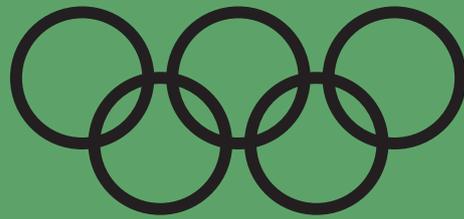


TEAM LEADERS' GUIDE

Canoe Sprint



About this Team Leaders' Guide

Published in May 2021, the series of Team Leaders' Guides offer a summary of competition-related material about each sport at Tokyo 2020 and provide a variety of information aimed at helping teams in their planning and preparation 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 NOC representatives are urged to regularly check the IOC's NOCnet and Tokyo 2020 Connect for the latest updates or contact your respective Tokyo 2020 sport managers.

Detailed additional documents such as Sport Specific Regulations, Sport Specific COVID-19 Countermeasures and Testing Frequency will be published on Tokyo 2020 Connect alongside the respective Team Leaders' Guides. This information has been developed and approved by the IOC, International Federations and Tokyo 2020 competition management and will be updated as required leading up to the Games.

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 Canoe Sprint Team Leaders' Guide for the Games of the XXXII Olympiad. 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 the International Canoe Federation (ICF) and IOC Sport, and we trust it will assist you with your planning for the Olympic Games Tokyo 2020. 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 Olympic Village and Sport Information Desks at competition venues.

Please rest assured that the Olympic flame will not go out and will continue to burn in our hearts until the Olympic Games Tokyo 2020 this summer.

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

Kind regards,

小谷 実可子

KOTANI Mikako

Sport Director, Tokyo 2020

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1. CANOE SPRINT OVERVIEW

Canoe competition

Canoe Sprint

The Canoe Sprint events will be held from Monday 2 August to Saturday 7 August 2021 at Sea Forest Waterway. A reserve day has been allocated on Sunday 8 August 2021. The competition will consist of 12 medal events, summarised below:

Medal Events	
Men (6)	Women (6)
Canoe Single 1000m	Canoe Single 200m
Canoe Double 1000m	Canoe Double 500m
Kayak Single 200m	Kayak Single 200m
Kayak Single 1000m	Kayak Single 500m
Kayak Double 1000m	Kayak Double 500m
Kayak Four 500m	Kayak Four 500m

A total of 246 athletes (123 male and 123 female) may take part in the Canoe Sprint competition which includes four places – two men and two women – allocated to the host country, and two Tripartite Commission places (male or female), which can be allocated to Canoe Slalom or Canoe Sprint.

Key dates

5 JULY 2021	Sport entries final deadline (23:59 JST)
13 JULY 2021	Olympic Village official opening
23 JULY 2021 (DAY 0)	Olympic Games Opening Ceremony
28 JULY 2021 (DAY 5)	Start of official training (06:45)
29 JULY 2021 (DAY 6)	Competition draw (11:00)
	Pre-competition boat control opens (10:00)
31 JULY 2021 (DAY 7)	Team leaders' meeting (12:00)
1 AUGUST 2021 (DAY 9)	Technical/OBS rehearsal (09:00)
2 AUGUST 2021 (DAY 10)	Start of Canoe Sprint competition
7 AUGUST 2021 (DAY 15)	End of Canoe Sprint competition
8 AUGUST 2021 (DAY 16)	Canoe Sprint reserve day
	Olympic Games Closing Ceremony
11 AUGUST 2021	Olympic Village closes

Tokyo 2020 competition management

CANOE SPRINT	
Canoe Sport Manager Canoe Sprint Manager	FURUYA Toshi (JPN)
Canoe Sport Advisor	Paul OWEN (GBR)
Canoe Sprint Services Manager	SHIBATA Wakana (JPN)
Canoe Sprint Technical Operations Manager	YOSHIKAWA Masaya (JPN)
Canoe Sprint Administration Supervisor	MURATA Kiyooki (JPN)
Canoe Sprint Athlete Services Supervisor	ETO Mikiko (JPN)
Canoe Sprint Competition Supervisor	TAMURA Kazuki (JPN)
Canoe Sprint Field of Play Supervisor	YANAGISAWA Hisao (JPN)
Canoe Sprint IF & TO Services Supervisor	KAI Yuko (JPN)
Canoe Sprint Logistics Supervisor	KOGA Maiko (JPN)
Canoe Sprint Sport Equipment Supervisor	SHIBATA Haruyuki (JPN)
Canoe Sprint Sport Information Supervisor	YANAGISAWA Keiko (JPN)



FURUYA Toshi

Canoe Sport Manager and Canoe Sprint Manager, Tokyo 2020

toshihiko.furuya@tokyo2020.jp

Furuya Toshi became involved with Canoe sports in 1982. After teaching in a public school, he started coaching with a canoe club that worked with several local schools. He has since worked with many of Japan's top canoeists, including Asian Games gold medallists and Olympians, and was the High Performance Director of the Japan Canoe Federation from 2008 to 2012. Furuya is now the JCF Secretary General and continues to work as a member of the International Canoe Federation (ICF) Canoe Sprint committee, a role he began in 2000. He has worked as an International Technical Official (ITO) at the past four Olympic Summer Games and began his role with Tokyo 2020 in 2016.

International Canoe Federation (ICF)

IF Technical Delegate (Canoe Sprint): Frank GARNER (CAN)

International Technical Officials (ITOs)

ITOs		
Technical Delegate & Chief Official	Frank GARNER	CAN
Chief Judge	Miroslav HAVIAR	SVK
Deputy Chief Judge	Alison HARRIS	NZL
Technical Organiser	BANDO Miki	JPN
Competition Manager	Charles LUCKMAN	USA
Starters	Siarhei SHABLYKA	BLR
	Matt WARREN	NZL
	Mark PENFOUND	CAN
Aligners	Monika WEIXL	HUN
	Nikolay MORDVIN	RUS
Course Umpires	Gheorghe TOTH	ROU
	Michel LETIENNE	FRA
	Jovana STANOJEVIC	SRB
	Alan WITHERDEN	RSA
	Stefano ZSIGMOND	ITA
	Christina LENTINO-VANICEK	BRA
Finish Line Judges	Cathy WYNNE	GBR
	Marta FELPETO	ESP
Boat Control	Virmantas GALDIKAS	ROU
	Karl HAUCK	GER
	Allan MACDONALD	ARU
	NODA Takayoshi	JPN
	Kok Hua CHENG	SGP
	Hugo GOMES	POR

National Technical Officials (NTOs)

(JPN unless otherwise stated)

NTOs	
Finish Timekeepers	HARUZONO Osahiro ABE Shigeaki KONO Yoshinobu Len ESCOLLANTE (PHI)
Boat control	SANADA Yukiyasu SUGESAWA Toshiaki MAEDA Hiroshi SEKI Kazunori
Aligners (Catamaran drivers)	TSUZUKI Kazuhisa TSUJI Kazumi
Course Umpires (Catamaran drivers)	HONDA Munehiro SATO Koya IZUMI Hiroyuki MASUDA Asako IMAMOTO Hiroshi
Aligner Start Operator	LIU Jinyu (CHN)
Main Scoreboard Operator	KOYAMA Yasuhiro
ITP Timing Operator	YASUI Kunishi
GPS Module Distribution	SHIMIZU Yasutaka Benny TAMAKA (INA)
Start Camera Operator	HOMMA Hiroki
Start Area Observers	KAWANISHI Kohzoh ISHII Saori
Result Keeper	HOSAKA Yoshihiko
Field of Play Marshalls	UEKI Yuichiro MATSUMOTO Kinya KITAGAWA Hiromasa

Rules

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

Canoe Sprint Competition Rules

www.canoeicf.com/rules

The Olympic Charter

www.olympic.org/documents/olympic-charter

In accordance with Rule 46 of the IOC Olympic Charter, the ICF will be responsible for the technical control and direction of the Canoe competition at the Tokyo 2020 Olympic Games.

Late Athlete Replacement (LAR) - Canoe Sprint

Individual events

LAR will be allowed up until one (1) hour prior to the start of the competition for the relevant event. Any athlete for which an accreditation application has been submitted by the accreditation deadline may be used as a replacement provided that he/she is eligible.

For more detailed and up-to-date information on athlete replacement procedures, please refer to the latest version of the IOC LAR Policy and the Late Athlete Replacement Sport-Specific Procedures. If you do not have direct access to these documents, please contact your NOC to request a copy.

Group events

LAR will be allowed up until one (1) hour prior to the start of the competition for the relevant event. Any athlete for which an accreditation application has been submitted by the accreditation deadline may be used as a replacement provided that he/she is eligible.

For more detailed and up-to-date information on athlete replacement procedures, please refer to the latest version of the IOC LAR Policy and the Late Athlete Replacement Sport-Specific Procedures. If you do not have direct access to these documents, please contact your NOC to request a copy.

Clothing and equipment

Clothing and equipment used by athletes and other participants in the Canoe competitions at the Olympic Games must comply with the relevant documents listed below:

ICF Canoe Slalom and Canoe Sprint Competition Rules

www.canoeicf.com/rules

The Olympic Charter

www.olympic.org/documents/olympic-charter with particular reference to Rule 50: Advertising, Demonstrations, Propaganda and Bye-law to Rule 50

Guidelines Regarding Authorised Identifications for the Games of the XXXII Olympiad, Tokyo 2020 (distributed by the IOC to all NOCs)

The prohibition of any advertising and publicity in and above Olympic sites (as expressed in the Olympic Charter) is one of the aspects that differentiate the Olympic Games from other international events. This is reflected in particular in Bye-law to Rule 50 of the Olympic Charter as follows:

No form of publicity or propaganda, commercial or otherwise, may appear on persons, on sportswear, accessories or, more generally, on any article of clothing or equipment whatsoever worn or used by the athletes or other participants in the Olympic Games, except the identification [...] of the manufacturer of the article or equipment concerned, provided that such identification shall not be marked conspicuously for advertising purposes.

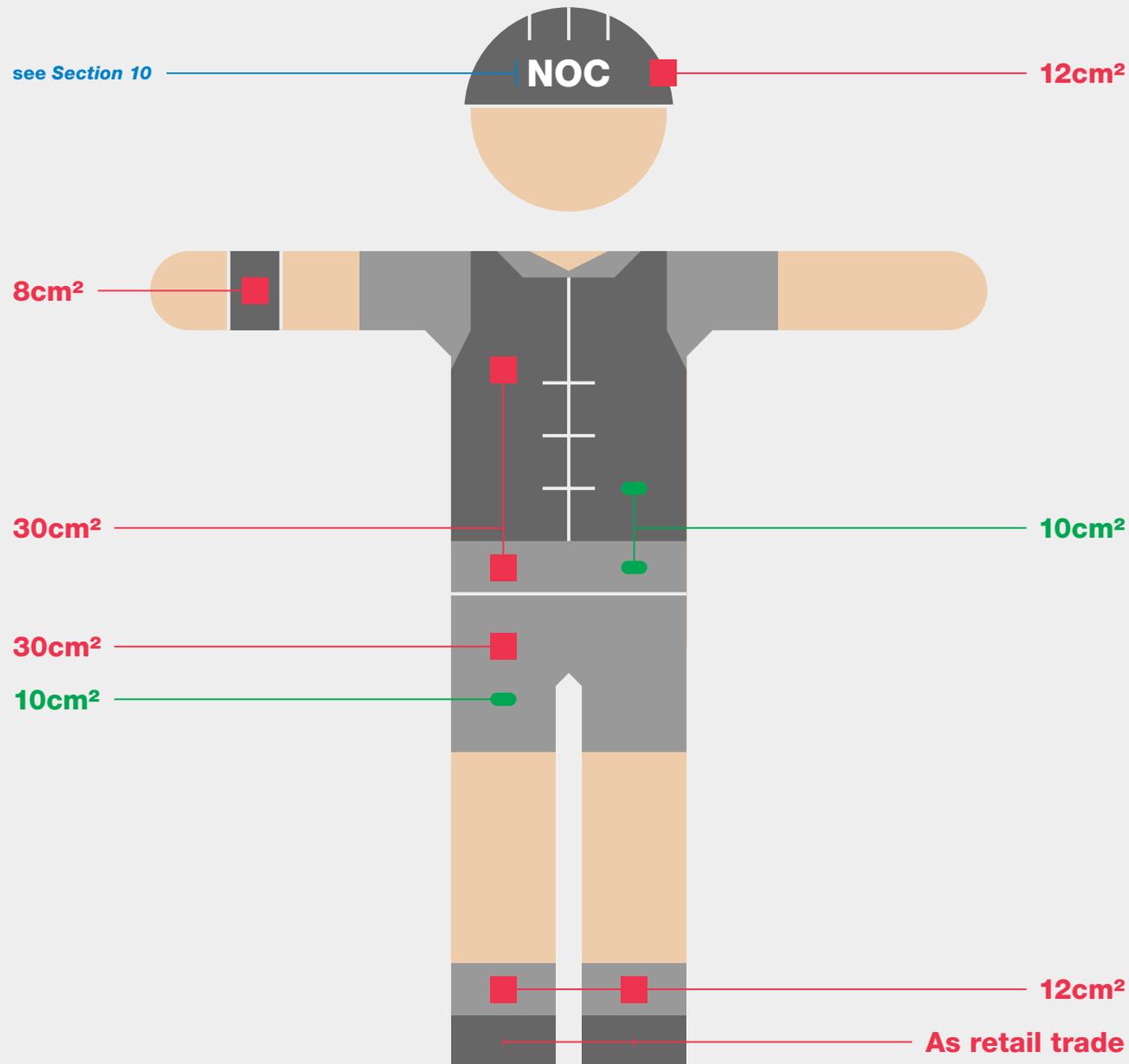
Placing the national and Olympic identity of athletes at the forefront helps to further distinguish the Olympic Games, whilst respecting the significant contribution that sporting goods manufacturers provide.



**Guidelines Regarding
Authorised Identifications
Games of the XXXII Olympiad
Tokyo 2020**

ICF Canoe

Front

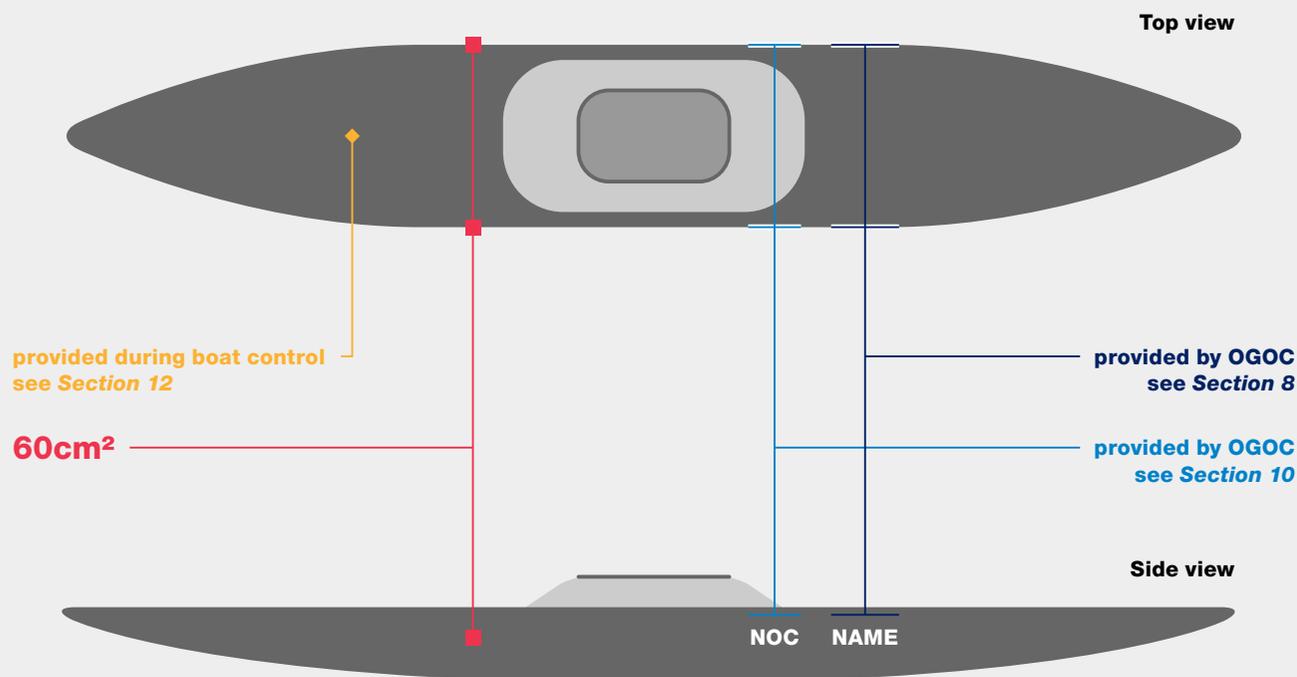
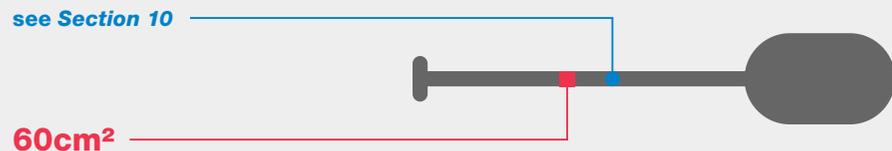


- | Floating | Precise | |
|----------|---------|---|
| | | Identification of the Manufacturer |
| | | Product Technology Identification |
| | | NOC Emblem and National Identity |
| | | Homologation Marks |

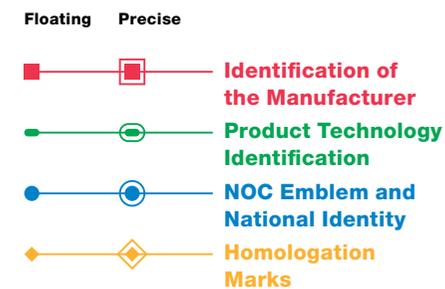


**Guidelines Regarding
Authorised Identifications
Games of the XXXII Olympiad
Tokyo 2020**

ICF Canoe



Boat





**Guidelines Regarding
Authorised Identifications
Games of the XXXII Olympiad
Tokyo 2020**

Application of Guidelines regarding Authorised Identifications

Clothing

T-shirt/Singlet	One <i>Identification of the Manufacturer</i> [■] per clothing item will be permitted, to a maximum size of 30cm ² .
Shorts/Pants	
Life jacket	One additional <i>Product Technology Identification</i> [●] will be permitted per clothing item, to a maximum size of 10cm ² .
Tracksuit/ Warm-up jacket	
Spray skirt	

One-piece body suit	Where one-piece body suits are used in competition, one <i>Identification of the Manufacturer</i> and one <i>Product Technology Identification</i> 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.
Spray skirt/ One-piece body suit	

Sport Equipment

Boats	Two <i>Identifications of the Manufacturer</i> [■] are permitted, one on each side of the shell of the boat, up to 60cm ² for each identification.
Paddle	One <i>Identification of the Manufacturer</i> [■] per item will be permitted, to a maximum size of 60cm ² .
Helmet	One <i>Identification of the Manufacturer</i> [■] per item will be permitted, to a maximum size of 12cm ² .

**ICF
Canoe**

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



**Guidelines Regarding
Authorised Identifications
Games of the XXXII Olympiad
Tokyo 2020**

ICF Canoe

Accessories

Armband One *Identification of the Manufacturer* [■] per item will be permitted, to a maximum size of 8cm².

Gloves One *Identification of the Manufacturer* per item will be permitted, to a maximum size of 12cm².

Eyewear May carry the *Identification of the Manufacturer* as generally used on products sold through the retail trade during the period of 6 months or more prior to the Games, with the Identifications permitted on the lenses so long as such identifications are tone-on-tone, engraved into the lens, and is not deemed as conspicuous by the IOC.

Towel No *Identification of the Manufacturer* will be permitted.

Bag One *Identification of the Manufacturer* per item will be permitted, not greater than 10% of the surface area of the item, to a maximum size of 60cm².

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 6 months or more prior to the Games.

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

Additional IF Specifications

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

Section 8 · Third Party Identifications (athlete names)

The athletes surname and initials will be visible on both sides of the boat. These will be provided by the OCOG at time of competition.

Section 10 · NOC Emblems and National Identity

The NOC code may appear on the helmet and should be visible on both sides of the boat. NOC codes will be provided by the OCOG at time of competition.

Flags, emblems and NOC codes can be displayed on paddle blades. Olympic rings may appear on the shaft of the paddle (optional) and the NOC code may be displayed on the helmet. For clothing, no IF specific limitations with regard to National Identifications apply.

Section 12 · Homologation Marks

A homologation mark/sticker [◆] on Canoe equipment will be provided by ICF officials at the time of boat control, as per ICF regulations for competition.

Section 17 · Submission Process

A mandatory pre-competition verification process by ICF officials for competition clothing and equipment will take place during boat control, as per ICF regulations for competition.



