These U.S. Olympic and Paralympic Delegation Rules - COVID-19 Mitigation Measures (the “Rules”) summarize the key aspects of the COVID-19 mitigation measures that each member of Team USA must comply with in order to travel to Japan and participate in the Tokyo 2020 Olympic and Paralympic Games (whether or not they have completed a full COVID-19 vaccination series) based on the laws of the country of Japan and the Playbooks issued by the International Olympic Committee (IOC), International Paralympic Committee (“IPC”), and the Tokyo 2020 Organizing Committee (“Tokyo 2020”) (available at https://www.olympic.org/tokyo-2020-playbooks). These Rules clarify the requirements applicable to Team USA, but are no more restrictive than those set forth by the OCOG or the Japanese government. The USOPC will do its best to update these Rules if changes are made to the Japanese government’s COVID-19 mandates and/or The Playbooks, but each member of Team USA is always responsible for complying with the laws and rules applicable to them.

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SECTION 1. KEY TERMS USED IN THESE RULES

(a) **Active OCOG accreditation or OIAC/PIAC**—Once the Pre-Valid Card (PVC, see below) is presented at the validation counter or accreditation center (together with a valid passport or OCOG-recognized ID with photo identification confirming the identity of the holder), the PVC is validated and becomes the official identification document for the holder throughout the Olympic or Paralympic Games period.

(b) **Athletes Village**—The Olympic & Paralympic Village, and/or designated satellite locations in Japan.

(c) **COCOA**—the Contact Confirming Application (contact tracing application) for smartphones that must be downloaded and used by all members of Team USA during their time in Japan. The app can be downloaded in the [App Store](#) or the [Play Store](#).

(d) **COVID-19 Liaison Officer (CLO)**—designated representative(s) of USOPC to handle issues for Team USA relating to COVID-19 before and during the Games. Your CLOs will be your key contacts for all matters related to COVID-19. The CLOs for the Olympic Games and Paralympic Games can be reached at: usopc.clo@usopc.org. A telephone number to contact the CLOs will be provided prior to the Games.

(e) **Close Contact**—Close contacts are defined as those who have prolonged contact (for 15 minutes or more) with a person who has a confirmed positive COVID-19 test, within one meter (or 3 feet), without wearing a face mask, during the time they were contagious (i.e., from the two days before the person’s symptoms appeared to when they were tested and started isolating, or, for asymptomatic cases of COVID-19, from two days prior to their positive test to when they were tested and started isolating). This is particularly applicable when such contact happens in enclosed spaces such as hotel rooms or vehicles. Cases of close contact will be confirmed by the Japanese Health Authorities based on information provided by COCOA, you, the USOPC, and Tokyo 2020.

(f) **Games Venue**—a venue managed or controlled by the OCOG to which access may be limited based on accreditation. *For purposes of these Rules, the definition of Games Venue includes the Olympic and Paralympic Athletes Village.*

(g) **OCOG**— Organizing Committee for the Olympic/Paralympic Games; Tokyo 2020 Organizing Committee

(h) **Playbook**—the rules for COVID-19 mitigation measures before and during the Tokyo 2020 Olympic and Paralympic Games issued by the International Olympic Committee (IOC), International Paralympic Committee (IPC), and the Tokyo 2020 Organizing Committee (Tokyo 2020) (available at [https://www.olympic.org/tokyo-2020-playbooks](https://www.olympic.org/tokyo-2020-playbooks))

(i) **Pre-Valid Card (PVC)**— OIAC/PIAC prior to being validated, is referred to as the PVC. It establishes the identity of its holder and constitutes a document which, along with the passport or other official travel document of the holder, authorizes entry into the country/territory in which the city organizing the Olympic or Paralympic Games is situated.
(j) **Yakkan-shoumei import license**—license that must be applied for in certain circumstances to permit import or export of medicines into and out of Japan.

