are permitted to access the warm-up area from fifty (50) minutes before the start of the competition.

Changing rooms and accessible toilets

Six changing rooms (three per gender) for competing athletes are accessible by elevators number 1 and 2 on the fourth floor at Tokyo International Forum.

Two male and two female changing rooms are fitted with a toilet and lockers. More toilets including accessible toilets for men and women are located nearby.

However, athletes are encouraged to get changed at the Paralympic Village and come to the venue ready in their sport clothes.

Athletes' Lounge

The Athletes' Lounge for competing athletes – athletes who are scheduled to compete that day – is located next to the Sport Information Desk (SID) near the warm-up area on 4F. It will be equipped with tables, chairs, refrigerator for refreshments, and CATV (live TV). Only athletes competing in the next scheduled event will be able to access the Athlete Lounge for competing athletes. Maximum of two team officials per NPC can accompany competing athletes upon presenting their SACD warm-up pass. Free-of-charge wi-fi internet access services will be available in the Athletes' Lounge.

Towels

Towels will be provided in the warm-up area for competing athletes, and in the training venue for training athletes. Athletes are requested to use towels provided by Tokyo 2020 or unbranded towels in order to avoid any potential breach of IPC Manufacturer Identification Guidelines.

Food and beverage

A hot meal will be served during the competition period in the Athletes' Lounge for competing athletes and team officials. The meal does not have to be ordered in advance. The meals will consist of rice, bread, pasta, meat or fish, beans, and salad. A refreshment station located in the Training Venue Rest Area will provide fruit, dairy products, confectionery, energy bars, refreshment drinks, coffee and tea.

Athletes' rest area

The athletes' rest area is on 4F next to the weigh-in. This area accommodates seating and two massage rooms which have one massage bed in each room.

Saunas

A sauna for competing athletes and non-accessible toilets for each gender are located on 3F in Hall C, which is one floor below the weigh-in room. The closest accessible toilets, changing rooms and more toilets are located on 4F next to the weigh-in room (accessible by elevator and stairs).

Scales

Official scale is located in the weigh-in room on 4F. Test scales will be available in the athletes' changing rooms in the training venue and in the Fitness Centre in the Multi-Function Complex at the Paralympic Village.

Sport Information Desk (SID)

The SID at Tokyo International Forum is located near the Athletes' Lounge on the same floor as the field of play. The SID will be open only on competition days, from 09:30 (90 minutes before the first session starts) until 20:30 (40 minutes after the end of the last Victory Ceremony).

Medical services

The Athlete Medical Station at Tokyo International Forum is located next to the Doping Control Station.

Doping control station

The Doping Control Station at Tokyo International Forum is located next to the Athlete Medical Station on the same floor to the FOP.

Mixed zone

Two mixed zones (broadcast and press) where accredited media interview athletes after competition will be located in the lobby of Hall A on 4F.

Competing Athletes' Waiting Area

There will be a dedicated waiting area for competing athletes near the athletes' load zone on the B2 (second basement floor) of Tokyo International Forum. It will be equipped with chairs and tables.

Venue Accreditation Office (VAO)

Tokyo International Forum (TIF)		
Services	OIAC/PIAC Distribution	No
	Pre-Valid Card Validation	Yes
	Lost/Stolen/Damaged OIAC/PIAC Replacement	Yes
	Help Desk	No
Paralympic Games Operation Dates and Times		
Non-competition days	8:30 – 16:30	
Training days	07:00 – 18:30	
Competition days	3.5 hours before the competition starts to the end of the ceremony or competition	

4. TRAINING

Training venue

Tokyo International Forum (Hall E)

3-5-1 Marunouchi
Chiyoda-ku Tokyo
Japan

Training for Powerlifting will take place at Tokyo International Forum in a separate hall (Hall E) on a different floor (Second Basement Floor, B2) of the competition venue.

It will be open for training from Saturday 21 August to Sunday 29 August 2021.

Training transport

Time/distance from Paralympic Village using Tokyo 2020 transport services: 25min/14km

Training sessions/schedule

The training of Powerlifting will be conducted between 08:30 and 20:25 from Saturday 21 August to Sunday 29 August 2021, except for 24 August 2021 when it will only open from 07:00 to 09:30 due to the Paralympic Games opening ceremony.

Teams will have pre-assigned training sessions on a rotational basis.

Changes to the training sessions are not possible.

The training schedule is as below and any updates regarding training dates and times will be available on Info and at the SIC in the Paralympic Village.

	8:30 – 10:25	10:30 – 12:25	12:30 – 14:25	14:30 – 16:25	16:30 – 18:25	18:30 – 20:25
Saturday 21 August 2021	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
Sunday 22 August 2021	Group 2	Group 3	Group 4	Group 5	Group 6	Group 1
Monday 23 August 2021	Group 3	Group 4	Group 5	Group 6	Group 1	Group 2
Tuesday 24 August 2021	7:00 – 9:30 Open session Day of Paralympic Opening Ceremony					
Wednesday 25 August 2021	Group 4	Group 5	Group 6	Group 1	Group 2	Group 3
Thursday 26 August 2021	Group 5	Group 6	Group 1	Group 2	Group 3	Group 4
Friday 27 August 2021	Group 6	Group 1	Group 2	Group 3	Group 4	Group 5
Saturday 28 August 2021	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
Sunday 29 August 2021	Group 2	Group 3	Group 4	Group 5	Group 6	Group 1

Media access policy

Media access to each training session will depend on the individual requests by NPCs. After the final entries NPCs will be inquired about their consent to media. The media can only access NPCs that have agreed. Thus, training sessions will still be open to media even if only one NPC gives consent. Should no NPC grant permission, no media access will be allowed for that particular training session. Media will be asked to strictly follow on-site guidance and only approach NPCs that have granted open access.

Training facilities

The Powerlifting training facilities at Tokyo International Forum will contain thirty (30) benches.

Athletes' Rest Area/Bus waiting area

The training venue Athletes' Rest Area to be used by non-competing athletes and team officials is located on B2 of Tokyo International Forum and serves as a waiting area for the training venue and the shuttle bus. It is equipped with tables, chairs, and refrigerator for refreshments. A refreshment station with fruit, dairy products, confectionery, energy bars, refreshment drinks, coffee, and tea will be available.

Changing rooms

Separate changing room facilities for men and women are located inside of the training venue. These changing rooms are not equipped with showers and toilets. Separate toilets, including three accessible toilets, are located near the training venue.

Athletes are encouraged to get changed at the Paralympic Village and come to the venue ready in their sport clothes.

Prayer room

A prayer room is located on B2 next to the training venue and next to the training venue Athlete Medical Desk.

Test scales

One (1) test scale will be available in the Fitness Centre in the Multi-Function Complex at the Paralympic Village. There will also be two (2) test scales for non-competing athletes located inside the changing rooms in the training venue (one in each), which will be available for use during individual training sessions.

Medical services

There is an Athlete Medical Desk in the training venue. However, the service level is lower than Medical Services for competing athletes.

Massage rooms

The training venue will be equipped with two massage rooms with two massage beds in each, which can be used by the training athletes during the training sessions.

5. GENERAL INFORMATION

Tokyo and the Games

Tokyo 2020

Tokyo won the right to stage the Games of the XXXII Olympiad and the 2020 Paralympic Games on 7 September 2013. The Tokyo Organising Committee of the Olympic and Paralympic Games (Tokyo 2020) is a private, not-for-profit sports association that was officially formed on 24 January 2014. Spearheaded by Hashimoto Seiko as president, the organising committee is composed of members from various organisations including the Japanese Olympic Committee (JOC), Japanese Paralympic Committee (JPC), Tokyo Metropolitan Government (TMG) and the national government of Japan. Tokyo 2020 was assigned its mission by the International Olympic Committee (IOC) and International Paralympic Committee (IPC) and must follow their guidance, the Host City Contract, the Olympic Charter, the IPC Handbook, World Anti-Doping Agency (WADA) regulations and Japanese law. Tokyo 2020 works in cooperation with Olympic and Paralympic Worldwide Partners, Gold Partners, Official Partners and Official Supporters.

Tokyo, then and now

Tokyo is a city with 400 years of history and tradition. Ever since the Edo Shogunate was established in 1603 it has developed as the centre of politics in Japan and at the beginning of the 18th century, it became one of the world's largest cities with a population of over 1 million people. After the Meiji Restoration, Tokyo became the capital of Japan. Although it was reduced to ashes twice; first by the Great Kanto Earthquake of 1923 and then by the bombings of the World War II, it was always able to rebuild itself and has continued to evolve. Tokyo maintains excellent public safety and a high-quality living environment. While the city disseminates cutting-edge technologies and new culture and trends such as anime and fashion to the world, the chic culture of Edo is still very much alive. Such a unique blend of tradition and sophistication is the allure of Tokyo. The city has many faces - if you leave the centre with its rows of skyscrapers and visit the suburbs, you will find beautiful scenery abundant with greenery and water. The islands in the Pacific Ocean, particularly the Ogasawara Islands which were added to UNESCO's World Heritage List in 2011, are yet another face of Tokyo.

©Tokyo Metropolitan Government

Climate

Tokyo has a humid subtropical climate with warm, wet summers. From late July to early September, the average daily high is 29.2-31.1 degrees Celsius (84.6-88.0 degrees Fahrenheit) and the average low is 21.8-23.3 degrees Celsius (71.2-73.9 degrees Fahrenheit), with relative humidity ranging from approximately 60 per cent to approximately 80 per cent. The average monthly rainfall during August is 168 millimetres. Earthquakes perceptible to most people walking or stronger are rare, occurring on average less than once a year between 1998 and 2017 in Tokyo. For more extensive information please refer to the 'Climate and Weather Guide for Tokyo 2020 Olympic and Paralympic Games' on Tokyo 2020 Connect.

The city's Paralympic heritage

On 8 November 1964, the opening ceremony was held for the 1964 Paralympic Games at Oda Field in Tokyo's Yoyogi Park. Over five days of competition, 375 athletes from 21 nations and regions demonstrated their exceptional abilities in 144 events across nine sports. It was the first ever Paralympic Games held in Asia and was an enormous success. In conjunction with this momentous event, Tokyo experienced dramatic development from its post-war infrastructure, including the construction of the Metropolitan Expressway and the Tokaido Shinkansen railway (the original "bullet train"). This type of major progress in its capital served as a stepping-stone for an era of rapid economic growth in Japan and demonstrated to the world its miraculous restoration.

Tokyo will become the first city to host the Paralympic Games for the second time and the Games will serve as a wonderful opportunity to embrace diversity. People from all over the world, with and without impairments, will gather in Tokyo. The Tokyo 2020 Paralympic Games will enable many people to witness the dynamic and breath-taking performances of the Para athletes, gain a real understanding of the rights and dignity of all people, and serve as a catalyst for Japan to become a fully-inclusive society.

Tokyo 2020 Paralympic Games in brief

Sports:
22

Days of competition:
12

Disciplines:
23

Paralympic Village official opening:
17 August 2021

Medal events:
539

Opening ceremony:
24 August 2021

Athletes:
4,400

Closing ceremony:
5 September 2021

Competition venues:
21

Competition venues

Many existing venues will be used for the Tokyo 2020 Paralympic Games including several legacy venues from Tokyo 1964. A total of 21 venues in Tokyo and around Japan will be used.

Tokyo 2020 venues are separated into three zones - Tokyo Bay Zone, Heritage Zone and Regional Zone. Tokyo Bay and Heritage Zones demonstrate our vision for the future, as well as the importance of respecting the legacy of the Tokyo 1964. The two connected zones appear on the map as an infinity symbol, which exemplifies Tokyo's infinite passion for athletes and sports and infinite potential to reach out to young people around the world. Tokyo 2020 will be the Games with "Infinite Excitement".

The Paralympic Village is located right in the centre of these two zones, symbolising the place of the athletes at the heart of the Tokyo 2020 Games.

The Regional Zone comprises of three venues ranging as far south as Izu peninsula in Shizuoka. These regional venues bring the Tokyo 2020 Paralympic Games in the hope of creating unforgettable memories, reactivating tourism and local economies, and leaving behind a rich sporting legacy for those outside of the greater Tokyo area.

With almost 60 per cent of the venues utilising existing facilities, Tokyo 2020 has embraced the Olympic Agenda 2020 to create a sustainable legacy for Japan's Olympic and Paralympic Games venues, while minimising construction costs. The existing venues, including some inherited from the Tokyo 1964 Games, have been modernised and refurbished to allow their legacy to be passed onto future generations. The new permanent venues herald a fresh, new legacy, bringing new facilities to the city centre. Last but not least, the temporary venues will be located in spectacular settings, offering incredible backdrops for athletes, spectators and broadcasters alike.

Hosted in one of the world's most exciting and innovative cities, which is home to some 35 million people, the Tokyo 2020 Games will fully integrate into Tokyo city life, and the whole city will act as an Olympic park, providing a festive and celebratory atmosphere that engages and inspires spectators far and wide.

Heritage Zone

- ① Olympic Stadium
Opening and Closing Ceremonies
Athletics
- ② Tokyo Metropolitan Gymnasium
Table Tennis
- ③ Yoyogi National Stadium
Badminton
Wheelchair Rugby
- ④ Nippon Budokan
Judo
- ⑤ Tokyo International Forum
Powerlifting
- ⑥ Equestrian Park
Equestrian
- ⑦ Musashino Forest Sport Plaza
Wheelchair Basketball

Tokyo Bay Zone

- ⑧ Ariake Arena
Wheelchair Basketball
- ⑨ Ariake Gymnastics Centre
Boccia
- ⑩ Ariake Tennis Park
Wheelchair Tennis
- ⑪ Odaiba Marine Park
Triathlon
- ⑫ Aomi Urban Sports Park
Football 5-a-side
- ⑬ Sea Forest Waterway
Canoe Sprint
Rowing
- ⑭ Yumenoshima Park Archery Field
Archery
- ⑮ Tokyo Aquatics Centre
Swimming
- ⑯ Makuhari Messe Hall A
Sitting Volleyball
- ⑰ Makuhari Messe Hall B
Taekwondo
Wheelchair Fencing
- ⑱ Makuhari Messe Hall C
Goalball

Regional Zone

- ⑲ Asaka Shooting Range
Shooting
- ⑳ Izu Velodrome
Cycling Track
- ㉑ Fuji International Speedway
Cycling Road

Paralympic Games Venues



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HERITAGE ZONE

- | | | | | |
|---|---|--|---|---|
| ① Opening and Closing Ceremonies
Olympic Stadium | ① Athletics
Olympic Stadium | ② Table Tennis
Tokyo Metropolitan Gymnasium | ③ Badminton
Yoyogi National Stadium | ③ Wheelchair Rugby
Yoyogi National Stadium |
| ④ Judo
Nippon Budokan | ⑤ Powerlifting
Tokyo International Forum | ⑥ Equestrian
Equestrian Park | ⑦ Wheelchair Basketball
Musashino Forest Sport Plaza | |

TOKYO BAY ZONE

- | | | | | |
|---|--------------------------------------|---|-------------------------------------|---|
| ⑧ Wheelchair Basketball
Ariake Arena | ⑨ Boccia
Ariake Gymnastics Centre | ⑩ Wheelchair Tennis
Ariake Tennis Park | ⑪ Triathlon
Odaiba Marine Park | ⑫ Football 5-a-side
Aomi Urban Sports Park |
| ⑬ Canoe
Sea Forest Waterway | ⑬ Rowing
Sea Forest Waterway | ⑬ Archery
Yumenoshima Park Archery Field | ⑮ Swimming
Tokyo Aquatics Centre | |
| ⑮ Sitting Volleyball
Makuhari Messe Hall A | ⑰ Taekwondo
Makuhari Messe Hall B | ⑰ Wheelchair Fencing
Makuhari Messe Hall B | ⑯ Goalball
Makuhari Messe Hall C | |



OTHER VENUES

- | | | |
|------------------------------------|------------------------------------|---|
| ⑱ Shooting
Asaka Shooting Range | ⑳ Cycling (Track)
Izu Velodrome | ㉑ Cycling (Road)
Fuji International Speedway |
|------------------------------------|------------------------------------|---|

PV Paralympic Village

IBC/MPC IBC/MPC Tokyo International Exhibition Centre (Tokyo Big Sight)

00 Competition Venue

Road Network
 Motorway
 Major urbanarterial network

Rail Lines
 Japan railway
 Private railway

Arrivals and Departures

Arrival and Departure Services

The following two airports will be used as the official ports of entry for the Paralympic Games Tokyo 2020:

- Narita International Airport (NRT), Tokyo
- Tokyo (Haneda) International Airport (HND), Tokyo

A full range of services, including accreditation validation, quarantine, dedicated immigration lanes and customs will be available at NRT and HND from 9 August to 8 September 2021. Please note that services will vary depending on the period. Accreditation validation services will be delivered only at the international terminals of HND and at international part of Terminal 1 and 2 in NRT. Arrival transport services will be delivered from 17 August to 8 September 2021 at NRT and HND.

Services Period

Airport	Airport Services	Transport Services	Accreditation Services
Narita International Airport (NRT)	9 August – 8 September 2021	TBD	11 August – 29 August 2021
Tokyo (Haneda) International Airport (HND)	9 August – 8 September 2021	TBD	11 August – 29 August 2021

Accreditation

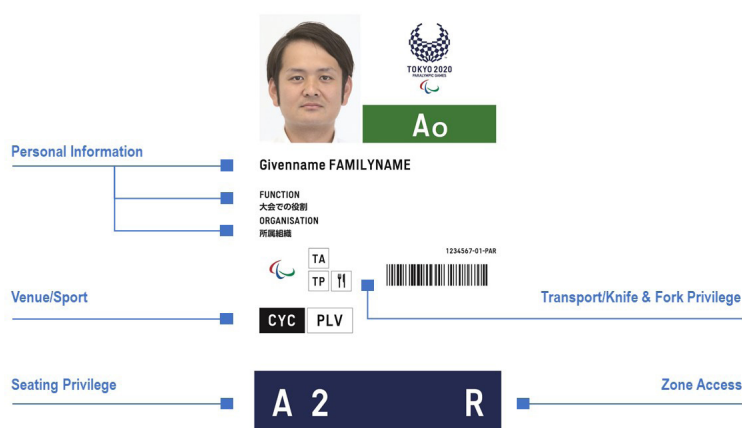
Accreditation

The Paralympic Identity and Accreditation Card (PIAC) is the official document that identifies each person participating in the Paralympic Games, and ensures they are granted appropriate access to Games venues to fulfil their roles. The accreditation process also ensures that Games participants are granted entry to Japan for the period of the Games.

Before validation, the PIAC is referred to as a Pre-Valid Card (PVC). The Tokyo 2020 Accreditation team will produce Pre-Valid Cards (PVCs) for all NPC delegates whose attendance at the Games has been confirmed during the Pre-DRMs. The production and distribution process will commence as soon as the Pre-DRMs have been completed and will be sent to each NPC for distribution to each delegation member. Accredited delegates will be able to validate their PVC in accordance with the dates for each sport prescribed in the NPC Period of Stay Policy.

PVC holders may enter Japan (through all ports of entry) multiple times from 23 April to 5 October 2021, upon presentation of their card and the same valid passport that was used in the application for accreditation, without being required a separate entry visa, in compliance with any additional entry requirements outlined in the Athletes and Team Officials Playbook. Accredited Athletes (Aa category), Athlete Competition Partners (Ab category) and other accredited participants of the NPC (Ac, Am, Ao, NPC or P category) are eligible for a visa waiver.

Individuals using their PVC or PIAC as a visa waiver to enter Japan must ensure their passport is valid for the duration of their stay in Japan, but it is recommended that the passport be valid until at least 31 December 2021. The identity document used to enter Japan must match the information provided on their application for accreditation. Please be noted that only accredited Games participants arriving with their PVC will be entitled to use dedicated or priority lanes at immigration and customs when entering Japan through the official ports of entry and to use only dedicated Games vehicles from the airport to the Paralympic Village.



e.g. Paralympic Identity and Accreditation Card (PIAC) (sample)

Pre-Valid Card validation

Individuals arriving in Japan on international flights through Terminals 2 and 3 of the Tokyo (Haneda) International Airport (HND) or Terminals 1 and 2 of the Narita International Airport (NRT) will be able to validate their PVCs at the airport from 17 August 2021, provided their NPC's DRM has been completed. Individuals arriving through other ports of entry should proceed to the appropriate main accreditation centre to complete the accreditation validation process. Each participant must visit an accreditation facility in person to complete the validation process. Individuals should bring their PVC and the valid identity document that was provided to Tokyo 2020 in the accreditation application.

Accreditation Categories and Privileges

Categories and Privileges

Category	Population	Venue Access	Zone Access	Seating	Transport
Aa	Athlete	Powerlifting venue(s), PLV, MPC, IBC	2, R, BLUE	A Stand (at Powerlifting venues)	TA, TP
Ao	Team Leader Coach Technical Personnel Administrative personnel Doctor Physiotherapist Medical Personnel	Powerlifting venue(s) only or all venues where own athletes compete, PLV	2, R, BLUE	A Stand (at Powerlifting venues)	TA, TP
Ao	Press Attaché	Powerlifting venue(s) or all venues where own athletes compete, PLV, MPC, IBC	2, 4, 5, R, BLUE	A Stand (at Powerlifting venues)	TA, TM, TP
NPC	Athlete Chaperone	Athlete's sport venue(s), PLV	2, R, WHITE	A Stand	TA, TP

Accreditation privilege codes

The Accreditation Card Operating System assigns access privileges according to a privilege matrix that includes any function performing an official role at the Games. The privileges are based on accreditation zones and are printed on the PIAC along with the individual's personal information, function & responsible organisation. At sport venues the privileges give access to accreditation zones as described below:

Zones	
BLUE	Field of play, Operational areas, General circulation areas
RED	Operational areas, General circulation areas
WHITE	General circulation areas
2	Athlete preparation areas
4	Press areas
5	Broadcast areas
R	Residential zone of the Paralympic Village
Seating	
A	Athletes' stand
Transport	
TA	Athletes/NPCs transport system
TM	Media transport system
TP	Public transport systems
Sports / Venues	
CODE	Competition venue(s) and training venue(s) for each sport – white letters with black background
CODE	Training venue(s) anytime and/or competition venue(s) on training days only – white letters with green background

IPC Conditions of Participation Agreement (COPA)

As required by the IPC, all individuals submitted in the following NPC accreditation categories must complete and sign an IPC Conditions of Participation Agreement form including the Parental/Legal Guardian Acknowledgement of Consent for Minors and Participant without Legal Capacity forms (if applicable), acknowledging their compliance with the IPC and International Federation rules regarding Games participation and the World Anti-Doping Code.

- Aa: Athletes;
- Am: Chief Team Physician;
- Ao: Team Officials;
- NPC: Athlete Chaperone.

Each individual applicant must provide their original signature on a hard copy of the IPC Conditions of Participation Agreement form. The form will be available in English, and it is the NPC's responsibility to ensure that each applicant understands the content of the form. NPCs may prepare a translation of the form's content where necessary, however, either an English hard copy or electronic copy of the original form must be signed and submitted to the Tokyo 2020 Organising Committee.

Only original signed (and countersigned as appropriate) hard or electronic copies of the IPC Conditions of Participation Agreement form will be accepted by the Tokyo 2020 Organising Committee, and must be received at, or prior to, each NPC's DRM. However, NPCs are strongly encouraged to return the forms to the Tokyo 2020 Organising Committee in advance by secure/tracked post or in person if the opportunity arises. Please be advised that the IPC Conditions of Participation Agreement form issued in February 2020 will no longer be valid for the Games in 2021.

Supplementary Access Control Devices (SACDs)

A Supplementary Access Control Device (SACD) may be required to access specific areas of competition venues in line with sport-specific regulations. Specific areas within a venue, despite being within an accredited zone, can have additional restrictions and the PIAC itself may not grant access to these areas (e.g. the field of play or doping control stations). The SACD could take different forms such as an armband or an additional pass to be attached to the same lanyard as the PIAC.

Entry into Japan

The PVC/PIAC will serve as an entry document to Japan from **23 April to 5 October 2021** for a maximum stay of 90 consecutive days when accompanied by a valid passport. The PVC/PIAC is valid for multiple entries between these dates. Upon every entry into Japan, the same passport used in the application for accreditation should be presented with the PVC/PIAC. The PVC/PIAC is valid in this way through all ports of entry.

The PVC/PIAC will facilitate entry into Japan only and does not function as a visa-waiver for any country other than Japan. All NPC delegates must check the visa requirements for transit through any other countries and obtain the necessary visa if required. NPCs are fully responsible for the acquirement and costs of any other visas including transit visas.

Delegation members should travel with their PVC in their hand luggage in order to be ready to present it with their passport for inspection by their airline, airport and immigration authorities if required during departure, transit and arrival. The Tokyo 2020 Organising Committee and the relevant Japanese government authorities will work with airlines and immigration services worldwide to ensure that all necessary authorities are aware that the PVC can be used as a visa waiver to travel to Japan for the Games.

Entry into Japan will not be granted to participants not in possession of a PVC.

Due to the border enforcement measures to prevent the spread of the novel coronavirus (COVID-19), there are necessary procedures and conditions to follow in order to enter Japan. In addition to the PVC and accreditation requirements, all delegation members of the NPCs should abide by the additional temporary immigration and quarantine measures implemented by the Government of Japan and highlighted in the Playbooks.

Upon arrival, all non-Japanese nationals will be required to complete a Disembarkation Card for Foreign Nationals and submit it at the immigration counter. The cards are usually distributed by airlines during inbound flights to Japan or are available in the airport prior to reaching the immigration counter. A separate card is required for each individual.

Entry into Japan through Tokyo (Haneda) International Airport (HND) or Narita International Airport (NRT)

HND and NRT are Official Ports of Entry for the Games. Upon arrival into Japan a passport inspection will be conducted by the Immigration Bureau of Japan. NPC delegation members arriving in Japan through Tokyo HND or NRT will be able to validate their PVCs at the airport from 17 August 2021, provided that their NPC's DRM has been completed.

Entry into Japan through other ports of entry

The Tokyo 2020 Accreditation Team will not be providing services at any other ports of entry into Japan, at any other international airports, nor seaports for the Paralympic Games. However, NPC participants arriving through other ports of entry will be able to use their PVC as a visa-waiver as detailed above. The presentation of a PVC in conjunction with a valid passport will assist the Immigration Bureau at the port of entry to establish the reason for travel and ensure that the correct leave to enter is granted. Participants will then be required to perform the validation of the PVCs upon arrival in Japan at a Tokyo 2020 Accreditation centre.

Games-time services

Accreditation facilities

Location	PVC validation	Card production	Transfer request	Lost/stolen replacement	Help desk	Service start date
Tokyo (Haneda) International Airport (HND) for international arrivals only (Terminals 2 and 3)	Yes	No	No	No	No	17 August 2021
Narita International Airport (NRT) for international arrivals only (Terminals 1 and 2 only)	Yes	No	No	No	No	17 August 2021
Paralympic Village Team Processing Centre	Yes	Yes	Yes	Yes	Yes	17 August 2021
Paralympic Family Accreditation Centre (The Grand Nikko Tokyo Daiba)	Yes	Yes	No	Yes	Yes	16 August 2021
Media Accreditation Centre	Yes	Yes	No	Yes	Yes	9 August 2021
Venue Accreditation Offices (VAO) (at all other competition venues)	Yes	No	No	Yes	No	Venue lockdown

Lost, stolen, damaged PVC/PIAC

If a PVC is lost, stolen or damaged the NPC must contact the Tokyo 2020 Accreditation Team promptly to ensure appropriate action can be taken. In the event that the PVC cannot be reissued and delivered prior to travel the NPC will be informed.