**Guidelines Regarding
Authorised Identifications
Games of the XXXII Olympiad
Tokyo 2020**

**ICF
Canoe**

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

2. COMPETITION

Competition schedule

Day 10		Mon 2 Aug	
Session CSP01		Start: 9:30	End: 13:00
		Sea Forest Waterway	
Time	Total	Event name	
9:30 - 9:37	0:07	Women's Kayak Single 200m: heat 1	
9:37 - 9:44	0:07	Women's Kayak Single 200m: heat 2	
9:44 - 9:51	0:07	Women's Kayak Single 200m: heat 3	
9:51 - 9:58	0:07	Women's Kayak Single 200m: heat 4	
9:58 - 10:05	0:07	Women's Kayak Single 200m: heat 5	
10:05 - 10:13	0:08	Men's Canoe Double 1000m: heat 1	
10:13 - 10:21	0:08	Men's Canoe Double 1000m: heat 2	
10:21 - 10:29	0:08	Men's Kayak Single 1000m: heat 1	
10:29 - 10:37	0:08	Men's Kayak Single 1000m: heat 2	
10:37 - 10:45	0:08	Men's Kayak Single 1000m: heat 3	
10:45 - 10:53	0:08	Men's Kayak Single 1000m: heat 4	
11:00 - 11:07	0:07	Women's Kayak Double 500m: heat 1	
11:07 - 11:14	0:07	Women's Kayak Double 500m: heat 2	
11:14 - 11:21	0:07	Women's Kayak Double 500m: heat 3	
11:45 - 11:52	0:07	Women's Kayak Single 200m: quarterfinal 1	
11:52 - 11:59	0:07	Women's Kayak Single 200m: quarterfinal 2	
11:59 - 12:06	0:07	Women's Kayak Single 200m: quarterfinal 3	
12:06 - 12:14	0:08	Men's Canoe Double 1000m: quarterfinal 1	
12:14 - 12:22	0:08	Men's Canoe Double 1000m: quarterfinal 2	
12:22 - 12:30	0:08	Men's Kayak Single 1000m: quarterfinal 1	
12:30 - 12:38	0:08	Men's Kayak Single 1000m: quarterfinal 2	
12:45 - 12:52	0:07	Women's Kayak Double 500m: quarterfinal 1	
12:52 - 12:59	0:07	Women's Kayak Double 500m: quarterfinal 2	

Day 11		Tue 3 Aug	
Session CSP02		Start: 9:30	End: 13:15
		Sea Forest Waterway	
Time	Total	Event name	
9:30 - 9:37	0:07	Women's Kayak Single 200m: semifinal 1	
9:37 - 9:44	0:07	Women's Kayak Single 200m: semifinal 2	
9:44 - 9:52	0:08	Men's Canoe Double 1000m: semifinal 1	
9:52 - 10:00	0:08	Men's Canoe Double 1000m: semifinal 2	
10:00 - 10:08	0:08	Men's Kayak Single 1000m: semifinal 1	
10:08 - 10:16	0:08	Men's Kayak Single 1000m: semifinal 2	
10:23 - 10:30	0:07	Women's Kayak Double 500m: semifinal 1	
10:30 - 10:37	0:07	Women's Kayak Double 500m: semifinal 2	
11:30 - 11:37	0:07	Women's Kayak Single 200m: final B	
11:37 - 11:44	0:07	Women's Kayak Single 200m: final A	
11:46 - 11:54	0:08	Men's Canoe Double 1000m: final B	
11:54 - 12:02	0:08	Men's Canoe Double 1000m: final A	
12:03 - 12:13	0:10	Women's Kayak Single 200m: Victory Ceremony	
12:13 - 12:21	0:08	Men's Kayak Single 1000m: final B	
12:21 - 12:29	0:08	Men's Kayak Single 1000m: final A	
12:30 - 12:40	0:10	Men's Canoe Double 1000m: Victory Ceremony	
12:40 - 12:47	0:07	Women's Kayak Double 500m: final B	
12:47 - 12:54	0:07	Women's Kayak Double 500m: final A	
12:55 - 13:05	0:10	Men's Kayak Single 1000m: Victory Ceremony	
13:05 - 13:15	0:10	Women's Kayak Double 500m: Victory Ceremony	

Day 12		Wed 4 Aug	
Session CSP03		Start: 9:30	End: 12:40
		Sea Forest Waterway	
Time	Total	Event name	
9:30 - 9:37	0:07	Men's Kayak Single 200m: heat 1	
9:37 - 9:44	0:07	Men's Kayak Single 200m: heat 2	
9:44 - 9:51	0:07	Men's Kayak Single 200m: heat 3	
9:51 - 9:58	0:07	Men's Kayak Single 200m: heat 4	
9:58 - 10:05	0:07	Women's Canoe Single 200m: heat 1	
10:05 - 10:12	0:07	Women's Canoe Single 200m: heat 2	
10:12 - 10:19	0:07	Women's Canoe Single 200m: heat 3	
10:19 - 10:26	0:07	Women's Kayak Single 500m: heat 1	
10:26 - 10:33	0:07	Women's Kayak Single 500m: heat 2	
10:33 - 10:40	0:07	Women's Kayak Single 500m: heat 3	
10:40 - 10:47	0:07	Women's Kayak Single 500m: heat 4	
10:47 - 10:54	0:07	Women's Kayak Single 500m: heat 5	
10:54 - 11:02	0:08	Men's Kayak Double 1000m: heat 1	
11:02 - 11:10	0:08	Men's Kayak Double 1000m: heat 2	
11:32 - 11:39	0:07	Men's Kayak Single 200m: quarterfinal 1	
11:39 - 11:46	0:07	Men's Kayak Single 200m: quarterfinal 2	
11:46 - 11:53	0:07	Men's Kayak Single 200m: quarterfinal 3	
11:53 - 12:00	0:07	Women's Canoe Single 200m: quarterfinal 1	
12:00 - 12:07	0:07	Women's Canoe Single 200m: quarterfinal 2	
12:07 - 12:14	0:07	Women's Kayak Single 500m: quarterfinal 1	
12:14 - 12:21	0:07	Women's Kayak Single 500m: quarterfinal 2	
12:21 - 12:29	0:08	Men's Kayak Double 1000m: quarterfinal 1	
12:29 - 12:37	0:08	Men's Kayak Double 1000m: quarterfinal 2	

Day 13		Thu 5 Aug	
Session CSP04		Start: 9:30	End: 13:05
		Sea Forest Waterway	
Time	Total	Event name	
9:30 - 9:37	0:07	Men's Kayak Single 200m: semifinal 1	
9:37 - 9:44	0:07	Men's Kayak Single 200m: semifinal 2	
9:44 - 9:51	0:07	Women's Canoe Single 200m: semifinal 1	
9:51 - 9:58	0:07	Women's Canoe Single 200m: semifinal 2	
9:58 - 10:05	0:07	Women's Kayak Single 500m: semifinal 1	
10:05 - 10:12	0:07	Women's Kayak Single 500m: semifinal 2	
10:12 - 10:20	0:08	Men's Kayak Double 1000m: semifinal 1	
10:20 - 10:28	0:08	Men's Kayak Double 1000m: semifinal 2	
11:20 - 11:27	0:07	Men's Kayak Single 200m: final B	
11:27 - 11:34	0:07	Men's Kayak Single 200m: final A	
11:36 - 11:43	0:07	Women's Canoe Single 200m: final B	
11:43 - 11:50	0:07	Women's Canoe Single 200m: final A	
11:51 - 12:01	0:10	Men's Kayak Single 200m: Victory Ceremony	
12:01 - 12:08	0:07	Women's Kayak Single 500m: final B	
12:08 - 12:15	0:07	Women's Kayak Single 500m: final A	
12:16 - 12:26	0:10	Women's Canoe Single 200m: Victory Ceremony	
12:26 - 12:34	0:08	Men's Kayak Double 1000m: final B	
12:34 - 12:42	0:08	Men's Kayak Double 1000m: final A	
12:43 - 12:53	0:10	Women's Kayak Single 500m: Victory Ceremony	
12:53 - 13:03	0:10	Men's Kayak Double 1000m: Victory Ceremony	

Day 14		Fri 6 Aug	
Session CSP05		Start: 9:30	End: 11:40
		Sea Forest Waterway	
Time	Total	Event name	
9:30 - 9:37	0:07	Women's Canoe Double 500m: heat 1	
9:37 - 9:44	0:07	Women's Canoe Double 500m: heat 2	
9:44 - 9:52	0:08	Men's Canoe Single 1000m: heat 1	
9:52 - 10:00	0:08	Men's Canoe Single 1000m: heat 2	
10:00 - 10:08	0:08	Men's Canoe Single 1000m: heat 3	
10:15 - 10:22	0:07	Women's Kayak Four 500m: heat 1	
10:22 - 10:29	0:07	Women's Kayak Four 500m: heat 2	
10:30 - 10:37	0:07	Men's Kayak Four 500m: heat 1	
10:37 - 10:44	0:07	Men's Kayak Four 500m: heat 2	
11:07 - 11:14	0:07	Women's Canoe Double 500m: quarterfinal 1	
11:14 - 11:21	0:07	Women's Canoe Double 500m: quarterfinal 2	
11:21 - 11:29	0:08	Men's Canoe Single 1000m: quarterfinal 1	
11:29 - 11:37	0:08	Men's Canoe Single 1000m: quarterfinal 2	

Day 15		Sat 7 Aug	
Session CSP06		Start: 9:30	End: 12:50
		Sea Forest Waterway	
Time	Total	Event name	
9:30 - 9:37	0:07	Women's Canoe Double 500m: semifinal 1	
9:37 - 9:44	0:07	Women's Canoe Double 500m: semifinal 2	
9:44 - 9:52	0:08	Men's Canoe Single 1000m: semifinal 1	
9:52 - 10:00	0:08	Men's Canoe Single 1000m: semifinal 2	
10:07 - 10:14	0:07	Women's Kayak Four 500m: semifinal	
10:14 - 10:21	0:07	Men's Kayak Four 500m: semifinal	
11:15 - 11:22	0:07	Women's Canoe Double 500m: final B	
11:22 - 11:29	0:07	Women's Canoe Double 500m: final A	
11:31 - 11:39	0:08	Men's Canoe Single 1000m: final B	
11:39 - 11:47	0:08	Men's Canoe Single 1000m: final A	
11:50 - 12:00	0:10	Women's Canoe Double 500m: Victory Ceremony	
12:00 - 12:08	0:08	Women's Kayak Four 500m: final A	
12:09 - 12:19	0:10	Men's Canoe Single 1000m: Victory Ceremony	
12:19 - 12:27	0:08	Men's Kayak Four 500m: final A	
12:28 - 12:38	0:10	Women's Kayak Four 500m: Victory Ceremony	
12:38 - 12:48	0:10	Men's Kayak Four 500m: Victory Ceremony	

Competition format

Each NOC can enter a maximum of two boats per event at the Olympic Games.

Depending on the number of entries, each Canoe Sprint event will consist of preliminary heats, quarterfinals, semifinals and finals. In all events, except the men's and women's K4, B finals will be held in order to allow for placings from ninth to 16th.

For a description of the progression system from heats to finals, please see the ICF website www.canoeicf.com/canoe-sprint-olympics/tokyo-2020

Pre-competition procedures

Competition draw

DATE: 29 July 2021

TIME: 11:00

LOCATION: ICF Office, Sea Forest Waterway (Canoe Day Village)

The draw will be conducted by ICF officials. The seedings will be determined by the Chief Official, IF Technical Delegate and Tokyo 2020 Sport Manager based on the ICF World Rankings following the 2019 ICF Canoe Sprint World Championships held from 21 to 25 August 2019.

Team leaders' meeting

DATE: 31 July 2021

TIME: 12:00

LOCATION: Team leaders' meeting room, Sea Forest Waterway

Each NOC may send a maximum of two people to the meeting. However, the meeting format may be subject to change due to the COVID-19 situation. Please confirm the latest information at the venue Sport Information Desk (SID).

Agenda

Introductions: Frank GARNER (Technical Delegate and Chief Official)

Welcome: Tokyo 2020 competition management (FURUYA Toshi)

Thank you: Jose PERURENA LOPEZ (ICF President)

Protocol: Simon TOULSON (ICF Secretary General)

Roll call of NOCs: Frank GARNER (Technical Delegate and Chief Official)

Venue/competition logistics: Tokyo 2020 competition management (FURUYA Toshi)

Competition operations: Tokyo 2020 competition management (FURUYA Toshi)

Competition rules: Frank GARNER (Technical Delegate and Chief Official)

Reading of the start list: Frank GARNER (Technical Delegate and Chief Official)

Questions: Frank GARNER (Technical Delegate and Chief Official)

Crew changes

All crew changes must be submitted on the appropriate form - available at the venue Sport Information Desk (SID) - to Frank GARNER, Technical Delegate and Chief Official, at least two hours before the start of the team leaders' meeting.

Pre-competition boat control

Information for the pre-competition boat control will be available for teams at the SID. Pre-competition boat control will be conducted from 10:00 on 29 July 2021 until 15:30 on 30 July at the Canoe Day Village and 09:00 on 31 July 2021 until 11:00 on 1 August 2021 at the main boathouse area.

Boats and athletes' equipment will undergo the customary checks. In addition, the boat controller will check that the size of manufacturer branding on equipment complies with Rule 50 of the Olympic Charter. Athletes' names and nation tri-code stickers will also be placed on each competition boat. The precise positioning will be agreed with the ICF technical delegate.

Body numbers

Team leaders should collect and sign for body numbers at the Sport Information Desk (SID) from 28 July 2021. While on the water during competition, athletes must wear body numbers.

NOC stickers and competitor's name stickers

Team leaders should collect and sign for NOC stickers and competitor's name stickers at the venue Sport Information Desk (SID) from 28 July 2021. Stickers need to be placed in the proper position and orientation on each competition boat.

Competition boat numbers

A set of boat numbers is distributed to each team from 1 August 2021 at the venue SID. When additional boat numbers are required, they may be collected one hour before the start of competition at the venue SID control point on each competition day. Team leaders must return all boat numbers after their competition to the venue SID.

Pre-racing boat control

Pre-racing boat control is located next to the embarkation pontoons and will operate on every competition day from one hour prior to the first event. Each athlete must progress through this control point before embarking onto the course for his/her race. ICF officials will check each athlete's identity (accreditation), body number, boat number and crew uniformity (clothing). They will also check for any performance-enhancing foreign substances on the surface of the boat or forbidden devices on the boat and will ensure that athletes' equipment and clothing comply with Rule 50 and the Bye-Law to Rule 50 of the Olympic Charter.

Self-checking of boat weight

Teams may check boat weights before racing at an additional weighing facility in the boathouse.

GPS

Official GPS devices will be placed on boats by Omega.

Call to competition

All athletes must be within 100m of the start line within five minutes of the start of their scheduled event.

NOC tracksuit and shoes (A finals)

Athletes competing in A finals will be required to leave their full NOC tracksuits and shoes in plastic boxes provided at the pre-racing boat control area before launching. Their clothing will then be taken to the Victory Ceremony holding area, if required. More details on the ceremonies processes will be covered at the team leaders' meeting.

Accredited/team seating

Accredited seating for non-competing, same sport athletes and fully accredited team personnel will be allocated in the grandstand. Seats will be available on a first-come, first-served basis.

Rescue and safety

The water safety service will operate from 28 July 2021 at all times the course is open for training. Rescue boats will patrol in the main course during training times and will operate in designated positions in the competition and warm-up areas during racing.

Post-competition procedures

Leaving the field of play

Athletes should leave the field of play via the pontoons.

Post-race boat control

Post-race boat control will be in operation for all heats, quarterfinals, semifinals and finals during the competition from 2 to 7 August 2021 in front of the boathouse. After each race, some athletes will be called for boat control. They must disembark on to the designated pontoon, where their boat will be taken through boat control. Athletes will be called to boat control by lane number. These numbers will be displayed on a board by the boat control pontoon and will also be called out by an announcement system. After the boat control process, athletes should leave the field of play via the pontoons indicated.

After A final races, athletes called to boat control must go to the celebration landing pontoon in front of the grandstand immediately. Boat holders will carry boats to the boat control tent during celebration. The athletes must go to the mixed zone directly after celebration.

Results distribution

There will not be regular distribution of printed results to the NOCs. For certain reports, a limited number of copies will be distributed to team leaders at the SID. Results for all sports will be available on Info and the Tokyo 2020 official website.

Mixed zone

A mixed zone where accredited media interview athletes after competition is located between the finish tower and the post-race boat control.



Heat countermeasures

During Games-time, the following countermeasures against heat will be taken at Sea Forest Waterway to ensure the good health of athletes:

- Athletes' Lounge with air conditioner
- Water/ice to be provided
- Heat insulation coating on outdoor boat storage

3. VENUE

Venue

Sea Forest Waterway

3-6-44 Uminomori
Koto-ku Tokyo
Japan

The Canoe Sprint competition will be held at Sea Forest Waterway, which will also host the Rowing competition. Sea Forest Waterway is a new facility in the Tokyo Bay Zone of venues which is expected to attract much public interest and involvement, both during the Olympic Games and as a sporting recreational legacy to the city for years to come.

Venue access

Sea Forest Waterway will open four hours before Canoe Sprint competition is scheduled to commence, and close 60 minutes after training finishes.

TA services will drop off the athletes on the north side of Sea Forest Waterway at the Athletes' Load Zone, located next to the Athletes' Area. For athletes and teams arriving at Sea Forest Waterway by other transport, they must pass through the athletes' Pedestrian Screening Area (PSA) from the entrance located at the back of the competition area.

Venue transport

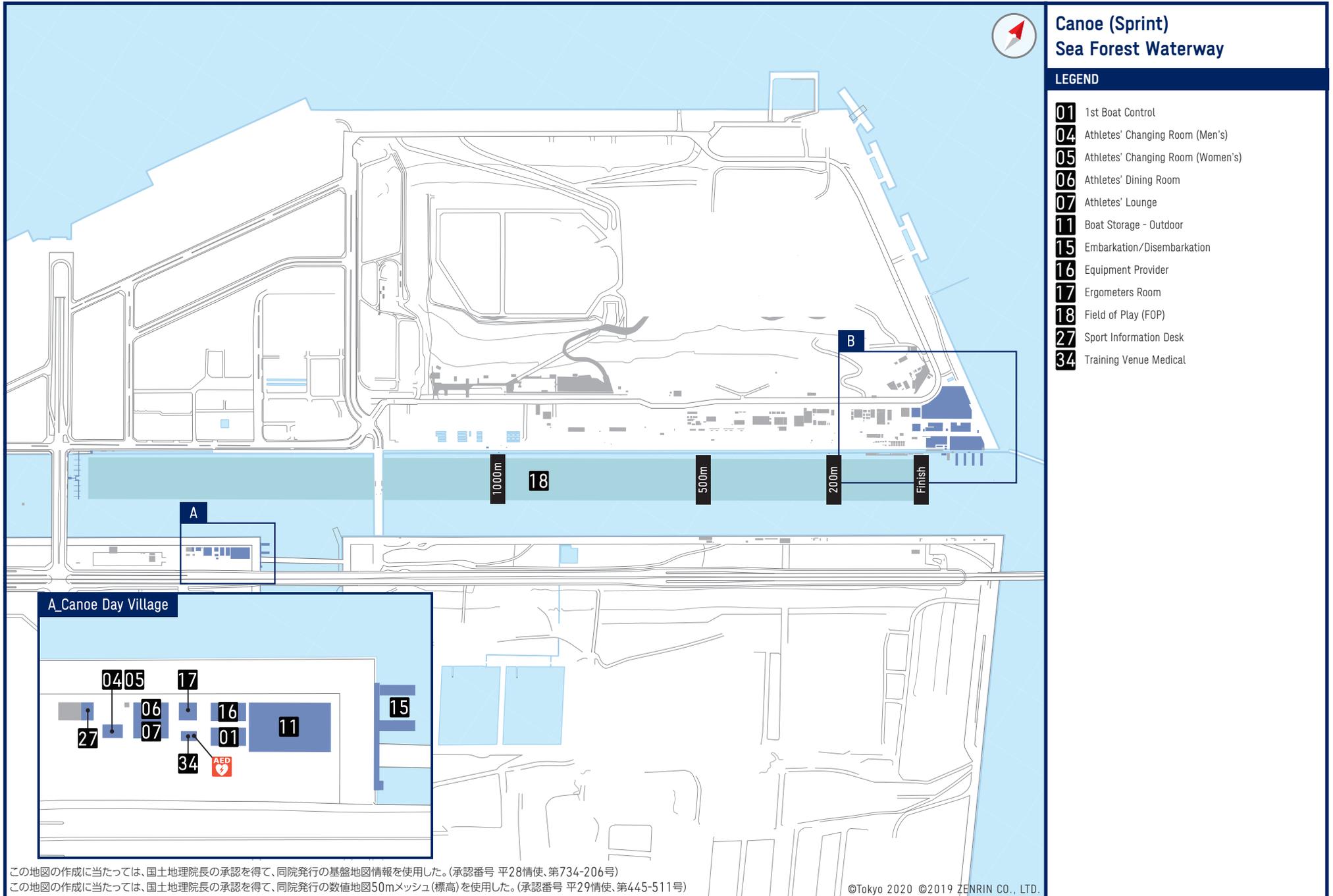
Time/distance from Olympic Village using Tokyo 2020 transport services: 23 minutes/8km

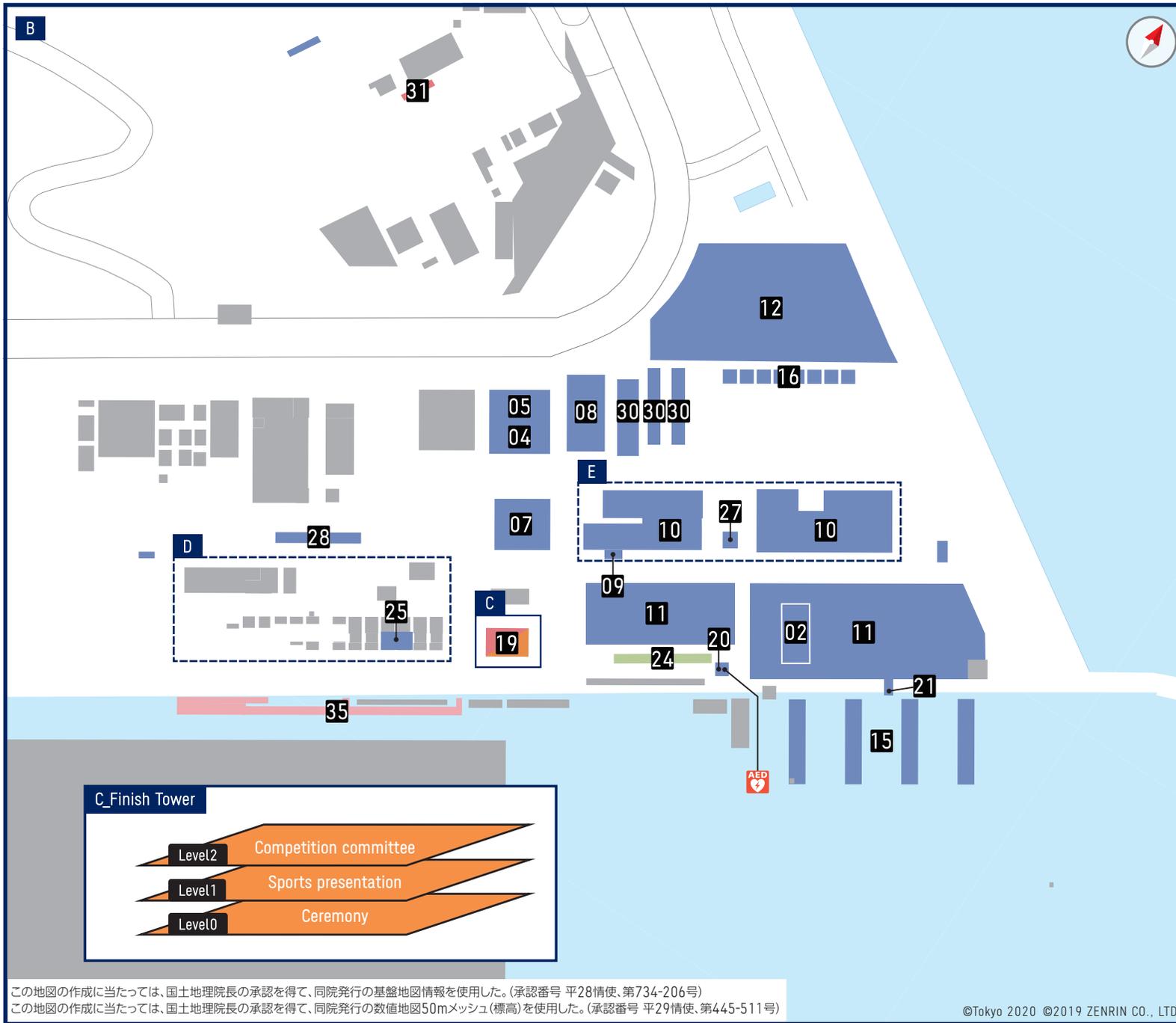
A complete timetable of Tokyo 2020 bus services available for the Canoe Sprint competition and training sessions will be available from the Transport desk at the Olympic Village. No bookings are required for TA transport services.

