



PRESS RELEASE

Tokyo 2020 Proposes Heat Countermeasures

Local and national government agencies and other stakeholders to collaborate in promoting the comfort and safety of athletes, spectators, officials and volunteers.

Tokyo, 27 June 2019 – The Tokyo Organising Committee of the Olympic and Paralympic Games (Tokyo 2020) today published an overview of its plans to minimise the impact of heat on all those competing in, attending or working at the Tokyo 2020 Games. The aim of these measures is to prepare an environment in and around venues that will allow everyone to remain as cool and hydrated as possible.

Tokyo 2020 is taking a holistic approach to addressing the effects of the heat and humidity that regularly prevail in Japan during the summer months. It has reviewed a wide range of likely scenarios and circumstances, from overseas visitors' journeys from airports to their hotels, their movements between hotels and venues, and the exposure to heat of those at outdoor venues. Athletes, spectators and staff will be provided with a wide range of support by Tokyo 2020, by local authorities and the national government, and by Tokyo 2020 partner companies. At a number of Tokyo 2020 outdoor test events this summer, Tokyo 2020 and the Tokyo Metropolitan Government will test some of the heat countermeasures in collaboration with the Government of Japan and with national and international federations.

In cooperation with the Japan National Tourism Organization and the Ministry of the Environment, Tokyo 2020 will provide weather forecasts, alerts and information on ways to mitigate heat and treat any resulting symptoms via its official website. Tokyo 2020 will also develop a mobile application which provides relevant up-to-date information and sends alerts directly to users' devices in multiple languages; the information will also be available via printed materials and will also be communicated by staff members at venues.

The related "Tokyo 2020 COOLING Project" was also launched today. This is an initiative to promote heat countermeasures led by Tokyo 2020 with the support of the following 13 sponsors:

Worldwide Olympic Partners



The Coca-Cola Company
Dow Chemical
Panasonic Corporation
Toyota Motor Corporation
Visa

Tokyo 2020 Domestic Partners

Asahi Breweries, Ltd.
Tokio Marine & Nichido Fire Insurance Co., Ltd.
Mizuho Financial Group, Inc.
Meiji Co., Ltd.
Earth Corporation
Dai Nippon Printing Co., Ltd.
Japan Post Holdings Co., Ltd.
Yahoo Japan Corporation

Going forward, Tokyo 2020 will continue to collaborate with other partner companies in order to promote the comfort and safety of all athletes, spectators, officials and volunteers at the Tokyo 2020 Games.

The below logo is available for use by sponsors and partners providing products or services in support of this initiative.



The logo is available for download at <https://cms.intra.tokyo2020.org/en/press-room/press-kit/index.html>

For further details about Tokyo 2020's proposed heat countermeasures, please see appendix below.

For more information: [Tokyo 2020 Online Press Room](#), ID: *media* password: *tokyo2020media*

International Communications

Email: pressooffice@tokyo2020.jp

Follow Tokyo 2020 on [Facebook](#), [Twitter](#) and [Instagram](#)!

Tokyo 2020 Vision

Sport has the power to change the world and our future. The Tokyo 1964 Games completely transformed Japan. The Tokyo 2020 Games, as the most innovative in history, will bring positive reform to the world by building on three core concepts:

“Striving for your personal best (Achieving Personal Best)”

“Accepting one another (Unity in Diversity)”

“Passing on Legacy for the future (Connecting to Tomorrow)”



appendix

Tokyo 2020 Progress Report on Heat Countermeasures

The Tokyo Organising Committee of the Olympic and Paralympic Games

Games Delivery Office

June 27, 2019

《Evaluating measures》

This material explains the progress of consideration on heat countermeasures by Tokyo 2020. As heat countermeasures vary widely, it is difficult to demonstrate finalised measures at this stage. However, it is also important to test and re-test all measures.

Therefore, we made this material to present measures, including those under consideration, to ask for advices and to try them out. Next summer, there will be more detailed measures and some that we will decide not to implement.

1 Overall Heat Countermeasures Policy

1 Overview of Heat Countermeasures of Tokyo 2020

⇒ consider per stakeholder, per situation in detail

2 Heat Countermeasures per Stakeholder

(1) Heat Countermeasures for Spectators

⇒ Senior Citizens, Children, Persons with an Impairment, Overseas Visitors

(2) Heat Countermeasures for Games Staff including Games Volunteer

(3) Heat Countermeasures for Athletes



3 Further Approaches

(1) Test Event for Heat Countermeasures

(2) Trial on Information Provision towards Overseas Visitors

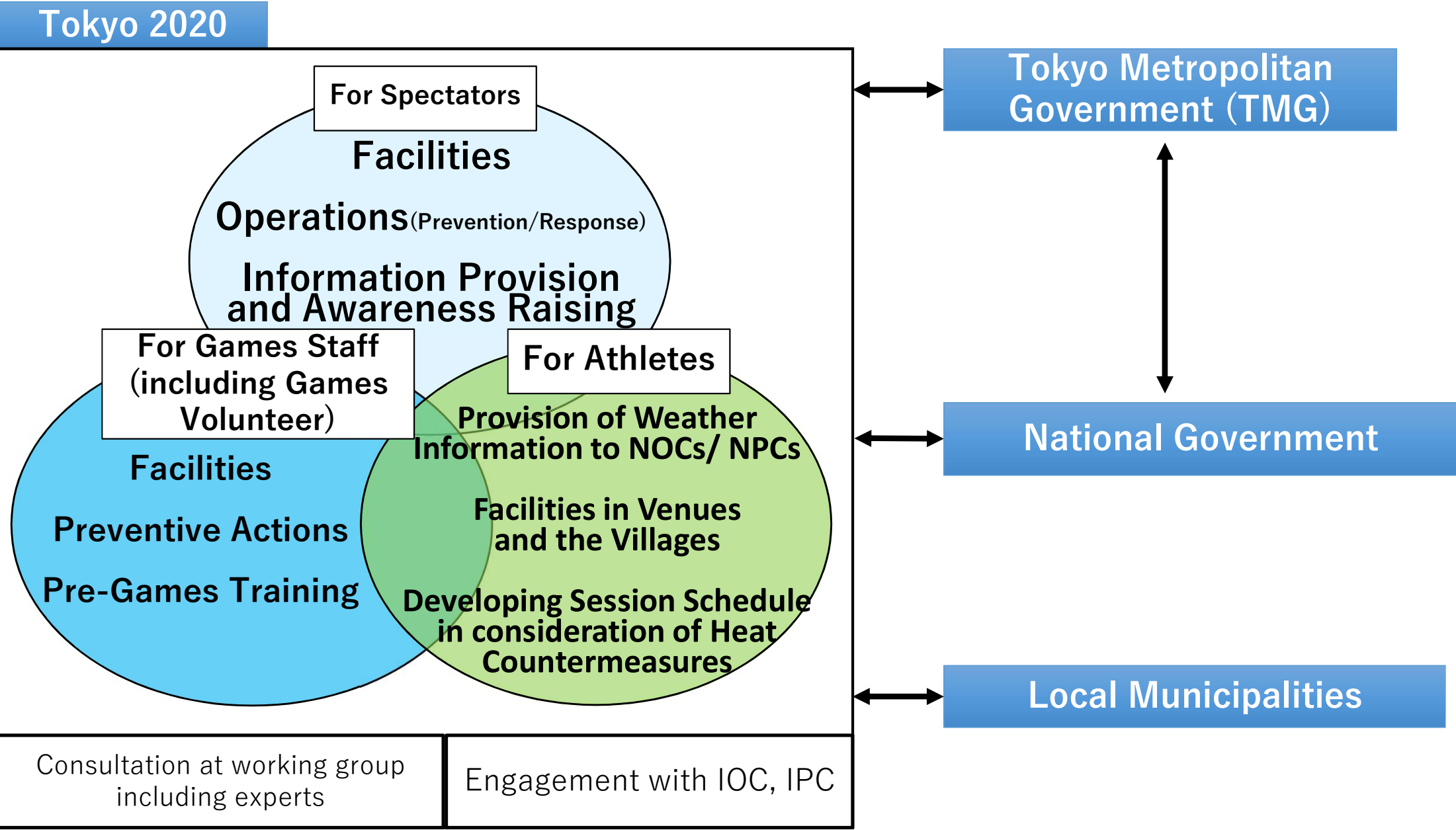
(3) Ideathon and Summer Sport Event Observation