All lost and stolen Accreditation Cards should be reported to the nearest accreditation centre or VAO. Participants will be required to complete a Lost/Stolen Accreditation Card form and present an acceptable form of identification. Accreditation Cards which become damaged in such a way that the photo and/or the personal information is not legible or that the Access Control System is not able to read the card, should be returned to the nearest accreditation centre or VAO for replacement.

Please be advised that the PVC or PIAC will not be reissued after the competition of each sport finishes and the end of the accreditation facilities' operational period for the Tokyo 2020 Paralympic Games.

Please note the following:

- The individual concerned must make a written, signed declaration.
- A lost or damaged PIAC will be cancelled in the accreditation system and will not be reactivated even if found at a later date.
- Reissuance can take place at any of the accreditation facilities listed in the above table.

Team Welcome Ceremonies

In agreement with IPC, Tokyo 2020 has removed Team Welcome Ceremonies from the Village programme.

Opening and Closing Ceremonies

The Tokyo 2020 Opening and Closing Ceremonies will be held at the Olympic Stadium. The Opening Ceremony will take place on 24 August 2021 and the Closing Ceremony on 5 September 2021.

Participation Entitlement

For both Opening and Closing Ceremonies, all Athletes (Aa) and Athlete Competition Partners (Ab) can participate by virtue of their accreditation. NPC team officials with the accreditation categories Ac, Am and Ao that are also in possession of a marching pass are entitled to participate. The number of marching passes will be communicated later.

All other categories are not permitted to march, including, but not limited to, NPC Presidents, Secretaries General, dignitaries and NPC assistants. This policy will be strictly enforced to preserve the security of the athletes' parade. However, NPC Presidents and Secretaries General who are accredited as NPC team officials, such as Chefs de Mission or Deputy Chefs de Mission (Ac), will also be permitted to participate in the Opening and Closing Ceremony with their delegation. They should travel to the Olympic Stadium with their respective delegations from the Paralympic Village.

Staging area and Parade of Athletes

During the Opening Ceremony, marching athletes, athlete competition partners and team officials will be arranged by NPC delegation. The marching order is determined by the alphabetical order according to the language of the host country, except for the host country which enters last. For the Closing Ceremony, only flag bearers will march. The rest of the delegations will be seated in the stadium from the beginning of the ceremony.

Tokyo 2020 staff will be present at the Olympic Stadium to coordinate the parade and assist delegations upon arrival. Tokyo 2020 is finalising plans for the sorting and staging areas for athletes and team officials. More information will be shared with NPCs after the details have been confirmed.

Flag bearers

Each NPC may nominate one female flag bearer and one male flag bearer to march jointly during the Opening Ceremony. Each NPC will be asked to submit the nomination form in advance. Only athletes are allowed to be nominated as flag bearers. In principle, flag bearers will remain with their delegation throughout the transfer and marshalling. They will be provided with their flag before entering the Olympic Stadium. Where necessary, the holding device for the flag will be adapted based on the accessibility requirements of the flag bearers.

Food and beverage services

Athletes, athlete competition partners and team officials marching in the Opening Ceremony are advised to have their meal before leaving the Paralympic Village. Water will be available at the Paralympic Village. Snacks and water will be provided at the athletes' preparation area. Water will be available at the stadium. The Main Dining Hall is open 24 hours a day. Upon return, the Paralympic Village Main Dining Hall will be prepared to meet the high demand.

Medical Services

Medical services will be provided to everyone involved in the Opening and Closing Ceremonies. A total of 11 medical stations will be divided between different stakeholders, same as on competition days to provide the necessary security and privacy to athletes and officials. Up to 10 ambulances on site guarantee smooth referral to the designated hospital for each respective stakeholder.

Transport

Transfer from the Paralympic Village to the Olympic stadium

Bus services for marching athletes, athlete competition partners and team officials will be provided from the Paralympic Village to the Olympic Stadium.

For the Opening and Closing Ceremonies, bus loading zones will be located in the Transport Mall and the Residential Zone of the Paralympic Village. Each NPC will receive information on the meeting time and point, their loading zone and boarding time after the Chefs de Mission Ceremony Briefing.

NPC Assistants will meet NPCs at the designated time and meeting point in their residential building and guide them to the loading zone to board the buses. Departures from the Paralympic Village will take place in multiple waves.

Travel to the Olympic Stadium precinct will take approximately 30 minutes. For those with training sessions on the same day as the Opening Ceremony, training times will be scheduled so that athletes will have time to return to the Paralympic Village before departure to the ceremony.

There will be no direct transport from competition venues on the Closing Ceremony day to the Olympic Stadium. Competing athletes and team officials will be transported back to the Paralympic Village in time for the ceremony transport.

All marching athletes, athlete competition partners and team officials staying outside of the Paralympic Village will need to go to the Paralympic Village to use the transport provided to the Olympic Stadium. There will be no loading zones or parking areas allocated at the Olympic Stadium for NPC vehicles.

Cycling accommodation

There will be no direct transport services between Cycling accommodation and Olympic Stadium. All marching athletes and officials staying at Cycling accommodation will make their way to the Paralympic Village on the day before the Opening Ceremony and stay overnight within their NPC allotment.

Cycling teams will be allocated beds both at the Paralympic Village and at the relevant Cycling accommodation. On the day of the Opening Ceremony, they will use the transport provided from the Paralympic Village to the Olympic Stadium. Cycling teams will return to Cycling accommodation from the Paralympic Village the day after Opening Ceremony.

Return to the Paralympic Village

After the ceremony, athletes, athlete competition partners and team officials will be transferred back to the Paralympic Village by bus. An early departures service will be offered during both Opening and Closing Ceremonies for athletes, athlete competition partners and team officials that prefer to leave the ceremony immediately after they have marched.

Tokyo 2020 staff will provide directions to the buses for those athletes, athlete competition partners and team officials that wish to depart early. Regular transport services back to the Paralympic Village will be provided at the end of the Ceremonies.

Non-Marching Spectating Athletes

Non-marching spectating athlete tickets have been cancelled due to COVID-19 countermeasures aimed at reducing contact between athletes and the general public to secure a safe environment for athletes.

Victory Ceremonies

All Victory Ceremonies will be conducted in English and Japanese, and will occur at all competition venues, as per the date and time indicated in the sport competition schedule.

There will be a briefing for medallists before the Victory Ceremony, during which athletes will be shown the route along which they will be led and reminded of the procedures they will need to follow. Only the athletes and athlete competition partners (Ab) or required guides/ support staff for whom do not have an eligible athlete competition partners, may be present at this briefing, unless otherwise indicated.

Athlete escorts will lead athletes to the podium for the Victory Ceremony. During the medal presentation, accreditation must either be temporarily surrendered to the Victory Ceremonies Manager or hidden out of sight. No participant in the Victory Ceremony will be permitted to carry flags, mascots, mobile phones, cameras, headphones, sport equipment or other items with them during the ceremony.

If any athlete is in possession of any of these items, they must be passed to the Victory Ceremony Manager for the duration of the ceremony. Where athlete competition partners (Ab) or required guides/ support staff are part of the ceremony, they must be wearing the same NPC tracksuit as the athlete.

Please also note that no-one other than athletes, athlete competition partners (Ab) or required guides/ support staff and those who are part of the Victory Ceremonies team may be part of the Victory Ceremony.

Upon completion of the photo opportunity after the Victory Ceremony, each athlete will be required to pass through the mixed zone, unless indicated by the athlete escorts and/or the Tokyo 2020 Sport Manager.

During the Victory Ceremony, the Doping Control team is required to keep athletes in line of sight at all times, therefore, it is imperative that athletes do not deviate from the prescribed routes outlined in the briefing.

Medals and Diplomas

Medals and diplomas will be awarded in each event as follows:

- 1st place: A gold medal, a diploma and a Paralympic medallist's pin.
- 2nd place: A silver medal, a diploma and a Paralympic medallist's pin.
- 3rd place: A bronze medal, a diploma and a Paralympic medallist's pin.

Diplomas will be awarded based on the number of participants in each event as follows:

Number of participants (or teams)	Diplomas distributed
9 or greater	8 diplomas (1st to 8th place)
8	7 diplomas (1st to 7th place)
7	6 diplomas (1st to 6th place)
6	5 diplomas (1st to 5th place)

Individual sports

In Athletics and Cycling, guides accompanying medal-winning athletes should also receive the respective medal and a diploma. Diplomas are awarded to the guides according to the same policy listed above regarding number of overall event participants.

Individual sports - team events

In Rowing, coxswains accompanying winning athletes also receive the respective medal and a diploma. The same applies for guides for Athletics relay races who have completed the full event (from the first round to finals) with the winning athletes. Diplomas are awarded to guides and coxswains according to the same policy listed above regarding number of overall event participants.

Team sports

In Football 5-a-side, goalkeepers also receive the respective gold, silver or bronze medal and a diploma. Diplomas are awarded to the goalkeepers according to the same policy listed above regarding number of overall event participants.

Ticketing and accredited seating

Different Discipline Athletes (DDA)

The different discipline athletes (DDA) ticketing programme, which allows athletes and team officials to watch competitions of disciplines other than their own free of charge, will not be provided in the Tokyo 2020 Games.

Follow-My-Team

Follow My Team (FMT) ticket packages, which allow NPCs to secure a limited number of tickets for all matches of a particular team, will not be implemented in the Tokyo 2020 Games.

Athletes Family and Friends (AFF) Tickets

Athlete' Family and Friends (AFF) Programme, which guarantees NPCs a certain number of tickets per session in which an athlete is competing for athletes, their families and friends, will not be implemented in the Tokyo 2020 Games.

Games-time ticket sales

Plans for Games-time ticket sales are currently under review and further information will be provided upon confirmation.

- Paralympic Village
Plans for ticketing services at the ticket office located in the Paralympic Village are currently under review and further information will be provided upon confirmation.
- Key Client Servicing Centre (KCS)
At Games-time, Tokyo 2020 will offer ticketing services at the Key Client Servicing Centre, of which the location will be announced at a later date. This service will be for the exclusive use of key clients and will be accessible by appointment only.
- Competition Venues and Main Ticket Centre
Plans for Ticket Box Offices, which will operate on competition days at the relevant venues and the Main Ticket Centre, of which the location will be announced at a later date, are currently under review and further information will be provided upon confirmation.

Ticket touting

It can be a criminal offence to resell Tokyo 2020 tickets for a price over the face value (subject to other conditions as provided for in the relevant statute), and infractions may result in jail time and/or fines. Unauthorised resale or misuse of Tokyo 2020 tickets may be considered a violation of the Tokyo 2020 Terms and Conditions of Ticket Purchase and Use and may result in the tickets being declared void and the ticket holder being denied entry to the venue.

Transport

A summary of transport service at the Games follows below. Please note that full details of transport services at the Games, including timetables, may be found in the Tokyo 2020 Transport Guide on Tokyo 2020 Connect.

Transport system for athletes and team officials (TA System)

During the Paralympic Games Tokyo 2020, the TA bus system will provide transport services for athletes and team officials (Aa, Ab, Ac, Ao and Am) from 17 August to 8 September 2021. The TA bus system will provide the following transport services:

1. Arrivals and departures transport from/to Tokyo International Airport (Haneda) and Narita International Airport to/from the Paralympic Village;
2. Arrivals and departures transport from/to Tokyo International Airport (Haneda) and Narita International Airport to/from the Cycling accommodation;
3. Transport between the Paralympic Village and official competition and training venues;
4. Transport between the Cycling accommodation and official competition and training venues;
5. Inter-Village Connection Service (IVCS) between the Paralympic Village and the Cycling accommodation;
6. Opening and Closing Ceremony transport

In principle all transport is by coach. Accessible buses will be provided according to the demand of wheelchair users.

TA System for Individual Sports (Shuttle buses)

Shuttle bus services will be provided between Paralympic Village/Cycling accommodation and competition venues/training venues. Operating times will be scheduled in line with the training and competition schedules, with frequency varying depending on venue and sport. In principle, the service period will be from five (5) days prior to the start of the competition to completion of the competition based on training and competition schedules.

Team Sports

A coach with driver will be provided for each team participating in team sports. Vehicle and driver are dedicated but not exclusive to any single team or NPC, and could change on occasion.

Team bus services will be provided between Paralympic Village and competition venues/training venues. Teams will always travel as a full team and vehicles cannot be used to travel to other sport competition venues.

Service period will be based on pre-agreed schedule from five (5) days prior to start of competition until the day after competition is finished, or the day after the team's final competition. Any changes to the pre-agreed schedule should be requested at the Transport Desk at the SIC in the Paralympic Village by 16:00 the previous day. Requests after this time cannot be guaranteed.

Team vehicles can be used to go to official Ports of Entry until the day after the team's final competition.

Inter-Village Connection Service (IVCS)

Inter-village transport services will be provided to connect the Paralympic Village with Cycling accommodation, and to connect the Cycling Track accommodation with Cycling Road accommodation. Reservations must be made by 16:00 the day before travel at the Transport Desk of the NPC Services Centre in the Paralympic Village or Cycling accommodation. Frequency is two journeys per day in both directions with one coach bus per service. The IVCS will depart at 06:00 and at 20:00 in both directions every day, except on certain dates. As travel times may take longer depending on traffic conditions, it is recommended to ensure enough time for traveling, such as by traveling the day before required arrival. Rest time is scheduled during the trip at motorway service areas, etc.

Paralympic Route Network (PRN)

Tokyo 2020 will set up the Paralympic Route Network (PRN) in order to provide safe, smooth, efficient and reliable transport services to all stakeholders. The PRN will be divided into three different types of routes.

- Games-time route: A route connecting the Paralympic Village (PLV), accommodation facilities, airports, competition venues, and non-competition venues such as IBC/MPC;
- Training venue route: To be used to transport athletes to training venues; and
- Alternative route: To be used as an emergency measure in the event that things such as an accident prevents the use of the Games-time route.

Travel Demand Management (TDM) and Traffic System Management (TSM) will be implemented on the PRN.

TDM is a measure to urge private companies and citizens to reduce traffic, while TSM is a measure to control the traffic volume of general vehicles and prevent congestion by closing certain entrances to motorways.

On general roads, dedicated lanes and priority lanes will be established along with rigid enforcement of parking restrictions, signal adjustments, and rapid responses to accidents on the PRN and at various spots where accidents could affect the PRN.

Please refer to Tokyo 2020 Connect for the PRN map and the estimated travel times between the Paralympic Village and competition venues when using the PRN.

Dedicated lanes can be used exclusively by designated stakeholders' vehicles, and priority lanes can be used by general vehicles, but the designated stakeholders' vehicles have priority over general vehicles. In addition, regulation signs and cherry blossom pink road surface markings will be installed on dedicated lanes and priority lanes.

For other locations, signboards will be installed on motorways, and signboards and road surface markings will be indicated on general roads. Tokyo 2020 asks the general public to refrain from driving these indicated roads to make stakeholder journeys as smooth as possible.

Tokyo 2020 transport app

Tokyo 2020 Games Family is a web app that provides information related to transport services for stakeholders. The app will provide functions such as route search between Paralympic Village/official accommodation and competition/training venues, and provides information about TA bus timetables (except team sports buses) and maps of each venue to support stakeholders during the Games time.

Please refer to the Tokyo 2020 Transport Guide for details.

Public transport

Accreditation holders will be provided with a public transport card (TP card), which can be used an unlimited number of times to travel free of charge on underground and surface train services, including monorails, between 9 August and 8 September 2021.

However, use of the public transport system will be restricted due to COVID-19 countermeasures and **NPC stakeholders such as athletes, officials, etc (as specified in 'The Playbook Athletes and Officials') cannot use public transport.**

Other NPC stakeholders will be able to receive a TP card, but any of those stakeholders who are from overseas will not be able to receive it until 14 days after entry into Japan.

Please refer to the Tokyo 2020 Transport Guide for details.

Athlete Venue Meals (AVMs)

AVMs will be available for athletes and team officials that are away from the Paralympic Village for more than four hours. AVMs will be offered in two forms depending on the venue. If the AVMs offered at the competition or training venue and are Cold Packed Meals (CPM), they must be booked in advance electronically (Microsoft Forms) by no later than 10:00, two days prior to the date of consumption. The URL of the online form will be uploaded on Tokyo 2020 Connect in June. No advance reservations are required for venues and competitions where hot meals will be served.

Food and beverages will be served in the Athletes' Lounge and changing rooms at the competition and official training venues. AVMs will include items such as a sandwich, salad, piece of fruit, dessert, and yoghurt. A vegetarian option will also be available, but it should be requested when the order is placed. Coca-Cola drinks and refreshments will be provided at the competition and official training venues.

Details will be communicated on Tokyo 2020 Connect.

Medical services

Public health services, including disease surveillance, communicable disease control and health protection (such as water and air quality) will be in place throughout Japan during the Games.

Local hospitals that include 24-hour emergency specialist services and tourist clinics are also available around the city. Local pharmacies can be found in all neighbourhoods, and some are open 24 hours a day.

There are no vaccination requirements for entering Japan, but NPCs are advised to consult their local physician prior to travelling to Japan to ensure that all routine vaccinations are up to date.

A basic summary of medical services at the Games is given below. Full details will be provided in the Healthcare Guide which will be distributed to NPCs by Tokyo 2020 before the Games and COVID-19 countermeasures are described in 'The Playbook Athletes and Officials'.

Games-time medical services

Paralympic Village

The Polyclinic will be located in the Residential Zone of the Paralympic Village and will be the main treatment provider for athletes and NPC team officials during the Games. The Polyclinic will be open from 17 August to 8 September 2021.

Services will be offered from 07:00 to 23:00, seven days a week, with emergency services and the Fever Clinic operating 24 hours a day. Services in the Polyclinic will include:

- Emergency services
- Fever Clinic
- Orthopaedics
- Internal medicine
- Female athlete medicine
- Dentistry
- Ophthalmology
- Mental healthcare
- Dermatology
- Physical therapy
- Pharmacy
- Imaging services with MRI and X-ray available on-site
- Diagnostic testing-laboratory for urine, blood and physiological function testing

The Fever Clinic will be located in the buildings across the street from the Polyclinic and will provide medical care and tests for the delegation members suspected of having infectious diseases including COVID-19.

Those who have any COVID-19 related symptoms such as fever or have tested positive with COVID-19 in the screening testing are referred to the Fever Clinic.

A medical station at the Village Plaza will provide first-aid care for NPCs, guests, media, and workforce. The medical station will be open from 15 August to 8 September 2021 between 09:00 and 21:00.

Cycling Track Accommodation

A medical station will be open from 17 to 29 August 2021 and will provide primary care and physical therapy services from 07:00 to 23:00 and a pharmacy (limited services).

Cycling Road Accommodation

A medical station will open from 17 August to 4 September 2021 and will provide primary care and physical therapy services from 07:00 to 23:00 and a pharmacy (limited services).

Competition venue medical services

Medical facilities will be provided at all competition venues. Athlete and spectator medical stations will be stocked with appropriate equipment, supplies, and medication, and will be staffed by experienced medical staff. Ambulance units will be stationed at all competition venues during the competition period.

Athlete medical services have been planned in compliance with IF requirements and Paralympic regulations for the sport. Medical services will generally be available from the time athletes, team officials and technical officials arrive at the venue until the time they leave the venue.

Spectator medical services care for all other client groups, including spectators, workforce, media, sponsors, volunteers, contractors, VIPs, and Paralympic Family. There will also be first responder teams circulating throughout the venue to respond to any medical situation that occurs.

Field-of-Play response

Field of Play (FOP) response teams will provide first aid and emergency services to athletes and officials on the FOP should such services be required. If necessary, the patient will be retrieved from the FOP and transported to the athlete medical station, or designated Games hospital as appropriate. In some cases, the athlete may be referred to the Polyclinic. The order of response on the FOP and any decision-making will differ in each venue in accordance with the rules of the respective IF Official.

Training venue medical services

Medical services at official training venues will depend on the size of the venue, the number of sports taking place, and the relevant IF regulations.

Designated Games hospitals

If treatments and/or medical tests are required in addition to those that can be carried out in the venue medical stations, the athlete or team official will be transferred to designated Games hospitals in central Tokyo or in the co-host city. Designated Games hospitals will be released at a later date. Any patient suffering from a life-threatening condition that may occur at any of the venue zones will be taken to the nearest hospital.

Doping control

Tokyo 2020 is committed to delivering a world-class anti-doping programme during the Tokyo 2020 Paralympic Games. Under the direction of the International Paralympic Committee (IPC), the Tokyo 2020 anti-doping programme will ensure the integrity of sport is upheld and protect the rights and health of the athletes.

During the period of the Tokyo 2020 Paralympic Games (the Games), which starts from the opening of the Paralympic Village on 17 August 2021 up to and including the day of the Closing Ceremony on 5 September 2021 inclusively, the IPC Anti-Doping Code will apply.

Athletes qualified and registered by their NPC may be tested at any time during the Games period, as well as in the lead up to the Games, regardless of their location.

Doping Control related operations

Tokyo 2020 Anti-Doping Programme is managed by the International Paralympic Committee (IPC). The IPC directs and oversees testing operations, including athlete selection.

Tokyo 2020 will introduce a paperless system to record the information related to the sample collection procedure by its Sample Collection Personnel (SCP). While the notification of athletes will be recorded on paper, the recording of the information related to the sample collection procedure will be done on a tablet.

Please note that athletes who have been selected for doping control will not be permitted to take a shower until they have completed the sample collection session.

For more details on the Anti-Doping Programme, refer to the Doping Control Guidebook in Tokyo 2020 Connect.

Classification

Classification provides a structure for Paralympic competition. Athletes competing in para sports have an impairment that leads to a competitive disadvantage. Classification determines who is eligible to compete in a para-sport and groups the eligible athletes into sport classes according to the impact of impairment on specific sport activities. The classification system minimises the impact of impairments on sport performance and ensures the success of an athlete is determined by skill, fitness, power, endurance, tactical ability and mental focus.

All athletes at the Tokyo 2020 Paralympic Games must comply with their respective sport's eligibility criteria, as stipulated in the Tokyo 2020 Paralympic Games Qualification Guide. This also applies to athletes nominated by their NPC using a Bipartite Commission application, by a Universality Wild Card (UWC) application, or as substitutes between the final entries deadline and the Delegation Registration Meeting (DRM) if applicable.

Athlete-specific classification data (sport class and sport class status) will be uploaded onto the Sport Entries system from the Classification Master Lists provided to Tokyo 2020 by the respective International Federations by 25 June 2021. However, athletes with a sport class status of 'Review' competing in the following sports will be subject to classification evaluation in Tokyo unless the classifications have been completed by the time immediately prior to the Tokyo 2020 Paralympic Games: Athletics, Boccia, Canoe, Rowing, Cycling (Track and Road), Judo, Sitting Volleyball, Swimming, Wheelchair Rugby and Wheelchair Tennis. Please see table on following page for details.

This process will help to ensure the online Sport Entries system is up to date and will allow NPCs to enter their athletes into the correct corresponding events. Any changes in classification occurring must be reported to the IPC and Tokyo 2020 Sport Entries department immediately.

Further overall and sport-specific information on classification for the Tokyo 2020 Paralympic Games will be available in the Tokyo 2020 Paralympic Games Sport Entries Manual, published on Tokyo 2020 Connect in June 2021.

Athletes Classification Evaluation Period: 20 - 29 August 2021

Athletes with a sport class status of 'Review' competing in the following sports will be subject to classification evaluation in Tokyo during the following dates at the date of publication of this manual:

Classification Evaluation Period

Classification Evaluation Period*	
Sport	Evaluation Period
Athletics	Physical Impairment: 20 - 23, 25 August 2021 Intellectual Impairment: 22, 23 and 25 August 2021 Vision Impairment: 21 – 25 August 2021
Boccia	26 August 2021
Canoe	29 August 2021
Cycling Track	Physical Impairment: 22 – 23 August 2021 Vision Impairment: 21 – 23 August 2021
Cycling Road	Physical Impairment: 28 – 29 August 2021 Vision Impairment: 24 – 25 August 2021
Judo	21 - 25 August 2021
Rowing	Physical Impairment: 25 – 26 August 2021 Vision Impairment: 21 – 25 August 2021
Swimming	Physical Impairment: 20 – 23 August 2021 Intellectual impairment: no classification Vision Impairment: 21 – 23 August 2021
Sitting Volleyball	22 – 23 August, and 25 August 2021
Wheelchair Rugby	20 – 21 August 2021 22 – 23 August 2021
Wheelchair Tennis	23 August 2021

* The indicated classification evaluation period does not include the observation in competition period.

All information in the chart was correct at the time of publication in June 2021. Please refer to the Classification Guide published by IPC in order to check the latest information.

Repair services

Ottobock will be the official provider for wheelchair, orthotic and prosthetic repair services for athletes, NPC Team Officials, IF Games Officials and members of the Paralympic Family during the Tokyo 2020 Paralympic Games. Repairs will be conducted free of charge for damage to wheelchairs, orthotics or prostheses.

Repair services will be available at the Facility Service Centre in the Paralympic Village (main workshop) and at competition venues (satellite workshops)*. A mobile unit will be available where necessary.

The main workshop will be available from Sunday 15 August to Wednesday 8 September 2021. The regular operating hours of the repair service will be from 08:00 to 23:00, however an emergency phone number will also be available for repairs needed outside these hours. This phone number will be communicated to NPCs at a later date.

Repair stations at competition venues will provide basic repairs and spare parts to facilitate athletes' readiness for competition. The stations will be operational one day before the start of competition at each venue until the last day of competition for the respective sport/discipline.

Repair services will be available one hour prior to the start of each day's competition until the conclusion of competition.

*Repair services will not be available at the Powerlifting competition venue.

Repair services contact number: +81 (0) 70 7361 3250

Wheelchair, Orthotic and Prosthetic Repair Service

Sport	Venue	Wheelchair repair	Orthotics & Prosthetic repair
Athletics	Olympic Stadium	✓	✓
Archery	Yumenoshima Park Archery Field	✓	✓
Badminton	Yoyogi National Stadium	✓	✓
Boccia	Ariake Gymnastics Centre	✓	
Canoe	Sea Forest Waterway	✓	✓
Cycling Track	Izu Velodrome		✓
Cycling Road	Fuji International Speedway	✓	✓
Table Tennis	Tokyo Metropolitan Gymnasium	✓	✓
Triathlon	Odaiba Marine Park	✓	✓
Wheelchair Basketball	Musashino Forest Sport Plaza	✓	
Wheelchair Basketball	Ariake Arena	✓	
Wheelchair Fencing	Makuhari Messe Hall B	✓	
Wheelchair Rugby	Yoyogi National Stadium	✓	
Wheelchair Tennis	Ariake Tennis Park	✓	

Sport information

The Sport Information Centre (SIC) will be located in the NPC Services Centre in the Paralympic Village, pre-opens on 15 August 2021, before officially opening from 17 August to 8 September 2021. Opening hours will be as follows:

- 15-16 August 2021: 08:00-20:00
- 17 August-7 September 2021 : 07:00-22:00
- 8 September 2021: 07:00-18:00

* All times are subject to change

The SIC will provide the following sport-specific information:

- General competition-related information and sport-related communications from Tokyo 2020 sport competition management teams
- Results, draws, start lists, daily training schedules and other key information
- Booking of Games-time training slots and allocation of training sessions at competition and/or training venues for selected sports
- Transport information and scheduling of team sport buses

Assistance with these same services and information are also planned to be available at competition venue Sport Information Desks (SID). Please note, athletes are not permitted in the SIC. To maintain an appropriate level of service, only accredited NPC team officials are allowed to enter the SIC (Ac, Ao, etc).

