

TOKYO 2020 OLYMPIC TORCH RELAY

Torchbearer Handbook





OLYMPIC TORCH RELAY
TOKYO 2020



The Tokyo 2020 Olympic Torch Relay is not only for the torchbearers, it is a torch relay in which everyone can take part. Embodying the hopes and dreams of everyone, the torch will begin its journey in Fukushima and tour all 47 prefectures of Japan. Incorporating the sentiments of countless numbers of people, the flame burns ever brighter. The 'The Olympic Torch Relay for Everyone' seeks to engage and bring people together.

Hope Lights Our Way



Message From Official Ambassadors

Messages from our Tokyo 2020 Torch Relay Ambassadors

*You've been selected to be a torchbearer!
That's really something you'll be able to tell your
grandchildren about!*

Mikio Date

Let's make sure we enjoy the day to the full!

Takeshi Tomizawa



*Communicate your happiness to your family and
friends, and take part in the Olympic torch relay
together with those around you. A special
experience awaits you!*

Aki Taguchi

*You are the star of the torch relay. Let's unite our
efforts to bring the Olympic flame from Greece to
every prefecture in Japan, and finally on to Tokyo.*

Tadahiro Nomura

*You, your family and friends and everyone who sees
you running with the Olympic flame held high will
surely get a great thrill. The experience of
connecting with others through the flame will be a
lifelong memory for all torchbearers!*

Satomi Ishihara

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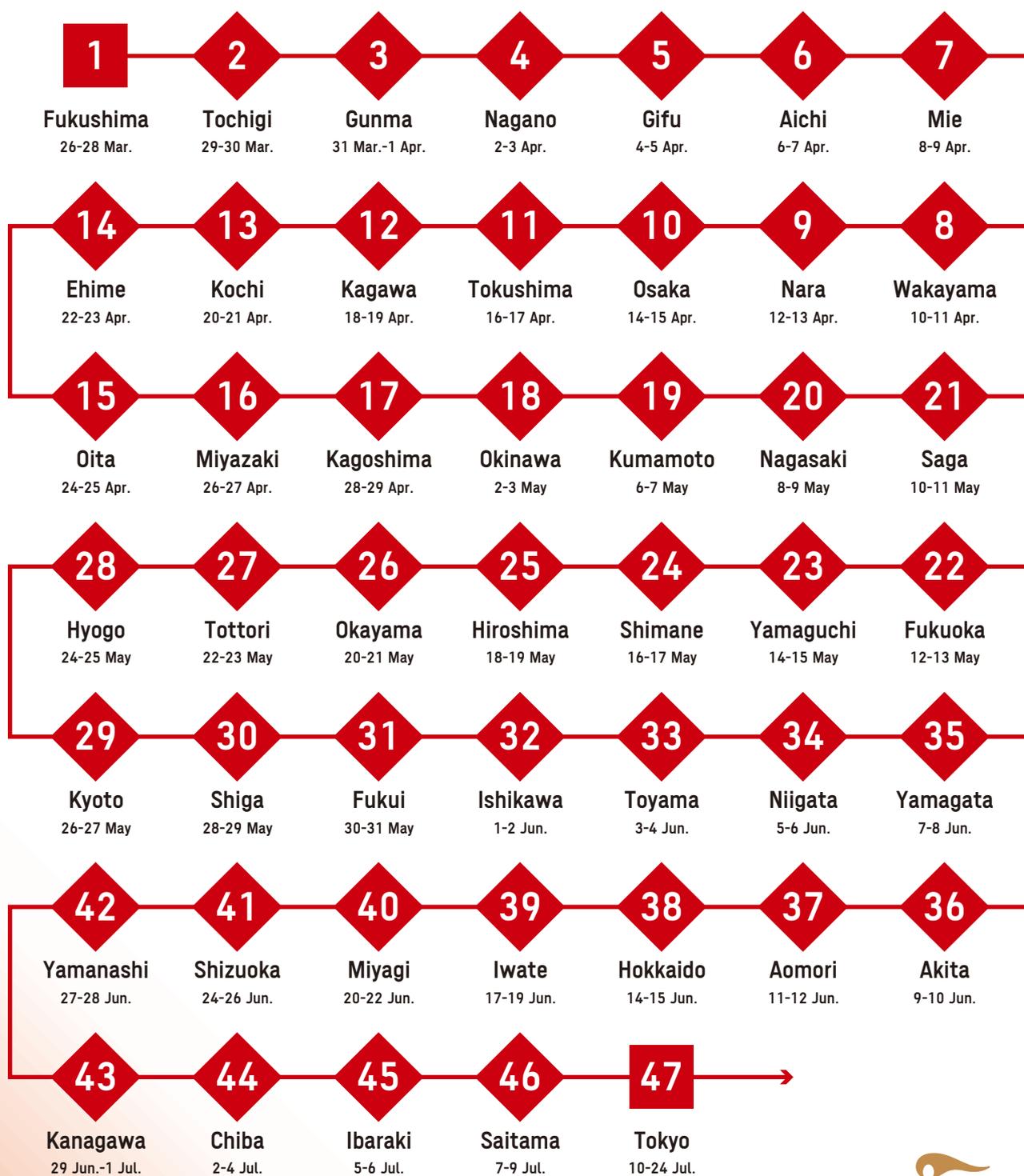
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1.1 Schedule

The Tokyo 2020 Olympic Torch Relay begins its journey in Fukushima Prefecture on 26 March 2020, and will be transported around the entire length and breadth of Japan by the hands of the torchbearers. The Olympic flame will bring people together for a period of 121 days before reaching its final destination in Tokyo for the Opening Ceremony of the Olympic Games Tokyo 2020 on 24 July.

