

FEI COMMUNICATION IV COVID-19 Counter Measures BEFORE YOUR TRAVEL & ENTERING JAPAN UPDATE

Following the publication in June 2021 of the new versions (V3) of the IOC Playbooks Tokyo 2020 for International Federations and for Press, please find below updated information to enter Japan.

All FEI Communications and updated information can always be found on the FEI COVID Liaison Officer Hub in the FEI website [here](#).

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1. Pre-travel testing

You need to take two Covid-19 tests on two separate days within 96 hours (= 4 days) 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 72 hours (= 3 days) of departure.

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

Option 1: Test 1: 7 July after 1 pm
Test 2: 8, 9 or 10 July

Option 2: Test 1: 8 July
Test 2: 9 or 10 July

Option 3: Test 1: 9 July
Test 2: 10 July

The FEI is working on shipping **pre-travel Covid-19 self-testing kits** directly to each of you (except Japan residents and FEI staff located in or near Lausanne). Further details will be communicated shortly. In the meantime, please make an appointment with the nearest possible testing facility as a fall back in case the kits shipments would be delayed.

- **FEI staff located in or near Lausanne** are required to book their two appointments at VidyMed as soon as possible to make sure the dates they need are available. Bookings are made on:

https://www.vidymed.ch/centre-medical-vidy_test_coronavirus.html

- **Residents of Japan** (and those from overseas who have been in Japan for more than 14 days) are required to take a Covid-19 test 72 or 48 hours before their arrival to the venue.
- **Games participants having stayed in high level risk countries due to variants prevalence at any stage in the 14 days before arriving in Japan:** additional testing and quarantine requirements apply (not if you will be simply in transit at the airport in the country, but if you will be in transit and enter the country through immigration, the restrictions will apply to you). The countries concerned are:

Group 1: Afghanistan, India, Maldives, Nepal, Pakistan and Sri Lanka

Group 2: Bangladesh, Egypt, Malaysia, United Kingdom and Vietnam.

If you will have visited the above listed countries within 14 days or arriving in Japan, please contact us for instructions on testing and quarantine.

Currently, for the FEI delegation we are only aware of people who will have come from Great Britain (Group 2). Based on the latest information available to us, the instructions for these people are as follows:

- Daily testing for three days before departure and three days after entry¹, and then according to frequency outlined in the Playbook.
- For three days before departure and three days after arrival, avoid physical interaction with anyone from other delegations, including through physical distancing which must be maintained.

The situation is continuously evolving and we will send updates as new information is available to us.

2. Pre-travel health monitoring

You are required to monitor your health for 14 days before arrival in Japan, including:

- Taking your temperature daily
- Proactively monitoring for any Covid-19 symptoms.

You will need to input this information in the OCHA app before travelling to Japan (see pt.3 below).

If you are a resident in Japan, you must also monitor your health.

You must inform the FEI CLO of any Covid-19 symptoms or any Covid-19 positive test results.

3. Online Check-in and Health Report Application (OCHA)

All visitors to Japan must download and install the OCHA app before travelling to Japan use it and to:

- Input information for quarantine, immigration and customs
- Store documents necessary for immigration such as a negative Covid-19 test certificate as a PDF file (optional)
- Input daily health information from arrival in Japan to departure.

The app was released on June 24 and requires a specific registration process, after which a number of information must be entered before travelling to Japan (including health condition e.g., indicating if you experienced any symptoms like fever or cough in past 14 days). To do this, please follow the steps outlined in the attached "OCHA Flyer".

Note: OCHA only works with iOS 13.5 and Android 6.0 version and above. Please make sure to have updated your smartphone accordingly.

¹ The day of arrival in Japan is considered day 0, therefore the three days after arrival covers three days after the arrival day

4. Personal health information

Make sure to prepare and bring with you hard copies of your proof of vaccination, any prior positive Covid-19 test results (including antibody tests), and, if applicable, medical records related to any condition that increases your risk of a severe Covid-19 infection.

5. Medication importation in Japan

Many common medications are illegal in Japan, and many of the permitted ones require an import certificate and/or can only be imported below certain quantities. In addition to import certifications, **some medications also require export certificates when you leave Japan**. Please review [this document](#) very carefully, including all links provided in it.

Also please note that the Japanese government recently amended its laws regarding **Adderall** (amphetamine/dextroamphetamine), which can now be brought for personal use if the Japanese government has given approval. The application and approval process is under development. We will update you as soon as details are available.

6. Insurance

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 FEI, ITOs and NTOs accreditations holders, Tokyo 2020 will provide such insurance for the period between the Village pre-opening and closing dates (Olympic Village: July 7 – August 11). Please note that this insurance only covers costs incurred in Japan.
- In addition, FEI Officials or any other person acting in an official capacity on behalf of the FEI, specifically appointed and sent by the FEI to an event or a meeting are also COVID-19 covered when travelling to Japan under the FEI Insurance Coverage. For further information please check [here](#).

7. CLO Contacts

- **FEI COVID Liaison Officer (FEI CLO): Dr. Mark Hart** (Telephone number will be provided to you as soon as possible).
- **Deputies CLOs:**
 - ITO / NTOs / FEI Board / Staff:
Catrin Norinder: +41 78 750 61 39
Francisco Lima: +41 78 750 61 49
 - Stewards (ITOs and NTOs): (Telephone number will be provided to you as soon as possible):
Maria Hernek:

- Sport Specific Journalists (ES) / Media:

Olivia Robinson: +41 78 750 61 35

- **A dedicated email address** has been created for any COVID-19 related question. Please direct all questions to: covid.tokyo@fei.org

8. IOC Playbooks Tokyo 2020

As already mentioned to you, the IOC Playbooks Tokyo 2020 (the “Playbooks”) are the basis to ensure that the Tokyo 2020 participants and the people of Tokyo and Japan are safe and healthy.

The most updated versions of the Playbooks can be found here:

<https://olympics.com/tokyo-2020/en/games/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).

Note that the Playbooks will apply to you for the entire duration of the stay and not only for the first 14 days of stay.

In the FEI CLO Hub you can also find a FAQ Document [here](#).

9. Your Journey Checklist

BEFORE YOU TRAVEL	ENTERING JAPAN	IN THE AIRPORT
<ul style="list-style-type: none"> ○ Read the Playbook and make sure you understand all the rules ○ Prepare a list of the people you will spend time with regularly while in Japan <p>Ensure you have in your carry-on luggage:</p> <ul style="list-style-type: none"> ○ Passport ○ Pre-Valid Card (PVC (OIAC)) ○ Negative COVID-19 test result certification from test taken within 72 hours of departure, uploaded to OCHA ○ COVID-19 relevant medical information (for example: vaccination status). 	<p>Have the following documents ready to present to immigration authorities:</p> <ul style="list-style-type: none"> - Pre-Valid Card (PVC (OIAC)) - Negative COVID-19 test certificate from test taken within 72 hours of departure uploaded to OCHA - Specific screen of OCHA and QR Code; - Any other additional documents filled out on the airplane/at the airport - The GPS function of your phone set in accordance with immigration procedures - Be ready to take a new COVID-19 test 	<ul style="list-style-type: none"> - You will take another COVID-19 Test - Plan 4 hours on arrival in airport in Tokyo for formalities and testing