

Chapter 2: Action & Legacy

1. Action & Legacy Plan and Report

(1) Vision of the Games

The Vision of the Tokyo 2020 Games was finalised in February 2015.

Tokyo 2020 Games Vision

Achieving Personal Best

Unity in Diversity

Connecting to Tomorrow

Sport has the power to change the world and our future.
The Tokyo 1964 Games completely transformed Japan.
The Tokyo 2020 Games, as the most innovative in history, will bring positive reform to the world by building on three core concepts.

The Olympic and Paralympic Games, the world's largest sporting event, brings together the most elite athletes from around the world, creating unlimited power. Leveraging the occasion of the Tokyo 2020 Games, Japan aims to improve Tokyo, the country, and the world, and as exemplified in the Olympic Torch Relay, pass this beacon of hope on to children, the leaders of future generations.



3 core concepts

○ Achieving Personal Best

Through flawless preparation and execution, the Tokyo 2020 Games aim to deliver a safe and secure Games where every athlete can perform and achieve their personal best. The world's most cutting-edge technologies will be adopted for maintaining competition venues and in operating the Games. All Japanese citizens, including Olympic and Paralympic volunteers, will employ their utmost resourcefulness as hosts to welcome visitors from around the world with the best Japanese *omotenashi*, or hospitality.

○ Unity in Diversity

Accepting and respecting differences in race, colour, gender, sexual orientation, language, religion, political or other opinion, national or social

origin, property, birth, level of ability or other status allows peace to be maintained and society to continue to develop and flourish.

The Tokyo 2020 Games will foster a welcoming environment and raise awareness of unity in diversity among citizens of the world.

○ Connecting to Tomorrow

The Tokyo 1964 Games completely transformed Japan, enhanced Japanese people's awareness of the outside world and helped bring about rapid growth of Japan's economy. The 2020 Games will enable Japan, now a mature economy, to promote future changes throughout the world, and leave a positive legacy for future generations.

(2) Action & Legacy Plan

The significance of the Olympic and Paralympic Games lies in participation. Although it is the athletes who physically take part in the Games themselves, there are many other ways to become involved in the Olympic and Paralympic Games.

The Games are the sporting events that will be held mainly in the Greater Tokyo area in the summer of 2021. The events are limited. However, we are using the concept of “spread” in three different ways.

The first of these is the “Spread of Fields.” The Olympic and Paralympic Games are sporting events. However, the Olympic Charter calls for the blending of sport with culture and education. We plan to leave legacies across a wide range of fields including technology, sustainability and so on.

The second concept is Spread of Time. It is not only the period of the Games that is important, but also the years leading up to the Games.

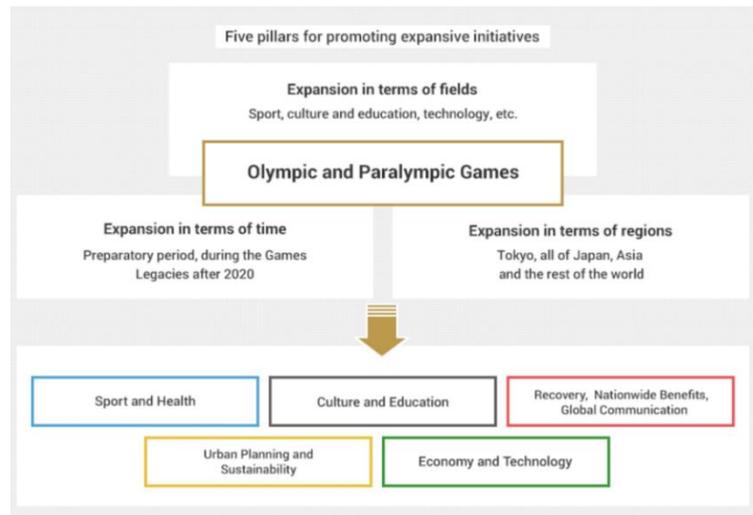
Finally, we have Regional Spread. We held several events related to the Games not only in Tokyo but in all parts of Japan in order to raise excitement for the Games.

To systematically promote these initiatives in the lead up to the Tokyo 2020 Games, the Tokyo Metropolitan Government, Japanese government, JOC, JPC, business community and other stakeholders collaborated in establishing five specialist commissions to examine specific actions along five pillars: Sports and Health; Urban Planning and Sustainability; Culture and Education; Economy and Technology; and Recovery, Nationwide Benefits and Global Communication with the aim of promoting actions in a cohesive All-Japan structure.

