



# **TEAM LEADERS' GUIDE**

## **SWIMMING**



**TOKYO 2025 DEAFLYMPICS**

# [Table of Contents]

## A. Overview

- 1 . Competition Venues
- 2 . Competition Schedule

## B. Competition Overview

- 1 . Events Schedule
- 2 . Technical Committee ・ Protest Committee
- 3 . Technical Meetings

## C. Venues

- 1 . Restricted Area for Hearing Aids
- 2 . Athlete Pick-up/Drop-off Area
- 3 . Athlete Changing Room
- 4 . Call Room
- 5 . Interview Area
- 6 . Athlete Seating
- 7 . Massage Area ・ Stretch Area
- 8 . Ice Bath Area
- 9 . Sport Information Desk (SID)
10. Resolution Desk (RESO)
11. Medal Ceremony
12. Coach Seating
13. Guidelines Inside the Venue

## D. Competition ・ Official Training

- 1 . Official Training Information
- 2 . Competition Information



## E. General Information

- 1 . Information Accessibility
- 2 . Accommodation Services
- 3 . Transportation Services
- 4 . Food Services
- 5 . Doping Control
- 6 . Accreditation Card
- 7 . Team Internal PR Activities
- 8 . Others

# Welcome Greeting

**Dear Athletes, Swimming Team Leaders, and Coaches,**

Welcome to Tokyo. We would like to express our heartfelt gratitude for your participation in the "TOKYO 2025 Deaflympics."

This guide has been prepared to provide you with the necessary information to ensure that your stay is smooth, meaningful, and comfortable. We are fully committed to supporting all delegations from various countries and regions, helping you to perform at your best while creating an environment where you can feel right at home.

We hope that your time here will be not only successful in your competitions but also fruitful in fostering cultural exchange and building lasting friendships.

We sincerely wish for your stay to be safe, memorable, and filled with inspiration.

## About This Team Leader Guide

This Team Leader Guide was published in October 2025 and compiles information related to the swimming events at the TOKYO 2025 Deaflympics. It provides various details intended to assist your team in planning and preparation.



## A. Overview

### 1. Competition Venues

Tokyo Aquatics Centre

(2-2-1 Tatsumi, Koto-ku, Tokyo, Japan)



< Access >

10-minute walk from Tatsumi Station on the Tokyo Metro Yurakucho Line

15-minute walk from Shiomi Station on the JR Keiyo Line

For more details, please visit the Tokyo Aquatics Centre official website.

【Tokyo Aquatics Centre HP】

[Access | Tokyo Aquatics Centre | Tokyo Sport Benefits Corporation](#)

*Parking is not available on-site. Please use nearby parking facilities.*

You can view the interior of the facility through the "360-degree Image Tour" on the Tokyo Aquatics Centre official website.

[360-degree image introduction](#) | [Tokyo Aquatics Centre](#) | [Tokyo Sport Benefits Corporation](#)

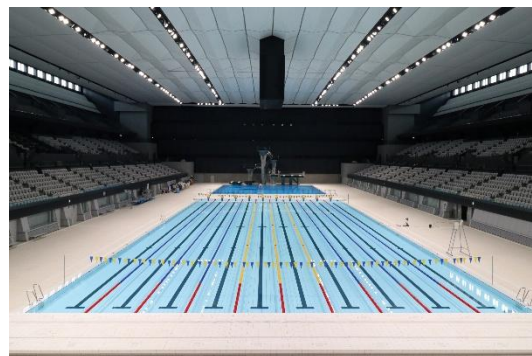
### **Pool Specifications**

#### **Main Pool (competition pool )**

- Dimensions: 50m × 10 lanes
- Depth: 3.0m

#### **Diving Pool (Warm-up Pool)**

- Dimensions: 25m × 8 lanes
- Depth: 5.0m



**Main Arena Exterior**

(Front: Main Pool, Back: Diving Pool)

### **【Regulations and Access Management in the competition pool 】**

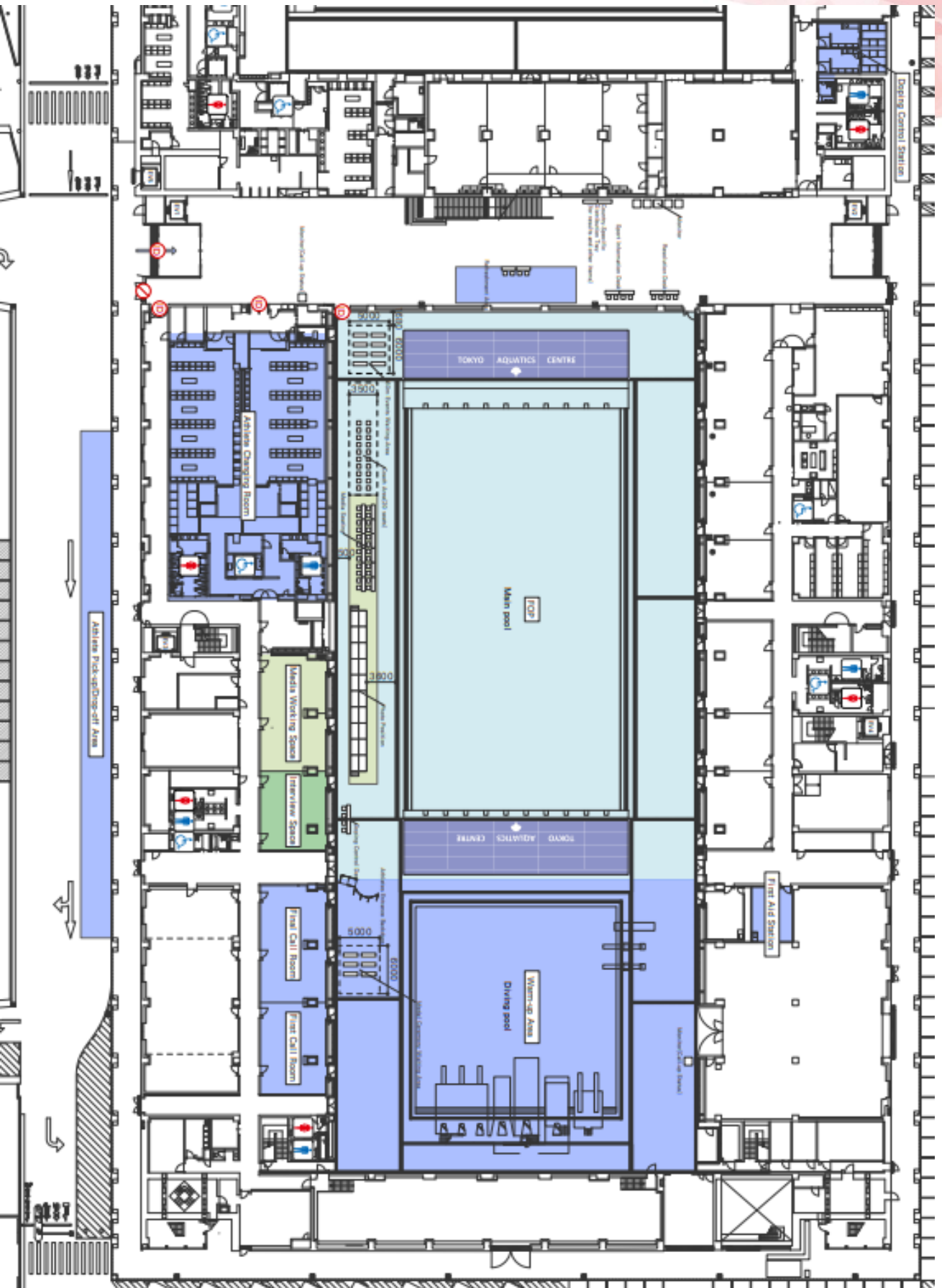
- During the competition period (November 20–25), only SD, referees, competition officials, and event staff are permitted to enter the competition pool ; access is restricted for all others, including athletes.
- Additionally, bringing any items that may interfere with competition operations is prohibited.

The venue layout is provided in the following section.

Please note that the layout is based on the status as of October 21 and may be subject to changes in the future.



