

JOURNEY CHECKLIST

Below is a checklist template to help you plan for your journey to Tokyo. Please work with your RO and CLO who will provide additional information for you to personalise this checklist for your role. Please read 'The Playbook - June 2021' for more detailed information on the items found in this checklist.

For your stay in Japan

- ☐ Medical treatment and repatriation insurance
- ☐ A thermometer for daily health reporting
- ☐ Install and register with the Japanese government's Online Check-in and Health report App OCHA (released at the end of June)
- ☐ Get access code issued on the registration website - Tokyo 2020 Infection Control Support System (ICON)
- ☐ Install and register with the Contact Confirming Application, COCOA
- ☐ Complete your 14-day activity plan, in line with the list of permitted destinations

14 days before you travel

- ☐ Proactively monitor your health. Report the results on OCHA (or on the 'Questionnaire Web', if travelling before July 1)
- ☐ If you experience any symptoms of COVID-19 in the 14 days before departure, do not travel to Japan, consult with a medical professional and inform your COVID-19 Liaison Officer immediately

Within 96 hours of your departure

- ☐ Take two approved COVID-19 tests using the "COVID-19 test certificate" format designated by Government of Japan
- ☐ Upload the results to OCHA or hard copy if arriving in Japan before July 1

Do not travel if you test positive



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Before you travel

- ☐ Read the Playbook and make sure you understand all the rules
- ☐ Prepare a list of the people you will spend time with regularly while in Japan

Ensure you have in your carry-on luggage:

- ☐ Passport
- ☐ Pre-Valid Card (PVC (OIAC/PIAC))
- ☐ Negative COVID-19 test result certification from test taken within 72 hours of departure, uploaded to OCHA
- ☐ COVID-19 relevant medical information (for example: vaccination status)

Entering Japan

Have the following documents ready to present to immigration authorities:

- ☐ Pre-Valid Card (PVC (OIAC/PIAC))
- ☐ Negative COVID-19 test certificate uploaded to OCHA
- ☐ Specific screen of OCHA
- ☐ Any other additional documents filled out on the airplane/at the airport
- ☐ The GPS function of your phone set in accordance with immigration procedures
- ☐ Be ready to take a COVID-19 test

If arriving in Japan before July 1:

- ☐ Written pledge
- ☐ Negative COVID-19 test certificate
- ☐ QR code issued on the 'Questionnaire Web'

At the Games

- ☐ Wear a face mask at all times
- ☐ Keep at least two metres from athletes and one metre from others
- ☐ Practice good hygiene, including washing your hands regularly
- ☐ Avoid enclosed spaces and crowds wherever possible
- ☐ Follow only the activities in your activity plan
- ☐ Only go to places that are on the list of permitted destinations
- ☐ Use dedicated Games vehicles
- ☐ Keep your close contacts list up to date
- ☐ Monitor your health daily and report the results on OCHA
- ☐ Get tested for COVID-19 as required for your role, if you experience any symptoms, or if you are told to by contact tracing services
- ☐ If you have a confirmed positive COVID-19 test, isolate immediately and inform your CLO

Leaving Japan

- Departure test within 72 hours before leaving Japan if needed for international travel or entry to destination country