The SID in the Cycling Track accommodation will be located on the second floor of the Training Centre Annex and will provide event-related services from 17 August to 28 August 2021. Operating hours will be 07:00-22:00, with services from 07:00-08:00 and 21:00-22:00 offered by phone.

Competition-related information can also be checked on to Info.

SIDs will be located at all Cycling Road accommodation. The opening dates and hours are as follows:

Fuji Lake Hotel (CAB)

- 17 August 2021: 13:00-21:00
- 18-30 August 2021: 07:00-21:00
- 31 August 2021: 06:00-21:00
- 1-3 September 2021: 07:00-21:00
- 4 September 2021: 07:00-14:00

Fuji View Hotel (CAC)

- 22-30 August 2021: 07:00-21:00
- 31 August 2021: 06:00-21:00
- 1-3 September 2021: 07:00-21:00
- 4 September 2021: 07:00-14:00

Highland Resort Hotel & Spa (CAD)

- 29-30 August 2021: 07:00-21:00
- 31 August 2021: 06:00-21:00
- 1-3 September 2021: 07:00-21:00
- 4 September 2021: 07:00-14:00

Info

Info is the official Games-time information system for the Paralympic Family. It will be available in English and available in all competition and selected non-competition venues such as the Paralympic Village. Info is due to go live on 19 August 2021 and remain available until 6 September 2021.

Info Content and Details	
Background	Historical data, competition formats and rules, qualification system and facility descriptions
Biographies	Athlete biographies and team, coach, and judge/official profiles
Ceremonies	Details about Opening Ceremony, Closing Ceremony and medal ceremonies, including timings and participants
Games News	Flash quotes, press conference highlights, sport previews, news articles, media communications and IPC news
Medals	Medal standings by sport, overall medal standings, and medallists by day, sport and event
Records	World and Paralympic records, including current records, record holders and new/equalled records
Results	Competition results viewable by sport, date and NPC. Includes entry lists, start lists, results and additional sport-specific reports
Schedules	Competition and non-competition schedules, including press conferences, IPC activities, etc.

myInfo is the online version of Info and is available for users with an internet connection and login account (username and password) from anywhere in the world. myInfo provides additional features not available on Info, such as:

- customisation (ability for users to create their own schedules by selecting only those sports and events of interest to them)
- bookmarking of results, reports and other Games information
- hyperlinking to other websites, such as those of the IPC and IFs
- downloadable results books
- copy and paste functionality

Late Athlete Substitution Policy

For individual sports (Archery, Athletics, Boccia, Canoe, Cycling, Equestrian, Judo, Powerlifting, Rowing, Shooting, Swimming, Table Tennis, Triathlon, Wheelchair Fencing, Wheelchair Tennis, Taekwondo and Badminton), an NPC may substitute an athlete between the close of entries (2 August 2021) and their Delegation Registration Meeting (DRM) only if the substitution is in the same sport, medal event(s) and sport class. Substitute athletes must have met all qualification and eligibility criteria for the respective event(s), and must have signed the Eligibility Code Form. The NPC must have submitted an Accreditation Application for the substitute athlete by the long list deadline of 14 May 2021.

Substitutions may only be made for athletes who withdraw due to injury, illness or other special circumstances. All substitutions are subject to review and approval by the IPC.

Absolutely no substitutions will be permitted after the DRM.

For team sports (Football 5-a-side, Goalball, Sitting Volleyball, Wheelchair Basketball and Wheelchair Rugby), an NPC may substitute an athlete between the close of entries (2 August 2021) and the respective sport's main technical meeting before the start of competition (as determined by the Technical Delegate) only if the substitution is in the same sport and medal event. Substitute athletes must have met all eligibility criteria for the sport, and must have signed the Conditions of Participation Agreement. The NPC must have submitted an Accreditation Application for the substitute athlete by the long list deadline of 14 May 2021.

After the NPC's Delegation Registration Meeting, athletes may be considered as substitutes only if they have been internationally classified with a sport class status of either 'Confirmed' or 'Review' with a review date after 31 December 2021. Substitutions may only be made for athletes who withdraw due to injury, illness or other special circumstances.

All substitutions are subject to review and approval by the IPC. NPCs must complete an official Substitution Application Form, which will be available upon request through the Tokyo 2020 Sport Entries team.

Language Services

Tokyo 2020 Language Services will provide volunteer assistance services at competition venues depending on the session schedule. Basically, the assistance services are available on the days when the session will be held.

Language Services volunteers will be identified by the armband that specify the languages they speak. Services will be covering more than 20 languages including Arabic, Chinese (Mandarin), English, French, German, Italian, Korean, Portuguese, Russian, Spanish and Japanese. The specific languages provided will vary by venue. Functional areas that require language assistance should contact the venue LAN manager for support.

Heat Countermeasures

Tokyo 2020 will provide heat countermeasures for athletes and technical officials according to the characteristics of sports and venues. Examples of some general heat countermeasures are listed below, while additional information may be provided in the Venue section for those sports which have their own sport-specific heat countermeasures.

- Changes made to competition schedules (some sports)
- Installation of air conditioners at Athlete Lounges and changing rooms
- Provision of sufficient water and ice
- Installation of heat countermeasure equipment such as spot coolers, mist fans etc.
- Provision of ice baths (some sports)
- Publishing Tokyo's historical weather information

Village

Paralympic Village

The Paralympic Village in the Harumi district of Tokyo's waterfront can accommodate about 18,000 residents. On the site, which is surrounded on three sides by water, 21 residential buildings ranging in height from 14 to 18 stories make up four residential blocks, offering a total of about 3,800 apartments.

Village Zones

The Paralympic Village is comprised of different zones that have different functions thus pedestrian and vehicle access will be different. Appropriate accreditation is required, and security check will be conducted at all Paralympic Village access points. There will be no access to the Paralympic Village from the waterfront.

Village Plaza

The Village Plaza is located next to the Village Main Entry. The building is sustainably built using locally sourced timber, which will be reused in local government facilities after the Games.

Residential Area

The 21 residential buildings are zoned into four residential blocks named Port, Sea, Park and Sun. The residential buildings on the same block are interconnected in the basement level. There are outdoor areas (courtyards) available in each residential block.

Resident Centres

As a part of minimising face-to-face contact occasions, Tokyo2020 will introduce a remote Resident Centre operation for NPCs called a 'Virtual Front Desk'. NPCs will be asked to contact Tokyo2020 via a web-based conference system. Both PC and smartphone can be used for access

Virtual Front Desk

Operation Period: 15 August - 8 September 2021

Operational Hours: 24 hours

Pick-up Desk (will remain in Resident Centres for limited face-to-face operation and as a contingency plan)

Operation Period: 15 August - 8 September 2021

Operational Hours:

24 hours at 2 locations (Buildings 3 & 15)

07:00-22:00 at 3 locations (Buildings 6, 9 & 15)

Housekeeping Services

Regular cleaning by Tokyo 2020 (08:30-18:00)

NPC spaces (residential units/NPC operational spaces)

Every two days: rubbish collection, bathroom/toilet cleaning, toilet paper supply, towel change.

Every four days: floor cleaning with mop and/or vacuum cleaner

*residential units with accessible bathrooms: linen change and bed making every four days.

Public spaces (lounges, toilets, hallways)

Daily: toilet cleaning, toilet paper refill

Every two days: rubbish collection

Every four days: floor cleaning with mop and/or vacuum cleaner

*NPCs can request additional linens, toilet papers and trash bags at Resident Centres. Dirty lines can be brought to Resident Centres.

Laundry Services

Free-of-charge laundry services for residents will be provided. To use the free laundry services, residents will be asked to bring their laundry in the designated bags to the nearest laundry desk in their residential block. Residents will receive three laundry bags placed on the bed.

Fitness Centre

Location: Multi Function Centre (MFC) 3rd floor

Operational Hours: Fitness Centre 1 (24 hours) and Fitness Centre 2 (07:00-22:00)

The facility consists of Fitness Centre 1 (2250m²) and Fitness Centre 2 (540m²) which will be available to all residents of the Paralympic Village on a first-come, first-served basis.

Recreation Centre

Location: MFC 2nd floor

Operational Hours: 10:00-24:00

The Recreation Centre provides spaces for residents to socialise and relax.

Multi-faith Service (online basis)

Multi-faith online services will be provided during the Games. Detailed information will be provided on a special application, called 'Tokyo 2020 Games Family'.

Medical Services

Polyclinic Location: MFC 1st Floor

Operational Hours: 07:00-23:00 (emergency services operating 24 hours)

Medical services will be provided at the Polyclinic. In case of requiring hospitalisation, or further inspection and other specialised treatment, which cannot be provided at the Polyclinic, patients will be transferred to the designated Games hospital.

Fever Clinic, Area for Testing of Close Contacts, Sample Collection Centre

Operational Hours: Fever Clinic, Area for Testing of Close Contacts (24 hours) ; Sample Collection Centre 07:00-23:00

The Fever Clinic, Area for Testing of Close Contacts, and Sample Collection Centre are located in the Resident Zone. The Fever Clinic provides medical care and tests for delegation members suspected of having infectious diseases including COVID-19.

The Area for Testing of Close Contacts provides the tests for the close contacts of a person who has tested positive for COVID-19, and regular COVID-19 screening tests for athletes, etc. are conducted at the Sample Collection Centre.

Main Dining Hall

Operational Hours: 24 hours daily, 17 August - 5 September 2021

*Outside of the above periods, the Operational Hours will change for breakfast, lunch and dinner. For details, see the Village Guide

Even if the size of some areas may be reduced depending on the conditions of use, all menu categories will be available throughout the period.

Grab-and-Go Stations

Location: four buildings, one in each Residential block

Operational Hours: 06:00-13:00 daily from 18 August - 5 September 2021

They offer easy access to food and drinks for athletes heading to competition and training venues.

Individually packed bread, muffins, yoghurt, cereal bars, whole fruits, coffee, tea and other items are available.

Café

Location: Village Plaza

Operational Hours: 09:00-21:00

Key fob holders can enjoy cold Coca-Cola beverages free of charge, and hot drinks and snacks are available for purchase.

Internet Lounge

Location: Village Plaza

Operational Hours: 09:00-21:00

'The 5G Lounge', an Internet Lounge & Café offers the following services:

- (1) Internet service via PC
- (2) Domestic and international phone calls
- (3) Café
- (4) Athlete phone distribution point & Galaxy Athlete Lounge
- (5) Content that guests can experience via 5G, a state-of-the-art information and communication technology (ICT)

Inter-Village Connection Service (IVCS)

Operational Hours: 06:00-20:00

The IVCS coach bus transport will operate daily at specific times between the Paralympic Village and Cycling Track accommodation and Cycling Road accommodation. Transport between the Cycling Track accommodation and Cycling Road accommodation will also be provided. Services will not operate if no reservations have been made however. NPCs can book services at the Transport Desk in the Paralympic Village's NPC Services Centre. Please make a reservation by 16:00 the day before the service is required. Services are limited on the opening/closing days of the Paralympic Village and the days of the Opening and Closing Ceremonies.

Internal Shuttle Bus

Operational Hours: 24 hours

The shuttle bus will be autonomously driven, and its frequency will vary between 5-20 minutes depending on the peak and off-peak times. One round of the Paralympic Village takes about 30 minutes. On Opening and Closing Ceremony days and operational dates of the Harumi Check -in (HCI), services will be limited.

Paralympic Cycling Track Accommodation

The Paralympic Cycling Track accommodation is located in the city of Izu in Shizuoka Prefecture. Situated about 188km from the Paralympic Village and roughly 21km from the competition venue. It will be home to athletes and team officials participating in Cycling Track competition during the Games.

Resident Desk

Location: 2nd floor of Sympathique Hall

Operational Hours: 07:00-22:00

Housekeeping Services

Daily: cleaning

Every two days: towel exchange

Every four days: bed-making, bed linen exchange

Laundry Services

Location: 1st floor of Conference Centre Annex

Operational Hours: 07:00-22:00

PIACs will be confirmed and a receipt will be issued. Clean laundry can be picked up by showing the receipt at the Laundry Desk.

Fitness Centre

Operational Hours: 24 hours

Machine area and conditioning area will be available. A selection of equipment suitable for Cycling athletes will be provided in a machine area.

Recreation Centre

Operational Hours: 10:00-22:00

Table tennis, lounge, etc. are available.

Medical Services

Location: 1st floor of the Sympathique Hall

Operational Hours: 07:00-23:00

Medical station is located on the 1st floor of the Sympathique Hall in CAA for athletes and team officials during the Games Time, and provides necessary medical services such as primary care, physical therapy and limited pharmacy services.

Dining Halls

Location: 2nd floor of Sympathique Hall

Breakfast: 06:00-10:00

Lunch: 11:00-15:00

Dinner: 18:00-23:00

The Dining Hall serves a selection of warm and cold dishes during breakfast, lunch, and dinner.

*Snacks such as bread and whole fruit, and drinks such as coffee are available between meals and late at night.

Transport Services

Operational Hours: 07:00-22:00

TA services are provided at the load zone in front of the entrance on the 1st floor of Sympathique Hall. The operating hours of the load zone and bus timetable will be posted at the load zone. In addition, information is also available at the Transport Desk. Users will be checked for PIAC at the load zone before boarding buses. Transport within the Cycling Track accommodation is also provided. The circuit of the Cycling Track accommodation has seven stops and the bus leaves every 20 minutes between 06:00-23:00.

Paralympic Cycling Road Accommodation

The Paralympic Cycling Road accommodation is located around Lake Kawaguchi in Yamanashi Prefecture, some 120km away from the Paralympic Village and about 25km away from the competition venue. The accommodation will serve as home to all Cycling Road athletes and competition partners and team officials during the Games and will use the three resort hotels listed below. They are ideal environments for athletes because Mt. Fuji can be viewed from the hotels, and they are close to the Lake Kawaguchi resort area.

(1) Fuji Lake Hotel (CAB)

Address: 1 Funatsu, Fujikawaguchiko-machi, Minamitsuru-gun, Yamanashi, 401-0301

(2) Fuji View Hotel (CAC)

Address: 511 Katsuyama, Fujikawaguchiko-machi, Minamitsuru-gun, Yamanashi, 401-0310

(3) Highland Resort Hotel & Spa (CAD)

Address: 5-6-1 Shin-Nishihara, Fujiyoshida-shi, Yamanashi, 403-0017

Resident Desk

Operational Hours: 07:00-22:00

Housekeeping Services

Daily: cleaning

Every two days: towel exchange

Every four days: bed-making, bed linen exchange

Laundry Services

Operational Hours: 07:00-22:00

Resident's PIAC will be confirmed and a receipt will be issued. Clean laundry can be picked up by showing the receipt at the Resident Desk.

Fitness Centre

Operational Hours: 07:00-22:00

Machine area and conditioning area will be available. A selection of equipment suitable for Cycling Road athletes will be provided in a machine area.

Recreation Centre

Operational Hours: 10:00-22:00

Free access for NPCs with lounges available.

Medical Services

Location: 1st floor of the Fuji Lake Hotel (CAB)

Operational Hours: 07:00-23:00

Medical Station is located on the 1st (ground) floor of Fuji Lake Hotel (CAB) for athletes and team officials during the Games time and provides medical services such as primary care, physical therapy and limited pharmacy services.

Dining Halls

Breakfast: 06:00-09:00

Lunch: 12:00-14:00

Dinner: 18:00-21:00

The Dining Halls provide hot and cold meals for breakfast, lunch, and dinner.

*Snacks such as bread and whole fruit, and drinks such as coffee are available between meals and late at night.

Transport Services

Operational Hours: 07:00-22:00

Each hotel entrance will be a TA load zone. The bus timetable will be posted at the TA load zone and information is also available at the Transport Desk. Users will be checked for PIAC at the load zone before boarding.

Grooms' Accommodation

During the Games period, Grooms will be housed at the Grooms' Accommodation, which consists of two buildings in the Equestrian Park. Veterinarians (one per NPC with Equestrian teams) will also be accommodated without charge at the Grooms' Accommodation rather than the Paralympic Village.

Resident Desk

Location: 1st Floor of Accommodation 1 and Accommodation 2

Operational Hours: 07:00-22:00.

Housekeeping Services

Every two days: rubbish collection, towel exchange

Every four days: bed linen exchange, bed-making, floor cleaning

Laundry

Operational Hours: 24 hours (self-service laundry)

The laundry rooms are divided by gender, and each laundry room has washing machines and dryers.

Laundry detergent will be provided free-of-charge.

Recreation Centre

Operational Hours: 10:00-22:00

Freely accessible during operating hours, and includes table tennis, etc.

Medical Services

Location: 1st Floor of Indoor Arena and on the 1st Floor of Accommodation 3

Operational Hours: Will vary depending on the training day or the competition day.

The Medical Offices will provide necessary medical services to athletes and team officials. In case of emergency or if special treatment is required, the patient will be transported to the designated hospital.

Dining

Operational Hours: Will vary depending on the training day or the competition day.

Breakfast, lunch and dinner are served at the Athletes' Dining Hall. Refreshments are served between meals. Food expenses are paid by NPC. Refreshments are available at the Athletes' Lounge.

Transport

Grooms with TA transport privilege can use the TA service. Please refer to the Tokyo 2020 Transport Guide for more details.

The TA bus load zone is located next to the Athletes' Dining area. Grooms may use the TA service between the Equestrian Park and the Paralympic Village from 17 August to 3 September 2021. A bus timetable is displayed at the TA load zone.

Sport Viewing Rooms

Sport Viewing Rooms (SVR) will be located in the Residential Zone of the Paralympic Village. They will provide teams and athletes access to Olympic Broadcast Service (OBS) feeds of their competitions via Olympic Video Player (OVP) in order to assist with their training, analysis and preparations. The four Residential blocks (named Port, Park, Sea and Sun) in the Paralympic Village consist of a number of apartment buildings, and on the ground floor of one of these buildings in every residential block there are three to four dual purpose bookable meeting rooms. The total number of bookable meeting rooms in the Paralympic Village is 14. The size of these meeting rooms varies: the smallest caters for eight people while the largest can seat 54 persons, either as theatre layout (chairs only) or conference layout (chairs placed around U-shape arranged tables). Each room is equipped with a personal computer and a television, as well as tables, chairs and a white board. All rooms function as bookable meeting rooms as well as Sport Viewing Rooms. The hours of operation hours are as follows:

Operational Period: 15 August - 8 September 2021

Operational Hours: 24 hours (Port, Park), 07:00-22:00 (Sea, Sun)

NPCs and athletes can book these rooms only via web-based conference system (Webex). The URL of the system will be uploaded on Tokyo 2020 Connect before the Games. Reservations can be made up to four days in advance and for a maximum of four hours at a time per booking.

Olympic Video Player (OVP)

Users will be able to view live streaming of all competition covered live by OBS, and sport sessions will then be available in full, on-demand. English language commentary is available for selected sessions. All live content is subsequently available as Video-on-Demand replays for the duration of the Games.

OVP will be available for use on a laptop with wi-fi internet connection and 32-inch monitor provided by Tokyo 2020 in the Sports Viewing Rooms.

Technical filming

If a team wishes to conduct its own technical filming in a competition venue during competition, it may do so from the athlete or spectator seating areas using non-professional consumer video cameras. Teams may also film during training sessions using non-professional cameras. Non-professional consumer cameras do not require stickers to be brought into venues, and clearance with OBS is not necessary. Any requests for positions outside of this area must be submitted in writing to OBS.

Details on the precise rules and regulations regarding technical filming by teams at competition venues will be available in the IPC Filming Policy. All such film material must be used solely for internal viewing purposes and not for commercial use. For further information, refer to IPC Filming Policy, which is part of the Eligibility Code Form.

Technical Filming at Competition Venues for Tokyo 2020				
Sport - Discipline	Venue	Venue footage recordings available at venue	Dedicated platform/ positions	Filming from stands
Archery	Yumenoshima Park Archery Field (YAF)	N/A	N/A	Allow to film from either:
Athletics - Track & Field	Olympic Stadium (OLS)	N/A	N/A	- Athletes stands - Ao, Aa, Ac accreditation required
Athletics - Marathon	Olympic Stadium (OLS)	N/A	N/A	OR - Spectator stands - ticket holder
Boccia	Ariake Gymnastics Centre (AGC)	Only copies of the broadcasting court will be available. 1 copy of the matches will be available for each NPC, 1 hour after the end of all the matches of competition day at the Sports Information Desk (SID).	The designated positions will be available. Only 1 team member per NPC will be allowed at the given time.	No tripods will be allowed. No power plugs and LAN connections are available.
Canoe - Sprint	Sea Forest Waterway (SFW)	N/A	N/A	TBC
Cycling - Road	Fuji International Speedway (FSW)	N/A	N/A	TBC

Cycling - Track	Izu Velodrome (IVD)	N/A	<p>Sport Scientists Platform is located in spectator stand area above the home straight pursuit line. Only 1 team member per NPC is allowed to access the dedicated sport area.</p> <p>Blue zone accreditation is required to access the area (Aa, Ab, Ac or Ao with SACD).</p> <p>Limited LAN places with power plugs will be available and cost incurred. NPCs will have to book dedicated positions with SPT team and via NPC Rate Card in advance.</p>	TBC
Equestrian - Paradressage	Equestrian Park (EQP)	N/A	N/A	<p>Allow to film from either:</p> <ul style="list-style-type: none"> - Athletes stands - Ao, Aa, Ac accreditation required OR - Spectator stands - ticket holder <p>No tripods will be allowed. No power plugs and LAN connections are available.</p>
Football 5-a-side	Aomi Urban Sports Park (AUP)	A copy of each game and opponent match will be available via USB at the SID.	N/A	TBC

Goalball	Makuhari Messe Hall C (MMC)	Participating teams can receive their team's match copy (USB). Match copies will be distributed to each team from the management side (exact location is TBD).	Teams can record video at the team video seats on the western stand. Blue zone accreditation required to access the area (Aa, Ac, Ao accreditations).	Allow to film from either: - Athletes stands - Ao, Aa, Ac accreditation required OR - Spectator stands - ticket holder
Judo	Nippon Budokan (NBK)	N/A	N/A	No tripods will be allowed. No power plugs and LAN connections are available.
Para-Badminton	Yoyogi National Stadium (YNS)	1 copy of each match on the two center courts will be available to each NPC competing in the specific match 1 hour after the end of the match at the Sport Information Desk (SID). Information will be updated for the other two courts.	N/A	N/A
Powerlifting	Tokyo International Forum (TIF)	N/A	N/A	N/A
Shooting	Asaka Shooting Range (ASR)	N/A	N/A	N/A

Sitting Volleyball	Makuhari Messe Hall A (MMA)	<p>Copies of all matches will be available.</p> <p>1 copy of the match will be available for each team 1 hour after the end of their match at the SID.</p> <p>Teams will only receive a copy of their own matches.</p>	<p>Technical filming positions are available free of charge.</p> <p>NPCs with competing teams will be given priority at filming areas. NPCs must register potential filmers at the Preliminary Inquiry, accredited or ticketed team officials may film as long as they are registered. Additional spaces at filming areas are available on a first come first served basis.</p> <p>The positions are located behind each end of the court. Only 1 team member per NPC allowed at a given time. Blue zone accreditation is required to access the area (Aa, Ac, Ao accreditations).</p>	<p>Allow to film from either:</p> <ul style="list-style-type: none"> - Athletes stands - Ao, Aa, Ac accreditation required OR - Spectator stands - ticket holder
Table Tennis	Tokyo Metropolitan Gymnasium (TGY)	<p>Video recording of all matches on Court 2 and 6 will be available at the SID at the end of each session.</p> <p>Team leaders that request a copy of the footage of a session will receive a USB.</p> <p>Each NPC will only receive one USB at the time of their first request and must keep this same USB for copies of the subsequent sessions requested at SID.</p>	N/A	<p>No tripods will be allowed.</p> <p>No power plugs and LAN connections are available.</p>
Taekwondo	Makuhari Messe Hall B (MMB)	N/A	N/A	
Triathlon	Odaiba Marine Park (OMP)	N/A	Accredited coaches will be allowed to film in the 4 designated coaches areas spread around the course.	TBC

Wheelchair Basketball	Musashino Forest Sport Plaza (MFS)	1 copy of the match will be available for each team about 30 min. after the end of their match at the SID.	Teams may be able to film their own matches from the designated Team Video Areas in both venues.	<p>Allow to film from either:</p> <ul style="list-style-type: none"> - Athletes stands - Ao, Aa, Ac accreditation required OR - Spectator stands - ticket holder <p>No tripods will be allowed. No power plugs and LAN connections are available.</p>
	Ariake Arena (ARA)	Basically teams will only receive a copy of their own matches. In case the team wants copies of the other team's matches in the same venue, they need to bring their own media to the SID.	Blue zone accreditation required to access the area (Aa, Ac, Ao accreditations) or Supplementary Access Control Devices (SACDs) delivered to each team.	
Wheelchair Fencing	Makuhari Messe Hall B (MMB)	N/A	N/A	
Wheelchair Rugby	Yoyogi National Stadium (YNS)	<p>One copy of the match from OBS will be available for the competing teams on a USB.</p> <p>It will be provided after the game. (Notification of time frame and distribution point will be provided later).</p> <p>A Copy will be available for other teams with their own virus free USB by request one hour before the commencement of the game.</p> <p>Feed filmed by Tokyo 2020 will be provided on USB to all the participating teams free of charge.</p>	<p>Each competing NPC will be available for one dedicated filming position in the Broadcasting area.</p> <p>Supplmentary Access Control Devises (SACDs) is required to access the area and it needs to be requested at the Sport Infomraiton Desk (SID) in the venue one hour before the commencement of the game.</p>	<p>Allow to film from:</p> <ul style="list-style-type: none"> - Spectator stands - ticket holder <p>No tripods will be allowed No power/LAN connections are available</p>

Wheelchair Tennis	Ariake Tennis Park (ART)	1 copy of the match will be available for each NPC 1 hour after the end of the match at the SID. NPCs will only receive a copy of their own matches.	N/A	<p>Allow to film from either:</p> <ul style="list-style-type: none"> - Athletes stands - Ao, Aa, Ac accreditation required OR - Spectator stands - ticket holder <p>No tripods will be allowed. No power plugs and LAN connections are available.</p>
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Details for Rowing and Swimming are still to be confirmed. The list of conditions is subject to change.

Security

Tokyo 2020 is working with private security and public security organisations to deliver a safe and secure Games.

Security sweep and lockdown

Security sweeps will be carried out at all competition and some non-competition venues to ensure that the venues are clear of prohibited or dangerous items that may threaten the security of the venues and its occupants. Venues will be considered clean and locked down after the security sweep is complete. In principle, for Paralympic venues, lockdown of each venue will be continued from the Olympic Games-time until the last day of the Paralympic competition.

Throughout the lockdown period, no individual or vehicle will not be allowed to enter the venue without an accreditation (PIAC) or a Vehicle Access and/or Parking Permit (VAPP), and must go through confirmation by access authorities, identification, and security screening. These security procedures are in place to keep unauthorised individuals and prohibited goods out of the venues.

Confirmation of access authority and identity verification will be conducted through the facial recognition system installed at the Accreditation Check Point (ACP). This system will detect the identification data retrieved from the accreditation database through an IC chip installed in the PIAC. The system will automatically compare the stored data and facial features captured by the dedicated terminal at the ACP to confirm access authority and identification. The facial feature data will be generated from the facial image submitted in advance at the time of accreditation application.