Check out the Tokyo 2020 Olympic Torch Relay route and running sections in advance on the official Tokyo 2020 website <https://tokyo2020.org/en/torch/route/>





1.2 Torch

The torch to be used for the Tokyo 2020 Olympic Torch Relay has been designed with a cherry blossom motif – a flower close to the hearts of all Japanese people.

The Tokyo 2020 Olympic Torch Relay will begin in March 2020 to coincide with the cherry blossom season in Japan. The concept of the relay is 'Hope Lights Our Way' and the torch will tour the entire length and breadth of Japan.



1.3 Uniform

The design of the uniforms for the Tokyo 2020 Olympic Torch Relay embodies the path of hope weaved by each individual torchbearer, which is lit up by the Olympic flame and heralds the way to the upcoming Games. This is expressed in the design which originates with the Tokyo 2020 Olympic Torch Relay symbol positioned at the centre of the chest and connects to the Look of the Games ichimatsu moyo chequered pattern featured prominently on the back. The diagonally-worn sash has its origins in ancient Japanese Shinto rituals and is customarily used for relays in Japan. Along with introducing an element of Japanese tradition, the design incorporates a respect for the Torch Relay and aspirations for the success of the Games.



1.4 Terminology

Collection point (CP)

This is the meeting point for torchbearers taking part on the day. It will serve both as an orientation venue and a locker room where torchbearers will be able to change into their uniforms.

Departure ceremony

This is a ceremony for the lighting of the torch held by the torchbearer who will run the first section of the day.

Torch kiss

Once a torchbearer has completed their slot, they will use their torch to light the flame of the next torchbearer's torch.

Torch kiss point

This indicates the place where the torch kiss will take place.

Celebration

The flame arrival ceremony held when the final torchbearer competes the final section of the day. Before arrival of the final torchbearer, stage programmes and exhibition booths will be held.

Mini celebration

A ceremony will be held in the section being completed by the torchbearer.

Slot

This is the place allocated to each torchbearer where they will run.