**Details are subject to change.**

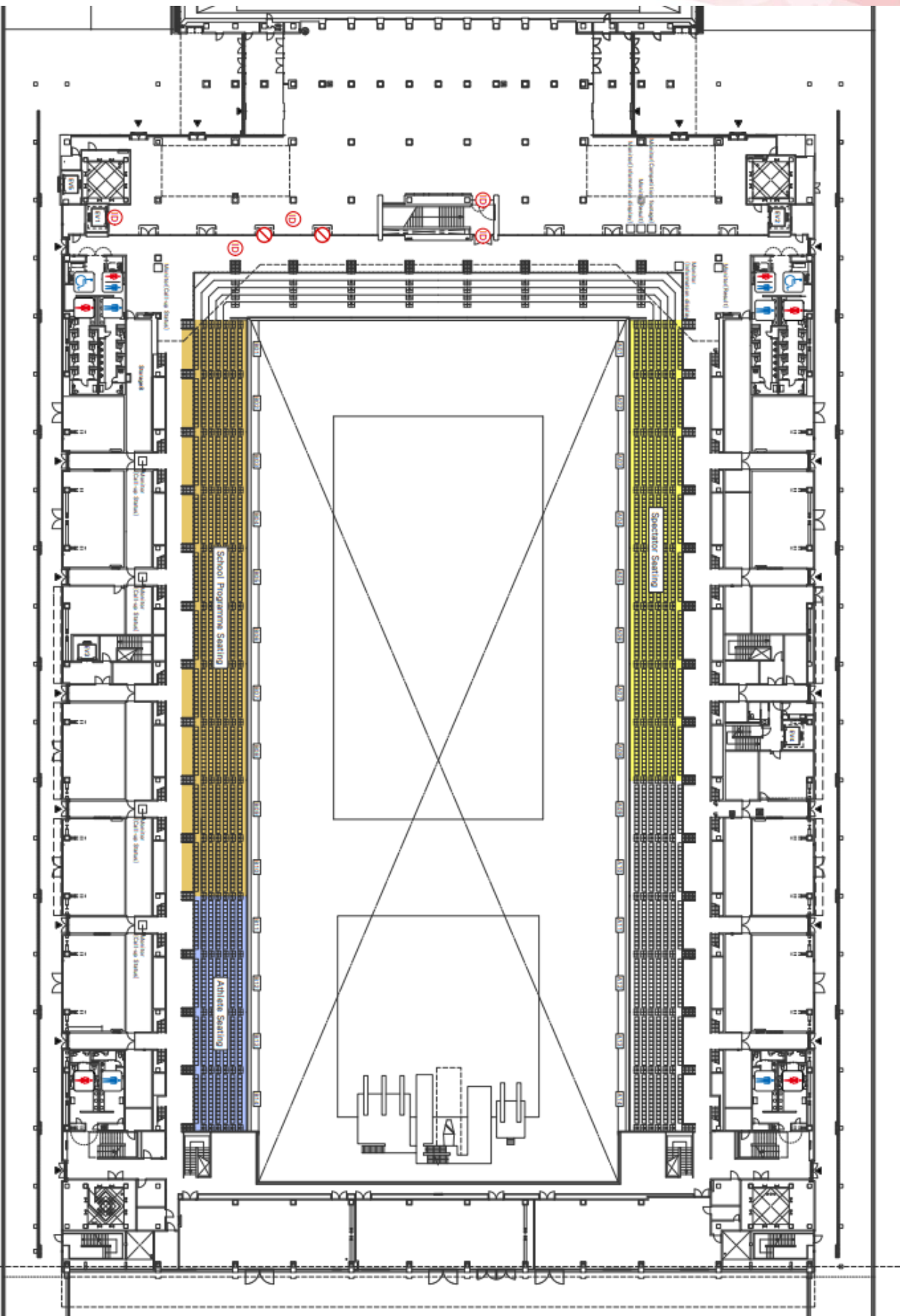


# Tokyo Aquatics Centre

## 2<sup>nd</sup> Floor

This layout is as of October 21.

Details are subject to change.

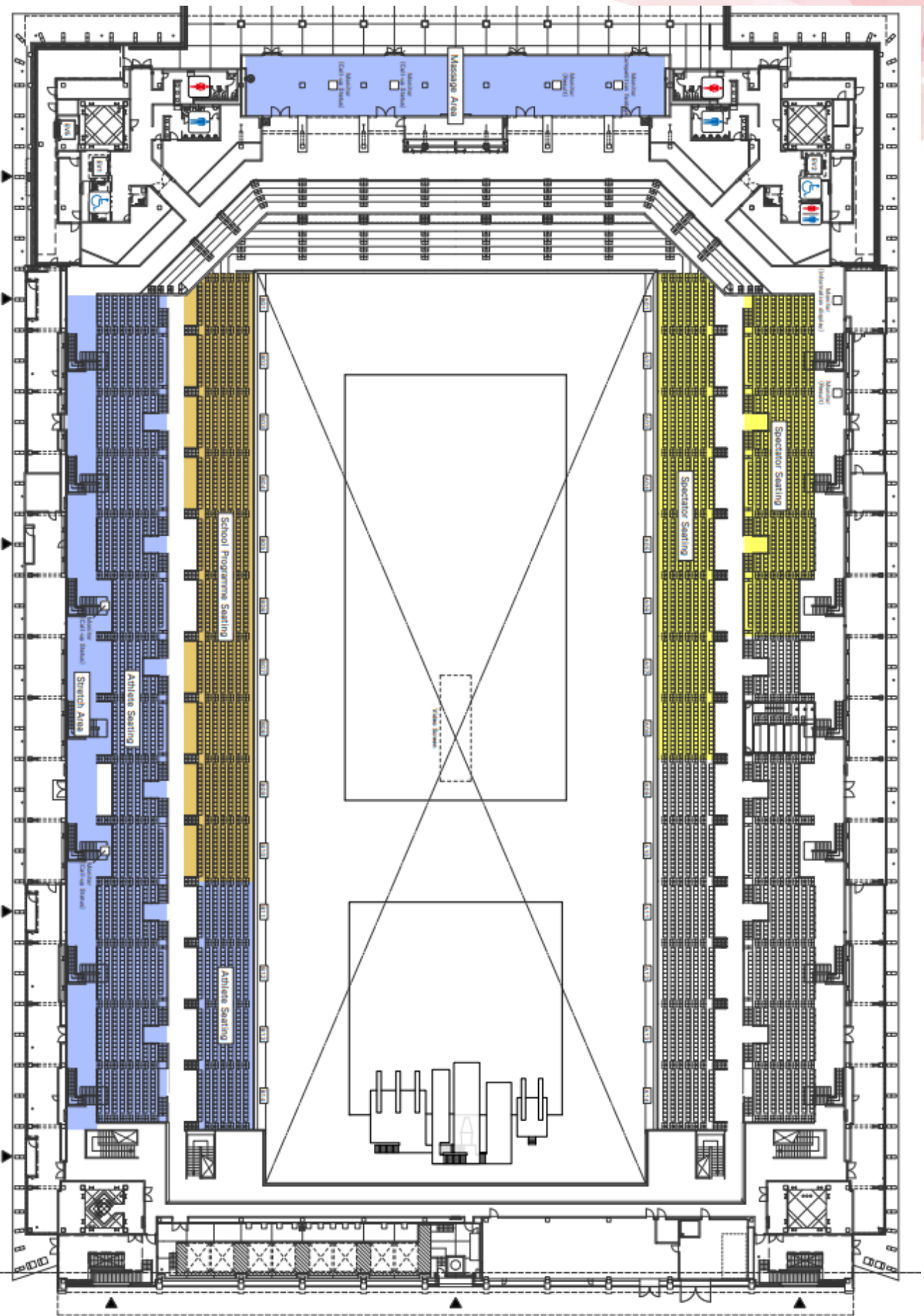


# Tokyo Aquatics Centre

## 3rd Floor

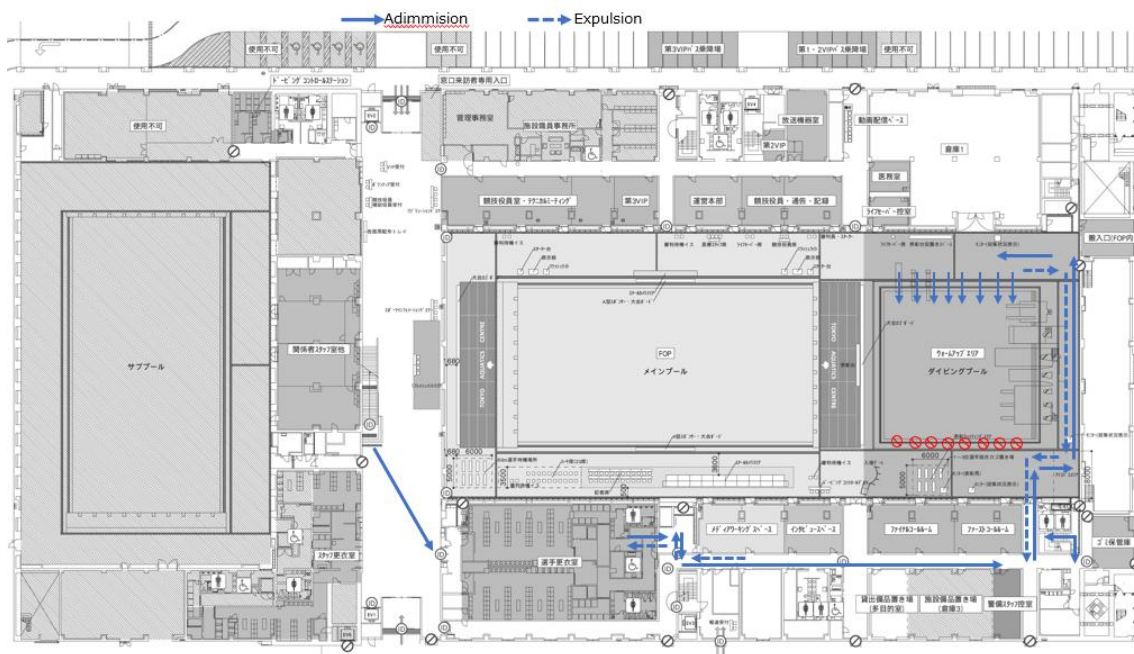
This layout is as of October 21.

