



International
Olympic
Committee



**INTERNATIONAL
PARALYMPIC
COMMITTEE**



BEIJING 2022™

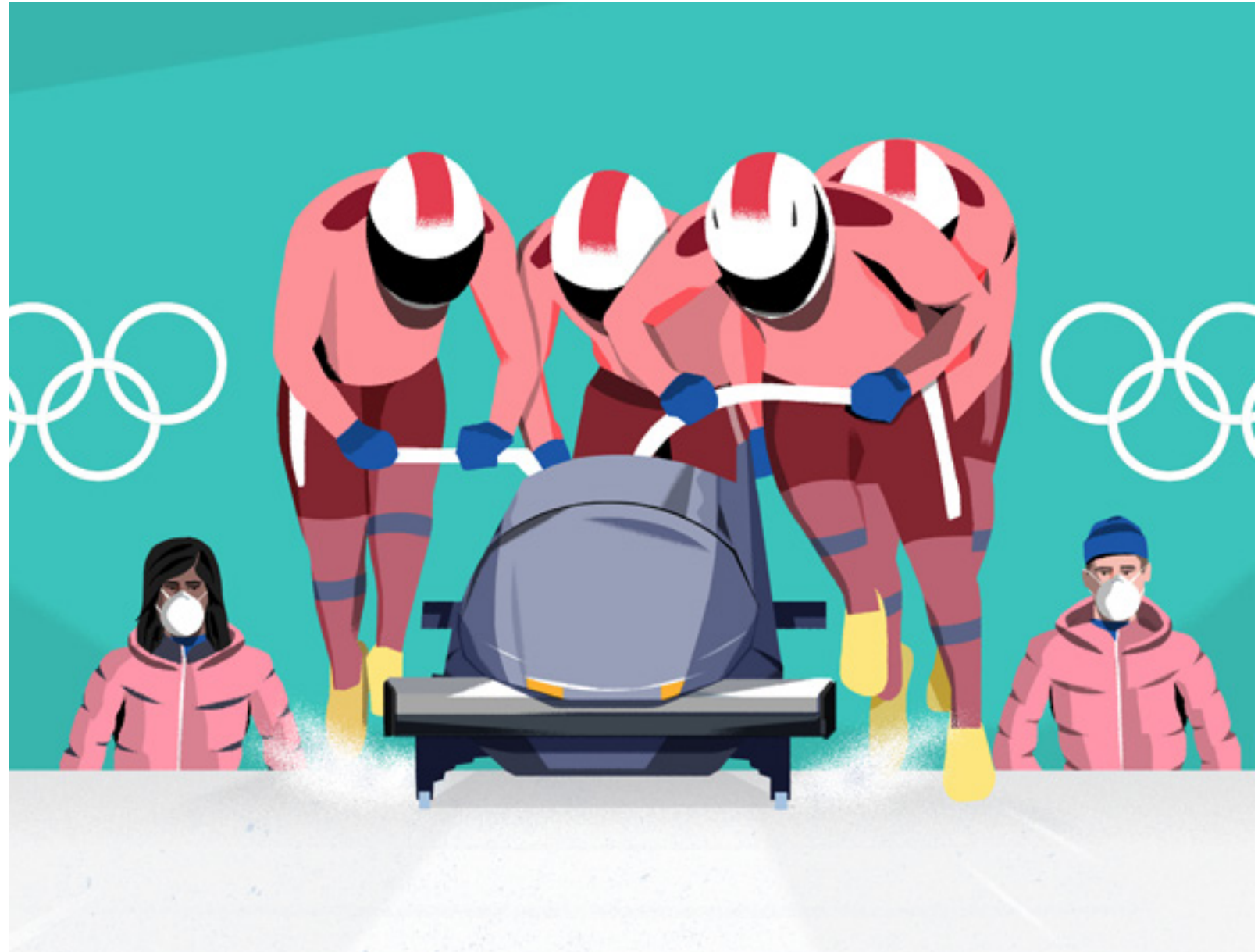


BEIJING 2022™

THE PLAYBOOK

**ATHLETES AND
TEAM OFFICIALS**

**YOUR GUIDE TO A SAFE
AND SUCCESSFUL GAMES**





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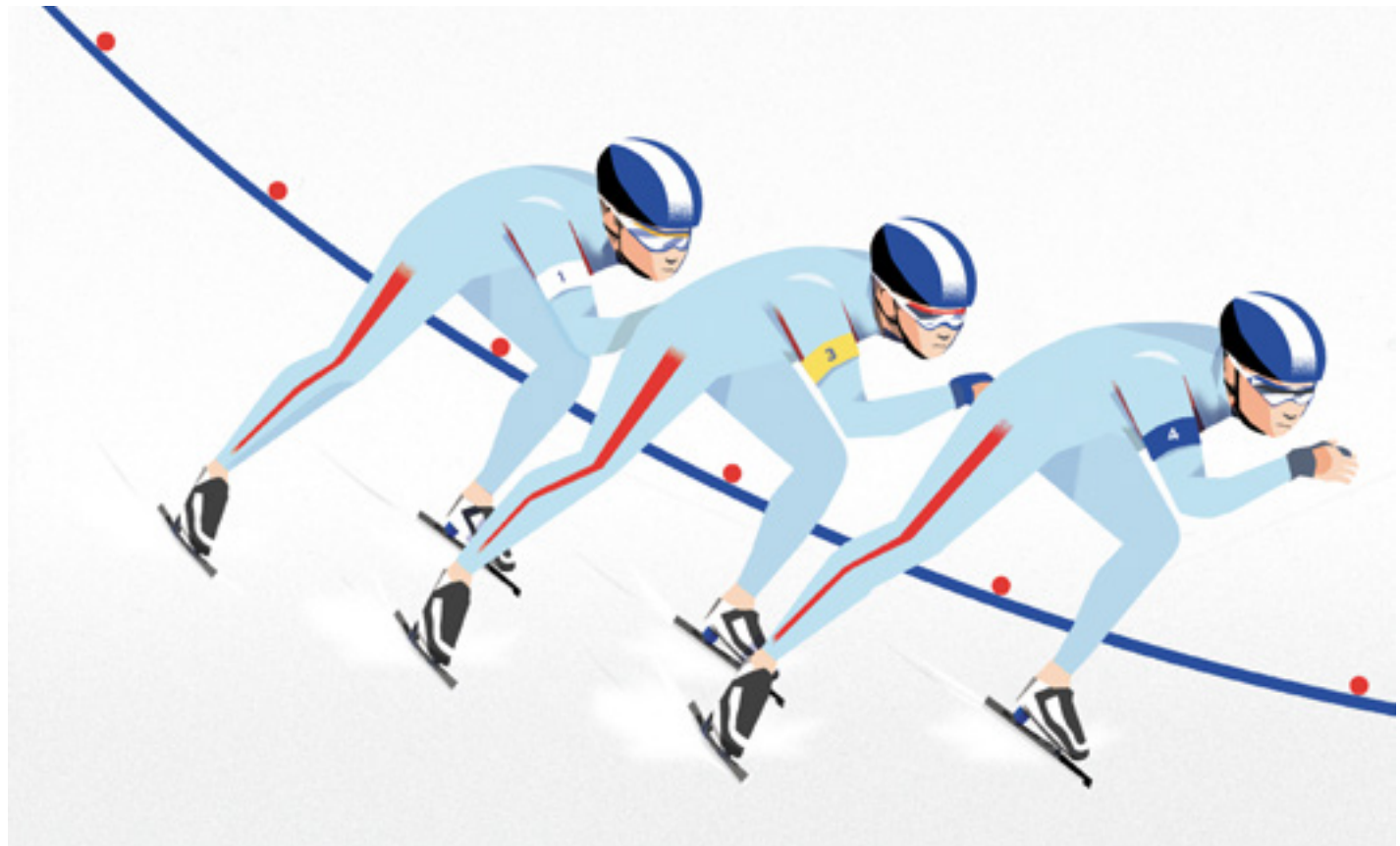
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 Throughout the Playbook, this symbol indicates important updates since the last version

WHO IS THIS PLAYBOOK FOR?

PLAYBOOK FOR ATHLETES AND TEAM OFFICIALS

Athletes	(Aa)
Alternate Athletes	(Ap)
Team Officials and Additional Team Officials	(Ao, Ac and ATO)
Training Partners, Personal Coaches and TAP-holders	(P)
Athlete Competition Partners for Paralympic Games	(Ab)
Chief Team Physicians for Paralympic Games	(Am)
Village Administration Pass-holders	(NOC, NPC)
Athlete Chaperones	(NOC, NPC)





STRONGER TOGETHER

This version of the Playbook is published with less than two months until the Olympic Winter Games and three months until the Paralympic Winter Games Beijing 2022. The winter sports season is now in full swing; in China, the state-of-the-art venues are ready, test events are well underway. The excitement is building as fans look forward to witnessing the best of winter sport.

The International Olympic Committee (IOC), International Paralympic Committee (IPC), Beijing 2022 Organising Committee (Beijing 2022), the Chinese government and relevant authorities continue to work alongside the world's leading experts in health and sport event delivery to finalise and put in place the necessary COVID-19 countermeasures that will enable the Games to take place safely and successfully. The plans have been built with athletes and sport at the centre of all considerations.

As athletes and team officials, the eyes of the world will be on you – and we know you will lead by example.

To ensure the safety of all Games participants and the people of China, it's vital that you read, understand and follow the Playbook, alongside all other detailed policies and procedures provided by your NOC/NPC.

We know you have displayed exceptional perseverance – especially since early 2020 – to get to this point. Now it's your moment to shine on the world's greatest international sporting stage. Your friends, family and fans around the world will be watching, believing in you. You have the opportunity to help inspire millions of people across the world to take part in winter sport.

These Games will be different from previous years, but their meaning will be even more powerful considering all the challenges faced. By following the Playbook and living the values of excellence, friendship and respect, we can make Beijing 2022 a truly memorable Games – ensuring success by being Stronger Together.

Thank you and see you at the Games!

Emma Terho

Chair – IOC Athletes' Commission

Jitske Visser

Chair – IPC Athletes' Council

Yang Yang

Chair – Beijing 2022 Athletes' Commission

Rules are subject to change. This Playbook is written under the current understanding of the IOC, IPC and Beijing 2022, based on the current requirements in China and the foreseen situation at the time of the Games. Changes may need to be made in the future, in collaboration with the Chinese authorities, to ensure any evolution of conditions and regulations are fully taken into account.

WHEN DO ELEMENTS OF THE PLAYBOOK COME INTO EFFECT?

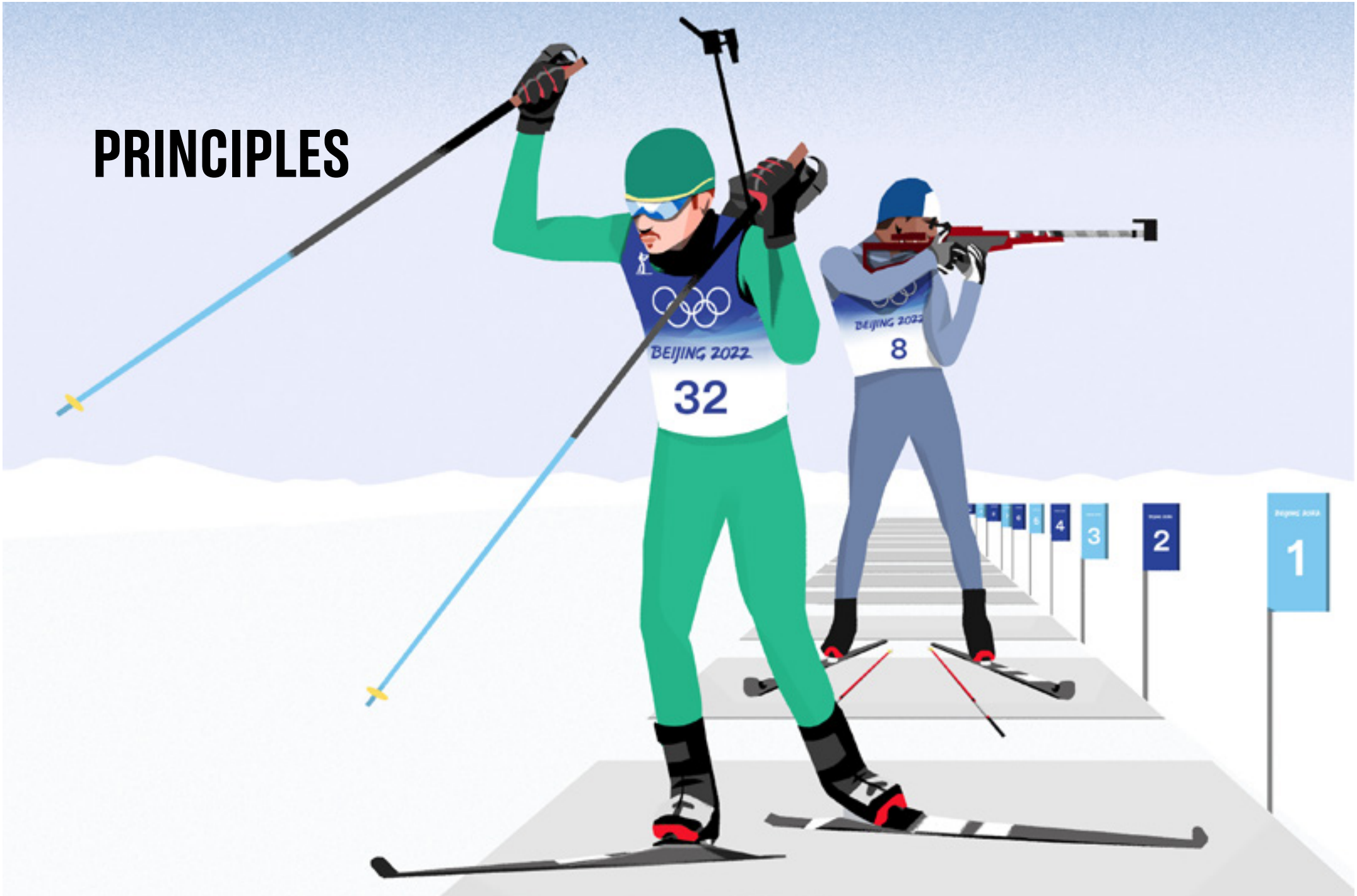
All principles and measures from the Playbook are in effect across all phases, with exceptions noted below

Now Until 3 January 2022	Pre-Games* 4 January – 22 January 2022	Olympic Games-time 23 January – 23 February 2022	Post-Games After 16 March 2022
<p>Visas: Visa required for entry; Beijing 2022 will assist with invitation letter and visa application</p> <p>Pre-departure tests: One COVID-19 (PCR) test required within 72 hours of departure; additional tests and documentation required for Games participants who have previously contracted COVID-19</p> <p>Closed loop system: Closed loop systems will be in place on arrival for fully-vaccinated Games participants for the first 21 days of their stay, with accommodation, transport and specific venues to be visited agreed with Beijing 2022 in advance. Not all participants will be in the same closed loop. Interaction with those in other closed loops will be carefully managed. Free movement allowed after 21 days, as long as the integrity of the loop has been maintained</p>	<p>Flights: Games participants to provide their flight requests (including inbound and outbound dates) to their Beijing 2022 contact at least 15 working days before their planned departure. Beijing 2022 will provide flight options within a maximum of seven days of receiving the flight request, if it was provided on time</p> <p>Operational plan: Games participants to provide their Beijing 2022 contact with an operational plan that covers their needs, including venue access and transport requirements, at least 15 days before arriving in China</p> <p>Closed loop system: Games participants will be able to go to the venues within the closed loop in order to carry out their submitted operational plans. They will be able to visit several venues per day and work at venues where other Games participants are also present</p> <p>Accommodation: Selected official Games hotels, with full food and beverage services as per Games-time, will be made available to participants during this period, based on demand. In the majority of cases these hotels will be the same as the Games-time hotels</p> <p>Transport: Transport services will be available based on needs documented in operational plans. Games taxis will be available on demand or can be chartered for longer periods; coaches and mini-buses will also be available to charter</p> <p>Food and beverage: Food and beverage options will be provided at venues, with service levels differing for each venue</p>	<p>Playbook principles: All Playbook principles and specific measures for each stage of the journey will be in effect</p> <p>Paralympic Games-time 24 February – 16 March 2022</p> <hr/> <p>Same principles apply as Olympic Games-time, with the closed loop system in place for the entire period</p> <p>Leaving/returning to China: Participants are not required to exit China after the Olympic Games and re-enter the country for the Paralympic Games, but are allowed to do so. Those who choose to leave and re-enter must recomplete all pre-departure testing and entry requirements</p>	<p>Same principles apply as for the Pre-Games period</p>

*More detailed information on operations during this period can be found in the 'Closed loop policy 4-22 January' provided to your NOC/NPC



PRINCIPLES



VACCINATION

Vaccines are proven to reduce infection with and transmission of COVID-19 and are a key tool in enabling activities to be carried out safely. It will be mandatory to be fully vaccinated at least 14 days prior to departure for China, in order to be allowed in the closed loop system (see pages 9–10) without quarantine.