Field of play (FOP)

The field of play at Sea Forest Waterway is a regatta course measuring 2000m in length, with a race lane depth greater than 5m. For Canoe Sprint, the course will include eight lanes and start lines at 200m, 500m and 1000m, meeting ICF Canoe Sprint competition rules.

Venue map





Canoe (Sprint) Sea Forest Waterway

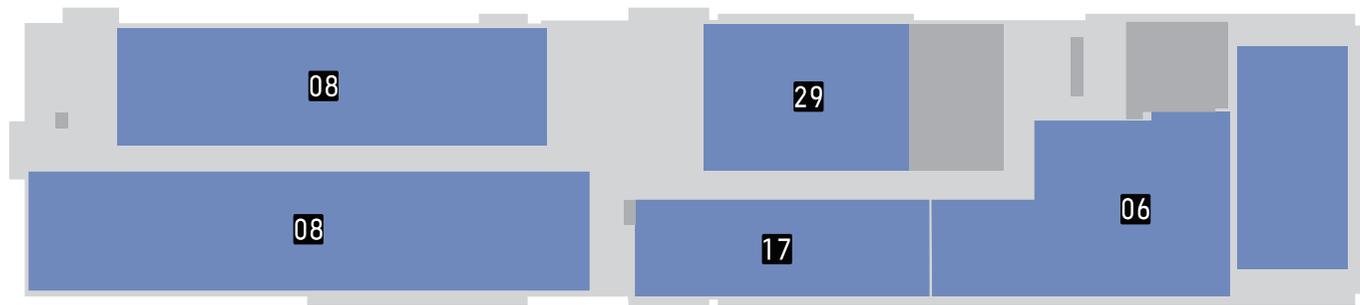
- LEGEND**
- 02** 2nd Boat Control
 - 04** Athletes' Changing Room (Men's)
 - 05** Athletes' Changing Room (Women's)
 - 07** Athletes' Lounge (Level 1/2F)
 - 08** Athletes' Rest Area
 - 09** Bicycle Rental
 - 10** Boat Storage - Indoor
 - 11** Boat Storage - Outdoor
 - 12** Boat Trailers and Container Storage Area
 - 15** Embarkation/Disembarkation
 - 16** Equipment Provider
 - 19** Finish Tower
 - 20** FOP Medical
 - 21** ID Boat Control
 - 24** Mixed Zone
 - 25** Non-competing Athletes' Seating (Same Sport)
 - 27** Sport Information Desk
 - 28** TA Loading Area (Athletes)
 - 30** Team Tent
 - 31** TF Loading Area (Technical Officials)
 - 35** Victory Ceremony Pontoon

C_Finish Tower

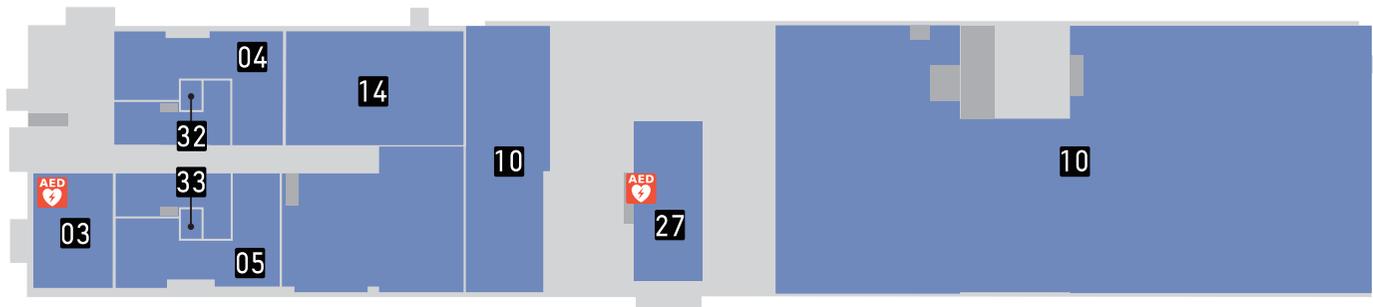
- Level2 Competition committee
- Level1 Sports presentation
- Level0 Ceremony

この地図の作成に当たっては、国土地理院長の承認を得て、同院発行の基盤地図情報を使用した。(承認番号 平28情使、第734-206号)
 この地図の作成に当たっては、国土地理院長の承認を得て、同院発行の数値地図50mメッシュ(標高)を使用した。(承認番号 平29情使、第445-511号)

E_Boathouse



Level1



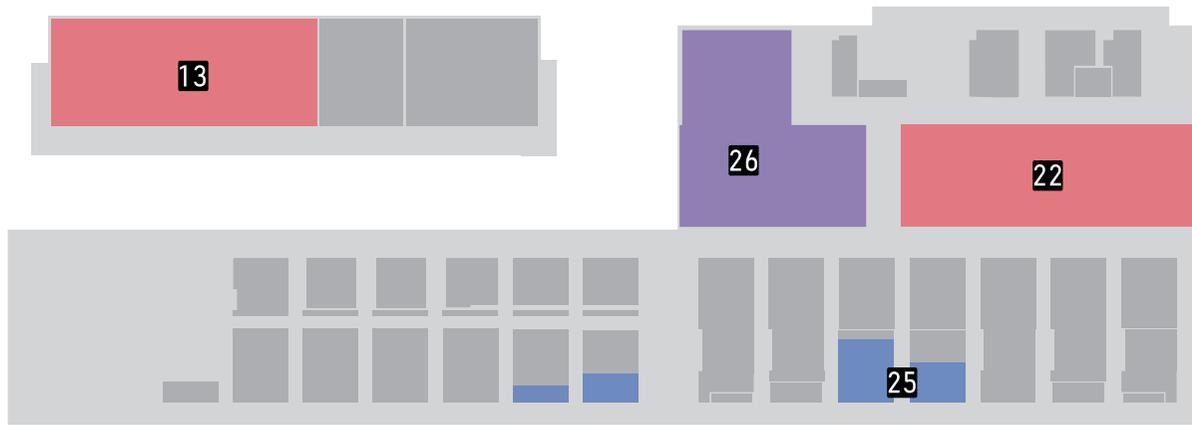
Level0

Canoe (Sprint) Sea Forest Waterway

LEGEND

- 03** Athlete Medical Station
- 04** Athletes' Changing Room (Men's)
- 05** Athletes' Changing Room (Women's)
- 06** Athletes' Dining Room
- 08** Athletes' Rest Area
- 10** Boat Storage - Indoor
- 14** Doping Control Station
- 17** Ergometers Room
- 27** Sport Information Desk
- 29** Team Leaders Meeting Room
- 32** Toilet (Accessible Men's)
- 33** Toilet (Accessible Women's)

D_Grandstand



Level1



Level0

Canoe (Sprint)
Sea Forest Waterway

LEGEND

- 13** Competition Management
- 22** IF Office
- 23** ITO/NTO Lounge
- 25** Non-competing Athletes' Seating (Same Sport)
- 26** Olympic Family Lounge

Venue facilities and services

Warm-up and cool-down areas

The warm-up and cool down areas are set in the water channel along the course and are separated from the main course by wave absorbers.

Changing rooms and showers

Separate changing room and shower facilities for men and women are located in the boathouse and in the athlete building in the back of the boathouse.

Athletes' Lounge

The Athletes' Lounge is located on the second floor of the athlete building next to the boathouse. The lounge is equipped with tables, chairs, sofas, laptops - including an Info terminal and internet kiosk - and a television displaying the live competition feed. A refreshment station serving whole fruits, cold snacks, Coca-Cola drinks and hot drinks will be available for athletes and team officials.

Athletes' rest area

Air-conditioned rooms in the back of the boathouse and on the second floor of the boathouse will be allocated to NOCs. Each room is equipped with a 100V type-A electrical socket.

Team tents

An area for team tents is located at the back of the boathouse. As the number of spaces is limited, these spaces are allocated by the advanced request only.

Food and beverage

Athlete Venue Meals (AVMs) in the form of cold packed meals can be ordered in advance by athletes and team officials who spend more than four hours out of the Olympic Village for competition or official training. AVMs must be ordered at the Sport Information Centre (SIC) in the Olympic Village by 12:00 (midday) two days before the competition or official training day. AVM orders will be available from 28 July until 8 August 2021. The AVMs will be delivered to the Athletes' Dining Area. AVMs will include items such as sandwiches, salads, pieces of fruit, dessert, and yoghurt. A vegetarian option will also be available, but it must be requested at the time of ordering.

Athletes and team officials can bring food into the competition venue, however, please note that there is no refrigeration available.

Ergometers

Ergometers (kayak and canoe) for training, warming up and cooling down are available on the second floor of the boathouse.

Boat rental

Boat rental services will be available from ICF official boat providers. Each NOC needs to communicate with the boat providers directly in advance to arrange rental services.

Boat washing

Taps with hoses for boat washing are located in front of the boathouse.

Boat repair

Boat repair service will be provided by the ICF's official boat providers. Boat repair tents are located near the container area.

Boat racks

Boat racks are located on the first floor of the boathouse and will be allocated to NOCs.

Bicycle rental

Coaches will be able to rent bicycles during canoe training hours. Coaches will only be allowed to use the bicycles on the bicycle path along the field of play during the hours that canoe athletes are allowed to train on the main course. Information on where and how to rent will be provided at the venue SID.

Sport Information Desk (SID)

The SID at Sea Forest Waterway is located on the first floor of the boathouse. The SID will be open from 05:45 to 18:00 between 1 August and 7 August 2021.

There will also be a Sport Information Desk at the Canoe Day Village during official training.

Lost and found

All reports of lost items at the venue should be directed to the Sport Information Desk.

Medical services

The athletes' medical room is located on the first floor of the boathouse. The athlete medical team will provide services such as first aid, emergency care, sports medicine and physical therapy services to athletes, team officials and technical officials. The medical team will consist of at least one doctor and one physiotherapist. Ambulances will also be stationed at Sea Forest Waterway during medical services operational hours. Each ambulance is staffed with a crew of three trained medical personnel.

Radios

Teams will need a valid authorisation from Tokyo 2020 to use radios at the venue. Requests for this authorisation must be made via the Spectrum Order Portal (SOP) via the Rate Card website prior to the Games. Please note there will not be a Spectrum Desk at Sea Forest Waterway to validate radio equipment.

Doping control station

The doping control station is located on the first floor of the boathouse, near the changing rooms.

Deliveries to the venue (containers, boat trailers and other equipment)

Boat trailer arrivals

NOCs are permitted to deliver containers, boat trailers and other equipment to the venue. Since the delivery window will be determined by Tokyo 2020 based on the information submitted in the form Booking Request for Freight Support Plan & Containers Outside Freight Support Plan in accordance with the venue's logistics schedule, NOCs that have made a booking request are kindly requested to contact the Tokyo 2020 Canoe Sprint team by emailing canoesprint_freight@tokyo2020.jp.

Security screening

Containers, boat trailers, cargos and any other equipment delivered after 5 July 2021 must pass through a mandatory security screening.

Venue Accreditation Office (VAO)

Sea Forest Waterway (SFW) ※SFW is in precinct with SFC		
Services	OIAC/PIAC Distribution	No
	Pre-Valid Card Validation	Yes
	Lost/Stolen/Damaged OIAC/PIAC Replacement	Yes
	Training Access Pass Distribution	Yes
	Help Desk	No
Olympic Games Operation Dates and Times – VAO 1		
04 July	09:00 – 17:00	
06 July – 13 July	9:00 – 17:00	
14 July – 22 July	06:00 – 18:00	
23 July – 01 August	04:30 – 18:00	
02 August – 07 August	05:00 – 16:00	
08 August – 16 August	09:00 – 13:00	

Sea Forest Waterway (SFW) ※SFW is in precinct with SFC		
Services	OIAC/PIAC Distribution	No
	Pre-Valid Card Validation	Yes
	Lost/Stolen/Damaged OIAC/PIAC Replacement	Yes
	Training Access Pass Distribution	Yes
	Help Desk	No
Olympic Games Operation Dates and Times– VAO 2		
04 July	09:00 – 17:00	
06 July – 13 July	9:00 – 17:00	
14 July – 22 July	06:00 – 18:00	
23 July – 01 August	04:30 – 18:00	

4. TRAINING

Training

Training for Canoe Sprint will also take place at Sea Forest Waterway. The venue will be open for training from Wednesday 28 July to Sunday 1 August 2021.

Training venue

During training, the Canoe Day Village located opposite the main boathouse area will be used as the Canoe Sprint training base between 28 July and 30 July 2021 since the main boathouse area will be used for Rowing training and competition.

Venue transition

The venue will undergo transition from a Rowing venue to a Canoe Sprint venue from 16:00 on 30 July 2021, depending on the date that the Rowing competition concludes. During the transition period between 30 July and 1 August 2021, the layout of the regatta course will be changed to a Canoe Sprint format, and operations will move to the main boathouse at Sea Forest Waterway.

NOCs are kindly requested to cooperate with the movement of boats and equipment from the Canoe Day Village to the main boathouse at Sea Forest Waterway. In principle, it will be the athlete's and NOC team's responsibility to paddle their own competition boats to the main boathouse. NOC equipment will be delivered to the main boathouse by the Tokyo 2020 logistics partner on request. NOCs will receive their equipment the next morning.

Team leaders should continuously check their mailboxes and the noticeboards at both the SIC at the Olympic Village and the venue SID for details of this transition, with particular reference to the movement of boats and equipment.

Training regulations

On Canoe Sprint training days (between Wednesday 28 July to Friday 30 July 2021), the main course will be available for the exclusive use of Canoe training for three hours. The warm-up channel with buoys over a distance of 1000m will be dedicated to Canoe Sprint training from 06:45 to 07:45 during the above period.

Athletes who plan to enter the water from the Canoe Day Village embarkation pontoon must first collect a training number from the number collection point beside the embarkation pontoon and attach it to their boat. Numbers must be returned at the end of each training session.

Training schedule and sharing the water with Rowing

Canoe Sprint athletes will share the water with Rowing athletes. A training channel will be established to meet the needs of Canoe Sprint, with buoyed lanes over a distance of 1000m for Canoe Sprint training.

DATE	MAIN COURSE	WARM-UP CHANNEL
	HOURS	HOURS
28 – 29 July 2021	14:00 – 17:00	06:45 – 07:45
30 July 2021*	14:00 – 16:00	06:45 – 07:45
31 July 2021**	08:00 – 17:00	
1 August 2021*	06:45 – 17:00	
2 – 6 August 2021	06:45 – 17:00	
7 August 2021	06:45 – 12:50	

* Field of play changeover and technical/dress rehearsal are scheduled from 30 July to 1 August 2021. The Sport Information Desk (SID) will provide available training areas and further information

** 31 July 2021 is a reserve day for the Rowing competition. The Canoe Sprint training schedule will be subject to change if the Rowing reserve day is used.

Please note that training times and dates are subject to change due to ongoing conversations between the ICF and the NOCs. Any updates to the training schedule will be communicated to the NOCs on Info, at the SIC in the Olympic Village, and at the venue SID.

Training facilities

The Canoe Day Village located opposite the main boathouse area at Sea Forest Waterway will be used as the Canoe Sprint training base between 28 and 30 July 2021. Facilities and services include:

Sport Information Desk (SID) at the Canoe Day Village

The SID at the Canoe Day Village will be open during training between from 05:45 to 18:00 between 28 July and 30 July 2021.

Changing rooms and showers at the Canoe Day Village

Separate changing rooms and shower facilities for men and women are located in the Canoe Day Village.

Athletes' Lounge at the Canoe Day Village

There will be an Athletes' Lounge at the Canoe Day Village. The lounge is equipped with tables and chairs. A refreshment station serving whole fruits, cold snacks, Coca-Cola drinks and hot drinks will also be available for athletes and team officials.

Medical services at the Canoe Day Village

The athletes' medical room at the Canoe Day Village is located next to the Athletes' Lounge. The athlete medical team will provide services such as first aid, emergency care, sports medicine and physical therapy services to athletes, team officials and technical officials. The medical team will consist of at least one doctor and one physiotherapist. Ambulances will also be stationed at Sea Forest Waterway during medical services operational hours. Each ambulance is staffed with a crew of three trained medical personnel.

Ergometers at the Canoe Day Village

Ergometers (kayak and canoe) for training, warming up and cooling down will be available at the Canoe Day Village and are located at the back of the Athletes' Lounge.

All training equipment will be approved by the ICF and will comply with Rule 50 and Bye-law to Rule 50 of the IOC Olympic Charter.

5. GENERAL INFORMATION

Tokyo and the Games

Tokyo 2020

Tokyo won the right to stage the Games of the XXXII Olympiad 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 Olympic heritage

On 10 October 1964, the Games of the XVIII Olympiad began with the Opening Ceremony at Kasumigaoka National Stadium after which 5,133 athletes from 93 nations and regions demonstrated their exceptional abilities in 163 events across 20 sporting competitions. It was the first ever Olympic 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 Olympic Games in brief

Sports:
33

Competition sessions:
750

Medal events:
339

Olympic Village official opening:
13 July 2021

Athletes:
11,090

Opening ceremony:
23 July 2021

Competition venues:
42

Closing ceremony:
8 August 2021

Days of competition:
19

Competition venues

Many existing venues will be used for the Tokyo 2020 Games including several legacy venues from the Tokyo 1964 Games. A total of 42 venues in Tokyo and around Japan will be used for the 2020 Games.

