Get Ready for Rio 2016
Information kit for athletes
Information kit for athletes: what’s inside?

Everything you need to know about your stay in Rio. This kit has been designed to be as comprehensive as possible so that you can focus on your Games and enjoy your time in Brazil.

What will you find in here?

- Information about Brazil and the city of Rio de Janeiro
- Information about your home during the Games: the Olympic Village and all the facilities intended to make your life easier
- A short description about the IOC Athletes’ Commission election
- Some pointers on sharing your experience on social media during the Games

Finally, the Olympics are all about playing fair. There is a short reminder of the rules, including Rule 40 and Rule 50, as well as information about anti-doping and athlete protection.

We look forward to welcoming you to the Olympic Games Rio 2016.
Join the Hub now and get all the latest news about the Games and what will happen in Rio. Find out about the IOC Athletes’ Commission, the Athletes’ Library and much more.

JOIN THE GAME
JOIN THE OLYMPIC ATHLETES’ HUB
www.olympic.org/athleteshub
Cherish Your Memorable Moments with Samsung

The International Olympic Committee and Samsung are pleased to offer you **THE LATEST SAMSUNG SMARTPHONE**. Don’t forget to claim yours at the Olympic Village!

**STAY IN TOUCH WITH THE WORLD DURING THE GAMES** and feel free to share the excitement with your fans and other members of the Olympic Family.
Information about Brazil
Information about Brazil

For more detailed information, please visit the Olympic Athletes’ Hub

Time Zone
Brasilia Standard Time (BRT) is three hours behind Greenwich Mean Time (GMT-3).

Weather
Rio de Janeiro as a whole benefits from a mild to warm climate during the winter month of August. The temperature in August ranges between an average high of 24°C and an average low of 21°C. The relative humidity ranges from minimum 60% to maximum 80%. Daylight hours are between 6.20a.m. and 5.30p.m.
Olympic Village
Village Info & Services

For more detailed information, please visit the Olympic Athletes’ Hub

Resident Centres
Each Resident Centre will provide a front-desk, hotel-like service that will assist with the resolution of issues related to accommodation services in the Olympic Village.

Power and Plugs
Power in Village apartments is supplied at a nominal voltage of 110V, with 10A outlets. Two-and three-pin plugs may be used.

Place of Mourning
A mourning place within the Olympic Village to allow athletes and all those in the Village to mourn those who have passed away, in a special and dignified way.

Polyclinic
The Polyclinic will be the main treatment provider for urgent and necessary medical services during the Games.
Village Info & Services

For more detailed information, please visit the Olympic Athletes’ Hub

Olympic Village Entertainment Centre
Including a lounge with Wi-Fi, a music area, a games room and a video games room.

Swimming Pool
Each condominium will have a dedicated recreational shallow swimming pool.

Village Gym
A wide selection of cardio-vascular equipment, resistance machines and free weights, as well as space for stretching and warming up/down.

Multi-Faith Centre
Open to people of all faith, this centre is dedicated to worship and meditation.

NEW
Visit the Olympic Athletes’ Hub
Village Info & Services

For more detailed information, please visit the Olympic Athletes’ Hub

Laundry
Serviced laundry is free-of-charge! Simply drop off your individual laundry bags at the serviced laundry of your condominium. Irons and ironing boards will be available for personal use through the Resident Centres.

Housekeeping Schedule
Apartments will be cleaned on a set schedule between 8.30a.m. and 4.00p.m.

Dry Cleaning
Teams requiring dry cleaning and pressing of team uniforms, judo suits and other similar non-regular items will be able to use the drop-and-collect, pay-on-demand service in the Village Plaza at a charge to the NOC. There is also a laundry and mending of clothes and team uniforms pay-on-demand service.
Village Info & Services

For more detailed information, please visit the Olympic Athletes’ Hub

IOC Space
In the IOC Space, located at the entrance to the Main Dining Hall, you will find information about the IOC’s athlete programmes and be able to vote for your preferred candidates in the IOC Athletes’ Commission election. You can also watch the action from the Games on the big screens, meet your friends, take pictures in the photo booth and much more.