Participants are considered *fully vaccinated* according to the requirements of their country/region of residence or national health authority where the vaccine was administered. This may be with one, two or three vaccinations, depending on the requirements, type of vaccine and their personal medical history, or if not eligible for full vaccination according to the requirements of their country/region of residence, due to proven previous infection.

While we strongly encourage Games participants to receive a booster shot, any requirement to have one is according to the requirement of the participant's country/region of residence or national health authority where the vaccine was administered.

Anyone not fully vaccinated will need to quarantine for 21 days upon arrival in Beijing.

⊕ Exceptions may be granted for athletes and team officials on a case-by-case basis, based on medical reasons. The detailed criteria for a medical exemption have been established by a joint panel of medical experts nominated by Beijing 2022 and the IOC/IPC. These criteria include:

- Severe allergic reaction or anaphylaxis to a component of a COVID-19 vaccine*
- Myocarditis or Pericarditis following an mRNA COVID-19 vaccine*
- Serious adverse event following immunisation (e.g. results in hospitalisation)*
- Thrombosis with thrombocytopenia syndrome (TTS)/Vaccine-Induced Immune Thrombotic Thrombocytopenia (VITT) following the COVID-19 vaccine*
- Pregnant women coming from a country where vaccination is not approved during pregnancy and/or post-partum period

- Use of any immunosuppressive agents
- Vaccination not open to your age group in your country/region of residence

*If reactions appear after the first dose, you are exempt from the following dose(s)

- **Medical Expert Panel (MEP)**
 - The MEP is composed of 20 members, including members of the China Center for Disease Control (CDC), the Beijing CDC and five international expert representatives of the IOC, IPC and Winter IFs
 - They will review and examine vaccination exceptions before you travel
 - They are also developing the protocols for interpreting the results of screening tests
 - This group may be called upon for analysis of complex cases including management of close contacts

VACCINATION

⊕ If you are exempt according to the criteria detailed on page 7, speak to your CLO. You will need to provide official medical documents from health authorities and/or your doctor in your country/region of residence to the MEP, via your NOC/NPC medical representative or Chief Medical Officer. The MEP will review your case and liaise with the local public health authorities. You will be informed of their decision within seven days. Those eligible for exemption will be able to enter the closed loop system in the same way as those who are vaccinated.

The IOC and the IPC are working with the NOCs and NPCs to encourage and assist all Games participants in their territories to get vaccinated in their home countries before they go to China, in line with national/regional immunisation guidelines. Most national governments/regional authorities have already taken positive steps in this respect.

The IOC continues to support NOC and NPC access to vaccine doses. For any questions, NOCs should contact the IOC NOC Relations Department; NPCs should contact their respective NOC.





CLOSED LOOP

A special system has been defined to keep Games participants and the people of China safe through reducing unnecessary interactions, while still allowing you to perform the day-to-day activities essential to your role during the Games.

This closed loop system allows you to enter China without undergoing a compulsory 21-day quarantine, subject to you being fully vaccinated.

Within the closed loop, all Games participants will be subject to daily health monitoring and testing and will be allowed to move between permitted destinations (including Games venues, accommodation facilities, etc)* in dedicated Games transport. This is to ensure there is no contact with the general public or anyone outside of the closed loop.

The closed loop system will apply during your entire stay in China.

If you are not fully vaccinated you will need to quarantine in a dedicated facility for 21 days before entering the closed loop system.

⊕ *An updated list of permitted destinations within the closed loop has been shared with your NOC/NPC. It will be further updated as necessary in the lead up to the Games

CLOSED LOOP

The closed loop applies to all three zones: Beijing, Zhangjiakou and Yanqing

ENTERING CHINA



Fully vaccinated
Dedicated Games transport



Not fully vaccinated
Dedicated Games transport



21-day quarantine

AT THE GAMES



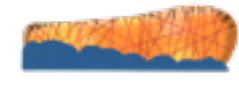
Training venues



Competition venues



All Games participants will be able to move between venues within the closed loop using dedicated Games transport



Opening and Closing Ceremonies



Non-competition venues and other permitted destinations



Victory Ceremonies



Olympic/Paralympic Villages and Beijing 2022 contracted hotels

LEAVING CHINA

Dedicated Games transport



COVID-19 LIAISON OFFICERS

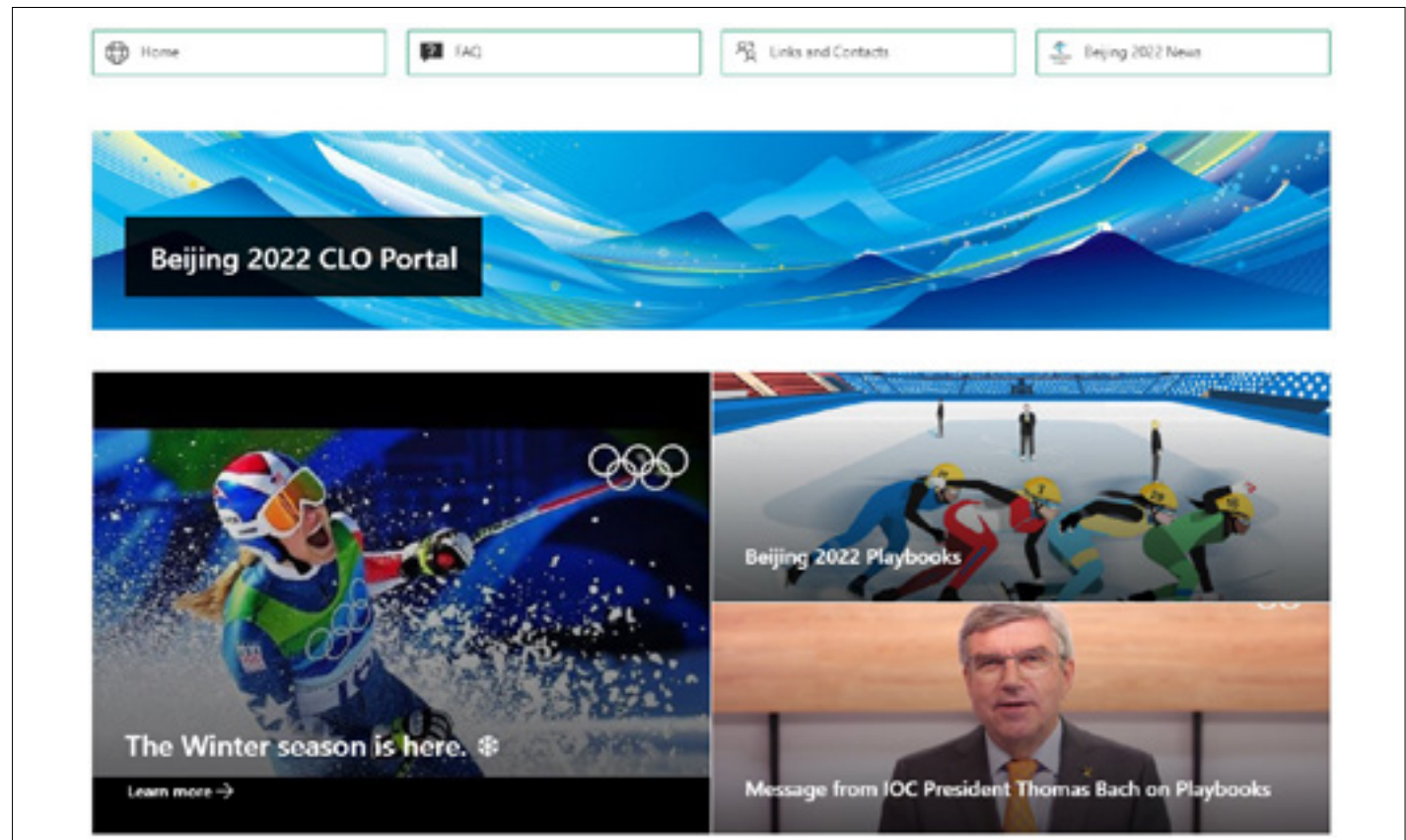
Every organisation taking part in the Games has nominated their COVID-19 Liaison Officers (CLOs).

As part of their role, your CLO:

- Will support you in making sure that you understand the contents of this Playbook, the importance of complying with the rules and the potential consequences (including legal consequences) of non-compliance
- Will be in contact with you regularly using your NOC/NPC's standard communication channels
- Will help you complete all necessary documentation before you travel to China

Ask them if you have any questions or concerns.

⊕ A dedicated online portal is available to all CLOs to access the latest available information and briefing materials to successfully carry out their role. Further information will be published in the lead up to the Games.



TEST, TRACE AND ISOLATE

To stop the spread of COVID-19, it's vital to break the chain of human-to-human transmission. That's why it's important to have strict protocols to identify who has the COVID-19 virus as early as possible through testing; to understand to whom the virus might have been passed through contact tracing; and to use isolation and quarantine to stop the virus from spreading further.

#1



Ensure that you are fully vaccinated at least 14 days before your departure for China (see definition on page 7)

#2



Download the 'My 2022' application and start to monitor and track your health daily for 14 days before your departure for China

#3



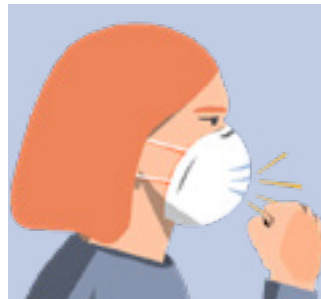
Get tested and provide proof of negative results before your departure for China. You will be tested again upon arrival at Beijing Capital International Airport in China

#4



Have daily screening tests for COVID-19 during the Games

#5



Get a test if you experience any symptoms or are told to by the Chinese health authorities (e.g. if you are identified as a close contact). If your test is positive, you will need to isolate

Close contacts are those who have prolonged contact (for 15 minutes or more) with a person who has a confirmed positive COVID-19 test, within one metre, without wearing a face mask (KN95, N95, FFP2, or equivalent standard of protection recognised in your country/region of residence)

MINIMISE PHYSICAL INTERACTION

COVID-19 is mainly transmitted through small liquid particles in our breath exhaled by coughing, sneezing, talking, shouting or singing. These particles range from larger respiratory droplets to smaller aerosols. A person can be infected when aerosols or droplets containing the virus are inhaled or come directly into contact with the eyes, nose, or mouth.

The risks of catching COVID-19 grow in crowded, poorly-aired spaces and when we spend time in proximity to those who are infected with COVID-19. That's why it's important to be vaccinated, minimise physical interaction, wear a mask and avoid spaces that are enclosed, crowded or involve close contact.

#1



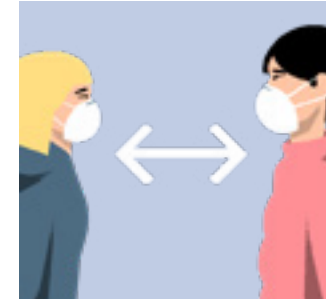
Keep physical interactions with others to a minimum, starting 14 days before you travel to China

#2



Avoid physical contact, including hugs and handshakes

#3



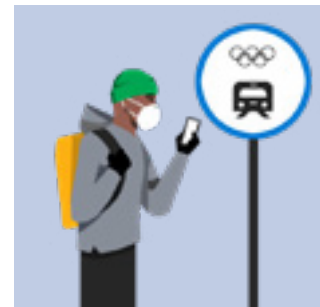
Keep two metres' distance from athletes and at least one metre from others, including in operational spaces

#4



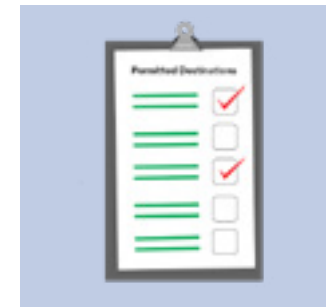
Avoid enclosed spaces and crowds where possible

#5



Use dedicated Games transport. For certain journeys, dedicated sections of the High Speed Rail will be reserved for those in the closed loop

#6



Only carry out the activities relevant for your role at the Games, at places on the list of permitted destinations

THINK HYGIENE

If we touch surfaces that have been contaminated by the virus with our hands and then touch our eyes, nose or mouth, we run the risk of becoming infected. That's why we must not forget the basics of good hygiene – regularly and thoroughly cleaning our hands, disinfecting surfaces and avoiding touching our faces. Wear a face mask at all times, in line with [WHO guidelines](#):

- Make sure it covers your nose, mouth and chin
- Clean your hands before you put your mask on, as well as before and after you take it off, and after you touch it at any time
- When you take off your mask, store it in a clean plastic bag. Every day, either wash it if it's a fabric mask or dispose of it in a trash bin
- Don't use masks with valves

Please practise thorough hygiene measures as outlined, throughout your stay in China.

