

Activities of stakeholders from overseas after the first 14 days of entering Japan

In view of the current COVID-19 situation in Japan, a State of Emergency has been declared in Tokyo and 12 other prefectures. Under the Declaration of Emergency, residents in Japan are required to refrain from going out for any unnecessary or nonurgent reasons and from moving between prefectures. Due to the severity of the situation, even after their first 14 days in Japan, Paralympic Games stakeholders from overseas are now requested to continue to limit their activities—to the greatest extent possible—to those activities that are essential to their Games role. The countermeasures outlined in the Playbooks have been proven to successfully prevent the spread of COVID-19. The safe delivery of the Paralympic Games depends on the actions we take as individuals. We all have a responsibility to take whatever measures we can to protect ourselves and those around us.

Throughout the entirety of their stay in Japan, all Games stakeholders have a requirement to:

- Wear at all times a mask that covers the nose and mouth, except when eating, drinking sleeping, training or competing
- Wash hands and use hand sanitizer frequently
- Avoid physical contact, including hugs and handshakes
- Keep two metres' distance from athletes and at least one metre from others, including in operational spaces
- Respect the reminders of staff, volunteers, and other participants to abide by the COVID-19 countermeasures

Permitted Activities for Athlete/Team Officials and International Federations

As per the Playbooks, there is no difference between the activities permitted within the first 14 days and after the first 14 days in Japan. Please ensure you understand and comply with all rules outlined in your Playbook.

Athletes and Team Officials are not allowed to leave the Paralympic Village, Cycling Accommodations or their hotels except for competitions, trainings, and interviews, and are not allowed to shop at convenience stores outside their accommodations. An infringement of any rules contained in the Playbook may expose you to a range of potential consequences.

Guidelines for Other Stakeholders

(1) Requested actions for all stakeholders to take:

Eating meals

After the first 14 days, we strongly recommend you continue dining at the Games facilities and hotel restaurants.

It is safest to eat by yourself. However, if eating in a group, minimise the size and also avoid speaking without masks.

In particular, strictly refrain from patronising any restaurants, etc. that do not follow the guidelines of the Declaration of Emergency (those adhering to the guidelines don't serve alcohol and close before 20 o'clock.)

Activities

We strongly request that you limit your movements to primarily Paralympic Games venues and minimise your interaction with non-Games participants.

In principle, business outings should be limited to those Games-related facilities listed in the List of Permitted Destinations. Visits to company offices, branch offices, etc. are allowed if necessary for business purposes, as well as the purchase of daily necessities such as food and medicine. Please minimise your movement between prefectures and please refrain from sightseeing, participating in events unrelated to Games, or attending other sports events.

Transport

If available, please continue to use dedicated Games vehicles, rate card vehicles, self-

arranged vehicles, etc. as your primary mode of transportation even after your first 14 days in Japan.

After your first 14 days, the use of ordinary taxis is also permitted; those who have the TP privilege and wish to use public transportation can request a TP card. However, we ask you to limit your use of public transportation to the greatest extent possible if alternative means, such as transportation services provided by Tokyo 2020, are available. When using public transportation, pay particular attention to COVID-19 countermeasures operated by each transportation company.

Walking and cycling are permitted, but contact with many other people, including residents in Japan, should be avoided. In case of cycling, you are required to secure the parking lots and follow Japanese traffic laws.

(2) Media (OBS/RHB/Press) Specific Requests

○Interviews

As a general rule, it is possible to conduct interviews outside Games venues after the first 14 days in Japan. However, when conducting interviews in the city, necessary COVID-19 countermeasures should be taken, such as wearing masks that cover the nose and mouth, ensuring physical distance, and avoiding crowding of people by the interviews.