Welcome to the eighth "Road to Tokyo 2020" Newsletter.

The Games are now within our sights – just 155 days to the start of the Olympics and 187 until the Paralympics get underway - and with the recent publication of the Tokyo 2020 Playbooks for all Games stakeholders, we are one-step closer to the delivery of these historic Games.

As part of our monthly Road to Tokyo 2020 Newsletter, we have included all the latest news including links to the highly anticipated Playbooks, key dates and deadlines, as well as useful links and FAQs for the community during the preparation phase to ensure you always have all the information at your fingertips.

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.
News from Tokyo 2020 Organising Committee & the IOC/IPC

Tokyo 2020 Playbooks

The first edition of the Tokyo 2020 Olympic and Paralympic Games Playbooks, a resource which outlines the personal responsibilities key stakeholders must take to play their role in ensuring safe and successful Olympic and Paralympic Games, have now been published and are available here.

There are dedicated Playbooks for each of the following stakeholder groups:

- Press
- Broadcasters
- International Federations (and ITOs)
- Athletes & Officials

These Playbooks are the basis of a collective game plan to ensure that all Olympic and Paralympic Games participants and the people of Tokyo and Japan are safe and healthy this summer.

They provide a framework of basic principles that each key stakeholder group will follow before they travel to Japan, when entering Japan, during their time at the Games and when leaving the Games. You will find a typical journey for each stakeholder group, beginning with measures starting 14 days before arriving in Japan, testing before departure and upon arrival in the country, and the use of smartphone applications to report health and support contact tracing during Games time. Measures will also be in place to identify, isolate and treat any potential positive cases.

It is important to note that the measures outlined in the first edition of the Playbooks will be expanded over the coming weeks, and we expect updated versions to be published in April and June, providing more details that will allow people to progress to the next stage of planning.

We urge all potential Games participants to familiarise themselves with the Playbooks, as it is vital that all attendees follow the rules in order to ensure safe and secure Games.

Click here to access the Tokyo 2020 Playbooks. We will keep you updated as soon as the next versions become available.

Tokyo 2020 Customs & Freight Forwarding Guide

Please note that the Tokyo 2020 Customs & Freight Forwarding Guide has been updated by Tokyo 2020, including medical information in Chapter 7.3 regarding drugs, medical devices, cosmetics and other.

Here is a recap of the main changes in the revised final version of Customs & Freight Forwarding Guide:

- Updated Games schedule, competition schedule, venue address.
- Updated Chapter 6.5.5 “ATA Carnet Member Countries”.

You will find the updated Guide on our dedicated Olympic and Paralympic hubs in the “Tokyo Reference Documents” section.

Tokyo 2020 Hay Requirements
Each National Federation has been contacted by KER Tokyo Nutrition Services and asked to complete a short survey in regard to choice of hay. This link is also available in our dedicated Olympic and Paralympic hubs in the “Tokyo Reference Documents” section.

Rules and Qualifications
Refer to Road To Tokyo 2020 Newsletter 7 for a full recap on key “rules and qualification news” sent in 2020 as well as information relating to the IOC Rule 50 and the recent updates including requirements of un-branded face masks and face shields as well as confirmation that, for Equestrian Sports, Athletes are required to wear competition clothing for the victory ceremonies and not NOC uniforms.

Useful Information
WADA launches new e-learning course for Athletes and Coaches heading to Tokyo 2020 Paralympic Games
On 5 February 2021, the World Anti-Doping Agency (WADA) launched a new education course on its Anti-Doping Education and Learning platform (ADEL), specifically designed for athletes and coaches aiming to attend the Tokyo 2020 Paralympic Games.

The new course, entitled ADEL for Tokyo 2020 Paralympics, was developed by WADA in collaboration with the International Paralympic Committee (IPC) and has been designed to ensure that Athletes and Coaches are informed in advance about the anti-doping program in place at the Tokyo 2020 Paralympic Games; and, how it will cater to the specific needs of Paralympic athletes.

Those taking the new course will gain an understanding of the Tokyo 2020 Paralympic Games’ anti-doping rules, procedures and requirements – including how to check medications and apply for a Therapeutic Use Exemption (TUE), how to provide Whereabouts information, and explanations of the athletes’ rights and responsibilities during the testing process. The course will also allow athletes, coaches, guides and pilots (for visually impaired athletes) to identify key information, such as important dates that they need to be aware of and which organisation has jurisdiction over them during the Games.

It is vital that Athletes, Coaches and support personnel take the time to understand the rules so as to avoid any unintentional anti-doping violation. Completion of this course – which includes a certificate for those who achieve a score of 80% or higher – is highly recommended by both WADA and the IPC and we urge all National Federations to encourage all their Athletes, Coaches and support personnel that may be attending the Paralympic Games.

This also applies to all Olympic Athletes, Coaches and support personnel, and the ADEL for Tokyo 2020 Olympics course which was launched in July 2020 and was developed in collaboration between WADA, the International Olympic Committee and the International Testing Agency. Once again, we urge all National Federations to encourage all their Athletes, Coaches and support personnel that may be attending the Olympic Games to complete this important course.

Should you have questions regarding either course, please contact WADA’s Education Department at ADEL@wada-ama.org.

Heat & Humidity Recommendations for Athletes, Officials & Support Staff
In our last Newsletter, we focused on equine athletes, and for the February edition, we would like to take this opportunity to outline some of the resources and information available for our human Athletes, Officials and support staff in order to optimise your preparation for Tokyo 2020 when it comes to head and humidity.

First of all, you need to know what to expect when it comes to the weather.

The Climate and Weather Guide for Tokyo 2020 Olympic and Paralympic Games is an extremely detailed study and will provide you with all the insights you need when it comes to weather patterns in Tokyo and Japan during the Olympic and Paralympic Games. The Guide includes comparisons to previous host cities as well as detailed weather conditions for each location hosting Games venues.

Preparation for Athletes, Officials and Support Staff is really important when it comes to competing and working in thermally challenging environments, and you will find a number of pertinent guides and recommendations here:

- Advice for equestrian athletes & support staff working and/or competing in hot and humid weather
- Heat-related issues and practical applications for Paralympic athletes at Tokyo 2020 (NEW)
- Beat the Heat (IOC)

We have collected all the relevant resources and links, and placed them on our dedicated Olympic and Paralympic hubs in the “Medical, Veterinary & Climate Information” section, and we urge you to refer to it regularly.

Note that a series of informative FEI “Beat the Heat” videos for both human and equine Athletes, Officials and support staff will be posted on our dedicated Olympic and Paralympic hubs and shared with you via this newsletter in the coming months.
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:

- [https://officialhospitality.tokyo2020.org/](#)
- [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](#).