#1


Properly wear a face mask at all times (KN95, N95, FFP2, or equivalent standard of protection recognised in your country/region of residence) without an inhalation valve (except when training/competing, eating, drinking or when alone)

#2

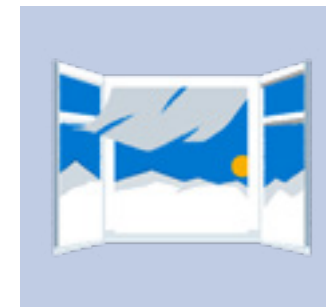

Wash your hands regularly and use hand sanitiser where available

#3


Support athletes by clapping instead of singing or chanting

#4


Avoid sharing items where possible, or disinfect them

#5


Keep rooms you are staying in regularly ventilated



YOUR JOURNEY



BEFORE YOU TRAVEL

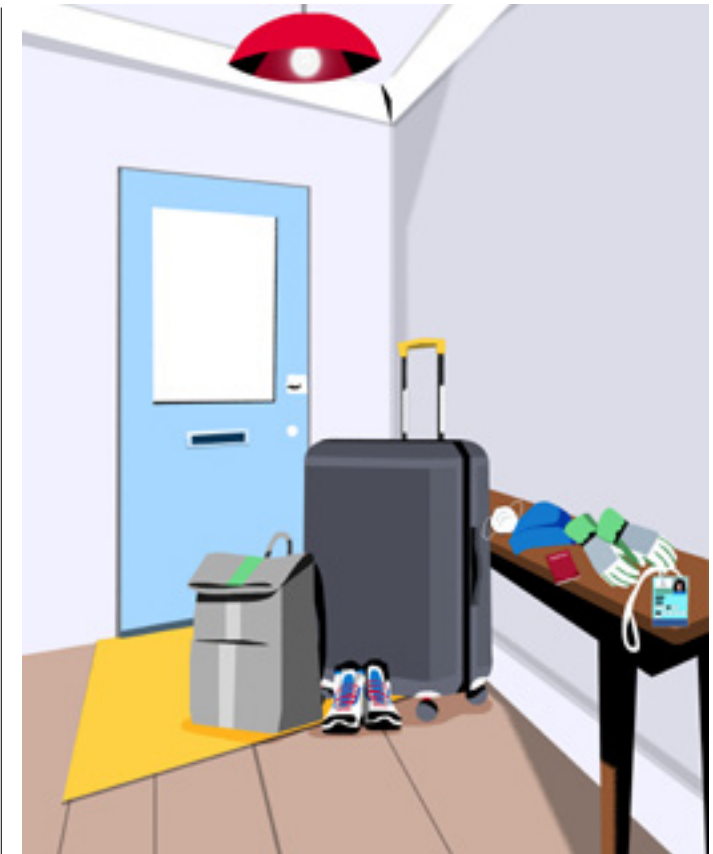
! Read this Playbook thoroughly

Before you travel, make sure that you have understood the Playbook and the importance of fully complying with the rules contained within. See 'Compliance and consequences', pages 68–69.

If you have any questions, contact your NOC/NPC or CLO as soon as possible.

The rules related to entry to China are in accordance with authorities' requirements for the Games. They apply from 15 days before your travel (including pre-departure tests), as well as throughout your journey to China; it's important to adopt the right mindset in this period.

- **Support from your CLO before you travel**
 - Your CLO will support you in making sure that you understand and comply with the Playbook
 - They'll help if you have problems downloading or installing the 'My 2022' smartphone application or obtaining the QR codes required for country entry
 - If you test positive for COVID-19 before your departure, inform your CLO immediately
 - If you have any questions or concerns about any of the measures, now is the time to ask!



BEFORE YOU TRAVEL

- **You are required to have medical treatment and repatriation insurance (including cover for COVID-19) covering the entire period of your travel and stay in China**
 - Beijing 2022 will provide you with medical treatment and repatriation insurance (including cover for COVID-19), for the period between the pre-opening of the Olympic Villages and the closing of the Paralympic Villages (23 January 2022 to 16 March 2022). Please note that this insurance only covers costs incurred in China
 - As per standard Games practice, NOCs/NPCs should source their own insurance for members of their delegations outside these dates
- **It is strongly recommended that athletes and team officials reside in the Olympic and Paralympic Villages.** If this is not possible for operational reasons, you must reside in Beijing 2022 contracted hotels, which will be compliant with the COVID-19 countermeasures
 - ⊕ – For further information, see the ‘Olympic accommodation policy’ (published 30 September 2021) and/or ‘Paralympic accommodation policy’ (published 5 November 2021), shared with your NOC/NPC within the ‘Accommodation Guide for Stakeholders’ and the ‘Games Stakeholders Guide on Transferring to Contracted Hotels’
- **Make sure you have a Pre-Valid Card (PVC),** which will be validated to become your Olympic Identity and Accreditation Card (OIAC)/Paralympic Identity and Accreditation Card (PIAC). Your PVC will act as an entry document or visa waiver into China; without it you will need to apply for a visa
 - If you have not received your PVC 15 working days before your departure, please contact Beijing 2022 through your CLO. Your CLO will obtain a letter of invitation for your visa application
 - Once you have the letter of invitation issued by Beijing 2022, begin a visa application through your Chinese Embassy/Consulate – at least seven working days before departure. For details about the documents required, please refer to the website of your Chinese Embassy/Consulate
 - Please make sure that you have obtained a PVC or a visa before boarding your flight to China

BEFORE YOU TRAVEL

- ⊕ **Air travel to Beijing* will be made possible through charter, temporary and commercial flights** only if you hold Games accreditation (PVC or OIAC/PIAC) or a valid visa supported by a Beijing 2022 invitation letter. For further information, see the 'Beijing 2022 Games-time flight booking procedure' (published 15 November 2021)
 - The first point of entry into Chinese mainland must be Beijing Capital International Airport (PEK)
 - You can organise your own charter flights, including with other Responsible Organisations, through your chosen airline
 - Airlines can contact the Civil Aviation Administration of China (CAAC) to make the required arrangements at <https://cat.caac.gov.cn>, or by calling +86 10 64091902
 - Once the flight is confirmed, provide your Beijing 2022 contact with the flight information
- ⊕ – Beijing 2022 and CAAC encourage Chinese and foreign airlines holding a permit to operate temporary flights to and from Beijing Capital International Airport
 - The list of airlines eligible to operate temporary flights and the relevant contact person within Beijing 2022 was shared on 15 November 2021. It will be updated in a timely manner and shared with your NOC/NPC
 - Commercial flights can be booked following the usual airline procedures
 - Start the booking process as early as possible, as approval procedures for charter and temporary flights may take more than 20 working days once all the information has been provided to the relevant authorities
 - If you need support in communicating with an airline or the CAAC when arranging charter, temporary or commercial air travel, ask your Beijing 2022 contact
- ⊕ *These flight booking procedures apply for inbound flights from 23 January onwards. If travelling to China before this, provide your inbound and outbound flight requests to your Beijing 2022 contact at least 15 working days before your planned departure; they will reply with your flight itinerary within seven days. For details, refer to the 'Pre-Games flight booking procedure' provided to your NOC/NPC

BEFORE YOU TRAVEL

- + **Your NOC/NPC must submit your travel information via the [Arrivals and Departures System \(ADS\)](#) as soon as possible**
 - For the Olympic Games, information must be submitted by 10 January 2022; for the Paralympic Games by 10 February 2022
 - Additional data, updates and changes can be made in the ADS as required after these dates but must be done 24 hours before travel, at the very latest. If changes are made within 24 hours before travel, arrival and/or departure transport services cannot be guaranteed
 - It is strongly recommended that NOCs/NPCs submit travel information for each member of the delegation individually, rather than for a group. For details, please refer to the ‘ADS User Guide’ and the template instructions



TEST, TRACE AND ISOLATE

- **Download the ‘My 2022’ smartphone application and log in to the Health Monitoring System (HMS) at least 14 days before departure to China**
For more information, see ‘Websites and smartphone applications’, pages 59–64
- **Make sure you are fully vaccinated at least 14 days before travelling to China**
 - Recognised vaccines are those approved by the World Health Organisation, other relevant international organisations or relevant national/ regional authorities
 - Upload your vaccination certificate to the HMS
 - Exceptions may be granted on a case-by-case basis, based on medical reasons (see pages 7–8 for more details)
 - + – If you have received an exemption from Beijing 2022, your NOC/NPC medical representative will liaise with your CLO, who will advise you regarding any specific requirements for your entry to China. You will enter the closed loop system in the same way as vaccinated participants
- **Check your health daily for the 14 days before departure for China**
 - Take your temperature daily and track it in the HMS.
It is recommended that you monitor your health at the same time every day to ensure consistency
 - + – If you have any difficulties with thermoregulation, please provide medical documentation to your CLO before you start monitoring your health. Your CLO will inform Beijing 2022 accordingly
 - Proactively check your personal health for any other COVID-19 symptoms
See [WHO guidelines on COVID-19 symptoms](#)
- **If you experience any symptoms of COVID-19 in the 14 days before departure for China**
 - Consult with a medical professional for next steps
 - Inform your CLO

TEST, TRACE AND ISOLATE

PRE-DEPARTURE TESTS

- **All Games participants must take the necessary COVID-19 tests required to enter China**
 - Take two COVID-19 (PCR) tests on two separate days (with a minimum 24-hour interval) within 96 hours of the departure of your flight to China (final leg of the flights, if you are travelling indirectly)
 - One of the two tests must be within 72 hours of departure. This test must be done by a testing provider approved by your Chinese Embassy/Consulate
 - A list of approved testing providers can be found on the website of your Chinese Embassy/Consulate. If this list does not include a convenient provider, your NOC/NPC or CLO should liaise with Beijing 2022 to find an appropriate solution, such as accepting other testing providers of comparable quality. Beijing 2022 will review such requests and provide feedback within seven working days
 - If there is no approved testing provider list on your Chinese Embassy/Consulate website, you can choose a local qualified testing facility that meets the requirements for testing, as also specified on the website
 - The other COVID-19 test can be taken at any recognised testing facility in your country/region
 - If either of the two tests are positive, do not travel to China
- **If you are fully vaccinated without any previous COVID-19 infection** you do not need any further COVID-19 test to enter China

TEST, TRACE AND ISOLATE

PRE-DEPARTURE TESTS

- ⊕ **If you are fully vaccinated and have previously been infected with COVID-19**, submit the following to Beijing 2022 (phs_1@beijing2022.cn) for review, at least eight working days before your planned departure:
 - Medical/laboratory certificates (in English) that prove your infection and recovery (including dates of infection and recovery, if possible)
 - An application form your CLO will give you
 - If your recovery is within 30 days of your planned departure, negative test results from two COVID-19 (PCR) tests taken with a minimum 24-hour interval at any time after your recovery
- Beijing 2022 will review the submitted documents within five working days and inform you whether you are eligible for travel to China
 - You will be eligible to travel if you provide all documents and information as outlined above. If your documents are incomplete, Beijing 2022 will request additional information
 - It is important that you submit your documents as early as possible to allow for additional requests from Beijing 2022, if required
 - Once approved, Beijing 2022 will return the application form signed and stamped
 - If you are eligible for travel, take two COVID-19 (PCR) tests on two separate days within 96 hours of the departure of your flight to China (final leg of the flights, if you are travelling indirectly). See details on page 21
- **If you are not fully vaccinated and have not previously been infected with COVID-19**
 - Take two COVID-19 (PCR) tests within 96 hours of the departure of your flight to China (final leg of the flights, if you are travelling indirectly). See details on page 21
 - Take an immunoglobulin (IgM) antibody test within 72 hours of the departure of your flight to China (final leg of the flights, if you are travelling indirectly). This IgM antibody test must be taken at a testing provider approved by your Chinese Embassy/Consulate, as per one of the PCR tests

TEST, TRACE AND ISOLATE

PRE-DEPARTURE TESTS

- ⊕ **If you are not fully vaccinated and have previously been infected with COVID-19**, submit the following to Beijing 2022 (phs_1@beijing2022.cn) for review, at least eight working days before your planned departure:
 - Medical/laboratory certificates (in English) that prove your infection and recovery (including dates of infection and recovery, if possible)
 - An application form your CLO will give you
 - If your recovery was within 30 days of your planned departure, negative test results from two COVID-19 (PCR) tests taken with a minimum 24-hour interval at any time after your recovery

- Beijing 2022 will review the submitted documents within five working days and inform you whether you are eligible for travel to China
 - You will be eligible to travel if you provide all documents and information as outlined above. If your documents are incomplete, Beijing 2022 will request additional information
 - It is important that you submit your documents as early as possible to allow for additional requests from Beijing 2022, if required
 - Once approved, Beijing 2022 will return the application form signed and stamped
- If you are eligible for travel:
 - Take two COVID-19 (PCR) tests on two separate days within 96 hours of the departure of your flight to China (final leg of the flights if you are travelling indirectly). See details on page 21

- If your recovery was within 30 days of your planned departure, take an IgM antibody test within 72 hours of the departure of your flight to China (final leg of the flights, if you are travelling indirectly). This IgM antibody test must be taken at a testing provider approved by your Chinese Embassy/Consulate, as per one of the PCR tests
- **Anyone not fully vaccinated but eligible to travel to China based on the criteria above must quarantine for 21 days upon arrival**
- **If either of your COVID-19 (PCR) tests are positive, do not travel to China**
 - Immediately begin self-isolation in line with local rules
 - Contact your CLO, who will record your symptoms, test results and close contacts, as well as inform Beijing 2022 and agree on next steps



TEST, TRACE AND ISOLATE

OVERVIEW OF NECESSARY COVID-19 RELATED TESTS REQUIRED TO ENTER CHINA

COVID-19 (PCR) test required for travel	Full vaccination	Previous infection	Additional information required	IgM antibody test required		
Two negative test results with at least 24 hours in between, within 96 hours (including one negative test result within 72 hours) of departure time of your direct flight to China	Yes	No	No	No		
		Yes	Recovery less than 30 days	As part of the eligibility assessment, obtain negative test results from two COVID-19 (PCR) tests taken with a minimum 24-hour interval at any time after your recovery (in addition to the tests required within 96 hours of your departure to China)	No	
		Yes	Recovery more than 30 days	Medical/laboratory certificate and application form	No	
	No	No	No	No	Yes	One IgM antibody test within 72 hours before the departure of your flight to China (final leg of the flights, if you are travelling indirectly)
		Yes	Recovery less than 30 days	As part of the eligibility assessment, obtain negative test results from two COVID-19 (PCR) tests taken with a minimum 24-hour interval at any time after your recovery (in addition to the tests required within 96 hours of your departure to China)	Yes	One IgM antibody test within 72 hours before the departure of your flight to China (final leg of the flights, if you are travelling indirectly)
		Yes	Recovery more than 30 days	Medical/laboratory certificate and application form	No	

TEST, TRACE AND ISOLATE

- ⊕ **You will need to present two sets of QR codes required by the Chinese authorities for travel to China:** the Green Health QR Code and the Customs Health Declaration QR Code

- ⊕ **For the Green Health QR Code:**
 - If your two COVID-19 (PCR) tests taken within 96 hours of departure are negative, upload photo files of the necessary documents listed below to <https://hrhk.cs.mfa.gov.cn/H5/>:
 - Valid passport or other travel document
 - Games accreditation (PVC or OIAC/PIAC) or visa with invitation letter from Beijing 2022
 - Test result certificate of test taken within 72 hours of your departure flight to China from a provider approved by your Chinese Embassy/Consulate
 - Test result of an IgM antibody test, if required
 - If you have previously been infected with COVID-19, approved application form signed and stamped by Beijing 2022

– Your Chinese Embassy/Consulate will review the documents and electronically issue the Green Health QR Code that you will need to enter China
For more information, see ‘Websites and smartphone applications’, pages 59–64