SECTION 2.  **VACCINATION**

With vaccines being unavailable to many participants in the Olympic & Paralympic Games, the IOC and IPC are not requiring vaccination as a condition of participation, and have made clear that the Playbooks and all COVID-19 mitigation measures will apply to you even if you have had a full vaccination series. Vaccination remains encouraged for your own safety and to promote the wellbeing of the Olympic and Paralympic community, and the broader global community. Additionally, being vaccinated may reduce your risk of being contact traced at the Games.

SECTION 3.  **PRE-TRAVEL REQUIREMENTS**

The requirements for travel to Japan for Tokyo will be strict. *A pre-departure checklist will be provided when it becomes available.*

In order to ensure your ability to gain entry to Japan, make sure that you take the following steps in the days, weeks, and months before your departure:

A. **During the fourteen days prior to your departure**

During the fourteen days prior to your departure for Japan, wear a face mask when you aren’t sleeping, eating, drinking, or exercising, make every effort to physically distance at least 6 feet from other people and keep your physical contact with other people to a minimum.

Download and install the COVID-related smartphone applications you will need for the Games: (1) the health reporting app (details to be available in June 2021), and (2) COCOA. Starting fourteen days prior to your departure for Japan, you need to begin tracking and reporting your daily symptoms through the health reporting app.\(^1\)

Prepare yourself for your trip. In addition to your normal packing list, make sure that you pack:

- A thermometer for the Games. Make sure it can report your temperature in Centigrade.

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\(^1\) If you will be traveling before the health reporting app is released in June, you need to fill in the Japanese authorities’ questionnaire, available at [https://arqs-qa.followup.mhlw.go.jp/#/](https://arqs-qa.followup.mhlw.go.jp/#/). When you submit the form, you will be given a QR Code. Either take a screen shot or print it out to show at Japanese immigration. You also will have to sign the written agreement in the athlete checklist and bring the signed copy in your carry-on luggage during your travel to Japan.
• Enough Tokyo 2020-compliant face masks to last throughout your stay in Japan.²
• A smartphone with a phone charging cord that is at least six feet long to minimize unintended contact tracing due to proximity of smartphones during charging.
• An external charging device (i.e., a battery pack) for your smartphone.
• A power strip.
• An appropriate power adapter.

B. Prior to departure:

1. Activity Plan

Prior to your departure for Japan, complete an activity plan for the first fourteen days of your stay in Japan, to include:
• Personal information (name, passport number, NOC/NPC)
• Planned activities
• Where you will travel,*³ including all planned and possible destinations.
• How you will travel.* If you plan to use public transport (air or bullet train), you need to include the date, time, and reason for travel.
• Where you will stay*

² *TOKYO 2020 Guidance on Face Masks: (1) Follow WHO recommendations on masks; (2) If using fabric masks, ensure that they can be washed in high temperatures regularly, with at least two but ideally three layers (inner layer of absorbent material, such as cotton; middle layer of non-woven material, such as polypropylene; and outer layer of non-absorbent material, such as polyester or polyester blend); (3) Check the manufacturer’s recommendations and health certification of the product; (4) Replace your mask as soon as it becomes damp, and wash cloth masks once a day; and (5) Abide by all guidelines related to face mask branding. Note that a face shield is not a permissible alternative to a mask.

Masks may not display any slogans, messages, manufacturer identifications or commercial/sponsor branding, although NOCs may include their standard emblem (or national flag). Emblems must be no larger than 10cm², appear only once and not in the center of the mask. Single colors are preferred, but an NOC may have more than one color, consistent with national identity. Of course, masks must comply with the medical and other technical specifications that apply at the time.

³ *Note: Restrictions apply to how and where you may travel within Japan, and where you will stay. Refer to the applicable pages of the Athlete & Officials Playbook (or the Playbook applicable to you), and the IOC/IPC’s List of Designations and Movement.
You must submit your activity plan to your CLO at least 4 weeks before your anticipated departure date. Your CLO will submit the plan for approval to the Japanese authorities. Your activity plan will be very difficult to change once approved, it is therefore important to be as thorough as possible when preparing your activity plan.

