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
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.


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

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For more information: Tokyo 2020 Online Press Room, ID: media password: tokyo2020media

International Communications
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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)”
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
Overview of Heat Countermeasures of Tokyo 2020

**Structure**

- **Tokyo Metropolitan Government (TMG)**
- **National Government**
- **Local Municipalities**

**Facilities**

- For Spectators
- For Games Staff (including Games Volunteer)
- For Athletes

**Operations (Prevention/Response)**

- Information Provision and Awareness Raising
- Preventive Actions
- Pre-Games Training

**Provision of Weather Information to NOCs/ NPCs**

- Facilities in Venues and the Villages
- Developing Session Schedule in consideration of Heat Countermeasures

**Consultation at working group including experts**

- Engagement with IOC, IPC
1 Overview of Heat Countermeasures of Tokyo 2020 《Summary》

<table>
<thead>
<tr>
<th>Facilities Equipment</th>
<th>Spectators</th>
<th>Games Staff/ Volunteers</th>
<th>Athletes</th>
</tr>
</thead>
<tbody>
<tr>
<td>· Tent · Large cooling fans · Rest area for those feeling unwell</td>
<td>· Dining area · Rest area</td>
<td>· Athlete’s Lounge · Rest area</td>
<td></td>
</tr>
</tbody>
</table>

**Validation of deployment of shading facilities**

| Supply of drinks | · Sale of drinks · Consider bringing bottled water into venues (Under certain conditions) (TBD) | · Provision of drinks · Sales of drinks · Supply of water | · Provision of drinks |

**Boosting supply of drinks**

| Preventive Operations | · Proactive announcements · Alerts during sport presentations · Provision of paper fans for precautions · Stress relief · Flower lanes | · Adequate breaks during work · Health-management book · Sunglasses for security staff | · Competition schedule · Discuss with IFs regarding the criteria for suspension or cancellation of competitions and additional hydration breaks. · Ice for icing treatment |

**Adequate breaks during work**

| Rescue Operations | · Medical room · Ambulance · First responders on patrol · Installation of first-aid station | · Medical room · Ambulance | · Medical room for athletes · Ambulance · Icing treatment |

**First-aid treatment given to unwell persons**

| Information Provision | · Games-time Website · Mobile App · CRM/Ticket Mail · Spectator Guide · Precautionary Leaflet | · Pre-games training | · Informing through IF/NF, NOC and NPC |

Themes highlighted in orange need to be focused in consideration
## 2-(1) Heat Countermeasures for Spectators

### Facilities
- **Preventive Operations**
- **Recovery Operations**
- **Information Provision**

### Arrival
- **Mist sprays**
- **Rest area**
- **First-aid stations**
- **Issuing warnings about risk of heat stroke**

### Last Mile
- **Shading space**
- **Cooling fan**
- **Flower Lane**
- **Bags for security inspection**

### Entrance (around PSA)
- **Shading space**
- **Temporary rest area for unwell persons**
- **Sales of drinks**

### Venues (FOH)
- **Entertainment to relieve stress**
- **Mist sprayed by hand-held equipment**
- **Proactive announcements**
- **First responders (carrying AED・icepack) Patrol・Warning announcements**
- **Medical room・Ambulance**

### Spectator Seats
- **Precautionary Leaflets explaining the risk of heat stroke**
- **Official Games-Time Web and Games-Time Mobile App, Provision of information on heat countermeasures and weather in coordination with national government and TMG**
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
- Classification of heat-related illness symptoms published in 2015 by Japanese Association for Acute Medicine

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

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

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

※Patient to be kept away from heat

Intensive care

TOKYO 2020
To create athlete medical rooms and spectator medical rooms in appropriate locations and properly deploy ambulances and first responders.

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

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**

<table>
<thead>
<tr>
<th>Present</th>
<th>June, 2019</th>
<th>Oct.</th>
<th>Feb〜May, 2020 (a few days in advance of games day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Public dissemination of information and awareness raising. Communicate measures implemented by Tokyo 2020</td>
<td>Provide venue-specific reference information and advice on useful preparations</td>
<td>Final reminder and confirmation</td>
<td></td>
</tr>
</tbody>
</table>

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**PreGamesTimeWeb**
- General weather information in Japan
- Precautions regarding heat and rain
- Explanation and prevention of heatstroke
- Medical information

**PR Event**
- Heat countermeasures by national government and TMG
- Heat countermeasures by Tokyo 2020
- Introduction of heat mitigation goodies
- Partner engagement project

**World Press Briefing**
- Precautions regarding climate and weather
- Measures provided at venues

**GamesTimeWeb**
- Precautions during Games-Time
- Warnings of heat, wind, earthquake, heavy rains
- Weather forecast around venues (weather, temperature, WBGT)
- Precautions regarding heat and rain.
- Things to prepare in advance
- Recommended outfits for watching games
- “Cooling share spots” at Last Mile and nearby areas
- Venue-specific precautions
- Resources available at venues (heat mitigation goods etc.)

**Spectator Guide**
- Precautions during Games-Time
- Spectator Guide
- Games-Time Web

**Newspaper**
- Precautions during Games-Time
- Spectator Guide
- Games-Time Web

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Email as a reminder just prior to Games
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.

**JNTO Website**
- Introduction of weather and climate in Japan
- Average temperature and rainfall by region
- Precautions for earthquake, volcano and heat stroke

**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
  - 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 be rehydrated to prevent heat stroke as temperature exceeds 35℃ 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.
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

Weather near venue

35.5 °C
18.0 °C

WBGT 30.6°C Severe warning
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.

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

【Image of Spectator Guidebook】

- 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.
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.

(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)
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) Heat Countermeasures for Spectators
【Information Provision⑥】

—Measures for Senior Citizens and Children—
2-(1) Countermeasures for Spectators

- 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.
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...
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.
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.
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!
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.
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.
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 Volunteer

《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.

- **Beach Volleyball**
  - Shiokaze Park
  - 2019.7/24～28
  - IF/NF

- **Rowing**
  - Sea Forest Waterway
  - 2019.8/7～11
  - IF/NF

- **Triathlon**
  - Odaiba Marine Park
  - 2019.8/15～18
  - IF/NF

- **Hockey**
  - Oi Hockey Stadium
  - 2019.8/17～21
  - Tokyo2020

- **Marathon**
  - 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

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.

<table>
<thead>
<tr>
<th>Competition</th>
<th>Venue</th>
<th>Dates</th>
<th>Event Name</th>
<th>Organisers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beach Volleyball</td>
<td>Shiokaze Park</td>
<td>2019.7/24～28</td>
<td>FIVB Beach Volleyball World Tour 2019 4-star Tokyo</td>
<td>Fédération Internationale de Volleyball</td>
</tr>
<tr>
<td>Rowing</td>
<td>Sea Forest Waterway</td>
<td>2019.8/7～11</td>
<td>2019 World Rowing Junior Championships</td>
<td>World Rowing Federation</td>
</tr>
<tr>
<td>Hockey</td>
<td>Oi Hockey Stadium</td>
<td>2019.8/17～21</td>
<td>READY STEADY TOKYO – Hockey</td>
<td></td>
</tr>
<tr>
<td>Marathon</td>
<td>Marathon Route</td>
<td>2019.9/15</td>
<td>Marathon Grand Championship</td>
<td>Japan Association of Athletics Federations</td>
</tr>
</tbody>
</table>
3 - (1) Trial on Heat Countermeasures at Test Event ②

Please refer to the link below for details published by TMG
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.

☑ 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.
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