Details are subject to change.

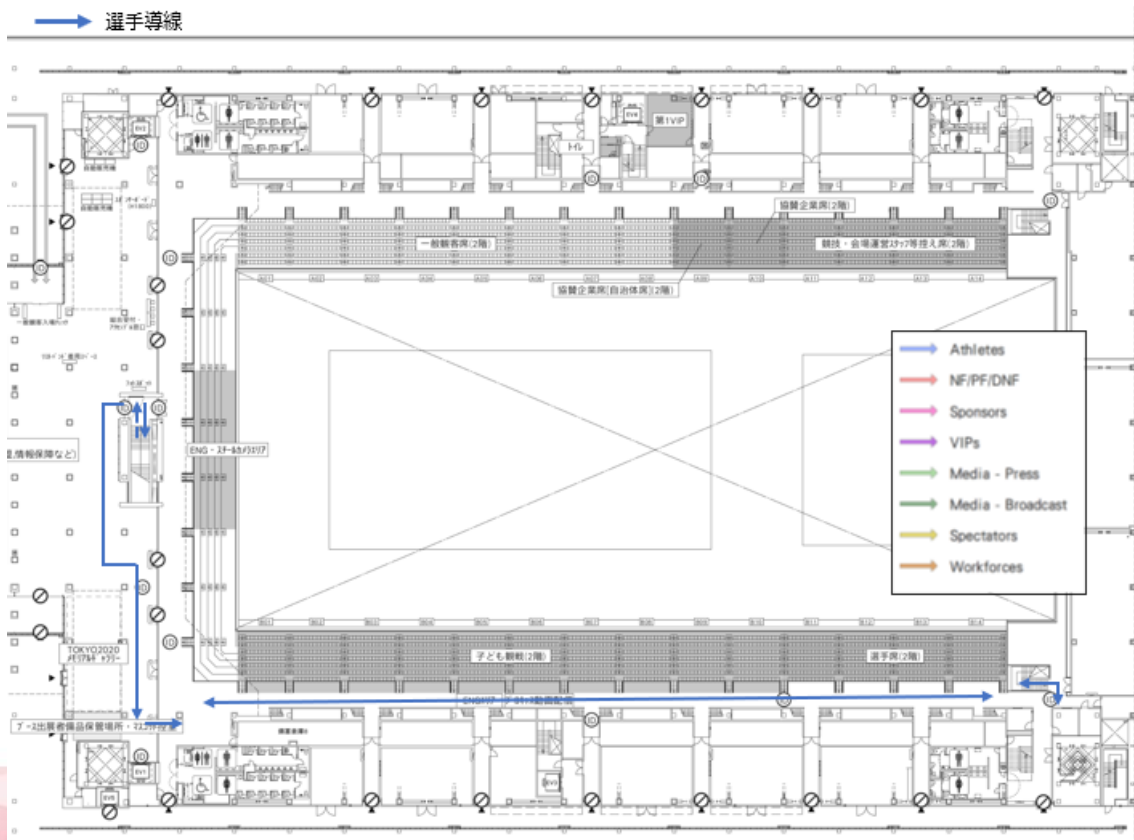




## < Route to the Warm-up Pool >



## < Athlete Flow on the 2nd Floor >



Official Training Period:

**Monday, November 17 – Wednesday, November 19, 2025**

Competition Period:

**Thursday, November 20 – Tuesday, November 25, 2025**

## B. Competition Overview

### I . Events Schedule

■ November 20 (Thursday) – 22 (Saturday)

20th November, Thursday		21st November, Friday		22nd November, Saturday	
Morning	Day 1	Morning	Day 2	Morning	Day 3
Times	Warm up 08:30am - 09:45am	Times	Warm up 08:30am - 09:45am	Times	Warm up 08:30am - 09:45am
	Heat 10:00am		Heat 10:00am		Heat 10:00am
10:00am	100m Backstroke M	10:00am	100 Freestyle W heat	10:00am	100 Freestyle M heat
10:10am	200 I.Medley W	10:10am	200 Freestyle M	10:10am	100 Breaststroke W
10:20am	400 Freestyle M	10:20am	1500 Freestyle W heat	10:20am	200 I.Medley M
10:30am	100 Butterfly W	10:30am	200 Breaststroke M	10:30am	50 Backstroke W
10:40am	50 Butterfly M	10:40am	50 Breaststroke W	10:40am	50 Breaststroke M
10:50am	400 Freestyle W	10:50am	200 Backstroke M	10:50am	800 Freestyle M heat
11:00am	4x 100 Freestyle M	11:00am	4x 200 Freestyle W	11:00am	4x 100 Medley MIX
11:10am	4x 100 Freestyle W	11:10am	End	11:10am	End
11:20am	End				

20th November, Thursday		21st November, Friday		22nd November, Saturday	
Evening	Day 1	Evening	Day 2	Evening	Day 3
Times	15:30pm - 16:45pm	Times	15:30pm - 16:45pm	Times	15:30pm - 16:45pm
	Final 17:00pm		Final 17:00pm		Final 17:00pm
17:00pm	100m Backstroke M	17:00pm	100 Freestyle W Semi-final	17:00pm	100 Freestyle W final
17:10pm	200m Medley W	17:10pm	200 Freestyle M	17:10pm	100 Freestyle M Semi-final
17:20pm	Medals Ceremony	17:20pm	Medals Ceremony	17:20pm	100 Breaststroke W
17:40pm	400m Freestyle M	17:30pm	200 Backstroke M	17:30pm	Medals Ceremony
17:50pm	100 Butterfly W	17:40pm	50m Breaststroke W	17:50pm	200 I.Medley M
18:00pm	Medals Ceremony	17:50pm	Medals Ceremony	18:00pm	50m Backstroke W
18:20pm	50 Butterfly M	18:10pm	200 Breaststroke M	18:10pm	Medals Ceremony
18:30pm	400m Freestyle W	18:20pm	4x 200 Freestyle W	18:30pm	50 Breaststroke M
18:40pm	Medals Ceremony	18:30pm	Medals Ceremony	18:40pm	1500 Freestyle W final
19:00pm	4x100m Freestyle M	18:50pm	End	18:50pm	Medal Ceremony
19:10pm	4x 100m Freestyle W			19:10pm	4x 100 Medley MIX
19:20pm	Medals Ceremony			19:20pm	Medal Ceremony
19:40pm	End			19:40pm	End

## ■ November 23 (Sunday) – 25 (Tuesday)

	23rd November, Sunday		24th November, Monday		25th November, Tuesday
Morning	Day 4	Morning	Day 5	Morning	Day 6
Times	Warm up 08:30am - 09:45am	Times	Warm up 08:30am - 09:45am	Times	Warm up 08:30am - 09:45am
	Heat 10:00am		Heat 10:00am		Heat 10:00am
10:00am	50 freestyle W heat	10:00am	100 Backstroke W	10:00am	100 Breaststroke M
10:10am	50 Backstroke M	10:10am	50 Freestyle M heat	10:10am	200 Freestyle W
10:20am	400 I.Medley W	10:20am	200 Breaststroke W	10:20am	200 Butterfly M
10:30am	400 I.Medley M	10:30am	100 Butterfly M	10:30am	200 Backstroke W
10:40am	200 Butterfly W	10:40am	50 Butterfly W	10:40am	4x 100 Medley M
10:50am	4x 200 Freestyle M	10:50am	1500 Freestyle M heat	10:50am	4x 100 Medley W
11:00am	800 Freestyle W heat	11:00am	4x 100 Freestyle MIX	11:00am	End
11:10am	End	11:10am	End		