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 Olympic Games 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 Olympic and 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 16 venues across the length and breadth of Japan, from as far north as Sapporo to as far south as Izu peninsula in Shizuoka. These regional venues bring the Olympic and Paralympic Games Tokyo 2020 to areas of Japan that have never before experienced international sporting events, 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
Football
- ② Tokyo Metropolitan Gymnasium
Table Tennis
- ③ Yoyogi National Stadium
Handball
- ④ Nippon Budokan
Judo
Karate
- ⑤ Tokyo International Forum
Weightlifting
- ⑥ Kokugikan Arena
Boxing
- ⑦ Equestrian Park
Equestrian (Dressage, Eventing, Jumping)
- ⑧ Musashino Forest Sport Plaza
Badminton
Modern Pentathlon (Fencing)
- ⑨ Tokyo Stadium
Football
Rugby Sevens
Modern Pentathlon (Swimming, Fencing, Riding, Laser-Run)
- ⑩ Musashinonomori Park
Cycling Road

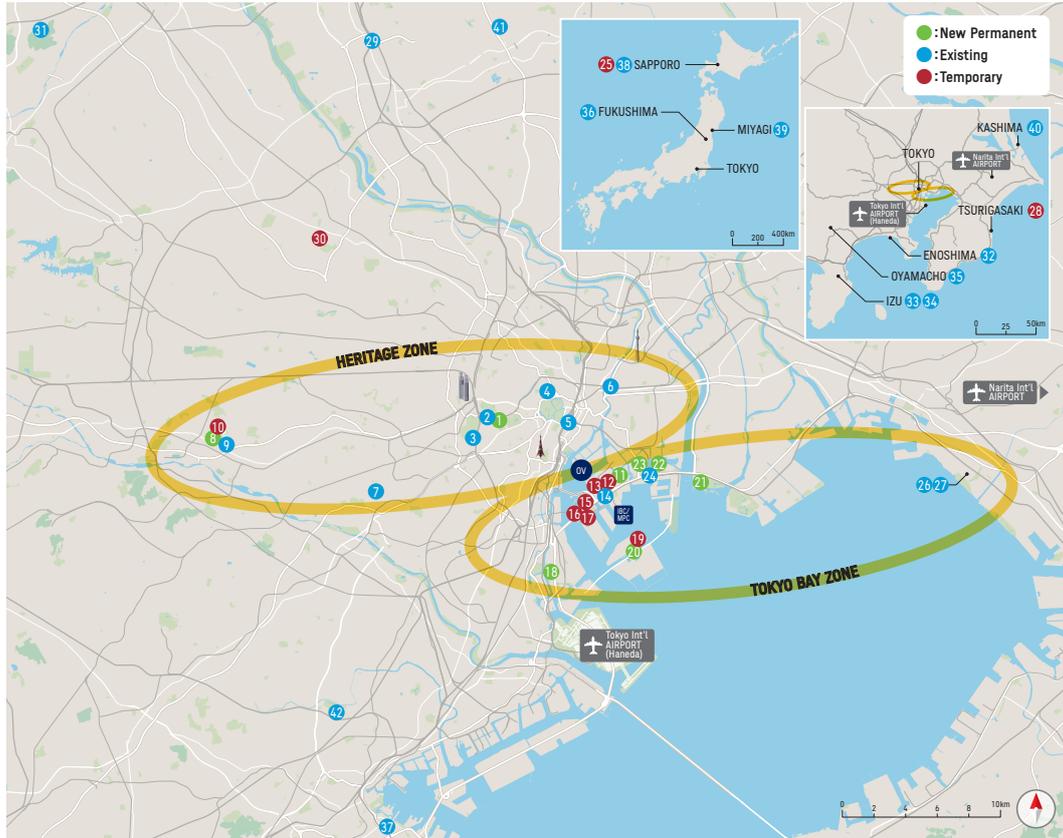
Tokyo Bay Zone

- ⑪ Ariake Arena
Volleyball
- ⑫ Ariake Gymnastics Centre
Gymnastics (Artistic, Rhythmic, Trampoline)
- ⑬ Ariake Urban Sports Park
Cycling (BMX Freestyle, BMX Racing)
Skateboarding
- ⑭ Ariake Tennis Park
Tennis
- ⑮ Odaiba Marine Park
Aquatics (Marathon Swimming)
Triathlon
- ⑯ Shiokaze Park
Beach Volleyball
- ⑰ Aomi Urban Sports Park
3x3 Basketball
Sport Climbing
- ⑱ Oi Hockey Stadium
Hockey
- ⑲ Sea Forest Cross-Country Course
Equestrian (Eventing)
- ⑳ Sea Forest Waterway
Canoe Sprint, Rowing
- ㉑ Kasai Canoe Slalom Centre
Canoe Slalom
- ㉒ Yumenoshima Park Archery Field
Archery
- ㉓ Tokyo Aquatics Centre
Aquatics (Swimming, Diving, Artistic Swimming)
- ㉔ Tatsumi Water Polo Centre
Aquatics (Water Polo)
- ㉕ Makuhari Messe Hall A
Taekwondo
Wrestling
- ㉖ Makuhari Messe Hall B
Fencing
Badminton

Regional Zone

- 27 Sapporo Odori Park
Athletics (Marathon, Race Walk)
- 28 Tsurigasaki Surfing Beach
Surfing
- 29 Saitama Super Arena
Basketball
- 30 Asaka Shooting Range
Shooting
- 31 Kasumigaseki Country Club
Golf
- 32 Enoshima Yacht Harbour
Sailing
- 33 Izu Velodrome
Cycling Track
- 34 Izu MTB Course
Cycling Mountain Bike
- 35 Fuji International Speedway
Cycling Road
- 36 Fukushima Azuma Baseball Stadium
Baseball
Softball
- 37 Yokohama Stadium
Baseball
Softball
- 38 Sapporo Dome
Football
- 39 Miyagi Stadium
Football
- 40 Ibaraki Kashima Stadium
Football
- 41 Saitama Stadium
Football
- 42 International Stadium Yokohama
Football

Olympic Games Venues



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HERITAGE ZONE

- 3 **Handball**
Yoyogi National Stadium
- 7 **Equestrian (Dressage)**
Equestrian Park
- 9 **Football**
Tokyo Stadium

- 1 **Opening and Closing Ceremonies**
Olympic Stadium
- 4 **Judo**
Nippon Budokan
- 7 **Equestrian (Eventing)**
Equestrian Park
- 9 **Rugby**
Tokyo Stadium

- 1 **Athletics**
Olympic Stadium
- 4 **Karate**
Nippon Budokan
- 7 **Equestrian (Jumping)**
Equestrian Park
- 9 **Modern Pentathlon**
Tokyo Stadium

- 1 **Football**
Olympic Stadium
- 5 **Weightlifting**
Tokyo International Forum
- 8 **Badminton**
Musashino Forest Sport Plaza
- 10 **Cycling (Road)**
Musashinonomori Park

- 2 **Table Tennis**
Tokyo Metropolitan Gymnasium
- 6 **Boxing**
Kokugikan Arena
- 8 **Modern Pentathlon**
Musashino Forest Sport Plaza

TOKYO BAY ZONE

- 13 **Skateboarding**
Ariake Urban Sports Park
- 17 **3x3 Basketball**
Aomi Urban Sports Park
- 20 **Rowing**
Sea Forest Waterway
- 23 **Aquatics (Artistic Swimming)**
Tokyo Aquatics Centre

- 18 **Volleyball (Volleyball)**
Ariake Arena
- 14 **Tennis**
Ariake Tennis Park
- 17 **Sport Climbing**
Aomi Urban Sports Park
- 21 **Canoe (Slalom)**
Kasai Canoe Slalom Centre
- 24 **Aquatics (Water Polo)**
Tatsumi Water Polo Centre

- 12 **Gymnastics**
Ariake Gymnastics Centre
- 15 **Aquatics (Marathon Swimming)**
Odaiba Marine Park
- 18 **Hockey**
Oi Hockey Stadium
- 22 **Archery**
Yumenoshima Park Archery Field
- 26 **Taekwondo**
Makuhari Messe Hall A

- 18 **Cycling (BMX Freestyle)**
Ariake Urban Sports Park
- 19 **Triathlon**
Odaiba Marine Park
- 19 **Equestrian (Eventing (Cross Country))**
Sea Forest Cross-Country Course
- 25 **Aquatics (Swimming)**
Tokyo Aquatics Centre
- 26 **Wrestling**
Makuhari Messe Hall A

- 15 **Cycling (BMX Racing)**
Ariake Urban Sports Park
- 16 **Volleyball (Beach Volleyball)**
Shiokaze Park
- 20 **Canoe (Sprint)**
Sea Forest Waterway
- 23 **Aquatics (Diving)**
Tokyo Aquatics Centre
- 27 **Fencing**
Makuhari Messe Hall B

OTHER VENUES

- 31 **Golf**
Kasumigaseki Country Club
- 36 **Baseball/Softball**
Fukushima Azuma Baseball Stadium
- 41 **Football**
Saitama Stadium

- 25 **Athletics (Marathon, Race Walk)**
Sapporo Odori Park
- 32 **Sailing**
Enoshima Yacht Harbour
- 37 **Baseball/Softball**
Yokohama Baseball Stadium
- 42 **Football**
International Stadium Yokohama

- 28 **Surfing**
Tsurigasaki Surfing Beach
- 33 **Cycling (Track)**
Izu Velodrome
- 38 **Football**
Sapporo Dome

- 29 **Basketball (Basketball)**
Saitama Super Arena
- 34 **Cycling (Mountain Bike)**
Izu MTB Course
- 39 **Football**
Miyagi Stadium

- 30 **Shooting**
Asaka Shooting Range
- 35 **Cycling (Road)**
Fuji International Speedway
- 40 **Football**
Ibaraki Kashima Stadium

OV Olympic Village
 IBC/MPC IBC/MPC Tokyo International Exhibition Centre (Tokyo Big Sight)
 OV Competition Venue

Road Network
 Motorway
 Major urbanarterial network

Rail Lines
 Japan railway
 Private railway

The Tokyo Organising Committee of the Olympic and Paralympic Games

Arrivals and Departures

Arrival and Departure Services

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

- Narita International Airport (NRT), Tokyo
- Tokyo (Haneda) International Airport (HND), Tokyo
- New Chitose Airport (CTS), Hokkaido
- Sendai Airport (SDJ), Miyagi Prefecture

A full range of services, including accreditation validation, quarantine, dedicated immigration lanes and customs will be available at NRT and HND from 1 July to 11 August 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 13 July to 11 August 2021 at NRT and HND.

Arrival and departure services, and arrival transport services, will be provided from 13 July to 9 August 2021 at CTS, and from 13 July to 1 August 2021 at SDJ.

Accreditation validation services will not be delivered at CTS and SDJ.

Services Period

Airport	Airport Services	Transport Services	Accreditation Services
Narita International Airport (NRT)	1 July - 11 August 2021	TBD	1 July - 8 August 2021
Tokyo (Haneda) International Airport (HND)	1 July - 11 August 2021	TBD	1 July - 8 August 2021
New Chitose Airport (CTS)	13 July - 9 August 2021	13 July - 9 August 2021	N/A
Sendai Airport (SDJ)	13 July - 1 August 2021	13 July - 1 August 2021	N/A

Accreditation

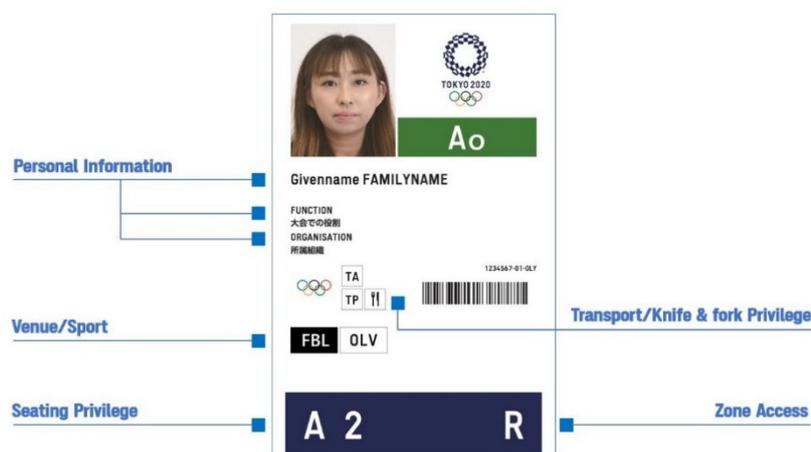
Accreditation

The Olympic Identity and Accreditation Card (OIAC) is the official document that identifies each person participating in the Olympic 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 OIAC is referred to as a Pre-Valid Card (PVC). The Tokyo 2020 Accreditation team will produce Pre-Valid Cards (PVCs) for all NOC 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 NOC for distribution to each delegation member. Accredited delegates will be able to validate their PVC in accordance with the dates for each sport outlined in the NOC 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. In addition to the PVC, all accredited persons must comply with any additional entry requirements outlined in the Athletes and Team Officials Playbook. Accredited Athletes (Aa category), Alternate Athletes (Ap category) and other accredited participants of the NOC (Ao, NOC or P category) are eligible for a visa waiver.

Individuals using their PVC 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 to access from the airport to the Olympic Villages.



E.g., Olympic Identity and Accreditation Card (OIAC) (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 13 July 2021, provided their NOC'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

All Games participants are provided with access to only the venues and zones that are required for them to complete the duties associated with their roles. The table below outlines the level of access granted to each category of participant. For Training Access Pass (TAPs) please refer to section No.4.

Categories and Privilege

Category	Population	Venue Access	Zone Access	Seating	Transport
Aa	Athlete	CSP venue(s), OLV, MPC, IBC	2, R, BLUE	A Stand (at CSP venue(s))	TA, TP
Ao	Team Leader Coach Technical Personnel Administrative personnel Doctor Physiotherapist Medical Personnel	CSP venue(s), OLV	2, R, BLUE	A Stand (at CSP venue(s))	TA, TP
Ao	Press Attaché	CSP venue(s), OLV, MPC, IBC	2, 4, R, BLUE	A Stand (at CSP venue(s))	TA, TM, TP
NOC	Athlete Chaperone	Athlete's discipline venue(s), OLV	2, R, WHITE	A Stand	TA, TP

[1] Access may be given to warm up facilities in competition venues when possible.

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 OIAC along with the individual's personal information, function and 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
R	Residential zone of the Olympic Village
Seating	
A	Athletes' stand
Transport	
TA	Athletes/NOCs transport system
TP	Public transport systems
Sports / Venues	
CODE	Competition venue(s) and training venue(s) for each discipline – white letters with black background
CODE	Training venue(s) anytime and/or competition venue(s) on training days only – white letters with green background

Conditions of Participation (COP)

As required by the IOC and in accordance with Rule 40 of the Olympic Charter, all individuals submitted in the following NOC accreditation categories must complete and sign a Conditions of Participation including the Parental/Legal Guardian Acknowledgement of Consent for Minors form (if applicable), acknowledging their compliance with the IOC and International Federation rules regarding Games participation and the World Anti-Doping Code.

- Aa: Athletes
- Ao: Team Officials
- P: Training Access Pass (TAPs)
- NOC: Athlete Chaperone

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

Only original signed copies of the Conditions of Participation form (and countersigned as appropriate) will be accepted by the Tokyo 2020 Organising Committee, and must be received at, or prior to, each NOC's DRM. However, NOCs 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 Conditions of Participation form issued in December 2019 will no longer be valid for the Games in 2021.

P – Category Accreditation

Training Access Pass (TAPs)

Training Access Passes (TAPs) will be available for NOCs to use in CSP disciplines for the Olympic Games Tokyo 2020. TAPs enable individuals who are considered essential for athlete preparation to access training venues and/or competition venues where training occurs.

Note: TAPs were called 'Training Venue Passes (TVP)' at the Olympic Games Rio 2016.

Operational Rules

- All Accreditation applications for TAP recipients must have been submitted in the GMS Accreditation Functionality by the 9 April 2021 deadline.
- Pre-Valid Cards (PVCs) will be issued for each complete TAP application submitted by the deadline.
- TAP recipients will be able to validate their PVCs and receive an OIAC and be subject to the Accreditation Terms for the Olympic Games Tokyo 2020.
- A Conditions of Participation form (and associated Parent/Legal Guardian Acknowledgement of Consent for Minors where relevant) must be completed and signed, acknowledging compliance with the IOC and International Federation rules regarding Games participation and the World Anti-Doping Code.
- The rules and responsibilities outlined in the Playbook for Athletes and Team Officials apply for TAP recipients. In addition, the following general rules apply for P – TAP accreditations.
 - Act as a visa waiver for entry into Japan.
 - Cannot be used by reserve athletes (unless permitted by the IOC and the IF).
 - Holders are not considered as part of the NOC delegation.
 - Do not grant additional entitlements such as Villages access, seating, dining or transport services.
 - Inappropriate behaviour by TAP recipients will be reported and these individuals will be denied access to the venues and their TAP may be cancelled.

Venue and Zone Access

P – TAP Accreditations in Group B can access all the Group B discipline standalone training venues and certain Group B discipline competition venues when in training mode. The access code to be used is 'ATV' - an acronym for All Training Venues.

GROUP B - Individual Discipline Allocation				
Discipline	Venue(s)	TAP Validity Period	TAP Access	Quota
			Code	(No. of Aa: TAP quota)
Canoe Sprint	Sea Forest Waterway	Start of training until day before start of competition	ATV	20% (rounded up) of Aa number entered into the Group B disciplines

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 OIAC itself may not grant access to these areas (e.g. the field of play, 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 OIAC.

Entry into Japan

The PVC/OIAC 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/OIAC 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/OIAC. The PVC/OIAC is valid in this way through all ports of entry.

The PVC/OIAC will facilitate entry into Japan only and does not function as a visa-waiver for any country other than Japan. All NOC delegates must check the visa requirements for transit through any other countries and obtain the necessary visa if required. NOCs 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 NOCs 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. NOC 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 NOC'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 Olympic Games. However, NOC 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)	<i>Yes</i>	<i>No</i>	<i>No</i>	<i>No</i>	<i>No</i>	13 July 2021
Narita International Airport (NRT) for international arrivals only (Terminals 1 and 2 only)	<i>Yes</i>	<i>No</i>	<i>No</i>	<i>No</i>	<i>No</i>	13 July 2021
Olympic Village Team Processing Centre	<i>Yes</i>	<i>Yes</i>	<i>Yes</i>	<i>Yes</i>	<i>Yes</i>	13 July 2021
Olympic Family Accreditation Centre ((located adjacent to the OFH in the TOKYO-UAC Building, Maple Room 2F)	<i>Yes</i>	<i>Yes</i>	<i>No</i>	<i>Yes</i>	<i>Yes</i>	12 July 2021
Media Accreditation Centre	<i>Yes</i>	<i>Yes</i>	<i>No</i>	<i>Yes</i>	<i>Yes</i>	28 June 2021
Secondary Media Accreditation Centre (At the Media Transport Mall)	<i>Yes</i>	<i>Yes</i>	<i>No</i>	<i>Yes</i>	<i>Yes</i>	23 June 2021
Venue Accreditation Offices (VAO) (at Canoe Sprint competition venues)	<i>Yes</i>	<i>No</i>	<i>No</i>	<i>Yes</i>	<i>No</i>	Venue lockdown

Lost, stolen, damaged PVCs/OIACs

If a PVC is lost, stolen or damaged the NOC 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 NOC will be informed.

All lost and stolen OIACs 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 OIAC will not be reissued after the competition of each discipline finishes and the end of the accreditation facilities' operational period for the Olympic Games Tokyo 2020.

Please note the following:

- The individual concerned must make a written, signed declaration.
- A lost or damaged OIAC 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.

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 implemented in the Tokyo 2020 Games.

Follow-My-Team

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

Athlete Family and Friends (AFF) tickets

Athletes' Family and Friends (AFF) Programme, which guarantees NOCs a certain number of tickets per session in which an athlete competes 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.

Olympic Village

Plans for ticketing services at the ticket office located in the Olympic Village are currently under review and further information will be provided upon purchase.

Key Client Servicing Centre (KCS)

At Games-time, Tokyo 2020 will offer ticketing services at the Key Client Servicing Centre which 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 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.

Team Welcome Ceremonies

Tokyo 2020, in agreement with the IOC, has removed Team Welcome Ceremonies from the Village programme.

Opening and Closing Ceremonies

The Olympic Games Tokyo 2020 Opening and Closing Ceremonies will be held at the Olympic Stadium. The Opening Ceremony will take place on Friday 23 July 2021 and the Closing Ceremony will be held on Sunday 8 August 2021.

Opening Ceremony

Parade of Athletes

Staging area

Delegations will enter the Olympic Stadium and parade across the field of play past the Presidential Box, in view of the audience, before being directed to their position on the field of play. Athletes will then have to stand for the remainder of the ceremony.

Marching entitlement

According to IOC guidelines, all competing athletes (Aa) participating in the Olympic Games are eligible to march in the ceremonies, together with six accredited team officials per NOC delegation. Competing athletes (Aa) will march by virtue of their accreditation and will not need a marching pass. Alternate athletes (Ap) and team officials (Ac and Ao) will require a marching pass and their accreditation to participate in the Parade of Athletes.

Marching order

The marching order is determined by the language of the host country. In accordance with IOC protocol and an IOC Executive Board decision on 3 December 2019, Greece will march in first and the Refugee Olympic Team second. As hosts of the next two editions of the Olympic Games, the United States of America will march third last and France second last, while 2020 Games host Japan will march last.

Non-marching spectating athletes

The Non-Marching Spectating Athlete ticket has been cancelled in line with COVID-19 countermeasures to reduce contact between athletes and general public and to ensure a secure and safe environment for athletes.

NOC Presidents, Secretaries General

NOC Presidents and Secretaries General will receive complimentary tickets for the Ceremonies. Marching with the delegation will not be allowed.

Flag bearers

Each NOC will nominate one female flag bearer and one male flag bearer to march jointly at the Opening Ceremony. Each NOC 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.

Food and beverage

Athletes marching in the Opening Ceremony are advised to have their meal before leaving the Olympic Village. Water will be available at the Olympic Village. Snacks and water will be provided at the athletes' preparation area and water will be available at Olympic Stadium. Upon return to the Olympic Village, the Main Dining Hall will be prepared to meet the high demand for meals.

Transport

Transport from the Olympic Village to the Olympic Stadium

Tokyo 2020 will provide bus services for marching athletes and team officials between the Olympic Village to the Olympic Stadium.

For the Opening Ceremony, the bus load zones will be located in the Transport Mall and the Residential Zone of the Olympic Village. NOCs will be allocated designated load zones and specific gathering and boarding times, based on their marching order in the parade, which will be communicated to NOCs after the Chefs de Mission ceremony briefing. NOC Assistants will meet NOCs at the designated times at their residences and guide them to the load zones to board the buses. Departures from the Olympic Village will take place in 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 Olympic Village before departure to the ceremony.

Transport back to the Olympic Village

An early departures service to the Olympic Village will be offered for athletes and officials wishing to leave the ceremony immediately after the parade. The early departures process will start after Greece has finished marching and will be provided until 30 minutes before the regular departure services start. The first bus for the early departures service is expected to leave the Olympic Stadium at 21:00. Buses will depart when full so athletes may be required to wait.

