Welcome to the 11th “Road to Tokyo 2020” Newsletter, which marks 100 days to go until the Tokyo 2020 Paralympic Games begin!

In this edition, you will find a link to the updated Tokyo 2020 Playbooks, reminders and clarifications regarding Athlete/Horse replacements and substitutions as well as important information regarding Anti-Doping with the publication of the Doping & Medication Control Guide, Therapeutic Use Exemptions, upcoming WADA seminars and more. There are also some interesting opportunities for Athletes in terms of social media promotion and activation. We encourage all National Federations to share this emailer with their members and relevant stakeholders so that all the information pertaining to the Tokyo 2020 Olympic and Paralympic Games is disseminated effectively.

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

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

**FEI Deadline to fulfil MER requirements (FEI Paralympic nominated entries)**

**Tokyo 2020 Olympic sports entry deadline (FEI Olympic Definite entries)**

**Tokyo 2020 Olympic Games Opening Ceremony**
Further to the many requests for clarification received from National Federations having confirmed their participation at the Olympic Games, please note the following provisions and deadlines for replacements and substitutions for all Athlete/Horse combinations for the Tokyo 2020 Olympic Games as well as practical details.

**FEI Regulations for Equestrian Events at the Olympic Games**

The FEI Regulations for Equestrian Events at the Olympic Games (updated June 2020) includes the following provisions as well as deadlines with regards to replacements and substitutions, alternate Athletes and reserve Horses.

- Art 605 (Alternate Athletes/Reserve Horses)
- Art 607 (FEI MER deadline 21 June)
- Art 609 – Pre-competition changes and Substitutions

**Late Athlete Replacement (LAR) as defined by the IOC procedure and the Tokyo 2020**

- E-LAR to be used for pre-competition changes and substitutions. Changes in this electronic tool will be initiated by NOC Chef de Mission (as the responsible for the DRM). However the NOC Chef de Mission can delegate to Team leader of the respective sport.
- Pre-competition change of Athlete/Horse combination: up to two (2) hours before the start of the competition for each discipline: Dressage, Eventing, Jumping Individual and Jumping Team without Medical or Veterinary Certificate. This Pre-competition change will not require Medical or Veterinary approval. This change can be made several times within the respective national team between 21 June FEI nominated entries up to (two) 2 hours before the start of competition. However after the horses travel to Tokyo (max four (4) per nation/per discipline), no additional combinations can practically be involved in the procedure.
- Substitution: once per discipline up to two (2) hours before start of competition for Team classification. The LAR will need either Medical or Veterinary approval:
  - Dressage: Between Team Qualifier and Team Final
  - Eventing: Before Cross Country (up to 5:45am morning of start of Cross Country) or before Team Jumping
  - Jumping: Between Team Qualifier and Team Final
Session 1: Tokyo 2020 Update

The first session of the online FEI Sports Forum 2021 which is being held from 1-2 June, will be dedicated to the upcoming Tokyo 2020 Olympic and Paralympic Games. With under two months to go until the opening of the Olympic Games at the time of the Sports Forum, this will be the perfect opportunity to review the latest climate mitigation measures, clean sport regulations as well as other key logistical arrangements, in particular in light of mitigation measures being put in place as a result of Covid-19.

The session will be helpful for Athletes, NF delegates responsible for planning their participation at the Games, FEI Officials and others involved in the Tokyo 2020 Equestrian events. Participants will have the opportunity to raise questions and discuss all matters relating to the Tokyo 2020 Olympic and Paralympic Games.

All participants are required to REGISTER, so please visit the FEI Sports Forum 2021 hub in order to secure your access details and view the full schedule for this year's edition.

Access the full schedule of the online FEI Sports Forum 2021.

News from Tokyo 2020 Organising Committee & the IOC/IPC

Version 2 of the Tokyo 2020 Playbooks Released

Building on February's first publication, the updated Playbooks for all Games stakeholders including Athletes, Team Officials, IFs and the Press are now available. They provide more specific details about the countermeasures that will help ensure safe and successful Games for all those taking part and the residents of Tokyo and Japan. We urge all participants to familiarise themselves with the updated Playbooks, the requirements and the deadlines to be met in order to comply with Covid-19 mitigation measures.

You will find a link to the new Playbooks here and on our dedicated Olympic and Paralympic hubs in the "Tokyo Reference Documents" section.

Rule 50 and Athlete Expression at the Olympic Games Q&A

Rule 50 of the Olympic Charter provides a framework to protect the neutrality of sport and the Olympic Games. In addition to prohibiting commercial installations and advertising signs, it states that: “No kind of demonstration or political, religious or racial propaganda is permitted in any Olympic sites, venues or other areas”.

The International Olympic Committee (IOC) Athletes’ Commission has released their recommendations on Rule 50 and Athlete Expression at the Olympic Games. These have been fully endorsed by the IOC Executive Board and are fully available on our dedicated Olympic hub in the "Tokyo Reference Documents” section.

International Paralympic Committee (IPC) offers Scaled Learning Workshops for members and athletes

The IPC would like to offer athletes and member the opportunity to maximise their social media accounts in the lead up to the Tokyo 2020 Paralympic Games. A selection of online workshops will provide athletes and IPC members with best practice tips to better understand how to use and optimise their channels.

Workshops will take place over the weeks and months before the Paralympic Games – all held virtually – and will be conducted by experts from Facebook, Instagram, TikTok and other channels.

To register please fill in this form: http://eepurl.com/ht3EQu.