2. Close Contact List

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. The CLOs will provide you a template.

3. Written Pledge

You also will be provided the “Written Pledge” by your CLO. Be sure to review the Written Pledge and bring it with you to show to Japanese immigration authorities upon arrival in Japan. Once the health reporting app is introduced, you can instead present the health reporting app screen to Japanese immigration authorities.

C. Within 96 hours of the departure time of your flight to Japan:

1. COVID-19 Testing

You need to take two COVID-19 tests on two separate days (at least 24 hours apart) within 96 hours of the departure of your flight to Japan (first flight if you are on an indirect route). One of the two tests should be taken within 72 hours of departure. Tests must use one of the methods listed on the Certificate of Testing for COVID-19 designated by the Japanese authorities. Currently, approved test types (saliva or nasopharyngeal swab) are nucleic acid amplification test (NAAT) (e.g., real-time PCR, loop mediated amplification (LAMP), and antigen (CLEIA) test).

You may only travel if both tests are negative. If your test results are inconclusive or positive, you may take another COVID-19 test to (1) obtain a positive or negative if your test was inconclusive, or (2) confirm or refute the positive test if your first test was positive.

Currently, you may also obtain your test at one of the Japanese government’s approved sites for testing in your location. The USOPC is working to expand the
list of approved testing sites and modes of testing to make the pre-travel testing process more convenient.\(^4\)

Make sure to register for your COVID-19 test using your name exactly as it appears on your passport.

**If you are traveling to Japan in the pre-Games period, you are required to take only one test within 72 hours of your flight to Japan. The requirement of two tests within 96 hours will be required as of July 1, 2021.**

2. **Proof of Negative COVID-19 Test Results**

Obtain and travel with a certificate for each of your negative COVID-19 tests with your name as it appears on your passport and Pre-Valid Card (PVC). To prove your two negative COVID-19 tests, you will be required to obtain, for each test, a Certificate of Testing for COVID-19, or a certificate that includes all necessary information specified by the government of Japan, including date of issue, name, passport number, nationality, date of birth, sex, sample type, testing method, test result, test result date, specimen collection date and time, name and address of medical institution, and doctor’s signature.

You will be required to present these negative test results certifications to check in at the airport and to board the plane. You will be rejected from the flight if you are unable to provide your certifications.

3. **Positive Tests or Symptoms of COVID-19**

   If your results are positive, do not travel to Japan and notify the CLO immediately. Should you test positive, it is very unlikely you will be able to participate in the Games since COVID-19 tests often remain positive for up to 90 days after infection.

   Similarly, if you develop symptoms of COVID-19, do not travel to Japan and inform the CLOs promptly.

   **Symptoms of COVID-19 include:** fever, coughs and other respiratory symptoms and a strong feeling of weariness (fatigue).

\(^4\) One of the testing options under consideration, but which has not yet been approved by the Japanese government, is that the USOPC will mail each Team USA member traveling to Tokyo approved point of care COVID-19 testing kits with instructions on how to complete the tests and upload documentation of the sample collection and test results to the laboratory’s website. Be sure to confirm your contact information and address are correct so the laboratory can overnight the signed certificates of your test results to you. You will be provided an extra test kit in case one of your tests is inconclusive or yields a positive result, in which case, repeat the test to (1) obtain a positive or negative if your test was inconclusive, or (2) confirm or refute the positive test if your first test was positive.
Other symptoms may be headache, nausea or vomiting, diarrhea, conjunctivitis, or loss of taste or smell.

**D. Personal Use Prescription Medication Plans**

As early as possible, identify all prescription medications you may need to take with you to Japan. Check to determine if the medication you plan to bring is allowed in Japan, and, if it is, whether it requires a medical certificate or Yakkan-shoumei import license. You will be permitted to bring up to one month’s supply of prescription medications for personal use that are permitted under Japanese law\(^5\) without applying for a Yakkan-shoumei import license or bringing a medical certificate from your doctor to import and/or expert the medication. If you will need more than a one-month supply of a medication, you will need to apply for a Yakkan-shoumei import license. It is also considered “best practice” to bring a copy of the doctor’s prescription for your medication and keep your medications in the bottle in which they were dispensed.