	23rd November, Sunday		24th November, Monday		25th November, Tuesday
Evening	Day 4	Evening	Day 5	Evening	Day 6
Times	15:30pm - 16:45pm	Times	15:30pm - 16:45pm	Times	15:30pm - 16:45pm
	Final 17:00pm		Final 17:00pm		Final 17:00pm
17:00pm	100 Freestyle M final	17:00pm	50 Freestyle W final	17:00pm	100 Breaststroke M
17:10pm	50 Freestyle W Semi-final	17:10pm	50 Freestyle M Semi-final	17:10pm	200 Freestyle W
17:20pm	50 Backstroke M	17:20pm	200 Breaststroke W	17:20pm	Medals Ceremony
17:30pm	Medals Ceremony	17:30pm	Medals Ceremony	17:40pm	50 Freestyle M final
17:50pm	400m I.Medley M	17:50pm	100m Butterfly M	17:50pm	200m Butterfly M
18:00pm	200 Butterfly W	18:00pm	100 Backstroke W	18:00pm	Medals Ceremony
18:10pm	Medals Ceremony	18:10pm	50 Butterfly W	18:20pm	200 Backstroke W
18:30pm	800 Freestyle M final	18:20pm	Medals Ceremony	18:30pm	1500 Freestyle M final
18:40pm	400m I.Medley W	18:40pm	800 Freestyle W final	18:40pm	Medals Ceremony
18:50pm	Medals Ceremony	18:50pm	4x 100 Freestyle MIX	19:00pm	4x100m Medley W
19:10pm	4x 200 Freestyle M	19:00pm	Medals Ceremony	19:10pm	4x 100 Medley M
19:20pm	Medal Ceremony	19:20pm	End	19:20pm	Medal Ceremony
19:40pm	End			19:40pm	End

## 2. Technical Committee and Protest Committee

### < Technical Committee >

- Tadhg Slattery – ICSD Swimming Sports Director
- Shigeo Ogata – WA Certified Referee
- Naoyuki Goto – Referee-in-Chief
- Mami Kaneko – Deaf Representative
- Hayato Abe – Sports Liaison Officer (SLO)

### < Protest Committee >

- Tadhg Slattery – ICSD Swimming Sports Director
- Shigeo Ogata – WA Certified Referee
- Naoyuki Goto – Chief Referee

### 3. Technical Meeting

**Date and Time:** Wednesday, November 19, 2025, 5:00 PM

**Location:** Competition Officials' Waiting Room (see diagram below)

**Attendees:** Two officials per country – a Deaf Swimming Team Leader and a coach (deaf or hearing).

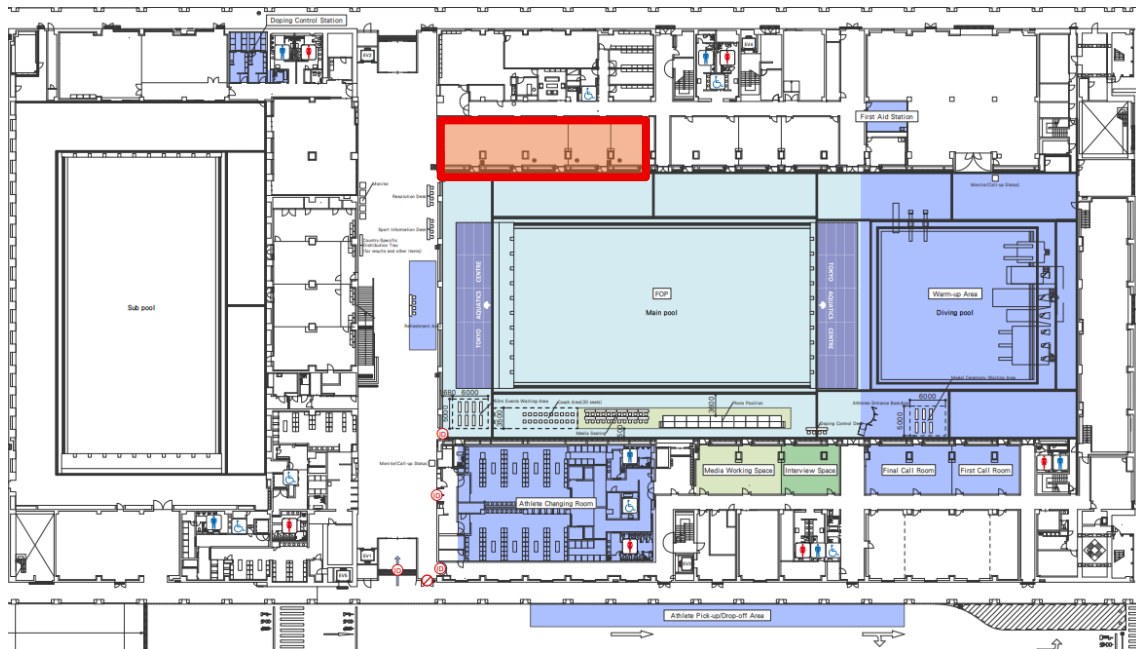
\*Athletes and observers are not allowed in the technical meeting.

\*You must sign the roll-call form before entering the technical meeting room.

\*Only deaf delegates can ask the questions.

\*Interpreters may accompany the representatives if necessary.

\*Interpreter may accompany hearing coach.



## C. Venue Information

### 1. Restricted Area for Hearing Aids

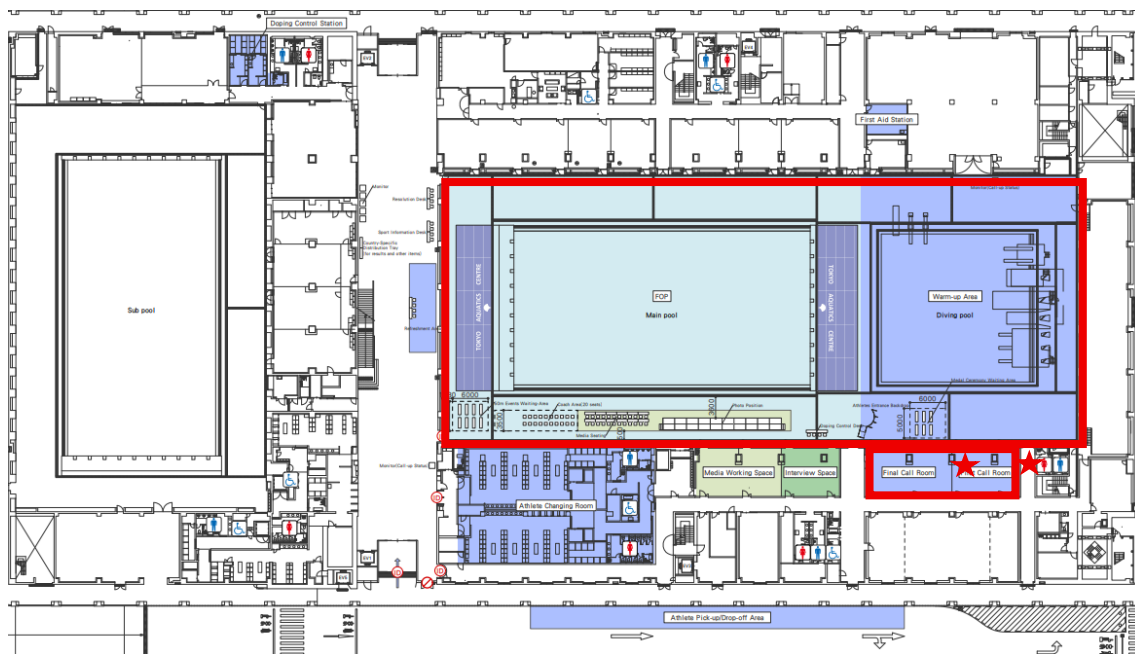
The Call Room and Poolside areas are designated as Hearing Aid Restricted Areas (see red-bordered sections in the diagram below).

During the competition period (November 20–25), athletes are prohibited from wearing hearing aids within these restricted areas.

If an athlete is found wearing a hearing aid in these areas, they may be subject to disqualification and penalty fines.



Additionally, competition officials will check for the presence of hearing aids at the Call Room reception and at the entrance to the Warm-up Area.

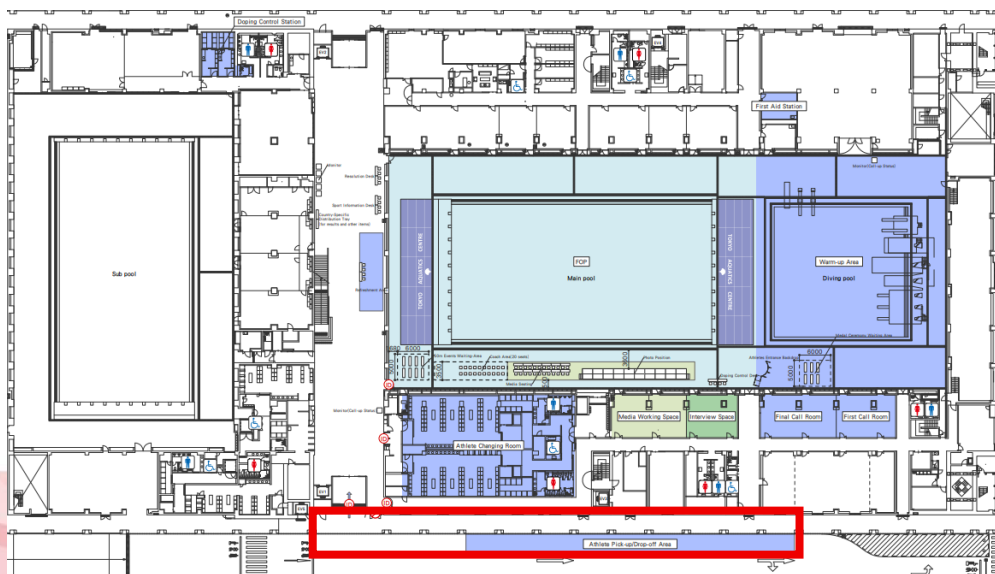


★ : Hearing Aid Fitting Verification Points

## 2. Athlete Drop-off/Pick-up Area

The athlete bus drop-off and pick-up locations are as follows:

\*Only athlete buses arranged by the OC are permitted to stop here. If you arrive by privately arranged vehicles, please use nearby parking facilities.