Samsung Paralympic Vloggers competition
The International Paralympic Committee (IPC) and their Worldwide Paralympic Partner Tokyo 2020 and entries are now open.

They are calling for athletes to submit entries to become Vloggers, with entries showing their creativity by submitting a 60-second video that give a flavour for how they would vlog during Games-time.

The Tokyo 2020 instalment of Samsung Paralympic Vloggers will be the fifth so far, and 15 athletes in total will be given the opportunity to take the world behind the scenes of the Paralympic Games. Vlogs created during Games-time will be given additional exposure across all main Paralympic Games media channels, raising the profiles of the athletes involved, with over 10 million people engaged during the 2018 Vloggers project. All vloggers will also receive a goodie pack of Samsung equipment and will also receive other methods of support.

For athletes to submit their entries, they need to upload their videos to the online form at: Paralympic Samsung Vloggers | Tokyo 2020 Summer Games | International Paralympic Committee. Entries will close on 24 May 2021 at 11:59pm CET, so please encourage all those within your circles to get their entries in well in advance! Shortlisted entries will be assessed by a panel of experts from Samsung and the IPC following the closing of the competition, with successful applicants contacted directly.

For terms and conditions on the competition, please visit: Paralympic Samsung Vloggers | Tokyo 2020 Summer Games | International Paralympic Committee.

Airbnb Olympian & Paralympian Experiences

This summer, Airbnb will be looking to feature experiences hosted by Olympians and Paralympians within a campaign that looks to connect fans globally with athletes through Airbnb Experiences.

You will find attached a PDF which can be given to Athletes to help them understand what experiences are. They can also find out how to get involved here. Athletes can host an experience all year round, showcasing any stories, hobbies or practice sports sessions. However for this summer, it will be all about creating experiences with athletes linked to their journey to the Games, the insider perspective of their sport and any iconic moments from their experience they want to share.

FEI Clean Sport Doping & Medication Control Guide - Olympic Games

In order to help athletes and their support personnel prepare for the Tokyo 2020 Olympic Games, the FEI has created a Doping & Medication Control Guide for human and equine Athletes summarising all the key information and outlining equestrian-specific considerations and important dates and processes they must be familiar with and respect. Broken down into bitesize chapters, the Guide covers everything human and equine athletes need to know, including useful links to resources for rules, procedures, deadlines as well as contact details for advice and guidance. It is important the Guide is read in conjunction with the resources provided by the International Olympic Committee (IOC), all of which can be found in the Olympic Hub.

Note a PDF version is available to download in English as well as eight other languages and a Tokyo 2020 Paralympic Doping & Medication Control Guide will be released shortly.

Medication check & Therapeutic Use Exemptions (TUE) for the Tokyo 2020 Olympic Games

This is a reminder for National Federations regarding the TUE process which was already communicated in previous Newsletters. Please make sure that all your athletes going to Tokyo:

- Review all existing or foreseen medical treatments against the 2021 Prohibited List (with the team doctor’s help).
- Apply for a TUE (as explained on Inside.FEI.org) for any prescribed treatment involving prohibited substances and /or methods.
- If the medication check reveals that the athlete is taking a non-prescribed treatment containing Prohibited Substances, the treatment should be discontinued and a non-prohibited alternative found if necessary.
Information for persons bringing medicines for personal use into Japan:

We would also like to remind National Federations that athletes and other persons who need to bring medications for their personal use into Japan must ensure to have obtained an import permission before they depart for Tokyo. This is a crucial point, as the Japanese law is very strict. Please refer to the Tokyo 2020 Customs and Freight Forwarding Guide (in particular section 7.3) and the Tokyo 2020 supplementary Information on import procedures for medicines medical equipment and cosmetics. Additional information will be published shortly on the FEI website’s Tokyo 2020 pages.

Questions? Please send us an email.

WADA Webinar for Tokyo 2020 Athletes

On 31 May there will be a webinar organised for Athletes participating at the 2020 Tokyo Olympic Games. The French version of this webinar will be offered on 1 June. The target audience is the Africa Series, Athletes, Athlete Support Personnel, National Olympic Committees (NOC) and Athlete Commissions from African countries.

To register, please send your information (name, country, job title) to sameh.elray@wada-am.org as soon as possible.

FEI Beat the Heat Series

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 three episodes already available:

- Episode 1 - Equestrian Sport in hot and humid environments
- Episode 2 – Equine preparation at home
- Episode 3 – Self preparation

You can watch all the episodes here on FEI Campus.

Prevention of competition manipulation

To protect athletes effectively and ensure fair competition, the FEI with the help of the International Olympic Committee (IOC), has developed processes for raising awareness, monitoring, reporting and investigating any occurrences of competition manipulation in equestrian sport.

In view of the upcoming Tokyo 2020 Olympic and Paralympic Games, we would like to take this opportunity to refresh and remind you of all the resources, processes and information available to protect the credibility and the integrity of equestrian sport.

It is important to note this information concerns not only Athletes and Officials but also Athletes' support personnel such as trainers, owners, grooms, veterinarians, etc that have an accreditation at an FEI Event.

For more on the prevention of competition manipulation, click here.

Useful Links

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

- Click here for all relevant info about the Olympic Games
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](http://www.olympic.org).
- [www.paralympic.org - IPC](http://www.paralympic.org) - and for regular updates for Para athletes and IPC members on Covid-19, click [here](http://www.paralympic.org).

Other useful link:

- **WADA’s free learning platform ADEL** - 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.paralympic.org) to help athletes and support personnel prepare for the Tokyo Games.”