Satellite Villages

According to the Period of Stay and COVID-19 countermeasure guidelines, athletes residing in satellite villages (Olympic Cycling Village and Olympic Sailing Village) and sport accommodations are asked to minimise visiting the Olympic Village to avoid contamination risk. Accordingly, ceremony transport from satellite villages will not be provided.

Should an NOC wish to nominate a flag bearer(s) from sports in satellite villages, the athlete(s) may arrive and stay in the Olympic Village within their NOC allocation and participate in the ceremony from the Olympic Village.

Athletes participating from the satellite villages will be asked to take the IVCS (Inter-Village Connection Service) to/from the Olympic Village.

Closing Ceremony

Marching passes

For the Closing Ceremony, each NOC delegation will receive six marching passes for accredited team officials (Ac, Ao and Ap). Competing athletes (Aa) will march by virtue of their accreditation and will not need a marching pass. Alternate athletes (Ap) and team officials (Ac and Ao) will require a marching pass and their accreditation to participate in the ceremony.

Marching order

For the Closing Ceremony, delegations will not have to enter the Olympic Stadium in any protocol order.

Flag bearers

Each NOC will be asked to submit nomination form for flag bearers in advance. NOCs are requested to refrain from nominating athletes if they are competing on the day of the Closing Ceremony.

Flag bearers will enter the stadium before the rest of the delegations.

Transport

Transport from the Olympic Village to the Olympic Stadium

Tokyo 2020 will provide bus services for marching athletes and team officials between the Olympic Village to the Olympic Stadium. The bus load zones will be located in the Transport Mall and the Residential Zone of the Olympic Village. NOCs will be allocated designated load zones and specific gathering and boarding times. NOC Assistants will meet NOCs at the designated times at their residences and guide them to the load zones to board the buses. Departures from the Olympic Village will take place in waves. Further details will be provided during the Chefs de Mission meeting on the day before the Closing Ceremony.

Transport from competition venues to the Olympic Stadium

For Handball, Water Polo and Athletics (Marathon medalists) athletes competing on the day of the Closing Ceremony, transport will be arranged in accordance with the competition schedule.

Handball and Water Polo

Due to the tight schedule between finish of competition and the Closing Ceremony, direct transport to the ceremony will be provided for Handball and Water Polo athletes. Competing athletes will be transported by their team buses while separate TA buses will be provided to Same Discipline Athletes (SDA). Athletes participating in the Closing Ceremony must load their own baggage on to the bus going to the Olympic Village. Team officials not participating in the ceremony will accompany the baggage to the Olympic Village. A late departure TA bus will be provided for athletes who attend press conferences after competition. Athletes who undergo anti-doping tests may take this bus if they wish to participate in the ceremony as long as samples are completed before departure. NOCs will be asked to refrain from selecting flag bearers from these sports.

Transport for Marathon athletes from Sapporo accommodation

Victory ceremonies for the male and female marathon events will take place during the Closing Ceremony. Male and female marathon medallists will be transported directly to the Olympic Stadium from Sapporo on the day of Closing Ceremony after the men's marathon is completed.

Transport from the Olympic Sailing Village

Transport services for the Closing Ceremony will not be provided to athletes and team officials staying at the Olympic Sailing Village (OSV), which will have already closed at the time of the Closing Ceremony.

Non-marching spectating athletes

For the Closing Ceremony there will no tickets for non-marching athletes.

Victory Ceremonies

Victory ceremonies will be conducted in English, French and Japanese, and 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 their responsibility to adhere to Rule 50. Only the athletes may be present at this briefing, unless otherwise indicated.

During the medal presentation, accreditation must either be temporarily surrendered to the Victory Ceremony Manager or hidden out of sight. No participant in the victory ceremony should have flags, mascots, mobile phones, cameras, headphones, sport equipment or other items on them during the ceremony; this is a breach of Rule 50. Athletes must be wearing their NOC tracksuits. Please also note that no one other than athletes 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 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.

Marathon and Race Walk

- Venue ceremonies (presentation of winners) will take place at the venue in Sapporo after each marathon and race walk competition.
- Victory ceremonies (medal presentation) for Race Walk will be held at Olympic Stadium on subsequent days during Athletics competition.
- Victory ceremonies for marathon (both female and male) will be held during the Closing Ceremony.

Medals and diplomas

Medals and diplomas will be awarded in each event of the competition in accordance with Rule 56 (Victory, medal and diploma ceremonies) of the Olympic Charter, as follows:

- 1st place: A gold medal, a diploma and an Olympic medallist's pin
- 2nd place: A silver medal, a diploma and an Olympic medallist's pin
- 3rd place: A bronze medal, a diploma and an Olympic medallist's pin
- 4th-8th places: A diploma

Please note that medallists will also receive a commemorative gift.

Transport

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

Transport system for athletes and team officials (TA System)

During the Olympic Games Tokyo 2020, the TA bus system will provide transport services for athletes and team officials (Aa, Ac, Ao, and Ap alternate athletes), between 13 July and 11 August 2021. The TA bus system will provide the following transport services:

1. Arrivals and departures transport from/to Tokyo International Airport and Narita International Airport to/from official accommodation;
2. Transport between official athlete accommodation, and official competition and training venues;
3. Inter-Village Connection Services (IVCS) between the Olympic Village and the satellite villages for Cycling and Sailing;
4. Transport between Additional Team Official (ATO) accommodation (Prince Hotel Tokyo Bay) and the Olympic Village;
5. Opening and Closing Ceremony transport; and
6. Inter-city travel for relevant sports

TA System for Individual Sports (Shuttle buses)

Shuttle bus services will be provided between Olympic Village/official 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 bus 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 NOC and could change on occasion.

Team bus services will be provided between Olympic Village/official accommodation 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 days prior to the start of the competition until the day after competition is finished or day after team's final competition.

Any changes to the pre-agreed schedule should be requested at the Transport Desk at the SIC in the Olympic Village or Transport Desk at official accommodation 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 are provided to connect the Olympic Village with the satellite villages and Cycling accommodation, and to provide service connecting the Cycling Village with Cycling accommodation. Reservations must be made by 16:00 the day before travel at the Transport Desk of the NOC Services Centre in the Olympic Village, satellite villages 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. Rest time is scheduled during the trip at motorway service areas, etc.

Olympic Route Network (ORN)

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

- Games-time route: A route connecting the Olympic Village (OLV), 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 ORN.

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 ORN and at various spots where accidents could affect the ORN.

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

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 will ask 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 Olympic 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 July and 11 August 2021.

However, use of the public transport system will be restricted due to COVID-19 countermeasures. Those who fall under this category as stated in the Playbook Athletes and Officials cannot use the TP card.

NOC stakeholders (athletes, etc.) as specified in the Playbook Athletes and Officials cannot use public transport.

Other NOC stakeholders will be able to receive a TP card. But stakeholders who are from overseas will not be able to receive it for 14 days from the day after entry in Japan.

Please refer to the Transport Guide for details.

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 NOCs 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 NOCs by Tokyo 2020 before the Games.

COVID-19 countermeasures are described in the playbook.

Games-time medical services

Olympic Village

The Polyclinic will be located in the Residential Zone of the Olympic Village and will be the main treatment provider for athletes and NOC team officials during the Games. The Polyclinic will be open from 13 July to 11 August 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 tests are referred to the Fever Clinic.

A medical station at the Village Plaza will provide first-aid care for NOCs, guests, media, and workforce. The medical station will be open from 7 July to 11 August 2021 between 09:00 and 21:00.

Olympic Sailing Village

The Olympic Sailing Village medical station will be open from 13 July to 7 August 2021 and will provide primary care and physical therapy services from 6:00 to 12:00 and 17:00 to 23:00 and a pharmacy (limited services).

Olympic Cycling Village

The Olympic Cycling Village medical station will operate from 13 July to 10 August 2021 and will provide primary care, physical therapy services from 07:00 to 23:00, and 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 Olympic 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 Olympic 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 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. Details of 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.

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 will be provided in the competition 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

Doping control

The IOC has delegated some of its responsibilities in relation to the implementation of doping control at the Olympic Games Tokyo 2020 to the International Testing Agency (ITA) in accordance with the World Anti-Doping Code (WADC) and the IOC Anti-Doping Rules (the IOC AD Rules) applicable to the Games of the XXXII Olympiad Tokyo 2020.

This delegation includes without limitation, Test Distribution Planning (TDP), testing operations including athlete selection, Therapeutic Use Exemptions (TUEs), Results Management and prosecution of Anti-Doping Rule Violations (ADRVs).

During the period of the Games, which starts from the opening of the Olympic Village on 13 July 2021 up to and including the day of the Closing Ceremony on 8 August 2021 inclusively, the IOC AD Rules will apply. Athletes qualified and registered by their NOC may be tested at any time during the Games period, as well as in the lead up to the Games, regardless of their location.

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.

Doping Control-related operations

Reference information on “interpreters during the doping control process”, “food and beverage for athletes undergoing doping control”, “transportation following completion of doping control”, “testing for world records”, “testing requests for national/regional records” are written in the Doping Control Guidebook published on Tokyo 2020 Connect.

Transportation after completing doping control on day of Closing Ceremony

Doping control will be conducted on the day of the Closing Ceremony. All athletes undergoing doping control must complete testing at the competition venue before moving to the Closing Ceremony. After completing doping control, Tokyo 2020 will transport athletes to the Olympic Village. Athletes who participate in the Closing Ceremony are requested to take a bus to the Olympic Stadium from the Olympic Village. Therefore, Tokyo 2020 recommends that all athletes who compete on the day of the Closing Ceremony bring with them to the competition venue all necessary items that may be required during the Closing Ceremony (such as their uniforms) as they may not have the possibility to go back to their rooms in the Olympic Village prior to the ceremony. This Team Leaders Guide was published after the Doping Control Guidebook was finalised, therefore this is the most up-to-date transport information.

Athlete Venue Meals

Athlete Venue Meals (AVMs) will be available for athletes and team officials that are away from the Olympic 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 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 competition and official training venues. AVMs will include items such as sandwiches, 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.

Complete details will be communicated on Tokyo 2020 Connect.

Sport information

The Sport Information Centre (SIC) located in the same building as the NOC Services Centre, pre-opens on 7 July 2021, before officially opening from 13 July to 11 August 2021. Opening hours will be as follows:

- 7 to 12 July 2021: 08:00 to 20:00
- 13 July to 10 August 2021 : 07:00 to 22:00
- 11 August 2021: 07:00 to 18:00

The SIC will provide the following sport-specific information:

- General competition-related information and sport-related communications from Tokyo 2020 competition management teams and International Federations (IFs)
- 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
- Athlete Venue Meal (AVM) bookings

These same services and information will also 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 NOC team officials are allowed to enter (Ac, Ao, etc).

The SID in the sailing Village will be located close to the athletes' transport pick-up/drop-off area near the first-floor foyer, and will provide event-related services from 13 July to 7 August. Opening hours will be as follows:

- 13 July to 6 August 2021: 07:00 to 22:00
- 7 August 2021: 07:00 to 18:00

Hours of operation may change in response to the level of utilisation.

The SID in the Cycling Village will be located on the second floor of the Cycling Village Training Centre Annex, and will provide event-related services from 13 July to 8 August. Opening hours are 07:00 to 22:00 (Service from 07:00 to 08:00 and from 21:00 to 22:00 will be offered by phone.)

*Services from 13 July – 18 July 2021 will be offered by phone only.

*Services from 19 July - 20 July are TBC.

The SID will operate for:

MTB athletes and team staff from 21 July – 28 July
CTR athletes and team staff from 25 July – 8 August

The same information can be checked by logging on to Info, or at the venue SID.

Info

The Info system is the Games' information system, which provides competition schedules, results reports, near real-time scoring and results, medals, records, biographies, news, historical results, audio and video. The Info system is available in English and some content is available in French. It is scheduled to go live on 13 July 2021 and remain online until 11 August 2021.

Info Content and Details	
Background	Historical data, statistics, competition formats and rules, qualification criteria and venue descriptions
Biographies	Athlete biographies and team, coach, referee, judge and NOC 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, statistic-driven reports, media communications and IOC news
Medals	Medal standings by sport, overall medal standings, and medallists by day, sport and event
Records	World and Olympic records, including current records, record holders and new/ equalled records
Results	Competition results viewable by sport, date and NOC. Includes entry lists, start lists, results and additional sport-specific reports
Schedules	Competition and non-competition schedules, including press conferences, IOC activities and Cultural Olympiad
Audio and Video	Post-competition mixed zone interviews with many athletes will be available to stream on-demand as audio files. The IOC - Tokyo 2020 Daily Media Briefing can be streamed live on Info and will also be available on-demand, as will videos of medallists' post-competition press conferences.

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)
- news/event alerts via email
- bookmarking of results, reports and other Games information
- hyperlinking to other websites, such as those of the IOC and IFS
- downloadable results books
- copy and paste functionality

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.

Village

Olympic Village

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

Village Plaza

The Village Plaza is located next to the Village's Main Entry. As characteristics of the Village Plaza, 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

There are five Resident Centres in the Olympic Village, at least one per residential block.

Resident Centre (24-hour): two locations (buildings 3 and 15)

Resident Centre (07:00 - 22:00): three locations (buildings 6, 9 and 16)

Housekeeping Services

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

NOC spaces (residential units/NOC 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 for residential units and NOC operational spaces, linen change.

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

*Disinfection will be conducted with combination of regular cleaning.

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 / Fitness Centre 2: 07:00 to 22:00

The facility consists of Fitness Centre 1 (2,250m²) and Fitness Centre 2 (540m²) which will be available to all residents of the Olympic 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 to 23:00 (emergency services operating 24 hours) for athletes and team officials

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 to 23:00

Fever Clinic, Area for Testing of Close Contacts, and Sample Collection Centre are located in the Resident Zone. Fever Clinic provides medical care and tests for the delegation members suspected of having infectious diseases including COVID-19. Area for Testing of Close Contacts provides the tests for the close contacts of a person who is tested positive for COVID-19. Regular COVID-19 screening tests for athletes etc. are conducted at the Sample Collection Centre.

Main Dining Hall

Operational Hours: 24 hours daily, 13 July to 8 August 2021

*Outside of the above periods, 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 to 13:00 daily, 14 July to 8 August 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 to 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 to 21:00

The '5G Lounge', an Internet Lounge and a Café offer 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 to 20:00

The IVCS will operate daily between Olympic Village and satellite villages. Tokyo 2020 will provide bus transport services at specific times between the Olympic Village and the Sailing Village, Cycling Village and Cycling Road accommodation. Additionally, a separate service will operate between the Cycling Village and the Road Cycling accommodation. Services will not operate if no reservations have been made. NOCs can book services at the Transport Desk in the Olympic Village's NOC Services Centre (2nd floor). Please make reservations by 16:00 the day before. Services are limited on the opening/closing days of the Olympic 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 Olympic Village takes about 30 minutes. On Opening and Closing Ceremony days and operational dates of the Harumi Check-in (HCI), services will be limited.

Olympic Sailing Village

The Sailing Village is located in the town of Oiso in Kanagawa Prefecture. Situated about 92km from the Olympic Village and about 21km from the competition venue, it will be home to athletes and team officials participating in Sailing events during the Games.

Resident Desk

Location: 1st floor

Operational Hours: 07:00 to 22:00

Housekeeping Services

Daily: cleaning
Every two days: towel exchange
Every four days: bed-making, bed linen exchange

Laundry Services

Location: 3rd floor
Operational Hours: 07:00-22:00
The resident's OIAC will be confirmed and a receipt will be issued. Clean laundry can be picked up by showing a receipt at the Laundry Rooms.

Fitness Centre

Location: 1st floor
Operational Hours: 24 hours
Machine area and conditioning area will be available. A selection of equipment suitable for the sailing athletes will be provided in a machine area.

Recreation Centre

Location: 1st floor
Operational Hours: 10:00 to 22:00
Table tennis, lounge, and booth for experiencing Japanese culture are available.

Medical Services

Location: 1st floor
Operational Hours: 06:00 to 12:00 and 17:00 to 23:00
Medical Station is located on the basement floor of OSV for athletes and team officials during the Games Time, and provides necessary medical services such as primary care/physical therapy/limited pharmacy services.

Dining Halls

Location: 1st floor
Breakfast: 05:30 to 10:00 (event days) / 06:00 to 10:00 (training days)
Lunch: 11:00 to 15:00
Dinner: 17:00 to 22:00
There are two dining halls on the first floor of the Sailing Village. One accommodates 64 people and the other 140, for a total of 204 seats. Full service is available in the dining halls, which serve a selection of warm and cold dishes during breakfast, lunch and dinner.

Transport Services

Operational Hours: 07:00 to 22:00
TA Services are provided in the load zone in front of the entrance of Residence. The operating hours of the load zone is from the departure of the first bus to the arrival of the last bus of the day. The timetable will be posted at the load zone. In addition, information is also available at the Transport Desk. Users will be checked for OIAC in the load zone before boarding.

Olympic Cycling Village

The Cycling Village is located in the city of Izu in Shizuoka Prefecture. Situated about 188km from the Olympic Village and about 21km from the competition venue, it will be home to all athletes and team officials participating in Cycling Track and Cycling Mountain Bike events during the Games.

Resident Desk

Location: 2nd floor of Sympathique Hall
Operational Hours: 07:00 to 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 to 22:00
Resident's OIAC will be confirmed and a receipt will be issued. Clean laundry can be picked up by showing a 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 the cycling athletes will be provided in a machine area.

Recreation Centre

Operational Hours: 10:00 to 22:00
Table tennis, lounge, etc are available.

Medical Services

Location: 1st floor of the Sympathique Hall
Operational Hours: 07:00 to 23:00
Medical station is located on the 1st floor of the Sympathique Hall in the Cycling Village for athletes and team officials during Games-time, and provides medical services such as primary care, physical therapy, and limited pharmacy services.

Dining areas

Location: 2nd floor of Sympathique Hall
Breakfast: 06:00 to 10:00
Lunch: 11:00 to 15:00
Dinner: 18:00 to 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 to 22:00

TA services are provided in the load zone in front of the entrance on the 1st floor of Sympathique Hall. The operating hours of the load zone is from the departure of the first bus to the arrival of the last bus of the day. Timetables will be posted at the load zone. In addition, information is also available at the Transport Desk. Users will be checked for OIAC at the load zone before boarding. Transport within the Cycling Village is also provided. The circuit of the Cycling Village has seven stops and the bus leaves every 20 minutes from 06:00 to 23:00.

Grooms' Accommodation

During the Games period, grooms will be accommodated at the Grooms' Accommodation which consists of four buildings in the Equestrian Park. Veterinarians (one per NOC with Equestrian teams) will also be accommodated with no charge at the Grooms' Accommodation rather than the Olympic Village.

Resident Desk

Location: 1st floors of Accommodation 1 and Accommodation 2

Operational hours: 07:00 to 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 is divided by gender in all four accommodations, 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 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 NOC. Refreshments are available at the Athletes' Lounge.

Transport

Grooms with TA transport privilege can use TA service. Please refer to Transport Guide for more details. The TA bus load zone is located next to the Athletes' Dining. Grooms may use the TA service between the Equestrian Park and the Olympic Village from 13 July to 11 August 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 Olympic 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 (Port, Park, Sea, Sun) in the Olympic 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 Olympic 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: 8 July 2021 (08:00) to 12 August 2021 (18:00)

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

NOCs and athletes can book these rooms at Resident Centres or at the front desk of the NOC Services Centre. Reservations can be made up to 4 days in advance.

Olympic Video Player (OVP)

Users will be able to view live streaming of all events 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 in each residential building.

Technical filming

If a team wishes to do 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.