(4) Tokyo 2020 COOLING Project

(5) Licensed products for Heat Mitigation

We will consider the overall games operation in detail

1 Overview of Heat Countermeasures of Tokyo 2020 《Structure》



1 Overview of Heat Countermeasures of Tokyo 2020 《Summary》

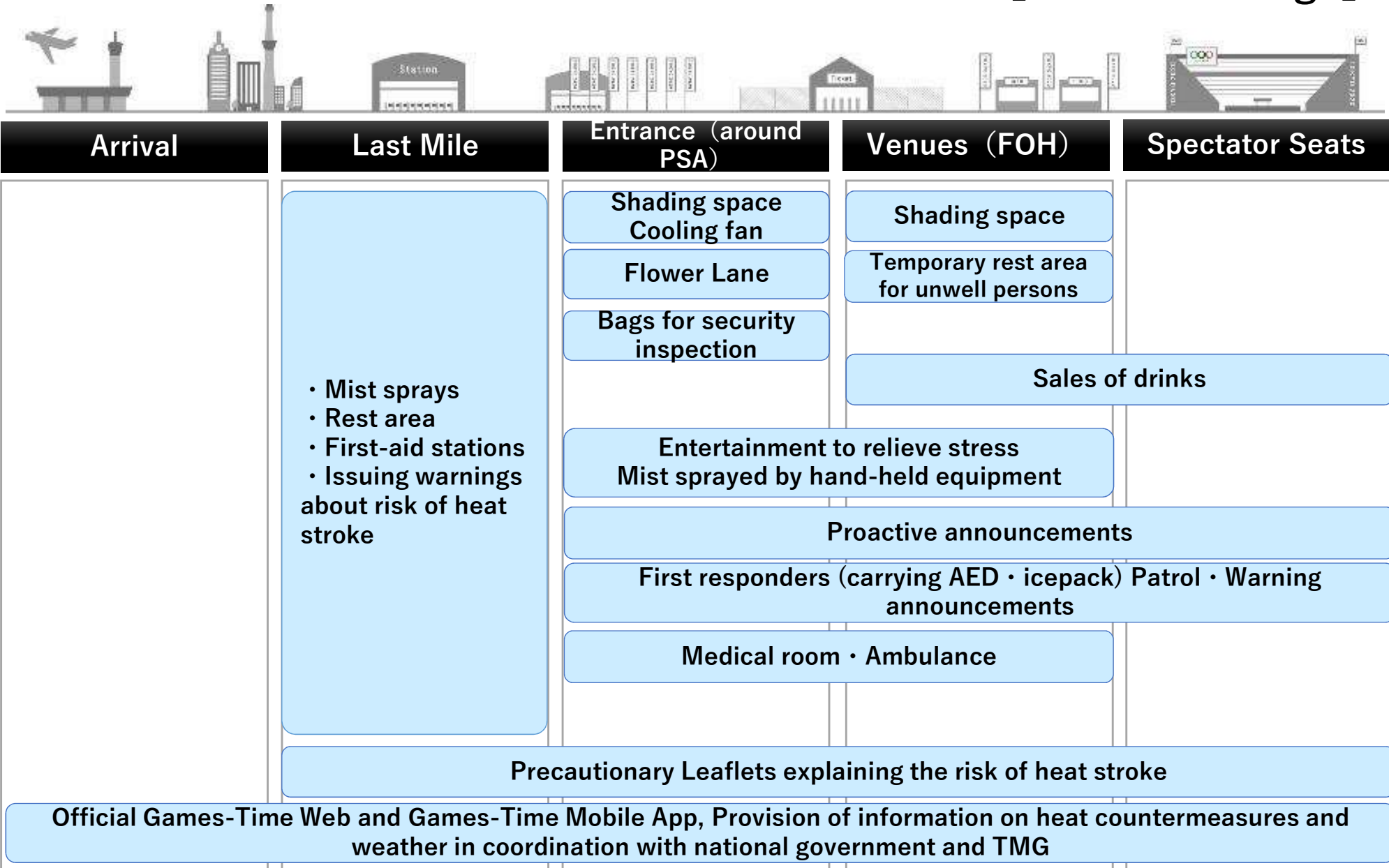
	Spectators	Games Staff/ Volunteers	Athletes
Facilities Equipment Validation of deployment of shading facilities	<ul style="list-style-type: none"> • Tent • Large cooling fans • Rest area for those feeling unwell 	<ul style="list-style-type: none"> • Dining area • Rest area 	<ul style="list-style-type: none"> • Athlete's Lounge • Rest area
Supply of drinks Boosting supply of drinks	<ul style="list-style-type: none"> • Sale of drinks • Consider bringing bottled water into venues (Under certain conditions) (TBD) 	<ul style="list-style-type: none"> • Provision of drinks • Sales of drinks • Supply of water 	<ul style="list-style-type: none"> • Provision of drinks
Preventive Operations Adequate breaks during work	<ul style="list-style-type: none"> • Proactive announcements • Alerts during sport presentations • Provision of paper fans for precautions • Stress relief • Flower lanes 	<ul style="list-style-type: none"> • Adequate breaks during work • Health-management book • Sunglasses for security staff 	<ul style="list-style-type: none"> • Competition schedule • Discuss with IFs regarding the criteria for suspension or cancellation of competitions and additional hydration breaks. • Ice for icing treatment
Rescue Operations First-aid treatment given to unwell persons	<ul style="list-style-type: none"> • Medical room • Ambulance • First responders on patrol • Installation of first-aid station 	<ul style="list-style-type: none"> • Medical room • Ambulance 	<ul style="list-style-type: none"> • Medical room for athletes • Ambulance • Icing treatment
Information Provision Provision of info to overseas visitors	<ul style="list-style-type: none"> • Games-time Website • Mobile App • CRM/Ticket Mail • Spectator Guide • Precautionary Leaflet 	<ul style="list-style-type: none"> • Pre-games training 	<ul style="list-style-type: none"> • Informing through IF/NF, NOC and NPC



Themes highlighted in orange need to be focused in consideration

2 -(1) Heat Countermeasures for Spectators

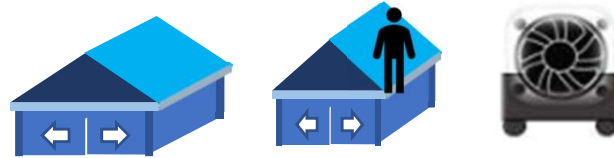
【Overview Image】



2 -(1) Heat Countermeasures for Spectators 【Key Measures】

Consider facilities, preventive operations, rescue operations, information provision.