WADA Booth
The World Anti-Doping Agency’s (WADA) mission is to lead the worldwide movement for doping-free sport. Find out more at the WADA booth, located at the entrance to the Main Dining Hall.
Free-of-charge Wi-Fi internet access is available in all residential apartments in the Olympic Village

Rio 2016 will provide free-of-charge Wi-Fi (on a best-effort and shared basis), to Olympic Village residents in the following locations:

- IOC Space at the Dining Hall
- Polyclinic (reception and waiting areas)
- Athlete entertainment area
- Resident centres
- TV lounges
- Village Plaza (McDonald’s and Internet Lounge)
- Welcome Centre (accreditation and waiting areas)

For more detailed information, please visit the Olympic Athletes’ Hub
Village Policies

For more detailed information, please visit the Olympic Athletes’ Hub

Display of National Flags and other Materials
Installation of national flags and other messaging or materials on the exterior of the buildings in the Olympic Village must comply with Rule 50.

Bicycles
Your NOC may bring bicycles into the Olympic Village for the convenience of its delegation. Competition bicycles must not be ridden in the Olympic Village. Please check with your NOC for more details on quota and rules.

No-smoking and Alcohol Policy
Smoking is strictly forbidden in all buildings in the Olympic Village. Consumption of personal alcohol is restricted to private spaces. A limited number of clearly marked outdoor smoking areas will be available.

Food and Beverage Policy
Residents will be permitted to bring the following items into the Village: Bottles of all beverages, food items and other liquids, including aerosols and gels, of up to a maximum of five litres per person, per entry through the security screening areas.

For food safety reasons, users of the Main Dining Hall may only remove one drink, one piece of fruit and hand-held food (food that is being consumed at the time). Exceptions will be made on presentation of a certificate: check with your NOC team doctor for details.
Food and Beverage

For more detailed information, please visit the Olympic Athletes’ Hub

Dining
The Main Dining Hall is located next to the transport mall. The casual dining hall is located next to the Olympic Village Welcome Centre. A menu card in English, French and Portuguese with food pictograms will give dietary information for specific menu items and will accompany all dishes available in the Olympic Village.

Grab-and-Go Stations
Seven stations will serve fruit, cereal bars, muffins, yoghurt, tea and coffee.

Cold Beverages
Cold beverage vending machines serving a range of Coca-Cola products including soft drinks, water, Powerade and orange juice will be located throughout the Olympic Village.

McDonald’s
You will also find a McDonald’s restaurant in the Village Plaza.
Transport

For more detailed information, please visit the Olympic Athletes’ Hub

A shuttle will operate on a daily basis inside the Olympic Village. It will connect key locations, including the Welcome Centre, Main Dining Hall, Athlete Transport Mall and the residential zone. The frequency will vary at peak and off-peak times but should be around every five minutes after 24 July.

Free transportation will also be provided to all training and competition venues as well as the shopping mall and the beach.
Opening and Closing Ceremonies

For more detailed information, please visit the Olympic Athletes’ Hub

Opening Ceremony
The Opening Ceremony will take place on 5 August 2016 at 8.00p.m. Bus services will be provided from the Olympic Village to the Maracanã Stadium for accredited marching athletes and team officials.

Closing Ceremony
The Closing Ceremony will be held on 21 August 2016 at 8.00p.m. On the day of the Closing Ceremony, transport will be provided for athletes competing at late competition sessions.