Technical Filming at Competition Venues for Tokyo 2020				
Sport - Discipline	Venue	Venue footage recordings available at venue	Dedicated platform/ positions	Filming from stands
Aquatics - Diving	Tokyo Aquatics Centre	N/A	Only team members of competing athletes can access the positions in the dedicated area for coaches by the pool deck. Blue zone accreditation is required to access the area (Ac or Ao accreditations).	TBC
Aquatics - Water Polo	Tatsumi Water Polo Centre	N/A	Filming positions are available free of charge on a first come, first served basis. Only one member per NOC will be allowed at a given time.	TBC
Archery	Yumenoshima Park Archery Field	N/A	N/A	Allow to film from either:
Athletics - Track & Field	Olympic Stadium	N/A	N/A	- Athletes stands - Ao, Aa, Ac accreditation required
Athletics - Marathon	Sapporo Odori Park	N/A	N/A	OR - Spectator stands - ticket holder
Athletics - Race Walking	Sapporo Odori Park	N/A	N/A	No tripods will be allowed No power plugs and LAN connections are available
Badminton	Musashino Forest Sport Plaza	1 copy of each match will be available to each NOC competing in the specific match 1 hour after the end of the match at the Sport Information Desk (SID).	N/A	N/A

Baseball/ Softball - Baseball	Yokohama Baseball Stadium	2 USB copies per game will be delivered to each participating team shortly after the conclusion of the game.	There will be dedicated seats behind the back stop for the same dicipline teams to film the game for trainig purpose.	Same dicipline teams are allowed to film from Team Scouting Seats in stands. Blue zone and/ or Zone 2 accreditation is required.(TBD) No power plugs and LAN connections are available.
	Fukushima Azuma Stadium			
Baseball/ Softball - Softball	Yokohama Baseball Stadium	2 USB copies per game will be delivered to each participating team shortly after the conclusion of the game.	There will be a dedicated platform in FOP (behind the outfield fence) for the same dicipline teams to set up 1 camera per each team for trainig purposes. (not less than 25' to the left and right of center field.) No power plugs and LAN connections are available. Blue zone accreditation is required.	N/A
	Fukushima Azuma Stadium			
Basketball	Saitama Super Arena	Competing teams will receive a USB copy of their own games within 1 hour after the end of the competition at the SID. For matches featuring opponents, teams must provide their own USB to record the footage. Distribution in this case will be via the SID.	N/A	TBC

Basketball - 3x3 Basketball	Aomi Urban Sports Park	<p>Competing teams will receive a USB copy of their own session 1 hour after the end of the session at the SID.</p> <p>For matches featuring opponents, teams must provide their own USB to record the footage. Distribution in this case will either be via the Sport Information Center (SIC) at the Olympic Village or via SID, depending on the time the match ends.</p>	N/A	<p>Allow to film from either:</p> <ul style="list-style-type: none"> - Athletes stands - Ao, Aa, Ac accreditation required <p>OR</p> <ul style="list-style-type: none"> - Spectator stands - ticket holder <p>No tripods will be allowed No power plugs and LAN connections are available</p>
Boxing	Kokugikan Arena	N/A	N/A	
Canoe - Slalom	Kasai Canoe Slalom Centre	There will be Technical Video Services Room in which the NOCs can download the live race footage directly. Teams must receive the TVS signal in own HD.	N/A	TBC
Canoe - Sprint	Sea Forest Waterway	N/A	N/A	TBC
Cycling - BMX (Racing)	Ariake Urban Sports Park	N/A	<p>There are dedicated positions on top of the second turn for 1 team member per NOC.</p> <p>The positions are available on a first come, first served basis. Supplementary access BIBS will be distributed at the Team Managers Meeting on July 25th and will be required to access the dedicated positions for the duration of the competition.</p>	<p>Allow to film from either:</p> <ul style="list-style-type: none"> - Athletes stands - Ao, Aa, Ac accreditation required <p>OR</p> <ul style="list-style-type: none"> - Spectator stands - ticket holder <p>No tripods will be allowed No power plugs and LAN connections are available.</p>
Cycling - BMX (Freestyle)	Ariake Urban Sports Park	N/A	N/A	<p>Allow to film from:</p> <ul style="list-style-type: none"> - Stands - Staging area - Outer decks of the FoP (One team manager will be permitted during practice times)

Cycling - MTB	Izu Mountain Bike Course	N/A	N/A	Allow to film from - spectator areas
Cycling - Track	Izu Velodrome	N/A	Sport Scientists Platform is located in spectator stand area above home straight pursuit line. Only 1 team member per NOC is allowed to access the dedicated sport area. Blue zone accreditation is required to access the area (Aa, Ac or Ao accreditations). Limited LAN places with power plugs will be available and cost incurred. NOCs will have to book dedicated positions with SPT team and via NOC rate card in advance. Please refer "Tokyo 2020 - Application Information of Sport Scientists Platform at IVD" on Tokyo 2020 Connect for details.	TBC
	Musashinonomori Park	N/A	N/A	Allow to film - Spectator area No tripods will be allowed No power plugs and LAN connections are available.
Cycling - Road	Fuji International Speedway	N/A	N/A	Allow to film from either: - Athletes stands - Ao, Aa, Ac accreditation required OR - Spectator stands - ticket holder No tripods will be allowed No power plugs and LAN connections are available.

Equestrian	Equestrian Park	N/A	N/A	<p>Allow to film from either:</p> <ul style="list-style-type: none"> - Athletes stands - Ao, Aa, Ac and Ap accreditation required <p>OR</p> <ul style="list-style-type: none"> - Spectator stands - ticket holder <p>No tripods will be allowed No power plugs and LAN connections are available.</p>
Equestrian - Cross country test, Eventing Discipline	Sea Forest Cross-country Course	N/A	N/A	N/A (No athletes' stand)
Fencing	Makuhari Messe Hall B	TBC	A given number of people who can access to the team box and have both an accreditation card and a supplement pass which Sport Team supply day by day to enter the FOP are allowed to film in the team box during the bout/ match. However, coaches from other events cannot enter in the team box just for filming.	TBC
Football	Sapporo Dome Miyagi Stadium Ibaraki Kashima Stadium (IKS) Saitama Stadium Tokyo Stadium Olympic Stadium Internat. Stad. Yokohama	<p>With IOC approval and OBS support, FIFA will upload recordings of the World Feed and a FIFA-Provided Tactical Camera feed of all matches to FIFA's online portal for the purpose of tactical analysis by teams.</p> <p>Team delegation members may download the footage from any location.</p>	<p>SDO (Platform A) MIS (Platform G) IKS (Platform behind OBS Cam position 1/2) SAS (Platform G) TOS (Platform A) OLS (RH Platform M) ISY (Platform G)</p>	N/A

Golf	Kasumigaseki Country Club	N/A	Individual filming by coaches during non-competition rounds and in practice areas is permitted, provided that the filming is non-intrusive, does not distract other athletes and the equipment does not touch or damage the golf course ie only small, handheld devices may be used.	<p>Allow to film from either:</p> <ul style="list-style-type: none"> - Athletes stands - Ao, Aa, Ac accreditation required <p>OR</p> <ul style="list-style-type: none"> - Spectator stands - ticket holder <p>No tripods will be allowed No power plugs and LAN connections are available.</p>
Gymnastics	Ariake Gymnastics Centre	N/A	N/A	N/A
Handball	Yoyogi National Stadium	Tokyo 2020 will provide one match recording on a USB pen drive to each team playing in that specific match. It will be available for teams to pick up at the SID one hour after the end of the match.	<p>Teams may be able to film their own matches from a central east and west positions (north side of the venue, 1st floor).</p> <p>Accreditation (Ac, Ao, P) is required to access the filming area.</p> <p>Power outlets available. Non-professional consumer cameras do not require stickers to be brought into venues, and clearance with OBS is not necessary.</p>	<p>Allow to film from either:</p> <ul style="list-style-type: none"> - Athletes stands - Ao, Aa, Ac accreditation required <p>OR</p> <ul style="list-style-type: none"> - Spectator stands - ticket holder
Hockey	Oi Hockey Stadium	1 copy of the match will be available to each team playing that specific match on USB Sticks which can be picked up from SID	Teams will have access to live feed SDI cable from the IF Technical Analysis Camera. All Teams will be able to connect to the cable through a splitter in the Team Analysts' Area in the stand (at both Competition Pitches).	No tripods will be allowed No power plugs and LAN connections are available.
Judo	Nippon Budokan	N/A	N/A	

Karate	Nippon Budokan	N/A	N/A	<p>Allow to film from either:</p> <ul style="list-style-type: none"> - Athletes stands - accreditation required <p>OR</p> <ul style="list-style-type: none"> - Spectator stands - ticket holder <p>No tripods will be allowed No power plugs and LAN connections are available.</p>
Modern Pentathlon	Musashino Forest Sport Plaza / Tokyo Stadium	N/A	N/A	TBC
Rugby	Tokyo Stadium	<p>At the conclusion of each Match, footage can be made available to team at Match Analysis Room. Three different angles (TX, Wide and End) to be provided by OBS. Teams should bring their own laptop/ device to download the matches.</p>	N/A	<p>Allow to film from either:</p> <ul style="list-style-type: none"> - Athletes stands - Ao, Aa, Ac accreditation required <p>OR</p> <ul style="list-style-type: none"> - Spectator stands - ticket holder
Sailing	Enoshima Yacht Harbour	N/A	N/A	<p>No tripods will be allowed. No power plugs and LAN connections are available.</p>
Shooting	Asaka Shooting Range	N/A	N/A	N/A

Skateboarding	Ariake Urban Sports Park	N/A	N/A	
Sport Climbing	Aomi Urban Sports Park	N/A	<p>The team officials who are allowed to access Coach Zone can film the athletes' performance by video camera (including tablet) from that zone. To enter the Coaches' Zone, the team officials shall possess the Coach Pass in addition to their accreditation. Maximum two (2) Coaches Passes will be issued for each NOC.</p> <p>The team officials are required to film from the designated filming seats of each discipline within the Coaches' Zone. The allocated chairs shall not be moved. The tripods are allowed to use, however the height and position of tripods would be limited to secure the sightline / view from spectators / broadcast cameras. The team officials shall follow the instruction from staff, volunteers and broadcasters.</p> <p>During the Final competition, only team officials with athletes competing in the final shall be allowed to film.</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 <p>No tripods will be allowed. No power plugs and LAN connections are available.</p>
Surfing	Tsurigasaki Surfing Beach	N/A	<p>Technical Filming Positions are located in 3 positions.</p> <ol style="list-style-type: none"> (1) 2F of athlete lounge. (2) Deck in between athlete lounge and judge tower. (3) On the beach.(Team Cabin and in front of the spectator zone) 	<p>Basically there are no changes on the positions, however, there might be some changes on the movement/flow of athletes and spectators due to COVID-19 counter-measure which may influence the positions as a result.</p>

Table Tennis	Tokyo Metropolitan Gymnasium	<p>Video recording of all matches will be available at the SID at the end of each session. Team leaders that request a copy of the footage of a session will receive a USB.</p> <p>Each NOC 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>Allow to film from either:</p> <ul style="list-style-type: none"> - Athletes stands - Ao, Aa, Ac accreditation required OR - Spectator stands - ticket holder
Taekwondo	Makuhari Messe Hall A	N/A	N/A	<p>No tripods will be allowed.</p> <p>No power plugs and LAN connections are available.</p>
Tennis	Ariake Tennis Park	<p>1 copy of the match will be available for each team leader 1 hour after the end of the match at the SID. Teams will only receive a copy of their own matches.</p>	N/A	
Triathlon	Odaiba Marine Park	N/A	<p>Accredited coaches will be allowed to film in the 4 designated coaches areas spread around the course.</p>	TBC
Volleyball - Beach Volleyball	Shiokaze Park	<p>Teams will be able to copy the video 10 minutes after the end of every match at SID in the venue.</p> <p>Teams must provide their own USB.</p>	<p>Team video camera area will be located at west end line of the court. The area will consist of 10 designated seats in the last row of the first tier.</p> <p>Filmers will be given priority at the filming area as follows;</p> <ol style="list-style-type: none"> 1. NOCs with competing teams 2. NOCs in the same pool with competing teams 3. NOCs in same gender with competing teams <p>NOCs must register potential filmers at the Preliminary Inquiry, accredited or ticketed team officials may film as long as they are registered.</p>	N/A

Volleyball	Ariake Arena	N/A	<p>Technical filming positions (Team Video Area) are provided on a first come, first serve basis. However, priority will be given to the competing teams in the same gender. The positions are located at both ends of the court, on the 3rd floor of the venue. Each area consists of sixteen (16) designated seats. Two persons per team will be allowed to access the team video area.</p> <p>The team staff is only allowed to enter the venue with accreditation or tickets. A Supplementary Access Pass and Team Camera Stickers will be distributed at the Preliminary Inquiry. A Supplementary Access Pass will allow team staffs to access the team video area once the holder is inside the venue. This pass alone does not allow access to the venue. The Team Camera Stickers will allow the cameras in the team video area.</p> <p>Equipment must not be left unattended at team video area.</p>	N/A
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Weightlifting	Tokyo International Forum	<p>One (1) copy of the competition will be available for each Weightlifting participating NOCs. Request must be submitted at the SID after the end of each session until 23:00 of 4 August.</p> <p>The pick-up date/time/place will be informed by Sport Information Team at SID.</p> <p>NOCs are strongly encouraged to submit the request within the day of the competition.</p> <p>NOCs wish to receive the copy of the competition(s) must bring new USB memory devices per each session:</p> <ul style="list-style-type: none"> - Connection Interface: USB 3.0 - Capacity: 16GB (each session requires 16GB) - Wrapped in unopened package. 	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>
Wrestling	Makuhari Messe Hall A	N/A	N/A	

Details for Artistic Swimming, Marathon Swimming, Swimming and Rowing are still to be confirmed.

Security

Tokyo 2020 is working with private 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 the venues are clear of prohibited or dangerous items that may threaten security of the venues and its occupants. Venues will be considered clean and locked down after the security sweep is complete.

Throughout the lockdown period, individuals and vehicles will need an accreditation (OIAC) or a Vehicle Access and/or Parking Permit (VAPP) to enter a venue, and they will need to go through confirmation of access authorities, identification, and security screening. These security procedures are in place to keep unauthorised persons and prohibited goods out of the venues.

Confirmation of access authorities and identity verification will be conducted through facial recognition system installed in Accreditation Check Point (ACP).

This system will detect the identification data retrieved from database through an IC chip installed in the accreditation card. The system will automatically compare the stored data and facial features captured by the dedicated terminal at 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 PSA. Accreditation of the driver and passengers as well as the VAPP will be checked.

In addition, all logistics vehicles must be registered on the Master Delivery Schedule (MDS). The driver will need to present a valid OIAC and a VAPP. Delivery goods are subject to be 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 still the drivers and vehicles will be screened.

Security at the Olympic Village

The Olympic 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 Olympic Village 24 hours a day. Security related information collected through above mentioned operations will be managed at the Venue Security Command Centre (VSCC) located inside the Olympic Village. VSCC will cooperate with the Games Security Coordination Centre (GSCC) and the Main Operations Centre (MOC).

Pedestrians entering the Olympic Village will be required to go through an accreditation check and identity verification through 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 upon entering the Olympic Village.

Security at competition venues

The same security procedures at the Olympic 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

Training venues are not subject to lockdown like competition venues. There will also be no PSA or VSA. Security personnel will patrol the training venues and pedestrians will be required to show their accreditation or Training Access Pass (TAP) at the venue entrance.

Transport and security

All TA buses will be equipped with tracking devices, enabling the transport system for athletes and team officials (TA) to be monitored during transit. The TA services between the Transport Mall at the Olympic Villages to and from competition venues will operate from within one secure perimeter to another in principle (clean-to-clean transport). When taking the TA vehicle to a competition venue, athletes and team officials can remain on the vehicle while the TA vehicle goes through a brief external screening at the VSA. However, athletes and team officials returning from competition and training venues to the Olympic Village 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 should get out of the vehicle and go through a security screening at the adjacent PSA.

Prohibited and restricted items at venues

The list of prohibited and restricted items at competition venues and the Olympic Villages is available on Tokyo 2020 Connect. Please note 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, 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 ·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	T ·Items for repairing sports equipment	× ·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
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	○	○	× ×

No.	Items	Athletes-NOC/NPC	Workforce	Spectators
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
24	Chairs including folding chairs	○	×	R ·Can only be brought into venues designated by the Tokyo 2020 Organising Committee

No.	Items	Athletes NOC/NPC	Workforce	Spectators	
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	○	○	×	×

Olympic Village, Sailing Village,
Cycling 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
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	× ×	× ×
5	Alcoholic beverages	○ ○	× ×	× ×

No.	Items	Athletes: NOC/NPC		Workforce		Guests	
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
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
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	○	○	○	○	×	×

No.	Items	Athletes NOC/NPC		Workforce		Guests
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	○	○	×	×	×
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	○	○	×	×	×

No.	Items	Athletes-NOC/NPC	Workforce	Guests	
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	R ×	
		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 list mentioned above, 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 and team officials for specific Games related activities will be classified as “Tools of the Trade” and 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 Olympic Games sustainability knowledge and best practices to future Olympic 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, and the engine while the vehicle is parked or stopped or 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 Olympic Villages, competition, and non-competition venues. Tokyo 2020 will promote waste separation to maximise the recycling of resources. Visitors to the Olympic 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 Olympic 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.

Telephone Services

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.

Olympic Village



Operations

- Super Resident Centre (24 hours)
- Resident Centre (07:00-22:00)
- Laundry Desk
- Grab and Go Stations
- 1** NOC Services Centre
 - 1st Floor : Sport Information Centre
 - 2nd Floor : Chefs de Mission Hall, FA Desks, Front Desk
 - NOC/NPC Relations Offices, IOC NOC 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 (Uniform Distribution Centre)
- 5** Guest Pass Centre, Venue Media Centre
- Fever Clinic, Area for Testing of Close Contacts
- Sample Collection Centre

- 6** Team Processing Centre
- The Olympic Rings
- 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

Venue	Sports/Discipline		-2	-1	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
			21 Jul Wed	22 Jul Thu	23 Jul Fri	24 Jul Sat	25 Jul Sun	26 Jul Mon	27 Jul Tue	28 Jul Wed	29 Jul Thu	30 Jul Fri	31 Jul Sat	1 Aug Sun	2 Aug Mon	3 Aug Tue	4 Aug Wed	5 Aug Thu	6 Aug Fri	7 Aug Sat	8 Aug Sun
Ariake Gymnastics Centre	Gymnastics	Artistic Gymnastics						🏅	🏅	🏅	🏅			🏅	🏅	🏅					
	Gymnastics	Rhythmic Gymnastics																		🏅	🏅
	Gymnastics	Trampoline Gymnastics										🏅	🏅								
Ariake Urban Sports Park	Cycling	BMX Freestyle												🏅							
	Cycling	BMX Racing										🏅									
	Skateboarding	Street				🏅	🏅														
	Skateboarding	Park															🏅	🏅			
Ariake Tennis Park	Tennis										🏅	🏅	🏅								
Odaiba Marine Park	Aquatics	Marathon Swimming															🏅	🏅			
	Triathlon						🏅	🏅				🏅									
Shiokaze Park	Volleyball	Beach Volleyball																	🏅	🏅	
Aomi Urban Sports Park	Basketball	3 x 3 Basketball							🏅												
	Sport Climbing																	🏅	🏅		
Oi Hockey Stadium	Hockey																	🏅	🏅		
Sea Forest Cross-Country Course	Equestrian	Eventing[cross-country]																			
Sea Forest Waterway	Canoe	Sprint														🏅		🏅		🏅	
	Rowing								🏅	🏅	🏅	🏅									
Kasai Canoe Slalom Centre	Canoe	Slalom					🏅	🏅		🏅	🏅										
Yumenoshima Park Archery Field	Archery				🏅	🏅	🏅				🏅	🏅									
Tokyo Aquatics Centre	Aquatics	Swimming				🏅	🏅	🏅	🏅	🏅	🏅	🏅	🏅								
	Aquatics	Diving				🏅	🏅	🏅	🏅				🏅		🏅		🏅			🏅	
	Aquatics	Artistic Swimming														🏅				🏅	

Venue	Sports/Discipline	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	
		21 Jul Wed	22 Jul Thu	23 Jul Fri	24 Jul Sat	25 Jul Sun	26 Jul Mon	27 Jul Tue	28 Jul Wed	29 Jul Thu	30 Jul Fri	31 Jul Sat	1 Aug Sun	2 Aug Mon	3 Aug Tue	4 Aug Wed	5 Aug Thu	6 Aug Fri	7 Aug Sat	8 Aug Sun	
Saitama Stadium	Football																				
International Stadium Yokohama	Football																				

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

* Surfing Festival will be held from Day 2 to Day 9. Starting from 25 July, the schedule will depend on the wave conditions.



The Worldwide Olympic Partners



Tokyo 2020 Olympic Gold Partners



Tokyo 2020 Olympic Official Partners



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International
Olympic
Committee



INTERNATIONAL
PARALYMPIC
COMMITTEE



TOKYO 2020



TOKYO 2020
PARALYMPIC GAMES

THE PLAYBOOK ATHLETES AND OFFICIALS

Your guide to a safe
and successful Games



April 2021
Version 2

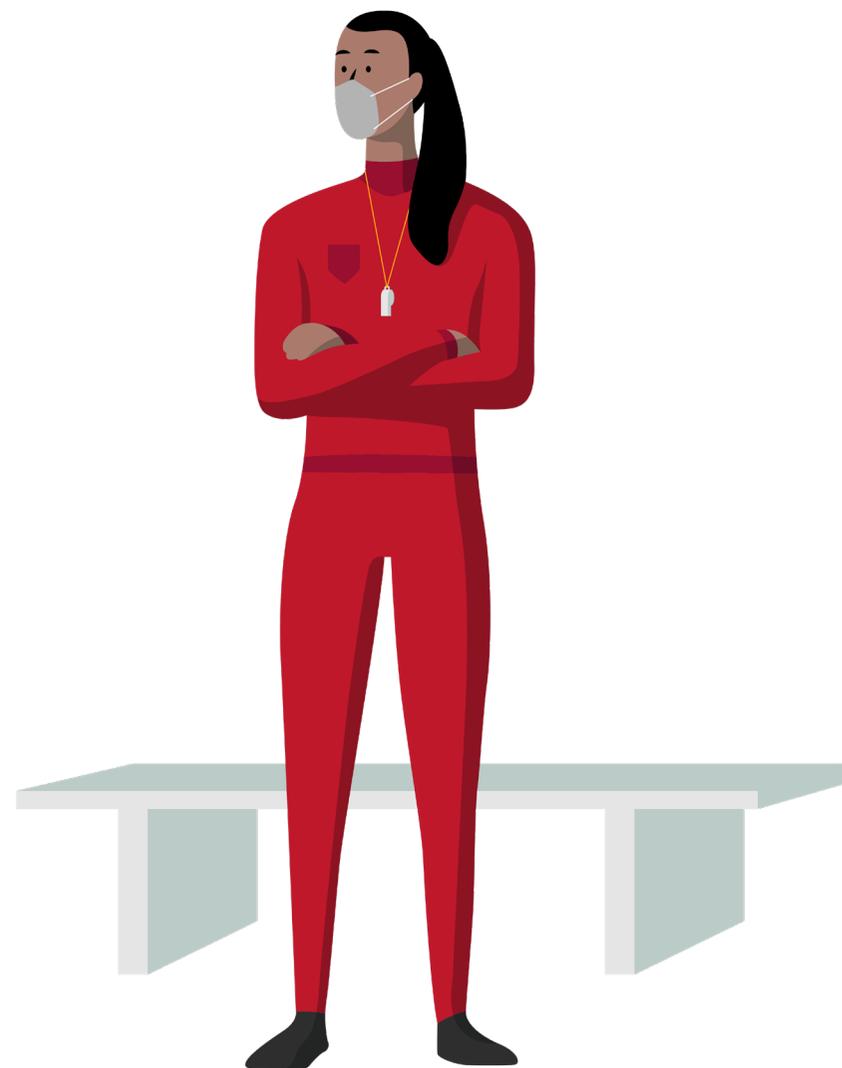


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WHO IS THIS PLAYBOOK FOR?