- ☑ Facilities...Create shaded spaces, rest areas for those feeling unwell, cooling fans



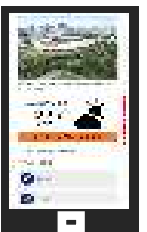
- ☑ Supply of Drinks...Sales of drinks, consider bringing bottled water into venues (TBD)
- ☑ Preventive Operations...Proactive announcements, alerts during sport presentations, provision of paper fans for precautions, stress relief, flower lanes



- ☑ Medical Recovery...First responders on patrol, appropriate deployment of medical rooms and ambulances, processes for early notification and prompt treatment to prevent development of serious illness and to enable quick recovery.



- ☑ Information Provision...In addition to signage at venues, utilise Official Games-Time Web, Games-Time Mobile App, email to Tokyo 2020 ID holders, Spectator Guide and leaflet prepared by the government.



2 -(1) Heat Countermeasures for Spectators

【Recovery Operation ①】

To prevent the heat illness from becoming increasingly severe by **early detection of and response to the symptoms**

Prevention and Detection



Observation during the period from gate open till gate close



First responders to communicate with spectators proactively

Rescue and Transfer

Level I:
First-aid and
observation



**Patient to be kept
away from heat**

Classification of heat-related illness
symptoms published in 2015 by
Japanese Association for Acute
Medicine

Level II: Transfer to
medical institutions
Level III: Hospital
admission and
medical care



Response at the site

- Rest in the cool environment
- Prompt replacement of electrolyte by intaking oral rehydration solution



Back to
spectating



Emergency patient transfer

- Prompt patient transfer according to the severity level



Intensive care

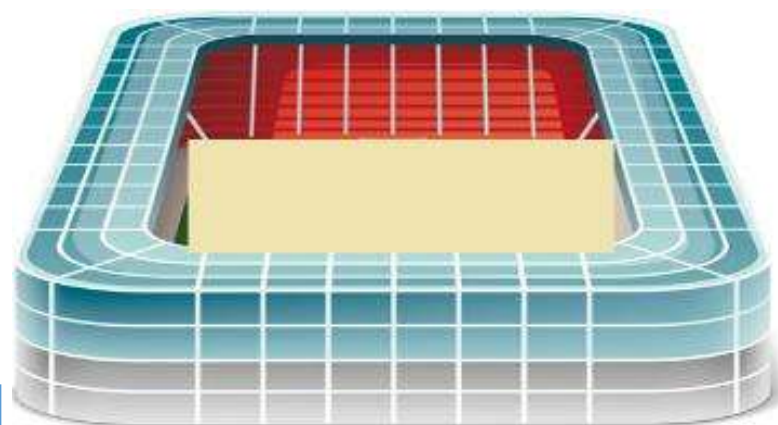
✕Reduce burden on local medical institutions by reducing the number of emergency patient transfers

2 -(1) Heat Countermeasures for Spectators 【Recovery Operation ②】

To create athlete medical rooms and spectator medical rooms in appropriate locations and properly deploy ambulances and first responders



First responder



Ambulance

For athletes and for spectators

Medical room for spectators

Medical rooms placed in accordance with TMG guidelines for large-scale events

Medical room for athletes •
Field of Play and surrounding areas

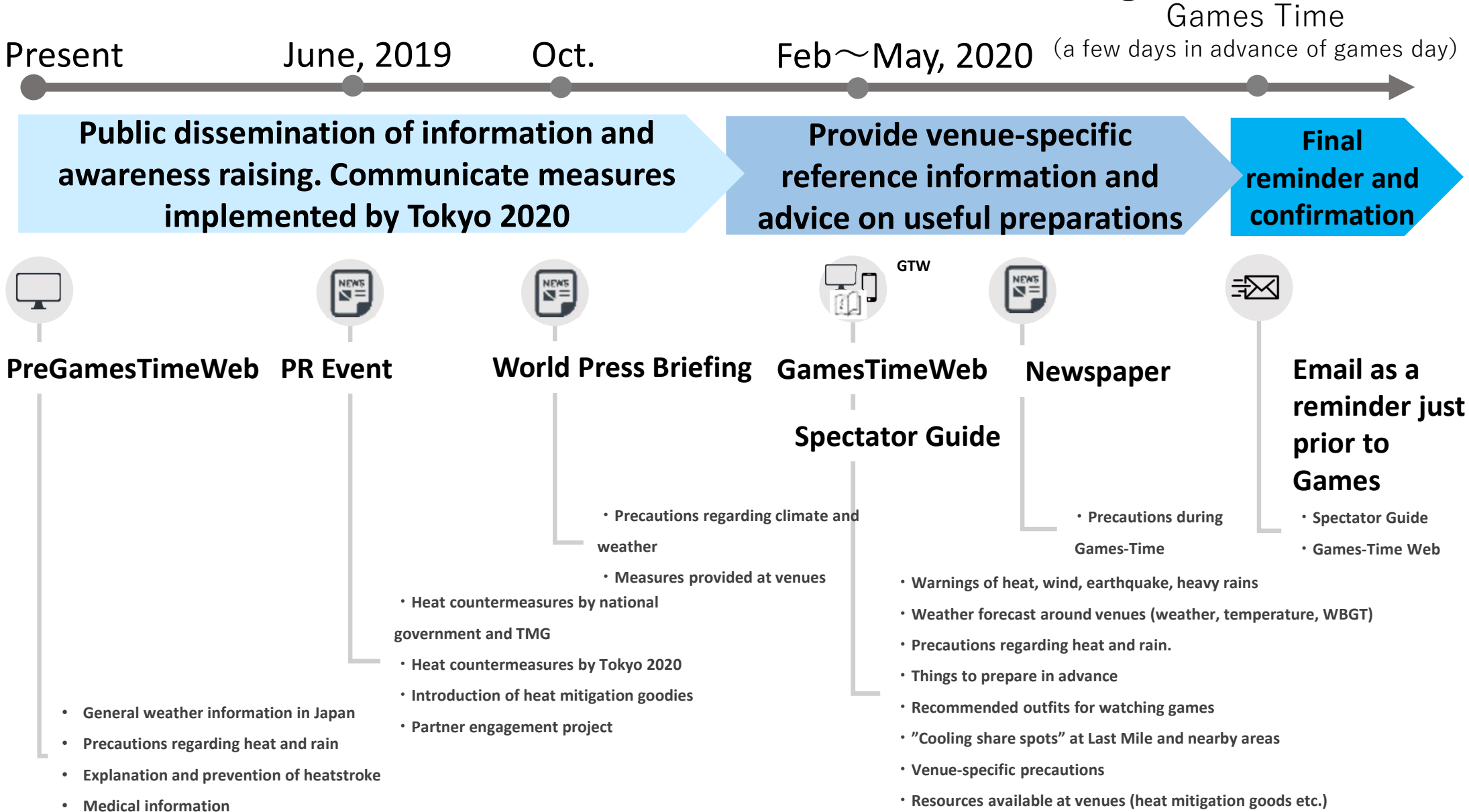
Deployment of medical staff in accordance with IF regulations

