



# Paralympic Games Healthcare Guide

July 2019

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## About the Healthcare Guide

All information contained in this Healthcare Guide is accurate at the time of publication in September 2019. Please note that some details may be subject to change prior to the Games.

All updates to this guide will be posted on Tokyo 2020 Connect where they may be downloaded by NPCs.

The Healthcare Guide is published in electronic format only.

Printed versions of the Pharmacy Guide will be distributed to NPC medical teams upon arrival at the Paralympic Village at Games-time while it is initially being published in electronic format.

# Welcome

The Tokyo Organising Committee of the Olympic and Paralympic Games (Tokyo 2020) is proud to host the Tokyo 2020 Paralympic Games. We are making all necessary preparations to ensure we are able to deliver first-class medical services to athletes and all other stakeholders.

All healthcare professionals engaged in providing medical services will receive advanced training specifically tailored to meet the requirements of the Paralympic Games and will be ready to perform their respective roles during the Games period.

We look forward to welcoming you all to Tokyo and very much hope that all visitors enjoy the Tokyo 2020 Games.

Yours sincerely,

**Takao Akama**

Chief Medical Officer  
Tokyo 2020

# 1 | Medical Organisation for the Tokyo 2020 Paralympic Games

## 1.1 IPC Medical Team

### 1.1.1 IPC Medical Committee

Please refer to the website below.

<https://www.paralympic.org/the-ipc/committees/medical>

### 1.1.2 IPC Medical & Scientific Department

IPC Medical and Scientific Director	Peter Van de Vliet
Medical Manager	Judith van der Veen

## 1.2 Tokyo 2020 Medical Services Team

• Management Team

Takao Akama - Chief Medical Officer

(TBD: Will be updated when team structure and medical staff assignments are finalised.)

# 2 | IPC policies and procedures

## 2.1 IPC Medical Code

The International Paralympic Committee Medical Committee and the Tokyo 2020 Medical Services teams are committed to the IPC Medical Code in order to protect the health of athletes and minimise the risk of injury. The IPC Medical Code is part of the IPC Handbook (Section 2, Chapter 1). <https://www.paralympic.org/the-ipc/handbook>

## 2.2 IPC Policy on Scientific and Medical Equipment at the Paralympic Games

The IPC Policy on Scientific and Medical Equipment at the Paralympic Games is part of the IPC Handbook (Section 2, Chapter 3). <https://www.paralympic.org/the-ipc/handbook>

## 2.3 IPC Position Statement on Autonomic Dysreflexia and Boosting

The IPC Position Statement on Autonomic Dysreflexia and Boosting is part of the IPC Handbook (Section 2, Chapter 4). <https://www.paralympic.org/the-ipc/handbook>

## 2.4 Therapeutic Use Exemption (TUE) for Athletes

All competing athletes who need to use any medication on WADA's prohibited list are required to apply for Therapeutic Use Exemption (TUE) in accordance with the provisions detailed in the Tokyo 2020 Paralympic Games Doping Control Guide.

## 2.5 IPC Policy on Non-Accidental Violence and Abuse

The IPC Policy on Non-Accidental Violence and Abuse is part of the IPC Handbook (Section 2, Chapter 3). <https://www.paralympic.org/the-ipc/handbook>

# 3 | Medical Encounter System

The Paralympic Village Polyclinic, accommodations for athletes and athlete medical stations at the competition venues will use a secure and customised electronic medical encounter system at the Tokyo 2020 Games to allow for comprehensive data collection and analysis.

Data will be entered by Tokyo 2020 Medical Services within the Paralympic Village Polyclinic, the accommodations for athletes and the athlete medical stations at the competition venues by the treating professional. Data and statistics will be collated at the Medical Services department Functional Coordination Centre and will be used to compile daily reports for the IPC.



# 4 | Team Doctors

## 4.1 Registration of NPC Team Doctors

NPC team doctors must register in advance with Tokyo 2020 to provide medical services to members of their delegation during the Games. Registration is free of charge. Full details of the registration process will be sent to NPCs in September 2019 and will be available on Tokyo 2020 Connect.

## 4.2 Access and privileges of NPC Team Doctors

The main rights of NPC team doctors are as follows.

