Welcome to the 10th "Road to Tokyo 2020" Newsletter, which marks 100 days to go until the Tokyo 2020 Olympic Games begin!

In this edition, you will find a number of reminders and updates including anti-doping reference materials, updated guidelines and the newest episodes from the FEI’s Beat the Heat video series.

As always, in between our monthly newsletters, we will continue to share information as it becomes available and/or is confirmed, on our dedicated Olympic and Paralympic hubs.

We hope you enjoy this edition, and please do not hesitate to contact us for any further information or questions.

Many thanks for your attention. #StaySafe and #StayStrong.

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**Key dates and milestones**

**Deadline to provide the specific name of Owner(s) of partnership/syndicate horses**

- **23 April 2021**
  - Tokyo 2020 Olympic Games Accreditation deadline
- **14 May 2021**
  - Tokyo 2020 Paralympic Games Accreditation deadline

- **21 June 2021**
  - FEI Deadline to fulfil MER requirements and confirmation results (FEI Olympic nominated entries)
  - Please refer to the FAQ for information regarding confirmation result.
- **05 July 2021**
  - FEI Deadline to fulfil MER requirements (FEI Paralympic nominated entries)

- **05 July 2021**
  - Tokyo 2020 Olympic sports entry deadline (FEI Olympic Definite entries)
- **23 July 2021**
  - Tokyo 2020 Olympic Games Opening Ceremony
100 Days to go

The countdown is on, and we now have 100 days to go to the start of the Olympic Games.

With extremely high safety measures in place and the very best facilities for athletes to enjoy, these Games will represent not only the best of sport, but also the first global coming together since the start of the Covid-19 pandemic.

Listen to what John Coates, Chair of Tokyo 2020 Coordination Commission and Christophe Dubi, Olympic Games Executive Director have to say about the Games and get a first sneak peak of what to expect here.

You can also read up on all the measures taken by the IOC and the Tokyo 2020 Organising Committee to provide the best possible Games for the people and the planet here.

And from the Tokyo 2020 Organising Committee, check out their story to mark the day: 100 days to go: 100 things to know.

For the Paralympic Games, the important 100 days to go milestone will be on 16 May 2021.

#Staystrong
#100daystogo
#Tokyo2020

IOC Anti-Doping Rules applicable to the Games of the XXXII Olympiad Tokyo 2020

The IOC Anti-Doping Rules applicable to Tokyo 2020 have been amended to reflect the revised version of the World Anti-Doping Code and the relevant WADA International Standards which came into force on 1 January 2021.

The updated version of the IOC Anti-Doping Rules applicable to Tokyo 2020 can be found on our dedicated Olympic hub in the “IOC Reference Documents and Rules” section.

Detailed information regarding the anti-doping procedures applicable to FEI Athletes in Tokyo 2020 will be provided by the FEI in the coming weeks.

NOC and NPC Period of Stay Guidelines now available
These Period of Stay Guidelines have been established to reduce the peak occupancy in the COVID-19 countermeasures.

The guidelines can be found on our dedicated Olympic and Paralympic hubs in the "Tokyo Reference Documents" section.

Quarantine situation for Tokyo Olympic/Paralympic Games ITOs/NTOs and sport volunteers return to home country

The many questions received from FEI Officials appointed and selected for the Olympic/Paralympic Games (International Technical Officials (ITOs), National Technical Officials (NTOs) and sports Volunteers) on quarantine requirements in a home country after returning from Japan and the associated quarantine costs have been raised by the FEI with both the Tokyo Organising Committee and the IOC/IPC.

In order to support the FEI to get the necessary clarifications, we kindly urge NFs with Officials appointed, selected and volunteering for the Tokyo Olympic/Paralympic Games to contact their respective NOC/NPC to raise awareness and propose to include their officials within the National sports delegation and the discussions with the relevant government authorities regarding the quarantine requirements upon return.

A list of Officials appointed/selected from your NF can be provided on request.

Tokyo 2020 updated Equine Shipping Memo

Peden Bloodstock Global Equine Logistics have updated the Equine Shipping Memo for the Tokyo 2020 Olympic and Paralympic Games. This document details all preparation guidelines for FEI Horses and associated equine freight travelling to Tokyo for the Games this summer.

