

## Commitment Form

First of all, we are truly grateful that you agree with the significance of staging this Friendly and Solidarity Competition and your participation in this event despite the global COVID-19 pandemic. The following is a list of guidelines that you are requested to strictly adhere to, partly because we have to ensure your safety for a successful competition and a safe return home and also because your invitations have been granted by a special permission by the Japanese Government.

Please check each checkbox and submit it to the LOC with your signature.

You will not be able to participate in the competition in case you fail to follow these guidelines.

Your cooperation is highly appreciated, not only to protect yourselves but also for the health of your friends and the people around you.

### ■ PREVENTIVE MEASURES FOR COVID-19

- ◆ Wear a face mask except during competition and training. ☐
- ◆ Maintain social distancing of at least 1.5 m with others except for unavoidable situations. ☐
- ◆ Make sure to always carry LOC-lent smartphone that will send an alarm to let you know when an infected individual is approaching you. Do not turn off the smartphone. ☐
- ◆ Sanitize your hands and fingers where disinfectant is available. ☐
- ◆ The LOC will provide one exclusive chartered bus for each country. On the bus, each person must occupy two seats to keep enough social distancing. ☐
- ◆ Use own magnesium carbonate and do not share with others. ☐
- ◆ Disinfect your hands and fingers when you come down from the podium. ☐
- ◆ To control infection, all interviews with media will be online. The LOC encourages your gymnasts to cooperate for each coverage. ☐
- ◆ Use of the shower rooms in the gym is not allowed. ☐
- ◆ PCR test before breakfast is mandatory. ☐
- ◆ Before entering the venue for meals, your body temperature needs to be checked. ☐

### ■ ACTIVITY RESTRICTION IN JAPAN

- ◆ You have to stay within the floor of your guest rooms in the hotel except for training, competition, and meals. ☐
- ◆ Essentially, “all team members need to move together” when you move from the floor of your guest rooms in the hotel. Even for meals, it is not allowed to move individually. ☐
- ◆ Your team has an attending staff dedicated to your team. ☐
- ◆ All activities must be known to the attending staff. For example, in case you won't join a training, you must inform the attending staff. ☐
- ◆ If you need anything (e.g. shopping for necessary items), ask or inform the attending staff of your team. ☐

### ■ EVENT

- ◆ In case the LOC asks you for your cooperation outside of the competition, please cooperate with them to make the event better. ☐
- ◆ During the event, please follow the instruction of the staff and help keep the competition running smoothly. ☐

Country Name : \_\_\_\_\_

Print your name: \_\_\_\_\_

Signature: \_\_\_\_\_