- Administer medical treatment to members of their own team delegations
- Request for diagnostic imaging (MRI, ultrasound and X-ray) and laboratory tests to be conducted at the Polyclinic (TBD)
- Request for physical therapy services to be provided at the Polyclinic
- Prescribe medicine for members of their own delegation, to be provided at the Polyclinic pharmacy free of charge. For details of the medicines available from the Polyclinic pharmacy, please refer to the Tokyo 2020 Paralympic Games Pharmacy Guide, available on Tokyo 2020 Connect.
- Access to the FOP in accordance with the relevant IF regulations

For an NPC team doctor to provide treatment or medical services to members of other delegations, there must be a written agreement between the relevant NPCs. This agreement must be submitted to Tokyo 2020 Medical Services and the IPC in advance.

NPC team doctors are not able to issue prescriptions for local pharmacies.

In cases where it is necessary for NPC delegation members to be transferred to a hospital, an NPC team doctor may accompany the patient and discuss clinical management with the hospital medical team. The hospital medical team will provide treatment as the NPC team doctor is not permitted to practice at hospitals in Japan. The clinical responsibility reverts to the NPC team doctor upon discharge from the hospital.

### **4.3 Clinical decision-making on return to the FOP following injury**

Clinical decisions on returning to the FOP shall be made in accordance with the regulations of each IF.

In general, the decision to return to the FOP lies with the athlete and NPC medical team. However, the IF medical officer or Tokyo 2020 medical team can make recommendations on withdrawal from the event, if required. If the athlete and NPC medical team do not agree about the withdrawal, they may refer to the IPC Medical Committee for further discussion.

However, in the event of a life-threatening condition, the final decision on how to proceed will rest with the Tokyo 2020 medical team.

### **4.4 Malpractice/liability**

Tokyo 2020 assumes no responsibility for any healthcare provided by NPC healthcare personnel to NPC team members and delegates. Tokyo 2020 will not provide malpractice or liability insurance for NPC healthcare personnel.

It is recommended that NPC healthcare professionals inform their insurance company that they are travelling abroad with a sports team, and check whether their malpractice insurance covers this activity.

### **4.5 NPC Team Doctors Meeting**

There will be a meeting for team doctors in the Chef de Mission Hall in the Paralympic Village. (The date and time will be decided by the end of March 2020). NPCs will receive an invitation in advance.

# 5 | Import and export of medicines

## 5.1 Accompanied baggage

Prior application through Tokyo 2020 is required to the Regional Bureau of Health and Welfare of the Ministry of Health, Labour and Welfare that has jurisdiction over the landing site to enable NPC team doctors to bring in medicines and medical equipment for their team members. For detailed information on import and export procedures, see “Tokyo 2020 Customs & Freight Forwarding Guide”.

## 5.2 Freight (CARGO)

(TBD: Will be decided by the end of September 2019)

## 5.3 Transfer of medicines and medical equipment from NOC to NPC

(TBD: Will be decided by the end of September 2019)

## 5.4 Re-exportation

All medicines and medical equipment, except for those that have been consumed, must be re-exported from Japan upon departure.

# 6 | Tokyo 2020 Medical Headquarters

Medical services will be coordinated through the Medical Services department Functional Coordination Centre. (The operational dates will be decided by the end of December 2019)

The priorities of the Functional Coordination Centre led by the Chief Medical Officer are to:

- Coordinate medical operations across the Paralympic Village and all Games venues including competition, training and non-competition venues, and maintain constant communications to quickly respond to and resolve requests and demands
  - Coordinate staffing including volunteer management and allocation, and medical supply chain processes
  - Coordinate all patients transferred between venue sites including from venues to the Polyclinic and on to hospital, and manage the efficient discharge and coordination of care
  - Report directly to the Main Operation Centre (MOC) and the IPC Medical and Scientific Director, and maintain constant information flows with NPC team doctors and delegations as required
  - Assist in the coordination of emergency responses
  - Act as the liaison between all government agencies including the National Government of Japan, the Tokyo Metropolitan Government and local municipalities to resolve issues involving public health surveillance, venue inspections and mass casualty events
  - Manage communications with the ambulance service across all venues
- (TBD: Will be revised when Games-time structure and operations are finalised)

# 7 | Medical Services in the Paralympic Villages

## 7.1 Furnishings provided to NPCs

Tokyo 2020 will provide a certain number and variety of furnishings for NPC medical spaces. The quantities will be distributed to each NPC's allocated medical room(s) according to the size of the delegation, in accordance with the numbers outlined below.