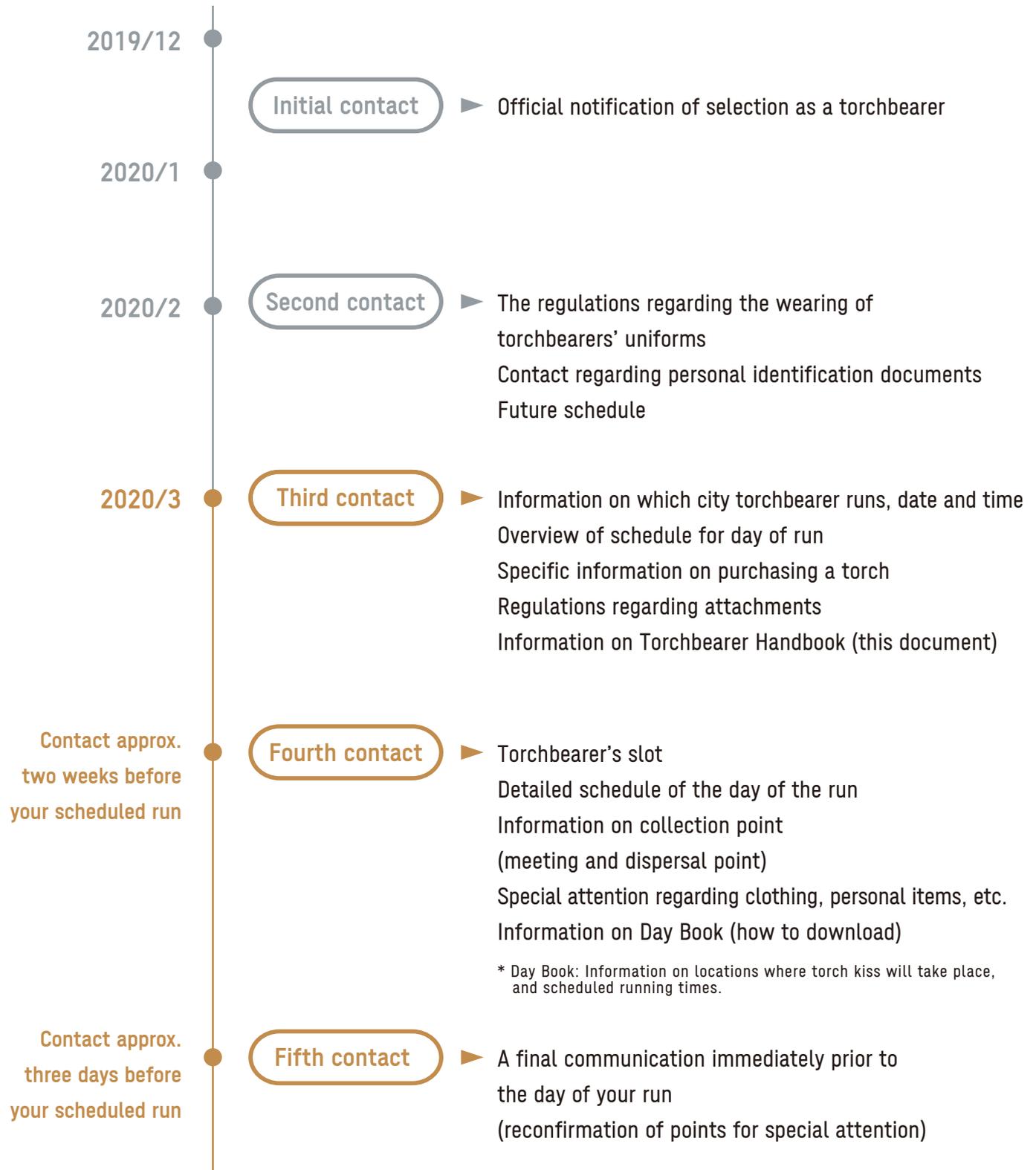


2.1 Main flow leading up to the day of the run

The main timeline of events from the selection of the torchbearers to the actual torch relay is outlined below.

After the fourth contact, you will be contacted by the Tokyo 2020 Olympic Torch Relay Torchbearers' Desk at the e-mail address you have registered with further details. Please remember to check your e-mails regularly.

* It is the schedule of those who were officially nominated as a torchbearer in December 2019. If you have received the official notification after January, you will receive the following information accordingly.

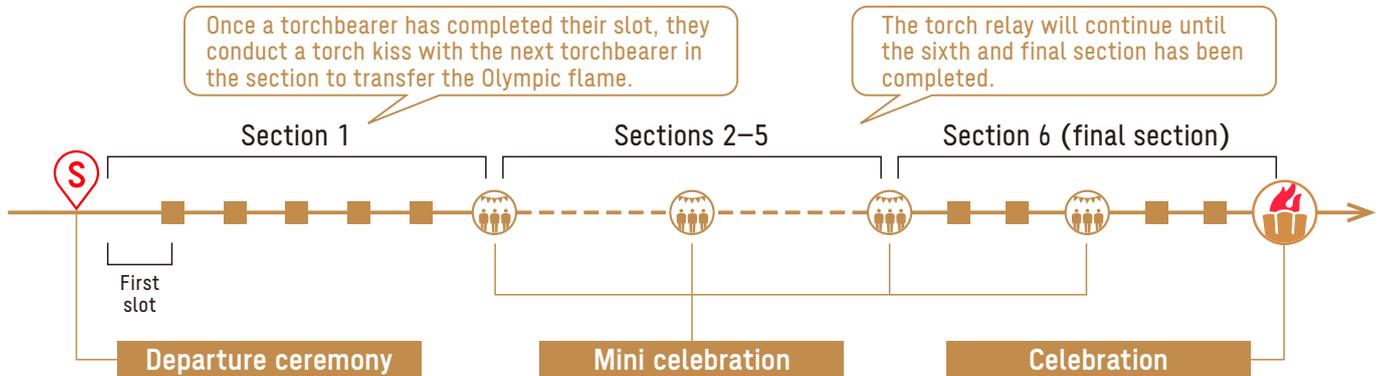


The day of your run

2.2 A typical day during the Torch Relay

Each day will begin with the holding of a departure ceremony. Each torchbearer will pass on the Olympic flame to the next torchbearer by torch kiss after completing their allotted section. The flame will be transported to the celebration site which is the final destination point of the day.

The daily flow of the Olympic torch relay (based on six separate sections)



* Please note that the departure ceremony and mini celebration may not take place on some days

2.3 What to bring with you on the day of the run

- Document proving personal identification (driver's license, passport, etc.)*
- Running shoes
- Underwear (white or beige, if possible) Please bring a change of underwear if you think it may be necessary

*See "2.4 Types of personal identification required to verify your identity" for further details

Items that you will be able and unable to wear (apart from uniform)

○



Glasses



Sunglasses (in principle, remove these except under special circumstances.)



Rings



Wristwatch



Support items
(only when used as injury supports)



Earrings, necklace, bracelet, etc. (please ensure these are not too ostentatious)

✕



Caps, masks, other face coverings
*only when you run



Backpack, pouches



Gloves



Scarf, neck warmer, towel around the neck



No undergarment must be visible around the neck area

* Please note that even if you are wearing any items included in the 'able to wear' list above, a member of staff on the day may judge that an item is inappropriate and deny permission for the item to be worn. * Please visit the below page for further details

The regulations regarding the wearing of torchbearers' uniforms
<https://tokyo2020.org/en/torch/about/otr-regulations>

2.4 Types of personal identification required to verify your identity

All torchbearers will be required to prove their identities at the collection point on the day of the run. Please ensure that you bring one of the following documents with you to verify your identity.