### 3. Athlete Changing Room

The athlete changing rooms are located within the red-bordered area shown in the diagram below.

Showers are available for your use at any time.

- The power outlets in the changing rooms are not available for use.
- Eating is not permitted inside the changing rooms.
- The LOC is not responsible for any loss or theft of belongings in the changing rooms.
- Only drinks are allowed inside the changing rooms. Drinks must be in containers with lids made of unbreakable materials (no cans or glass bottles), and limited to water or sports drinks.
- Shoes are not allowed inside the changing rooms.

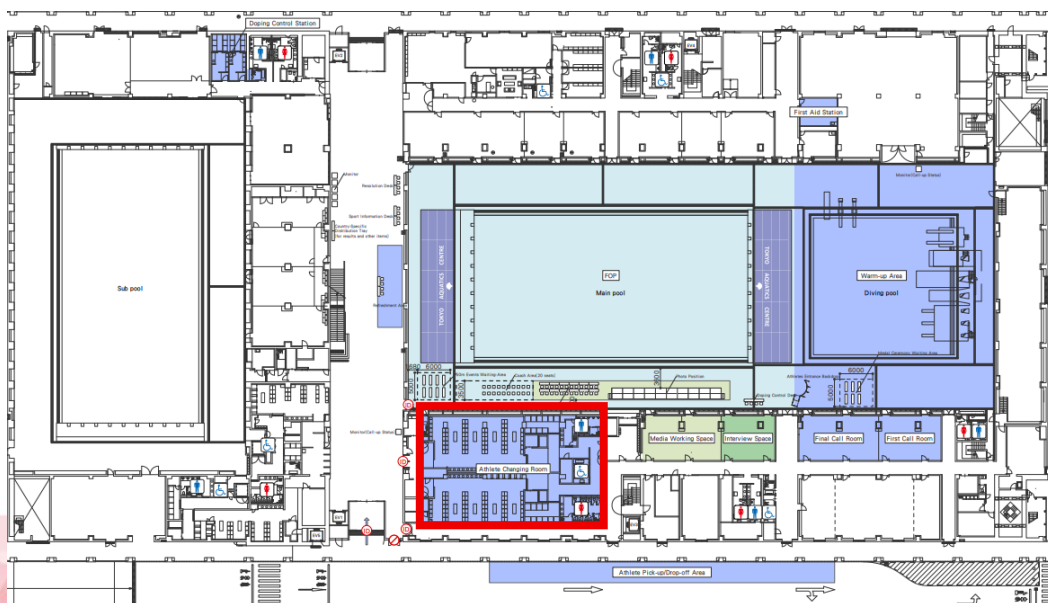
#### Locker and Hair Dryer Usage:

##### Locker Use:

- Lockers and hair dryers are provided in the athlete changing rooms.
- Lockers can be used but cannot be locked.
- Please be careful not to leave any belongings behind in the lockers.
- Occupying lockers with belongings without using them is prohibited.

##### Hair Dryer Use:

- Hair dryers in the changing rooms are available for use. Please share and use them considerately.
- Taking hair dryers out of the changing rooms is prohibited.
- Power outlets in the changing rooms are not available for use.



## 4. Call Room

If you are participating in a race, please check in at the Call Room.

- **Arrive at the Call Room at least 15 minutes before the start of your event (program).  
(Late arrival—after 15 minutes before the event starts—will result in disqualification.)**

When your event is called, please follow the steps below to enter the poolside area:

1. Present your Accreditation card to the competition official at the Call Room. They will check - No electronic devices (e.g., phones, smartwatches, hearing aids, cochlear implants, headphones)..
2. After the check, the official will inspect your swimsuit.
3. After swimsuit confirmation, wait at the chair corresponding to your swimming lane number.
4. Enter the poolside area following the official's signal.

Please make sure to note the following:

- If an athlete does not arrive at the Call Room:
  - For preliminaries and semifinals: the athlete will be disqualified (DQ) from the event. Athletes who do not arrive at the call room by the designated time will be considered as withdrawn and will be fined one hundred (100) US dollars. The athlete will not be allowed to compete until the fine has been paid.
  - For finals: the athlete will be disqualified, and a reserve swimmer (9th or 10th place) may be called in.
- Reserve athletes must also come to the Call Room. Failure to do so will result in a fine of US\$100.
- Athletes cannot compete in their next race on the same day until the fine is paid.
- At the Call Room check-in, please present your Accreditation card. Without an Accreditation card, you cannot participate in the competition.
- Accreditation cards will be collected before entering the competition pool and returned after the race at the desk in front of the interview area.
- Hearing aids must be removed at the Call Room check-in.
- Please strictly follow the instructions of the competition officials inside the Call Room.

### Swimsuit Requirements

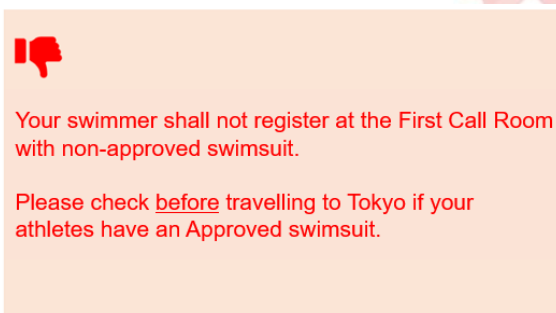
All swimmers must wear swimsuits, goggles, and caps approved by World Aquatics. Each swimsuit must have the appropriate QR code attached.

### Swimmer Attire

Swimsuits: Only WA-approved swimsuits may be worn in competition.

Swim caps: Must comply with WA rules regarding logos, material, and fit.

Goggles: Standard competition goggles are permitted.



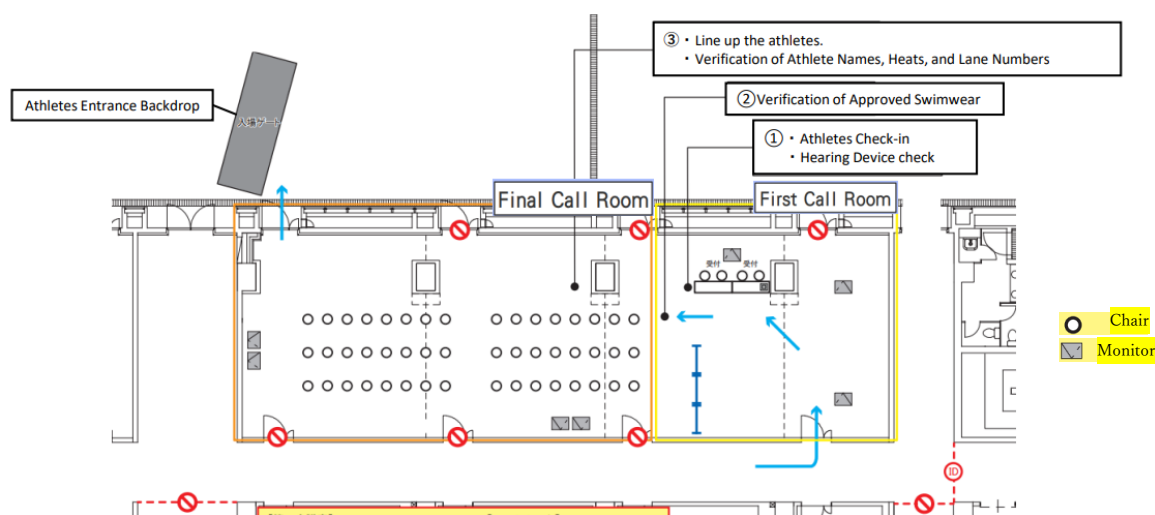
The list of approved swimsuits is available on the website.

[World Aquatics Approved swimwear](#)

#### 【About Athlete Introductions】

- No athlete introductions will be conducted during the preliminaries.
- In the semifinals, the entrance procedure is the same as the preliminaries, but the names and representing countries of the athletes in each lane will be announced.
- In the finals, athletes will stand one by one at the entrance gate, where their names and representing countries will be announced. Event staff will guide athletes from the Call Room to the entrance gate. The specific entrance procedure will be explained by the competition officials prior to the entrance.

The Call Room layout is as follows:



## 5. Interview Area

The Interview Area is the designated location for athlete interviews and media coverage.