- Target users are athletes and judges/referees in principle.
- Doctors, dentists, nurses or physiotherapists to be deployed depending on sports.

※Regarding medical service at venues during games time, confirm deployment of personnel and other requirements in cooperation with medical association and other related parties.

2-(1) Heat Countermeasures for Spectators 【Information Provision ①】

【Contents of information to be released in stages】

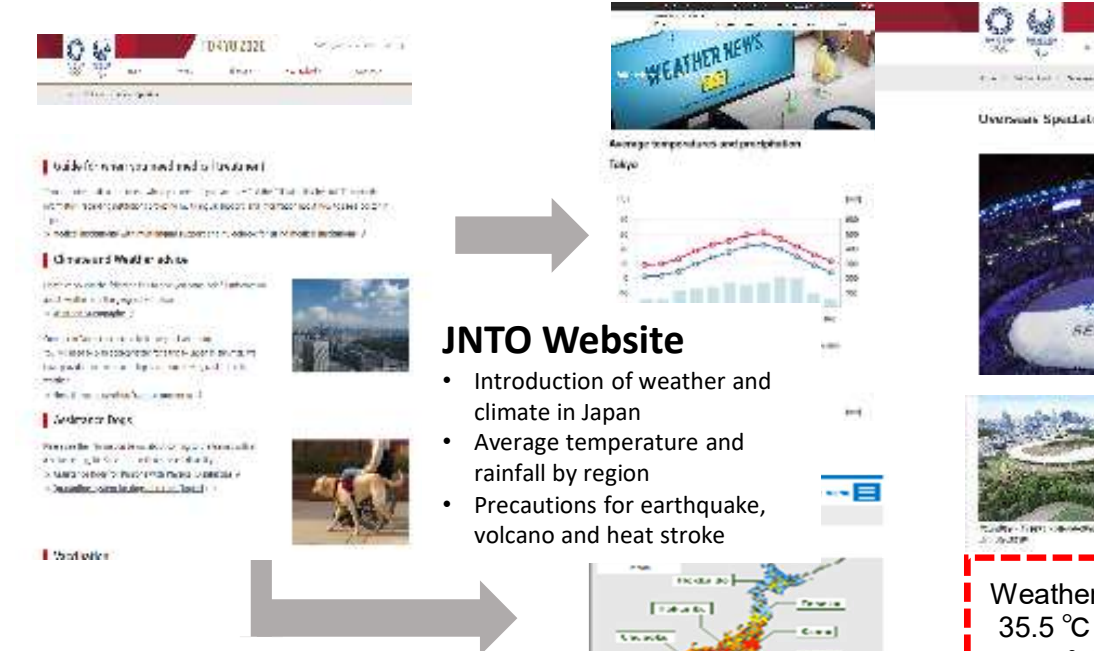


2-(1) Heat Countermeasures for Spectators 【Information Provision②】

【Image of Official Website】

Pre Games Time

Official Website
Introduce features of weather in Japan, different types of heat countermeasures, and provide WBGT information in cooperation with JNTO and Ministry of the Environment.



Ministry of the Environment Website regarding preventive measures against heat stroke

- Causes of heat stroke
- Countermeasures
- WBGT information

During Games Time

Official Games-Time Web
Delivery of location-specific information and precautions to be taken, utilising push notifications.

A. Venue
Detailed weather forecast around venues

- Latest forecast on the day and next day.
- Latest weekly forecast
- WBGT around venues**
- Display WBGT on the day.

B. For spectators
Heat countermeasures and pre-games information

- Provide information on risk of heat stroke and countermeasures.

C. Push Notifications (Mobile App)
Information of precautions for heat

Encourage spectators to prepare drinks and clothes in advance by sending notifications regularly a few times a day.
Ex) Please periodically being rehydrated to prevent heat stroke as temperature exceeds 35°C in the daytime.

Warnings
Earthquake Early Warnings, Tsunami Warnings, Volcanic Alert, Emergency Weather Warning, Heat Stroke Info etc.
※Necessary to consider the standards to issue warnings.

The image shows a screenshot of the 'Official Games-Time Web' for Tokyo 2020. It features a 'Weather' section with a red dashed box highlighting the current temperature of 35.5°C and a forecast of 18.0°C. Below this, it shows the 'Heat Index' (暑さ指数) as 30.6°C with a 'Severe Warning' (厳重警戒) label. The page also includes a 'Plan your trip' section with various links and a 'Weather' section with a map of Tokyo.

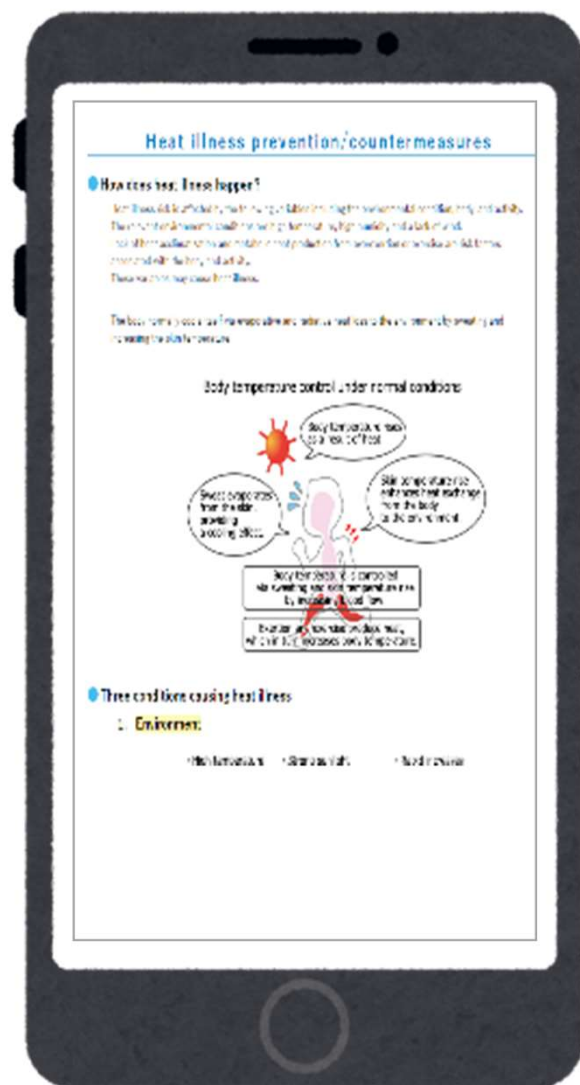
2 -(1) Heat Countermeasures for Spectators 【Information Provision③】

