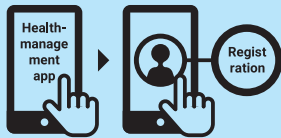
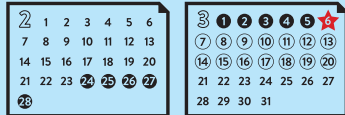


1 How to Prepare



Download the health-management app.
Create a profile and register a photo of your face.

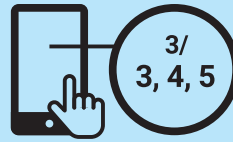
Download from here:
▶ <https://www.gshc2020.com/howtouse-t-m-2021>



10 DAYS

From 10 days before the race day (Feb 24), take your body temperature every day and record it in the health-management app.

Book Your Date Resident outside of Tokyo, Saitama, Chiba and Kanagawa: from Jan 14. All runners: from Jan 21.



Book your Packet Pick-up date in advance through online. Instruction will be sent via email to all registered runners.

Packet Pick-up (Mar 3, 4, 5)

PCR Test

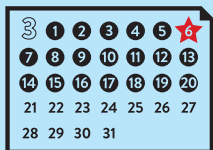


1. A PCR Test Kit will be sent by post.
2. Complete your web questionnaire before arriving.
3. Each runner must present at the Packet Pick-up a saliva sample collected that day.
4. Test results will be notified by email and through the My Entry page.

Testing procedure video can be found here: ▶▶▶

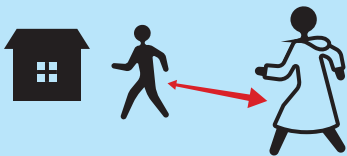


Let's create a safe and secure marathon.



2 WEEKS

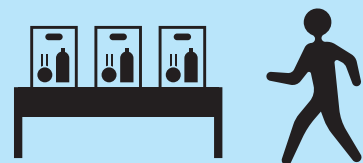
Record your body temperature in the health-management app until Mar 20, and avoid the "Three Cs".



Make sure to avoid the "Three Cs" while returning home.
(*Closed spaces, Crowded places, and Close-contact settings.)



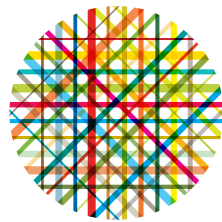
When changing clothes, please use the specified outdoor changing area. It is forbidden to use nearby facilities or train stations to change clothes.



Runner services (fluid, finisher medal, etc.) will not be distributed, but shall be picked up by the runner.



After crossing the finish line, please wear a mask and disinfect your hands immediately.



TOKYO MARATHON 2021

March 6, 2022

COVID-19 COUNTER-MEASURES

Follow these steps to finish the race safely.

For Runners

This flyer is created with the support of the official partner Kao Corporation, with their knowledge on hand washing/sanitizing, and daily disinfection.

2 Race Day (Mar 6)

1. Morning of the Race Day



Take your body temperature and do a self-check when you wake up.



Get ready and be prepared! There is no changing area nor baggage-check.

2. At the Entry Gate (Open: 7:00 am)



Bib and health-management app will be checked upon entry.



You will not be allowed to participate if your body temperature is 37.5°C or higher.

3. From Entry Gate until Your Start



Don't talk or shout.



Keep your distance from other runners and don't rush.

Be prepared for any weather by bringing running backpacks/vest packs to carry extra garment or change of cloth. Also to minimize touch points, bring your own refreshments for the race!



If you feel unwell, even just a little bit, don't push yourself.

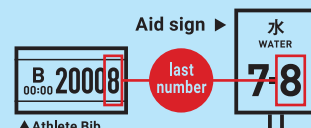
3 Start, Course, and Finish



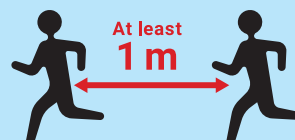
When using the restroom, please do not forget to wear a mask, and wash and disinfect your hands.



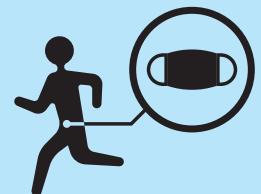
Dispose aid station cups into the designated bin. Other trash, take it with you.



Please take fluid only from the table marked with the same number as the last digit of your bib number.



Keep your distance from other runners.



Wear a mask till you get close to the start line. No need to wear a mask when running. But, carry your mask with you and do not throw it away.

4 Finish and After