In addition, the “Action & Legacy Plan” was formulated in 2016 with professional advice from the expert committee in line with the key message of “Participating in the Tokyo 2020 Games, Connecting with Tomorrow”.



This plan is a compilation of the actions, namely events and initiatives, that will be held throughout Japan from autumn 2016 through to the Games that are aimed at promoting widespread engagement. The legacies will be the end products of these actions, and will be left to Tokyo, Japan, and the world to mark the occasion of the Tokyo 2020 Games.



(3) Preparing the Action & Legacy Report

The various actions taken based on the Action & Legacy Plan resulted in the participation of a vast number of individuals, local governments, and organisations at the Tokyo 2020 Games, raising the level of excitement of people from all over Japan. The first Games to be postponed due to COVID-19, the experience of hosting the Tokyo 2020 Games during a pandemic will be passed on as a legacy to future generations. Even under these conditions, a great number of creative and ingenious initiatives were developed to build momentum and create a legacy.

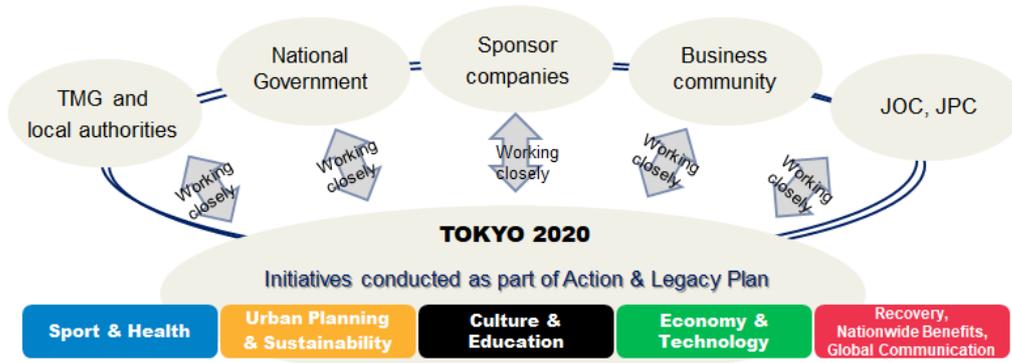
This Action & Legacy Report spotlights the achievements of various initiatives (Actions) implemented based on the Action & Legacy plan, as well as what will be passed down to future generations (Legacies). This report is a compilation of the actions and results that have transpired as a result of these Games. These legacies are expected to continue to be implemented, passed down, and developed by the Tokyo Metropolitan Government, Japanese government, JOC and JPC.

2. Initiatives by the Tokyo 2020 Organising Committee and other related organisations

The Tokyo 2020 Games served as the catalyst for collaboration with the organisations listed in this report on various initiatives meant to encourage the engagement of as many people as possible in a variety of activities and to expand that circle throughout Japan.

(1) Initiatives of the Tokyo 2020 Organising Committee

- The Tokyo 2020 Organising Committee collaborated with related organisations and other entities in line with the Action & Legacy Plan and played a role in (1) planning and implementing actions, (2) linking the actions of various actors to the Tokyo 2020 Games, (3) connecting entities that are planning and implementing actions using ideas from various people, and promoting this movement nationwide, and (4) promoting collaboration among actors implementing actions, in order to promote actions in an All-Japan structure that will leave a lasting legacy.
- Discussions were held by Five experts' commissions that examine specific actions and legacies for each pillar to promote the Action & Legacy Plan.
- Experts and specialists from various industries were members of these commissions, which also included the participation of officials from the Tokyo Metropolitan Government and Japanese national government as ad hoc members and observers.
- The Committee discussed the current state of affairs and issues in each field at meetings, as well as what legacies should be left and what actions should be taken as a result of the Tokyo 2020 Games. The pillar of "Sports and Health" encouraged the creation of an environment where people can enjoy athletic recreation and improve their health, while "Urban Planning and Sustainability" was included from the perspective of building safe and comfortable cities, and communicating the importance of sustainability. "Culture and Education" was included to promote Japan's diverse culture to the world and create an emotional and mental legacy of self-confidence and courage, understanding of diversity, and proactive and positive participation in society through education on the Olympics and Paralympics. "Economy and Technology" was designed to contribute to the revitalisation of Japan's economy as the host of the Games and to promote innovation with the use of cutting-edge technology. The pillar of "Recovery, Nationwide Benefits and Global Communication" consisted of comprehensive actions in a wide range of fields in the five pillars, as well as the addition of aspects related to rebuilding from the 2011 earthquake and tsunami, and promoted actions to create legacies that extend beyond sports.



