

Canoe Sprint Preparation Guide (Aug. 27-29)

For venue sharing with Rowing



Tokyo 2020 Canoe Sprint Team

Space Sharing with Rowing (Aug. 27-29)

Canoe Sprint and Rowing will share the venue from August 27 to 29.

As the Rowing competition is held during this period, Canoe Sprint athletes and staff are kindly requested to cooperate the Rowing operation.

All participants are requested to wear masks on land and keep within their own sport bubble as much as possible.

For the period full after August 30, please refer to the Team Leaders' Guide.

Rowing		Canoe Sprint	
Date	Event	Date	Event
Aug. 27	Competition #1 (ROW01: 9:30 - 12:10)	Aug. 27	Preparation 14:00-17:00
Aug. 28	Competition #2 (ROW02: 9:30 - 12:10)	Aug. 28	Training #1 Warm-up course: 7:30-8:45, 12:30-16:00 Main course: 14:00-16:00
Aug. 29	Competition #3 (ROW03: 9:30 - 12:20)	Aug. 29	Training #2 Warm-up course: 7:30-8:45, 13:00-18:00 Main course: 14:00-16:00
Aug. 30	(Reserve Day)	Aug. 30	Training #3 (8:00-16:00)
		Aug. 31	Training #4 (7:15-16:00)
		Sep. 1	Training #5 (7:15-16:00)

Transportation from the Athletes' Village

Canoe Sprint and Rowing have different shuttle bus services. Before boarding the bus, please make sure that the bus is for Canoe Sprint and to the Sea Forest Waterway.

On August 27, teams' access to the venue is permitted for the preparation (no training permitted) after 14:00 .

For details about shuttle bus from the Village, please refer to the transport app "Tokyo 2020 Games Family".