【Image of Games-Time Mobile App】

A. Venue Page



B. For Spectators



A. Venue

- Detailed weather forecasts around venues
- WBGT index around venues

B. For Spectators

- Heat countermeasures and pre-games information

C. Push Notifications (Mobile App)

- Precautions against heat
- Warnings

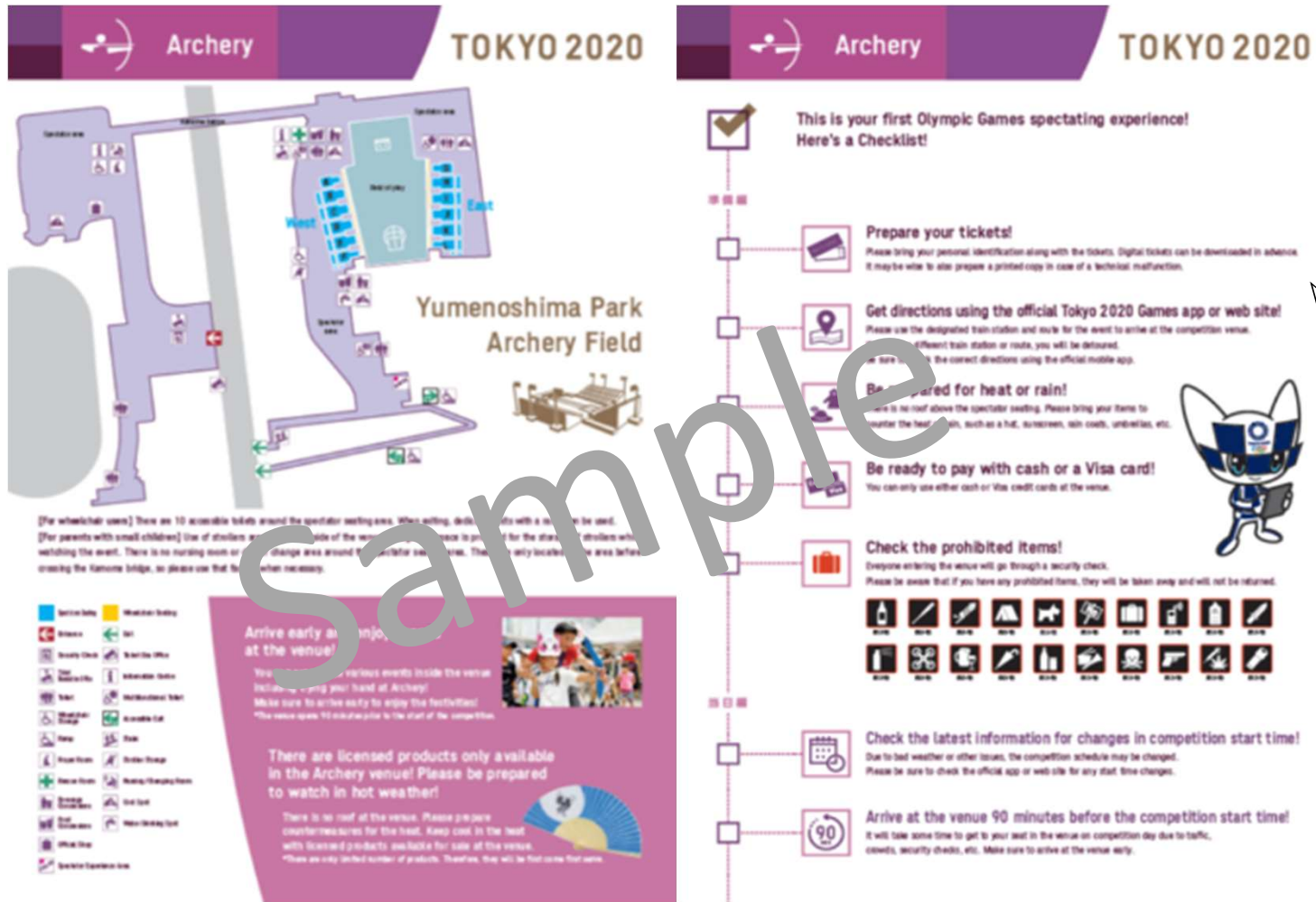
2-(1) Heat Countermeasures for Spectators 【 Information Provision④】

【Image of Spectator Guidebook】

Spectator guidebook will be issued in May, 2020.

Digital guidebook for each sport and for each venue will be delivered to ticket holders.

Spectators to be advised regarding precautions and services to be provided at each venue, and advised to prepare in advance.



< Expected relevant information >

- Reminder for spectators to take heat countermeasures listed in the checklist in advance.
- Cooling areas in venues and at Last Mile
- List of concessions and first-aid stations, introduction of available goods etc.

2 -(1) Heat Countermeasures for Spectators 【Information Provision⑤】

— Dispatch message on important Self-Help Measures —

Provide information regarding risk and preventive measures of heat stroke by obtaining advice from experts to kindly ask for spectators' cooperation in taking preventive self-help measures.

Reference: 2019 Guideline for measures towards Heat strokes for Summer events –towards Event organizers and facility managers

(Example)

- ☒ Intake water and salt periodically, before feeling thirst
- ☒ Replenish with sports drinks (electrolyte) for quick body absorption
- ☒ Take care of your body condition even indoors
- ☒ Don't hesitate and make sure to call on Games Staff if you are not feeling well
- ☒ Make sure to come in good shape, don't come hungry or tired

 **Hold an event to invite ideas for simple self measures** (Mentioned later)

2-(1) Heat Countermeasures for Spectators 【Information Provision⑥】

—Measures for Senior Citizens and Children—

Place emphasis on measures for senior citizens who have reduced sensory functions against heat, and for children who have less-developed functions controlling body temperature and who are more influenced by light reflection from the ground.

(Example of Measures)

- ☑ Strengthen proactive advice by Games Staff recommending:
 - rehydration even if not feeling thirsty
 - not to remain in the heat and to take rest in shaded areas
 - family and group members to remind and look out for each other
- ☑ Advance information provision
 - Provide information on heat countermeasures through the board of education and via schools, aimed at children who participate under the “School Ticketing Programme”.

