



Dear FEI Tokyo Paralympic Games Delegation,

As explained in our email of 15 July, the Tokyo 2020 Paralympic Games are run under strict Covid-19 mitigation measures which apply to all participants in order to be granted entry in Japan and permission to be on the venue. This letter explains the first steps of the measures (pre-travel testing, formalities and health monitoring) and how the FEI Covid-19 Liaison Officer team is going to support you.

In order to avoid sending you a high volume of emails, we regularly publish updates and clarification on the FEI’s website page [Covid Liaison Officer at Tokyo 2020 Paralympics](#). Please visit the page often, keeping in mind that new information is available to us and new issues reported on a daily basis.

We also have a dedicated email address in case you do not find the answer to your questions after reading our emails and the website information: covid.tokyo.paralympics@fei.org.

Please do not delay reading this document and our website page, as a number of actions are required from you which are all essential in order to be granted entry into Japan. Check the “Action required from you” sections within each chapter below for details, and proceed.

We’ll provide further instructions shortly in our Communication III and in the meantime are available to answer your questions.

Kind regards,

Your FEI Covid-19 Liaison Officer team

- I. Tokyo 2020 PLAYBOOKS 2
- II. PRE-TRAVEL TESTING 2
 - 1. Testing requirements set by the government of Japan 2
 - 2. How to get tested 3
 - 2.1 Testing at a Tokyo-approved test provider 3
 - 2.2. Pre-travel testing using the Meenta kits provided the FEI 4
 - 2.3. Action required from you 4
- III. PRE-TRAVEL HEALTH MONITORING 5
 - 1. What is pre-travel health monitoring about? 5
 - 2. Action required from you 5
- IV. PRE-TRAVEL FORMALITIES 5
 - 1. Action required from you: getting a smartphone updated with at least IOS 13.5 6
 - 2. Action required from you: download the “COCOA” and “OCHA” applications on your smartphone. 6



I. Tokyo 2020 PLAYBOOKS

The Tokyo 2020 Playbooks provide a strong framework to delivery a safe and secure Paralympic Games for all participants.

All participants also have a responsibility to fully comply with the Playbooks and all related COVID-19 counter-measures and plans in place as part of individual safety, considerations for other Games participants and the wider population of the host country.

We have confidence in all of you in respecting these requirements. We would also to remind all Games participants non-compliance with the rules in the Tokyo 2020 Playbooks may have an impact on your participation in the Olympic and Paralympic Games.

As you prepare to depart for Tokyo, please note that the measures described in the Tokyo 2020 Playbooks, such as those related to the entry into and departure from Japan, are under the jurisdiction of the Japanese authorities and aim to protect the health of the general public. In the event of a violation of the specified measures, the Government of Japan has a number of potential consequences, including the requirement for a quarantine for 14 days, or procedures for withdrawal of your permit of stay in Japan.

The most updated versions of the Playbooks can be found here: <https://www.paralympic.org/tokyo-2020/playbooks>

The following Playbooks apply:

- Playbook – International Federations: for ITOs, NTOs, FEI Board Members and FEI Staff
- Playbook – Press: for Sport Specific Journalists (ES).

II. PRE-TRAVEL TESTING

1. Testing requirements set by the government of Japan

In order to be granted entry in Japan, all Tokyo 2020 Paralympic Games must complete pre-travel tests, as outlined in the table below. For persons who will have stayed in the countries identified as “high-risk” (Delta variant) by the government of Japan during the 14 days preceding their arrival, specific testing schedules apply.

ALL EXCEPT GROUPS 1&2	Two Covid-19 tests, on two separate days, within/less than 96 hours of the departure of your flight to Japan (first international flight if you are on an indirect route). At least one of the two tests must be taken within/less than 72 hours of departure. There must be full 24 hours between the 2 tests.
GROUP 1 Afghanistan, India, Indonesia, Kyrgyzstan, Maldives, Nepal, Pakistan, Sri Lanka, Zambia.	Daily testing for 7 days before departure to Japan.

GROUP	2	Daily testing for 3 days before departure to Japan.
Bangladesh, Malaysia, Uganda, United Arab Emirates, United Kingdom.		

The placement of countries within the two groups and the measures that must be followed, is based on various factors related to COVID-19 in each such country, which are determined by the Japanese Government. These groups are subject to change.

You will need to have your tests results available to show when boarding the plane and on arrival in Japan.

2. How to get tested

There are two ways for you to get tested:

- By a test provider (laboratory) approved by the government of Japan
- By using self-testing kits (brand: Meenta, USA) shipped to you by the FEI

2.1 Testing at a Tokyo-approved test provider

Only approved testing providers can be used for your pre-travel tests. The two lists of approved testing providers are available on the FEI's [Covid Liaison Officer at Tokyo 2020 Paralympics](#) website pages in the "Before travelling to Japan" section.

If you decide to get tested at an approved facility, you will need to make sure that the test type and results certificate are accepted by the government of Japan.