- In principle, an identification document issued by a public authority should contain a photo of the holder.
 * A document fitted with a device to prevent photograph from being replaced
- If you bring an identification document with a portrait (facial) photograph, please select any one document included in the below list 'Any one of the following items'.
- If you bring an identification document that does not contain a portrait photograph, please select two of the documents from the below list 'Any two of the following items'.
- Please ensure the validity of the document you bring to verify your identity has not expired.

Any one of the following items

Driver's license

Passport

The Basic Resident
Registration Card

Individual Number Card

Residential land building
trader certificate

Residence Card Special
Permanent Resident
Certificate. (foreigners)

Certificate of the
Physically Disabled with
Photo

etc.

Any two of the following items

One document from list **A** and one from list **B**. If you select two documents from list **A** these will be deemed to be documents issued by a public authority.

A

- Health Insurance Card
- National Health Insurance Insured Card
- Seafarer Insurance card
- Care insurance Card
- Mutual aid Membership Card
- Medical Certificate for Late-elderly Medical Insured
- National Pension Handbook (Certificate)
- Employees' Pension Insurance Handbook (Certificate)
- Sailor's Insurance Pension Handbook (Certificate)
- Mutual Pension Certificate
- Governmental Pension Certificate
- Seal Registration Certificate and Seal
- etc.

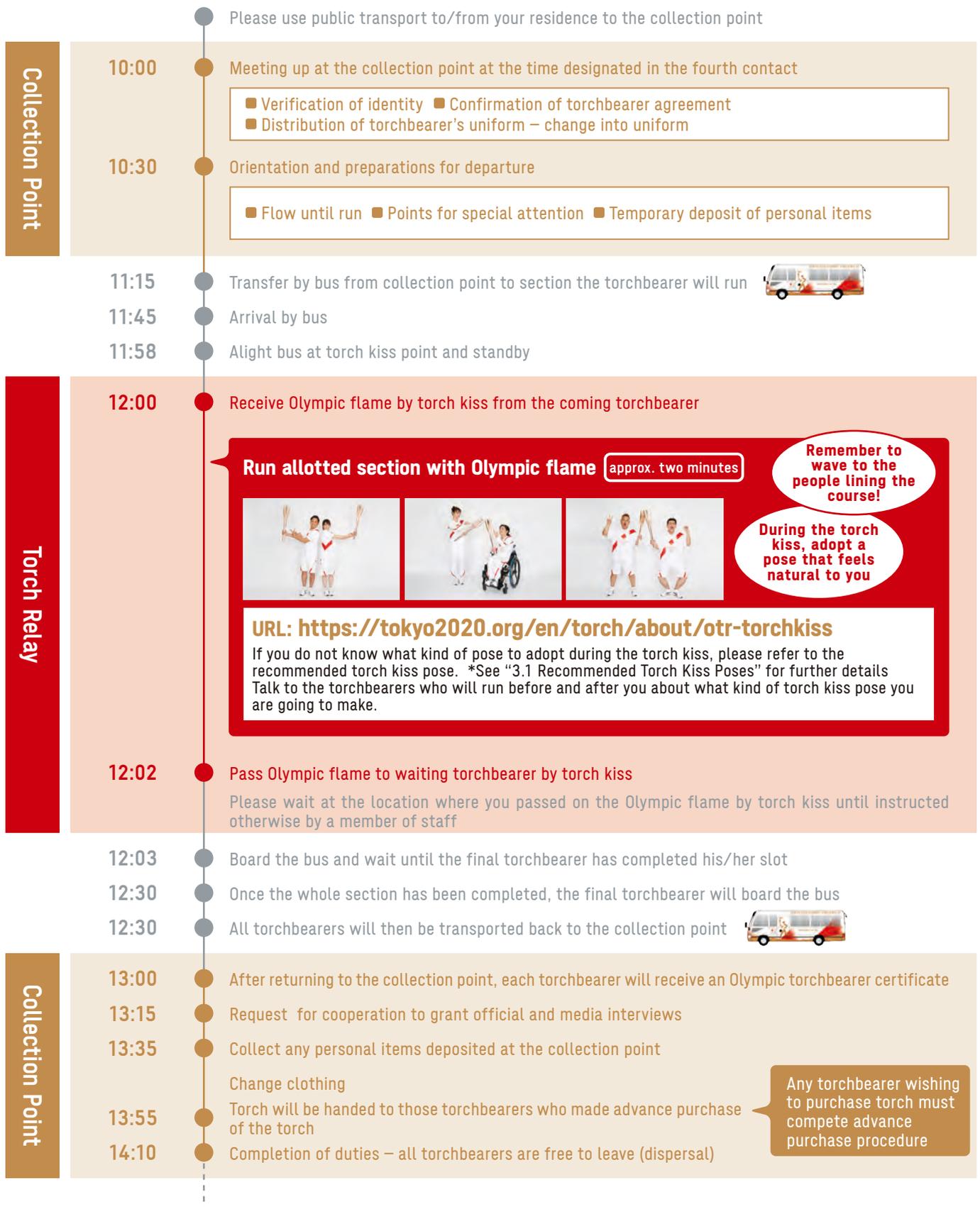
B

- Student ID card (with photograph)
 - Student handbook (with photograph)
 - Company identification document (with photograph)
- * A 'public authority' indicates a national government body, a prefectural authority, a local government authority, administrative oversight or inspector of a local public body

2.5 From meeting up to dispersal on the day of the run

Below is an image of the flow of a typical day during the Olympic torch relay. The period of time from meeting up to dispersal will be approx. four(4)-five(5) hours. How long it will take and the scheduled time are subject to change depending on where your run will take place.