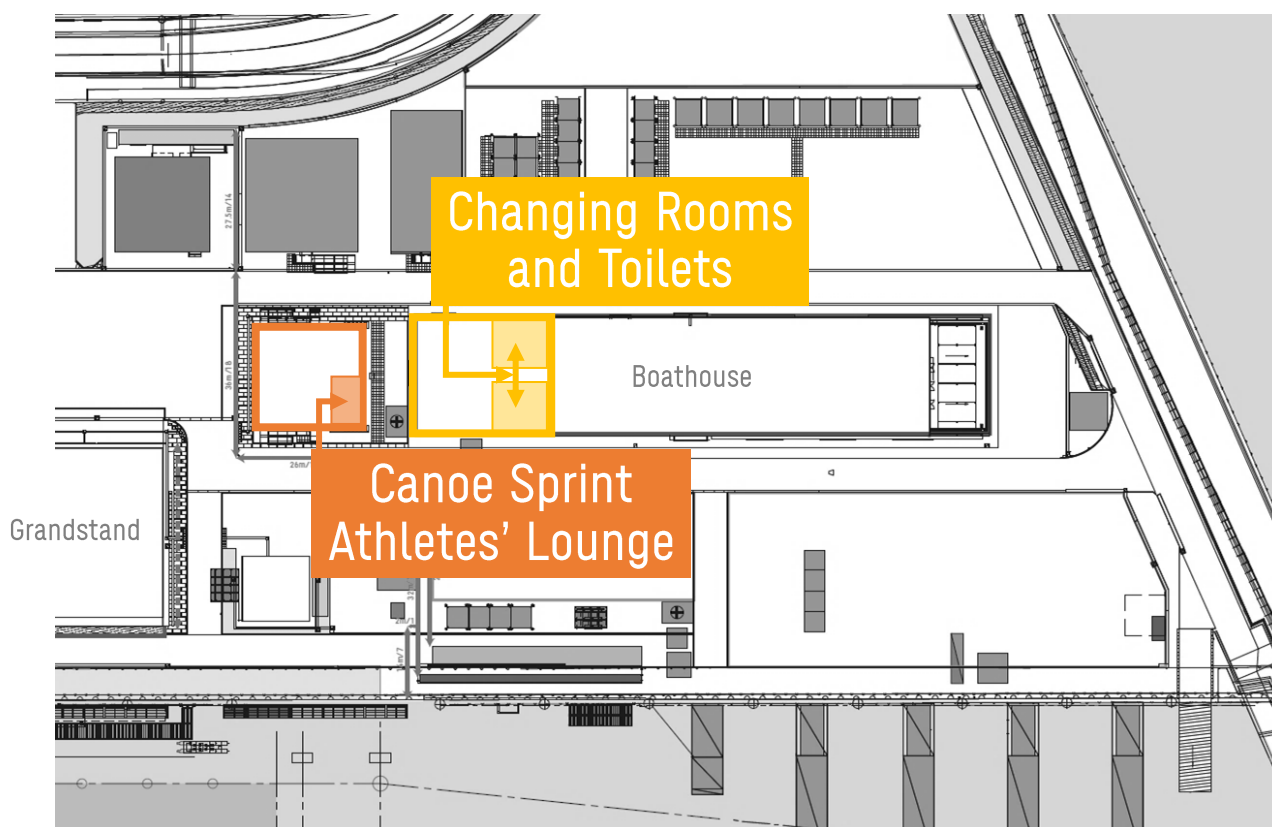
Team Rest Space

Individual rooms for each NPC will be allocated after 16:30 on August 29. Until then, only the Canoe Sprint Athletes' Lounge will be available for relaxation, teams are recommended to stay in the Athletes' Village for recovery and rest.

Allocation of individual rooms will be announced at 16:30 on August 29 in Sport Information Desk.

Changing Rooms and Toilets

To keep Canoe Sprint and Rowing in separate bubbles as much as possible, athletes and team staff are requested to use only the changing rooms and toilets on the ground floor of the boathouse.

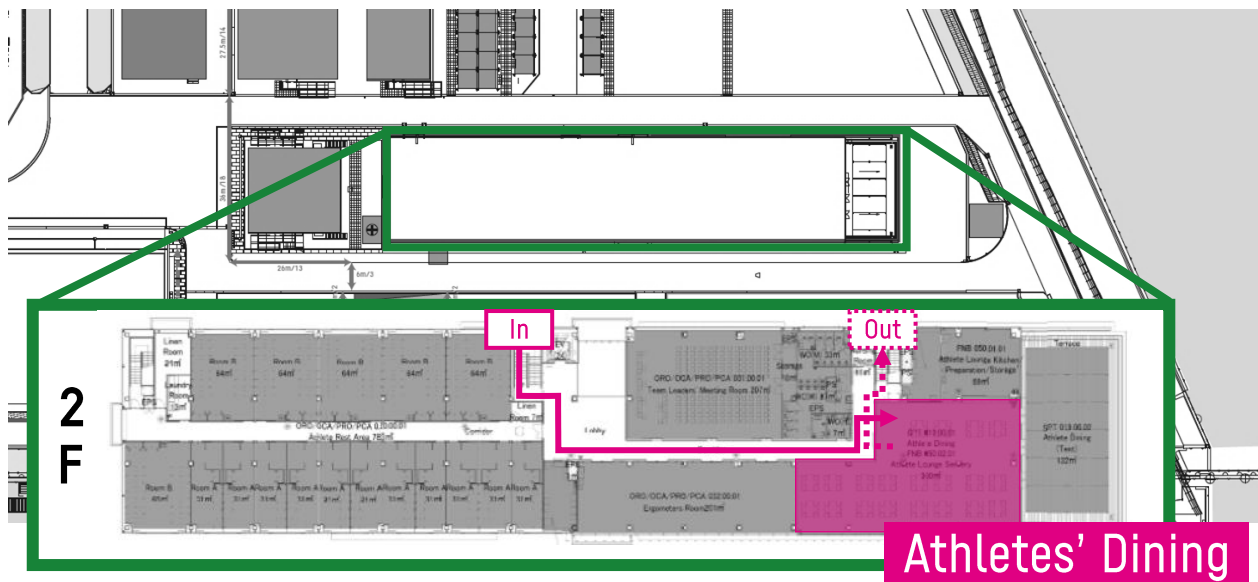


Venue Meal

A meal will be available at the venue from August 28 (no service will be provided on August 27).

On August 28 and 29, the Athletes' Dining area will only open between 13:30-14:30 for Canoe Sprint. Due to the limited operation hour, teams are recommended to have lunch in the Athletes' Village.

Except for wheelchair users please follow the one-way system during Rowing competition, detailed below for entry and exit from the dining area.



Boat and Equipment Delivery

For teams bringing containers, crane service will be provided on August 29. For safety reasons, containers can only be brought into the venue after 14:00.

Boat delivery by trailer will be accepted after 14:00 on each day and specific delivery windows must be agreed in advance.

Equipment delivery into the team space will be accepted after 16:30 on August 29 there is no individual space until then.

Boat Storage

During Rowing competition, two boat bays in the east side of the boat store are available for Canoe Sprint. Please cooperate with each other and make use of outdoor boat racks for preparation and cleanup.

Sport Information Desk

There will be a Canoe Sprint desk in the Sport Information Desk.

Water and Ice Services

Tokyo 2020 Canoe Sprint team will provide water and ice services near the Canoe Sprint bay

Ergometers

Ergometers both for Kayak and Va'a will be temporary available in the tent near the Canoe Sprint bay.

Training Pontoon

The pontoon on the east side of the boat storage will be dedicated to the Canoe Sprint training.