- ⊕ **For the Customs Health Declaration QR Code:**
 - A maximum of 24 hours before your arrival in China, complete the online Customs Health Declaration form at <https://health.customsapp.com>. Once this is complete you will receive your Customs Health Declaration QR Code
 - You will be required to provide your seat number to complete the form. If you do not have your seat number on your ticket reservation, you may need to do this once you are checked in
- For more information see ‘Websites and smartphone applications’, pages 59–64

- **Ask your CLO if you have any problems receiving your Green Health QR Code or Customs Health Declaration QR Code**

- **Bring any relevant medical information (in English original/translated version) with you to help assess potential complex COVID-19 cases** if you test positive during screening testing at the Games or are a confirmed close contact, such as:
 - Result certificates for both COVID-19 (PCR) tests taken within 96 hours of departure
 - Vaccination status (number of doses, date of vaccination[s] and vaccine type/brand)
 - Prior history of COVID-19 tests (test result, date of test and test type: PCR/antigen/other)
 - Presence of antibodies (date of antibody test, result, testing platform for information on viral target, titre/quantitative result, if applicable)
 - Relevant medical history, including any known risk factor for severe COVID-19 (for example, [WHO list of non-communicable diseases](#)) that may impact prioritisation for re-testing and/or re-testing requirements, if identified as a potential close contact

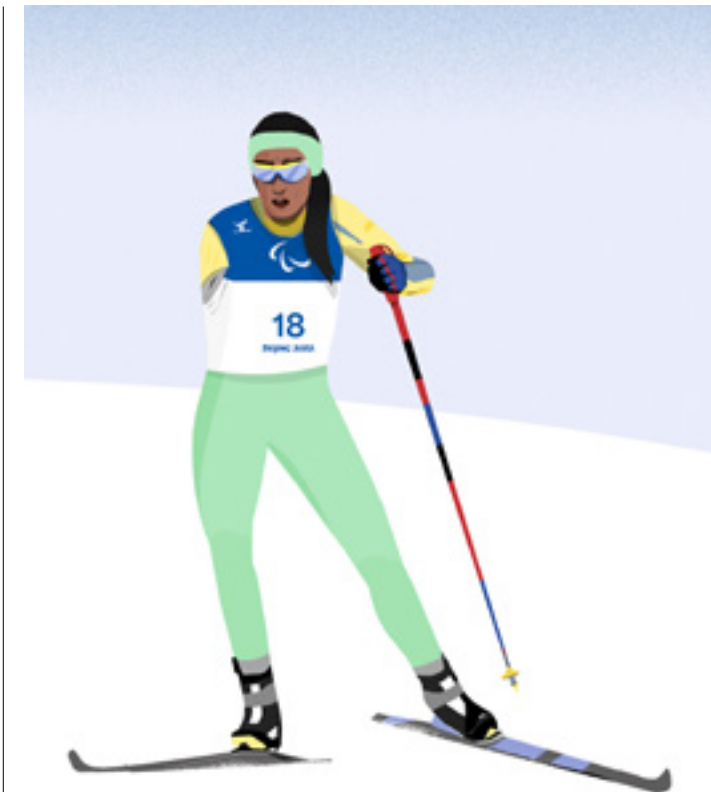
MINIMISE PHYSICAL INTERACTION

- **Keep your physical interactions to a strict minimum during the 14 days before you travel to China.** This applies even if you are vaccinated, as you can still test positive and transmit the disease
 - If you are at home, limit contact with others to your immediate family and your immediate training partners/team, especially indoors
 - If you are travelling and competing, limit contact to your immediate training partners, team and those strictly necessary for the competition
 - Any wider contact increases the risk of testing positive before leaving for China or on arrival, and therefore being excluded from the Games
 - Travel for social reasons (i.e. not for training or competing) is not advisable
- **Avoid unnecessary forms of contact and enclosed spaces and crowds** wherever possible
- **It is recommended that you prepare a list of the people you will spend time with regularly** while in China (format to be agreed with your CLO), for example, your roommate, coach, physiotherapist and immediate members of your team
 - Share the list with your CLO, who will use it to help with contact tracing if required

THINK HYGIENE

- **Follow good hygiene practice** – including always wearing a face mask and washing your hands regularly or using hand sanitiser
- **Make sure you have access to enough masks to last throughout your stay in China.** Your NOC/NPC is responsible for providing you with masks*. Please check with your CLO to ensure you have access to them for the duration of the Games
 - See ‘Principles’, page 14, for approved mask types
 - Check the manufacturer’s recommendations and health certification of the product
 - You will need to replace your masks as soon as they become damp
 - Please also be aware of guidelines regarding ‘Authorised Identifications’ related to face mask branding
- **If you use a wheelchair or other mobility device** that may be handled by someone else (for example, airline staff during travel), regularly disinfect the surfaces

*Beijing 2022 will provide support to NOCs/NPCs to obtain masks if needed. Contact Beijing 2022 for more information



ENTERING CHINA

When you arrive, you must observe the instructions of the Chinese authorities and the following protocols at the airport and for your onward journey.

Physical distancing and good hygiene measures must be followed throughout your time in China.

- **Support from your CLO when entering China**
 - If you test positive for COVID-19 on arrival or experience any symptoms, immediately inform your CLO by phone



TEST, TRACE AND ISOLATE

- ⊕ **On arrival at Beijing Capital International Airport,** customs staff will board the aircraft to speak with the flight crew and any passengers who have reported COVID-19 symptoms during the flight. Ground staff will then guide you to disembark
- **Once you have departed the aircraft, customs staff will verify your Customs Health Declaration form and your temperature will be checked**
 - Be ready to show the following:
 - Customs Health Declaration QR Code
 - Valid passport or other travel document
 - The initial temperature check upon arrival will be conducted with an infrared thermometer; if your temperature is high (37.3°C or higher), it will be checked again after a short break, using a mercury thermometer
 - If you record a high temperature again, or if you have any other COVID-19 symptoms, you will undergo a medical investigation. You will be guided by customs staff to a separate area in the airport terminal where COVID-19 tests will be conducted.

If required due to symptoms, you will be transferred to a designated hospital using dedicated transport

- **If your Customs Health Declaration form and temperature are normal, you will be asked to take a COVID-19 (PCR) test**
 - Trained customs staff will take an oropharyngeal (throat) and a nasopharyngeal (nose) swab sample from you, which will be combined for analysis
- **Once you have provided your sample, complete immigration** before activating your OIAC/PIAC at the accreditation validation counter at the airport
 - Be ready to show:
 - Valid passport or other travel document
 - Games accreditation (PVC) or valid visa with an invitation letter from Beijing 2022
 - Arrival card (provided to you on the aircraft or available on arrival)

- ⊕ **The arrivals process will be diligent and as efficient as possible** in order to move you through the airport without too much delay
- **Your COVID-19 test results will be processed as efficiently as possible (maximum six hours).** You will be transported to your accommodation and will be required to wait in your room until you receive your results
 - Countermeasures will be in place during transit to ensure there are no close contacts
- **If your test results are unclear or positive,** your CLO will inform you by phone. A confirmatory COVID-19 (PCR) test will be conducted in an isolation room at your accommodation, using a nasopharyngeal (nose) sample only. For more information, see 'Confirmatory tests', page 35

TEST, TRACE AND ISOLATE

- ⊕ **If your confirmatory COVID-19 (PCR) test is positive**, your CLO/team doctor and on-site medical staff will confirm whether you are symptomatic or asymptomatic and where your isolation will take place. You will be taken by dedicated transport either to an isolation facility or to a hospital to isolate and/or receive medical treatment, in accordance with the instructions of the Chinese health authorities. See page 36 for more details
 - Your CLO will record your symptoms, test results and help identify close contacts, as well as work with Beijing 2022 to agree on next steps
- **If you are identified as a close contact*** of someone on your aircraft with a confirmed positive test, your CLO will inform you within 24 hours of arrival and explain the next steps, including testing

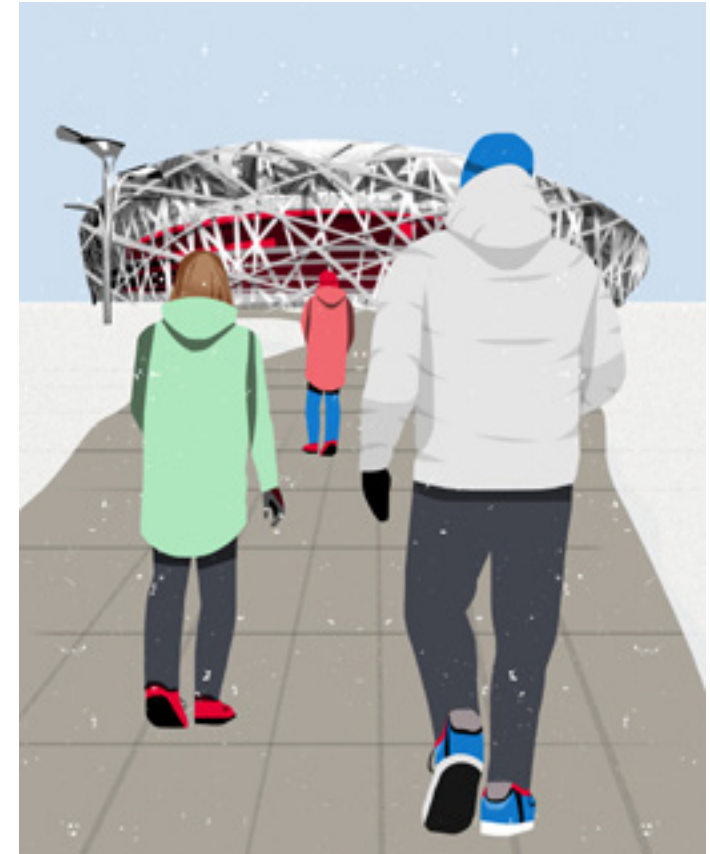
- A close contact on a flight is a person who has been in any of the following scenarios:
 - Seated in the same row as or within two rows in front of/behind the infected person
 - Having direct physical contact with the infected person
 - Having face-to-face contact with the infected person within one metre for over 15 minutes, without wearing a KN95/N95/FFP2 mask (or mask of an equivalent standard of protection, recognised in your country/region of residence)

*For more information on close contact procedures, see 'Close contacts', pages 37–38

AT THE GAMES

Physical distancing and good hygiene measures must be followed throughout your time in China, for your own health and safety, and that of all Games participants and the people of China. These measures are laid out in the following pages and summarised in the principles on pages 12-14. They will be monitored by Beijing 2022 to ensure compliance.

- **Support from your CLO at the Games**
 - Your CLO can help you upload daily health monitoring results
 - Your CLO will help you to ensure that you follow the correct procedures for daily testing. They will inform you if the results of a screening test are unclear or positive
 - If you have a confirmed positive test or experience any symptoms of COVID-19, immediately inform your CLO, who will take you through the next steps
 - If you're unclear about any of the rules in this Playbook, ask your CLO



AT THE GAMES

To enable physical distancing, overall accreditation numbers have been reduced, venue operational plans adapted and access to venues restricted to what is strictly required for operational reasons.

In accordance with the Organisers' requirements, you are responsible for proactively monitoring and reporting your personal health every day.

The comprehensive screening testing regime in place is based on science and expert advice. Testing will be a crucial part of minimising transmission: used for general screening and for those identified as a close contact of a positive case, as well as for diagnosis for those experiencing symptoms of COVID-19.

- **Competition continuity and sport-specific countermeasures**
 - Joint policies between the IOC, IPC, IFs and Beijing 2022 are being developed to ensure that in the event of a positive COVID-19 case, principles are in place to allow an event to continue. This will include a consistent approach to decision making and medal allocation across the Games, with allowances for the specifics of the competition format. Any relevant additional sport-specific countermeasures are detailed in the 'Team Leaders Guide' and 'Technical Officials Guide', available in December



TEST, TRACE AND ISOLATE

- **Proactively check your personal health every day** (body temperature and any other COVID-19 symptoms) and report the results on the HMS in the 'My 2022' app. For more information, see 'Websites and smartphone applications', pages 59–64
 - + It is recommended that you bring your own thermometer to continue the daily health monitoring and that you monitor your health at the same time every day to ensure consistency
 - + **Your temperature will be checked** with an infrared thermometer before entry to training and competition venues and the Olympic and Paralympic Villages
 - If you record a temperature of 37.3°C or higher, after a short break your temperature will be taken again with a mercury thermometer
 - If you still record a high temperature, you will be taken to a designated room at the venue for health screening and consultation with medical staff
- + – You will be able to enter the venue as long as:
 - You have no other symptoms
 - Medical staff on-site and your team doctor jointly agree that you can perform your training/competition/role without risk of endangering your health or that of others
 - You are aware of your health condition and any possible consequences
 - You follow the additional countermeasures applicable to close contacts until your temperature returns to normal with no other symptoms appearing and you receive a negative COVID-19 (PCR) test from a sample taken after the high temperature was recorded. For more information on additional countermeasures for close contacts, see page 38
- + – If your high temperature persists or other symptoms appear, your team doctor will be consulted and you may be transferred to a dedicated hospital. You can also request to be taken to a dedicated hospital at any time
- **If you show any other COVID-19 symptoms:**
 - Contact your CLO immediately for further instructions
 - You will be taken to a designated room at the venue or Village/accommodation for health screening and consultation with medical staffSee [WHO Symptom Guidance](#)

TEST, TRACE AND ISOLATE

SCREENING TESTING

- **In addition to tests taken before departure and on arrival in China, you will be tested daily for COVID-19** to minimise the risk of undetected positive cases that could transmit the virus
 - Medical personnel will take oropharyngeal (throat) swabs at sample collection sites at the Olympic and Paralympic Villages and other specific venues, including accommodation sites
 - + – All sample collection sites will operate from 06:00 to 23:00
 - The full list of sample collection sites and operating hours are being developed and will be shared with your NOC/NPC and your CLO when available
 - + – In principle, you should use the sample collection site at your Olympic and Paralympic Village or accommodation. You can visit the sample collection site at any time during opening hours without having to make a reservation. Make sure that you take your test in order to receive your results at a time that does not interrupt your training or competition
 - + – If due to competition, training or other operational need you need to be tested outside of regular opening hours, tell your CLO in advance in order to be provided with an alternative venue and/or hours for your sample to be collected
- **Getting the results**
 - Your CLO will receive a notification if your test results are unclear or positive and will inform you
 - + – Notifications for tests taken between 06:00 and 12:00 will be sent at 20:00. Notifications for tests taken between 12:00 and 23:00 will be sent at 06:00 the next morning
 - If you do not receive a notification from your CLO at the designated time, your result was negative

TEST, TRACE AND ISOLATE

CONFIRMATORY TESTS

- ⊕ **If your test results are unclear or positive**, you will need to take a confirmatory nasopharyngeal COVID-19 (PCR) test. Dedicated COVID-19 staff available at each venue/accommodation site will accompany you to take the test
 - **If you are already experiencing symptoms**, tell the COVID-19 staff and your CLO. A dedicated vehicle will be organised to take you to the confirmatory test at a designated hospital. Wait for your result as directed by the facility, which will take a maximum of five hours
 - **If you are not experiencing symptoms**, immediately go to an isolation room at your accommodation or nearest venue (as indicated by your CLO) to take the confirmatory test. A dedicated vehicle will be organised to take you if required. Wait for your result as directed by the facility, which will take a maximum of five hours
- On-site medical staff will inform you of your results. Your CLO will also be informed. You will be told about next steps, including isolation if you are confirmed positive
- Together with your CLO/team doctor, the on-site medical staff will confirm whether you are symptomatic or asymptomatic and where your isolation will take place
- **If you have a confirmed positive test:**
 - You will not be allowed to compete/continue your role
 - If you are symptomatic, you will be asked to stay at the designated hospital for treatment
 - If you are asymptomatic, you will be asked to stay in an isolation facility
 - A dedicated vehicle will be organised to take you