Vehicles will undergo a security inspection at the Vehicle Screening Area (VSA). Before entering the venue, the driver and passengers will need to get out of the vehicle and be screened at the adjacent Pedestrian Screening Area (PSA). Appropriate accessible screening procedures will be applied depending on the type of disability. The PIACs of the driver and passengers will be checked as well as the VAPP of the vehicle. In addition, all logistics vehicles must be registered on the Master Delivery Schedule (MDS). The driver must present a valid PIAC and VAPP. Delivery goods are subject to being screened in advance and sealed. A Secure Load Pass is also required to access the venue. Delivery goods will not be screened again at the venue, but drivers and vehicles will be screened.

Security at the Paralympic Village

The Paralympic Village will be surrounded by a secure perimeter fence, and CCTV (Closed Circuit Television) and an intrusion detection system will be in place. Security personnel will also patrol the Paralympic Village 24 hours a day. Security related information collected through the above-mentioned operations will be managed at the Venue Security Command Centre (VSCC) that is located inside the Paralympic Village. VSCC will cooperate with the Games Security Coordination Centre (GSCC) and the Main Operations Centre (MOC).

Pedestrians entering the Paralympic Village will be required to go through an accreditation check, identity verification through the facial recognition system, and security screening by X-ray and metal detector at the PSA. The accreditation check and security screening will be conducted every time a pedestrian enters the Paralympic Village.

Security at competition venues

The same security procedures as at the Paralympic Village will also be implemented at all competition venues. All pedestrians and vehicles will be required to present an appropriate accreditation or VAPP and go through a security check to access the venue.

Security at training venues

Unlike competition venues, training venues, except for those within the competition venues, are not subject to lockdown. There will also be no PSA or VSA. Security personnel will patrol the training venues and pedestrians will be required to show their accreditation at the venue entrance.

Transport and Security

All TA buses will be equipped with tracking devices, enabling the transport system for athletes, team officials and competition partners (TA) to be monitored during transit.

The TA services that go between the Transport Mall at the Paralympic Village and competition venues will in principle operate from within one secure perimeter to another (clean-to-clean transport). When taking the TA vehicle to a competition venue, athletes, team officials and competition partners can remain on the vehicle while the TA vehicle goes through a brief external screening at the VSA. However, athletes, team officials and competition partners returning to the Paralympic Village from competition and training venues will need to exit the TA vehicle at the Transport Mall and go through the PSA to enter the Residential Zone. All vehicles other than TA vehicles must go through a security screening at the VSA.

Drivers and passengers must get out of the vehicle and go through a security screening at the adjacent PSA. Appropriate accessible screening procedures will be applied depending on the type of disability.

Prohibited and restricted items at venues

The list of prohibited and restricted items at Tokyo 2020 competition venues and the Paralympic Village is available on Tokyo 2020 Connect. The list is subject to change.

Competition Venues

Legend

- ✗ - Prohibited: Items NOT permitted to be brought into venues
- - Permitted: Items permitted to be brought into venues
- R - Restricted: Only indicated items permitted to be brought into venues
- T - Tools of the Trade: Only indicated items permitted to be brought into venues

No.	Items	Athletes-NOC/NPC		Workforce		Spectators	
1	Firearms and swords ·Firearms, ammunition, knives ·Items which are prohibited by law	T	·Firearms and/or ammunition used for Games competitions	✗	×	✗	×
2	Items that can be used as weapons ·Blades such as cutters, scissors, razors etc. ·Tools such as hammers, wrenches, saws, screwdrivers ·Sharp instruments such as ice picks, eyeleters etc. ·Rod-like objects of 90cm or longer that can be used as weapons	R	·White canes or sticks to be used as walking aids ·Office supplies	R	·White cane or sticks to be used as walking aids ·Office supplies	R	·White cane or sticks to be used as walking aids ·Office supplies
3	Explosives ·Gunpowder, smoke canisters, warning flares, fireworks ·Items resembling an explosive device, ignition devices, lighters, matches	R	·Vehicle-mounted warning flares ·Lighters and matches for personal use	R	·Vehicle-mounted warning flares ·Lighters and matches for personal use	R	·Vehicle-mounted warning flares ·Lighters and matches for personal use
4	Poisons, drugs, hazardous substances ·Items which may infringe on the Poisonous and Deleterious Substances Control Act ·Narcotics, stimulants and other controlled drugs or similar items ·Items corresponding to hazardous materials under the the Fire Service Act ·Specified chemical substances, etc. ·Items prohibited by the High Pressure Gas Safety Act ·Stimulanting substances, tear gas ·Other harmful substances such as hydrogen fluoride ·Paint	T	·Medicines for the treatment of athletes ·Items used for repairing sports equipment	✗	×	✗	×
5	Alcoholic beverages	✗	×	✗	×	✗	×

No.	Items	Athletes: NOC/NPC		Workforce	Spectators		
6	Food	R	·Food for personal consumption	R	·Non-perishable food for personal consumption ·Food for personal consumption only in the following cases: - During work shift hours when meals cannot be provided by Tokyo 2020 - Meals provided by Tokyo 2020 cannot be consumed due to accepted circumstances (faith, allergy, etc.)	R	·Non-perishable food for personal consumption
7	Beverages	R	·Non-alcoholic beverages contained in non-glass bottle	R	·Non-alcoholic beverages up to 2 litres per person contained in plastic bottle/water bottle	R	·Non-alcoholic beverages up to 750ml per person contained in plastic bottle/water bottle (up to 1 bottle per person)
8	Ice, ice packs ·Ice ·Ice packs of more than 400 millilitres ·Ice packs which are hard when frozen and can be used as weapons.	○	○	R	·Ice in water bottles ·Ice pack of less than 400 millilitres which is soft even when frozen	R	·Ice in water bottles ·Ice pack of less than 400 millilitres which is soft even when frozen
9	Flammable substances ·Fuel, flammable liquids	T	·Items for repairing sports equipment	T	·Fuel brought in by suppliers or caterers	×	×
10	Gas cylinders and similar items ·Gas cylinders and similar items ·Fire extinguishers and other compressed gas cylinders	R	·Portable oxygen cylinders for medical use ·Vehicle-mounted fire extinguishers	R	·Portable oxygen cylinders for medical use ·Vehicle-mounted fire extinguishers	R	·Portable oxygen cylinders for medical use ·Vehicle-mounted fire extinguishers
11	Animals	R	·Service dogs	R	·Service dogs	R	·Service dogs
12	Pharmaceuticals ·Pharmaceuticals ·Liquid, aerosols, gel-like medicines	R	·Appropriate amount for personal use ·Medicines and medical equipment carried by IF doctors or by doctors / medical staff accompanied by NOC / NPC personnel	R	·Appropriate amount for personal use	R	·Appropriate amount for personal use

No.	Items	Athletes NOC/NPC		Workforce		Spectators	
13	Cream and lotion such as sunscreen, etc. ·Sunscreens, insect repellents ·Creams, lotions	○	○	○	○	R	·Appropriate amount for personal use ·Liquid in containers up to 100ml per person
14	Aerosol spray	○	○	○	○	×	×
15	Containers ·Glass containers ·Cans ·Paper cartons ·Aluminium containers ·Plastic bottles ·Water bottles	R	·Cosmetic containers made of glass for personal use ·Plastic bottles ·Water bottles	R	·Cosmetic containers made of glass for personal use ·Plastic bottles / water bottles up to 2 litres per person	R	·Plastic bottle / water bottle up to 750ml per person
16	Unauthorised wireless devices ·Unauthorised wireless radio devices ·Jamming devices ·Radio scanners ·Drones	R	·Use of unauthorised wireless routers inside venues is prohibited	R	·Use of unauthorised wireless routers inside venues is prohibited	R	·Use of unauthorised wireless routers inside venues is prohibited
17	National flags of countries not participating in the Games	×	×	×	×	×	×
18	Flags that are larger than 1x2m	○	○	×	×	×	×
19	Political, religious, vulgar messaging, trademarks etc. ·Advertising materials, signs, banners, etc. that include a religious or political message, or are deemed contrary to public order or morality ·Ropes, placards and other items that can be used for demonstrations in the venues	×	×	T	·Equipment used for Games operations	×	×
20	Bicycles	○	○	×	×	×	×
21	Unauthorised flyers, pamphlets, promotional materials ·Commercial items that can be used for ambush marketing	×	×	×	×	×	×
22	Large-scale luggage items	○	○	○	○	R	·Luggage with a capacity of less than 25 litres with soft material
23	Umbrellas ·Stick umbrellas ·Umbrellas with sharp pointed ends	○	○	○	○	R	·Folding umbrellas ·Long umbrellas can only be brought into venues designated by the Tokyo 2020 Organising Committee

No.	Items	Athletes-NOC/NPC		Workforce		Spectators	
24	Chairs including folding chairs	○	○	×	×	R	·Can only be brought into venues designated by the Tokyo 2020 Organising Committee
25	Items which may interfere with the operations of the Games ·Whistles, vuvuzelas, air horns, musical instruments etc., instruments that produce excessive noise ·Laser pointers ·Confetti or paper to be used as confetti ·Sports equipment and accessories ·Sprays, water-guns	R	·Sports equipment and accessories for the items	T	·Laser pointers to be used by contractors in meetings	×	×
26	Photographic devices ·Camera lenses of 30cm or longer ·Tripods and monopods for cameras ·Stepladders of 30cm or higher	○	○	×	×	×	×

Paralympic Village, Grooms' Accommodation

Legend

× - Prohibited: Items NOT permitted to be brought into venues

○ - Permitted: Items permitted to be brought into venues

R - Restricted: Only indicated items permitted to be brought into venues

T - Tools of the Trade: Only indicated items permitted to be brought into venues

No.	Items	Athletes-NOC/NPC		Workforce		Guests	
1	Firearms and swords ·Firearms, ammunition, knives ·Items which are prohibited by law	R	·Items considered to be souvenirs	×	×	×	×
2	Items that can be used as weapons ·Blades such as cutters, scissors, razors etc. ·Tools such as hammers, wrenches, saws, screwdrivers ·Sharp instruments such as ice picks, eyeleteers etc. ·Rod-like objects of 90cm or longer that can be used as weapons	R	·White canes or sticks to be used as walking aids ·Items considered to be souvenirs ·Daily necessities such as razors, etc. ·Office supplies	R	·White cane or sticks to be used as walking aids ·Cooking utensils used by chefs ·Office supplies	R	·White canes or sticks to be used as walking aids ·Office supplies

No.	Items	Athletes NOC/NPC	Workforce	Guests			
3	Explosives ·Gunpowder, smoke canisters, warning flares, fireworks ·Items resembling an explosive device, ignition devices, lighters, matches	R ·Vehicle-mounted warning flares ·Lighters and matches for personal use	R ·Vehicle-mounted warning flares ·Lighters and matches for personal use	R ·Vehicle-mounted warning flares ·Lighters and matches for personal use			
4	Poisons, drugs, hazardous substances ·Items which may infringe on the Poisonous and Deleterious Substances Control Act ·Narcotics, stimulants and other controlled drugs or similar items ·Items corresponding to hazardous materials under the the Fire Service Act ·Specified chemical substances, etc. ·Items prohibited by the High Pressure Gas Safety Act ·Stimulating substances, tear gas ·Other harmful substances such as hydrogen fluoride ·Paint	T ·Medicines for the treatment of athletes	× ×	× ×			
5	Alcoholic beverages	○	○	×	×	×	×
6	Food	○	○	R	·Non-perishable food for personal consumption ·Food for personal consumption only in the following cases: - During work shift hours when meals cannot be provided by Tokyo 2020 - Meals provided by Tokyo 2020 cannot be consumed due to accepted circumstances (faith, allergy, etc.)	R	·Non-perishable food for personal consumption
7	Beverages	○	○	R	·Non-alcoholic beverages up to 2 litres per person contained in plastic bottle/water bottle	R	·Non-alcoholic beverages up to 2 litres per person contained in plastic bottle/water bottle
8	Ice, ice packs ·Ice ·Ice packs of more than 400 millilitres ·Ice packs which are hard when frozen and can be used as weapons	○	○	R	·Ice in water bottles ·Ice pack of less than 400 millilitres which is soft even when frozen	R	·Ice in water bottles ·Ice pack of less than 400 millilitres which is soft even when frozen

No.	Items	Athletes NOC/NPC	Workforce	Guests		
9	Flammable substances ·Fuel, flammable liquids	×	×	T ·Fuel brought in by suppliers or caterers	×	×
10	Gas cylinders and similar items ·Gas cylinders and similar items ·Fire extinguishers and other compressed gas cylinders	R ·Portable oxygen cylinders for medical use ·Vehicle-mounted fire extinguishers	R ·Portable oxygen cylinders for medical use ·Vehicle-mounted fire extinguishers	R ·Portable oxygen cylinders for medical use ·Vehicle-mounted fire extinguishers	R ·Portable oxygen cylinders for medical use ·Vehicle-mounted fire extinguishers	
11	Animals	R ·Service dogs	R ·Service dogs	R ·Service dogs		
12	Pharmaceuticals ·Pharmaceuticals ·Liquid, aerosols, gel-like medicines	R ·Appropriate amount for personal use ·Medicines and medical equipment carried by doctors or medical staff accompanied by NOC/NPC personnel	R ·Appropriate amount for personal use	R ·Appropriate amount for personal use		
13	Cream and lotion such as sunscreen, etc. ·Sunscreens, insect repellents ·Creams, lotions	○	○	○	R ·Appropriate amount for personal use ·Liquid in containers up to 100ml per person	
14	Aerosol spray	○	○	○	×	×
15	Containers ·Glass containers ·Cans ·Paper cartons ·Aluminium containers ·Plastic bottles ·Water bottles	○	○	R ·Cosmetic containers made of glass for personal use ·Plastic bottles / water bottles up to 2 litres per person	R ·Plastic bottle / water bottle up to 1 litre per person	
16	Unauthorised wireless devices ·Unauthorised wireless radio devices ·Jamming devices ·Radio scanners ·Drones	R ·Use of unauthorised wireless routers inside venues is prohibited	R ·Use of unauthorised wireless routers inside venues is prohibited	R ·Use of unauthorised wireless routers inside venues is prohibited		
17	National flags of countries not participating in the Games	○	○	×	×	×
18	Flags that are larger than 1x2m	○	○	×	×	×
19	Political, religious, vulgar messaging, trademarks etc. ·Advertising materials, signs, banners, etc. that include a religious or political message, or are deemed contrary to public order or morality ·Ropes, placards and other items that can be used for demonstrations in the venues	○	○	T ·Equipment used for Games operations	×	×
20	Bicycles	○	○	×	×	×

No.	Items	Athletes NOC/NPC		Workforce		Guests	
21	Unauthorised flyers, pamphlets, promotional materials ·Commercial items that can be used for ambush marketing	○	○	×	×	×	×
22	Large-scale luggage items	○	○	○	○	R	·Luggage capacity up to 25 litres per person
23	Umbrellas ·Stick umbrellas ·Umbrellas with sharp pointed ends	○	○	○	○	○	○
24	Chairs including folding chairs	○	○	×	×	×	×
25	Items which may interfere with the operations of the Games ·Whistles, vuvuzelas, air horns, musical instruments etc., instruments that produce excessive noise ·Laser pointers ·Confetti or paper to be used as confetti ·Sports equipment and accessories ·Sprays, water-guns	R	·Items for entertainment such as musical instrument ·Sports equipment	T	·Laser pointers to be used by contractors in meetings	×	×
		T	·Laser pointers to be used in meetings				
26	Photographic devices ·Camera lenses of 30cm or longer ·Tripods and monopods for cameras ·Stepladders of 30cm or higher	○	○	×	×	R	·Camera lenses

In addition to the above list, items that resemble prohibited items (replicate guns, explosive lookalikes, white powder resembling illegal medicine and so on) are prohibited regardless of whether such items are dangerous or illegal.

Prohibited items that are required by athletes, team officials and competition partners for specific Games related activities will be classified as "Tools of the Trade" and will be excluded from prohibited items.

Sustainability

The Tokyo 2020 Organising Committee of the Olympic and Paralympic Games values the concept of sustainability and aims to share ideas around the world on how to actively contribute to a sustainable society.

The sustainability concept of the Games is “Be better, together - for the planet and the people”. Tokyo 2020 aims to contribute to the realisation of the United Nations Sustainable Development Goals by implementing and showcasing sustainability solution models in Japan; this will be done through the delivery of the Games for the future of the earth and its people.

Tokyo 2020 will share sustainability knowledge and best practices to future Olympic and Paralympic Games hosts and event organisers, in Japan and overseas.

Tokyo 2020 athletes have an important involvement in this project. This is a once-in-a-lifetime opportunity to showcase the efforts being made regarding climate change, resource management, biodiversity, human rights, diversity and inclusion and social engagement.

With this in mind, Tokyo 2020 appreciates your cooperation, for example, in turning off lights when leaving a room, turning off engines while vehicles are parked or stopped, and in promoting diversity and inclusion within your teams and at Tokyo 2020 venues.

Tokyo 2020 would also like to advise clients to comply with relevant laws prohibiting the international trade of endangered species. In particular, be aware that exporting ivory from Japan is illegal despite it being domestically available.

Tokyo 2020 aims to recycle resources thoroughly, with the aim of “zero waste”. Garbage bins will be provided to allow waste separation at the Paralympic Village, competition, and non-competition venues. Tokyo 2020 will promote waste separation to maximise the recycling of resources. Visitors to the Paralympic Games should look at the labels on garbage bins when discarding waste.

Leave no leftover food, do not waste water and bring your own eco bag, in the true Japanese *mottainai* spirit.

Mottainai means “waste is regrettable” and embodies the motto of reduce, reuse and recycle. There is a *mottainai* spirit in Japan, which from long ago has encouraged Japanese people to use things up to avoid waste.

Electricity and sockets

The voltage in Japan is 100V while the frequency is 50Hz/60Hz in Japan and 50Hz in Tokyo. Power in the Paralympic Village is supplied at nominal voltage of 100V with 15A sockets. The sockets, as illustrated, will be used in all buildings and are compatible with A type plugs (the type with a two flat pins). Multi-region adaptors will not be provided to Village residents but will be available to purchase at nearby convenience stores. Foreign appliances will most likely require adapters and/or transformers.



Essential information

Time Zone

Tokyo is nine hours ahead of GMT, with no daylight-saving time. In summer, the sun rises between 04:30 and 05:00, and days stay light until around 19:30.

Language

Standard Japanese is the main language in Japan, but Tokyo is becoming a much more foreigner-friendly city. Especially in the major tourist areas, English can be generally understood.

Money

The yen (JPY, ¥) is the currency of Japan. Bills come in denominations of 10,000, 5,000, 2,000, and 1,000, although 2,000 bills are rare. Coins come in denominations of 500, 100, 50, 10, 5 and 1.

Banks and ATMs

If you want to withdraw money from your own account in yen, many international banks have at least one Tokyo branch, so check beforehand if yours does. Most major Japanese banks now accept international cards at their ATMs, as do the Japan Post Bank ATMs found in post offices. ATMs can also be found inside most convenience stores and shopping centres.

Changing money

Money can be exchanged at currency exchange counters located mainly at banks, post offices, hotels and airports. As of 26 May 2021, USD1 = JPY108.81.

Credit cards

Most major credit cards are accepted at major stores and facilities. When checking in to a hotel, they serve as identification in lieu of a cash deposit. Note, however, that some facilities do not accept credit cards at all, and others may accept only certain types, so carry some cash at all times. Tokyo 2020 is proud to accept only VISA payment cards (debit and credit) at shops and services within the Olympic and Paralympic venues.

Tipping

There is no tipping culture in Tokyo, so the final bill you receive at cafes, bars and restaurants is the final price that you need to pay. In some restaurants, a fixed percentage service charge is added to the bill.

Tap water

Tokyo's tap water is completely safe to drink and conforms to strict quality regulations. Bottled water is also available at convenience stores and out of the seemingly endless number of vending machines.

Free Wi-Fi Services

Free Wi-Fi is becoming increasingly available throughout the city. Many major hotels, coffee shops, restaurants and public facilities offer a free Wi-Fi service. However, for guaranteed internet access wherever you roam, pocket- Wi-Fi devices are available for rent from kiosks at the airport or pick up a travel sim to fit into your existing phone.

Tokyo Free Wi-Fi

Where: Around Tokyo

How: Select the 'FREE_Wi-Fi_and_TOKYO' SSID, launch your web browser, tap "Access the Internet here" and follow the instructions on the screen.

Metro Free Wi-Fi + Toei Subway Free Wi-Fi

Where: 210 subway stations in Tokyo

How: Select the 'Metro_Free_Wi-Fi' or 'Toei_Subway_Free_Wi-Fi' SSID, launch your web browser, and follow the instructions on the screen.

Tokyo 2020 will provide Samsung smartphones to all Olympic and Paralympic athletes. The smartphone will have an NTT Docomo SIM card already included with the mobile phone's 4G/3G Mobile Internet access (2GB limit) and domestic calls. For more details, please refer to the Chef de Mission Manual.

Telephone Service

The country code for Japan is 81. When calling from outside of Japan, dial the international dialing access code, which differs by country, then dial 81. If the number you wish to call starts with a zero, omit the zero and dial the rest of the number. When making an international call from Japan, dial the international dialing access code (010), then dial the country code of the country you are calling. If the number you wish to call starts with a zero, omit the zero and dial the rest of the number.

When you make a domestic call inside Japan, just dial the desired number.

Emergency

Emergency phone numbers

If you find yourself in need of assistance, dial the appropriate number from below:

Police **110**

Police (English) **03-3501-0110**

Fire emergency/ Ambulance **119**

Tokyo Metropolitan Medical Institution Information (09:00-20:00) **03-5285-8181**

The Japan Helpline (24-hour all-round emergency assistance) **0570-000-911**

Useful Apps

In addition, Tokyo Metropolitan Government and Japan Tourism Bureau have also launched mobile device applications such as the "Tokyo Disaster Prevention App" and "Safety Tips".

Local Police stations

On most street corners, small police boxes - known locally as "Koban" - support the local area. Drop in for directions, lost and found, or any traffic related incidents.

Paralympic Village



Operations

- Super Resident Centre (24 hours)
- Resident Centre (07:00-22:00)
- Laundry Desk
- Grab and Go Stations
- 1** NPC Services Centre

1st Floor : Sport Information Centre
 2nd Floor : Chefs de Mission Hall, FA Desks, Front Desk
 NOC/NPC Relations Offices, IPC NPC Relations Office
 M2nd Floor : Sewing Room(Judo, Karate)
 4th Floor : Services Centre Meeting Room

- 2** Multi-Function Complex
- 1st Floor : Polyclinic, Doping Control Station
- 2nd Floor : Recreation Centre, Casual Dining
- 3rd Floor : Fitness Centre,
Multi-faith Service Management Office

- 3** Village Plaza (For details, see the list at the right)
- 4** Village Plaza Annex
- 5** Guest Pass Centre, Venue Media Centre
- Fever Clinic, Area for Testing of Close Contacts
- Sample Collection Centre

- 6** Team Processing Centre
- The Paralympic Agitos
- Toilets
- Accessible Toilet
- Underpass
- Internal Shuttle Bus Stop
- Internal Shuttle Bus Route
- Entrance / Exit
- Residents' Entrance
- Building Entrance

- Residential Block : PORT
- Residential Block : SEA
- Residential Block : PARK
- Residential Block : SUN

Village Plaza Shops & Services

- Plaza Information & Tokyo City Information
- Bank
- ATM
- Hair Salon
- Official Shop
- General Store including florist
- Photo Studio
- Dry Cleaner
- Courier Counter
- Postal Services
- Village Plaza Café & Internet Lounge w/ Call Centre
- Galaxy Athlete Lounge
- Athletes' Room Replica
- Japan Culture Stadium
- Medical Station
- Ottobock Repair Service Centre (Village Plaza Annex)
- ASICS Service Centre
(Including Uniform Distribution Centre) (Village Plaza Annex)

Tokyo 2020 - Paralympic Daily Competition Schedule 2021 v5.00

Venue	Sports/Discipline		0	1	2	3	4	5	6	7	8	9	10	11	12	Note
			24 Aug Tue	25 Aug Wed	26 Aug Thu	27 Aug Fri	28 Aug Sat	29 Aug Sun	30 Aug Mon	31 Aug Tue	1 Sep Wed	2 Sep Thu	3 Sep Fri	4 Sep Sat	5 Sep Sun	
Olympic Stadium	Opening and Closing Ceremonies															
	Athletics	(Track & Field)				🏅	🏅	🏅	🏅	🏅	🏅	🏅	🏅	🏅		
	Athletics	(Marathon)													🏅	
Tokyo Metropolitan Gymnasium	Table Tennis						🏅	🏅	🏅			🏅	🏅			
Yoyogi National Stadium	Badminton													🏅	🏅	
	Wheelchair Rugby							🏅								
Nippon Budokan	Judo					🏅	🏅	🏅								
Tokyo International Forum	Powerlifting				🏅	🏅	🏅	🏅	🏅							
Equestrian Park	Equestrian				🏅	🏅	🏅	🏅	🏅							
Musashino Forest Sport Plaza	Wheelchair Basketball															
Ariake Arena	Wheelchair Basketball													🏅	🏅	
Ariake Gymnastics Centre	Boccia										🏅			🏅		
Ariake Tennis Park	Wheelchair Tennis										🏅	🏅	🏅	🏅		
Odaiba Marine Park	Triathlon						🏅	🏅								
Aomi Urban Sports Park	Football 5-a-side													🏅		
Sea Forest Waterway	Canoe												🏅	🏅		
	Rowing							🏅								
Yumenoshima Park Archery Field	Archery						🏅	🏅	🏅	🏅		🏅	🏅	🏅		
Tokyo Aquatics Centre	Swimming			🏅	🏅	🏅	🏅	🏅	🏅	🏅	🏅	🏅	🏅			
Makuhari Messe Hall A	Sitting Volleyball													🏅	🏅	

Venue	Sports/Discipline		0	1	2	3	4	5	6	7	8	9	10	11	12	Note
			24 Aug Tue	25 Aug Wed	26 Aug Thu	27 Aug Fri	28 Aug Sat	29 Aug Sun	30 Aug Mon	31 Aug Tue	1 Sep Wed	2 Sep Thu	3 Sep Fri	4 Sep Sat	5 Sep Sun	
Makuhari Messe Hall B	Taekwondo															
	Wheelchair Fencing															
Makuhari Messe Hall C	Goalball															
Asaka Shooting Range	Shooting															
Izu Velodrome	Cycling	Track														
Fuji International Speedway	Cycling	Road														

This competition schedule is subject to amendments up until the conclusion of Olympic Games Tokyo 2020.