2-(1) Countermeasures for Spectators

【Information Provision ⑦】

-Measures for Persons with an Impairment-

In addition to regular measures aimed at spectators, we will consider measures in cooperation with the government to protect persons who have difficulty in controlling their body temperature, wheelchair users, and service/assistance dogs.

(Example of Measures)

- ☑ Ensure Games Staff communicate with spectators proactively to prevent the occurrence of heat stroke.
- ☑ Guide persons needing assistance to the designated cool off spaces.
- ☑ Set up priority personal security screening lanes for those with impairments.
- ☑ Consider preparing and displaying a list of veterinary clinics where assistance dogs can be taken to at each venue.

2 -(1) Heat Countermeasures for Spectators

【Information Provision ⑧】

—Measures for Overseas Visitors —

Strengthen information provision by engaging with more organisations and by preparing multi language information. Consider the effective way of information provision to overseas visitors in cooperation with the government.

☒ Provide multi language information of heat countermeasures on official Games Time Website (English • Chinese (Simplified) • Korean • French • Spanish)

☒ Improve information by engaging with more organizations.

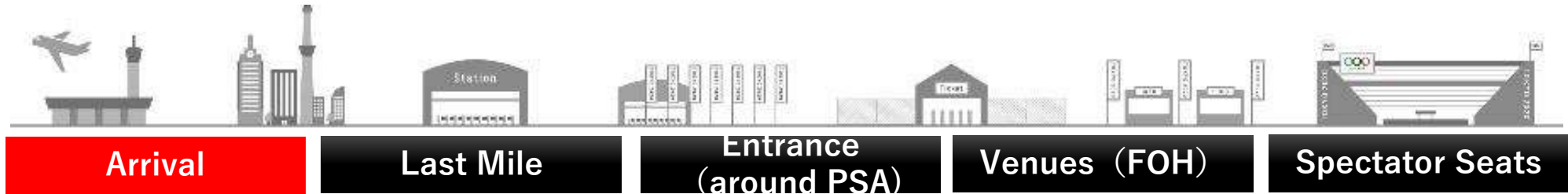
※ Currently, the web has links to the websites of Ministry of the Environment “Heat Illness Prevention Information” and Japan National Tourism Organization

☒ Considering information delivery by push notification, linking with mobile app “Safety tips” supervised by the Japan Tourism Agency.

☒ Conduct Survey

Joint survey with the government (Ministry of the Environment and Japan Tourism Agency) to be held this Summer.

2 -(1) Heat Countermeasures for Spectators 【Image ①】



Getting Ready to Travel

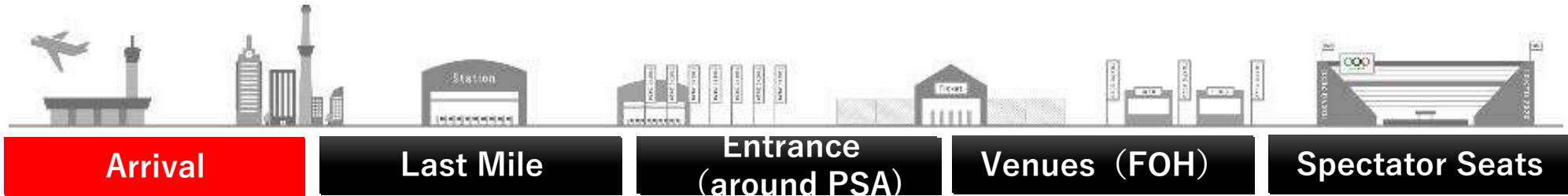
It's getting closer to the actual games.

Tokyo 2020 has been sending newsletter with precaution on heat stroke and weather information.

On the official website and spectator guide, there are those information too.

As there has been news about the hot weather of the Tokyo Games, I guess I should prepare what to wear and pack with that in mind...

2 -(1) Heat Countermeasures for Spectators 【Image ②】



Arrival and Traveling in Japan

As I am well informed beforehand,
My outfits suit the weather and it seems I can stay cool.
I was worried about coming to Japan for my first time,
but the public transportation in the city is
convenient and it makes me walk less under the sunlight.

2 -(1) Heat Countermeasures for Spectators 【Image ③】



The Day of the Games

In the morning I can check the official website for the temperature around the venues, and the mobile app is providing me the route to get to the venue's closest station.

I can search for near-by cooling spots and alerts will be sent when the WBGT index is high so I guess I can safely get to the competition venue.

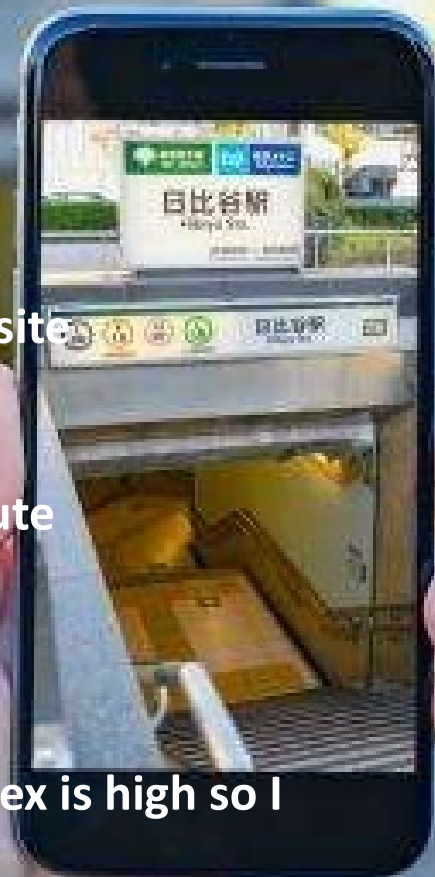
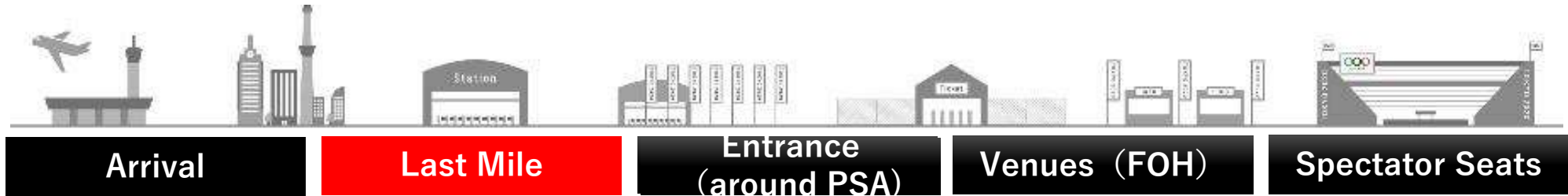


写真:アフロ

2 -(1) Heat Countermeasures for Spectators 【Image ④】

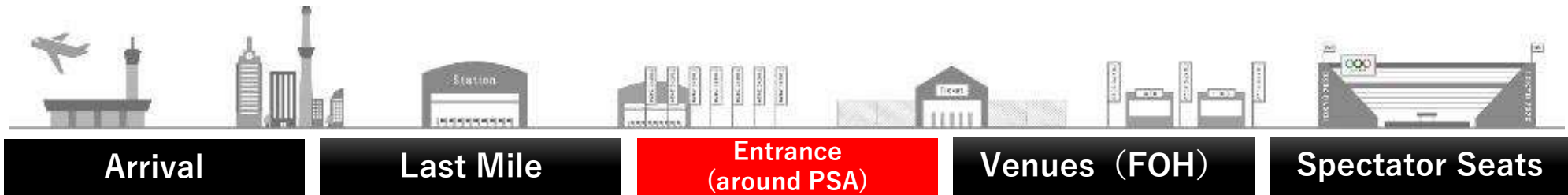


Last Mile

I arrived at the closest station and heading to the venue. The volunteers are guiding the way and also alerting us about the heat. On the way, there seems to be mist and shaded resting areas. Some heat mitigation goods are being handed out and there is a first aid station too. Almost there!