The updated document can be found on our dedicated Olympic and Paralympic hubs in the "Tokyo Reference Documents" section.

Tokyo 2020 updated Tax Guide

This Tax Guide was created for the purpose of supporting a specific group of non-resident or foreign organisations, corporate bodies and individuals (referred to as the “Games Stakeholders”) who will perform certain activities on a temporary basis in Japan during the pre-Games, Games time and post-Games periods.

Please note that this Tax Guide may be subject to further change in case of a reform or revision of the Japanese tax law and regulatory requirement going forward.

The latest version of the Tax Guide can be found on our dedicated Olympic and Paralympic hubs in the "Tokyo Reference Documents" section.

Tokyo 2020 Veterinary and Farrier Services Guide

The Veterinary and Farrier Services Guide is a summary of the veterinary facilities available at the Tokyo 2020 Olympic and Paralympic Games.

The Veterinary and Farrier Services Guide contains information about:

- Key dates
- Horse Inspections
- Registration of foreign Veterinarians
- Services at the venue Veterinary Clinic
- Farrier facilities

This guide is now available on our dedicated Olympic and Paralympic hubs in the "Tokyo Reference Documents” section.

Tokyo 2020 weather forecast for this summer

The Tokyo 2020 Organising Committee have provided an overall weather forecast for the summer during the Games as well as a timeline for more detailed upcoming forecasts.
The documents can be found on our dedicated Olympic and Paralympic hubs in the Reference Documents’ section.

FEI Beat the Heat series

Episodes 2 and 3 now available on FEI Campus

The FEI Beat the Heat video series has been created to provide insights and best practices when it comes to preparing for and competing/working in hot and humid climates. Developed by the FEI, in collaboration with medical and veterinary experts, the eight-part series provides top tips for both human and equine athletes, as well as all members of the community that are also required to travel and work/perform in hot and humid environments such as Athlete entourage and support personnel, Officials, Grooms, Horse Owners, etc.

The episodes are being released in close succession, with Episode 1 - Equestrian Sport in hot and humid environments - presented in the Road To Tokyo Newsletter No 9 providing an all-important introduction to heat and humidity and how this affects humans and horses, released last month, followed by Episodes 2 and 3 on the theme of preparation. You can watch the episodes as they become available here on FEI Campus.

Episode 2 – Equine preparation at home
A good preparation is key to a great competition for your horse, and when heat and humidity are part of the equation, this becomes even more crucial.

In this video we will show you how to handle acclimatisation, nutrition and cooling techniques for optimal results with your horse, and we highly recommend you to start as soon as possible while in your home country.

Episode 3 – Self preparation
It is not only the horses that will be greatly affected by heat and humidity. As an Athlete, Official, volunteer or staff member, you will also be exposed to these very challenging climatic conditions and need to prepare accordingly.

This video will introduce you to the three main techniques to master while still at home, in order to get ready and be at your best for competition: acclimatisation, hydration, and cooling.
Useful Links

All the latest information on Tokyo 2020 on Inside.FEI.org:

- Click [here](#) for all relevant info about the Olympic Games
- Click [here](#) for all relevant info about the Paralympic Games
- Click [here](#) for Tokyo 2020 FAQs for all questions related to the Covid-19 pandemic and the postponement of the Olympic and Paralympic Games. From qualification related queries to age-related requirements and the validity of MERs, we have you covered.

For all video content related to Tokyo 2020, check out our dedicated stream on YouTube:

- Road to #Tokyo2020

Official websites of the Games, the IOC and the IPC:

- [www.olympic.org - IOC](http://www.olympic.org) - and for all their information around the postponement of the Games, click [here](#).
- [www.paralympic.org - IPC](http://www.paralympic.org) - and for regular updates for Para athletes and IPC members on Covid-19, click [here](#).

Other useful link:

- [WADA’s free learning platform ADEL](http://www.adel.org) - Athlete anti-doping e-learning for athletes and athlete support personnel going to the Tokyo Olympic and Paralympic Games.

Two anti-doping courses ("ADEL for Tokyo 2020 Olympic” and "ADEL for Tokyo 2020 Paralympic”) are available on [WADA’s free learning platform ADEL](http://www.adel.org) to help athletes and support personnel prepare for the Tokyo Games".