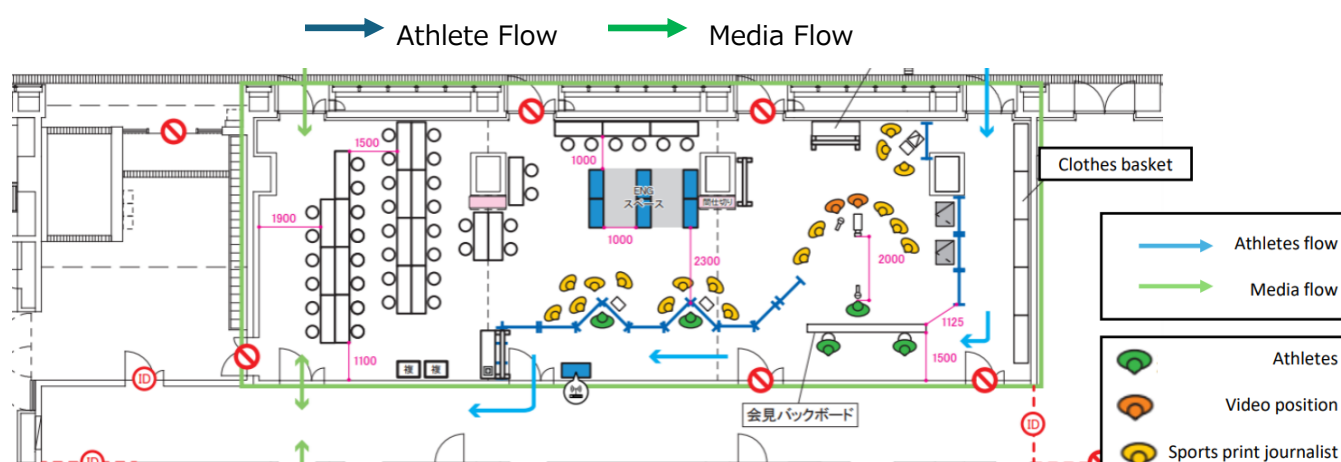
Interviews are only permitted within this area.

After the race, athletes should proceed to the Interview Area.

(However, medalists will be guided by award staff to the Interview Area after the medal ceremony.)

Athletes' belongings baskets are moved to the Interview Area, so please collect your belongings and proceed accordingly.

The layout of the Interview Area is shown in the diagram below.



## 6 . Athlete Seating

- Eating and drinking are allowed in the athlete seating area.
- Seating is free; please sit in any available seat.
- Occupying a large area with personal belongings is prohibited.
- Leaving belongings to reserve seats overnight is prohibited.
- After each session, any belongings left in the athlete seating area will be collected by the LOC.
- For lost or leftover items, please inquire at the Sports Information Desk (SID).

## 7 . Massage Area and Stretching Area

Please note the following when using the Massage and Stretching Areas:

**Massage Area:**

- The OC will provide 10 massage beds within the area.
- Each country is responsible for arranging their own massage therapists or chiropractors.

(The LOC does not provide recommendations or introductions for personnel arrangements.)

- Bringing massage beds into the venue is prohibited.
- There is no reservation system; please share the beds courteously.
- Please take care not to leave personal belongings behind.
- Reserving space with belongings overnight is prohibited.

**Stretching Area:**

- Please share the space courteously.
- Reserving space with belongings is prohibited.
- Please take care not to leave personal belongings behind.
- Reserving space with belongings overnight is prohibited.

## **8. Ice Bath Area**

Teams planning to set up an ice bath should consult the SID in advance to confirm the placement area and related details. Please note that no electrical power is provided for ice baths, and each team is responsible for supplying its own ice.

## **9. Sports Information Desk (SID)**

This is a dedicated general inquiry desk for athlete delegations.

We provide information such as bus schedules from the venue, lost and found inquiries, nearby dining options, smoking areas, and more.

If you have any questions or need assistance, please feel free to contact us.

## **10. Resolution Desk (RESO)**

This desk mainly accepts the following forms:

- Relay forms
  - Protest forms
  - Withdrawal notices
- and others.

Please be sure to check the following procedures carefully:

All forms must be written in English.

These forms are available at the Resolution Desk; please make use of them.

**Protests:**

If you wish to file a protest, please submit the completed protest form along with a US\$100 fee within 30 minutes after the official public posting of results.

**Withdrawals:**

[Preliminaries]

Submit the completed withdrawal form and withdrawal fee to the Resolution Desk at least 30 minutes before the start of the session.

However, if the withdrawal form is submitted by the technical meeting, no withdrawal fee will be charged.

Also, if the withdrawal form includes a doctor's signature, the withdrawal fee will be waived.

[Finals]

Withdrawals from the finals or semifinals must be submitted with the completed withdrawal form and withdrawal fee within 30 minutes after the corresponding preliminary has concluded.

Again, if the withdrawal form includes a doctor's signature, the withdrawal fee will be waived.

**Relay Member Forms:**

[Preliminaries]

For the first relays on the first day, please complete the Relay form and submit it at the Technical Meeting.

After that, on the following days, forms must be submitted at least one hour before the start of competition (by 09:00 a.m.).

[Finals]

Fill out the Relay form and submit it to the Resolution Desk by 4:00 PM on the day of the event.

## **I I . Medal Ceremony**

The medal ceremony is an event to award medals to the athletes who finish first through third in the final race based on their times.

The medal ceremonies will be held according to the competition schedule.

Athletes placed first to third are requested to move to the designated waiting area for awardees immediately after the final race. At the waiting area, award staff will explain the procedure of the medal ceremony.

After the ceremony, medal cases will be distributed. Please make sure to receive your medal case before proceeding to the Interview Area.

For relay events, only athletes who competed in the final are allowed to attend the medal

ceremony. Medals for athletes who only participated in the preliminaries, but whose team finishes in the top three, will be given to their team leader at the venue.

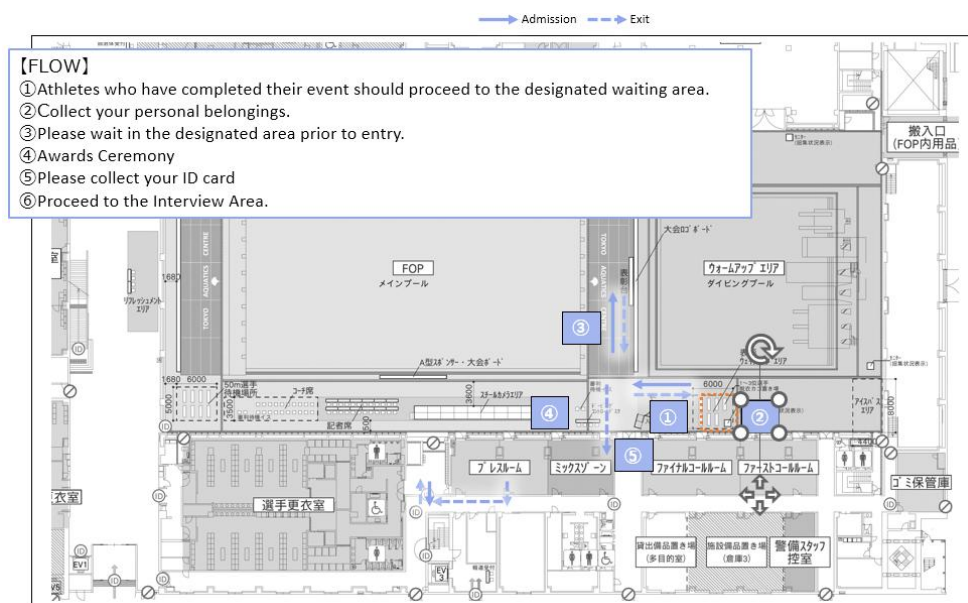
Athletes must wear their full team tracksuit and closed shoes during the medal ceremony.

The use of country flags and cellphones (including selfies) is strictly prohibited on the podium.

Every athlete must follow this rule without exception.

*Please note that competition staff will bring the awardees' belongings to the waiting area.*

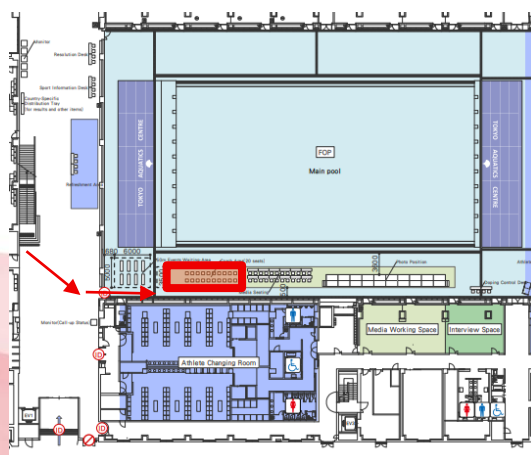
## ■Flow for Medalists



## I 2. Coach Seating

- Twenty seats are reserved poolside for team managers and coaches.
- Please share the seats courteously.
- Coaches are prohibited from calling out to athletes during the competition.
- Please remain seated while watching.
- Hearing aids are permitted in the coaches' seating area.