The testing sample and methods accepted by Japan are the following:

- Sample: Nasopharyngeal or Saliva.
- Testing methods:
 - Nucleic acid amplification test (PT-PCR);
 - Nucleic acid amplification test (LAMP);
 - Nucleic acid amplification test (TMA);
 - Nucleic acid amplification test (TRC);
 - Nucleic acid amplification test (Smart Amp);
 - Nucleic acid amplification test (NEAR);
 - Next generation Sequence;
 - Quantitative antigen test (CLEIA).
- The test certificates issued by the testing facility must be formatted according to the requirements of the Japanese government (see valid format of [Certificate of Negative Test Results](#)). Standard certificates from the registered providers will be accepted if they include the necessary information indicated below:
 - 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.

When making appointments for your tests, please ask your test provider how long the results take to be available, and book accordingly. For example, if the results take up to 48 hours to be delivered, do not book your last test 24 hours before your flight as the results may not be available at the time you board your plane.

2.2. Pre-travel testing using the Meenta kits provided the FEI

Whenever possible¹, the FEI will provide you with pre-travel self-testing kits for use as an alternative to taking a test so you can take the tests at home and receive the results within 30 minutes.

The kits are manufactured in the USA by Meenta, a test service provider by Tokyo 2020. Meenta's test certificates comply with the format required by the government of Japan. The testing method used in Meenta' kits is one of the methods approved by the government of Japan: Nasopharyngeal sample - Nucleic acid amplification test (LAMP).

The Meenta kits are paid by the FEI.

During the week of 24 July, Meenta will send each of you an email in order to obtain the address where you want the testing kits to be shipped to you. The email will be sent from no-reply@meenta.io. Please check your spam folder if you do not see the email in your inbox at the end of the week.

2.3. Action required from you

- The FEI encourage all members of the FEI delegation to take the Meenta tests where possible, because:
 - You do not have to pay anything;
 - The test results certificate format complies with the Japanese government requirements; and
 - Meenta's platform allow us to track the test certificates efficiently.
- If you would prefer to take your test at an approved facility instead of using Meenta's kits for a particular reason, please let us know by return email at covid.tokyo.paralympics@fei.org.

¹ In some countries (e.g. Spain, Mexico), due to customs issues, it's not possible to send self-testing kits.

- If not using the Meenta kits, book your tests and make sure that test provider, testing method and results certificate are compliant as explained under pt. 2.1 above.
- Based on your flight schedule, set the date and time of your tests.

As an example, for someone taking their first international flight at **1 pm on August 11**, the timing options for testing are as follows (11 August is excluded as a possible date for testing, since it's a travelling day):

- Option 1:* Test 1: 7 August after 1 pm
 Test 2: 8, 9 or 10 August
- Option 2:* Test 1: 8 August
 Test 2: 9 or 10 August
- Option 3:* Test 1: 9 August
 Test 2: 10 August

Please take into account any time zone difference between the place where you will take your test and the place you will take your first international flight from.

Contact us if unsure: covid.tokyo.paralympics@fei.org.

III. PRE-TRAVEL HEALTH MONITORING

1. What is pre-travel health monitoring about?

The government of Japan requires that all Tokyo 2020 Paralympic Games participants monitor their health status daily for Covid-19 symptoms during the 14 days preceding their arrival in Japan, as follows:

- Take your temperature daily
- Proactive monitoring for any other COVID-19 symptoms (see [WHO guidelines on COVID-19 symptoms](#)). If you experience any Covid-19 symptoms, please contact us immediately (covid.tokyo.paralympics@fei.org).

Please keep your records and bring them with you in Japan. Closer to your travel time, you will need to enter (using your records) some pre-travel health information in a smartphone app called "OCHA" (Online Checking and Health report App) – please check the "Pre-travel formalities" section below for details.

2. Action required from you

Based on your travel plans, set yourself a reminder at "arrival date in Japan -14 days" to start monitoring yourself as explained above.

IV. PRE-TRAVEL FORMALITIES

Tokyo 2020's Covid-19 mitigation measures operate through a complex system which requires that participants are all registered on a central database and use two different smartphone applications. This requires a number of actions from your part to be taken before you travel to Japan.



1. Action required from you: getting a smartphone updated with at least IOS 13.5 and Android 6.0

If you do not have a smartphone, consider renting one. If not possible, please contact us covid.tokyo.paralympics@fei.org.

If you already have a smartphone, make sure to download the latest IOS update available. This will ensure that your smartphone can support the applications which must be downloaded on it (see below for details).

2. Action required from you: download the "COCOA" and "OCHA" applications on your smartphone.

- COCOA App (Contact Confirming Application) is a contact tracing application which will only be used once on Japanese soil, but you must have it downloaded on your smartphone before your flight to Japan (will need to be activated after landing)
- OCHA App (Online Checking and Health report App) will carry all the information necessary for your entry in Japan (pre-travel testing; health, etc.) and communicates with Tokyo's central database ICON (Infection Control Support System). We'll provide additional information on this in our next communication. For now, please download it on your smartphone; you will sign in later.

If you experience any issue with the above, contact us covid.tokyo.paralympics@fei.org.