Example case: A day on which a torchbearer is scheduled to run at midday (image)



2.6 Points for special attention

We would like to ask for your cooperation with the following points to ensure the safety of the torchbearers and the smooth operations of the Olympic torch relay. Let's make sure we observe the rules and raise the excitement levels for the Tokyo 2020 Olympic Torch Relay.



Please make sure you arrive with plenty of time to spare. If you arrive late at your designated collection point, you may be disqualified from taking part as a torchbearer.



Please make your way to the collection point by public transportation or by privately arranged means of transport.



In principle, only torchbearers are permitted in the collection point, on the bus transporting torchbearers to their respective sections and on the Olympic torch relay course.

* For exceptional circumstances, please contact the torchbearers' desk



Strictly speaking, torchbearers should complete their section alone, however, torchbearers who require an escort may complete their section with one (1) pre-registered escort. The escort is kindly requested to accompany the torchbearer to the reception desk. Please note that any support personnel other than a pre-registered escort will be unable to enter the collection point.



Plans are underway for wheelchair-using torchbearers to make the return journey from the collection point to their allotted slot by adapted automobile (welcab) supplied by the Tokyo 2020 Organising Committee.

We kindly ask torchbearers who wish to run in their wheelchair to inform the Tokyo 2020 Olympic Torch Relay Torchbearers' Desk in advance so we can prepare a Welcab for transport.

* Please be aware that there may be some instances where a Welcab for transport



When wearing the uniform, please ensure the whole of the uniform design is visible (i.e. do not attempt to hide any design aspects), and wear the uniform as it is intended to be worn. Please refer to the regulations regarding the wearing of torchbearers' uniforms for further details.

The regulations regarding the wearing of torchbearers' uniforms
<https://tokyo2020.org/en/torch/about/otr-regulations>

* For exceptional circumstances, please contact the torchbearers' desk



You must not take photographs of any other torchbearer other than yourself without first requesting permission. Please make sure you obtain prior approval from any other persons to be featured in photographs before taking a souvenir photo of your experience.



Please note that it is forbidden to take still photographs or videos in some areas. Closely follow any instructions issued by members of staff. Please also be careful about any items you post to social media platforms.



If you are forced to withdraw as a torchbearer for any unavoidable reason – including on the day of the run – please inform the Tokyo 2020 Olympic Torch Relay Torchbearers' Desk as soon as possible.

2.7 Holding the torch while running

All torchbearers will be required to hold the lighted torch aloft while completing their run. For safety reasons, we would like you to cooperate with the following points when completing your run. All torchbearers will be informed of points for special attention regarding their run during the orientation session at the collection point.

- A member of staff will conduct all operations for the cylinder fitted to the torch.
- For safety reasons, please raise the hand with which you are holding the torch up to face level when completing your run.
* For exceptional circumstances, please contact the torchbearers' desk
- The torch emblem is at the front of the torch. Please ensure you hold the torch so that the torch emblem is visible from the front.
- A member of staff will hand over the torch to you immediately prior to your run.
- A member of staff will collect the torch from you once you have completed your run. If you have completed the advance purchase procedure to purchase your torch, the torch will be returned to you at the collection point.
- If it is difficult for you to hold the torch in your hand while running, we have special attachments that can be fitted to wheelchairs, etc.
* It is possible that attaching the torch to a wheelchair may be problematic. Please contact the torchbearers' desk for further details.
- Torchbearers with shoulder length hair or longer are requested to tie back their hair when running for safety reasons.
- Ensure the torch is held upright at all times except when conducting the torch kiss.