While the Japanese authorities suggest Yakkan-shoumei import licenses typically are issued within 14 days of receipt of a completed application, our delegation has been informed that it is best to apply three months in advance due to potential delays.

Additional details for those who are bringing medications into Japan for personal use are available here:

- [https://www.mhlw.go.jp/english/policy/health-medical/pharmaceuticals/01.html](https://www.mhlw.go.jp/english/policy/health-medical/pharmaceuticals/01.html)

**SECTION 4. TRAVELING TO JAPAN**

****Do NOT travel to Japan if you have symptoms of COVID-19 or if your pre-travel COVID-19 test results are positive. ****

**A. When Can You Travel To Japan?**

Participants are permitted to arrive at the Athletes Village **seven days** prior to the start of their competition in order to have five full training days. There are no restrictions on when you arrive if you are not staying in the Athletes Village. We advise you to plan your travel appropriately depending on your role at the Games.

**B. What Will You Need For Entry Into Japan Upon Arrival?**

\(^5\) Additional guidance regarding prescription drugs is available [here](https://www.mhlw.go.jp/english/policy/health-medical/pharmaceuticals/01.html).
In order to gain entry into Japan, you will need to be ready to show the Japanese immigration authorities a variety of materials, which you should keep in your carry-on luggage, including:

1. Your PVC
2. Your passport or other travel certificate associated with your PVC
3. Your visa, if applicable
5. The Written Pledge in hard copy, or present the health reporting app screen if the health reporting app has been introduced. **BEWARE: If you do not have this document with you upon arrival in Japan, you will be required to quarantine for 14 days.**
6. A hard copy or screen shot of the Questionnaire Web QR Code.
8. A hard copy of your close contact list, or, at a minimum, a copy available on your smartphone.
9. Any additional documents filled out on the airplane and/or at the airport.
10. A smartphone with the following features:

<table>
<thead>
<tr>
<th>App/Feature</th>
<th>Function</th>
<th>When To Activate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health Reporting App</td>
<td>Allows you to report temperature and symptoms daily for COVID-19 monitoring purposes</td>
<td>14 days before travel</td>
</tr>
<tr>
<td>COCOA</td>
<td>Japanese government’s mandatory contact tracing app</td>
<td>Upon arrival in Japan</td>
</tr>
<tr>
<td>Location Services</td>
<td>Japanese government requires you to activate location services to facilitate contact tracing</td>
<td>Upon arrival in Japan</td>
</tr>
<tr>
<td>Delegation App</td>
<td>Allows USOPC to get you information about Team USA</td>
<td>As soon as available</td>
</tr>
<tr>
<td>Testing Scheduling App</td>
<td>Those with active OCOG accreditation must download the testing scheduling app to help schedule daily COVID-19 tests.</td>
<td>As soon as available</td>
</tr>
</tbody>
</table>
C. When You Arrive In Japan

Upon arrival at the airport, you must follow the instructions of the Japanese authorities, and immediately activate the COCOA app, and turn on Bluetooth, location information services, and location history on your smartphone to facilitate contact tracing. If you already have a contact tracing app installed that uses the Exposure Notification framework of Apple and Google, you will need to turn it off before COCOA will work. **You will need to keep your smartphone with you at all times during your stay in Japan.**

Follow the instructions of Tokyo 2020 and the USOPC upon arrival, and move as quickly as possible through the airport, without stopping to visit any shops or services other than the Accreditation Validation Counter. Use the Games-specific lanes provided at official airports to minimize contact with others.

Be prepared to take a COVID-19 antigen test upon arrival at the airport in Japan. Wait (approximately 2-4 hours) in the designated area for your test results, which will be processed at the airport. If your test results are unclear or positive, be ready to take a COVID-19 PCR test for confirmation.