The route to the coaches' seating area is shown in the diagram below.





### I 3. Guidelines Inside the Venue

- Only drinks in containers with lids made of unbreakable materials (no cans or glass bottles) containing water or sports drinks are allowed inside the changing rooms and poolside area.
- No shoes are allowed inside the changing rooms and competition pool .
- All athletes, coaches, and team leaders must wear their Accreditation cards at all times within the venue.
- Removal of any facility property or equipment is strictly prohibited.
- Damage to or destruction of facilities and equipment is prohibited. Those responsible for any damage will be held liable for compensation.
- Eating is not allowed inside the competition pool, diving pool, or changing rooms.
- Please take all trash with you when leaving the venue.
- There is no storage facility for valuables on site. Please manage your valuables within your team.
- The Local Organizing Committee (LOC) assumes no responsibility for loss or theft inside the venue.
- Electrical outlets within the facility are not to be used.
- Before entering the pool, please remove makeup and hair products, take a shower, and wear a swim cap.
- Please remove watches and accessories.
- Please be mindful of the safety of adjacent lanes and other users around you.
- Lifeguards will be on duty at the venue to ensure safety.
- During the official training period (Nov. 17–19), coaches, managers, and team staff on the pool deck should wear T-shirts and shorts; avoid yellow, which is reserved for lifeguards.
- Do not occupy lanes or poolside areas for extended periods, nor lean on or hang from lane ropes.
- Facility parking is unavailable; please use nearby paid parking lots.
- If an ambulance is required inside the competition pool, please notify a lifeguard immediately.
- For ambulance requests outside the competition pool, please inform the nearest staff member.
- Photography and video recording are generally prohibited, except for training purposes such as coaching or review.
- Inappropriate behavior causing inconvenience to other teams may result in denial of



access to the venue.

- The entire facility is non-smoking.
- Please follow all venue rules and instructions from staff.
- Flash photography is prohibited inside the venue.
- Please remain silent during the start signal.

## D. Competition and Official Training

### I . Official Training Information

#### 【Official Training】

- Monday, November 17, 2025: 2:00 PM – 7:00 PM
  - Tuesday, November 18, 2025: 10:00 AM – 7:00 PM
  - Wednesday, November 19, 2025: 10:00 AM – 7:00 PM
- \*Training schedule will be sent before 17 November 2025.

#### Warm-up Guidelines:



##### Main Pool

- Lanes 1 to 8 are pace lanes. Swim in a counterclockwise circle, always entering the water feet first.
- Lanes 0 and 9 are sprint lanes where diving is allowed. These lanes are one-way only. The starting blocks used are the same as those used in competition.
- Backstroke ledges will also be installed in the warm-up pool.
- Depending on congestion, the ICSD Swimming Director may modify the warm-up guidelines.

## WARM UP GUIDELINES (50M COMPETITIONS)

All lanes in the Competition Pool are CIRCLE SWIMMING ONLY, until 45 min. prior to the advertised time of end of warm up, when the competition pool converts to the following diagram:

### COMPETITION POOL START/FINISH END

0	1	2	3	4	5	6	7	8	9
No entry	Back stroke Starts	Circle Only	Circle Only	Circle Only	Circle Only	Circle Only	Circle Only	Pace lane	Dive Start Sprint Lane
									
Dive Start Sprint Lane	Back stroke Starts	Circle Only	Circle Only	Circle Only	Circle Only	Circle Only	Circle Only	Pace lane	No entry
0	1	2	3	4	5	6	7	8	9

### 50M START END

#### COMPETITION POOL:

- There is NO DIVING OR BACKSTROKE STARTS AT ALL until 45 min. prior to the end of warm up, and then diving or backstroke starts only in those lanes marked to do so.
- There is NO DIVING IN CIRCLE SWIMMING LANES, entry to these lanes is to be feet first. Circle swimming is anti-clockwise.
- **No other equipment than a kickboard or pull buoy is allowed in the Competition Pool (e.g. no paddles, no fins, no rubber bands, no parachutes, etc.)**
- Any time between sessions, the Competition Pool must be set up as above.

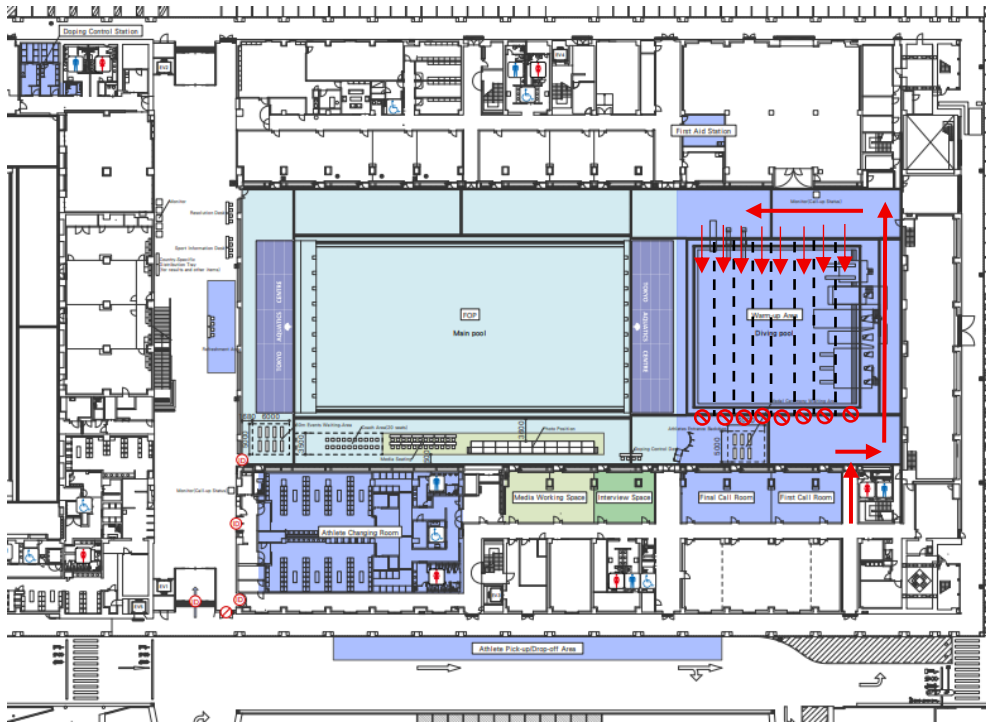
#### WARM UP POOL:

- All lanes will be anti-clockwise circle swimming, with feet first entry at all times.
- Lanes zero (0) and nine (9) can be used for dive in sprints or relay exchange practice. The starting blocks must reflect the blocks used in the competition pool.
- Backstroke ledges should also be available in the Warm Up pool.

World Aquatics Technical Swimming Committee reserves the right to modify the above guidelines should the situation warrant.

## Diving Pool

- Entry and exit are allowed only from the area opposite the call room.
- Diving is prohibited.



【Swimming gear at Diving pool (warm up, training) and 50m pool (competition only)】

### 50 m Pool (Competition Warm-Up / Race Pool)

- Swimwear: Approved racing suit only for racing; training costume only for warm-up at the competition pool
- Cap
- Goggles
- Swim Gear: Not allowed in competitions – fins, kickboards, pull buoys, snorkels, paddles, and tether puller

### 25 m Pool (Training / Pre-Competition)

- Swimwear: Training costumes
- Cap
- Goggles
- Swim Gear: Allowed – fins, kickboard, pull buoy, snorkel, small paddles, tether puller



## 2. Competition Information

### 【Official Training During the Competition Period】

#### Official Training Times During the Competition Period

##### Main Pool

- 8:00 AM – 9:45 AM
- 3:30 PM – 4:45 PM

*The pool will be closed from the end of the preliminary heats until 3:30 PM.*

*Only athletes participating in the finals may use the pool during the warm-up before the final.*

##### Diving Pool

- 8:00 AM – until the end of the last session

#### Competition Regulations

The technical regulations for swimming at the Tokyo 2025 Deaflympics are posted on the ICSD official website.

[Tokyo 2025 - Technical Regulations: Swimming | ICSD](#)

#### Competition Equipment

The Tokyo 2025 Deaflympics swimming competition will use equipment provided by SEIKO.

- **Starting Blocks, Backstroke Ledges, Touchpads**

Please refer to SEIKO's catalog for details.

- **Strobe light**

Each lane will have a starting lamp installed.