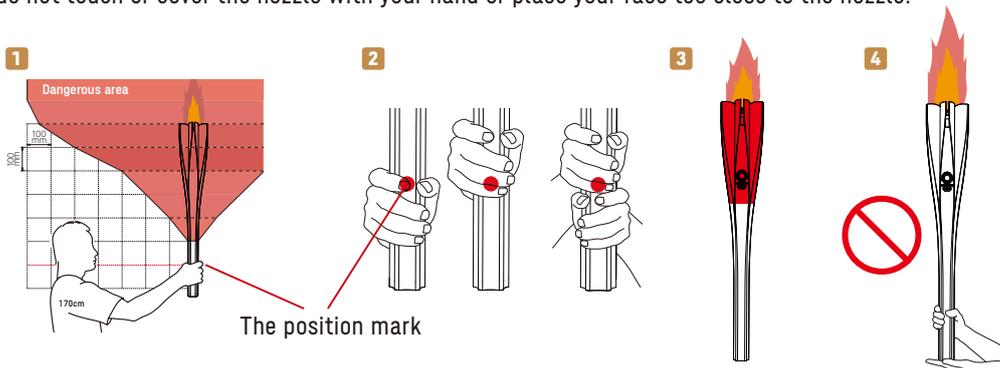
Regulations regarding attachments

<https://tokyo2020.org/en/torch/about/otr-regulations>



Points for special attention when the torch is lit

- 1 Please note the upper part of the torch (shown in red in the below image) may emit flames or hot air, and is therefore potentially dangerous. Please ensure that you never place any flammable items near the dangerous upper part of the torch.
- 2 To ensure you do not come into contact with the dangerous part of the torch, please ensure the position mark is placed to the front (as shown in the below image), and grip the torch accordingly.
- 3 The middle to upper part of the torch can become quite hot, so please ensure you do not touch this part of the torch when running.
- 4 Combustible air is emitted from the lower part of the torch, so please ensure that your hand does not cover the bottom of the torch.
- 5 When running, please ensure you hold the torch as upright as possible. Never let the torch tilt more than 45 degrees.
- 6 Please do not hold the flame of the torch close to any other person, animal, building, etc.
- 7 Please do not touch or cover the nozzle with your hand or place your face too close to the nozzle.



2.8 Purchasing a torch

The torch is a very exclusive item specially constructed to convey the Olympic flame. Torchbearers will be able to purchase the torch they ran with as a special commemorative item. Those who wish to purchase the torch should submit a purchase application in advance. If you purchase our torch it will be handed over to you at the collection point after you have completed your section. Please note that you will not be able to purchase the torch on the day, so please ensure you complete the advance purchase procedure if you would like to purchase your torch. For more details, please refer to the instructions “How to purchase your torch”, which we have handed out along with this handbook.

You will be able to collect the torch you have purchased at the collection point (torchbearers’ meeting and dispersal point)

Price of torch
JPY71,940 (incl. tax)

How to purchase
Separately guided in the third contact (March 2020)

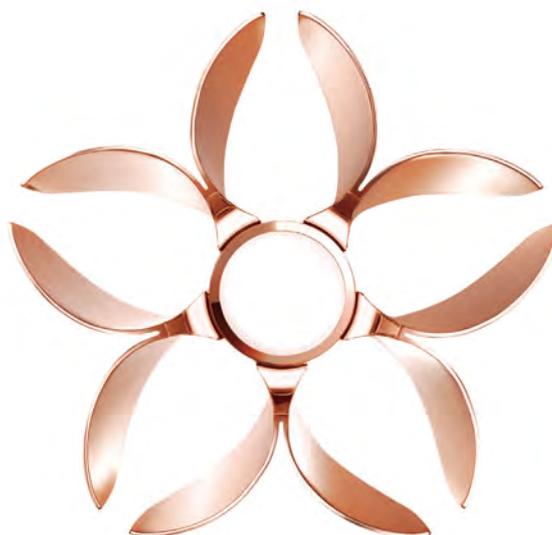
How to apply
Torch Relay Torch Sales Site (online)

Payment method
by bank transfer or credit card
(VISA card only)
Transfer fees will be borne by the buyer.

Accessory
torch case

Points for special attention regarding torch purchase

- Please do not sell your torch once you have purchased it.
- Please do not exhibit or use the torch you have purchased for any commercial or advertising purposes.
- Please note that we will not be able to send the torch to you.
Please collect your torch at the collection point after you have completed your run.
- Please note that you may be contacted by the organisation or company that selected you as a torchbearer with regard to purchasing a torch. Thank you for your kind understanding.



3.1 Recommended Torch Kiss Poses

The torch kiss refers to the moment the torchbearer gives the torch to the next torchbearer. The torchbearers may pose as they like when they pass on the flame so they can prepare a unique pose with the torchbearers who will run before and after them. For those who are not sure what pose to take, they can use one of the three poses offered by The Tokyo Organising Committee of the Olympic and Paralympic Games(Tokyo 2020) that express the Tokyo 2020 Olympic Torch Relay concept, "Hope Lights Our Way" . Take a look and find out which one is perfect for you!



Check out the Torch Kiss Poses video on the official website!

2020 pose

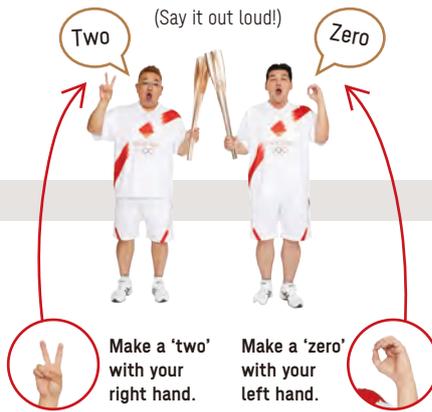
① Torch Kiss



Official Ambassadors of the Tokyo 2020 Torch Relay
Sandwich Man
Mikio Date and Takeshi Tomizawa (comedian)

② Two - Zero

(Say it out loud!)



Make a 'two' with your right hand.

Make a 'zero' with your left hand.

③ Two



Spread your legs apart to form a 'two'.

④ Zero



Heels together, bend your knees, and make a 'zero'.

Pass-on Pose

① Torch Kiss



Official Ambassadors of the Tokyo 2020 Torch Relay
Tadahiro Nomura (Olympian)
Saori Yoshida (Olympian)

② Cross shoulders



Put your arm across the back of your partner.