TEST, TRACE AND ISOLATE

ISOLATION

- **Hospital/Isolation facilities**

- There will be English-speaking personnel at the facilities who will monitor your health
- Meals will be provided three times a day with an appropriate range of meal options, catering to a variety of dietary considerations
- Free WiFi will be available and you will be able to keep in touch with your CLO and team
- Your CLO, supervisor (for minors) and team will be allowed to have access to the facility to bring you things, provide support on a case-by-case basis (e.g. welfare or safeguarding checks), inform medical personnel of specific care considerations, etc, during hours set by Beijing 2022
- There will be accessible rooms and experienced on-site personnel to assist with daily care tasks (such as meals, toilet, changing clothes, bathing, etc) for those who require it

- ⊕ – Athletes may request training equipment for their room, which will be provided if available
- ⊕ – You will have access to fresh air (through open windows), but you will not be allowed to go outside
- ⊕ – Rooms will be approximately 25m²
 - Mental health support will be available

- **Being discharged from isolation**

- You will be discharged from isolation in accordance with the discharge guidelines in China, specifically:
- At a hospital, you will be discharged when:
 - your body temperature returns to normal for three consecutive days;
 - respiratory symptoms improve significantly;
 - lung imaging shows significant improvement;
 - you have two consecutive negative COVID-19 (PCR) test results with a sample interval of at least 24 hours; and
 - you display no other COVID-19 symptoms

- At an isolation facility:
 - If you are asymptomatic, you will be tested every day, beginning 24 hours after your last test
 - You will be discharged once you have two consecutive negative COVID-19 (PCR) test results with at least 24 hours between the two samples and no other COVID-19 symptoms
- If you wish to return to your Games-time role after recovery, you will be asked to adopt additional countermeasures that apply to close contacts. See page 38 for more details
- Asymptomatic participants with consistent positive COVID-19 (PCR) tests will be reviewed by the MEP for next steps

TEST, TRACE AND ISOLATE

CLOSE CONTACTS

- ⊕ **Close contacts** are those who have prolonged contact (for 15 minutes or more) with a person who has a confirmed positive COVID-19 test, within one metre, without wearing a face mask, from two days before the person's symptoms appeared or two days before they were tested and started isolating
 - If you have a confirmed positive test, to identify close contacts:
 - CLOs will work with you to confirm activities and places visited from the two days before symptoms appeared (if symptomatic), or the two days before the sample was collected (if asymptomatic)
 - The Chinese health authorities will work closely with public health teams in the venues to further help identify close contacts. They will establish key details about you, including:
 - Any history of SARS-CoV-2 (the virus that causes COVID-19) testing and results
 - Date symptoms first appeared (if applicable)
 - Date of COVID-19 test
 - Who you might have been infected by
 - List of potential close contacts
 - Activities/locations when infectious and not isolating
 - If relevant, the MEP will be consulted
 - Your CLO, the Chinese health authorities (including the local municipalities' health authorities) and Beijing 2022 will determine further measures, such as disinfection of specific areas
 - The process to confirm close contacts will be as efficient as possible. However, if you know you have been near someone who has tested positive for COVID-19, you must limit your interactions with others as much as possible until the process is complete
 - If you are not confirmed as a close contact, you will be able to return to your role without any restriction
 - If you are confirmed as a close contact, your CLO will inform you within 24 hours and will explain the next steps, including testing

TEST, TRACE AND ISOLATE

CLOSE CONTACTS

- **If you are confirmed as a close contact and have an upcoming competition, you will be able to participate as long as you:**
 - Quarantine in a single room
 - Use NOC/NPC dedicated vehicles between your quarantine location and your venue. Beijing 2022 will provide this service if your NOC/NPC does not have sufficient vehicles available
 - Dine alone
 - Wear a face mask all the time (except when training/competing, eating, drinking or when you're alone)
 - Limit your physical interaction with others unless necessary to perform your role or for welfare reasons (e.g. receiving of daily care)
 - Keep a distance of two metres from others
 - Check your temperature twice a day and input your highest temperature of the two checks into HMS
 - Answer daily health enquiries by the health authorities' medical staff who will administer your COVID-19 (PCR) tests
- Have COVID-19 (PCR) tests every 12 hours for seven consecutive days
 - Medical staff will come to your room to carry out your COVID-19 (PCR) tests. They will take nasopharyngeal (nose) swabs or, if by exception for medical reasons this is not possible, oropharyngeal (throat) swabs
 - If all your test results are negative for seven days, the testing frequency will revert to normal
- ⊕ – Take a COVID-19 (PCR) test six hours before your competition
 - The timing of the test will take into consideration the screening tests being taken every 12 hours. You will not need to take more than two tests per day
 - Your training and competition schedule will also be taken into account. If taking a test six hours before training or competition will interrupt your preparation, including your sleep, an alternative time will be found. Contact your CLO if you think this will be the case
- If results are negative, you will be allowed to participate
- Participation in pre-competition training and training sessions during the competition period will be allowed as long as your test results are negative
 - Training in indoor fitness facilities will not be permitted. Beijing 2022 will support your NOC/NPC as much as possible to provide fitness equipment for athletes' rooms. If this is not possible, a dedicated space for training will be made available
- This process will be in place for 14 days (or until your departure from China)

MINIMISE PHYSICAL INTERACTION

- **Limit your contact with other people as much as possible.** Minimise physical interactions such as hugs, high-fives and handshakes
 - **Keep a distance of at least two metres from other Games participants**
 - There may be times when the distance between athletes and others is less than two metres, for example, on the Field of Play and in preparation areas. Beijing 2022, the IOC, the IPC and IFs will implement the necessary countermeasures. See 'Generic venue planning and operational principles', pages 55–58, for more information
 - **Avoid enclosed spaces and crowds wherever possible**
 - Avoid staying an unnecessarily long time in any space. Refrain from talking in enclosed areas such as elevators
- **The restriction of keeping two metres' distance from others will be waived for those in need of additional support**
 - Masks should be worn at all times when providing assistance to others
 - Once aid has been given, sanitise your hands and go back to maintaining a physical distance of at least two metres from others
 - You should still try to keep physical contact to a minimum when possible

MINIMISE PHYSICAL INTERACTION

TRANSPORT

- Beijing 2022 will provide transport services from 14 days before the Opening Ceremony of the Olympic Winter Games to three days after the Closing Ceremony of the Paralympic Winter Games (21 January 2022 to 16 March 2022)
 - You will have a dedicated Athlete Transport (TA) service for arrival and departure, as well as transport across the three competition zones
 - You will also be able to be transported from the Olympic and Paralympic Villages to dedicated drop-off points (International Broadcast Centre (IBC), Zhangjiakou Broadcast Centre (ZBC), Rights Holding Broadcasters' (RHB) TV studios, TV towers (if applicable) by dedicated RHB and NOC/NPC vehicles
- **Use of public transport (including regular city taxis) is not permitted.** You will only be allowed to travel in dedicated Games transport. You may not travel to destinations outside the closed loop
- Games participants can only use vehicles provided by Beijing 2022, with the exception of temporarily imported special vehicles such as broadcast vans
- Games-dedicated vehicles are only allowed to travel to Games-related sites (i.e. places on the list of permitted destinations)
- All vehicles come with drivers and no one other than the provided or approved driver is allowed to drive the vehicles. More details on drivers can be found in the 'Beijing 2022 Transport Service Delivery Policy' provided to your NOC/NPC
- All dedicated vehicles, as well as the High Speed Rail, will operate following strict distancing and hygiene protocols:
 - Passengers will be guided to sit with proper physical distancing (occupancy should not exceed 50 per cent, where relevant)
 - Partitions will be installed between the driver and passengers
 - Vehicles will be ventilated constantly through heating/air conditioning
 - Drivers and passengers will have to wear face masks throughout the journey



MINIMISE PHYSICAL INTERACTION

TRANSPORT

- **High Speed Rail (HSR)**
 - For transport to the Opening and Closing Ceremonies only, you may use the HSR (depending on where you are staying). Use dedicated entrances and exits, dedicated waiting areas and dedicated carriages
- **Vehicle Access and/or Parking Permits (VAPPs)**
 - Every vehicle must display a VAPP at all times
 - Allocated VAPPs can only be transferred among vehicles belonging to and used by people from the same organisation
 - + – Rate card VAPPs separately purchased can only be used for rate card vehicles
- **Games taxis**
 - Beijing 2022 will make a user-paid Games taxi service available from 4 January to 16 March in all three competition zones, on a 24-hour basis
 - Games taxis can be used for instant service and charter service planned in advance. Booking will be possible through a dedicated app*
 - You will be able to charter the taxi on a daily basis. Reservations are required at least 24 hours in advance and full advance payment is required
 - Games taxis can travel within the competition zones, and between Beijing and Yanqing
 - Load zones for the Games taxis will be designated at each venue, outside the secure perimeter but within the closed loop area

For further information, see the 'Beijing 2022 Transport Service Delivery Policy' provided to your NOC/NPC

*A detailed booking procedure will be provided to your NOC/NPC

MINIMISE PHYSICAL INTERACTION

OLYMPIC AND PARALYMPIC VILLAGES

- **It is strongly recommended that all athletes and team officials reside in the Olympic and Paralympic Villages.** If this is not possible for operational reasons, you must reside in Beijing 2022 contracted hotels, which will be compliant with the COVID-19 countermeasures
- The Villages will open on the following dates:
 - **Olympic Villages:**
Pre-opening: 23 January, 08:00
Official opening: 27 January, 08:00
 - **Paralympic Villages:**
Pre-opening: 23 February, 14:00
Official opening: 25 February, 08:00
- During the pre-opening period, a maximum number of officials proportionate to the NOC/NPC delegation size is allowed in each Village; from the official opening date, all athletes and NOCs/NPCs will be able to access the Villages
- It is recommended that you leave China within 48 hours of your last competition, unless you choose to participate in the Closing Ceremony
- Olympic and Paralympic Village access is restricted as follows:
 - Only Games participants whose accreditation gives Village entitlements will be granted access
 - Access will only be allowed for those with operational reasons, subject to prior consent of Beijing 2022 and the IOC/IPC
- Temperature checks will be conducted at the entrances to the Villages: Team Processing Centre, main entry, transport mall, workforce entrance, logistics entrance. For more information on temperature checks, see page 33
- As much as possible, stay within the area allocated to your NOC/NPC. Do not go to other delegations' blocks, unless absolutely necessary
- Real-time updates on crowd levels in indoor public areas, including the plaza, fitness centre and entertainment centre, will be available at the front desk
- Self-serviced laundry areas, the fitness centre and the orthotic, prosthetic and wheelchair repair centre will be monitored to ensure capacity limits are respected
 - Please follow staff instructions when entering these areas, and disinfect the equipment and facilities before and after use
- Public spaces and bedrooms will be cleaned and disinfected regularly
 - Private items such as toothbrushes, toothpaste, soap, shower gel, slippers and combs will not be provided in bedrooms

MINIMISE PHYSICAL INTERACTION

OLYMPIC AND PARALYMPIC VILLAGES

- Signage about countermeasures will be installed in the Villages, for example regarding physical distancing, hand sanitising, wearing face masks, etc
- Ventilation systems will meet local COVID-19 regulation standards
- Hand sanitiser will be available at the entrance to all services and back-of-house spaces. Sinks for handwashing will be available in toilets
- Dedicated apartments will be provided to allow NOCs/NPCs to accommodate confirmed close contacts in single rooms, including accessible rooms for those who need them
- Wherever possible, processes will be digital, to avoid the need for exchanging printed materials between residents and workforce
- Partitions will be installed on dining hall tables and at all desks where you might interact with workforce
- The seating capacity will be reduced in the dining hall and in all spaces with seating areas, for example lounges and recreational spaces
- Cleaning and disinfection will be reinforced in high transit areas, including disinfection of contact surfaces like fridge handles, door handles, elevator buttons and partitions

MINIMISE PHYSICAL INTERACTION

ACCOMMODATION

- If you are not able to stay in a Village, you will be accommodated within the closed loop in a hotel contracted by Beijing 2022
 - For further information, see the Olympic and/or Paralympic accommodation policies within the 'Accommodation Guide for Stakeholders' and the 'Games Stakeholders Guide on Transferring to Contracted Hotels'
- You will be able to move around freely in designated areas in your hotel, as long as you follow the applicable hygiene measures and comply with the COVID-19 control protocols
- You can only leave the hotel for Games-related activities at places on the list of permitted destinations
- Hotels will provide regular housekeeping service every two days in principle, or upon request
- Hotel facilities such as gym, swimming pool and meeting rooms will be accessible through telephone booking
- Hotel dining will include à la carte, buffet and set meal options at different price levels. You can dine in, take food to your room or call for room service. There will be set opening times for restaurants; room service will be available 24 hours a day
- Hotels will have convenience stores selling snacks, beverages, alcohol, daily necessities and face masks
- An on-demand service team will be available to address urgent requests, including running errands and buying things
- Payments can be made using Visa cards or cash (Chinese Yuan – RMB)

MINIMISE PHYSICAL INTERACTION

AT THE VENUES

- You will have access to venues according to your accreditation entitlements. Venues will operate under the closed loop system. See ‘Generic venue planning and operational principles’, pages 55–58, for more details
- ⊕ Additional measures will be implemented for Opening and Closing Ceremonies and Victory Ceremonies including direction on mask wearing, physical distancing, disinfection of spaces, etc. Detailed information will be provided to your NOC/NPC closer to the Games
- ⊕ **Ticketing**
 - Seating for Same Discipline Athletes (SDAs) is allowed in athlete stands of venues you have access to with your OIAC/PIAC
 - During the Olympic Games, tickets for Different Discipline Athletes (DDAs) will be available as follows:
 - For indoor sessions, a limited number of tickets (quota to be determined) will be available. Your NOC will be able to apply for tickets two days before a session
 - For outdoor sessions, you will be able to access events as per the Open Venues (OPN) code on your OIAC
 - During the Paralympic Games, DDAs will need a ticket for both indoor and outdoor sessions. A limited number of tickets will be available (quota to be determined); your NPC will be able to apply two days before a session
 - You will be able to get to venues using the TA shuttle from the Olympic/Paralympic Villages. Priority will be given to competing athletes
 - Medical stations will be set up at each competition venue and the Opening and Closing Ceremonies venue. First aid service and ambulance transfer to a hospital if needed will be provided
 - Anti-doping procedures will operate in accordance with international standards, health and safety measures, and WADA guidelines, under the management of the International Testing Agency for the Olympic Games and the IPC for the Paralympic Games

