

PRINCIPLES THROUGHOUT YOUR JOURNEY

ALL THE TIME

- Keep physical interactions with others to a minimum
- Keep two metres' distance from athletes and one metre's distance from others
- Avoid enclosed spaces and crowds where possible
- Use Games transport systems according to your own specific Playbook. Do not use public transport unless given permission
- Practice good hygiene, including washing your hands regularly and wearing a face mask
- Be ready to be screened (if required for your role) and tested for COVID-19 at different intervals throughout your journey
- Make sure you have access to enough face masks to last throughout your stay in Japan

1 BEFORE YOU TRAVEL

- Your journey starts 14 days prior to your departure for Japan
- Make sure you have all the relevant documentation (Pre-Valid Card (PVC) or visa and negative COVID-19 test certificate) in place
- Complete an activity plan for the first 14 days of your stay in Japan
- Download, install and register on the COCOA and health reporting smartphone applications. Monitor your health daily for 14 days before you travel to Japan
- Prepare a list of all the people you expect to have close contact with during your stay in Japan
- Take a COVID-19 test within 72 hours of the departure time of your flight to Japan and only travel if your test is negative

2 ENTERING JAPAN

- Present immigration authorities with your PVC, OIAC/PIAC or visa and evidence of your negative COVID-19 test
- Be ready to take a COVID-19 test when you enter Japan
- Move quickly through the airport when you arrive and keep your activities to a minimum

3 AT THE GAMES

- Participants will be screened (if required for your role) and tested for COVID-19 at different intervals along their journey
- You must get a test and isolate if you experience any COVID-19 symptoms or are told to by contact tracing services
- Follow only the activities in your 14 day activity plan
- Support athletes by clapping and not singing or chanting
- Specific rules may apply to your role, sport and at certain locations

4 LEAVING JAPAN

- Know the latest entry requirements for your destination country, as well as any countries you will pass through in transit
- Be ready to take a final COVID-19 test before departure, if required



參加奧運會的防疫原則

須全程遵守的防疫原則

- 請將與他人的肢體互動降到最低
- 請與運動員保持至少2公尺社交距離，與他人保持至少1公尺社交距離
- 如情況允許，請避開密閉空間及擁擠人潮
- 依照防疫手冊規定搭乘運動會專用交通工具。除事先獲准，請勿搭乘大眾運輸工具
- 保持勤洗手、配戴口罩等良好的衛生習慣
- 參賽期間(如職責或身分所需)請配合依不同頻率間隔接受新冠肺炎病毒篩檢
- 確保您有足夠的口罩數量，以因應您在日本參賽期間的需要

1 出發前

- 請於出發前往日本的14天前開始進行準備
- 請您備妥入境日本所需相關文件(身分註冊卡PVC或簽證)及新冠肺炎病毒檢測陰性證明
- 請事先完成於日本期間(前14天)的行程計畫
- 下載、安裝並完成註冊日本的智慧型手機健康回報App-COCOA。請於出發前往日本的14天前開始，每日監測個人健康狀況
- 請事先準備您在日本期間的密切接觸人員清單
- 請在登機前往日本前72小時內接受新冠肺炎病毒檢測，檢測陰性才能登機

2 入境日本

- 向移民官出示您的身分識別卡(PVC/OIAC/PIAC)或簽證，以及新冠肺炎病毒檢測陰性證明
- 請於入境日本時準備接受新冠肺炎病毒檢測
- 入境後，請避免不必要活動並儘速離開機場

3 運動會期間

- 運動會期間，參與人員須(如身分所需)依不同頻率間隔接受新冠病毒篩檢
- 如您出現新冠肺炎症狀或收到接觸追蹤管理人員通知，則必須接受檢測並採取隔離措施
- 請務必依照您的14天行程計畫行動
- 請用拍手鼓掌，取代唱誦或喊叫來為隊伍加油
- 依照不同人員職責身分、運動種類或場館地點可能還會有特別防疫規範必須遵守

4 從日本出境

- 了解您回程目的地及轉機途經國家目前最新的入境規定
- 如有需要，請準備在出境時接受新冠肺炎病毒檢測