③ Two - Zero



Place your left hand close to your body and make a 'two'.

Place your right hand near your body and make a 'zero'.

④ Two - Zero



Move your left hand toward the torch.

Move your right hand toward the torch.

Hope Lights Our Way Pose

① Torch Kiss



Official Ambassadors of the Tokyo 2020 Torch Relay
Satomi Ishihara (actress)
Aki Taguchi (Paralympian)

② Hope

(Say it out loud!)



Pretend to throw a ball in the air.

③ Lights



Pretend to catch the ball.

④ Our



Rotate your free hand.

⑤ Way



Use your free hand to point to the torch, and 'Torch Kiss' !

3.2 Tokyo 2020 Olympic Torch Relay official social media platforms

The following official social media platforms are available for the Tokyo 2020 Olympic Torch Relay. Post your Olympic torch relay-related images and videos with the handles “#Tokyo2020” “#TorchRelay” “#HopeLightsOurWay” “#OlympicTorchRelay”, and help us to raise the excitement levels.

1 Official Twitter <https://twitter.com/tokyo2020seika>



2 Official Instagram <https://www.instagram.com/tokyo2020seika/>



⚠ Points for special attention when using social media platforms

- ✘ Do not take any photographs at forbidden areas
- ✘ Do not post any images for commercial or advertising purposes. Please refrain from sending posts about the Olympic Torch Relay from social media accounts belonging to a private enterprise or profit-making group* (including retweets). * Excluding Tokyo 2020 Olympic Torch Relay Presenting Partners
- ✘ Please ensure you obtain permission to take and post photos from all persons featured in images.
- ✘ You are kindly requested to ensure you do not post any personal or classified information about any other third party (including fellow torchbearers).

#HopeLightsOurWay Photo Contest

Post images of the Tokyo 2020 Olympic Torch Relay to social media platforms and help raise the excitement levels. We will be giving away presents of original goods from our Tokyo 2020 Torch Relay Presenting Partners to those who post the best pictures – so keep those great pics coming!

* It will start on March 26.



<https://tokyo2020.org/en/torch/get-involved/campaign>

3.3 Cooperation with advertising activities

Please take note that those of you who agreed to grant interviews when you submitted the “Intent to Run” statement shall come to the collection point after your run. You will be interviewed by the media and by Tokyo 2020.

3.4 Join in the celebrations!

A celebration to mark the arrival of the Olympic flame will be held at the point at which the flame arrives after completing the final section of the day. We very much hope that many torchbearers will make their way to the place where the celebration is being held and join in the fun with your family and friends.

Please see the website for further information on each day's celebration site.

* Please note that it is possible that torchbearers running the final section may not be able to take part in the celebration.

Official Tokyo 2020 website

<https://tokyo2020.org/en/torch/route/>

* Please also note that the celebration site may be subject to change.

4.1 Management of personal information

The management of personal information will be conducted in accordance with the below points to which the torchbearer has agreed during the application procedure and in the confirmation of intention to act as a torchbearer.

■ Tokyo 2020 will process torchbearers' personal information in accordance with the Torchbearer Application Requirements and Tokyo 2020's Privacy Policy (<https://tokyo2020.org/en/privacy-policy>).

■ The torchbearers' personal information may be shared with the prefecture task forces, the relevant national and/or local authorities, the Tokyo 2020 Olympic Torch Relay Presenting Partners, cooperating media, the International Olympic Committee, the Japanese Olympic Committee and/or any person or organisation designated by Tokyo 2020 for the purpose of operating or managing the Tokyo 2020 Olympic Torch Relay and Tokyo 2020 Games or for the benefit of the Olympic Movement and future Olympic Games.

■ The torchbearers' personal information (including their image, name or common name, gender, prefecture and city of residence, date of birth, nationality, job, reasons for application, reasons for recommendation, involvement with the relevant prefecture, as well as their running dates and routes) may be made available to the public through TV, newspapers, magazines, the Internet or on social media by the various media outlets broadcasting the Tokyo 2020 Torch Relay, the Tokyo 2020 Olympic Torch Relay Partners, and/or any person or organisation designated by Tokyo 2020 for the above described purposes (please note that some of the personal information may be edited when being made available to the public).

■ If any personal information provided to Tokyo 2020, such as the reasons for application, self-introduction, reasons for recommendation and/or involvement with the prefecture, includes any personal information of other individuals, such as your family members or acquaintances, please make sure that such individuals have also given their consent to the processing of their personal information as described above.