THINK HYGIENE

- **Wear a face mask at all times** (see 'Principles' page 14), except when training, competing, eating, drinking, sleeping, when alone, or during interviews, stand-ups and live presentations from designated locations (as long as a distance of two metres from others can be ensured)
 - Clean your hands before putting on and after taking off your mask and avoid touching your eyes, nose and mouth. If possible, wash your hands with soap and warm water for at least 20 seconds. Otherwise use hand sanitiser
 - Replace masks as soon as they become damp
 - Face shields are not an acceptable alternative to a mask. They should only be used to prevent infection of the eye area
 - If you are not able to wear a mask due to a medical condition, please contact your CLO to apply for a face mask exemption. You will be required to wear a face shield and be provided with a designated sticker to apply on the face shield
- **You may temporarily remove your mask** if you are speaking or providing assistance to someone who relies on lip reading, clear sound and/or facial expressions to communicate. You should stay at a minimum distance of two metres and put your mask on as soon as possible
- **Wash your hands regularly and thoroughly** for at least 20 seconds, ideally using soap and warm water. Otherwise use hand sanitiser
- **Avoid shouting, cheering and singing** – show support or celebrate by clapping instead
- **Keep rooms regularly ventilated**
- **Avoid sharing items** wherever possible. Always disinfect items that have been used by someone else
- **For some Para sports**, it will be critical for competition partners and coaches to shout to communicate with athletes with vision impairments during competition. In those specific circumstances, shouting will be permitted for competition partners and coaches, whilst wearing a mask and respecting physical distancing
- **If you use a wheelchair or other mobility device** that may be handled by someone else (for example drivers), regularly disinfect the surfaces

+ RESIDENTS OF CHINA*

Residents of China entering the closed loop must adopt the right mindset 14 days before starting their Games role

- **Keep your physical interactions to a strict minimum during the 14 days before your Games role begins.** This applies even if you are vaccinated, as you can still test positive and transmit the disease
 - If you are at home, limit contact with others to your immediate family and your immediate team, especially indoors
 - Any wider contact increases the risk of testing positive before beginning your Games role, and therefore being excluded from the Games
 - Travel for social reasons (i.e. not for work) is not advisable

- **Avoid unnecessary forms of contact and enclosed spaces and crowds** wherever possible
- **Take two COVID-19 (PCR) tests on two separate days** (with a minimum 24-hour interval) within 96 hours of the start of your Games role
- **Be fully vaccinated at least 14 days prior to starting your Games role**
- **All Beijing 2022 workforce entering the closed loop will receive a COVID-19 booster vaccination** at least 14 days before starting their Games role, if eligible according to Chinese immunisation guidelines

*Includes Games participants who enter China before 4 January 2022, have stayed for more than 21 days and are entering the closed loop

LEAVING CHINA

Minimise the length of your stay to reduce the risk of infection and help ensure a safe and successful Games.

You should continue to follow the Playbook and any instruction or requirement from the Organisers – including hygiene and distancing rules – throughout your departure and until you reach your destination.

If you stay in China after the closing of the Olympic Games to participate in the Paralympic Games, you will have to continue following the rules and behaviours outlined in the Playbook. See pages 31–47 for more details.

⊕ You are not required to exit China and re-enter the country for the Paralympic Games, but you are allowed to do so. If you choose to leave and re-enter you must recomplete all pre-departure testing and entry requirements.

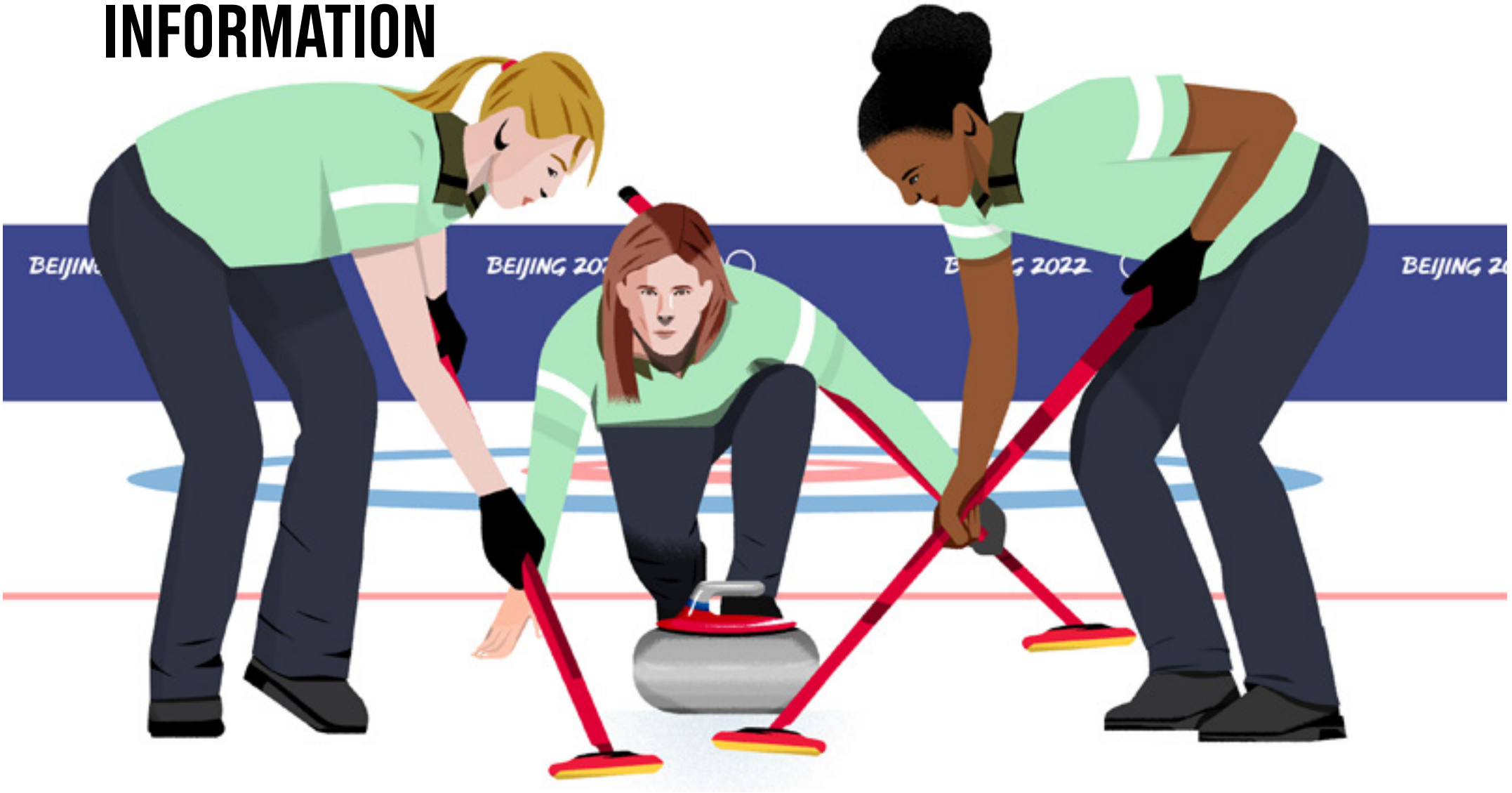
- **Support from your CLO when leaving China**
– Your CLO can help confirm any COVID-19 requirements for international travel and/or entry into your destination country/region



TEST, TRACE AND ISOLATE

- Follow the instructions of your NOC/NPC regarding your departure. It is recommended that you leave China within 48 hours of your last competition, unless you choose to participate in the Closing Ceremony
- Departures from China will be arranged using temporary and charter flights only, based on your preferred departure dates
 - In principle, there will be several temporary flights per day to agreed aviation hubs, to allow you to fly back as close as possible to your preferred day and timeFor more information about chartered and temporary flights, see page 18 and/or refer to the 'Beijing 2022 Games-time flight booking procedure', published on 15 November on the Arrivals and Departures System
- ⊕ Your NOC/NPC must submit your detailed departure information in the [Arrivals and Departures System](#) as soon as possible
- Make sure you know the latest entry requirements for your destination country, as well as any countries you will pass through in transit, or check with your CLO
- ⊕ If you need a test result certificate for international travel, you will be able to get a hard copy (in English and Chinese) from your daily screening test taken within 48 hours of departure
 - The certificate will be available to collect 24 hours after your screening test, from the sample collection site at which your test was taken
 - By exception, you can ask for the certificate to be available sooner (minimum six hours after your test)
 - If the entry requirements for your destination country/region are different from the screening tests provided, Beijing 2022 will help you obtain any necessary certification. Speak to your CLO if this is the case
- Obtain a Customs Health Declaration QR Code within 24 hours before leaving China, following the same procedure as used to obtain that QR code before travelling to China. Keep a screenshot of the QR code to show at check-in and when boarding your flight. See 'Websites and smartphone applications', pages 59–64, for more information
- Travel to Beijing Capital International Airport using designated Games transport
- Follow the instructions of airport staff during departure
- When you arrive at your destination, follow local COVID-19 regulations, including any need to quarantine on arrival
- Continue to check your health and your temperature for 14 days after leaving China (or, for residents of China, finishing your Games role). If you have any COVID-19 symptoms, inform your CLO

FURTHER INFORMATION





+ KEY POINTS TO REMEMBER (1/4)

	BEFORE YOU TRAVEL	ENTERING CHINA	AT THE GAMES	LEAVING CHINA
Travel documents	<ul style="list-style-type: none"> – Make sure you have a PVC (or visa with invitation letter from Beijing 2022) before boarding your flight to China 	<ul style="list-style-type: none"> – Show your valid passport or other travel document, PVC (or visa with invitation letter from Beijing 2022) and arrival card at immigration 		<ul style="list-style-type: none"> – Make sure you know the latest entry requirements for your destination and transit countries
Closed loop	<ul style="list-style-type: none"> – Plan to stay in an Olympic/Paralympic Village if possible, or otherwise in a Beijing 2022 contracted hotel 	<ul style="list-style-type: none"> – You will be transported to your accommodation using dedicated Games transport 	<ul style="list-style-type: none"> – Leave your accommodation only to travel to permitted Games-related destinations, using dedicated Games transport 	<ul style="list-style-type: none"> – Travel to Beijing Capital International Airport using dedicated Games transport
Vaccination	<ul style="list-style-type: none"> – Make sure you are fully vaccinated at least 14 days before travelling to China (see ‘Vaccination’, pages 7–8) 	<ul style="list-style-type: none"> – If you are not fully vaccinated, you will need to quarantine for 21 days before entering the closed loop 		
‘My 2022’ smartphone application, including the Health Monitoring System (HMS) See ‘Websites and smartphone applications’ pages 59–64	<p>At least 14 days before travelling to China:</p> <ul style="list-style-type: none"> – Download the ‘My 2022’ smartphone application or access it via a web browser on a PC and log in to the HMS (part of the ‘My 2022’ app) – Upload your vaccination certificate to the HMS – Report your health status daily on the HMS for the 14 days before travelling to China – Upload the negative test result certificate of the test taken within 72 hours of your departure to the HMS (see point 5, page 60) – If you are a resident of China entering the closed loop, you will also have to download the ‘My 2022’ app, log in to the HMS and report your health status daily starting 14 days before the start of your Games role 		<ul style="list-style-type: none"> – Proactively check your personal health every day (body temperature and any other COVID-19 symptoms) and report the results on the HMS 	<ul style="list-style-type: none"> – Continue to check your health and your temperature for 14 days after leaving China – If you are a resident of China in the closed loop, you will have to continue to report your health status daily on the HMS during the post-Games quarantine (applicable from 4 January)



+ KEY POINTS TO REMEMBER (2/4)

	BEFORE YOU TRAVEL	ENTERING CHINA	AT THE GAMES	LEAVING CHINA
Eligibility of participants with a previous COVID-19 infection	<p>At least eight working days before departure:</p> <ul style="list-style-type: none"> - If you have previously been infected with COVID-19, submit medical/laboratory certificates that prove your infection and recovery to Beijing 2022 (phs_1@beijing2022.cn) along with an application form your CLO will give you - If your recovery was within 30 days of your planned departure, negative test results from two COVID-19 (PCR) tests taken with a minimum 24-hour interval at any time after your recovery (in addition to the tests required within 96 hours of your departure to China) 			
COVID-19 testing	<ul style="list-style-type: none"> - Take two COVID-19 (PCR tests) on two separate days (with a 24-hour interval) within 96 hours of the departure of your flight to China (final leg of the flights if you are travelling indirectly) - One of the two tests must be within 72 hours of departure; this test must be done by a testing provider approved by your Chinese Embassy/Consulate - If you are not fully vaccinated or have previously been infected with COVID-19, take additional tests as required (see 'Pre-Departure Tests', pages 21-23) 	<ul style="list-style-type: none"> - Take a COVID-19 (PCR) test on arrival at the airport - After you have taken your test and completed immigration, you will be transported to your accommodation - Wait in your room until you receive your results 	<ul style="list-style-type: none"> - Be tested daily for COVID-19 at sample collection sites at your accommodation, where medical personnel will take oropharyngeal (throat) swabs - You will be given a deadline by which your test results will be processed 	<ul style="list-style-type: none"> - If you need a negative test result certificate for international travel, you will be able to get a hard copy from your daily screening test taken within 48 hours of departure - The certificate will be available to collect 24 hours after your screening test, from the sample collection site at which your test was taken - If the entry requirements for your destination country/region are different, Beijing 2022 will help you obtain any necessary certification. Speak to your CLO if this is the case



+ KEY POINTS TO REMEMBER (3/4)

	BEFORE YOU TRAVEL	ENTERING CHINA	AT THE GAMES	LEAVING CHINA
Management of positive COVID-19 test results and close contacts	<ul style="list-style-type: none"> - If either of your COVID-19 (PCR) tests are positive, do not travel to China and immediately inform your CLO 	<ul style="list-style-type: none"> - If your test results are unclear or positive, a confirmatory nasopharyngeal COVID-19 (PCR) test will be conducted - If your confirmatory test is positive, depending on your symptoms you will be taken either to an isolation facility or a hospital for isolation and treatment - If you are identified as a close contact of someone on your aircraft with a confirmed positive COVID-19 test, you will have additional measures to follow. Your CLO will inform you within 24 hours of these measures and next steps 	<ul style="list-style-type: none"> - If you are informed by your CLO of an unclear or a positive result, a confirmatory nasopharyngeal PCR test will be conducted - On-site medical staff will inform you of the results of your confirmatory test. Your CLO will also be informed. You will be told about next steps, including isolation if you are confirmed positive - If you are a close contact of a person with a confirmed positive COVID-19 test, you will have additional measures to follow. Your CLO will inform you within 24 hours of these measures and next steps 	<ul style="list-style-type: none"> - If you are identified as a close contact, you have the option to take dedicated transport to the airport and leave China, as long as you have tested negative for COVID-19 within the last 24 hours
Green Health QR Code	<ul style="list-style-type: none"> - After receiving the results of your 72-hour pre-departure test, go to: https://hrhk.cs.mfa.gov.cn/H5/login - Select 'Apply for health declaration form' - Fill in the form and upload the required documents - Once your data has been reviewed and approved by your Chinese Embassy/Consulate, the QR code will change from orange to green. This may take several hours - Keep a screenshot of the Green Health QR Code for check-in at the airport. You may also be asked to login to the system to show the live QR code 			

⊕ KEY POINTS TO REMEMBER (4/4)

	BEFORE YOU TRAVEL	ENTERING CHINA	AT THE GAMES	LEAVING CHINA
Customs Health Declaration QR Code	<ul style="list-style-type: none">- A maximum of 24 hours before your arrival in China, complete the online Customs Health Declaration form at https://health.customsapp.com- Complete and submit the form- If all information was provided correctly, a Customs Health Declaration QR Code will appear- Keep a screenshot of the QR code. You may be asked to show it when boarding your flight and you will be asked to show it on arrival in China	<ul style="list-style-type: none">- Show the screenshot of your Customs Health Declaration QR Code to customs staff on arrival in China- You may also be asked to log in to the system to show the live QR code		<ul style="list-style-type: none">- Obtain another Customs Health Declaration QR Code within 24 hours of your departure, following the same procedure as used to obtain the QR code before travelling to China- Keep a screenshot of the QR code to show when boarding your flight
Quarantine		<ul style="list-style-type: none">- If you are fully vaccinated at least 14 days prior to departure for China, you are allowed in the closed loop system without quarantine. If you are not fully vaccinated, quarantine at a designated location for 21 days upon arrival in China		<ul style="list-style-type: none">- If you are a resident of China in the closed loop, complete a post-Games quarantine if required

GENERIC VENUE PLANNING AND OPERATIONAL PRINCIPLES

The Playbook principles have been used to create common operating principles applying to all competition venues and major non-competition venues.