If your test result upon entry is confirmed positive, then you will be transported to a treatment facility and must isolate in accordance with the instructions of the Japanese Health Authorities, which may be in a government-approved isolation facility or hospital. Immediately inform your CLO by phone. The CLO phone number will be provided as soon as it is available.

If you experience any symptoms of COVID-19, immediately inform your CLO by phone.

D. Quarantine Upon Arrival in Japan

Upon arrival in Japan, you will be required to quarantine at your accommodation on arrival (the day of arrival is considered day 0) and for the next three days. If you are an athlete or official, you will have permission to perform your Games-related activities during these three days if: (1) you test negative for COVID-19 every day; and (2) you operate under a higher level of supervision by Tokyo 2020.

**Your other option is to be quarantined at your accommodation on arrival and for the next 14 days.**

If you are attending a Pre-Games Training Camp, you will be tested for COVID-19 daily by the Host Towns. If you have symptoms of COVID-19 or obtain a positive test result during
a Pre-Games Training Camp, then you will get a COVID-19 test at the designated medical facility. If you receive a negative test result, then you will receive symptom-based treatment. If your COVID-19 test result is inconclusive, then you will be given a PCR test. If you receive a positive test, then you will be transported to a treatment facility designated by the Japanese Health Authorities and will be required to isolate.

Additionally, you will be tested for COVID-19 upon arrival at the Athletes Village. The same rules apply to Satellite Athletes Villages and other athlete accommodation.

SECTION 5. DURING YOUR STAY IN JAPAN

During your time in Japan, you will be responsible for following the strict guidelines from the IOC, IPC, and Tokyo 2020 regarding COVID-19 mitigation measures. This section summarizes the key mitigation measures you must be aware of and comply with during your visit.

A. Activity Plan

Upon arrival in Japan, you will be expected to follow the activities you outlined in the activity plan you submit before you travel to Japan.

B. Hygiene

Follow good hygiene practices, including: (1) washing your hands regularly; (2) using hand sanitizer; (3) wearing a face mask compliant with the Tokyo 2020 Guidance on Face Masks at all times, except when training, competing, eating, drinking, sleeping, or during interviews; 6 (4) coughing into your sleeve or a tissue; (5) ventilating your accommodation for several minutes every 30 minutes wherever possible; (6) avoiding shouting, cheering or singing at Official Games Venues; clap or stomp your feet instead to show support; (7) respecting the rules displayed in venues and accommodation facilities, where enhanced cleaning protocols and hygiene countermeasures will be in place.

**Wearing a mask when you will be within 6 feet of other people is an essential precaution to minimize your risk of being contact traced should someone you encounter test positive or show signs or symptoms of COVID-19.

C. Social Distancing

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6 During fitness training at the Athletes Village, for example at the fitness center, you will be required to wear a face mask.
7 If you feel the need to avoid the risk of heatstroke, however, you may remove your mask when you are outside and can maintain at least six feet (two meters) from others.
8 For some sports (such as Para cycling and football 5-a-side), it will be critical for pilots and coaches to shout to communicate with vision-impaired athletes during competition. In those specific circumstances, shouting will be permitted while wearing a mask and respecting physical distancing.
Limit your interactions with others and maintain physical distancing of at least six feet (2 meters), including while eating meals. There may be times when the distance between athletes and others is less than six feet, for example on the Field of Play and in preparation areas. Tokyo 2020, IOC/IPC, and the IFs will develop and implement necessary countermeasures.

This six-foot requirement is waived for individuals in need of additional support, who can receive assistance from another member of their immediate circle. Such individuals are advised to wear masks, sanitize, and keep physical contact to a minimum.

If you are assisting others in need of additional support, you should wear a mask at all times, though you may temporarily remove your mask to speak or provide assistance to someone who relies on lip reading, clear sound, and/or facial expressions to communicate. You should stay at a distance of least six feet (2 meters) when removing your mask to speak and should put your mask back on as soon as possible.