① Sports and Health	Athletes' Commission
② Urban Planning and Sustainability	Urban Planning and Sustainability Commission
③ Culture and Education	Culture and Education Commission
④ Economy and Technology	Economy and Technology Commission
⑤ Recovery, Nationwide Benefits and Global Communication	Media Commission

- The Tokyo 2020 Organising Committee concluded agreements with the Rugby World Cup 2019 Organising Committee and the Organizing Committee of the World Masters Games 2021 Kansai with the aim of building a system of mutual collaboration and cooperation to ensure the success of the Games and competitions, and promoted efforts to manage, prepare and build momentum by utilising the expertise of each organisation in the areas of (1) publicity and PR for the Games, (2) volunteers for the Games, and (3) other matters required for the preparation and operation of the Games.

(2) Initiatives by related organisations

- The Tokyo Metropolitan Government, Japanese government, business community, JOC and JPC, local governments, and other related organisations took an active role in considering the actions to take to prepare for the Tokyo 2020 Games and what legacies should live on after the Games.
- The Tokyo Metropolitan Government formulated "Towards 2020 – Building the Legacy" in December 2015 to leave a lasting and valuable legacy as host of the Games. "Building the Legacy – Beyond 2020" was released in July 2021 to promote initiatives and communicate in an easy-to-understand manner the tangible and intangible legacies that were created through multi-faceted efforts in preparation for the Games. The Tokyo Metropolitan Government plans to use the Legacy Reporting Framework to communicate the benefits of the Games to host cities after the Games.
 
- The Japanese government formulated the "Basic Policy for Promoting Measures related to Preparations for and Management of the Olympic and Paralympic Games in Tokyo in 2020" in November 2015. The Japanese government worked on one of the basic principles in this policy, "Creating and demonstrating to the world a legacy that we can hand over to future generations with pride". The Committee plans to widely disseminate the legacy of the Games throughout Japan and overseas after the Games.
- In the business world, the Business Council for the Olympic and Paralympic

Games was established in March 2015 which included members from the Japan Business Federation (Keidanren), Japan Chamber of Commerce and Industry, Tokyo Chamber of Commerce and Industry, and Japan Association of Corporate Executives. In April 2016, the Council released “Toward & Beyond 2020”, a compilation of the council’s legacy-building activities. The business community, including partners of the Games throughout Japan, worked together to ensure the success of the Tokyo 2020 Games and create a legacy that the business community could build on.



- The JOC, the National Olympic Committee (NOC) of the host nation, has worked on enhancing the Olympic Movement programmes it has been engaged in over the years, as well as measures to integrate the Olympic and Paralympic Games. The Japan Olympic Museum opened in September 2019, establishing a base for learning and spreading the word on the history and significance of the Olympic Games.



- The JPC has developed teaching materials in Japanese together with the Nippon Foundation Paralympic Support Center and Benesse Foundation for Children based on the contents of the international version of “I’m POSSIBLE”, the teaching materials developed by the IPC-affiliated Agitos Foundation.

3. Crossovers between Each Pillar

Participation is the one common principle that is shared among the five pillars to promote the active engagement of as many people as possible (Actions) and connect the outcomes of the Games to future generations (Legacies). It is important that diversity be recognised in all areas, including disabilities.

(1) Participation

The participation of as many people as possible in the Games is the key to realising the Action & Legacy Plan. The Tokyo 2020 Nationwide Participation Programme was launched in October 2016, a unique system that allowed various organisations and groups to build momentum for the Games. The Tokyo 2020 Organising Committee certified a variety of actions (events,

projects, etc.) in the lead up to the Tokyo 2020 Games, with the aim of building momentum and creating a legacy by making people feel connected to the Games.

Actions were certified in eight areas (“Sports and Health”, “Urban Planning”, “Sustainability”, “Culture”, “Education”, “Economy and Technology”, “Recovery”, “Nationwide Benefits and Global Communication”) based on the five pillars of the Action & Legacy Plan. Although the Organising Committee focused on a large number of initiatives in order to create legacies for each of the five pillars described in Chapter 3, the shared philosophy at the core of each is the promotion of “participation (promoting the active engagement of as many people as possible and encouraging active engagement in a wide variety of activities)”.