The Worldwide Paralympic Partners



Tokyo 2020 Paralympic Gold Partners



Tokyo 2020 Paralympic Official Partners



Tokyo 2020 Paralympic Official Supporters

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International
Olympic
Committee



INTERNATIONAL
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COMMITTEE



TOKYO 2020

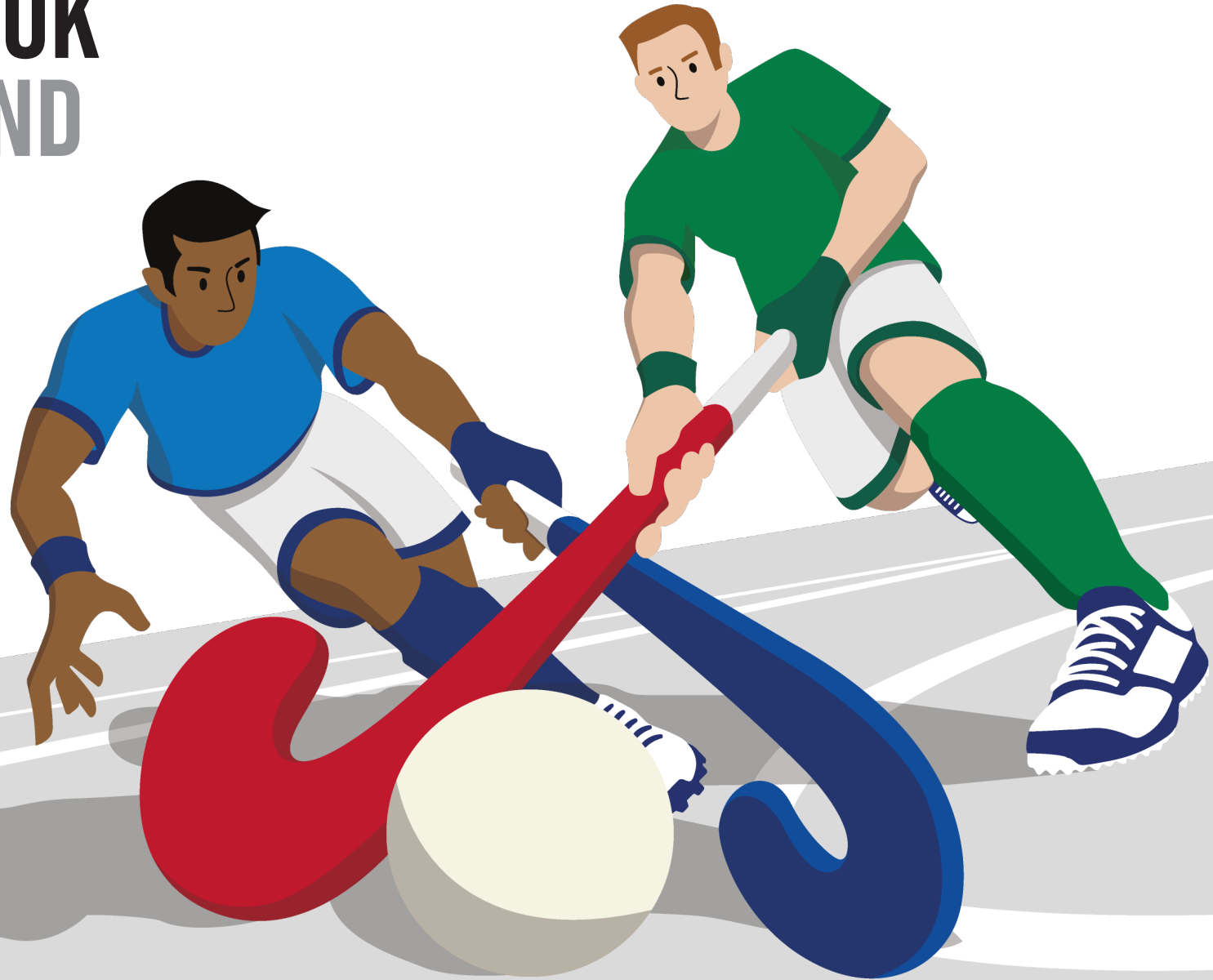


TOKYO 2020
PARALYMPIC GAMES



THE PLAYBOOK ATHLETES AND OFFICIALS

Your guide to a safe
and successful Games




June 2021
Version 3



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 Throughout the Playbook, this symbol indicates important updates since the last version

WHO IS THIS PLAYBOOK FOR?

Athletes	(Aa)
Alternate Athletes	(Ap)
Team Officials and Additional Team Officials	(Ao, Ac and ATO)
Training Partners, Personal Coaches and TAP-Holders	(P)
Athlete Competition Partner for Paralympic Games	(Ab)
Chief Team Physician for Paralympic Games	(Am)
Village Administration Passes	(NOC, NPC)
Athlete Chaperone	(NOC, NPC)





STRONGER TOGETHER

This version of the Playbook is published with just over one month to go to the Olympic Games and two months until the Paralympic Games Tokyo 2020. Qualification is coming to an end; the first athletes have already arrived for pre-Games training, getting ready for the competition that marks the pinnacle of their career.

The International Olympic Committee (IOC), International Paralympic Committee (IPC), Tokyo 2020 Organising Committee (Tokyo 2020), the Tokyo Metropolitan Government (TMG) and the Government of Japan continue to work tirelessly alongside the world's leading experts in health and sport event delivery to finalise and put in place the necessary COVID-19 countermeasures that will enable the Games to take place safely.

The 'safety first' rules are there to protect you, all Games participants and the people of Tokyo and Japan.

But the success of the Games depends on every single one of us taking responsibility for following the Playbook at all times – starting now.

Make sure you read this Playbook carefully and understand how it applies to you – including screening testing, restrictions on where you can go, who you should spend time with, hygiene, mask wearing and physical distancing measures.

Your COVID-19 Liaison Officer (CLO) has been appointed and will be providing you with ongoing support. Ask them if you have any questions or concerns. Further detailed documents, as well as online Q&As, will continue to be available as we get ever-closer to the Games.

We know that overcoming the continued challenges will require flexibility and commitment to follow the measures outlined in the Playbook. We want to thank you sincerely for your resilience and solidarity as you continue to live the values of Excellence, Respect and Friendship. **#StrongerTogether** we will experience Games like no other.

Kirsty Coventry

Chair of the IOC Athletes' Commission and Member of the Coordination Commission for the Games of the XXXII Olympiad Tokyo 2020

Robin Mitchell

Acting President of the Association of National Olympic Committees and Member of the Coordination Commission for the Games of the XXXII Olympiad Tokyo 2020

PRINCIPLES

The COVID-19 countermeasures described in the Playbook are designed to create a safe Games environment for all Games participants. Equally, they offer an additional layer of protection for our hosts, the residents of Japan. You must fully adhere to the Playbook in the 14 days before you travel, throughout your journey and throughout your time in Japan – keeping your interaction with non-Games participants to a minimum.



MASK WEARING

Wear a face mask at all times to protect you and everyone around you. Masks help prevent the spread of COVID-19, as they catch droplets exhaled by an infected person. By wearing a face mask at all times – except when eating, drinking, training, competing or sleeping – you’ll help keep the Games safe for everyone.



MINIMISE PHYSICAL INTERACTION

COVID-19 is transmitted through infected droplets in our breath exhaled by coughing, sneezing, talking, shouting or singing – and is passed from person to person when we are in close contact. The risks of catching COVID-19 grow in crowded, poorly-aired spaces and when we spend time in proximity to those who are infected with COVID-19. That is why it is important to minimise social interaction, wear a mask, and avoid the 3Cs: spaces that are confined/enclosed, crowded or involve close contact.

#1



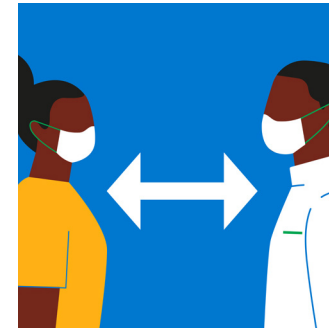
Keep physical interactions with others to a minimum (and don't forget to wear your mask!)

#2



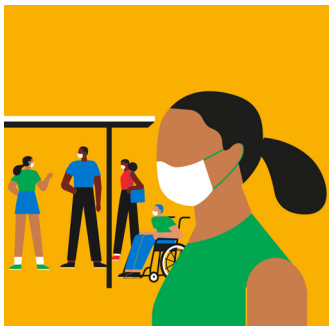
Avoid physical contact, including hugs and handshakes

#3



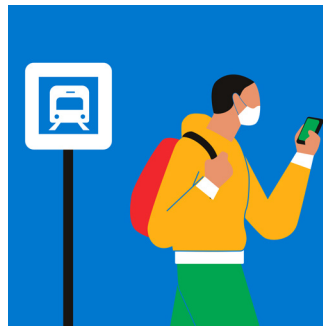
Keep two metres' distance from athletes and at least one metre from others, including in operational spaces

#4



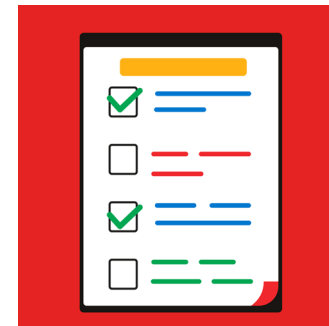
Avoid enclosed spaces and crowds where possible

#5



Use dedicated Games vehicles. Do not use public transport unless it is the only option to reach certain locations such as remote venues

#6

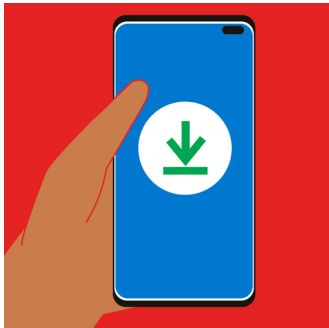


Only carry out the activities submitted in your Activity Plan, at places on the list of permitted destinations

TEST, TRACE AND ISOLATE

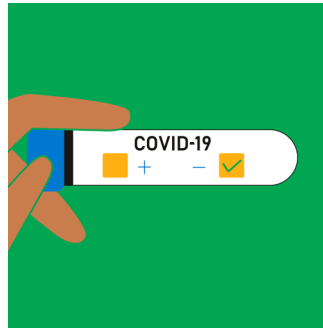
To stop the spread of COVID-19, it is vital to break the chain of human-to-human transmission. That is why it is important to have stricter protocols to identify who has the COVID-19 virus as early as possible, through testing; to understand who the virus might have been passed to, through contact tracing; and to use isolation and quarantining to stop the virus from spreading further.

#1



Download health reporting application 'Online Check-in and Health report App' (OCHA), and Japan's smartphone Contact Confirming Application (COCOA) and familiarise yourself with any other technology solutions which may be used to support COVID-19 countermeasures

#2



Get tested and provide proof of negative results before you depart for the Games. You will be tested again when you arrive at the airport in Japan

#3



Have regular screening tests for COVID-19 during the Games, as required for your role

#4



Get a test if you experience any symptoms or are told to by the Japanese health authorities. If your test is positive, you will need to isolate

Who is a close contact?

Close contacts are those who have prolonged contact (for 15 minutes or more) with a person who has a confirmed positive COVID-19 test, within one metre, without wearing a face mask. This is particularly applicable when such contact happens in enclosed spaces such as hotel rooms or vehicles.

Close contact cases will be confirmed by the Japanese health authorities, based on information provided by you, your organisation and Tokyo 2020.

THINK HYGIENE

COVID-19 can live on everyday surfaces through droplets exhaled by an infected person. If we touch those objects with our hands and then touch our eyes, nose or mouth, we run the risk of becoming infected. That is why we must not forget the basics of good hygiene – regularly and thoroughly cleaning our hands, disinfecting surfaces, avoiding touching our face, and wearing a face mask at all times. Please practise thorough hygiene measures as outlined below throughout your stay in Japan.

#1



Wear a face mask
at all times

#2



Wash your hands regularly
and use hand sanitiser
where available

#3



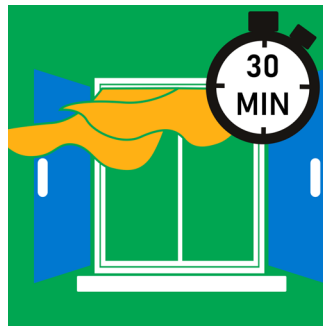
Support athletes by
clapping instead of
singing or chanting

#4



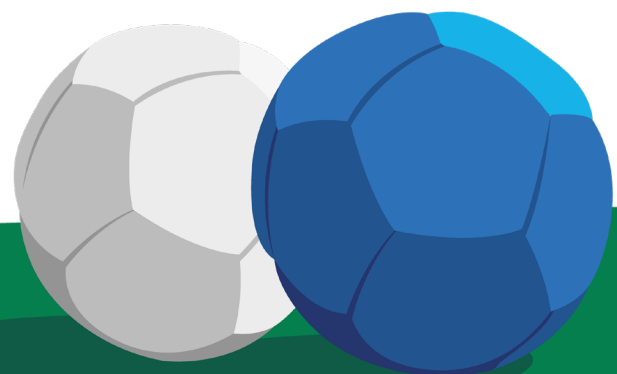
Avoid using shared
items where possible,
or disinfect them

#5



Ventilate rooms
and common spaces
every 30 minutes

YOUR JOURNEY



INTRODUCTION

The Playbooks are the basis of our game plan to ensure all Olympic and Paralympic Games participants and the people of Japan stay safe and healthy this summer. They have been developed jointly by Tokyo 2020, the IOC and the IPC in close collaboration with the Government of Japan and the Tokyo Metropolitan Government (TMG). They are also based on the extensive work of the All Partners Task Force and collaborations with scientific experts and organisations from across the world.

This Playbook sets out the responsibilities of athletes and team officials, and should be considered alongside wider information received from your National Olympic Committee (NOC)/National Paralympic Committee (NPC) (for example the Athletes and Team Officials Guide, Team Leaders Guide, Sport Entries Manuals, Period of Stay Guidelines, etc.) They will be regularly uploaded and updated as necessary between now and the Games.

The rules apply in the same way to every athlete and official, regardless of your sport or where you are living – just as they apply to all other Games participants.

Please take time to understand the plans, the steps you must take and the rules you must follow. It's crucial that you take personal responsibility for your part in the plan: you play a critical role in the delivery of a safe Games. As athletes and team officials, you will set the standard.

COVID-19 Liaison Officers (CLOs)

All CLOs have been appointed. Your CLO should have introduced themselves to you as they will be responsible for helping you complete all the necessary documentation before you travel to Japan. Your CLO will be in contact with you regularly using your organisation's standard communication channels; ask them if you have any questions or concerns about the Playbook. Your CLO is responsible for ensuring that you understand the contents of and the importance of complying with this Playbook.

The CLOs will be provided with detailed guidance and further information for their role and will work alongside the Tokyo Infectious Diseases Control Centre (IDCC) and the IOC/IPC COVID-19 Support Unit (ICSU).

It is requested that the CLO be on-site in Japan for the full duration of your delegation's stay.

+ COVID-19 support: IDCC and ICSU

- IDCC is coordinating the COVID-19 operations before, during and after the Games, acting as the information hub. They will manage decisions in the case of positive or inconclusive COVID-19 test results – for both those who are infected and confirmed close contacts
- ICSU is working alongside the IDCC, helping Tokyo 2020 and international Responsible Organisations (RO) operate in the context of COVID-19. ICSU will assist Tokyo 2020 to support CLOs and the Results Advisory Expert Group (RAEG) (see page 58), and resolve COVID-19 related matters as required, including alleged infringements of the Playbook. See pages 68-69 for more information

INTRODUCTION

Sport-specific countermeasures

You can find an overview of the general principles that apply to sport countermeasures at the Games on page 50. Sport-specific countermeasures are detailed in the 'Athletes and Team Officials Guide', 'Team Leaders Guide' and 'Technical Officials Guide'.

When do the rules apply?

As outlined in each section, rules apply in the 14 days before you travel, during your journey, throughout your time in Japan and until your arrival at home – including wearing a face mask at all times, washing your hands and using hand sanitiser regularly.

This Playbook describes the measures for entry to Japan from 1 July. Those entering Japan with a Pre-Valid Card (PVC) must comply with the Government of Japan measures required at the time. A PVC is a valid entry document, in conjunction with the other documents listed in this Playbook. See 'Before you travel', page 13.

The Playbook measures will be implemented progressively as we get closer to the Games; your NOC/NPC will be provided with details of the dates.

Rules are subject to change

This Playbook is written under the current understanding of the IOC, IPC and Tokyo 2020, based on the current measures and requirements in force in Japan and the foreseen situation at the time of the Olympic and Paralympic Games.

⊕ Changes may need to be made to countermeasures in the future, in collaboration with the Government of Japan and the TMG, to ensure any other evolution of conditions and regulations in Japan are fully taken into account.

Border measures may be strengthened upon entry to Japan in relation to the handling of COVID-19 variants of concern. The Government of Japan may implement additional restrictions, for Games participants from designated countries. Please work with your CLO to keep up to date with the latest information.

BEFORE YOU TRAVEL

⚠ Read this Playbook thoroughly

Before you travel, make sure that you have understood the Playbook and the importance of fully complying with the rules contained within. See 'Compliance and consequences,' page 68.

- **Support from your CLO before you travel**

- Your CLO is responsible for ensuring that you comply with the Playbook
- They'll help you if you have problems downloading or installing required smartphone apps
- They'll submit your Activity Plan to Tokyo 2020 and supply you with the 'Written Pledge' if needed
- They'll help you prepare a list of regular contacts for your time in Japan
- If you test positive for COVID-19 before your departure, inform your CLO immediately
- If you have any questions or concerns about any of the measures, now is the time to ask!



BEFORE YOU TRAVEL

Your journey does not begin at the airport. Ensure you take time to read and understand this version of the Playbook thoroughly. If you have any questions, contact your NOC/NPC or CLO well in advance before the Games.

The rules related to entry to Japan are in accordance with Japanese authorities' requirements. They apply from 14 days before your travel and throughout your journey to Japan; it's important to adopt the right mindset in this period.

Further changes may be made to procedures for entry into Japan in collaboration with the Government of Japan, based on the latest situation.

- **You will be required to have medical treatment and repatriation insurance (including cover for COVID-19) covering the entire period of your stay in Japan**
 - For athletes and team officials, Tokyo 2020 will provide this insurance, only for the period between Village pre-opening and closing dates (Olympic Village: July 7 – August 11, Paralympic Village: August 15 – September 8). Please note that this insurance only covers costs incurred in Japan
 - As per standard Games practice, NOCs/NPCs should source their own insurance for members of their delegations outside these dates
- ⊕ **Enter your flight information into the 'Arrivals and Departures Information System' (ADS)**
 - If you're unable to obtain seats on preferred flights to Japan, please submit desired flight details through ADS as a request. Tokyo 2020 will use this information to work with the Government of Japan and airlines to secure additional seats where possible
 - If there are changes to any of your planned flights, enter your updated flight information in ADS immediately
- **If you are attending a pre-Games Training Camp in Japan or a post-Games Host Town exchange programme:**
 - Read and understand the Host Town's Reception Manual, which will outline further local measures
 - Your NOC/NPC must confirm its compliance to these measures at least one month before departure
 - In principle, your destinations will be limited to your accommodation, training facilities and exchange programme locations. Public transport cannot be used unless it is the only option to reach certain locations, such as remote venues
 - NOCs/NPCs are required to secure agreements with facility owners and the municipality in charge of accepting athletes to hold a pre-Games Training Camp or a Host Town exchange programme

BEFORE YOU TRAVEL

- ④ **You are strongly encouraged to stay in official accommodation provided by Tokyo 2020**
 - Self-arranged accommodation facilities will need to be certified by Tokyo 2020 to ensure that they comply with the accommodation guidelines, which stipulate the requirements for COVID-19 countermeasures and movement restrictions. Tokyo 2020 will work with respective local municipalities/health authorities to obtain their understanding and cooperation
 - Confirm with your CLO that your accommodation is approved/certified by Tokyo 2020 before including it in your Activity Plan
 - In principle, private lodgings, private homes and accommodation facilities used by a very limited number of stakeholders cannot be recognised as accommodation facilities meeting the requirements, unless certified by Tokyo 2020. It would be difficult to thoroughly avoid contact with residents of Japan and/or those from overseas who have been in Japan for more than 14 days at these facilities
- If you are required to change accommodation that you have already booked in order to comply with the guidelines, Tokyo 2020 will find suitable new accommodation for you
 - In principle, the new accommodation will be provided at reasonable rates. All parties will discuss in good faith to find the best possible solution from an operational and financial standpoint
 - Accommodation facilities will be supervised on a regular basis to ensure the locations and guests follow the accommodation guidelines and meet the requirements of COVID-19 countermeasures and movement restrictions
- **Monitor your health daily for the 14 days before arrival in Japan**
 - Take your temperature daily
 - Proactively monitor your personal health for any other COVID-19 symptoms. [See WHO guidelines on COVID-19 symptoms](#)
- **If you experience any symptoms of COVID-19 in the 14 days before arrival**
 - Do not travel to Japan
 - Consult with a medical professional for next steps
 - Inform your CLO
- **Make sure you have a Pre-Valid Card (PVC), which will be validated to become your Olympic Identity and Accreditation Card (OIAC)/Paralympic Identity and Accreditation Card (PIAC)**
 - In the exceptional case that your PVC has not arrived, five days before your departure, contact the Tokyo 2020 PVC Support Desk via your CLO. They will obtain an Invitation letter for you to use for entry. Bring the Invitation letter in addition to all the necessary documents when you enter Japan.

TEST, TRACE AND ISOLATE

- **Complete an Activity Plan***

- Work with your CLO to finalise your planned and possible destinations
- They will submit your plan to Tokyo 2020 for approval by the Japanese authorities
- It will be very difficult to request changes once approved, so it is important to be as comprehensive as possible when submitting
- If your date of entry changes due to unavoidable circumstances, such as change of flight, immediately contact your CLO to ensure the updated information is reflected in the Activity Plan

*More information on the Activity Plan template and details of timing for submitting the plan have been communicated to your NOC/NPC

- **Your Activity Plan must include:**

- Personal information (name, registration number of accreditation card, flight number, date of entry to Japan, arrival airport in Japan, country of departure, planned date of departure, sex, date of birth, nationality, passport number, NOC/NPC etc.)
- Accommodation address
- All planned and possible destinations – restricted to official Games venues and limited additional locations, as defined by the list of permitted destinations
- If you must use public transport (air and bullet trains): date, time and reason

- **Make sure you know the latest information on COVID-19 testing and certificates needed by your airline, for any transit countries and for entry into Japan. [See advice of the Government of Japan](#)**

TEST, TRACE AND ISOLATE

- **If you are arriving in Japan from 1 July onwards, take two COVID-19 tests on two separate days within 96 hours of the departure of your flight to Japan** (first international flight if you are on an indirect route). At least one of the two tests must be taken within 72 hours of departure
 - Tests must use one of the methods listed on the [‘Certificate of Testing for COVID-19’](#) designated by the Japanese authorities
 - Currently, approved test types include a Nucleic Acid Amplification Test (real time RT-PCR, LAMP, TMA, TRC, Smart Amp, NEAR), Next Generation Sequence and Quantitative Antigen Test* (CLEIA)
 - A list of approved testing providers will be provided to your CLO separately. If the list does not include a convenient provider, your CLO can liaise with Tokyo 2020 to add providers to the list

*Not a qualitative antigen test

- **Obtain negative COVID-19 test results certificates.** To comply with the requirements of the Government of Japan, please use their [designated certificate format](#), or one which includes the necessary information, as follows:
 - Date of issue, name, passport number, nationality, date of birth, sex, sample type, testing method, test result, test result date, specimen collection date and time, name and address of medical institution, doctor’s signature
 - ⊕ – If using a standard certificate from an approved testing provider and some of the required information is not on the certificate – for example, if it doesn’t include a doctor’s signature – it can still be accepted. Check with your CLO; if necessary, they will contact the Japanese embassy or consulate in your country to confirm options and whether enough information has been provided

- ⊕ **Inform your CLO that you have both negative COVID-19 test certificates**

What negative test certificates are needed for

- Bring both your negative test certificates with you to Japan
- Certification from a test taken within 72 hours of departure will be needed at check-in/to board your flight, without it you will not be allowed to fly. You will also need to show it to the Quarantine Officer and/or at immigration control when you arrive in Japan
 - This can either be as a hard copy or showing a PDF of it uploaded to OCHA on your phone
- Certificates may also be used during the Games to support decisions in the instance of positive COVID-19 cases and potential close contacts

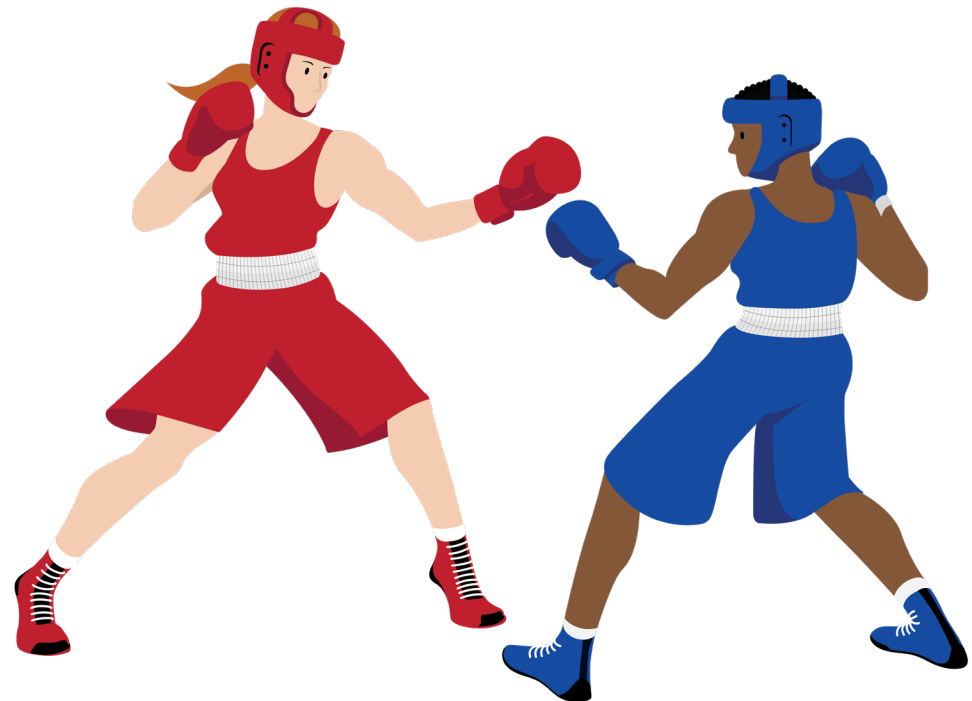
TEST, TRACE AND ISOLATE

- **If a COVID-19 test is positive:**
 - Immediately begin self-isolation in line with local rules
 - Contact your CLO, who will record your symptoms, test results and close contacts, as well as inform Tokyo 2020 and agree on next steps
- **Download and install the Online Check-in and Health report App (OCHA)** – scheduled to be released at the end of June
 - If arriving in Japan from 1 July onwards, enter all necessary information onto OCHA before departure, including a certificate of a negative COVID-19 test taken within 72 hours of departure (PDF only)
 - You will need to show a specific OCHA screen at check in/boarding and to the Japanese quarantine authorities on arrival. Without this, you will not be able to board or enter Japan
- **Download and install the Contact Confirming App (COCOA)**
- **Inform your CLO once you have installed the apps and entered all necessary information.** If you have any problems, ask them
 - If your phone does not support OCHA, immediately contact your CLO. Your CLO will send you the 'Written Pledge' separately and arrange for you to rent a smartphone at the airport. Your NOC/NPC will be given more details when confirmed. See 'Smartphone applications', page 62
- ⊕ **Bring any relevant medical information with you to the Games to help assess potential complex COVID-19 cases** if you test positive during screening testing or are a confirmed close contact, such as:
 - Vaccination status (number of doses, date of vaccination[s] and vaccine type/brand)
 - Prior history of COVID-19 tests (test result, date of test and test type: PCR/antigen/other)
 - Presence of antibodies (date of antibody test, result, testing platform for information on viral target, titre/quantitative result, if applicable)
- Relevant medical history, including any known risk factor for severe COVID-19 ([for example, WHO list of non-communicable diseases](#)) that may impact prioritisation for re-testing and/or re-testing requirements, if identified as a potential close contact