Avoid unnecessary forms of physical contact, such as hugs, high-fives, and handshakes.

Avoid enclosed spaces and crowds where possible. Avoid staying unnecessarily long in an enclosed space, and refrain from talking in constrained areas such as elevators.

Do not share food, water bottles, towels, or other personal hygiene products.

NOTE: Additional rules will apply for Opening and Closing Ceremonies and for your particular sport, role, or location. Opening and Closing Ceremonies rules will be developed by Tokyo 2020 and the IOC/IPC.

NOTE: Victory ceremonies with presentation of the medals will take place at the competition venues. Athletes and presenters will be required to wear a mask. Other specific information will be communicated closer to the Games.

D. Symptom Monitoring and Reporting

Throughout your stay in Japan, you must track your symptoms and report results daily via the health reporting app. Make sure to keep your close contact list up to date, and with you at all times to provide to the public health authorities and/or the CLO upon request.

If you have any symptoms of COVID-19 during your stay, contact the CLOs immediately.
If you have an active OCOG accreditation, and are at a Games Venue, you will be taken to the Venue medical station for medical examination. There will be an isolation space close to the medical station where you will be temporarily isolated. If necessary, you will be transported to a Games-designated hospital.

If you have an active OCOG accreditation and you are at the Athletes Village, then you will be required to take a COVID-19 test at the COVID-19 Clinic (or other designated medical care facilities). You will be required to wait there until you receive the results of the test. Further information regarding testing and test locations for those with a non-active OCOG accreditation will be shared when available.

If you test positive, you will be required to begin isolating immediately and must inform your CLO. You will be placed in a government-designated location for the duration of your isolation, and will not be allowed to compete or continue in your role. The location and length of your isolation period will be determined by the Japanese Health Authorities, depending on the severity of your infection. You will be discharged from isolation in accordance with the discharge guidelines in Japan.

### E. COVID-19 Testing

Testing for COVID-19 will be done at regular intervals, depending on your accreditation. The CLOs will be responsible for scheduling your COVID-19 testing.

- **Athletes:** If you are an athlete or will be in close proximity with athletes, you will be tested daily.
  - The dates and times will be set by your CLO in line with the sports events and schedule.
  - Testing will take place under supervision in a dedicated area in the Athletes Village.
  - Your daily test will be a saliva antigen test. If the test results are unclear or positive, a saliva PCR test will be conducted from the same sample of saliva.
  - You will be given a deadline by which your test results will be processed, which will depend on the time of day the test is taken. The maximum processing time is expected to be 12 hours. You will only receive a notification if your test result is positive. If you do not receive a notification by the deadline, your result was negative.
• If the results of your second test are unclear or positive, you and your CLO will be notified.

• If you receive a notification, immediately go to the COVID-19 Clinic (Fever Outpatient Clinic) to take a follow-up nasopharyngeal PCR test to confirm the result. Wait there for your result (three to five hours).

• Athletes or team officials staying in private accommodation must follow the same procedure as those staying in the Athletes Village.
  ▪ If you have an active-OCOG accreditation but are not an athlete or will not be in close proximity with athletes, you will be tested daily for three days after your arrival in Japan. After the first three days and throughout your stay, you will be tested regularly, based on the operational nature of your role and level of contact with athletes.
  ▪ If you have a PVC, but not an active OCOG accreditation, you will not be subject to further testing during your stay at the Games unless you develop signs or symptoms of COVID-19.

If you test positive for COVID-19 during the Games, immediately begin isolating and inform your CLO.

You will either be required to continue isolating or to be hospitalized. You will not be allowed to complete or continue with your Games duties.

  ▪ You will be required to isolate either in government-approved isolation facility or at a hospital.
  ▪ If you have an active OCOG accreditation, the cost of staying in an isolation facility will be covered by Tokyo 2020.
  ▪ If you have a non-active OCOG accreditation, the cost of staying in an isolation facility will be covered by the USOPC.
  ▪ The length of your isolation period will be determined by the Japanese Health Authorities, depending on the severity and symptoms of your infection.
  ▪ You will be discharged from isolation in accordance with the discharge guidelines in Japan.