* For details, see “Chapter 8: Tokyo 2020 Nationwide Participation Programme”)

(2) Paralympics

The Paralympic Games are the world’s most premier sporting event for persons with an impairment and also serve as an opportunity to recognise the limitless potential of human beings. Paralympic athletes have the power to inspire and excite the world, which can transform ways of thinking and attitudes and promote fully-inclusive social participation and change. This change will become the driving force for creating a legacy, a reason why the Action & Legacy Plan is placing particular emphasis on promoting awareness and interest in the Paralympic Games.

1) Aspirations of the Paralympic Movement

The IPC has identified four values for the Paralympic Movement: Courage, Determination, Inspiration, and Equality. The Paralympic Movement aims to promote social awareness of persons with an impairment through sport and create a society with equal opportunities for all.

The IPC’s vision is the creation of an inclusive world through Para sport, where people with and without an impairment live together.

Three Agitos



The Paralympic emblem is called the “Three Agitos” and consist of tri-coloured, curved lines encircling a central point to represent movement. From the Latin for “I move”, the Three Agitos symbolises the Paralympians who never give up even when times are tough and continue to push the limits. The three colours (red, blue, and green) have been chosen as they are the most common colours represented in the flags of countries around the world.

2) Current state of Japan and challenges

The first step in realising the IPC’s vision is to aspire to the creation of a fully inclusive society where people with and without an impairment can play sports. Although Japan has made progress in terms of the participation of persons with an impairment in sports and society, further efforts must be made to create an environment where more people are able to enjoy sports and be active members of society.

- Improving the sports environment for persons with an impairment
 - 【Percentage of persons with an impairment who play sports (adults, 1x/week or more): 18.2%】
- Promoting participation in society and activities of persons with an impairment
 - 【Actual employment rate of persons with an impairment (private companies): 2.15% (legally-mandated employment rate: 2.2%)】
- Understanding diversity is essential to achieving the creation of a society in which everyone, regardless of age, gender, or disability, can demonstrate their capabilities and be active. The Act for Eliminating Discrimination against Persons with Disabilities, enacted on 26 June 2013 and put into effect on 1 April 2016, aims to eliminate discrimination on the basis of disability to realise a society where all people in Japan can live together with mutual respect for each other’s character and individuality, without discriminating based on whether or not they have a disability.
- The Tokyo Metropolitan Government also enacted the “Ordinance to Promote Understanding of and Prohibit Discrimination Against People With Impairments in Tokyo” on 4 July 2018, which came into effect on 1 October 2018, in order to further promote efforts to enhance understanding of persons with an impairment and eliminate discrimination throughout society in anticipation of the Tokyo 2020 Games. Under the Act for Eliminating Discrimination against Persons with Disabilities, private businesses are required to make efforts to provide reasonable accommodation, while the Tokyo Metropolitan Ordinance makes this mandatory to further promote efforts to eliminate discrimination.

3) Importance of hosting the Tokyo 2020 Paralympic Games

- The Tokyo 2020 Games was the first time that the summer Olympic and

Paralympic Games were held in the same host city for the second time. It is necessary to follow up not only on the success of the Paralympic Games, but to also promote the fully inclusive participation of all persons with an impairment in society regardless of the type or presence of disability, as well as people's understanding of diversity over a longer span of time and at a higher dimension.

- The average life expectancy in Japan is currently 81.64 years for men and 87.74 years for women, one of the highest in the world (average life expectancy in 2020). The percentage of people aged 65 and over in Japan's total population is expected to increase from 5.7% in 1960 to 26.0% in 2020, and to 37.7% by 2045.
- With the rapidly aging population of Japan, it is essential to realise a fully inclusive society through the Paralympics in order to allow all people to demonstrate their capabilities, participate as full members of society and create a better future together.

① **Relationship with the vision of the Paralympic Games**

The Paralympic Games have the power to effect social change towards the realisation of a fully inclusive society, one that respects and supports each person's character and individuality, and that mutually recognises people's diversity. When comparing the realisation of the vision for the Tokyo 2020 Games with the Paralympics, it is clear that the vision is for all people to demonstrate their abilities (Achieving Personal Best), to build a social foundation (Unity in Diversity), and to connect to a truly inclusive society of the future (Connecting to Tomorrow).

The second pillar (Unity in Diversity) in particular focuses directly on the realisation of a fully inclusive society through the Paralympics.

② **Management of the Paralympic Games**

To ensure the success of the Paralympic Games, the Tokyo 2020 Organising Committee adopted the following policies in its stance towards the Games:

- Integrated planning for both the Olympic and Paralympic Games with a wide range of stakeholders, including those involved in the Paralympic Games from the preparatory stage and management of organisations with a strong awareness of the Paralympic Games.
- Development of accessible environments in terms of both tangible and intangible facets in preparation for the Games, as well as the spread and expansion of improvements from competition venues to surrounding areas.
- Broad communication on the appeal of Para sports and improved quantity and quality of information with a view of the importance of engagement to promote Para sports and enrich the base of fans and supporters.