TEST, TRACE AND ISOLATE

- **If you enter Japan before 1 July**

- Only one test taken within 72 hours of departure is needed
- Your CLO will give you the 'Written Pledge'; you will need to show this at Japanese immigration
 - The 'Written Pledge' is a document required by the Government of Japan. Signed by Tokyo 2020, it states that they take responsibility for your visit and will ensure you comply with the Playbook rules. Your signature is not needed on this document
- Fill in the Japanese authorities' ['Questionnaire web'](#)
 - Details required include accommodation in Japan, contact information and results of health monitoring for the 14 days before departure
 - When you submit the form, you will be given a QR code. Either take a screen shot or print it out, ready to show at Japanese immigration
- Please note, OCHA will replace the 'Written Pledge' and 'Questionnaire web' once it is available





SOCIAL

- **Keep your physical contact with other people to a minimum** during the 14 days before you travel to Japan
- **Prepare a list of the people you will spend time with regularly** while in Japan (format to be agreed with your CLO), for example, your roommate, coach, physiotherapist and immediate members of your team
 - Share the list with your CLO, who will use it to help with contact tracing if required

THINK HYGIENE

- **Follow good hygiene practice** – including washing your hands regularly or using hand sanitiser, and always wearing a face mask
- **Make sure you have access to enough masks to last throughout your stay in Japan.** Your NOC/NPC is responsible for providing you with masks. Please check with your CLO to ensure you have access to them for the duration of the Games
 - Follow WHO recommendations on mask wearing
 - You are recommended to use non-fabric masks where possible. If using fabric masks, ensure that they can be washed in high temperatures regularly, with at least two but ideally three layers:
 - Inner layer of absorbent material, such as cotton
 - Middle layer of non-woven material, such as polypropylene
 - Outer layer of non-absorbent material, such as polyester or polyester blend
 - Check the manufacturer’s recommendations and health certification of the product
- **Note:**
 - You will need to replace your masks as soon as they become damp and wash them once a day. You may use more masks than usual in hot and humid weather
 - Please also be aware of guidelines regarding 'Authorised Identifications' related to face mask branding. [See WHO guidance on wearing a mask](#)



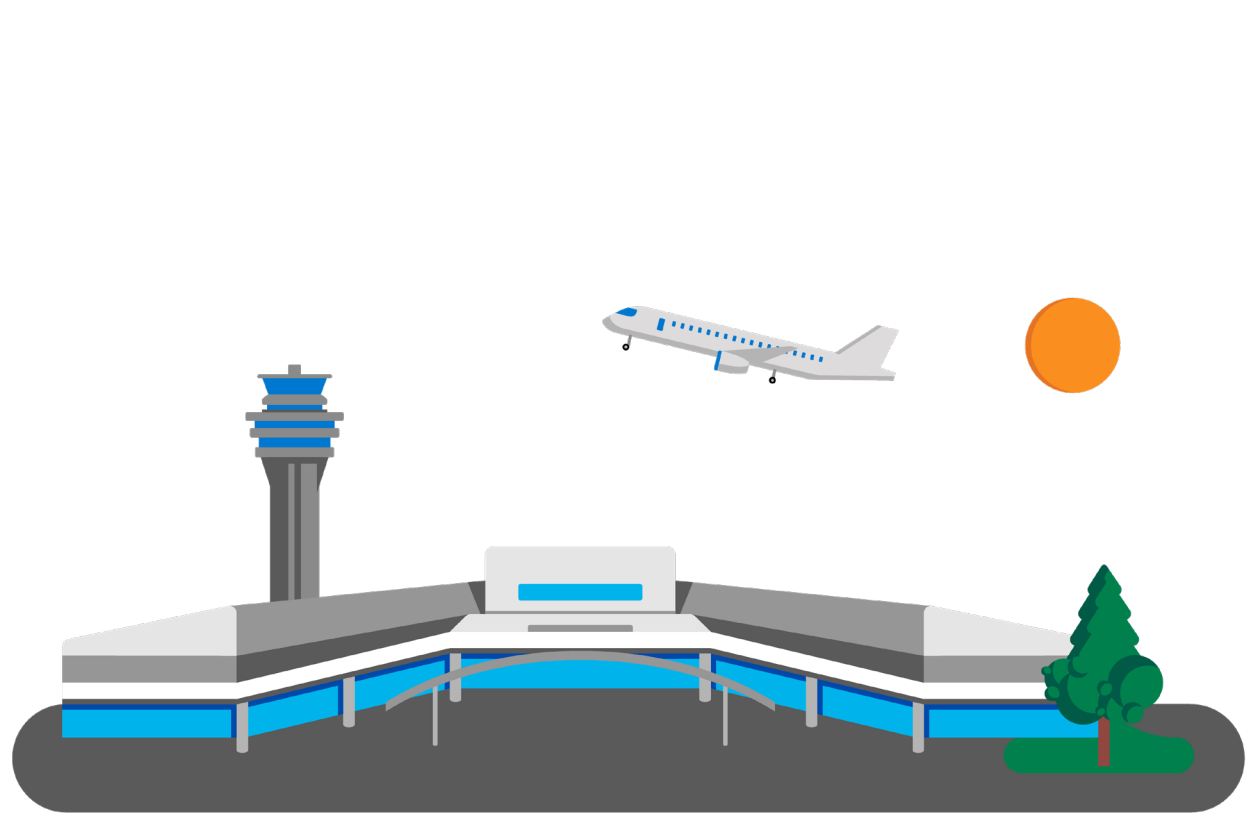
ENTERING JAPAN

When you arrive, you must observe the instructions of the Japanese authorities and the following protocols at the airport and for your onward journey.

Physical distancing and good hygiene measures must be followed throughout your time in Japan.

Further changes may be made to procedures for entry into Japan in collaboration with the Government of Japan, based on the latest situation.

- **Support from your CLO when entering Japan**
 - If you test positive for COVID-19 on arrival or experience any symptoms, immediately inform your CLO by phone



TEST, TRACE AND ISOLATE

On arrival at the airport*

- **Activate the COCOA and OCHA apps** and turn on Bluetooth; prepare a specific screen of OCHA to present to the Quarantine Officer
 - Turn on location information services and location history on your smartphone, which may be needed for contact tracing or activity tracking/tracing. Japanese authorities will be checking the apps are downloaded, showing a specific screen and location tracking functionalities are activated during your arrival process. For details, see 'Smartphone applications', page 62
- **Show the Quarantine Officer a specific screen of OCHA on your phone**
 - Please note that only having downloaded OCHA is not sufficient
- ⊕ **Take a quantitative saliva antigen COVID-19 test on arrival**
 - Your results will be processed while you go through immigration and collect your luggage
 - Do not eat, drink, smoke, brush your teeth or use mouthwash within 30 minutes of arrival and your test, to avoid inaccuracy in the results
- **Be ready to show:**
 - Your PVC (OIAC/PIAC), along with your passport or other travel certificate associated with your PVC
 - Negative COVID-19 test results from a test taken within 72 hours of departure (hard copy or via OCHA); without this you will not be allowed to enter Japan
 - **If arriving before 1 July:**
 - 'Written Pledge' by Tokyo 2020 (hard copy). Without this you will be required to quarantine for 14 days
 - 'Questionnaire Web' QR Code (hard copy or screen shot)
 - **If arriving from 1 July onwards:**
 - Specific screen of OCHA
 - Any additional documents filled out on the airplane and/or at airport
- **Wait in the airport for your test results**
 - **If your results are negative**, go straight to your transport as directed
 - **If your test results are positive**, you will be taken by dedicated transport to the COVID-19 Clinic at the Olympic and Paralympic Village for a confirmatory nasopharyngeal PCR test
 - **If your PCR test results are confirmed positive** you must isolate or receive medical treatment in hospital, in accordance with the instructions of the Japanese health authorities.
 - Immediately inform your CLO by phone; they will consult with Tokyo 2020, or with Host Town authorities if you are at a pre-Games training camp

For more information on isolation, see 'At the Games – Test, trace and isolate', page 30

*Please note, the sequence at the airport may change during peak arrival periods

TEST, TRACE AND ISOLATE

- **If you experience any symptoms of COVID-19**
 - Immediately inform your CLO by phone; they will consult with Tokyo 2020, or with Host Town authorities if you are at a pre-Games training camp.
[See WHO guidelines on COVID-19 symptoms](#)
- **Quarantining on arrival and for the first three days.** You must quarantine at your accommodation on arrival (the day of arrival is considered day 0) and for the next three days
 - However, as athletes and officials, you will have permission to perform your Games-related activities during these three days, if:
 - You test negative for COVID-19 every day; and
 - You operate under a higher level of supervision by Tokyo 2020, which may involve use of GPS data (subject to your consent) or direct supervision where necessary, to confirm your movements
 - Your other option is to be quarantined at your accommodation on arrival and for the next 14 days
- **If you are attending a Pre-Games Training Camp,** testing implemented by Host Towns is expected to be daily. You will be tested for COVID-19 on arrival at the Olympic and Paralympic Village. The same rules apply to Satellite Villages and other athlete accommodation

SOCIAL

- **Follow the instructions of Tokyo 2020 and your NOC/NPC**, and move as quickly as possible through the airport
 - Do not stop to visit any shops or services, other than the Accreditation Validation Counter
 - Use the Games-specific lanes provided at official airports to minimise contact with others

- **When you arrive at the Olympic and Paralympic Village** (or Satellite Village/ other athlete accommodation)
 - Follow the guidance of your NOC/NPC throughout your stay
 - 'Guidelines on the Olympic Village Period of Stay' and 'Guidelines on the Paralympic Village Period of Stay' are available to NOCs/ NPCs on Tokyo 2020 Connect

- **Use only dedicated Games vehicles** – do not use public transport unless it is the only way to reach remote Games venues. See 'At the Games – Getting around', page 35

- Spend time only with the people identified on the list of regular contacts you provided to your CLO





PARALYMPIC CONSIDERATIONS

If you use a wheelchair or other mobility device that may be handled by another person under certain circumstances (for example, airline staff during travel), regularly disinfect the relevant surfaces with sanitising wipes.

RESIDENTS OF JAPAN

Before the Games

- For those living in Japan*, continue to follow countermeasures already in place
- 14 days prior to your arrival at the Olympic and Paralympic Village** or participation in Games events including official training, additional countermeasures will apply
 - Download the COCOA and OCHA apps. OCHA is scheduled to be released at the end of June. See 'Smartphone applications', page 62
 - Monitor your health. Health monitoring protocols for residents of Japan will be provided separately
 - Minimise your physical contact with others
 - Adhere to countermeasures on public transport
 - Take a COVID-19 test 72 hours before you arrive at the Olympic and Paralympic Village or participate in the Games events, including official training

*This also applies to Games participants with a pre-Games role who have been in Japan for more than 14 days

***Guidelines on the Olympic Village Period of Stay' and 'Guidelines on the Paralympic Village Period of Stay' are available for your NOC/NPC for more information

During the Games

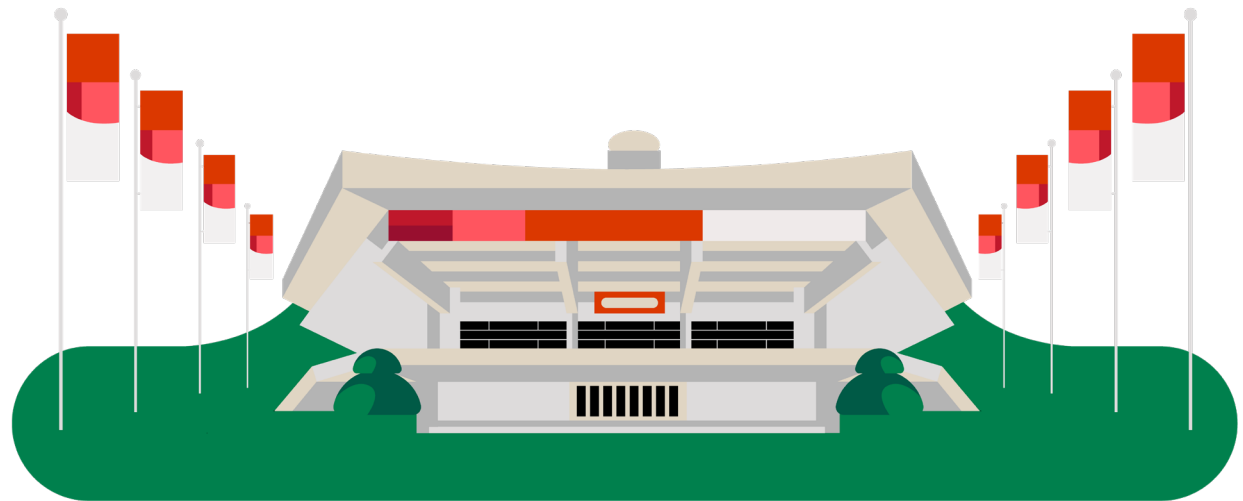
- Follow the rules described in 'At the Games', pages 28-38

AT THE GAMES

Physical distancing and good hygiene measures must be followed throughout your time in Japan, for your own health and safety, and that of all Games participants and the people of Japan. These measures are laid out below and summarised in the principles on pages 5-9. They will be monitored by Tokyo 2020 to ensure compliance.

- **Support from your CLO at the Games**

- Your CLO can help you upload daily health monitoring results
- Your CLO will help ensure you follow the correct procedures for daily testing. They will inform you if the results of a screening test are unclear or positive
- If you have a confirmed positive test or experience any symptoms of COVID-19, immediately inform your CLO, who will take you through the next steps
- If you're unclear about any of the rules, ask your CLO





AT THE GAMES

To enable physical distancing, overall accreditation numbers have been reduced, venue operational plans adapted and access to venues restricted to what is strictly required for operational reasons.

In accordance with the Japanese authorities' requirements, you are responsible for proactively monitoring and reporting your personal health every day via OCHA. Information on health monitoring for residents of Japan will be provided separately.

The comprehensive screening testing regime in place is based on science and expert advice. Testing will be a crucial part of minimising transmission: used for general screening and for those identified as a close contact of a positive case; as well as for diagnosis for those experiencing symptoms of COVID-19.

Further changes may be made in collaboration with the Government of Japan and the TMG, based on the latest situation.

TEST, TRACE AND ISOLATE

- **Proactively monitor your personal health every day** (body temperature and any other COVID-19 symptoms) and report the results on OCHA. For more information, see 'Smartphone applications', page 62
- ⊕ **You will not need a temperature check before entering a Games venue**, as you will be monitoring your health and in principle getting tested for COVID-19 daily
- **Your temperature will be checked before entry to the Olympic and Paralympic Village**
 - If you record a temperature of 37.5°C or higher, after a short break your temperature will be taken again
 - If you still record a temperature of 37.5°C or higher, go to the COVID-19 clinic in the Village for a consultation and inform your CLO
 - Temperature checks will also take place before entry to Satellite Villages and Cycling accommodation



TEST, TRACE AND ISOLATE

• Screening testing process

- In addition to tests taken before departure and on arrival in Japan, you will be tested daily to minimise the risk of undetected positive cases that could transmit the virus
- Your CLO will provide you with detailed information on screening testing, including the time and location for providing and submitting your samples. It is important that you understand this information and comply with the required timings
- Athletes and team officials (who are accompanying athletes) staying in private accommodation must follow the same procedure as those staying in the Village
- If you are attending a pre-Games training camp in Japan or a pre-Games Host Town exchange programme, in principle you will be also tested every day

+ Collecting your saliva sample

- Your CLO will give you saliva containers which have a barcode assigned to identify the samples as yours
- At the designated time, provide your saliva sample under the supervision of your CLO, Deputy CLO, CLO Assistants or one of your peers

- Do not eat, drink, smoke, brush your teeth or use mouthwash within 30 minutes of providing your saliva sample
- Your CLO will submit your sample at a designated location and time agreed with Tokyo 2020 (09:00 or 18:00)
- Sample collection sites for CLOs will be set up in the Olympic and Paralympic Village, Satellite Villages, selected other accommodation managed by Tokyo 2020 and selected competition venues (list will be provided by Tokyo 2020)
- Samples will be transferred to a laboratory for testing. The initial test will be quantitative saliva antigen. If the results of the first test are unclear or positive, a saliva PCR test will be conducted from the same sample of saliva

+ Getting the results

- You will be given a deadline by which your test results will be processed, which will depend on the time of day the test is taken
- The processing time is expected to be 12 hours and the result will be known at a designated time (06:00 and 21:00)

- If you do not receive a notification from your CLO by the designated time, your result was negative
- If the results of the saliva PCR test are also unclear or positive, your CLO will see a notification and inform you
- If you are informed by your CLO, immediately go to the COVID-19 Clinic in the Village, maintaining physical distance from others, to take a follow-up nasopharyngeal PCR test. Wait there for your result (three to five hours)

• Results Advisory Expert Group

- The Results Advisory Expert Group (RAEG) are developing the protocols for interpreting the results of screening tests
- This group may be called upon for analysis of complex cases
- RAEG may also provide expert advice to support the IDCC
- RAEG will provide input in complex cases, including management of close contacts

TEST, TRACE AND ISOLATE

- **If you develop symptoms of COVID-19 during your stay**
 - Contact your CLO immediately for further instructions. [See WHO Symptom Guidance](#)
 - You will be taken to a designated medical care facility and tested for COVID-19. Wait for the results in the designated area
 - If you are at a Games venue, proceed immediately to the medical station of the venue for a medical examination. There will be an isolation space located close to the medical station where you will be temporarily isolated. If necessary, you will be transported to a Games-designated hospital
- **If you have a confirmed positive test for COVID-19 during the Games**
 - Immediately begin isolating and inform your CLO
 - You will either be required to continue isolating or be hospitalised. You will not be allowed to compete/continue your role
 - + - In principle, you will be required to stay at an isolation facility. It will be a general business hotel. A dedicated vehicle will be organised to take you there
 - A solution will be in place for those with accessibility requirements
 - There will be personnel at the facility throughout the day who will monitor your health. Consult with them if you have any concerns
 - Meals will be provided three times a day
 - Free WiFi will be available and you will be able to keep in touch with your CLO and team
 - Your team will be allowed to bring you things. However raw food, alcohol, cigarettes and dangerous objects etc. are prohibited. Smoking and drinking alcohol during your recuperation period will be strictly prohibited
 - You will not be allowed to go outside the hotel
 - The location and length of your isolation period will be determined by the Japanese health authorities, depending on the severity and symptoms of your infection
 - You will be discharged in accordance with the discharge guidelines in Japan
- **CLO response**
 - Your CLO and Tokyo 2020 will work with you to confirm your activities and places you visited, from the two days before your symptoms appeared to when you were tested and started isolating. They will help identify close contacts in that period
 - They will consult with the Japanese health authorities (including the local municipalities' health authorities) and Tokyo 2020 to determine further measures, such as disinfection of specific areas

TEST, TRACE AND ISOLATE

- **If you are a close contact of someone with a confirmed positive test**

- Close contacts are those who have prolonged contact (for 15 minutes or more) with a person who has a confirmed positive COVID-19 test, within one metre, without wearing a face mask, from the two days before the person's symptoms appeared to when they were tested and started isolating. This is particularly applicable when such contact happens in enclosed spaces, such as hotel rooms or vehicles
- Close contact cases will be confirmed by the Japanese health authorities based on information provided by you, your organisation and Tokyo 2020
- The decision on applicable measures will be made on a case-by-case basis and will take into consideration the likelihood of you spreading the virus

To be allowed to compete and/or continue your role, you will need:

- A negative daily nasopharyngeal PCR test result, for a period to be decided by the RAEG
- A positive assessment of your medical situation by the RAEG, which may take into account medical history, confirmed by the Japanese health authorities
- Agreement from your IF
- If you are allowed to compete, enhanced countermeasures may be required, including further minimising contact with others, moving to a private room, eating meals alone, using dedicated vehicles, or separation during training and at your competition venue

SOCIAL

- **Limit your contact with other people as much as possible**
 - Only spend time with the people identified on the list of regular contacts you gave to your CLO. Update the list if necessary
- **Keep a distance of two metres from others**
 - There may be times when the distance between athletes and others is less than two metres, for example on the Field of Play (FOP) and in preparation areas. Tokyo 2020, IOC/IPC and the IFs will implement the necessary countermeasures
- **Keep physical interactions with others to a minimum.** Avoid unnecessary forms of contact such as hugs, high-fives and handshakes
- **Avoid enclosed spaces and crowds wherever possible**
 - Avoid staying an unnecessarily long time in a space. Refrain from talking in constrained areas such as elevators
- **Eat meals keeping two metres away from others** unless instructed otherwise, or eat by yourself, keeping contacts to a minimum. See 'Eating at the Olympic and Paralympic Village,' page 56
- **Olympic and Paralympic Village access** is restricted as follows:
 - Members of the NOC/NPC delegation will be granted access, dependent on accreditation privileges
 - Access will only be allowed for those with operational reasons, in agreement with Tokyo 2020 and the IOC/IPC
- Anti-doping procedures will operate in accordance with international standards, health and safety measures, and WADA guidelines, under the management of the International Testing Agency for the Olympic Games and the IPC for the Paralympic Games

SOCIAL

Where you can go, what you can do

- You will not have access to ticketed spectator areas of venues. Seating in accredited areas such as Same Discipline Athlete (SDA) seating is allowed
 - In the SDA seats, wear a mask and avoid shouting, cheering and singing – find other ways to show support or celebrate during competition, such as clapping
- **Follow only the activities you have outlined in your Activity Plan**
 - You must only leave your accommodation to go to official Games venues and limited additional locations that you have outlined in your Activity Plan, as defined by the list of permitted destinations. Permitted destinations are those that are critical for the Games and will have COVID-19 countermeasures in place
 - Minimise contact that is within one metre* with Games participants who have been in Japan for more than 14 days, and with residents of Japan
 - Wear a face mask at all times

- You must not use public transport
- You must not walk around the city and visit tourist areas, shops, restaurants or bars, gyms, etc.

*Two metres for athletes

Getting around

- **You must not use public transport.** If your accreditation gives you access to dedicated Games vehicles (TA service), use these when travelling to permitted destinations
- ⊕ - If you do not have access to dedicated Games vehicles, or if any of your permitted destinations are not serviced by Games vehicles, use the Transport by Chartered Taxi (TCT) service
 - The TCT service is available from 17 June to 8 September
 - Tokyo 2020, to a certain limit, will bear the cost of journeys made from 9 July (when you would otherwise have free public transport), by providing vouchers for travel
 - Bookings are made through the TCT call centre

- Travel will only be allowed between places on the list of permitted destinations. For more information, see the TCT Service User's Guide
- All dedicated Games vehicles will operate following official Japanese hygiene protocols. They will have:
 - Mandatory face mask wearing, thorough hand sanitising and refraining from conversation
 - Measures to enable as much physical distancing as possible between passengers, depending on the vehicle
 - A partition between the driver's seat and passenger seats
 - Constant ventilation, through air conditioning
- If you have to travel by air or bullet train to a venue in a remote city, you may do so on a limited basis for operational reasons. Tokyo 2020 will provide information on available flights and bullet trains
 - Tokyo 2020 will manage reservations in collaboration with respective operators to ensure there is appropriate space between you and other passengers. You may be required to take a COVID-19 test the day before or on the day of boarding

SOCIAL

+ Self-arranged vehicles must comply with the relevant COVID-19 countermeasures at all times

- You can travel using a self-arranged vehicle strictly under the following conditions:
 - Vehicle rental procedures must be carried out by a participant who has been in Japan for at least 15 days or a Japanese resident, in order to avoid close contact with Japanese residents
 - Follow the same countermeasures as the Games vehicles provided by Tokyo 2020, see page 35
 - The person in charge of the relevant Tokyo 2020 department will accompany you inside the vehicle or follow the vehicle
 - If that is not possible, Tokyo 2020 requires a written pledge from the parties concerned and may track the stakeholders using GPS (subject to consent). More detailed guidance will be issued by 21 June to your NOC/NPC
- After the first 14 days, you are allowed to use self-arranged vehicles without having to apply any additional measures

Places to eat

- If you are staying at the Village, eat there, at Games venues or at other permitted destinations
- Physical distancing and sanitary measures will need to be respected at all dining facilities within the Villages and venues. See 'Eating at the Olympic and Paralympic Village', page 56
- **If you are staying outside the Olympic and Paralympic Village**, as there is an increased risk of infection when eating meals with others, you should eat alone as much as possible and especially avoid eating meals with Games participants who have been in Japan for more than 14 days, and residents of Japan
 - You must only eat in one of the following places, where COVID-19 countermeasures are in place:
 - Dining facilities at Games venues (as the preferred option)
 - Your accommodation's restaurant
 - Your room, using room service or food delivery
 - Tokyo 2020 will require hotels to provide enhanced room service and grab and go options

- Additional rules may apply to your sport/role and at certain locations. See 'Sport countermeasures', page 50
- **Additional rules will apply for Opening and Closing Ceremonies.** These will be developed by Tokyo 2020 and the IOC/IPC
 - Victory Ceremonies with medal presentations will take place at the competition venues. Athletes and presenters will be required to wear a mask. Other specific information will be communicated closer to the Games

THINK HYGIENE

- **Wear a face mask at all times**, except when training, competing, eating, drinking, sleeping or during interviews
 - During fitness training in the Olympic and Paralympic Village, for example at the fitness centre, you will be required to wear a face mask
- **If you feel you are at risk of heatstroke**, you may remove your mask when you are outside and able to keep two metres apart from others. [See WHO guidance on wearing a mask](#)
 - Clean your hands before putting on and after taking off your mask and avoid touching your eyes, nose and mouth. If possible, wash your hands with soap and warm water for at least 30 seconds. Otherwise use hand sanitiser
 - Replace masks as soon as they become damp and wash them daily
 - Face shields are not an acceptable alternative to a mask. They should only be used to prevent infection of the eye area. If you have a concern about the mask requirement due to a medical condition, please contact your CLO. See 'Paralympic considerations', page 38, for other exceptions for wearing a mask
- Wash your hands regularly and thoroughly for at least 30 seconds, ideally using soap and warm water. Otherwise use hand sanitiser
- Avoid shouting, cheering and singing – find other ways to show support or celebrate during competition, such as clapping
- Ventilate rooms regularly where possible – at least every 30 minutes and for a period of several minutes each time
- Avoid sharing items wherever possible. Always disinfect items that have been used previously by someone else
- After eating, use a sanitising wipe provided to clean your table and seating area
- Respect the rules displayed in venues and accommodation facilities, where enhanced cleaning protocols and hygiene countermeasures will be in place

PARALYMPIC CONSIDERATIONS

- The restriction of keeping two metres' distance from others will be waived for those in need of additional support, who can receive assistance from another member of their immediate circle
 - Masks should be worn at all times when providing assistance to others
 - Once aid has been given, sanitise your hands and go back to maintaining a physical distance of at least two metres from others
 - You should still try to keep physical contact to a minimum when possible
- You may temporarily remove your mask if you are speaking or providing assistance to someone who relies on lip reading, clear sound and/or facial expressions to communicate. You should stay at a distance of minimum two metres and should put your mask back on as soon as possible
- If you use a wheelchair or other mobility device that may be handled by another person under certain circumstances (for example drivers), regularly disinfect the relevant surfaces with sanitising wipes
- Isolation facilities for Para athletes and team officials who test positive for COVID-19 but are asymptomatic (i.e. not requiring immediate hospitalisation) will be confirmed shortly. Accessibility requirements, as well as access for Para athletes and team officials who require additional support, are being considered and will be addressed
- For some sports (such as Para Cycling and Football 5-a-side), it will be critical for pilots and coaches to shout to communicate with vision impaired athletes during competition. In those specific circumstances, shouting will be permitted, whilst wearing a mask and respecting physical distancing

LEAVING JAPAN

The length of your stay is to be minimised to reduce the risk of infection and help ensure a safe and successful Games.