4.2 Frequently Asked Questions

No.	Question	Answer
1	Will a torchbearer be able to withdraw after he/she has been selected?	Yes, a torchbearer will be able to withdraw for unavoidable reasons, however, they will not be able to nominate a substitute torchbearer to run in their place. If for any reason you are unable to take part in the torch relay, please contact the Tokyo 2020 Olympic Torch Relay torchbearers' desk as soon as possible.
2	Is there any possibility that the torch relay will be cancelled or postponed on any particular day? If so, how will you contact the torchbearers scheduled to run on that day?	It is possible that the torch relay may be cancelled or changes made the timing of the torch relay on any particular day due to a natural disaster, bad weather, an accident, incident, or other unavoidable circumstance. In such cases, in principle, we will contact the torchbearers at their registered e-mail address.
3	Is it all right to make it publicly known that a person has been selected as a torchbearer?	By all means, feel free to let your family and friends know. Ask them to contribute to raising the excitement levels of the torch relay. However, it is not acceptable for any torchbearer to publicly declare that he/she has been selected or conduct any related PR activities for any religious or political purposes. Please also ensure that any company or profit-making organisation to which the torchbearer belongs does not make the fact publicly known*. * Excludes a Tokyo 2020 Olympic Torch Relay Presenting Partner, incorporated educational institutions and non-profit organisations.
4	Is it all right to respond to requests from TV stations or other media for interviews before the scheduled day of the run?	In accordance with the agreement you acceded to during your application and in subsequent communications, you are unable to take part in interviews prior to your run.
5	Is it possible for visually or aurally impaired torchbearers to complete their allotted section with the support of a guide or support dog?	Yes, it is possible for visually or aurally impaired torchbearers to complete the allotted section with the assistance dog, if required.
6	Is it possible for anyone to act as an escort? Is there any special criterion for escorts?	In line with the age requirements for torchbearers, all escorts must have been born before 1 April 2008. In addition, the conditions regarding religious or political messaging for torchbearers also apply to escorts. All escorts must be pre-registered. Please note that any escort not already registered will not be permitted to act as an escort.
7	Will torchbearers be expected to cover their own transport expenses to the collection point on the day of the run?	In principle, torchbearers will be required to cover their own transport expenses to and from the collection point on the day of the run. This also applies to any fees incurred for accommodation by the torchbearer. Please also note that if the torch relay is cancelled on the day you are scheduled to run, you will not be reimbursed or compensated for any transportation (and/or accommodation) fees you have incurred. Thank you for your kind understanding.
8	Are there any particular regulations on the clothing and shoes that the torchbearer can wear on the day of the run?	On the day of the run, we will supply you with a torchbearer's uniform that includes a shirt (long or short-sleeved) and bottoms (trousers or shorts). You will not be able to wear or carry any other shirt or trousers/shorts apart from those supplied to you. The uniform does not include shoes, and you are therefore requested to bring a pair of suitable sports shoes with you to wear during your run. Please refer to the regulations regarding the wearing of the torchbearer's uniforms ("2.6 Points for special attention") for further details.
9	Will it be possible to run in a cartoon-character costume?	You will be unable to wear or carry with you any item other than the uniform shirt, trousers or shorts supplied to you, and your own sports shoes.
10	Are there any orientation sessions prior to the day of the run?	We do not plan to hold any orientation sessions other than those scheduled for the day of the run. All necessary information will be provided to you.
11	How will you verify the personal identification of the torchbearers on the day of the run?	We will ask torchbearers to verify their identities by showing a valid driver's license, passport, etc. (see "2.4 Types of personal identification required to verify your identity"). If we are unable to verify your identity on the day of the run, it is possible that you will be disqualified from taking part in the torch relay. You are therefore strongly advised not to forget to bring a valid document that proves your identity.
12	Is it possible for family members to accompany torchbearers to the collection point and stay with them throughout the day until the final dispersal back at the collection point?	Only the torchbearers will be permitted into the collection point (which will serve as the initial meeting up point and final dispersal point at the end of the day). Family members and friends of torchbearers will not be permitted to enter designated areas of the collection point nor board the bus transporting the torchbearers to their allotted sections. In principle, after the initial meeting up, torchbearers will be required to act alone. No particular places have been reserved along the torch relay course for family members. However, pre-registered escorts will be permitted to accompany torchbearers with an impairment throughout the day including at the collection point.
13	Are there any plans for the live broadcasting or streaming of the torch relay?	Live streaming of the event will be available on NHK's website. Your family and friends will be able to cheer you along, so please let them know about the live streaming.
14	Will it be all right to take selfies during the run?	It will be possible for torchbearers to carry a mobile phone with them during their run. However, for safety reasons, the taking of selfies while running will not be permitted. Torchbearers will be able to take photographs when they are not running, but will not be able to take photos in areas in which photography is banned and in areas that may interfere with event operations.
15	Will the torchbearer uniforms be on general sale?	No, the uniforms will not be available to purchase.

**The long-awaited Tokyo 2020 Olympic Torch
Relay will finally begin on 26 March!**

**Let's take part in the relay with a broad smile
and with hope in your heart!**

**We very much hope that your day as a
torchbearer will be an experience you will
never forget.**



Tokyo 2020 Olympic Torch Relay Presenting Partners

		 日本生命	
https://team.cocacola.jp/	https://tokyo2020.torch-relay.toyota.jp/en/	https://seika.nissay-cp.jp/	https://2020.ntt/en/tokyo/torch/

Tokyo 2020 Olympic Torch Relay Supporting Partners

			 日本郵便	 JAL JAPAN AIRLINES
https://www.panasonic.com/global/home.html	https://eneos-seika-2020.jp/	https://www.ana.co.jp/hbhf/index_e.html	https://www.japanpost.jp/en/	https://www.flyforit.jp/en/