These common operating principles will be adapted to each venue through specific Venue Operating Plans, with sport-specific countermeasures and venue drawings reflecting the countermeasures as appropriate.

1. Physical distancing and separation of flows

- **Ensuring physical distancing:**
 - Maintain the standard Playbook physical distancing rule of keeping at least two metres from athletes and one metre from others
 - Where this is not possible, for example in elevators or in small rooms, capacities will be limited and conversation prohibited

- Workforce will be trained in managing the movement of people, including guiding and providing directions. They will be positioned in areas where people are likely to gather – including any waiting lines – for example at Pedestrian Screening Areas (PSAs), temperature check areas, concourses, toilets, concessions, seating bowl entrances, and venue entrances and exits. They will count people going in and out, so that areas do not exceed maximum capacities
- Physical distancing will be planned, organised and managed in the spectating areas (seating bowl and standing areas), both in accredited areas and ticketed areas
- Signage will be installed in all necessary places, including distance markers on the ground
- Droplet prevention measures (dividers/splash guards) will be installed in areas as an additional measure where physical distancing cannot be easily ensured (for example, food and beverage concessions, check-in areas, counters, work areas, etc)

- **Zoning the venue and managing stakeholder flows**
 - Detailed stakeholder flows will be shown on the venue drawings both inside and outside the closed loop
 - Athlete flows will be organised so that they do not cross with others, unless it is unavoidable for operational purposes, in which case additional countermeasures such as a managed crossing will be in place. One-way traffic will be promoted in all back-of-house areas
 - Plans will be put in place to manage movement and occupancy levels in order to:
 - Reduce congestion as people move from high-capacity spaces into low-capacity spaces
 - Manage instances where different groups cross paths or occupy the same space simultaneously
 - Develop cleaning protocols for spaces that are used in high frequency

GENERIC VENUE PLANNING AND OPERATIONAL PRINCIPLES

2. Wearing of face masks

- Face masks must be worn by everyone at all times, in all locations of venues, with the exception of competing and training athletes. Technical officials are exempted if needed for operational reasons (for example, on the Field of Play). Children under the age of five are also exempt
- Masks may be removed when eating or drinking but must be promptly replaced when finished

3. Personal hygiene, cleaning and sanitisation

- **Personal hygiene:**
 - Wash hands with soap and use hand sanitiser often
 - Hand sanitiser will be available at numerous points throughout each venue, including every entrance/exit, rooms where medical treatment is performed, dining areas, toilets, mixed zone, press desks and commentary positions, seating bowl staircases, concourses, workrooms, sports information desks, ice and towel distribution points, changing rooms, athlete warm up and call areas and gyms, etc

- Hand sanitiser will be made available to spectators in all general public areas, such as PSAs, concourses, etc
- Hand sanitiser will be accessible for individuals with different types of impairment

- **Cleaning and disinfection operations:**

- Frequently touched surfaces (doorknobs, switch panels, handrails, desks, counters, sinks, electrical switchers, elevator buttons, hand-held devices, eating surfaces and other areas where high-frequency contact is expected) will be disinfected several times a day
- You should disinfect tables/chairs after eating and shared equipment (such as microphones, sports equipment, physio beds, hand-held devices, etc) before and after use

4. Awareness and information – Venue signage and announcements

- The Venue Wayfinding & Signage: Venue COVID-19 Signage Plan will support awareness of and compliance with COVID-19 countermeasures
- All workforce and volunteers will support awareness of and compliance with COVID-19 countermeasures
- Comprehensive dedicated signage (including pictograms) related to countermeasures will be installed to support and enforce the respect of countermeasures (mask wearing, physical distancing, hygiene, disinfection, behaviour in the seating bowl, etc). This will include floor marking and appropriate accessible signage for people with vision impairments. The countermeasures signage will stand out from other Games information signage
- Messaging will also be delivered via public announcements and videoboards

GENERIC VENUE PLANNING AND OPERATIONAL PRINCIPLES

5. Prevention of infection in food and beverage operations

- Be extra vigilant when eating and drinking, when the risk of infection is high
- Additional measures in food and beverage areas (concessions and concourses, seating bowl areas, lounges, workforce dining, catering areas, etc) will include:
 - Installation of droplet-prevention measures (e.g. dividers/splash guards)
 - Installation of hand sanitisers at the entrance and reception
 - Regular disinfection and cleaning of tables, etc
 - Signage, for example rules for washing hands, wearing masks, etc
 - Disinfection of water dispensers and microwaves
 - Installation of foot signs in waiting line areas (at least one metre physical distancing)
 - Ventilation of the area
 - Workforce wearing gloves

- Installation of hand-washing soap (pump type)
- Eating in areas other than the dining area whenever possible, to avoid crowded places, close-contact settings, confined and enclosed spaces

6. Venue entrance: Pedestrian Screening Area (PSA) and Vehicle Screening Area (VSA) operations – Temperature screening procedure

- Everyone will have their temperature checked before entering a venue
- The first temperature measurement area will be in front of the entrance of each venue, before the PSA or VSA. Temperature will be measured by thermography or non-contact thermometer. See page 33 for more details

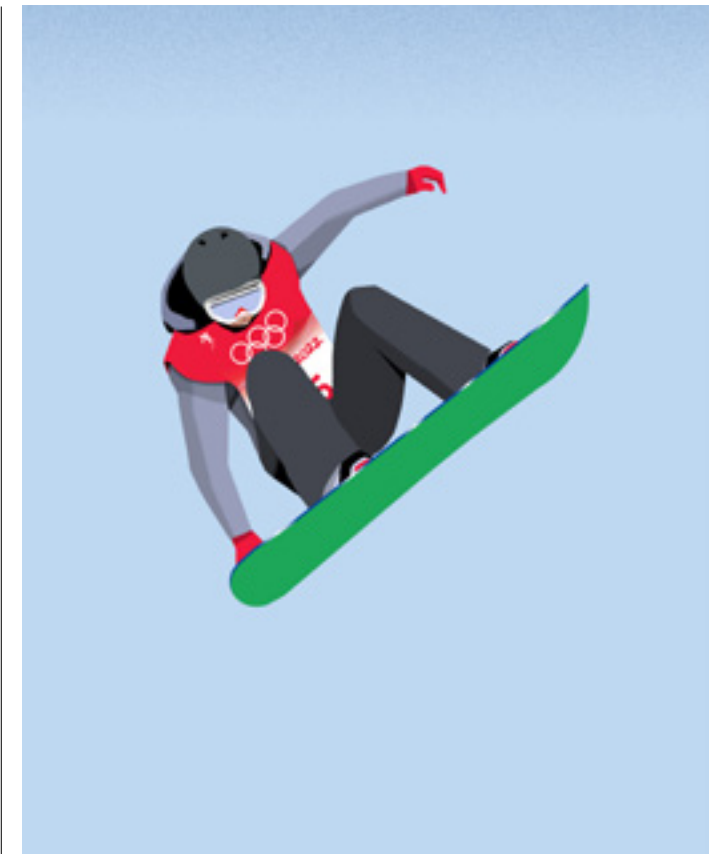
7. Isolation spaces at venues

- There will be an isolation space at each venue, located close to the relevant medical station
- If you have a fever, other COVID-19 symptoms or any symptoms of illness, you will be temporarily isolated in this space
- If you receive notification of a positive result from a screening test while at a venue, you will be temporarily isolated in this space. Inform your CLO and wait for further instructions

GENERIC VENUE PLANNING AND OPERATIONAL PRINCIPLES

8. Additional considerations

- There will be increased temperature screening for all venue workforce. All screening will take place outside the venue perimeter
 - Workforce numbers will be reduced to essential staff only
 - Contactless apps will be promoted
 - Payments at venues can be made using Visa cards or cash (Chinese Yuan – RMB)
 - To help identify Games participants outside the closed loop, a label or sticker may be applied to the outside of their OIAC/PIAC
 - In the case of an emergency, permission will be granted to specialised workforce/crew to enter the closed loop (using additional protective gear) to resolve a critical issue
- Each Beijing 2022 venue team will have two groups of staff working – one inside and one outside the closed loop, to prevent the crossing over of zones
 - Sport presentation will reinforce the COVID-19 prevention measures through announcements and messages on videoboards



WEBSITES AND SMARTPHONE APPLICATIONS

The following pages provide an overview of the website and smartphone applications' functionalities and guidance. More information, including step-by-step user guides will be made available to CLOs to share with their delegation.

'MY 2022' AND THE HEALTH MONITORING SYSTEM (HMS)

To support the successful delivery of the Games and the safety of all Games participants, Beijing 2022 has developed the 'My 2022' application, which includes information provided by the Organising Committee, the City of Beijing and also general information. One of its functions is the Health Monitoring System (HMS).

'My 2022' is available in Chinese and English and adheres to the accessibility standard 'Technical Requirements and Testing Methods for Accessibility of Information Technology Internet Content'.

If you are an overseas accredited Games participant, you will have to download 'My 2022' and log in to the HMS at least 14 days before travelling to China. You will be required to check your health status daily for 14 days before travelling and report your health status during your entire stay in China.

If you are a domestic accredited Games participant, you will also have to download the app and log in to the HMS.

You will be required to check and report your health status daily, starting 14 days before your Games role begins, at Games-time and during post-Games quarantine.

The HMS will be used before you travel and at the Games to upload relevant documents/information for entry to China and to monitor your health.

1. Access and login

The HMS can be accessed both via the 'My 2022' app on mobile devices and via a web browser on a PC.

Access via mobile devices

You can download and install the 'My 2022' app in the App Store (iOS) or Google Play store (Android/HarmonyOS). If you cannot access an app store, you can install manually by downloading the app package from Beijing 2022.

'My 2022' allows users to access their account across multiple mobile devices. Download and install 'My 2022' on all required devices and use your credentials to login.

It requires approximately 150Mb of phone memory space.

Access via PC

Access 'My2022' via <https://hms.beijing2022.cn>

'My 2022' login

Once the app is installed, open it and agree to the User Agreement and Privacy Policy. Go to 'Me' at the bottom of the screen and switch to 'Login with accreditation card'. Enter your accreditation card number, with your associated passport/travel document date of issue (format: YYYYMMDD) for your initial password. Fill in the CAPTCHA verification code.

Change your password as soon as you are first logged in. Your new password should contain a combination of numbers, letters (case sensitive) and special characters, and be between eight and 20 characters long. You will need to log in again after resetting the password.

WEBSITES AND SMARTPHONE APPLICATIONS

2. Commitment to truthful reporting

The first time you log in to the HMS, a page of Commitment to Truthful Reporting will be displayed. You are required to confirm that the personal data submitted is accurate and up-to-date. Click the 'Confirm' button to close the page.

After closing the Commitment page, click the buttons (on mobile) or left-hand menu options (on PC) to navigate to complete further actions.

3. COVID-19 vaccination information

Fill in the required information regarding your COVID-19 vaccine (including the manufacturer name of each dose and the date of vaccination) and the vaccination certificate.

4. Daily health information

Fill in your health information daily (including body temperature, any other symptoms and any medical or medication records) and epidemiological history starting 14 days before you travel to China.

5. COVID-19 (PCR) test results

You are required to take two COVID-19 (PCR) tests within 96 hours of your departure, one of them within 72 hours of your departure. Upload the negative test result certificate of the test taken within 72 hours to the HMS. This test must be done by a testing provider approved by your Chinese Embassy/Consulate. The other test is an additional requirement of Beijing 2022, the IOC and the IPC. You do not need to upload this test result, but are required to bring it with you to China. If you are required to have an IgM antibody test, indicate the result of the test in the HMS as well.

6. Personal Information Summary Report

Here you can check your health information, including daily health information.

7. Travel plans

Before you travel to China, you are required to provide information about your travel plans (arrival date, flight number, planned departure date, etc).

8. Further 'My 2022' information

Additional functionality

When you log in to 'My 2022' you will see several different functions in addition to the HMS app. The functions you see will depend on your role. They may include:

- Messaging and group chat with other 'My 2022' users
- Beijing 2022 weather and news information
- Encyclopaedia of Olympic and Paralympic Winter Games, including Beijing 2022 sports, mascots and partner details
- Interpreter online and intelligent translation
- Shuttle service information
- Competition information, including schedule and medals table
- Smart Arena providing venue information
- Official store for Beijing 2022 merchandise

WEBSITES AND SMARTPHONE APPLICATIONS

'My 2022' user support

If you need support using 'My 2022', phone +86-10-66689901 or email My2022-Tech@beijing2022.cn for help in both Chinese and English.

Data protection

The 'My 2022' app is in accordance with international standards and Chinese law. For more details, in the 'My 2022' app go to 'Me', then 'Account Settings', then 'Privacy Policy'.

QR CODES REQUIRED FOR COUNTRY ENTRY

In addition to the 'My 2022' app and the HMS, you will need to present **two QR codes** required by Chinese authorities for travel to China: the **Green Health QR Code** and the **Customs Health Declaration QR Code**. You can obtain these by completing and submitting two online forms. Due to data protection restrictions, this requires submitting some data already entered in the HMS app.

You can complete the forms on your mobile or laptop; please consider which device will make it easiest to

complete, capture a screenshot of each QR code and allow you to present them when needed.

Your organisation may have security blocks in place that stop you accessing the forms. If you have trouble, please try different browsers, different devices, or different internet connections.