You should continue to follow the Playbook and any instruction or requirement from the Japanese authorities – including hygiene and distancing rules – throughout your departure and until you reach your destination.

- **Support from your CLO when leaving Japan**
 - Your CLO can help confirm any COVID-19 requirements for international travel or entry into your destination country



TEST, TRACE AND ISOLATE

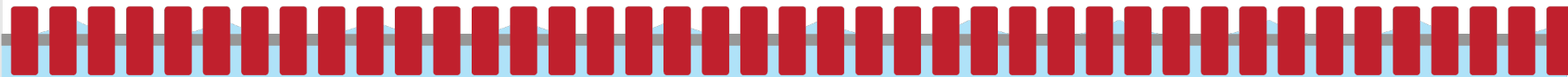
- Follow the instructions of your NOC/NPC regarding your departure from the Olympic and Paralympic Village. Athletes and sport-specific team officials must depart no more than 48 hours after the completion of their competition or when they are eliminated (whichever is sooner). For details, see 'Guidelines on the Olympic Village Period of Stay' and 'Guidelines on the Paralympic Village Period of Stay'
- If you are attending a post-Games Host Town exchange programme, please consult with the municipality in charge of accepting athletes
- Make sure you know the latest entry requirements for your destination country, as well as any countries you will pass through in transit
 - Information on how to get a test certificate if required for international travel or entry to your destination will be available by the end of June
- Travel to the airport using designated Games vehicles
- When you arrive at your destination, follow local COVID-19 regulations, including any need to quarantine on arrival
- Continue to monitor your health and check your temperature for 14 days after leaving Japan (or, for residents of Japan, finishing your Games role). If you have any COVID-19 symptoms, inform your CLO

PARALYMPIC CONSIDERATIONS

- Any Games participant staying in Tokyo and Japan after the close of the Olympic Games to participate in the Paralympic Games will have to continue following the rules and behaviours outlined in this Playbook
- You are not required to exit Japan and re-enter the country for the Paralympic Games, but you are allowed to do so



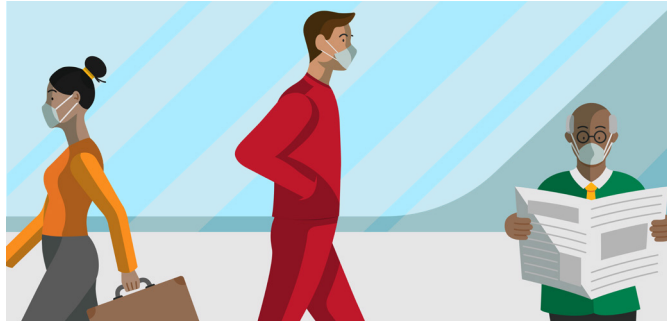
FURTHER INFORMATION



BEFORE YOU TRAVEL



This is Juan – a Spanish basketball player. He's due to travel to Japan on the afternoon of 19 July, to have a few days to acclimatise.



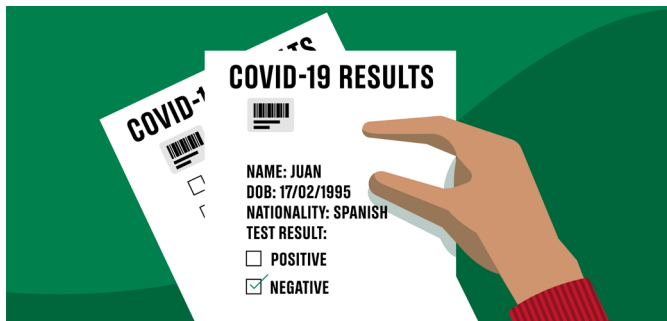
He has to get two COVID-19 tests done on two separate days within 96 hours of his departure. He's been really careful with who he's been seeing and is monitoring his health daily for the 14 days before his flight. He's confident that there will be nothing to worry about.



It's 17:00 on 15 July and Juan goes to get a COVID-19 test from an approved provider near his home. He'll check with the provider that the test certificate will have all the necessary information and will arrive in time.



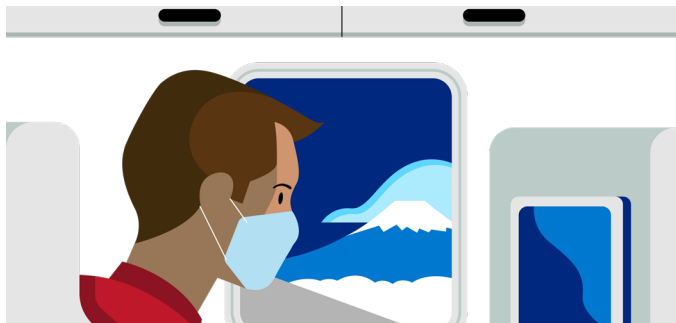
It's 10:00 on 17 July. His test came back negative* yesterday, which is great news. He's now on his way to get another test, so he'll have two valid test certificates before he travels on 19 July.



It's 09:00 on 19 July. Both Juan's tests were negative. He's got the certificates and is getting ready for his flight this afternoon. He's charging his phone, installing the necessary apps (OCHA and COCOA) and putting all documents needed for arrival in Japan in his hand luggage. He's uploaded a PDF certificate from the negative test taken within 72 hours of his departure onto OCHA.

*If your test is positive, begin self-isolation in line with local rules and contact your CLO immediately to discuss next steps.

ENTERING JAPAN*



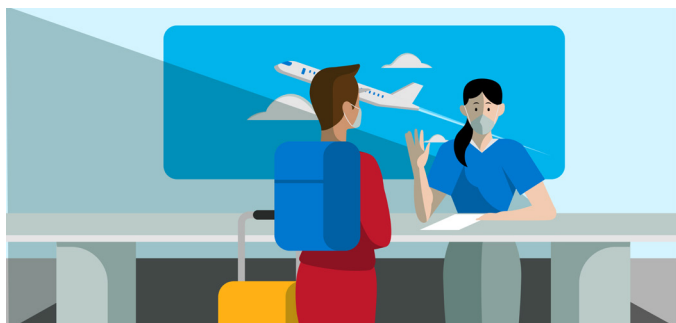
It's 10:00 on 20 July. Juan's just arrived at Haneda in Tokyo and is about to disembark the plane. He has all his documentation and his mobile phone is turned on and ready to show to Japanese authorities.



He has to show his COVID-19 documentation – including his negative test results and other necessary documents – to the Quarantine Officer as soon as he gets off the plane and goes for his COVID-19 test.



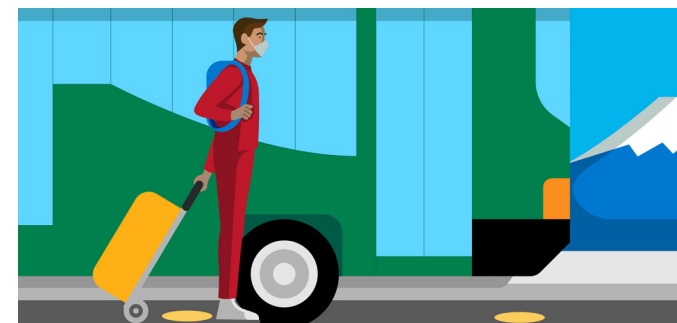
Juan has a COVID-19 test at the airport. His results will be processed while he goes through immigration and collects his bags and sports equipment.



He validates his PVC and goes to show his necessary documents at immigration. Then he'll get his bags and sports equipment and wait in the airport for his test results.



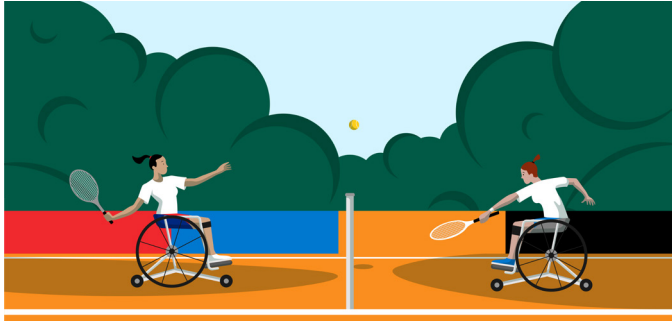
Juan's just been notified that his test was negative. All necessary documents are confirmed by the Quarantine Officer. He'll now move to the Olympic Village transport load zone.



Juan goes to board one of the TA buses (where physical distancing will be respected) to the Olympic Village, ready for his Games to begin.

*Please note, the sequence at the airport may change during peak arrival periods.

SCREENING TESTING



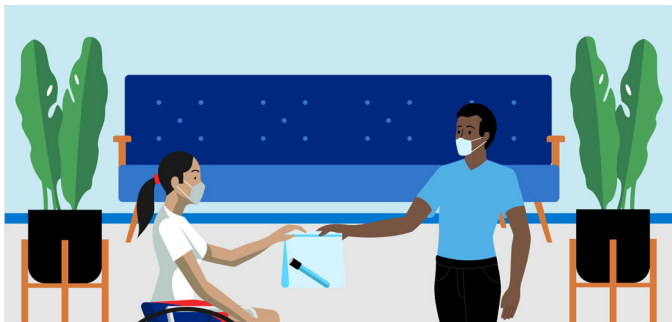
Meet Lauren – a wheelchair tennis player staying in the Paralympic Village.



It's the morning of 29 August. Lauren had early training this morning and now she's on her way back to her room where she will provide her daily saliva sample in a container provided to her by her CLO.



Lauren is providing a saliva sample that will be used for a quantitative saliva antigen test. As she needs to be supervised, she's asked her CLO assistant to be with her. The saliva container has a barcode assigned to identify the sample as hers. Her CLO has reminded her not to eat, drink, smoke, brush her teeth or use mouthwash within 30 minutes of her test, to avoid inaccuracy in the results.

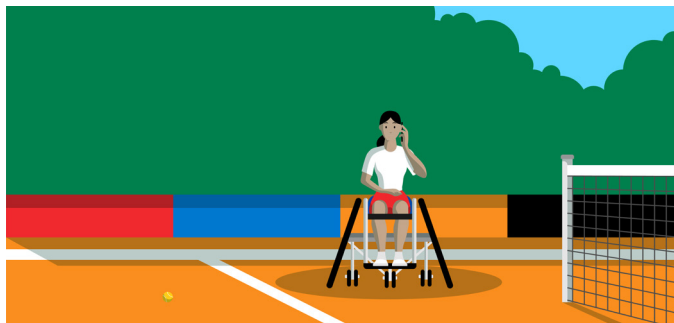


Lauren submits her sample to her CLO. Her CLO will submit her sample at a designated location and time agreed with Tokyo 2020.



Lauren will only be notified by her CLO if her test result is unclear or positive – she'll find out within 12 hours of her CLO submitting her sample. If this is the case, she'll be required to do a confirmatory nasopharyngeal PCR test. She'll carry on with her planned schedule for the day but will keep an eye on her phone just in case.

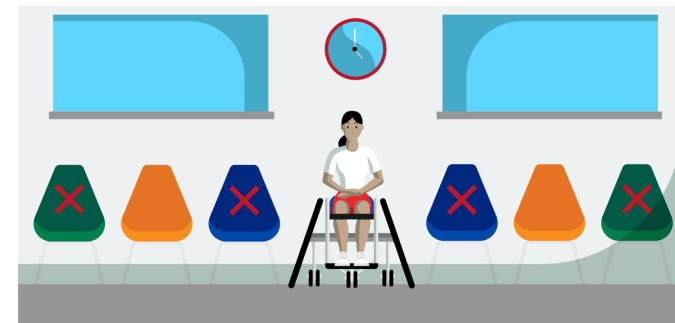
POSITIVE RESULT



Later that afternoon, Lauren's practising on court. She's received a call from her CLO that her regular screening test has come back positive. She works with her CLO to confirm locations visited in the past two days and identify potential close contacts.



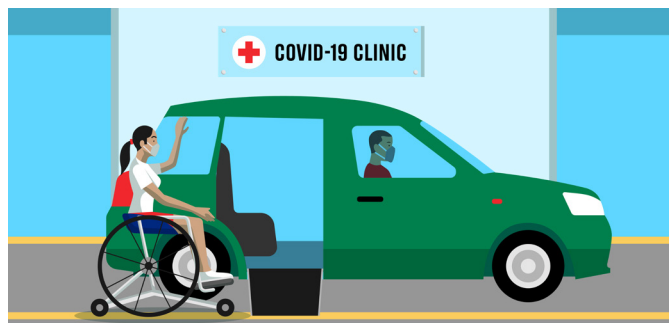
She goes straight to the COVID-19 Clinic in the Paralympic Village for a confirmatory PCR test. She's spoken to her CLO and they've organised dedicated transport to take her safely to the clinic.



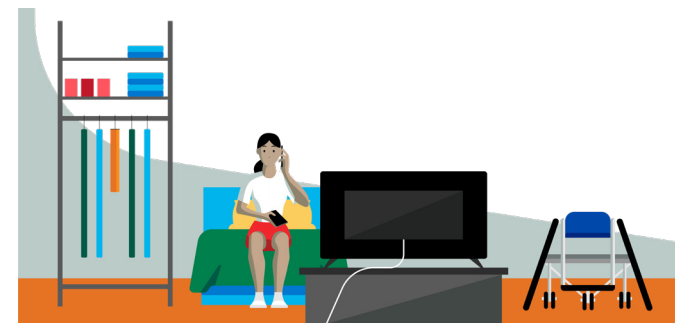
Lauren's just had the confirmatory nasopharyngeal PCR test and she's now waiting in the COVID-19 Clinic for the results. They should be ready in three to five hours.



The confirmatory test has come back positive. Lauren's really disappointed, but she knows she needs to protect the other athletes. She'll now go to an isolation facility outside of the Village, as per her CLO's instructions.



Tokyo 2020 has organised for dedicated transport to take her to the facility. She's worried, but her CLO is in constant contact, they have told her that the personnel at the facility speak English, and they're arranging for her things to be taken (clothes, toiletries, etc.) to the facility.



Lauren's CLO will work with the Japanese health authorities to determine how long she'll need to stay in isolation. She's reassured that she'll be comfortable and there is free wifi so she'll be able to keep in touch with her CLO, team and family and friends.

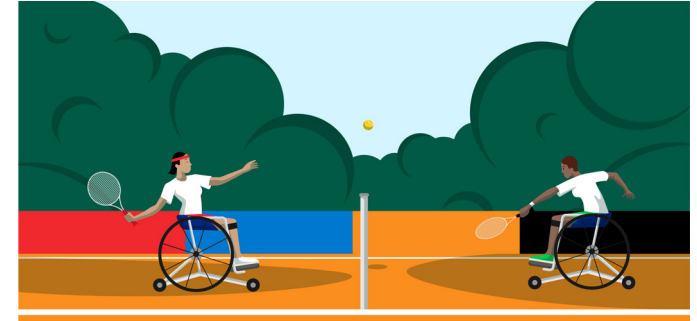
BEING A POTENTIAL CLOSE CONTACT



This is Andrea. She's another wheelchair tennis player participating in the competition. It's 14:00 on 29 August. Since she played tennis against Lauren yesterday afternoon, her CLO called to say she's potentially one of Lauren's close contacts. If she's confirmed as a close contact, she'll need to take a confirmatory nasopharyngeal PCR test at the COVID-19 Clinic.



Andrea was told by her CLO that she will be contacted by the Japanese health authorities. They contacted her and asked her some questions over the phone (how long she was with Lauren, whether she was wearing a mask, etc.).

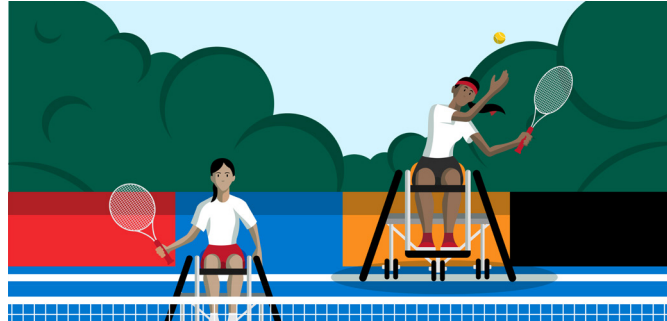


After confirming with the Japanese health authorities, Andrea's CLO told her that because she'd stayed far away from Lauren during competition, she isn't considered a close contact. She returns to her competition schedule and will continue with her regular screening tests tomorrow as planned.

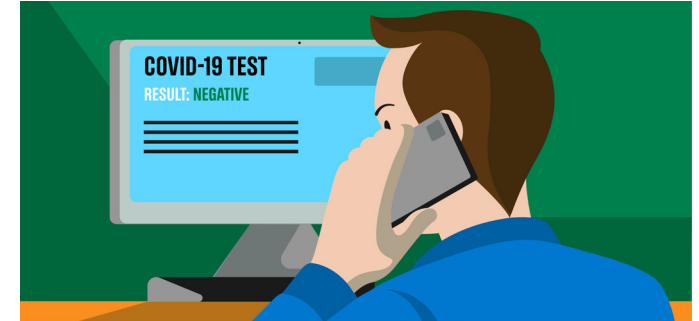
BEING A CONFIRMED CLOSE CONTACT



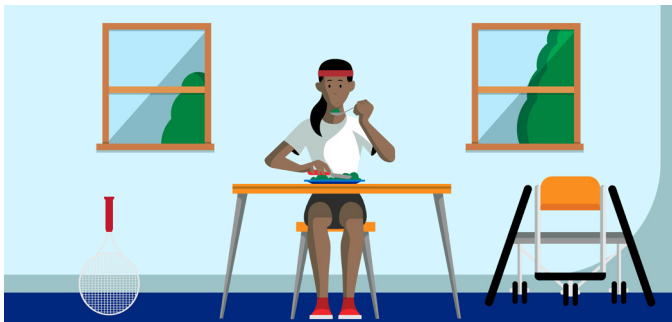
This is Priya, another tennis player competing in the Games. It's 14:00 on 29 August. She's also been playing tennis with Lauren in training over the past few days.



Priya's CLO called to say she's potentially one of Lauren's close contacts and that she will be contacted by the Japanese Health Authorities. After a discussion about how long she spent with Lauren, how close they were, etc, Priya is confirmed as a close contact.



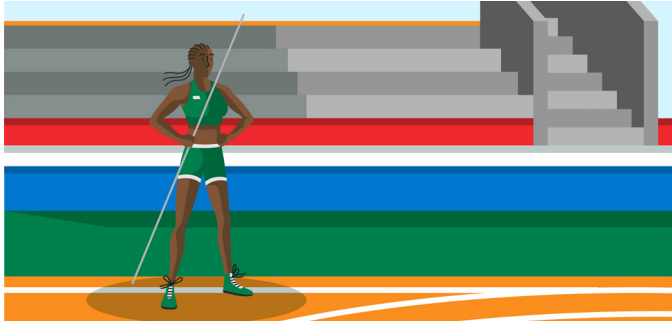
As a result, Priya went to get her confirmatory nasopharyngeal PCR test at the COVID-19 Clinic. They told her the results were negative. Her CLO is informed of the result and will help with next steps.



Priya's case will be reviewed* to assess the likelihood of spreading the virus. To return to competition, she'll need to follow enhanced countermeasures, including daily negative nasopharyngeal PCR test results and further minimising contact with others, for example moving to a private room, eating meals alone, using dedicated vehicles and separation during training.

*Please note that close contact cases will be considered on an individual basis by the RAEG under the confirmation of the Japanese health authorities. The respective IF will also need to be in agreement with the decision.

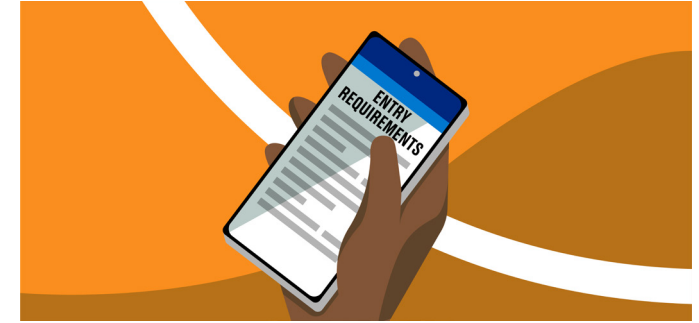
LEAVING JAPAN



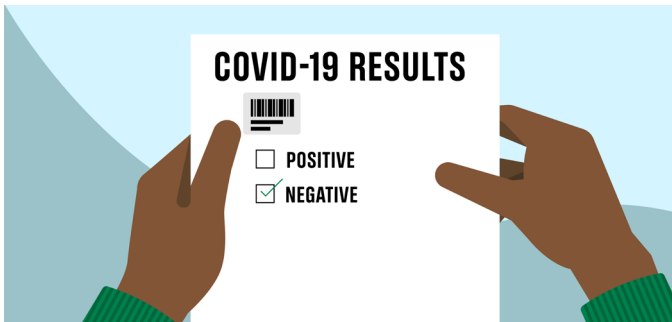
This is Aisha, competing in the Games in Athletics. It's 22:00 on 6 August. She's just finished her final event and is due to leave Japan within 48 hours. She's been speaking to her CLO to help her organise her departure.



To fly back to Nigeria, Aisha needs to have evidence of a negative COVID-19 test. It's the morning of 7 August and she's on her way to have her test*.



She's been keeping an eye on the entry requirements at home, in case she has to take any additional measures when she arrives, such as quarantining. Her CLO is also fully up to speed on this and is keeping her updated.



Aisha's received the results from the test and it's negative – so she's all ready to go home tomorrow. Importantly, she has the test certificate that she needs to show to board the flight home.



At the airport, she's shown the necessary documents at the airline check-in desk and to border control staff. Everything's in order and she goes to board her flight, reflecting on a truly memorable Games.

*COVID-19 test certificate entry requirements vary from country to country. Please ensure you are up to date with the entry requirements for the country(ies) you will be travelling to. Information on how to get a test certificate will be available by the end of June.

SPORT COUNTERMEASURES

In addition to the Playbook principles, the following applies to sport operations at the Olympic and Paralympic Games Tokyo 2020. Details of sport-specific adaptations are being developed by Tokyo 2020 and the IOC/IPC in collaboration with the respective International Federations. Further information will be available within individual sport publications, including the 'Team Leaders Guide.'

Overall principles

- To enable physical distancing, overall accreditation numbers have been reduced, venue operational plans adapted and access to venues restricted to what is strictly required for operational reasons
- Venue and area layouts will also be designed to support physical distancing, along with the use of transparent acrylic screens where needed to help prevent transmission
- Please bear this in mind when deciding whether it's necessary to access a venue or a specific area within a venue and aim to keep your stay as short as possible
- In general, all equipment must be disinfected between uses and users must disinfect their hands before and after use

- Items such as towels and drinking bottles must not be shared
- Masks must be worn by athletes when receiving a notification for doping control

Olympic and Paralympic Village

Sport Information Centre (SIC)

- Floor markings will be used to help with physical distancing
- Transparent acrylic panels will be installed at the desks
- Some services such as training bookings may be provided online or at competition venues only
- Printing documents is not recommended. If you do need to print something, avoid sharing documents with others unnecessarily

Gym

- Disinfect equipment before and after use
- Athletes are required to wear a mask during fitness training in the Olympic and Paralympic Village

Pre-competition

Sport-specific activities such as draws, equipment inspections and weigh ins

- Activities will be held online or in open air spaces where possible
- When neither solution is available, such meetings will be held in a room with a limited number of participants to ensure physical distancing, and with appropriate ventilation

SPORT COUNTERMEASURES

Athlete preparation areas

Sport Information Desk (SID)

- Floor markings will be used to help with physical distancing
- Transparent acrylic panels will be installed at the desks
- Some services such as training bookings may be provided online or at competition venues only
- Printing documents is not recommended. If you do need to print something, avoid sharing documents with others unnecessarily

Physio areas

- Disinfect equipment before and after use
- Physios should use hand sanitiser before and after any contact with an athlete

Ice and ice baths

- Disinfect your hands before using ice
- When using the ice baths, keep a safe distance from others and use them one at a time or in small groups, avoiding facing each other

Towels

- Towels must not be shared and must be placed in a collection box after use

Changing rooms

- Physical distance must be maintained when showering and changing, which may mean waiting if the area is busy
- If possible, use facilities at the Olympic and Paralympic Village instead of at the venue

Warm up and athlete call areas

- Athletes can remove their face mask during their warm up
- An exception to the two-metre distancing rule from athletes will be made during warm up if required, for athletes and/or team officials to fulfil their role

Athlete and technical official lounges

- Entry to the lounges will be strictly restricted to those with access privileges and a purpose to be there
- Transparent acrylic panels will be placed on the tables if physical distancing cannot be respected, if necessary to enable people to fulfil their role

- Shields will be installed in food display areas to reduce the risk of droplet exposure
- Where possible, food and drink will be served by staff. Otherwise, disposable utensils to move the food and gloves will be provided
- Communal items with many users, for example beverage dispensers, will be frequently disinfected

Repair services

- Technicians should disinfect equipment before returning it to the athlete

During competition

Operational personnel on or by the Field of Play

- If it is not possible to ensure suitable physical distancing, alternative countermeasures will be in place, such as installing transparent acrylic panels
- This applies to all operational personnel on or around the FoP, such as Technical Officials and equipment technicians
- Exceptions may be made

SPORT COUNTERMEASURES

Athlete seating areas on or by the Field of Play

- Wear a face mask at all times
- Physical distancing between athletes on team benches will not be required
- All others must keep two metres from athletes if possible

Sport presentation

- The wearing of masks by personnel involved with sports presentation, such as performers and announcers, will be treated on a case-by-case basis
- Announcers and interviewers must keep a distance of two metres from athletes and avoid contact at all times
- Equipment such as headsets and microphones must not be shared and must be disinfected after use
- PA equipment will be disinfected regularly if shared between people

After competition

Mixed zone and press conference

RHB

- The use of a boom microphone (a microphone attached to a pole) will be mandatory, in order to ensure the two-metre distance between athletes and interviewers is maintained
- The floor of the mixed zone will be marked at all venues to ensure physical distancing: Athlete position < two-metres > interview position
- Interviews with athletes should last no more than 90 seconds

Press and Broadcast

- All interviewers must wear a mask. Athletes can remove their mask for the interview

Press conferences

- Press conferences will be streamed live, with questioning via a dedicated platform

In addition to the mixed zone and press conference room, athlete interviews will be allowed in the IBC, RHB studios, standup positions, MPC and the Olympic and Paralympic Village Plaza. Please refer to the Broadcaster and Press Playbook for additional details.

Victory Ceremonies

- Victory Ceremonies with presentation of the medals will take place at the competition venues. Athletes and presenters will be required to wear a mask. Other specific information will be communicated closer to the Games

VENUE COUNTERMEASURES

In addition to the Playbook principles, the following applies to venue operations at the Olympic and Paralympic Games Tokyo 2020. Details of venue-specific adaptations are being developed by Tokyo 2020 and the IOC/IPC. Any further information will be available within individual venue operating plans.

Physical distancing

- **Separation of flows between athletes and others**
 - Athlete flows will be organised so that they do not cross with others unless unavoidable for operational purposes, in which case additional countermeasures will be in place, such as managed crossings
- **Ensuring physical distancing:**
 - Maintain the standard Playbook physical distancing rule of at least two metres from athletes and one metre from others. Where this is not possible, for example in elevators, capacities will be limited and conversation prohibited
 - Workforce will be trained in managing the movement of people, including guiding and providing directions. They will be positioned in areas where people are likely to gather – including

any waiting lines – for example at Pedestrian Screening Areas (PSAs), temperature check areas, concourses, toilets, concessions, seating bowl entrances, and venue entrances and exits.