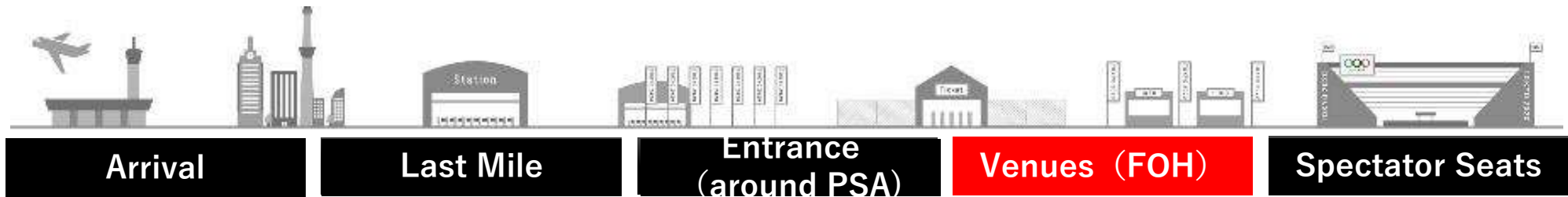
2 – (1) Heat Countermeasures for Spectators 【Image ⑤】



Waiting to Enter (PSA)

Getting in line for my bag check.
Shaded tents are keeping me away from direct sun. There are cooling fans too.
The flowers children has grown are making the area feel fresh and cool.
The security check lanes are moving smoothly with sacks handed out in advance to empty our belongings in our pockets.

2 -(1) Heat Countermeasures for Spectators 【Image ⑥】



In the Venue (FOH~Spectator Seats)

Finally I am here!

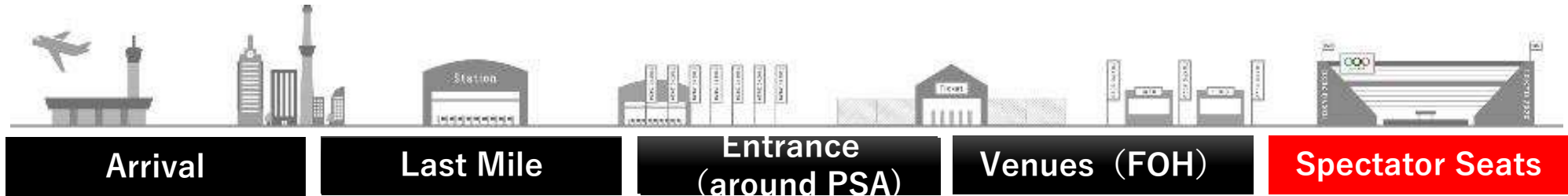
The paper fan has precautions for heat.

On the venue map the concession for beverage and resting areas are noted in case of feeling unwell.

If it gets too hot, time to rest. No need to endure the heat.

I will rehydrate, rest and then get back to spectating.

2 -(1) Heat Countermeasures for Spectators 【Image ⑦】



In the Venue (FOH~Spectator Seats)

Great, the concession stands are also selling chilled beverages and ice cream. I should also check out the licensed products for heat mitigation.

There are first responder staff patrolling the spectator area and I can get care at the first aid in case I feel unwell.

2 -(2) Countermeasures for Games Staff including Games Volunteer①

《Basic Principle》

- ☑ Games Volunteer should bear in mind to set priority on their own body condition, as it is voluntary work
- ☑ The importance of self control will be reinforced during general training and reminded by leaders during games time.
- ☑ Consider adequate breaks with heat situation in mind.
Obtain advice from competent authorities and experts in heat countermeasures (industrial physician, medical personnel), and validate appropriate work hours from a professional point of view.

2 -(2) Countermeasures for Games Staff including Games Volunteer②

《Pre-Games Training on thorough Self-Check and Prevention》

- ☑ Training for Games Staff including Volunteers
 - Provide basic knowledge and call for prevention.
 - Consider Utilization of Health-management book
 - Instruct staff with any conditions which may be vulnerable to heat to consult their family doctor in advance.
- ☑ Training for Leaders
 - ⇒ Educate by specific training on heat countermeasures and leadership training
 - Develop a manual for managers (utilise at role play training and leadership training.)
 - Develop a checklist to confirm each Games staff member is managing their own condition and preparedness.

2 -(2) Countermeasures for Games Staff including Games Volunteer③

《Consider Utilisation of Health-management book and Distribution of Heat Mitigation Goods》

- ☒ Consider Utilisation of Health-management book
(Request thorough self health check and management of own water and salt intake)
- ☒ Heat mitigation Goods
(Water, Salt, Ice Cream, Cooling pads)

