CHECKLIST: WHAT YOU NEED TO ENTER JAPAN

NOTE: This document is subject to change. Please continue to check back for updates.  

☐ PROOF OF PRE-DEPARTURE 14-DAY HEALTH MONITORING

You will be required to monitor and report your health for 14 days prior to departure through the OCHA health reporting app, which will be released in late June. Completion of this reporting will result in a QR code that must be presented upon arrival in Japan.

☐ THE ”WRITTEN PLEDGE” (VIA OCHA HEALTH REPORTING APP)

This is confirmation that you understand the Playbook Rules and that Tokyo 2020 will take responsibility for your visit. This may take the form of a QR code following the completion of your pre-departure health reporting, and you must bring it with you to show to Japanese immigration authorities upon arrival in Japan.

☐ A CERTIFICATE FOR EACH OF YOUR TWO NEGATIVE COVID-19 TESTS

You will be required to take two COVID-19 PCR tests within 96 hours prior to the departure time of the first international flight in your itinerary. The second test must be administered no less than 24 hours after the first test (i.e. within 72 hours of departure) in the mandatory certificate format. You must have paper copies of both negative test results with you when you travel, and you must only travel if both tests are negative. More information about testing will be forthcoming from the CLOs.

☐ YOUR PASSPORT

For the Olympic Games, your passport must not expire before December 31, 2021. For the Paralympic Games, it must not expire before March 5, 2022.

☐ YOUR PRE-VALID CARD (PVC)

Your NGB (or the USOPC for USOPC staff) will distribute your PVC to you. The PVC is the Olympic Identity and Accreditation Card (OIAC) or Paralympic Identity and Accreditation Card (PIAC) before it has been validated. Along with your passport, it establishes your identity and entry into Japan will be denied without it.

Last updated 6.9.21

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☐ YOUR ACTIVITY PLAN (HARDCOPY)

This is a document that includes your personal information (name, passport number, NOC/NPC), accommodation address, and planned and possible destinations. This document must be submitted to Japan four weeks in advance of your departure date. More information on how to fill out and submit this document this will be forthcoming from the CLOs.

☐ YOUR CLOSE CONTACTS LIST

You will need to prepare a list of all individuals you expect to have close contact with during your time in Japan, for example, your roommate, coach, physiotherapist, and immediate members of your team, to be provided to your CLO. More information on how to submit this information this will be forthcoming from the CLOs.

☐ YOUR SMARTPHONE WITH DOWNLOADED APPS

You are required to download and install four apps on your smartphone at least 14 days before departure. The four apps are: the Delegation App, the COCOA App (will not work until in Japan), Google Maps, and OCHA health reporting app (this app will be live in June).

☐ ANY ADDITIONAL DOCUMENTS FILLED OUT AT AIRPORT

During your flight, you will be asked to fill out documents such as a disembarkation card and customs declarations. Make sure to complete these and keep them with you when you depart the plane.

☐ PERSONAL MEDICATION DOCUMENTATION, IF APPLICABLE

Japan has strict regulations related to a number of commonly used medications. You cannot bring more than two months of over the counter medications and one month of prescription medications for personal use to Japan without a Yakkan Shomei certificate. For more details, check out the "Tokyo and Games Environment" section in the Delegation App.

Questions? Check out the Delegation App, www.teamusa.org/coronavirus or email usopc.clo@usopc.org