They will count people going in and out, so that venues do not exceed maximum capacities

- Signage will be installed in all necessary places, including distance markers on the ground
- Droplet prevention measures (dividers/splash guards) will be installed in areas as an additional measure where physical distancing cannot be easily ensured (for example, food and beverage concessions, check-in areas, counters, work areas)
- **Wearing of face masks**
 - Masks must be worn at all times, in all locations of venues, with the exception of training, competing, eating, drinking or during interviews in Tokyo
 - Masks may be removed when eating or drinking but must be promptly replaced when finished

Cleaning and sanitisation

- **Installation of hand sanitisers**
 - Hand sanitiser will be available at numerous points throughout each venue, including every entrance/exit, rooms where medical treatment is performed, dining areas, toilets, mixed zone, press desks and commentary positions, seating bowl staircases, concourses, work rooms, sports information desks, ice and towel distribution points, changing rooms, athlete warm up and call areas and gyms
 - Hand sanitiser will be made available to spectators in all general public areas, such as PSAs and concourses
 - Hand sanitiser will be accessible for individuals with different types of impairment

VENUE COUNTERMEASURES

- **Disinfection operations**

- Doorknobs, switch panels, handrails, desks, elevator buttons, eating surfaces and other areas where high frequency contact is expected will be disinfected regularly
- You should disinfect items such as tables after eating and shared equipment (such as microphones, sports equipment, physio beds) before and after use

- **Signage and announcements**

- Comprehensive dedicated signage (including pictograms) will be installed to support and enforce the respect of countermeasures (mask wearing, physical distancing, hygiene, disinfection, behaviour in the seating bowl, etc). This will include appropriate accessible signage for visually impaired people
- Messaging will also be delivered via public address and videoboards

Venue entrance: PSA & Vehicle Screening Area (VSA) Operations – Temperature check procedure

- **Temperature checks when entering a venue**

- All stakeholders except athletes and officials will have their temperature checked before entering a venue
- The first temperature check area will be in front of the entrance of each venue, before the PSA or VSA. Temperature will be checked by thermography or non-contact thermometer
 - If the temperature taken is 37.5°C or higher, it will be taken again with a non-contact thermometer
 - If the temperature again measures 37.5°C or higher, you will move to the secondary temperature check area
- In the secondary temperature check area, after a short rest, your temperature will be checked again, twice maximum, measured with a contact or noncontact thermometer
 - If your temperature is 37.5°C or higher, you will not be allowed to enter the venue
 - The location of each temperature check area may be different for each venue

- **Isolation spaces**

- There will be an isolation space at each venue, located close to the relevant medical station
- If you have a fever, other COVID-19 symptoms or any symptoms of illness, you will be temporarily isolated in this space

VENUE COUNTERMEASURES

- **Food and beverage operations**

Be extra vigilant when eating and drinking, when the risk of infection is high. Additional measures in the food and beverage areas (concessions and concourses, seating bowl areas, lounges, workforce dining, accredited stakeholders dining areas, etc.) will include:

- Droplet-prevention measures (for example, dividers/splash guards)
- Hand sanitiser dispensers at the entrance and reception
- Regular disinfection and cleaning of tables
- Signage, for example, rules for washing hands, wearing masks etc.
- Disinfection of water dispensers and microwaves
- Floor markings in waiting line areas (at least one metre physical distancing)
- Ventilation of the area
- Workforce wearing gloves
- Hand-washing soap (pump type)
- Eating outside the dining area whenever possible, to avoid 3Cs (crowded places, close-contact settings, confined and enclosed spaces)

EATING AT THE OLYMPIC AND PARALYMPIC VILLAGE

In addition to the Playbook principles, the following applies to the Olympic and Paralympic Village Main Dining Hall. Further details are being developed by Tokyo 2020 and the IOC/IPC to be shared with NOCs/NPCs.

Avoiding congestion at the Main Dining Hall

- Menus will be made available in advance via a smartphone app
- Congestion levels on each floor will be communicated regularly via the app
- Diners should keep mealtimes as short as possible and leave as soon as they have finished eating
- Breakfast will also be offered at
 - Casual dining: ‘Menus of the World’ corner in Main Dining, from 06:00-10:00
 - Grab and Go stations: With a variety of food and beverage options
- Athletes and team officials who are not competing on a given day should adjust their dining times to avoid busy periods
- Seating capacity will be limited to allow for physical distancing – for example, a table for six will be adjusted to seat four people

- Delivery service to the Olympic and Paralympic Village is being considered. Details will be shared by the time the Village opens
- If you're staying at a Satellite Village or Cycling Accommodation, please eat at one of the following locations*, where COVID-19 countermeasures will be in place:
 - Dining areas etc. at competition venues
 - Dedicated dining areas at your accommodation
- In principle, please use the dining area in the venue if you stay the Groom's Accommodation*

*The use of room service and delivery services will depend on the situation of each accommodation facility. Details will be shared when you enter the Village or your accommodation

Measures at food and beverage stations

- Hand sanitisers will be installed in key areas, including entrances, exits and near service lines. Staff and signage will be used to remind diners (and staff) to disinfect their hands

- Signage and floor markings will be used to help ensure physical distancing is maintained in waiting lines
- When serving food, staff will be required to wear masks, use gloves and maintain their distance as much as possible
- Clear plastic dividers will be used in places where physical distancing will be more difficult (for example, serving stations)
- Shared objects and frequently touched surfaces will be disinfected regularly by staff
- Thorough ventilation will be in operation to increase air circulation



EATING AT THE OLYMPIC AND PARALYMPIC VILLAGE

Athletes and team officials will be asked to:

- Wear a face mask at all times, except when eating and drinking
- Disinfect their hands regularly when entering and leaving, and before taking food and eating, using hand sanitisers provided
- When waiting in line, keep at least one metre* from the person in front, as indicated by floor markings
- After eating, use a sanitising wipe provided to clean your table and seating area. This is in addition to the full cleaning which will be performed by staff

*Two metres for athletes

GOVERNANCE FOR COVID-19 RELATED MATTERS - ROLE OUTLINE

During the Games, COVID-19 Liaison Officers (CLOs) will be supported by an ecosystem of specialised teams from Tokyo2020 and the IOC/IPC, with direct access to public health authorities. The key support bodies will be:

Tokyo 2020 Functional Areas for Stakeholder groups

- Functional teams from Tokyo 2020, such as Medical, Venues, etc. who will provide primary support to CLOs for all COVID-19 related matters

ICSU (IOC/IPC COVID-19 Support Unit)

- The ICSU will provide additional support to CLOs for COVID-19 related matters

Both the Tokyo 2020 Functional Areas for Stakeholder groups and ICSU will feed into and coordinate with:

The Tokyo 2020 IDCC (Infectious Disease Control Centre)

- The IDCC will be a central hub for information and management of all COVID-19 matters, including public health surveillance, screening testing, case management and incident response

RAEG (Results Advisory Expert Group)

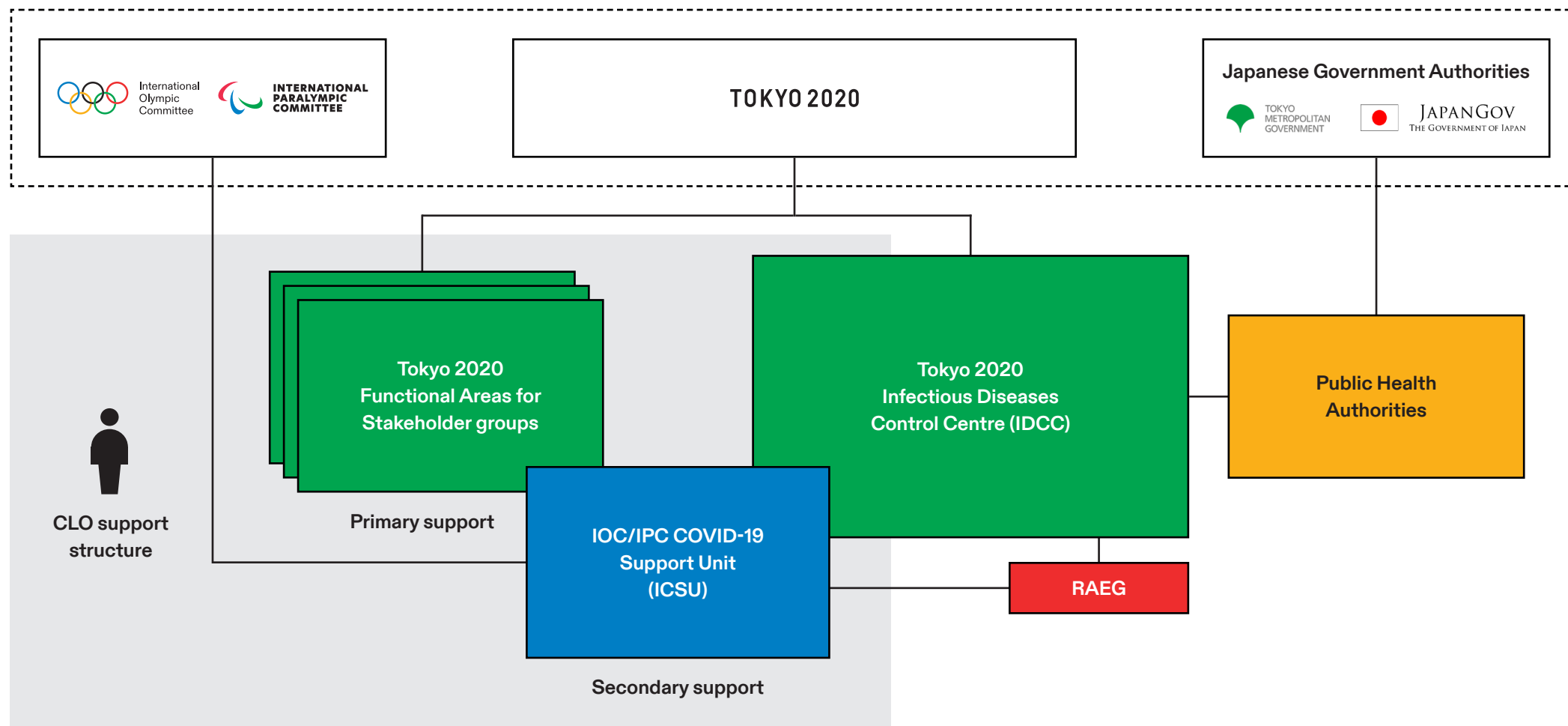
- The RAEG will provide case assessment and protocols for complex cases, as well as guidance on the early management of potential close contacts of confirmed COVID-19 cases, based on the screening testing plan that will be implemented at the Games

Public health authorities in Japan

- Public health authorities will manage confirmed COVID-19 cases and close contacts, and with Tokyo 2020 to coordinate treatment and/or isolation of confirmed cases

GOVERNANCE FOR COVID-19 RELATED MATTERS - STRUCTURE

All Partners Taskforce



TESTING OVERVIEW

Testing for COVID-19 is a key countermeasure at the centre of delivering a safe Games. This page provides an overview of the testing processes that will take place at each stage of a participant's journey.

Before you travel	Entering Japan	At the Games	Leaving Japan
<ul style="list-style-type: none"> Two COVID-19 tests are taken on two separate days within 96 hours of the departure of your flight to Japan 	<p>At the airport</p> <ul style="list-style-type: none"> On arrival, quantitative saliva antigen test is conducted <ul style="list-style-type: none"> If positive or unclear, further tests will be performed using the same sample to verify your results <p>On entering Japan</p> <ul style="list-style-type: none"> All overseas Games participants are tested daily with quantitative saliva antigen or saliva PCR tests (depending on role) for the first three days Daily testing for the first three days is also conducted at pre-Games training camps/host towns, if relevant 	<p>Athletes and Officials</p> <ol style="list-style-type: none"> Daily screening testing with quantitative saliva antigen test. If positive, followed by saliva PCR from same sample <ul style="list-style-type: none"> Results within 12 hours If positive or inconclusive, confirmatory nasopharyngeal PCR test is conducted (results within 3-5 hours) <p>Other participants</p> <ol style="list-style-type: none"> Regular screening testing with saliva PCR is conducted (either every day, every 4 days or 7 days, according to operational nature of role and level of contact with athletes) <ul style="list-style-type: none"> Results within 24 hours If positive or inconclusive, confirmatory nasopharyngeal PCR test is conducted 	<ul style="list-style-type: none"> Departure test before leaving Japan if needed for international travel or entry to destination country (according to the entry requirements for the destination country/transit countries)

TESTING FREQUENCY

The frequency of testing for different Games participants, outlined below, has been determined considering both the risk of them infecting others and their necessity to the operation of the Games. This approach is intended to limit any potential spread of COVID-19 amongst Games participants and the people of Tokyo and Japan. Some participants may change level based on roles/responsibilities or other factors.

Population Location	Level	Characteristics	Population	Testing Frequency
Tokyo	1A	<ul style="list-style-type: none"> Athletes staying in the Olympic/Paralympic Village Other Olympic/Paralympic Village residents, due to their close proximity to athletes and critical role in operating the Games 	<ul style="list-style-type: none"> Olympic/Paralympic Village residents Athletes Team Officials Other NOC/NPC accredited personnel 	Daily
Tokyo	1B	<ul style="list-style-type: none"> Athletes and team Officials not staying in the Olympic/Paralympic Village 	<ul style="list-style-type: none"> Athletes not staying in the Olympic/Paralympic Village but residing in Tokyo Team Officials not staying in the Olympic/Paralympic Village but residing in Tokyo Other NOC/NPC accredited personnel 	Daily
Remote	1C	<ul style="list-style-type: none"> Athletes and Team officials not residing in Tokyo 	Those residing in remote venues: <ul style="list-style-type: none"> Athletes Team Officials Other NOC/NPC accredited personnel 	Daily
ALL	1D	<ul style="list-style-type: none"> Participants who have regular contact with or close proximity to athletes Core participants required for Games operations 	<ul style="list-style-type: none"> IF Delegates, ITOs, Judges, Jury members, National Technical Officials, Equipment Technicians, IF Executive Board members, IF Presidents and Secretaries General, IF Full Time Senior Staff, IF Staff, IF Medical Officer, Transferable Guests, IF Head of Media FOP broadcasters and photographers 	Daily
ALL	1E	<ul style="list-style-type: none"> Participants who have regular contact with or close proximity to athletes Core participants required for Games operations 	Select Sport-Specific Volunteers <ul style="list-style-type: none"> Select FOP and OLV support services workforce (e.g. timekeepers, results managers, medical staff at isolation and quarantine facilities etc.) 	Daily
ALL	2A	<ul style="list-style-type: none"> Participants who may come into some contact with participants from Level 1 (in particular, those having some contact with athletes) 	<ul style="list-style-type: none"> Other broadcast and press Olympic and Paralympic Family Marketing Partners 	Every 4 days
ALL	2B	<ul style="list-style-type: none"> Participants who may come into some contact with participants from Level 1 (in particular, those having some contact with athletes) 	<ul style="list-style-type: none"> Other Sport-Specific Volunteers Other support services workforce 	Every 4 days
ALL	3	<ul style="list-style-type: none"> Participants who have limited or no contact with Level 1 Participants Workforce who may have some contact with overseas stakeholders 		Every 7 days
ALL	4	<ul style="list-style-type: none"> Other Games participants 		No testing

SMARTPHONE APPLICATIONS (APPS)

Applications

Every visitor to Japan is required to have a smartphone and to download and use two smartphone applications ('apps'): OCHA and COCOA. OCHA will support entry to Japan procedures of quarantine, immigration and customs, as well as daily health reporting and COCOA will support contact tracing in case of having close contact with somebody who has COVID-19. An overview of each app is provided below.

Online Check-in and Health report App (OCHA)

Overview

OCHA is currently under development by the Government of Japan and scheduled to be released in late June.

For Tokyo 2020, OCHA contributes to efficient procedures upon entry. Through daily health monitoring and reporting, it also supports measures to prevent the spread of infection, and monitoring of your health condition by your CLO.

You will need to download and install this app before you travel to Japan, to input daily health information after your arrival and some information required for quarantine, immigration and customs when entering Japan.

As a Games participant, to start using the app after downloading it you will need to input your OIAC/PIAC card number and password previously set on the Tokyo 2020 Infection Control Support System (ICON). Please confirm the OIAC/PIAC card number on the PVC sent separately, or confirm with your CLO.

Functions

Daily health reporting

You will need to input your daily body temperature (taken by a thermometer) and whether or not feel unwell from the date of entry to Japan until the date of departure. This information will be transferred to Tokyo 2020 ICON under strict data management, and monitored by each organisation's CLO and the responsible Functional Area in Tokyo 2020 to help prevent the spread of COVID-19.

Functions for consent, quarantine, immigration, customs procedure

When you enter Japan as a person involved in the Games, it is necessary that you clearly state that you will comply with the contents of Playbook and the 'Written Pledge' submitted by Tokyo 2020 to the Government of Japan. You will be asked to do so by submitting a consent form to Tokyo 2020 in OCHA.

In addition, you can enter quarantine, immigration, and customs information required at the time of entry to Japan. Once successfully entered, you will receive a QR code, which you will have to show to the relevant quarantine, immigration and customs officers. If you use OCHA for country entry, it is not necessary to fill in the 'Questionnaire web' and present the copy of 'Written Pledge'.

Languages

English, Japanese, French, Chinese (Simplified), Spanish and Korean.

SMARTPHONE APPLICATIONS (APPS)

Privacy policy and data protection

A privacy policy will be prepared in accordance with the rule of the Personal Information Protection Law in Japan, on the premise of giving consideration to the privacy of each person.

Download links

The app will be released in late June.

Contact Confirming App (COCOA)

Overview

The COCOA app enables you to receive notifications about the possibility of contact with someone infected with COVID-19, while ensuring anonymity for your privacy. The app was released in June 2020. It uses the short-range communication (Bluetooth) function on smartphones and the Exposure Notification framework developed by Google and Apple, adopted by many countries for a similar purpose.

You are not asked to enter your name, phone number, e-mail address or other information that could identify you. Information on close contact with other smartphones is encrypted and recorded only in your smartphone and

is automatically disabled after 14 days. Administrative agencies or third parties will not use or collect contact records or personal information.

You need to activate COCOA on arrival.

[Download more information about COCOA in English](#)

Languages

At the moment, Japanese, English and Chinese are supported.

Download links

Download COCOA using the following links:

[Download from App Store](#)

[Download from Play Store](#)

[Privacy Policy](#)

[Terms and Conditions of Use](#)

SMARTPHONE APPLICATIONS (APPS)

GPS location information storage

In the event that an infection is found or for activity tracking/tracing, the GPS function of your smartphone (Android/iOS) will be used to save your location information, in order to support the contact tracing process. When entering Japan, please set the GPS function of your phone in accordance with the immigration procedure of the Government of Japan. This feature of your phone will only use a small amount of battery and a small amount of memory to store location information.

TOKYO 2020 INFECTION CONTROL SUPPORT SYSTEM (ICON)

Overview

The Tokyo 2020 Infection Control Support System (ICON) is a web-based tool introduced by Tokyo 2020 as a COVID-19 countermeasure, and is mainly used by the CLOs. However, all Games participants who use OCHA are required to set their password for OCHA in ICON (see below).

Each NOC/NPC's CLO(s) will be able to submit all documents required to enter Japan (for example, the Activity Plans of their delegation) to Tokyo 2020 using this system. It will also be used to check daily health reporting and reports of positive COVID-19 test results. Tokyo 2020 will provide CLOs with manuals that will help them understand the procedures for using ICON.

The functions related to immigration procedures will be released to support CLOs in the preparation of their teams' journeys. Other functions such as health reporting and reporting of positive cases will be released in late June.

Password for OCHA

To set a password for OCHA, go to the Tokyo 2020 ICON website and follow the instructions. On ICON, you will have to input your OIAC/PIAC card number, the document number of the document you used for registering your OIAC/PIAC card number (passport number, driver's license number, My Number card, residence card) and your date of birth and email address. In addition, it will be required to agree to the Tokyo 2020 ICON Terms of Use and Privacy Policy.

Languages

English, Japanese, (some parts will also be available in French, Chinese (Simplified)), Spanish and Korean

FREQUENTLY ASKED QUESTIONS ON SMARTPHONE APPLICATIONS

Q1. What about those without smartphones?

A1. All visitors to Japan are required to show a specific screen of OCHA installed in their smartphone both to airline staff at check-in and to Japanese quarantine authorities on arrival. In the exceptional case that you do not have a smartphone or cannot download OCHA on your smartphone, immediately contact Tokyo 2020. In those cases, Tokyo 2020 will send you the written pledge separately and assist you so that you can rent a smartphone at the airport. Your NOC/NPC will be given more details regarding procedure. All athletes will receive a smartphone at the Olympic and Paralympic Village.

Q2. I am already using a contact tracing app in my base country. Do I also need to install COCOA?

And if so, how do I switch to COCOA?

A2. Yes, the Government of Japan requires you to install COCOA. If you already have a contact tracing app installed that uses the Exposure Notification (EN) framework of Apple and Google, you will need to turn it off before COCOA will work.

Q3. If I am notified by an app that I was in contact with an infected person, what do I do?

A3. Let your CLO know immediately. They will tell you the next measures to take.

Q4. When should I start reporting my health status using OCHA?

A4. Please input your health information just after you enter Japan.

Q5. When should I start to use OCHA if I am already in Japan at the time of the release of OCHA? Is it necessary if I have been in Japan for more than 14 days?

A5. If you're a resident of Japan or have been in Japan for more than 14 days, start recording your daily health information on OCHA 14 days before your Games-related role begins. For more information, refer to 'At the Games - Residents of Japan', page 27.

Q6. What if I cannot download the specified app?

A6. For countries where the app cannot be downloaded, contact your CLO for help.

Q7. Can I install/transfer the apps onto a second Japanese phone after arrival (for example, a rate card phone or an athlete phone)? How?

A7. Yes, you can. After installing OCHA on the second smartphone, you can log in with your OIAC/PIAC number and password. If you have changed the device, some data such as health information will be transferred. Please also note that you will not be able to use it on your old device.

Q8. Will people with disabilities be able to use the apps?

A8. Yes, you will be able to use OCHA using the voice read-aloud function on iOS/Android OS.



VACCINES

Vaccination efforts for Games participants are being coordinated by the IOC and IPC, in line with national immunisation priorities established by respective governments.

Focused first on athletes and those who will be in frequent contact with athletes, vaccinations give us an extra tool to help make these Games safe – for all participants and the people of Tokyo and Japan.

As a result of collaboration and generous donations, more than 80 per cent of Olympic and Paralympic Village residents will be vaccinated ahead of the Games. The level of vaccination among other participants is also expected to be high.

Please note: While we encourage everyone coming to Tokyo to get vaccinated if this is possible in line with the national immunisation guidelines of your country, you will not be required to have received a vaccine in order to participate in the Games.

All of the rules outlined in this Playbook will apply whether or not you have received a vaccine.

COMPLIANCE AND CONSEQUENCES

The measures documented in this Playbook have been established based on latest scientific evidence, expert advice and lessons from other international events. We draw to your attention that risks and impacts may not be fully eliminated and that you agree to attend the Olympic and Paralympic Games at your own risk. We trust that these measures are proportionate to mitigate the above-mentioned risks and impacts and we fully count on your support to comply with them.

As part of the accreditation process and related documents for the Olympic and Paralympic Games, your organisation will bring some information relating to these measures to your attention: in particular, that compliance with the rules of the Playbook is necessary in order for you to be granted your accreditation and maintain it; and that, in some cases, these measures may also involve the processing of your personal information, including health-related information. In light of the above, we count on you to ensure that you have read carefully and understood the content of this Playbook (including any further updates there to) and abide by the rules contained therein, as well as with any further instructions that may be issued by the Japanese authorities, the IOC, the IPC, Tokyo 2020 and/or your organisation. Your compliance with such rules and

instructions is key to successfully achieve our common objective: to ensure that the health of all the participants in the Olympic and Paralympic Games are protected, and that the Games are safely staged.

Non-respect of the Playbook

Non-respect of the rules contained in this Playbook may expose you to consequences that may have an impact on your participation in the Olympic and Paralympic Games, your access to Games venues and, in some cases, on your participation in competitions. Failure to comply with these rules, such as refusal to take a test, going to destinations not included in your Activity Plan or intentionally disrespecting mask wearing or physical distancing measures, may result in disciplinary consequences. These disciplinary consequences may be imposed by the competent Japanese authorities, the IOC (for the Olympic Games), IPC (for the Paralympic Games) and/or your organisation in accordance with their respective rules and regulations.

In case of an infringement of any rules contained in this Playbook on the occasion of the Olympic Games and without limiting the consequences or sanctions imposed

by your organisation or other competent authorities or entities, you may be exposed to the following non-exhaustive range of potential consequences in accordance with the Olympic Charter:

- Warning(s)
- Temporary or permanent withdrawal of your accreditation
- Temporary or permanent ineligibility or exclusion from the Games (with the consequences set forth in the Olympic Charter)
- Disqualification (with the consequences set forth in the Olympic Charter)
- Financial sanctions

Such consequences may be imposed upon you in accordance with the procedure described in the [Playbooks Disciplinary Regulations applicable to the Games](#) established by the IOC.

COMPLIANCE AND CONSEQUENCES

In case of an infringement of any rules contained in this Playbook on the occasion of the Paralympic Games and without limiting the consequences or sanctions imposed by your organisation or other competent authorities or entities, you may be exposed to the following non-exhaustive range of potential consequences:

- Warning(s)
- Temporary or permanent withdrawal of your accreditation
- Temporary or permanent ineligibility or exclusion from the Paralympic Games
- Disqualification
- Financial sanctions

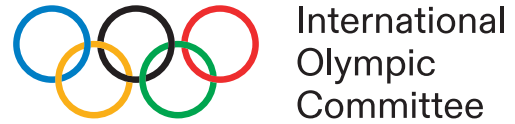
Your organisation may have enacted regulations, such as codes of conduct or specific rules in connection with COVID-19, that may contain similar and/or additional rules than those contained in the Playbook. In the event of a breach of any such rules, the consequences and related sanctions are under the authority of your organisation in accordance with the aforementioned regulations and may therefore apply to you.

Your International Federation may have enacted specific regulations which may contain consequences

in connection with COVID-19 for your sport/discipline/event and therefore apply to you and/or your team. Kindly note that, in the event there are discrepancies between such regulations and this Playbook, the latter will prevail.

Please be aware that some of the measures described in this Playbook, such as those related to the entry into and departure from Japan, are under the jurisdiction of the Japanese authorities. While you would need to comply with the instructions of such authorities (especially quarantine or isolation) and more generally any applicable laws and regulations in Japan, there may be consequences imposed upon you in the event of a breach of these measures or instructions, such as being subject to strict administrative measures including procedures for revocation of your permit of stay in Japan, in addition to potential quarantine or isolation measures that may be imposed upon you.

In the event you have questions about the non-respect of this Playbook, you can speak to your CLO in the first instance, who will determine the appropriate next steps. CLOs will receive further information and support on situations of non-respect of the Playbooks.



International
Olympic
Committee



**INTERNATIONAL
PARALYMPIC
COMMITTEE**



TOKYO 2020



TOKYO 2020
PARALYMPIC GAMES



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