Furnishing	NUMBER OF ITEMS BASED ON DELEGATION SIZE						
	1-24	25-50	51-100	101-200	201-300	301-450	451+
folding table rectangular small	1	1	2	3	3	4	4
stool	1	1	2	3	3	4	4
medical waste bin	1	2	4	5	7	7	9
utility cabinet full height	1	2	2	2	4	4	6
refrigerator half size	1	1	1	1	1	1	1
sharps bin	1	2	4	5	6	7	8
trolley	1	2	4	5	6	7	8
pillows	1	2	4	5	6	7	8
blankets	1	2	4	5	6	7	8
examination table	1	2	4	5	6	6	8
medical examination lamp	1	1	2	3	3	4	4
partition single portable screen	0	2	4	5	5	5	5
icebox cooler	1	1	2	3	4	4	5
folding chairs	2	4	8	10	12	12	16

In addition, cups and covers will be provided.

The following table shows the sizes of the allocated NPC medical spaces based on delegation size:

DELEGATION SIZE	MEDICAL SPACE SIZE
1-24	10m <sup>2</sup>
25-50	18m <sup>2</sup>
51-100	48m <sup>2</sup>
101-200	60m <sup>2</sup>
201-300	72m <sup>2</sup>
301-450	84m <sup>2</sup>
451+	96m <sup>2</sup>

The following medical/therapy items will be available for purchase through Rate Card:

- Portable treatment table
- Examination light
- Trolley
- Portable screen
- Scale (weight measurement)
- Hydrocollator
- Chilling unit
- Body cuff - shoulder
- Body cuff - knee
- Body cuff - ankle

In addition:

- Towels can be exchanged at the Resident Centre in the Paralympic Village
- An ice machine will be available at each residential building

## 7.2 Polyclinic Services

The operational dates and medical services of the Paralympic Village Polyclinic, Track Cycling Accommodation and Paralympic Road Cycling Accommodation are described in the table below.

Paralympic Village	Track Cycling Accommodation	Paralympic Road Cycling Accommodation
<p><b>Operational dates</b></p> <p><b>18 August to 9 September 2020</b></p> <p><b>Medical Services</b>  <b>24 hours a day</b>  Emergency services</p> <p><b>07:00 to 23:00</b>  Orthopaedics  (primary care and sports medicine for injury)  Internal medicine  (primary care and sports medicine for illness)  Dentistry  Ophthalmology</p> <p>Physical therapy including cryotherapy  (icing, ice bath)  Laboratory services  Imaging  Pharmacy</p> <p><b>Limited Services</b>  Dermatology  Mental Healthcare  Female Athletes medicine  (sports medicine for female athletes)</p>	<p><b>Operational dates</b></p> <p><b>18 to 30 August 2020</b></p> <p><b>Medical Services</b>  24 hours a day  emergency services (TBD)</p> <p><b>07:00 to 23:00 (TBD)</b>  Physical therapy</p> <p><b>Limited Services</b>  Pharmacy (TBD)</p>	<p><b>Operational dates</b></p> <p><b>18 August to 5 September 2020</b></p> <p><b>Medical Services</b>  24 hours a day  emergency services (TBD)</p> <p><b>07:00 to 23:00 (TBD)</b>  Physical therapy (TBD)</p> <p><b>Limited Services (TBD)</b>  Pharmacy (TBD)</p>

(TBD: Will be determined by December 2019)

- Dentistry

The Tokyo 2020 Dental Service will provide immediate and necessary dental care for athletes and team officials in the Paralympic Village.

Dental screening to diagnose and improve oral health will be available for athletes. (TBD)

- Ophthalmology

The Tokyo 2020 Ophthalmology Service will provide immediate and necessary treatment for athletes and team officials during the Games. The provision of glasses and contact lenses will be available only for athletes.