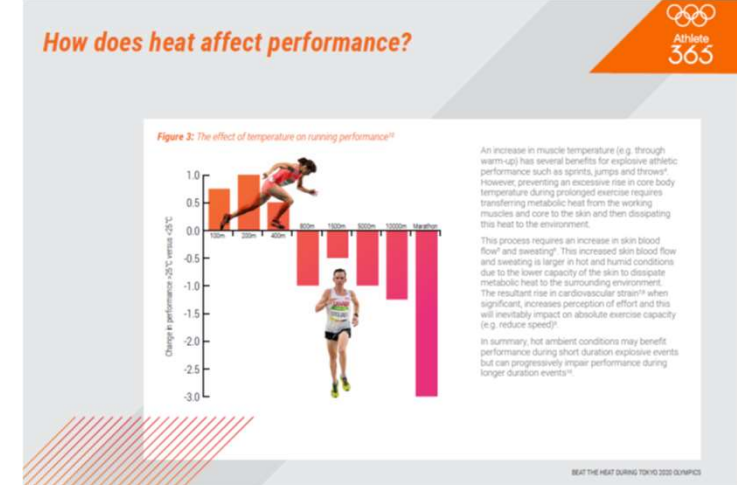
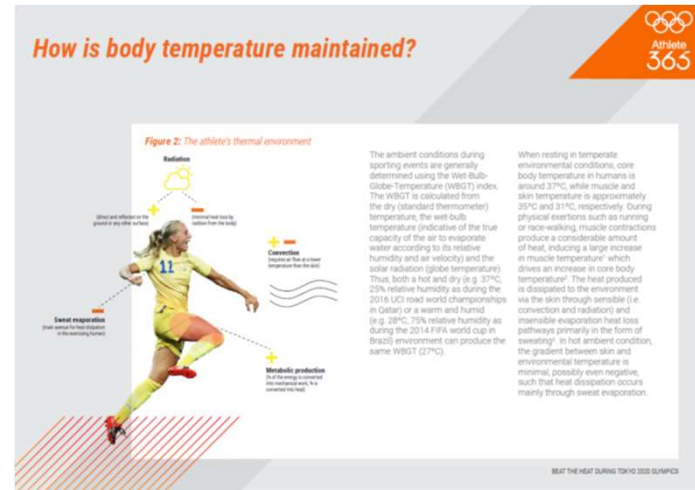
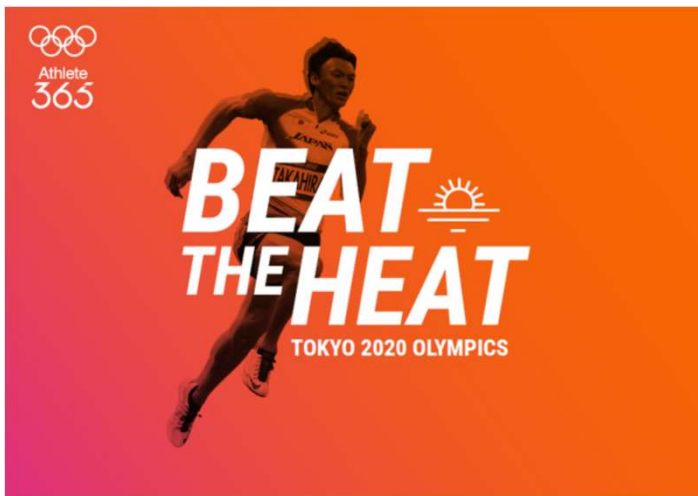
2 -(3) Heat Countermeasures for Athletes ①

- ① Change to competition schedule in consideration of heat countermeasures
 - The Olympic session schedules for marathon, race walk, rugby, cycling(MTB) are now confirmed. Decision were made in consultation with IOC, IFs, and other parties.
- ② Provision of information about weather and preventive measures against heat stroke.
 - Provide weather and heat information to NOCs/ NPCs when NOC/NPC visit or at Chef de Mission meetings to enable athletes from other countries or regions to train under similar weather conditions to those that will prevail during Tokyo 2020.
- ③ Consideration of specific heat countermeasures for individual sport in cooperation with International Federations
- ④ Heat Countermeasures for the Paralympic Games
 - Consider changes to competition schedule, especially marathon.
 - Consult with specialists, and discuss measures, especially for athletes with spinal cord impairment on taking part in outdoor competitions.

2 -(3) Heat Countermeasures for Athletes ②

☑ IOC's medical expert group is developing a leaflet containing tips on heat countermeasures aimed at athletes.

☑ The Organising Committee is considering distribution and presentation to NOCs.



3 Further Approaches

Test Event for Heat Countermeasures

Trial at Test Events

■ To be conducted in cooperation with TMG mainly at Wave1 outdoor test events.

①Beach Volleyball	Shiokaze Park	2019.7/24~28	IF/NF
②Rowing	Sea Forest Waterway	2019.8/7~11	IF/NF
③Triathlon	Odaiba Marine Park	2019.8/15~18	IF/NF
④Hockey	Oi Hockey Stadium	2019.8/17~21	Tokyo2020
⑤Marathon	Marathon Route	2019.9/15	NF

For Overseas Visitors

- Distribution of leaflet in English
- Questionnaire Survey
(In cooperation with Japan Tourism Agency and Ministry of the Environment)

Ideathon etc.

- Conduct “Ideathon”
- Observe and study summer sport events

Validate heat countermeasures and make use of experiences during the actual Games next summer

3 -(1) Trial on Heat Countermeasures at Test Event ①

TMG and Tokyo 2020 to cooperate with the government and IF/NF to validate measures, incorporating results from Test Events and enhance heat countermeasures during actual Games

Competition	Venue	Dates	Event Name	Organisers
Beach Volleyball	Shiokaze Park	2019.7/24～28	FIVB Beach Volleyball World Tour 2019 4-star Tokyo	Fédération Internationale de Volleyball
Rowing	Sea Forest Waterway	2019.8/7～11	2019 World Rowing Junior Championships	World Rowing Federation
Triathlon	Odaiba Marine Park	2019.8/15～18	2019 Tokyo ITU World Olympic Qualification Event 2019 Tokyo ITU Paratriathlon World Cup 2019 ITU Triathlon Mixed Relay Series Tokyo	2019 ITU Olympic Qualification Event Tokyo Organizing Committee (Tentative)
Hockey	Oi Hockey Stadium	2019.8/17～21	READY STEADY TOKYO – Hockey	
Marathon	Marathon Route	2019.9/15	Marathon Grand Championship	Japan Association of Athletics Federations

3 -(1) Trial on Heat Countermeasures at Test Event ②

Tokyo2020 to Cooperate with TMG and conduct various trials

Please refer to the link below for details published by TMG

http://www.metro.tokyo.jp/english/topics/2019/0624_02.html

3 -(2) Trial on Information Provision Towards Overseas Visitors

☒ Strengthen Information Provision on the Pre-games Website

- Collaborate further with the government and related agencies and provide more detailed information related to heat.

☒ Conduct Survey of overseas visitors this summer in collaboration with the government:

- Ministry of the Environment
Questionnaire at Narita Airport
- Japan Tourism Agency
Questionnaire at Tourist Information Desk

3 -(3) Ideathon and Summer Sport Event Observation

☑ Conduct the third Tokyo 2020 Ideathon this Summer. Seek simple and easy solutions to mitigate heat. Strengthen engagement and interest in the importance of considering heat countermeasures.



(Image from the first and the second ideathon)

☑ Observe and Study Heat countermeasures taken in other Summer Sports Events

→ Inspect the newly-added anti-heat measures implemented at Koshien Stadium at the Summer 101th National Highschool Baseball Championships.

3 -(4) Tokyo 2020 COOLING Project



暑さから身を守ろう

TOKYO 2020
COOLING

We have obtained support from several partner enterprises in our call for collaboration on heat countermeasures for spectators and constituents. We have currently obtained support from 13 enterprises.

Cooling Spot



Provide spaces to keep cool

Cool Item Sampling



Distribute items to mitigate heat

Cool Activity



Activities to mitigate heat

3 -(5) Licensed Products for Heat Mitigation

Official licensed products to help mitigate the heat will go on sale from June 27th.

- ☐ To be sold at Tokyo2020 Official Shops
Tokyo2020 Official Online Shop (URL : <https://tokyo2020shop.jp/>) etc.
※Some items may not be available at certain shops

- ☐ Product Line-up ※**36 types**



Ascot Tie



Fans



Visors



Cooling Pads