1. Green Health QR Code

To obtain the Green Health QR Code, submit the test results certificate of a COVID-19 (PCR) test taken within 72 hours of your departure and answer other questions for the Chinese authorities on the form found at <https://hrhk.cs.mfa.gov.cn/H5/login>

- Click 'Register now' if it is your first-time use
- Type your email address and click 'Get the verification code'
- Check your email inbox to find your 'Email verification code'. Check your spam/junk folder if nothing appears. Enter the code as requested on the form
- Tick the box to confirm you accept the terms and conditions; click 'The next step'

- Create a password. This will be used to log in for future use (for example, to see your Green Health QR Code)
- Select either 'Foreign' or 'Chinese' passengers
- Complete the security questions
- Select 'Apply for health declaration form'
- Fill in the form with your personal information (including contact details, flight itinerary and health status) and upload photo files of the required documents. These include the personal information page of a valid passport or other travel document, Games accreditation (PVC, OIAC/PIAC or visa and invitation letter from Beijing 2022), vaccine certificate, negative test result, and – if you have previously been infected with COVID-19 – your signed and stamped application that you received from the Beijing 2022 eligibility assessment
- All documents need to be uploaded as image files (jpg/jpeg format) less than 10MB in size
- Click 'Submit'
- Your Chinese Embassy/Consulate will process the form, which will take them several hours

WEBSITES AND SMARTPHONE APPLICATIONS

- Once your data has been approved, the QR code will change from orange to green. Keep the browser session open and do not close the application. You will receive an email notification from the system to confirm you have the Green Health QR Code; refresh the webpage for it to appear
- Take a screenshot of the Green Health QR Code on your mobile phone to show at check-in at the airport (you may wish to print it out for additional certainty). You may also be asked to login to show the live QR code

2. Customs Health Declaration QR Code

To obtain the Customs Health Declaration QR Code, you will be required to complete an additional form within 24 hours of your arrival in China, found at <https://health.customsapp.com>

- As you will be required to provide your seat number, you may need to complete the form after you have checked in for your flight to China (final leg of the flights if you are travelling indirectly), in a place with internet access, before boarding

- Click ‘Declare’ on the opening screen to enter the ‘Health Declaration Entry Interface’
- For your convenience, select ‘Agree’ to save the information you provide on your device (it is not recommended to save on public or non-trusted devices)
- As you are about to enter China, select ‘Entry’
- Fill in your personal information (name, gender, nationality, occupation, date of birth, passport type and number) accurately, in line with the details on your passport
- Fill in your flight and seat numbers. Please note, the letters of flight numbers should be in capitals and there is no space between the letters and numerals, e.g. CA001
- Fill in your contact information, including the name and phone number of the inviting party; this will be provided to you by your CLO or your Beijing 2022 counterpart. Your address in China must include the street, community, building/house/apartment number, or hotel address. If you do not know your address, please enter ‘Winter Olympic/Paralympic Delegation Residency’

- Declare your complete travel history within the last 14 days (click ‘+’ to add more if you have travelled to multiple countries)
- Answer the COVID-19 questions and declare any symptoms in the last 14 days
- Fill in your vaccination status. If you have been fully vaccinated, select ‘Yes’ and only fill in the date of the last dose. If you haven’t been fully vaccinated, select ‘Yes’ and fill in your vaccination dates one by one
- Check your answers carefully and accept the certification that all information is true and correct. Fill in the CAPTCHA verification code. Click ‘Submit’
- If all information was provided correctly, after submission a Customs Health Declaration QR Code (valid for 24 hours) will appear on your screen
- Save a screenshot of the QR code. You may be asked to show it when boarding your flight and you will be asked to show it on arrival in China. You may also be asked to log in to the system to show the live QR code
- Support will be available at the airport upon arrival in China, if required

WEBSITES AND SMARTPHONE APPLICATIONS

TECHNOLOGY TIPS

Technology, smartphones and applications will play a large part in assuring the success of, and your participation in, the Beijing 2022 Games. As such, you may wish to review the tips below to ensure you are fully prepared and ready to travel to China:

- **Before you leave your home country, check with your mobile phone service provider to ensure:**
 - Your SIM package is allowed, unlocked and has the rights for international data and voice roaming while in China
 - That you have a method of monitoring and topping up your account, depending on your contract type, while overseas
 - That your handset is compatible with the China mobile network specification

- If you plan to buy a mobile SIM in China, that you confirm with your home country mobile operator that your handset is fully unlocked and able to be used with other international SIMs (also make note of your SIM size/form factor)
- Before you leave the plane and go through customs/immigration, have your phone fully charged
- Consider bringing an external battery pack, with the correct associated cables, to keep your phone charged on the go. Please note and respect all airline, country and airport rules on transportation of external battery packs
- Make sure you pack and bring all the charging cables and power plug/transformers for your phone. It is recommended to take these in carry-on luggage, also consider bringing spares in your check-in luggage

- Consider bringing a spare mobile phone handset, just in case something happens to your primary phone while in China
- You may consider purchasing a global roaming SIM for use in China; there are many providers online that offer affordable and flexible packages. If you do make use of such services, ensure you order the SIM well enough in advance to ensure you can get it and test it before you leave for China
- Make sure you are fully familiar with the use and operation of your mobile phone before you leave, especially how to turn flight mode on and off, how to turn international roaming data on and off and how to take screenshots. Every phone is different, and it will be difficult for others in China to provide support on your exact phone model
- Consider the security and safety of your phone, including the use of phone cases and screen protectors appropriate to the environmental conditions

WEBSITES AND SMARTPHONE APPLICATIONS

- Consider the security of any personal data you have within your phone. You may wish to seek advice from your organisation on appropriate screen locks and password manager applications that meet your organisation's guidelines and policies
- Backup your phone and all its data before you leave. Consider having an appropriate backup regime in place for critical data or photos on your phone while travelling
- Before you leave for China, it may be a good time to ensure you have enough space on your phone for any new applications and photos
- Have all your travel details needed for the app/forms written down and recorded in hard copy (and kept secure) in such a way so that you can enter them into systems and apps if/when needed while in the airport and in China

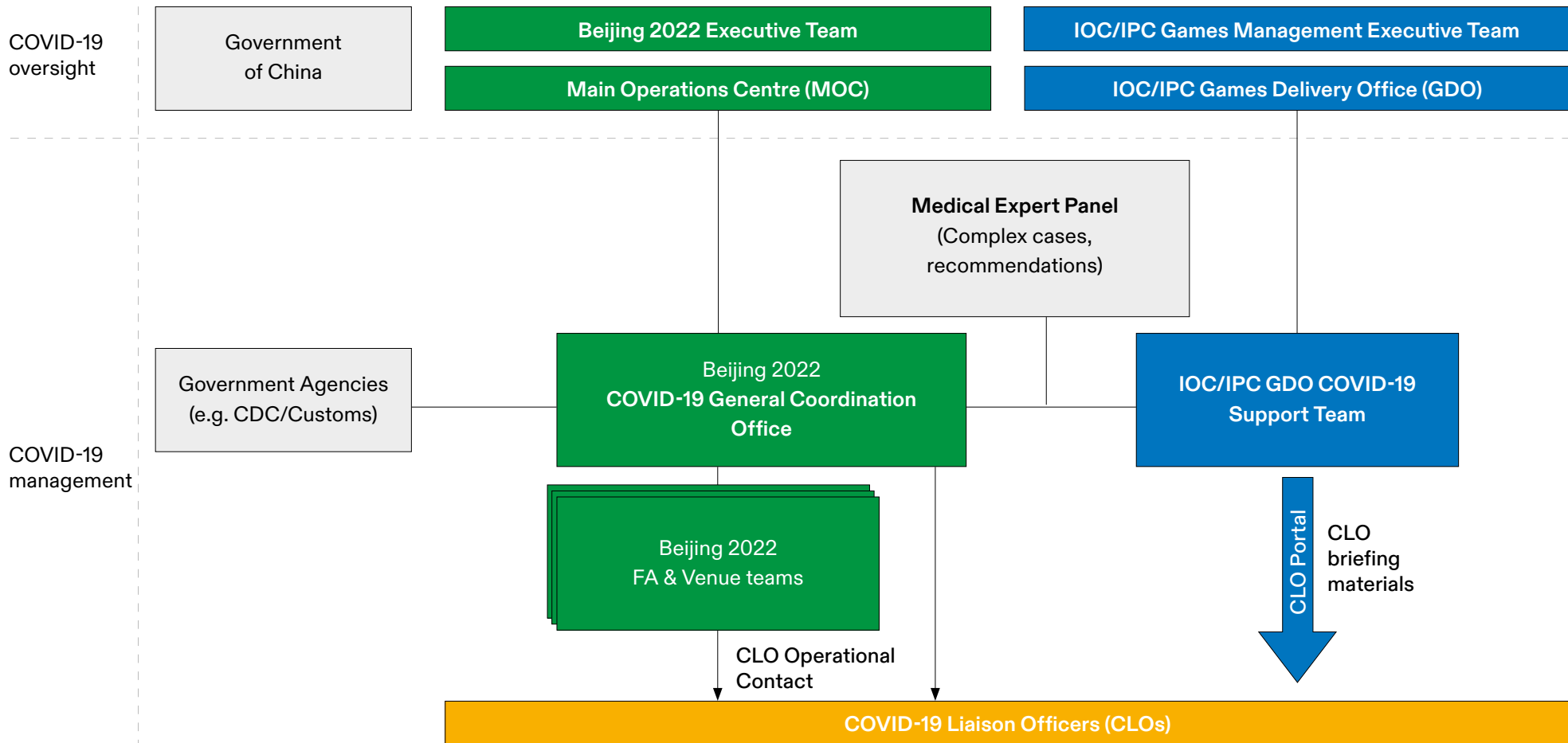


⊕ GOVERNANCE OF COVID-19 RELATED MATTERS

During the Games, CLOs will be supported by an ecosystem of specialised teams from Beijing 2022 and the IOC/IPC, with direct access to public health authorities. The key support bodies will be:

- Beijing 2022 COVID-19 General Coordination Office will be the central hub for information and management of all COVID-19 matters, including screening testing, positive case management and health monitoring
 - IOC/IPC Games Delivery Office COVID-19 Support Team will provide additional support to CLOs including the provision of briefing materials through the dedicated online CLO Portal
 - The Medical Expert Panel will provide case assessment and protocols for complex cases, as well as guidance on the early management of potential close contacts of confirmed COVID-19 cases, based on the screening testing plan that will be implemented at the Games
- Public health authorities in China will work with Beijing 2022 to manage confirmed COVID-19 cases and close contacts, including coordinating treatment and/or isolation of confirmed cases

GOVERNANCE OF COVID-19 RELATED MATTERS





PERSONAL DATA PROCESSING

Some of the countermeasures in this Playbook require collecting and processing personal data of accredited Games participants. This includes biographical information (such as name, date of birth, accreditation number) and health-related data (such as body temperature, symptoms, health status report, vaccination status).

This data will be collected through screening tests, smartphone applications and other IT systems and on different occasions, before travelling to China and during the Olympic and Paralympic Games. It may be submitted by you, your NOC/NPC/CLO and/or third parties involved in the implementation of the countermeasures, for example laboratories.

Personal data will be processed in accordance with applicable laws and regulations by the following entities (each for their respective operations): Beijing 2022, Chinese authorities (including the Chinese National Government, local authorities and other authorities in

charge of health and safety protocols), the IOC, the IPC and others involved in the implementation of the countermeasures, including NOCs/NPCs/IFs (where applicable), healthcare and medical service providers.

Additional information on processing personal data in the context of the countermeasures will be made available online and will complement the 'Information Notice on the Processing of Personal Data of Participants and other Accredited Persons for the Olympic and Paralympic Games Beijing 2022'.

Separate notices and/or privacy policies may also be available for specific data processing activities, such as the use of the Beijing 2022 HMS and other mobile applications and IT systems managed by Beijing 2022 or by competent Chinese authorities.

COMPLIANCE AND CONSEQUENCES

The measures documented in this Playbook have been established based on latest scientific evidence, expert advice and best practices from other international events. We draw to your attention that risks and impacts may not be fully eliminated and that you agree to attend the Olympic and Paralympic Winter Games at your own risk. We trust that these measures are proportionate to mitigate the above-mentioned risks and impacts and we fully count on your support to comply with them.

As part of the accreditation process and related documents for the Olympic and Paralympic Winter Games, your NOC/NPC will bring some information relating to these measures to your attention: in particular, that compliance with the rules of the Playbook is necessary in order for you to be granted your accreditation and maintain it; and that, in some cases, these measures may also involve the processing of your personal information, including health-related information. In light of the above, we count on you to ensure that you have read carefully and understood the contents of this Playbook (including any further updates thereto), and

abide by the rules contained therein, as well as with any further instructions that may be issued by the Chinese authorities, the IOC, the IPC, IFs, Beijing 2022 and/or your NOC/NPC.

Your compliance with such rules and instructions is key to successfully achieve our common objective: to ensure that the health of all the participants in the Olympic and Paralympic Winter Games are protected, and that the Games are safely staged.

Non-respect of the rules contained in this Playbook may expose you to consequences that may have an impact on your participation in the Olympic and Paralympic Winter Games, your access to Games venues and, in some cases, on your participation in competitions. Failure to comply with these rules such as refusal to take a test, going to destinations not included in the list of permitted destinations or intentionally disrespecting mask wearing or physical distancing measures, may result in disciplinary consequences. These disciplinary consequences may be imposed by the IOC (for the Olympic Winter Games),

the IPC (for the Paralympic Winter Games) and/or your NOC/NPC in accordance with their respective rules and regulations.

COMPLIANCE AND CONSEQUENCES

In case of an infringement of any rules contained in this Playbook on the occasion of the Olympic Winter Games and without limiting the consequences or sanctions imposed by your NOC/NPC or other competent authorities or entities, you may be exposed to the following non-exhaustive range of potential consequences in accordance with the Olympic Charter:

- Warning(s)
- Temporary or permanent withdrawal of your accreditation
- Temporary or permanent ineligibility or exclusion from the Games (with the consequences set forth in the Olympic Charter)
- Disqualification (with the consequences set forth in the Olympic Charter)
- Financial sanctions

Such consequences may be imposed upon you in accordance with the procedure described in the [Playbooks Disciplinary Regulations](#) applicable to the Games established by the IOC.

In case of an infringement of any rules contained in this Playbook on the occasion of the Paralympic Winter Games and without limiting the consequences or sanctions imposed by your NOC/NPC or other competent authorities or entities, you may be exposed to the following non-exhaustive range of potential consequences:

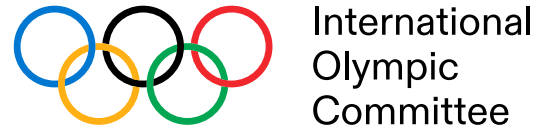
- Warning(s)
- Temporary or permanent withdrawal of your accreditation
- Temporary or permanent ineligibility or exclusion from the Paralympic Games
- Disqualification
- Financial sanctions

Your NOC/NPC may have enacted regulations, such as codes of conduct or specific rules in connection with COVID-19, that may contain similar and/or additional rules than those contained in the Playbook. In the event of a breach of any such rules, the consequences and related sanctions are under the authority of your NOC/NPC in accordance with the aforementioned regulations and may therefore apply to you.

Your IF may have enacted specific regulations which may contain consequences in connection with COVID-19 for your sport/discipline/event and therefore apply to you and/or your team. Kindly note that, in the event there are discrepancies between such regulations and this Playbook, the latter will prevail.

Please be aware that some of the measures described in the Playbook, such as those related to the entry into and departure from China, are under the jurisdiction of the Chinese authorities.

In the event you have questions about the non-respect of this Playbook, you can speak to your CLO in the first instance, who will determine the appropriate next steps. CLOs will receive further information and support on situations of non-respect of the Playbooks.



The Playbook has been developed jointly by the Beijing Organising Committee for the Olympic and Paralympic Winter Games 2022, the International Olympic Committee and the International Paralympic Committee. All trademarks are the property of their respective owners.