- Physical therapy

The following services will be provided at the Polyclinic, on the basis of prescriptions by a Tokyo 2020 doctor. (TBD: Will be revised when the equipment is specified.)

- mobilisations and manipulations
- sports massage
- acupuncture
- cryotherapy
- electrotherapy

- Imaging

The following services will be provided at the Polyclinic.

- \* MRI

- \* X-ray

- \* Ultrasound

CT scan will not be installed in the Polyclinic, but will be available at the hospital which is 3 km away from the Paralympic Village. Transportation to the hospital will be arranged by Tokyo 2020.

- Laboratory services (TBD)



## **7.3 Village Plaza**

The Medical Station will be located in the Village Plaza and will provide medical services for guests to the Village Plaza during the Games. The Medical Station will be open from 15 August to 9 September 2020 from 9:00 to 21:00.

## **7.4 Paralympic Village mobile medical response**

First responder teams will be roaming throughout the village (excluding residential zone) and available to attend any necessary calls for medical assistance.

# 8 | Medical Services at Competition Venues

## 8.1 Healthcare for athletes, team officials and technical officials

Medical services at all competition venues will be provided at the FOP in accordance with IF regulations and at athlete medical stations, which are generally situated close to the FOP. These services will be reinforced by services available at the Polyclinic and the designated Games hospitals.

Medical services in each competition venue will be managed by the Venue Medical Officer and Medical Operations Manager. The services provided to athletes will further be overseen by the Athlete Medical Supervisor.

The Tokyo 2020 Medical Services team at each venue will comply with IF requirements and regulations for the sport.

Medical services will be available from the time athletes, team officials and/or technical officials arrive at the venue until the time the respective stakeholders leave the venue.

In general, the following services will be provided to athletes, team officials and technical officials:

- At least one athlete medical station per sport
- FOP medical teams
- Athlete-dedicated ambulance services

Each medical station will provide services such as emergency care and sports medicine to athletes, team officials and technical officials.

FOP teams will provide emergency care to athletes, team officials and technical officials on the FOP. If necessary, the patient will be retrieved from the FOP and transported to the athlete medical station, the Paralympic Village Polyclinic or a designated Games hospital as appropriate.

## 8.2 Healthcare for Paralympic Family members

Medical services will be available for Paralympic Family members at competition venues.

Members of the Paralympic Family will be treated at the closest accessible spectator medical station in the venue. If a hospital transfer is required, Paralympic Family members will be taken to a designated Games hospital.

### **8.3 Healthcare for spectators, members of the media, marketing partners and workforce**

Spectators, members of the media, marketing partners and workforce will have access to spectator medical stations at all Paralympic competition venues. The medical services provided at these stations will offer immediate and appropriate care. If necessary, accredited stakeholders will be transported to the designated Games hospital for their stakeholder group. Spectators and non-accredited patients will be transferred to a local hospital as coordinated through the Venue Medical Officer, Medical Operations Manager and the public health services system.

# 9 | Medical Services at Games-time training venues

Medical services will be provided for athletes at all official training venues during training sessions.

Depending on the IF regulations, the size of the training venue and the number of sports taking place at the training venue, the following services will be available:

- Ambulances
- Doctors, nurses or physical therapists

# 10 | **Medical Services at other non-competition venues**

## **10.1 Opening and Closing Ceremonies**

Medical services will be provided to all stakeholder groups at the Opening and Closing Ceremonies, and will be tailored to the different stakeholder groups and their needs. Ambulances will be on-site and strategically located to meet the needs of the event.

## **10.2 Tokyo International Airport (Haneda) / Narita International Airport**

(TBD: Will be decided by the end of September 2019)

## **10.3 Paralympic Family Hotel**

A 24-hour medical service by a doctor and a nurse will be available in the official IPC hotel, Grand Nikko Tokyo Daiba. In the event of an emergency, members of the IPC Family will be transferred to the designated Games hospital.

## **10.4 International Broadcast Centre/Main Press Centre (IBC/MPC)**

A 24-hour medical service by a doctor and a nurse will be available at the IBC/MPC, and a first responder team will be available to attend to incidents in both centres.

# 11 | Medical transport

In accordance with the Host City Contract, IF regulations and medical needs, ambulances, staffed with paramedics, will be stationed at competition venues during medical services operational hours, and at the Paralympic Villages 24 hours a day.

