

Let's join efforts to deliver a safe and secure Games.

# COVID-19 Infection Prevention Measures



## Basic rules to be followed by each individual

### 1 Wear a mask (to prevent droplet transmission)

- Wear a mask at all times while engaging in activities.  
\* Consult an on-site manager if you cannot wear a mask due to allergies or other reasons.
- Cases where you can take your mask off
  - When you are outdoors and feel too hot: Keep a distance of at least 2m from others if you remove your mask.
  - When you eat or drink : Remove your mask only while eating and drinking. Do not talk when you are not wearing a mask.



- Cough etiquette
  - When coughing or sneezing, cover your mouth and nose with a handkerchief or your sleeve.
  - Try to move away from others.

### 2 Wash or disinfect hands (to prevent contact transmission)

- Wash or disinfect your hands frequently while engaging in activities.  
\* Particularly during break times, before and after meals, after removing your mask, after removing your gloves, after touching others, etc.
- Fingertips, between the fingers, and thumbs should be washed especially well as they are the areas that are most often missed.



### 3 Ensure physical distance

- When talking to others, try to maintain a distance of 2m (or 1m at the very minimum).
- Avoid face-to-face contact as much as possible.

#### Examples

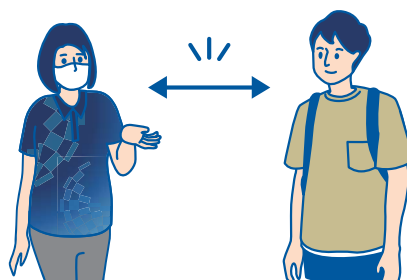
#### When lining up

Ask people to stay at least 1m apart from each other.



#### When talking to a person without a mask

Keep a sufficient distance and avoid directly facing each other.



#### When physical contact is required to provide assistance

Do not hesitate to offer assistance, but avoid directly facing the other person when talking and wash or disinfect your hands before and after providing support.



## Activity settings requiring special precautions

### 1 Break times and meals

- Make sure you wash your hands before and after taking breaks or meals.
- Do not talk while eating and drinking. Wear a mask when talking.
- After eating/drinking, wipe the table with the disinfectant wipes provided.
- Break & Dining Area tend to become crowded. Promptly leave your seat when you have finished eating.



### 2 Communicating with spectators and peers

- Refrain from handshakes and high-fives. Greet people without touching them.



### 3 When touching spectators' belongings or mobile phones (e.g., to take photos)

- Wear disposable gloves and disinfect them each time you touch their belongings or mobile phones.

## Measures for all volunteers during activities

### 1 Avoid gathering

Try not to gather in close proximity even during activities.

### 2 Disinfect shared objects

Disinfect shared objects such as computers and things that multiple staff members touch (e.g., door knobs, handrails, tables) as often as possible and on a regular basis.

### 3 Ventilate rooms

Regularly open windows and doors for ventilation even if the room is air-conditioned. Opening multiple windows and doors is effective for ventilation.

## Measures to take in advance

### 1 Precautionary actions to take in advance

- Take the following precautionary actions starting 14 days prior to your volunteer activities until they are completed.

Do not dine in groups

Avoid the 3Cs\*

\*3Cs: closed spaces, crowded places, close proximities

Avoid non-essential outings

Wear a mask when going out

Thoroughly wash your hands

### 2 Health management

- Manage your own health by using the Health Management Notebook.
- If any of the items on the checklist apply, or if you feel unwell, even if only slightly, refrain from engaging in any activities.
- Individuals with any pre-existing conditions and elderly individuals are asked to be extra vigilant about their health while engaging in volunteer activities.
- Key health management and fitness tips to follow in everyday life:
  - Measure your body temperature every morning.
  - Engage in an appropriate amount of exercise without pushing yourself too hard to prepare yourself for the summer heat. (Engage in about half an hour of slightly strenuous exercise in a mildly hot environment every day.)
  - Lead a healthy lifestyle to maintain your immunity. (Well-balanced diet, sufficient sleep, and adequate exercise)



## Frequently asked questions

**Q1** Do you have any other measures planned, such as vaccination and PCR testing?

**A1** The above measures are the measures currently planned. We will discuss further measures and provide updates as necessary. Additional measures will also be adopted for each function and venue.

**Q2** Will you be handing out any items for infection control to volunteers?

**A2** We will be handing out pocket alcohol disinfectants and Health Management Notebooks to all volunteers. Additional items may be handed out to volunteers according to their functions.

**Q3** I have concerns about whether I should engage in volunteer activities amid the pandemic. What should I do?

**A3** As indicated under A1, we will discuss further measures to prevent infection and implement new ideas such as offering online training programs, which may help alleviate your concerns. If you decide that you would like to withdraw your registration, you can do so at any time, but please deregister as soon as possible should you decide not to volunteer.