# PARTICIPANT FACTSHEET

## Before you Travel

This document is a quick reference guide of the key steps you need to complete before your departure for China.

### Checklist of steps a Games participants must complete and documents to submit in preparation for travelling to China

<table>
<thead>
<tr>
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| 1    | Before you travel| ✓ Read and understand Playbook version 2  
✓ Obtain medical treatment and repatriation insurance, including cover for COVID-19 (some stakeholder groups are covered by Beijing 2022)  
✓ Book accommodation and make a note of the address (Olympic and Paralympic Villages or Beijing 2022 contracted hotel)  
✓ Confirm travel itinerary has been entered via the Arrivals and Departures System, by the deadline  
✓ Prepare a list of the people I will spend time with regularly while in China and provide a list to my CLO  
✓ Pack enough masks (KN95, N95, FFP2, or equivalent) to last throughout my stay in China  
✓ Prepare to bring any relevant medical information (in English original/translated version) with you to the Games  
✓ Receive my Pre-Valid Card (PVC) or visa  
✓ Download the My 2022 smartphone application and log into the Beijing 2022 Health Monitoring System (HMS) via the app or website [https://hms.beijing2022.cn](https://hms.beijing2022.cn) |
| 2    | At least 14 days before departure| ✓ I’m fully vaccinated at least 14 days before travelling to China or my request for medical exemption from vaccination has been submitted to Beijing 2022 by my organisation’s Chief Medical Officer / Medical representative  
✓ I’m keeping my physical interactions to a strict minimum during the 14 days before I travel to China  
✓ Upload my vaccination certificate to the Beijing 2022 HMS |
<p>| 3    | Daily from 14 days before departure| ✓ Take my temperature daily and track it in the Beijing 2022 HMS, for the 14 days before my departure for China |</p>
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| 3a   | 14 days prior to start of Games-time role | Note: Only complete this step if I’m defined as a ‘Resident of China’ entering the Closed Loop  
- Take my temperature daily and track it in the Beijing 2022 HMS (via the My2022 app or website), for the 14 days prior to the start of my Games-time role |
| 3b   | At least 8 working days before departure | Note: Only complete this step if I have been previously infected and recovered from COVID-19  
- Submit a medical/laboratory certificate that proves my infection and recovery to Beijing 2022 phs_1@beijing2022.cn  
- Submit completed form to Beijing 2022 ‘For Overseas Games-related Personnel Previously Infected with COVID-19’  
- I’ve been informed by Beijing 2022 I am eligible for travel to China, I’ve received my returned form signed and stamped |
| 4    | Within 96 hours of departure | Note: 96 hours of departure of final flight to China (or the final leg of the flights, if travelling indirectly to China)  
- Take all my necessary COVID-19 related tests required to enter China. Everyone must take two PCR tests, one of the two tests must be within 72 hours of departure. |
| 5    | After receiving negative test results | ✓ Complete the Green Health QR Code online form and upload required documents (including test result certificate) [https://hrhk.cs.mfa.gov.cn/H5/](https://hrhk.cs.mfa.gov.cn/H5/)  
- Take a screenshot of the green QR code to show at the airport |
| 6    | Within 24 hours of departure | ✓ Check-in for my flight (make a note of my seat number)  
- Complete the ‘Customs Health Declaration QR Code form [https://health.customsapp.com](https://health.customsapp.com)  
- Take a screenshot of the QR code to show when boarding my flight and on arrival in China |