Athletes	(Aa)
Alternate Athletes	(Ap)
Team Officials and Additional Team Officials Training Partners, Personal Coaches and TAP-Holders	(Ao, Ac and ATO), (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



To ensure the Olympic and Paralympic Games Tokyo 2020 go ahead this summer in a safe manner, 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, together with the world's leading experts in health and sport event delivery, are working around the clock. They are developing a range of measures to enable the Games to be staged taking into account the evolution of COVID-19 in Japan and worldwide.

Every single Games participant has a clear role to play to ensure their own safety. That is why we have all combined forces to develop the Playbooks, which explain how the Games will be staged.

Following February's publication of the first Playbook, several briefings and online meetings were held with all stakeholder groups. With the benefit of extensive feedback and questions, together with ongoing learnings from recent international sport events and expert scientific advice, this Playbook Version 2 provides updated guidance and further detail on how the Games will be organised and operated, so that you can advance your preparations and implement your plans.

The Games are fast approaching and we are working hand in hand with Tokyo 2020 and delivery partners to ensure that we are ready.

Additional detailed operational and sport-specific documents, as well as online Q&As, will be made available and updated in the coming weeks. These will continue to address the questions you may still have following this version of the Playbook.

To best support you ahead of the Games, your COVID-19 Liaison Officer (CLO) will soon be appointed and trained. June's third and final planned version of the Playbook will provide updates on any significant changes, in addition to the information from your CLO.

These Games will be different and we all have to adjust. In addition to no overseas spectators, you will face restrictions to the places you can go to, as well as hygiene and physical distancing measures. These 'safety first' decisions are there to protect you, all Games participants and the people of Tokyo and Japan.

The eyes of the world will be on Tokyo this summer. With more broadcast and digital coverage than ever before, the performances of athletes, who have continued

to train during these very difficult times, will provide much needed positivity and hope to billions of people around the world.

We must all take responsibility to ensure safe and successful Games. Follow the Playbook, live the values of Excellence, Respect and Friendship. There will be challenges to overcome, even sacrifices to be made. But **#StrongerTogether** we will experience a Games like no other.

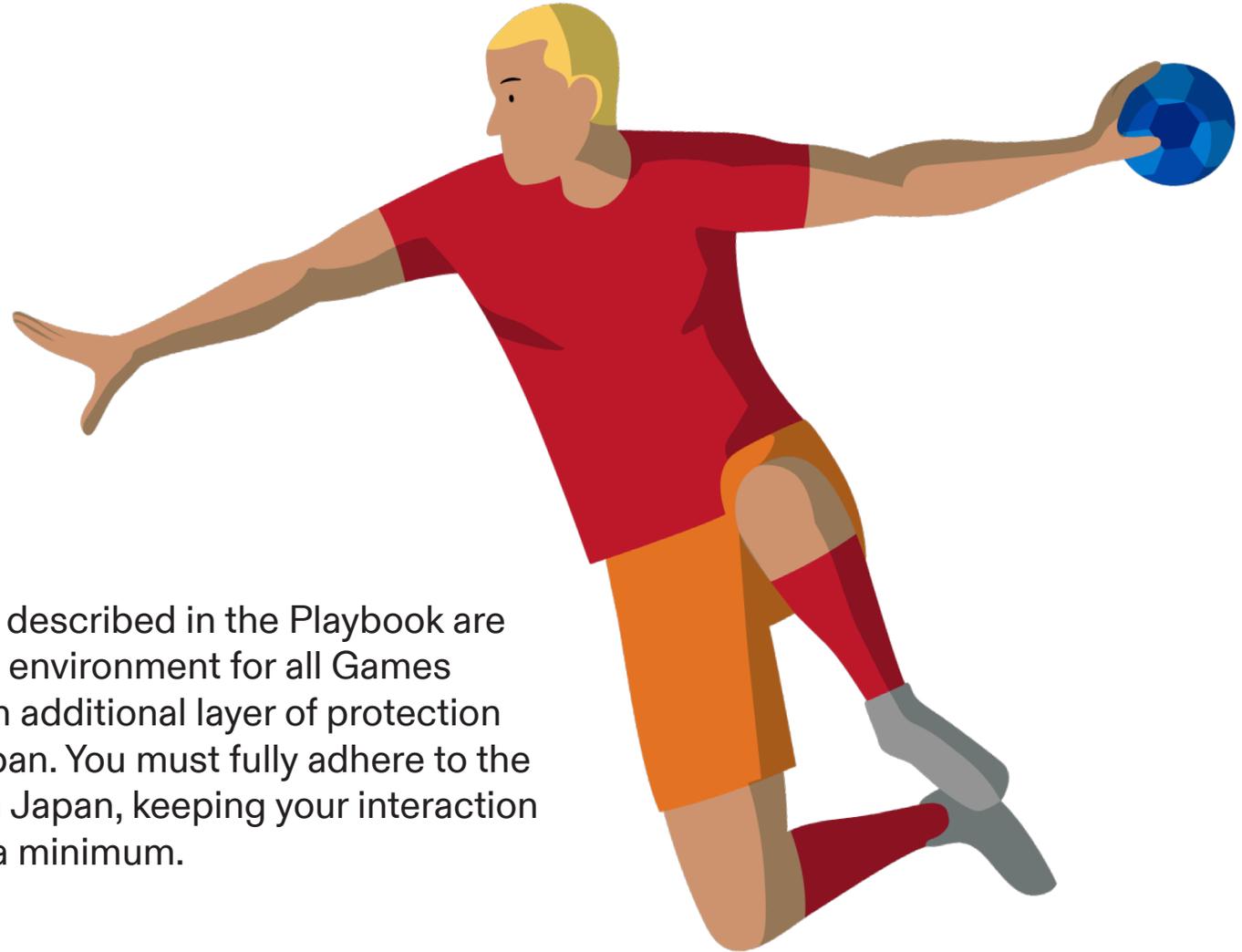
Kirsty Coventry

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 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, sleeping, training or competing – 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 Closed, Crowded or involve Close Contact.

#1



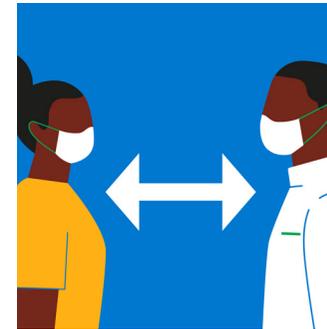
Keep physical interactions with others to a minimum (and don't forget to wear your mask!)

#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



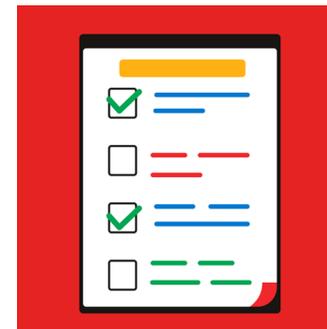
Avoid enclosed spaces and crowds where possible

#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

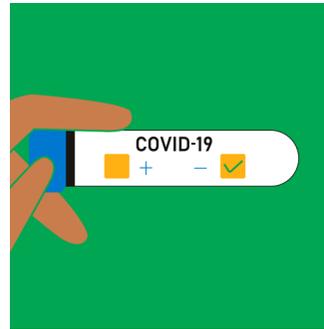
To stop the spread of COVID-19, it is vital to break the chain of human-to-human transmission. That is why it is important to have stricter protocols to identify who has the COVID-19 virus as early as possible, through testing; to understand who the virus might have been passed to, through contact tracing;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

#1



Download Japan's smartphone Contact Confirming Application (COCOA) and health reporting application (app), 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

#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.

#1



Wear a face mask
at all times

#2



Wash your hands regularly
and use hand sanitiser
where available

#3



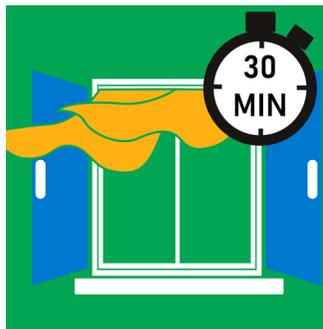
Support athletes by
clapping instead of
singing or chanting

#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. They are based on the extensive work of the All Partners Task Force, which also includes the World Health Organization, Government of Japan, the TMG, independent 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). Additional operational publications (for example the Athletes and Team Officials Guide, Team Leaders Guide, Sport Entries Manuals, Period of Stay Guidelines, etc.) will be provided to your NOC/NPC when available, using Tokyo 2020 Connect. 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 – including those

required by the Japanese authorities – starting 14 days before you travel and throughout the length of your stay in Japan. 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)*

Every NOC/NPC has been asked to appoint a CLO. This person will be your key contact for all matters related to COVID-19. They will also be the contact for Tokyo 2020, the Japanese health authorities, and, where relevant, the IOC/IPC. It is requested that the CLO be on-site in Japan for the full duration of your delegation's stay. Additional CLOs may be appointed as needed for support.

Your CLO will be responsible for ensuring that you understand the content of and the importance of complying with this Playbook. They will be given specific training before the Games. There will be a support framework in place for CLOs dedicated to each stakeholder group.

*More information, 'Roles and responsibilities of the COVID-19 Liaison Officer for NOCs & NPCs' has been communicated to your NOC/NPC.

⊕ Sport-specific countermeasures

You can find an overview of the general principles that apply to sport countermeasures at the Games on page 47. Sport-specific countermeasures will be detailed in the 'Athletes and Team Officials Guide', 'Team Leaders Guide' and 'Technical Officials Guide', available for your NOC/NPC by the end of May.

⊕ When do the rules apply?

This Playbook describes the measures planned for Games-time (date to be confirmed). Those entering Japan with a Pre-Valid Card (PVC) must comply with the Government of Japan measures required at the time.

A PVC is valid as an entry document from 23 April, in conjunction with the other documents listed below. See 'Before you travel', page 13.

The Playbook will be implemented progressively as we get closer to the Games. Some countermeasures (for example, screening testing) and services (for example, Games transport) will be different during the pre-Games period (date to be confirmed). If you are travelling early, your NOC/NPC will liaise with Tokyo 2020 for Playbook implementation dates and confirm with you the measures that apply at the time you are travelling.

INTRODUCTION

Further guidance on the implementation of the Playbook will be made available to your NOC/NPC.

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 evolution of conditions and regulations in Japan are fully taken into account. This includes procedures for entry into Japan. Future versions of the Playbook could include more restrictions than those currently listed.

The next version (which is expected to be final) will be published by June 2021.

Responsibilities and risk

We trust that the measures laid out will mitigate the risks and impacts involved in participating in the Games, and we fully count on your support to comply with them. However, despite all the care taken, risks and impacts may not be fully eliminated, and therefore you agree to attend the Olympic and Paralympic Games at your own risk.



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 59.

Your journey does not begin at the airport. Starting from now, ensure you take time to read and understand the latest version of the Playbook thoroughly when you receive it. 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; 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 must source their own insurance for members of their delegations outside these dates

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

+ Support from your CLO before you travel

- Your CLO is responsible for ensuring that you comply with the Playbook
- They'll submit your Activity Plan to Tokyo 2020 and supply you with the 'Written Pledge'
- 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!

TEST, TRACE AND ISOLATE

- **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).
 - ⊕ **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
 - The ‘Written Pledge’ can be replaced with the presentation of the health reporting app screen once it is introduced. Details will be included in the next Playbook
 - **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
- ⊕ Your Activity Plan must include:
 - Personal information (name, passport number, NOC/NPC)
 - Accommodation address
 - All planned and possible destinations – restricted to official Games venues and limited additional locations, as defined by the list of permitted destinations
 - The format is currently being finalised and will consider how to select destinations in a simple manner
 - If you must use public transport (air and bullet trains): date, time and reason
- *More information on the Activity Plan template and details of timing for submitting the plan will be communicated to your NOC/NPC when available

TEST, TRACE AND ISOLATE

- **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](#)
 - **Download and install** the Contact Confirming Application (COCOA) and health reporting app
 - The health reporting app is scheduled to be released in June. For details, see 'Smartphone applications', page 54.
 - **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
 - Inform your CLO, who will explain the next steps
- ⊕ **If you are travelling before the health reporting app is released, 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

TEST, TRACE AND ISOLATE

+ Take two COVID-19 tests on two separate days within 96 hours of the departure of your flight to Japan (first flight if you are on an indirect route)*

- Tests must use one of the methods listed on the [‘Certificate of Testing for COVID-19’](#) designated by Japanese authorities
- Currently, approved test types (saliva or nasopharyngeal swab) include real-time polymerase chain reaction (PCR), nucleic acid amplification (LAMP, TMA, TRC, Smart Amp, NEAR), New generation sequence and antigen (CLEIA) tests
- A list of approved testing providers is being developed and will be made available to your CLO. If the list does not include a convenient provider, your CLO can liaise with Tokyo 2020 to add providers to the list

*Take one of two tests within 72 hours of departure. If you are travelling to Japan in the pre-Games period, take one test within 72 hours of your flight to Japan. The exact date from when two tests within 96 hours will be required will be provided to you when confirmed

+ Obtain a certificate of your negative COVID-19 test results

You are requested to use the certificate format designated by the Government of Japan, or one which includes all necessary information specified by the GOJ 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
 - You will need to present your negative test results certification to check-in at the airport/ board the plane - if you are unable to provide your certification you will be rejected to take that flight
- **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

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. Everyone is responsible for their own supply but your NOC/NPC may provide them for you; check with your CLO
 - Follow WHO recommendations on mask wearing
 - 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

- ⊕ **Be ready to show immigration authorities:**
 - Your PVC (OIAC/PIAC), along with your passport or other travel certificate associated with your PVC
 - Negative COVID-19 test results certification (hard copy); without this you will not be allowed to enter Japan*
 - '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)
 - Any additional documents filled out on the airplane and/or at airport
- **Activate the COCOA app** upon arrival and turn on Bluetooth
- ⊕ - Turn on location information services and location history on your smartphone, which may be needed for contact tracing
For details, see 'Smartphone applications', page 54
- **Be ready to take a COVID-19 test (currently saliva antigen) on arrival**
 - ⊕ - Wait in the designated area for your test results, which will be processed at the airport
 - If your test results are unclear or positive, be ready to take a second test for confirmation
- **If your test results are confirmed positive**
 - You must isolate** 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

*Take one of two tests within 72 hours of departure. If you are travelling to Japan in the pre-Games period, take one test within 72 hours of your flight to Japan. The exact date from when two tests within 96 hours will be required will be provided to you when confirmed

**For more guidance on isolation, see 'At the Games - Test, trace & isolate', page 26.

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](#)

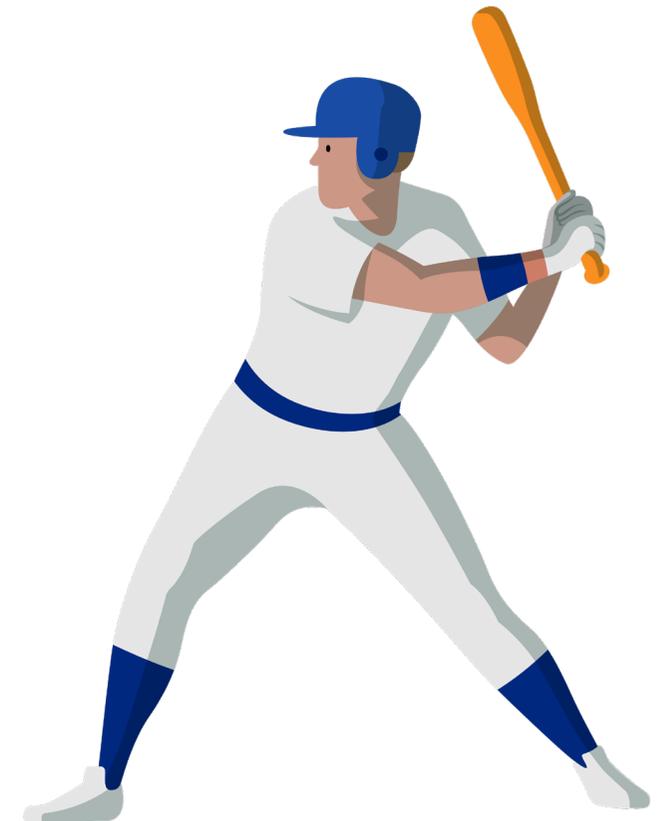
- + **Quarantining on arrival and for the first three days**
Border control measures in Japan have been revised since the first version of the Playbook released in February 2021. You must quarantine at your accommodation on arrival (the day of arrival is considered day 0) and for the next three days

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

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/or '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. For more information, see 'At the Games – Getting around', page 32

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 health reporting app. The health reporting app is scheduled to be released in June. See 'Smartphone applications', – page 54
 - Monitor your health
 - 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

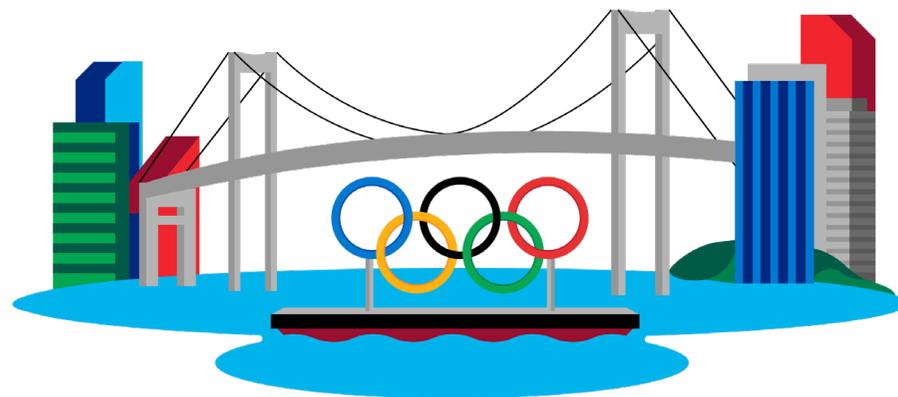
* 'Guidelines on the Olympic Village Period of Stay' and 'Guidelines on the Paralympic Village Period of Stay' are available for your NOC/NPC for more information

- **During the Games**

- Follow the rules described in 'At the Games', – pages 25-35



AT THE GAMES



Physical distancing and good hygiene measures (also laid out in the principles pages 5-9) 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.

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 the health reporting app. 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 used 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.

+ Support from your CLO at the Games

- If you test positive at the Games for COVID-19 or experience any symptoms, immediately inform your CLO, who will take you through the next steps
- Your CLO can help you upload health daily monitoring results
- If you're unclear about any of the rules, ask your CLO

TEST, TRACE AND ISOLATE

- **Proactively monitor** your personal health every day (body temperature and any other COVID-19 symptoms) and report the results on the health reporting app (scheduled to be released in June)
 - Health monitoring protocols for residents of Japan will be provided separately

For more information, see ‘Smartphone applications’,
– page 54

- **Prepare to have your temperature checked every time you enter a Games venue**
 - If you record a temperature of 37.5°C or higher, after a cool down period it will be checked a second time for confirmation
 - If you again record a temperature of 37.5°C or higher, you will not be permitted to enter the venue. Notify your CLO and follow their instructions. You will be taken to an isolation area to wait for further measures
 - Details on the procedure and locations for temperature checks will be included in the next Playbook



TEST, TRACE AND ISOLATE

+ Screening testing

- In addition to tests taken before departure and on arrival in Japan, in principle you will be tested daily to minimise the risk of undetected positive cases that could transmit the virus
- The dates and times will be set by your CLO according to the sport and event schedule. Details will be confirmed in the 'Team Leaders Guide' / 'Technical Officials Guide' in May
- Testing will take place under supervision in a dedicated area in the Olympic and Paralympic Village
- The initial tests will be a 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
 - 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 maximum processing time is expected to be 12 hours. If the results of the second test are unclear or positive, you and your CLO will be notified

- If you do not receive a notification by the deadline, your result was negative
- If you receive a notification, immediately go to the COVID-19 Clinic (Fever Outpatient Clinic) to take a follow-up nasopharyngeal PCR test to confirm the result. Wait there for your result (three to five hours)
- Athletes and team officials (who are accompanying athletes) staying in private accommodation must follow the same procedure as those staying in the Village
- The specific protocols for interpretation of results in complex cases will be developed by the Results Advisory Expert Group (RAEG). This group may also be called upon for interpretation of complex cases

More information regarding the communication of test appointments and results will be available when confirmed

- 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. More information on testing at pre-Games training camps will be available when confirmed

TEST, TRACE AND ISOLATE

- **If you develop symptoms of COVID-19 during your stay**
 - Contact your CLO immediately for further instructions. You will be taken to the COVID-19 Clinic
 - If you are at a Games venue, proceed immediately to the medical station of the venue for 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 are at the Olympic and Paralympic Village, you will be required to take a COVID-19 test at the COVID-19 Clinic (or other designated medical care facilities). Wait there for your result
[See WHO Symptom Guidance](#)
- **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
 - 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
 - Further details on isolation such as WiFi, catering, accessibility, contacting your CLO/team etc. are being developed and will be shared when available
 - You will be discharged from isolation 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, and to 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

More information will be provided to CLOs in May

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
 - 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 develop and implement the necessary countermeasures
 - Keep physical interactions with others to a minimum. Avoid unnecessary forms of contact such as hugs, high-fives and handshakes
 - Keep your list of regular contacts up to date
 - 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 53
- +** **Olympic and Paralympic Village access** is restricted as follows:
- Members of the NOC/NPC delegation will be granted access, dependent on accreditation privileges
 - Guest 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 seating is allowed (dependent on accreditation privileges)
- 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, 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 (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 visit tourist areas, shops, restaurants or bars, gyms, etc
 - You are strongly encouraged to stay at accommodation provided by Tokyo 2020
- If you are staying in self-arranged accommodation, you must adhere to Playbook rules at all times and provide information to Tokyo 2020 so they can work with respective local authorities to facilitate the implementation of COVID-19 countermeasures
- If your planned accommodation is not able to confirm the implementation of all relevant COVID-19 countermeasures, you must contact Tokyo 2020 to be provided with suitable alternative options
- Locations will be supervised on a regular basis to ensure the locations and guests follow expected standards

*two metres for athletes

SOCIAL

+ Getting around

- You must not use public transport. You may only use dedicated Games vehicles such as buses, fleets and chartered taxis provided by Tokyo 2020 as a special service dedicated to Games participants
- 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 trains to a venue in a remote city, you may do so on a limited basis. 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

+ 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 53

- **If you are staying outside the Olympic and Paralympic Village**, considering the increased risk of infection when eating meals with others, you should avoid doing so especially with Games participants who have been in Japan for more than 14 days, and with residents of Japan
- You must only eat in one of the following places, where COVID-19 countermeasures are in place:

- Catering 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

SOCIAL

- Additional rules may apply to your sport/role and at certain locations. See 'Sport countermeasures,' – page 47
- Additional rules will apply for Opening and Closing Ceremonies. These will be developed by Tokyo 2020 and the IOC/IPC
 - 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.