The lamp colors have the following meanings:

(A) White: Step onto the starting block

(B) Red: Take your mark

(C) Blue: Start



Strobe Light



Display Board

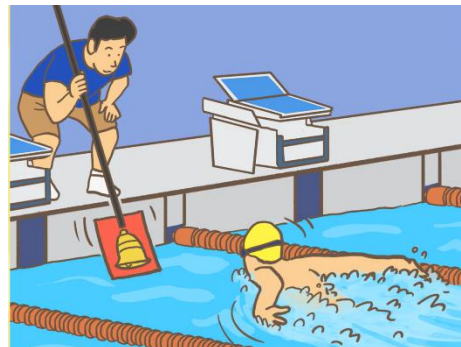
### Long-distance Turn Signaling Device

For long-distance events (freestyle: 800 m, 1500 m), a lane assistant will place this device underwater to signal the final turn to the swimmers.



Long-distance Turn Notification Device

(Reference)



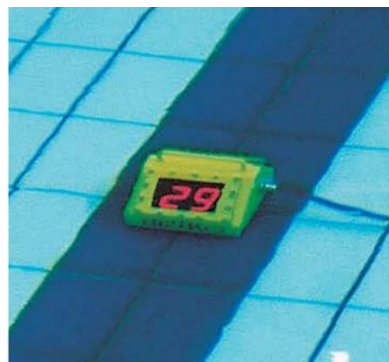
Scenes of use

### Underwater Lap Counter

For long-distance events (freestyle: 800m, 1500m), this device is installed underwater in each lane to inform swimmers of the remaining laps during the race.



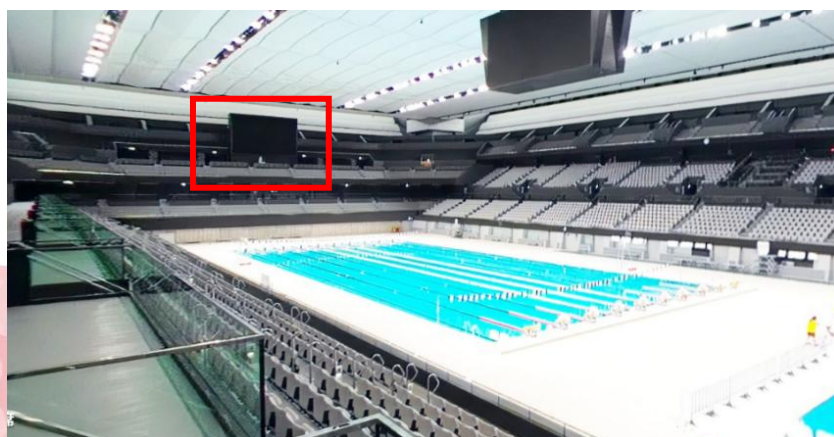
水中周回表示器(片面タイプ)



Underwater installation image

### 【Start List & Competition Results】

Competition results will be displayed on the large screen within the red frame.



Tokyo Aquatics Center Main Arena View

Additionally, competition results will be distributed to each country on the desk opposite the SID desk (one sheet per country). Please take the sheet from the tray labeled with your country's name.

Furthermore, competition results will also be posted on the LOC website. Please check them individually.

(It takes over 30 minutes from when the results are finalized until they are posted online.)

## **E. General Information**

### **1. Information Accessibility**

Displays will be installed in the call room, warm-up area, first-floor entrance, and athlete seating area. These displays will show the call status.

By viewing these displays, athletes can obtain the following information:

- The event currently being called
- The deadline for the call
- The next event to be called

However, due to external factors such as communication failures, the displays may be temporarily unavailable or may not display correctly. We recommend also checking the competition schedule.

### **2. Accommodation Services**

- Information regarding accommodations is available on the delegation's official website.

Accommodation | TOKYO 2025 DEAFLYMPICS - Games Information -

- We cannot answer accommodation inquiries at the venue.
- 

### **3. Transportation Services**

- Please check the "Transportation Services" page on the official Team Delegation Website for the latest transportation plans. The bus timetable will be published on that site.
- Make sure to arrive at the bus boarding area with plenty of time to avoid missing your bus.
- The outbound and return buses may not be the same.
- Please be careful not to leave any personal belongings on the bus.

- An Accreditation card is required to board the bus.
- If you are using public transportation, please check the venue's official website for access information.
- The parking lot at the swimming venue is not available for use. Please use nearby public parking facilities.

## 4. Food Services

During the official training period (November 17–19), the following beverages will be available in the **Refreshment Area**. No advance order is required:

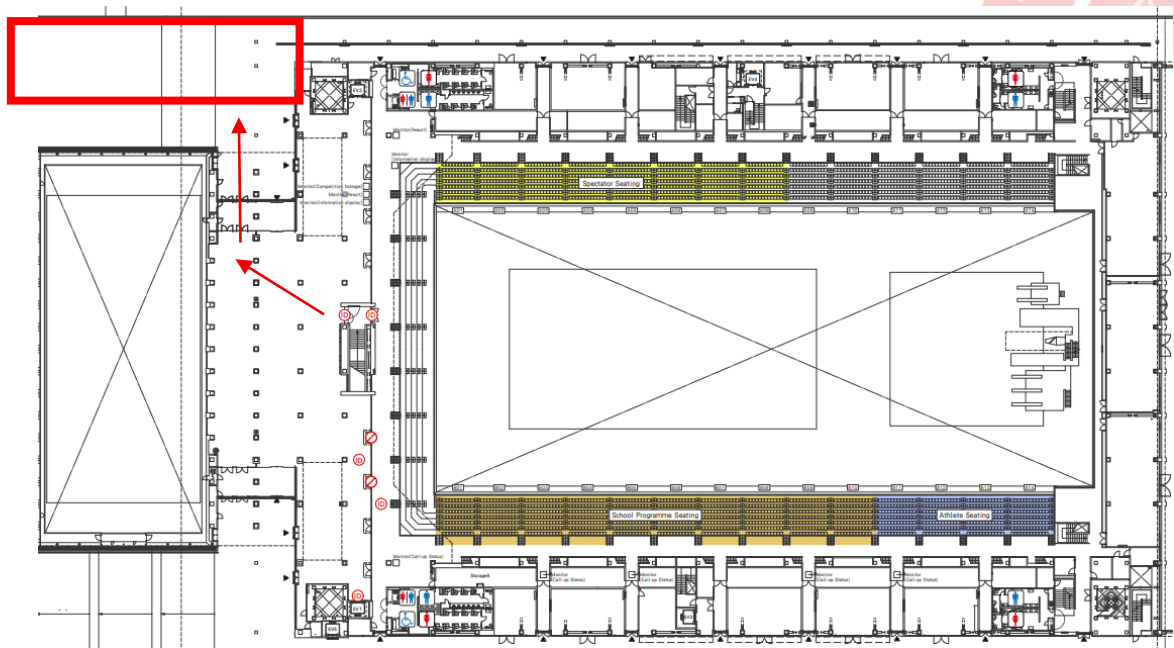
- Bottled drinking water
- During the competition period (November 20–25), the following beverages and light snacks will be provided in the **Refreshment Area**. No advance order is required:

- Bottled drinking water
- Bananas
- Energy bars
- Savory bread (prepared bread with fillings/toppings)



- **Locations of nearby convenience stores** can be accessed via the QR code on the right.
- **If your team has an early departure and cannot have breakfast at the hotel**, a free meal will be available at one of the transport hub locations: **Olympic Center** or **Ariake Coliseum**.
- **Lunch and dinner** must be arranged and paid for by each team.
- For the latest updates on food and beverage services during the Games, please refer to the **Team Delegation Portal Site**.
- **At the swimming venue**, a **food truck** will be available during the competition period (November 20–25).
  - **Opening Hours:** 10:00 AM – 5:00 PM
  - **Menu:** To be determined
  - **Location:** Indicated in the red box on the map below





## 5. Doping Control

Doping control at this competition will be conducted in accordance with the ICSD Anti-Doping Rules.


[ICSD Anti-Doping Rules \(December 2016\)](#)

## 6. Accreditation Card

- Accreditation cards will be issued at Deaf Square. They will not be issued at the venue.
- Accreditation cards are personal and non-transferable, and must be carried with you at all times inside the venue.
- You will also need your Accreditation card to board buses to each competition venue, so please always carry it with you.
- If your Accreditation card is damaged or lost, please contact the competition headquarters immediately. After that, the cardholder must visit the Accreditation Center (Deaf Square) in person to complete the reissuance procedure.

## 7. Team Internal Public Relations Activities”

- Team staff who have pre-registered as media must visit the media registration desk.
- Media bibs will be distributed at the media registration desk.
- Bibs must be worn in the media area. However, when in the athlete seating area, bibs



must be removed.

- For details, please refer to the “Media Guide” posted on the official event website.
- Filming is only allowed within the media area. Filming in athlete-only areas such as the athletes’ changing rooms is strictly prohibited.

## 8. Others

- **Emergency Procedures:**

In the event of an earthquake, fire, or other emergencies, please calmly follow the instructions of the staff and the information displayed on the large screens to evacuate safely.

- **Communication from the Organizing Committee (OC):**

Announcements and updates from the OC will be posted on the Delegation Website.

- **Inquiries to the OC:**

Responses to inquiries directed to the OC will be made publicly available on the Delegation Website.