- Formulation of plans to promote Para sports and the realisation of a truly inclusive society after the Tokyo 2020 Games.

4) Aspirations through the Tokyo 2020 Games

① Sports and Health in Actions and Legacies

The Tokyo 2020 Games looked to create a foundation under the pillar of Sports and Health to encourage people to play, watch, and support Para sports, as will be explained in detail in Chapter 3.

Hosting the Paralympic Games in Tokyo in 2021 provided more opportunities for people to become familiar with and interact with Paralympians by experiencing and watching Paralympic sports in school, at sports events, and in pre-Games training camps across Japan. It is hoped that these opportunities will help people to learn more about the Paralympic sports and increase the number of people watching Para sports after the Games.

The Tokyo 2020 Games also aimed to increase the number of people participating in sports, such as Para sport fans and supporters, and to develop a familiar environment where all people, both with and without an impairment, can enjoy sports.

Some examples of initiatives involving individuals and companies include training and using volunteers who have an in-depth understanding of Para sports and Paralympic sports, and matching companies that are engaged in supporting Para sports with Para sports organisations.



② Other areas in the Action & Legacy Plan

The legacy of the Paralympics was considered as a common policy for all the pillars. The main initiatives are as follows.

<Urban Planning and Sustainability>

- Consideration of accessibility throughout the Tokyo 2020 Games, including barrier-free access and information security, etc.
- Consideration of sustainability, encouraging participation in the Games, etc.
- Efforts to promote gender equality and unity in diversity.

<Culture and Education>

- Participation and interaction with all people and revitalisation of communities through the arts for persons with an impairment, etc.
- Promotion of understanding of diversity through interaction with people from diverse backgrounds, including those with an impairment, etc.

<Economy and Technology>

- Promotion of enhanced medical care and assistance, barrier-free access, etc.
- Demonstration and dissemination of information to the world on walk assist robots and assist suits to support the lifestyles of persons with an impairment and the elderly, and provision of systems that allow all people to enjoy the sports, including the development of viewing systems for persons with visual impairments.

<Recovery, Nationwide Benefits, Global Communication>

- Promotion of participation in the Paralympics throughout Japan through the lighting of the Paralympic Torch Relay in all 47 prefectures in Japan.



③ **Creating a fully inclusive society for ourselves in the future**

The Paralympics provided a unique opportunity to think about the potential of all people and how they can build on this by bringing awareness to the importance of embracing diversity through experiences in Para sports, watching competitions, and interacting with athletes and persons with an impairment.

The Paralympic Games built anticipation for the Paralympic Movement throughout Japan, expanding the possibilities for people from diverse backgrounds to use their abilities to take action and build momentum to act together in creating legacies that will lead to the development of a fully inclusive society in the future.



The Paralympics have the power to change society. After the Games, the Paralympics will continue to serve as a driving force for change in Japanese society, not only with improvements to accessibility in towns and facilities, but also by working to create a fully inclusive society where the idea of a “barrier-free mindset” is firmly entrenched, to eliminate an individual’s mental barriers.

4. Report Structure

- This report contains the following sections.

Chapter 1: Tokyo 2020 Games

Chapter 2: Action & Legacy

Chapter 3: Sports and Health

Chapter 4: Urban Planning and Sustainability

Chapter 5: Culture and Education

Chapter 6: Economy and Technology

Chapter 7: Recovery, Nationwide Benefits and Global Communication

Chapter 8: Tokyo 2020 Nationwide Participation Programme

Chapter 9: Use of the Games' Properties

- Chapters 3 through 7 are divided by pillar along the following contents.
 - <Basic principles>
 - Focus on the relationship between each field and the Olympic and Paralympic Games
 - <Legacy concepts>
 - Action guidelines for each pillar based on basic principles
 - <Actions>
 - Separate descriptions of the actions that were taken to realise concepts by the Tokyo 2020 Organising Committee and other stakeholders
 - <Key achievements and outcomes>
 - Specific data on changes that occurred as a result of various actions
 - <Legacies>
 - Descriptions of what legacies will be passed on to future generations, including new initiatives and social changes that have emerged as a result of the Tokyo 2020 Games
 - <Case studies>
 - Introduction to the content, achievements, and legacies of initiatives with specific examples