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9 The specific protocols for interpreting results in complex cases will be developed by the Results Advisory Expert Group (RAEG), which group may also be called upon for interpretation of complex cases.
F. Contact Tracing

If you have close contact with someone who has tested positive for COVID-19 during the Games, you will be informed via the COCOA App and/or notified by Team USA’s CLOs, who will provide additional information regarding getting a COVID-19 test and quarantine protocols.

The decision on applicable measures will be made on a case-by-case basis and will take into consideration the likelihood of you spreading the virus. To be allowed to compete and/or continue your role, you will need:

- A negative daily nasopharyngeal PCR test result, for a period to be decided by the RAEG;
- A positive assessment of your medical situation by the RAEG, which may take into account medical history, confirmed by the Japanese Health Authorities; and
- Agreement from your IF.

If you are allowed to compete, enhanced countermeasures may be required, including further minimizing contact with others, moving to a private room, eating meals alone, using dedicated vehicles, or separation during training and at your competition venue.

G. Venues & Accommodations

You are only permitted to go to pre-approved locations and to stay in designated accommodations, based on your particular authorization.

- Per Tokyo 2020, all members of the delegation are expected to follow the rules of the Playbook regardless of vaccination status or length of stay in Japan.
- The Japanese federal government will not permit any Members of Team USA to visit public gyms, tourist areas, shops, restaurants, and bars.
- **Members of Team USA With Active OCOG Accreditation** may only go to Official Games Venues and limited additional locations, pursuant to their personal authorization, and may also go to USOPC locations, subject to exceptions. Athletes and officials will not have access to ticketed spectator areas at Official Games Venues, or to venues other than those for the competition in which they are participating.
- **Members of Team USA With Only a PVC, and Not An Active OCOG Accreditation** may only go to USOPC locations (HPC, media locations, etc.), and may not visit Official Games Venues.
Access to the Athletes Village will be restricted based on your accreditation. Guest access will be allowed only for those with operational reasons, in agreement with Tokyo 2020 and the IOC/IPC. If you are an athlete staying outside the Athletes Village, you will only be permitted to enter the Athletes Village to get your COVID-19 screening test or to visit the medical clinic at the Athletes Village.

*See the IOC/IPC’s List of Destinations and Movement to determine where you may go during your stay.*

H. Screening To Enter Venues

Before you enter any Games Venue or USOPC Venue, you will be subject to temperature screening at the entrance of each venue, before the PSA/VSA. Your temperature will be measured by thermography or non-contact thermometer.

If you have a temperature of 37.5 °C or higher (the equivalent of 99.5 °F), then your temperature will be checked a second time after a cool down period with a non-contact thermometer.

If you again have a temperature of 37.5 °C or higher, then you will be taken to a secondary temperature measurement area where, after a short rest, your temperature will be checked again, at most 2 times, using a non-contact thermometer. If your temperature is still 37.5 °C or higher, then you will not be permitted to enter the venue, and must notify your Team USA CLO for further instructions. You will be taken to an insolation area to wait for further measures.

I. Sport Countermeasures

Additional COVID-19 countermeasures apply to sport operations at the Olympic & Paralympic Games, as set forth on pages 47-49 of the [Athletes & Officials Playbook](#). Key sport countermeasures are summarized here:

- Disinfect equipment before and after use
- Do not share towels or drinking bottles
- Wear a face mask when receiving a notification for doping control, during fitness training in the Athletes Village, in athlete seating areas on or by the field of play, and in victory ceremonies that take place at the competition venues.
- Athletes may remove their face mask during warm-up
- The six foot (two meter) distancing rule may be waived during warm-up if required for athletes and/or team officials to fulfill their role, and for athletes on team benches.
J. Meals

You should, in principle, eat only in the limited locations where COVID-19 countermeasures are in place, including catering facilities at Games venues, your accommodation’s restaurant, or your room, using room service or food delivery. If possible avoid eating meals with others.