# 12 | Designated Games hospitals

The following hospitals are the official Tokyo 2020 designated Games hospitals:

Designated Games hospitals (TBD: Will be released by the end of September 2019)


If the necessary medical services cannot be provided at the Paralympic Village Polyclinic or at the venue medical station, the athlete or team official will be transferred to a designated Games hospital in central Tokyo co-host city.

Medical expenses for NPCs and selected accredited groups as agreed with the IPC are delivered free of charge to the individual as expenses are covered by insurance prepared by Tokyo 2020 or other arrangements by Tokyo 2020.

Spectators requiring medical treatment will be transported to neighbouring medical institutions through the public emergency transportation service.

# 13 | Repatriation

Tokyo 2020 will provide repatriation insurance to all NPC, A and P category accredited athletes and team officials between 15 August and 12 September 2020. This insurance covers the transport fee required to relocate the patient to his/her address or the address of the hospital. In the event of death, the repatriation insurance will cover the cost of transporting the body home. Arrangements will be coordinated by Tokyo 2020.



# 14 | Public Health

During Games-time, the following measures will be taken to ensure the good health of athletes, spectators, workforce and other key Games stakeholders:

- non-smoking policy at the venues;
- heat countermeasures during Games-time;
- promotion of countermeasures and provision of personal protective equipment against infectious diseases;
- establishment of a collaborative response framework among Tokyo 2020, the National Government, the Tokyo Metropolitan Government and local municipalities to prevent the spread of infectious diseases;
- distribution of educational brochures and contraceptive equipment to combat the spread of sexually transmitted diseases; and
- promotion of vector control to prevent vector-borne diseases.

Information on infectious diseases in Japan is available to international stakeholders on Tokyo 2020 Connect.

## 14.1 Public health surveillance

Any information related to public health that may have an impact on Games management will be collected daily during the Games by the National Government of Japan, the Tokyo Metropolitan Government, local municipalities and Tokyo 2020 and communicated to the IPC through the Tokyo 2020 Main Operation Centre and the Chief Medical Officer. Information will be collected on infectious diseases, heat-related illnesses, air quality, radiation, food poisoning, weather, natural disasters, etc. to assist decision-making with regards to the Games programme.

We plan to provide necessary information regarding these topics to all NPCs. We will also reinforce surveillance systems for infectious diseases.

(TBD: Diseases that are stipulated and monitored by law and those that require team doctors to report will be listed by September 2019.)

## 14.2 Non-smoking policy

We finalised non-smoking policies in February 2019.

During the Games, smoking on the grounds of competition venues shall be completely prohibited for all stakeholders, taking into consideration increased awareness of not smoking.

# 15 | Heat countermeasures

Medical services will be provided as a countermeasure to the hot and humid environment in Japan. First responders will patrol all competition venues and some non-competition venues in order to detect any stakeholder in poor physical condition.

Those suspected to be suffering from heat stroke will be withdrawn from the hot environment and appropriate medical procedures will be taken immediately to prevent serious illness.

# 16 | Safeguarding plan

## 16.1 Sexual Health

Tokyo 2020 will provide free condoms for athletes residing in the village. Information about sexually transmitted diseases and practising safe sex will also be available to support the sexual health programme.

(TBD: Locations for the distribution of condoms will be decided by September 2019.)

## 16.2 Prevention of harassment and abuse in sport

The IPC will implement a set of comprehensive measures for the prevention of harassment and abuse in sport during the Paralympic Games.

The IPC Policy on Non-Accidental Violence and Abuse is listed under Section 2.5 of this Guide.

# 17 | IPC injury and illness surveillance study

The IPC Medical Committee plans to continue its Injury and Illness Surveillance study during the Tokyo 2020 Paralympic Games and will work to ensure the participation of all NPCs and team physicians. Further details on this initiative will be communicated at a later stage.

# 18 | IPC Team Doctor workshops

The IPC Medical Committee plans to host NPC Team Doctor Workshops to exchange good practices in sports medicine and athlete health and well-being amongst team physicians attending the Games. Further details on this initiative will be communicated at a later stage.



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