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 the need to avoid the 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
- A face shield is not an acceptable alternative to a mask. They should only be used to prevent infection of the eye area or in situations where wearing a mask would be impractical
- 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
- Disinfect your dining table after eating
- 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 metre's 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





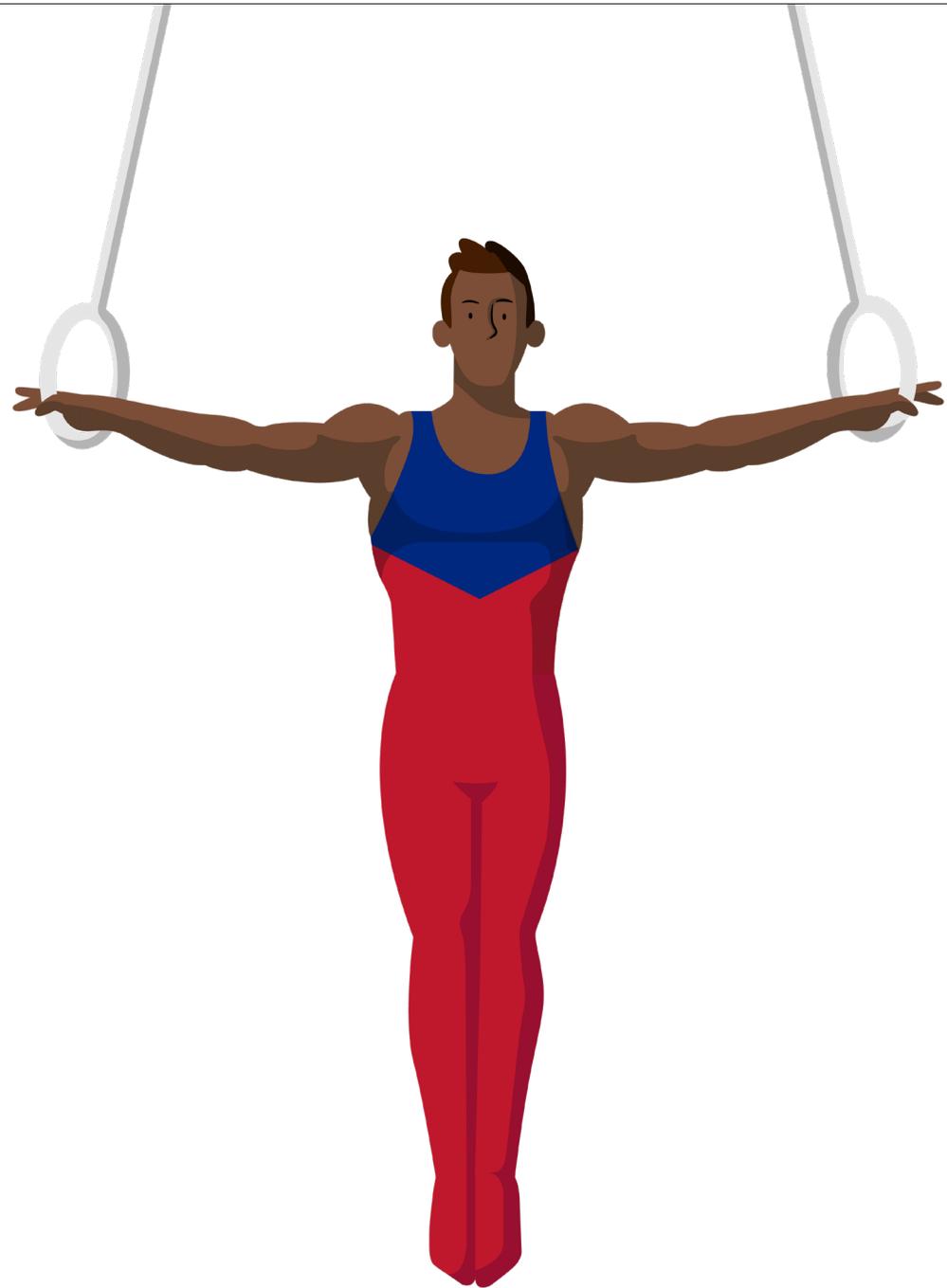
TEST, TRACE AND ISOLATE

- 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
- Solutions will be available if you need to take a final COVID-19 test and obtain a negative test certificate for international travel or entry to your destination country
- 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

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. In that case, upon re-entry for the Paralympic Games, you would begin a new 'first 14 days in Japan' period

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.



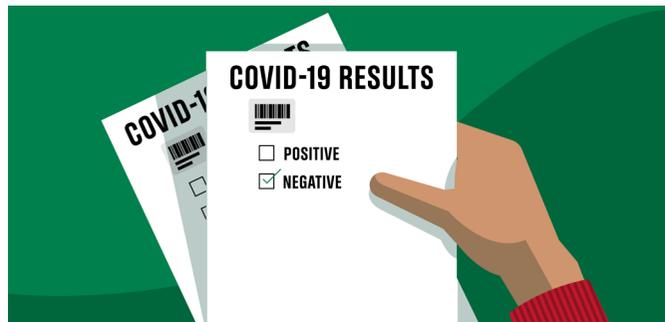
He has to get two COVID-19 tests done on two separate days within 96 hours of his departure. He's been really careful with who he's been seeing and is monitoring his health daily for the 14 days before his flight. He's confident that there will be nothing to worry about.



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.



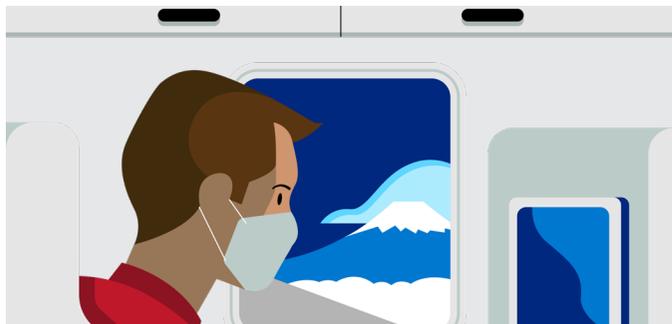
It's 10:00 on 17 July. His test came back negative* yesterday, which is great news. He's now on his way to get another test, so he'll have two valid test certificates before he travels on 19 July.



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 and putting all documents needed for arrival in Japan in his hand luggage.

*If your test is positive, begin self-isolation in line with local rules and contact your COVID-19 Liaison Officer (CLO) immediately to discuss next steps.

ENTERING JAPAN



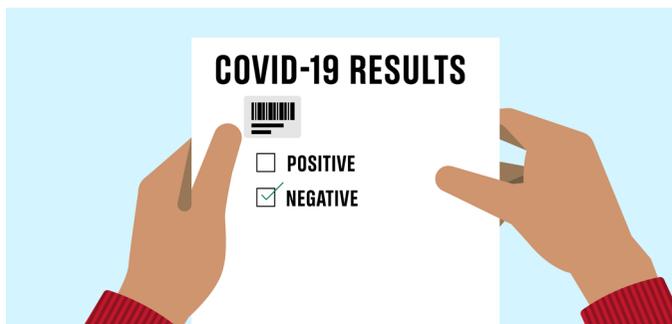
It's 10:00 on 20 July. Juan's just arrived at an airport in Japan and is about to disembark the plane. He has all his documentation and his mobile phone ready.



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 and will go to wait at the dedicated location for the results.



Juan's just been notified that his test was negative. All necessary documents are confirmed by the Quarantine Officer and he can proceed with the arrival process.

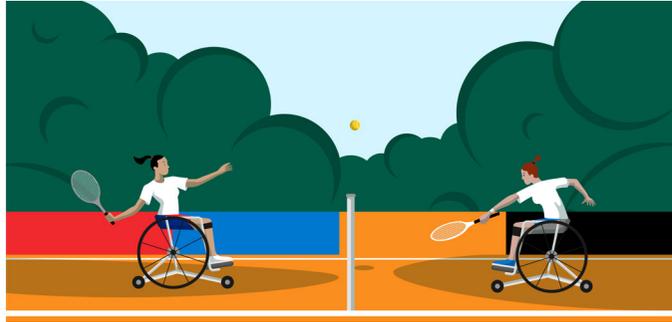


He's now ready to enter Japan. He'll validate his PVC and then show his necessary documents at immigration. Then he'll get his bags and sports equipment and move to the Olympic Village transport load zone.



Juan has his bags and sports equipment and goes to board one of the TA buses to the Olympic Village, ready for his Games to begin.

SCREENING TESTING



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



It's the evening of 28 August. Lauren's just received a notification to remind her that her next COVID-19 test is tomorrow morning. Her CLO has previously arranged the test according to her schedule.



It's 09:15 on 29 August. Lauren had early training this morning and now she's on her way to get her regular screening test. In principle, she gets tested for COVID-19 daily throughout the Games.

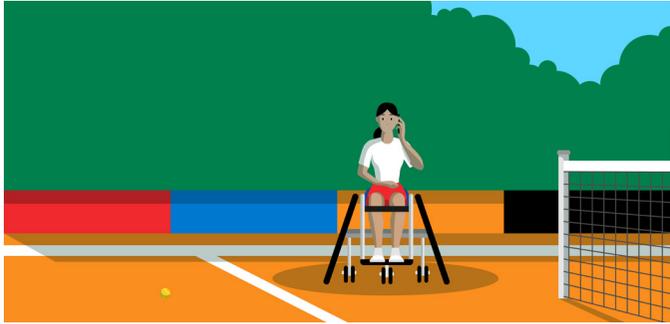


It's 10:00 and Lauren's just given one saliva sample that will be used for an antigen quantitative test. If this test is positive or unclear, the same sample will then be analysed using a PCR test.



She'll only be notified if her test result is positive – she'll find out within 12 hours. If this is the case, she'll be required to do a confirmatory PCR test. She'll keep an eye on her phone just in case. Her CLO will also have access to her results. Until then, she'll carry on with her daily schedule as planned.

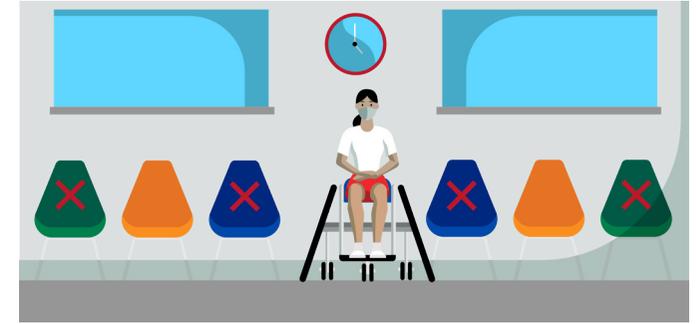
POSITIVE RESULT



It's 16:30, Lauren's practising on court. She's spoken with her CLO and received a notification that both analyses of her regular screening test have come back positive.



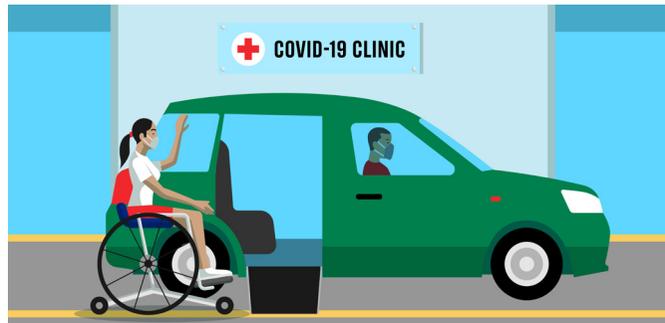
She goes straight to the COVID-19 Clinic in the Paralympic Village for a confirmatory PCR test. She's spoken to her CLO and they've organised dedicated transport to take her safely to the clinic.



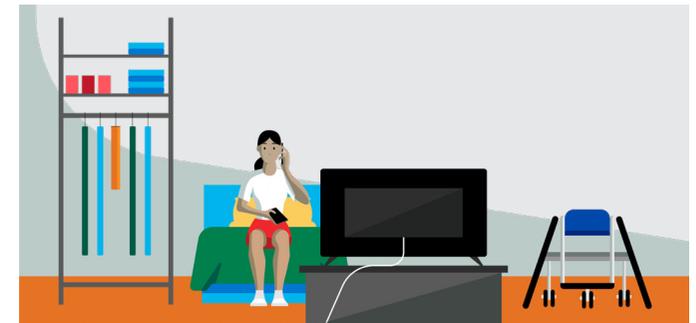
Lauren's just had the confirmatory nasopharyngeal PCR test and she's now waiting in the COVID-19 Clinic for the results. They should be ready in three to five hours.



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 special transport to take her to the facility. She's worried, but her CLO is in constant contact and they're arranging for her things to be taken 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 able to keep in touch with her CLO, team and family and friends.

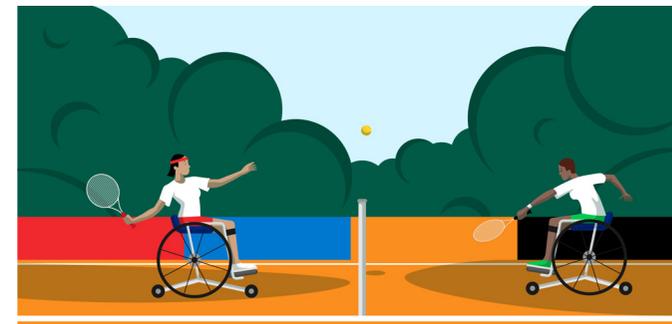
BEING A POTENTIAL CLOSE CONTACT



This is Andrea. She's another 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 to wait for contact from the Japanese health authorities. After that, the Japanese health authorities contacted her and asked her some things 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 her next scheduled screening test will be tomorrow as planned.

BEING A CONFIRMED CLOSE CONTACT



This is Priya, another tennis player competing in the Games. It's 18:00 on 29 August. She's also been playing tennis with Lauren in training over the past few days.



Priya's just been informed by her CLO that following the training sessions and then a series of interviews together with Lauren, she's been confirmed as a close contact.



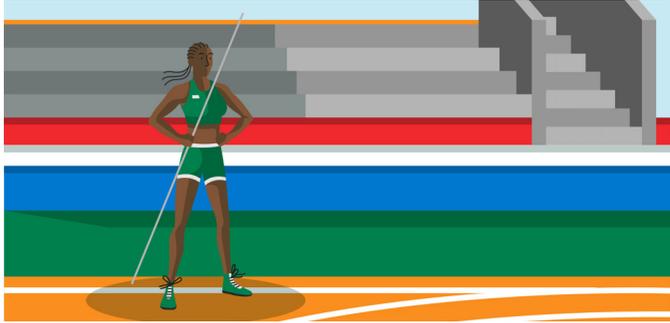
Because she was confirmed as a close contact, Priya went to get her test at the COVID-19 Clinic. They told her the results were negative. Her CLO is informed of the result and will help with next steps.



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 Results Analysis Experts Group under the confirmation of the Japanese health authorities. The respective IF will also need to be in agreement with the decision.

LEAVING JAPAN



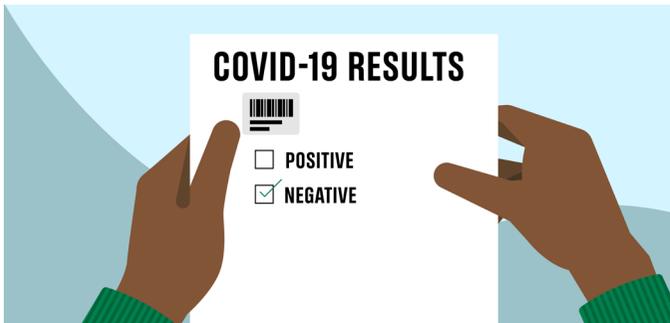
This is Aisha, competing in the Games in Athletics. It's 22:00 on 6 August. She's just finished her final event and is due to leave Japan within 48 hours. She's been speaking to her CLO to help her organise her departure.



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.

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 by the end of May 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 it is unavoidable for operational purposes in which case additional countermeasures are put 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 screening procedure

- **Temperature measurement when entering a venue (*Under coordination)**
 - Everyone will have their temperature checked before entering a venue.
 - The first temperature measurement area will be in front of the entrance of each venue, before the PSA or VSA. Temperature will be measured 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 measurement area
 - In the secondary temperature measurement 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 measurement 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 catering areas, etc.) will include:

- Installation of droplet-prevention measures (for example, dividers/splash guards)
- Installation of 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
- Installation of floor markings in waiting line areas (at least one metre physical distancing)
- Ventilation of the area
- Workforce wearing gloves
- Installation of 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 smartphone app
- Congestion levels on each floor will be communicated regularly via smartphone 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: An expanded selection of menu items will be offered
- 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

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

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

SMARTPHONE APPLICATIONS (APPS)

Applications

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

Health reporting app

Overview

The health reporting app is currently under development by the Government of Japan and scheduled to be released in June.

For Tokyo 2020, this health reporting app also supports infection prevention at venues and measures to prevent the outbreak of clusters.

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 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 an access code from the Tokyo 2020 Infection Control Support System (ICON). See page 56 for more information

Functions

Daily health reporting

You will need to input your daily body temperature (taken by a thermometer) and whether or not you have any other COVID-19 related symptoms after entry to Japan. 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 immigration

It also has the functions equivalent to the ['Questionnaire web'](#), required at the time of entry.

Languages

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

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 June.

SMARTPHONE APPLICATIONS (APPS)

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](#)

Language

At the moment, Japanese, English and Chinese are supported. The final supported languages for the Games are to be confirmed.

Download links

Download COCOA using the following links:

[Download from App Store](#)

[Download from Play Store](#)

[Privacy Policy](#)

[Terms and Conditions of Use](#)

GPS location information storage

In the event that an infection is found, the GPS function of your smartphone (Android/iOS) will be used to save your location information, in order to support the contact tracing process of Japanese health authorities. 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 (Tokyo 2020 ICON) has been introduced by Tokyo 2020 as a COVID-19 countermeasure, and is scheduled to be released at the end of May.

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. Comprehensive training and support will be available to CLOs in May.

Health reporting app access code

To get your access code for the health reporting app, go to the access code issuing area within ICON and follow the instructions. You will need to enter details of the same identification used when applying for your accreditation card (passport number/driver's license number/my number card/residence card), and to agree to Tokyo 2020 ICON terms and conditions.

FREQUENTLY ASKED QUESTIONS ON SMARTPHONE APPLICATIONS

Q1. What about those without smartphones?

A1. All visitors to Japan are required to have a smartphone. In the exceptional case of someone arriving without one, an alternative solution will be explored. All athletes will receive a Samsung 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 the health reporting app?

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

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

A5. Please input your health condition using the health reporting app fourteen days before. For more information, refer to 'At the Games - Residents of Japan' – page 24

Q6. What if I cannot download the specified app?

A6. For countries where the app cannot be downloaded, Tokyo 2020 functional area will separately inform you how to download and install the app.

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. You can transfer the data by scanning the QR code on the first phone by the second phone.

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

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

VACCINES

Vaccines are one of the tools available in the toolbox. The IOC and IPC continue to strongly support the national immunisation priorities established by respective governments.

When vaccines are made available to a broader public, the IOC calls for Olympic, Paralympic teams and for any stakeholder group participating at the Games to be vaccinated. Therefore, the IOC and the IPC are working with the NOCs and NPCs to encourage and assist their athletes, officials and Games stakeholders residing in their territories to get vaccinated in their home countries in line with national immunisation guidelines, before they go to Japan. This is to contribute to the safe environment of the Games, but also out of respect for the residents of Japan.

Many national governments have already taken positive steps in this respect and are in consultation with their NOCs and NPCs to vaccinate Games participants.

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 – and all of the rules outlined in this Playbook will apply, whether or not you have received the 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 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-compliance with the Playbook

Non-compliance with 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 the intentional refusal to take a test, may result in disciplinary consequences, such as the withdrawal of your accreditation and right to participate in the Olympic and Paralympic Games.

Please be aware that some of the measures described in the Playbook, such as those related to the entry into and departure from Japan, are under the jurisdiction of the Japanese authorities. In the event of a breach of these measures, there may be consequences imposed upon you, such as being subject to quarantine for 14 days, or procedures for revocation of your permit of stay in Japan.



International
Olympic
Committee



**INTERNATIONAL
PARALYMPIC
COMMITTEE**



TOKYO 2020



TOKYO 2020
PARALYMPIC GAMES



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