If you have a non-active OCOG accreditation, then you should eat your meals at your accommodation or Tokyo 2020-designated restaurants, if available.

K. Transportation

The Rules regarding permissible transportation depend on your accreditation:

- **All Members of Team USA** are prohibited from using public transportation unless it is the only option to reach certain locations such as remote venues.
- **All Members of Team USA** must wear face masks when in dedicated Games vehicles.
- **Members of Team USA Who Have Active OCOG Accreditation** may travel by air or rail (bullet trails) to and from Pre-Games Training Camps, but otherwise may use only Games dedicated vehicles.
- **Members of Team USA Who Have Non-Active OCOG Accreditation** may use private transportation, which is your own rental car with a Japanese driver, or an Uber or Taxi if no other transportation is available and you have obtained approval from your Games supervisor.

SECTION 6. DEPARTURE FROM JAPAN

The length of your stay in Japan should be minimized. You must move out of the Athletes Village no later than 48 hours after the completion of your competition or when you are eliminated (whichever is sooner) or official Games-related duties are completed. If, however, you are attending a post-Games Host Town exchange program, you should follow the instructions given by the Host Town authorities.

**Be sure you know the latest entry requirements for your designation country and any transit countries and plan accordingly. If you are traveling to the U.S., a COVID-19 NAAT (e.g., PCR or LAMP test) or antigen test will be required within 72 hours of your departure to the U.S. Further information regarding pre-travel testing when returning to the U.S. will be provided when available.**
SECTION 7. CONSEQUENCES FOR NON-COMPLIANCE WITH TOKYO 2020 PLAYBOOKS

The IOC, IPC and Tokyo 2020 will be strictly enforcing their rules reflected in the Tokyo 2020 Playbooks. Non-compliance with the rules could expose you to consequences that may have an impact on your participation in the Olympic and Paralympic Games, your access to Games venues, and, in some cases, your participation in competitions. Failure to comply with the rules in the Tokyo 2020 Playbooks, such as the intentional refusal to take a test, may result in disciplinary consequences, such as the withdrawal of your accreditation and right to participate in the Olympic and Paralympic Games.

SECTION 8. DISPUTE RESOLUTION PROCESS FOR VIOLATIONS OF THE U.S. OLYMPIC AND PARALYMPIC DELEGATION RULES - COVID-19 MITIGATION MEASURES

All members of Team USA traveling to Japan for the Games must agree to and be bound by the U.S. Olympic and Paralympic Delegation Rules - COVID-19 Mitigation Measures as a condition of participation in the Games. When a member of Team USA who is not a USOPC employee fails to abide by a requirement of the U.S. Olympic and Paralympic Delegation Rules - COVID-19 Mitigation Measures, the dispute resolution process set forth in the U.S. Olympic & Paralympic Committee Games Delegation Terms will provide Team USA members with an opportunity for a hearing before the USOPC Games Administrative Board (GAB) with respect to conduct violations, not medical decisions. This dispute resolution process does not provide a right of review for any finding by any other authorities that you have violated their rules. The USOPC will work to help you understand outcomes and rights of review in such cases. This dispute resolution process applies only to the USOPC’s Rules and the USOPC’s enforcement of those Rules. An individual’s satisfaction of the requirements for entry into Japan (i.e., proof of two negative COVID-19 test results) is distinct from issues affecting the right to compete in the Games for which the USOPC will provide a hearing.

SECTION 9. RESOURCES

Office of the Athlete Ombuds

The Office of the Athlete Ombuds is available to provide independent and confidential advice to athletes regarding their rights under these Rules and to assist in the resolution of athlete concerns and disputes. Athletes may contact the Athlete Ombuds at: ombudsman@usathlete.org or 719-866-5000 or visit their website at www.usathlete.org for more information and resources.