Team Welcome Ceremonies
These are the official welcome ceremonies into the Olympic Village for all athletes, team officials, delegates and guests of Olympic Games Rio 2016 and take place in the Village Plaza. For further details, please contact your NOC.
The Plaza is the heart of the Olympic Village. There you can shop, buy retail items and souvenirs, meet your guests and much more

For more detailed information, please visit the Olympic Athletes’ Hub

Shops and Services

- Bank and ATM
- Dry cleaning
- Example athlete’s bedroom for guests and media
- Florist
- General store
- Hair salon
- Information kiosk

- Internet lounge
- Merchandise store
- Photo kiosk
- McDonald’s
- Post Office
- Samsung Phone Centre
- Ticket Box Office
Key Contacts

Village Address for Post
[Name]
[Organisation]
Centro de serviços aos CONs
Vila Olímpica Rio 2016
Av. Olof Palme, 305 – Barra da Tijuca
Rio de Janeiro RJ, 22783-119
Brazil

Olympic Village Main Entry
Salvador Allende, 3200 – Barra da Tijuca
Rio de Janeiro RJ, 22783-119
Brazil

Phone numbers
Emergency telephone numbers will be provided at check-in.
Entertainment in Rio
Entertainment in Rio

For more detailed information, please visit the Olympic Athletes’ Hub

Olympians Reunion Centre
The Olympians Reunion Centre is housed at Rio de Janeiro’s iconic Clube de Regatas do Flamengo, opposite the rowing venue. It has been designed with Olympians in mind - you can use Wi-Fi and enjoy live streaming of the Games as well as complimentary food and beverages. Each day, free tickets to the Games will be available for Olympians. Open midday until late throughout the Games.

Athletes’ Beach
Residents will also be able to use a transport service from the Athlete Transport Mall to the Olympic Village Beach, which is located in the Barra zone. Deckchairs and beach umbrellas will be available free-of-charge to athletes and team officials.

Live Sites
Live sites will be available inside Barra and Deodoro Olympic Parks for spectators with tickets to one of the events inside the relevant park. Large LED screens will show live broadcast of the Olympic Games, with sports activities and cultural performances also taking place.

Shopping Mall
Transport will be available to shopping mall in the Barra zone.
IOC Athletes’ Commission Election
The IOC Athletes’ Commission is your voice within the Olympic Movement

The IOC Athletes’ Commission represents you and all athletes. Want to discover how it works? Learn how to be heard and how to contribute, right here.

What is the IOC Athletes’ Commission?

12 ELECTED BY YOU
19 MEMBERS
7 APPOINTED BY THE IOC PRESIDENT
1 Representative of the WOA
1 Representative of the IPC
RECENTLY RETIRED OR ACTIVE ATHLETES

What does the IOC Athletes’ Commission do for you?

OLYMPIC ATHLETES’ HUB
ATHLETE CAREER PROGRAMME
ATHLETE LEARNING GATEWAY
Represent athletes on the IOC EXECUTIVE BOARD and most of the IOC COMMISSIONS
GUARANTEE ATHLETES’ NEEDS are considered in all decisions

Visit the Olympic Athletes’ Hub
IOC Athletes’ Commission Election Information
Olympic Games Rio 2016

The election takes place during the Olympic Games with voting open to accredited athletes (Aa)

24 CANDIDATES

VOTE FOR 4 ATHLETES FROM 4 DIFFERENT SPORTS AT THE OLYMPIC GAMES RIO 2016

Discover more information about the candidates at the IOC Space.

When and where to vote?
The voting booths are located at the IOC Space at the entrance of the Main Dining Hall at the Olympic Village. Voting booths are open for voting from 24 July to 17 August. Voting booths will also be available on selected days in the football cities.
Social Media Guidelines
Read the IOC Social and Digital Media Guidelines for participants at the Olympic Games Rio 2016 here

The IOC actively encourages and supports athletes and other accredited persons at the Olympic Games to take part in social and digital media and to share their experiences with their friends, family and supporters. These Guidelines apply from the opening until the closing of the Olympic Village. Please make sure you read the FAQ and Guidelines below, and contact your NOC if you need further information.

Check the Hub to download the:

- IOC Social and Digital Media Guidelines - Frequently Asked Questions
Play Fair
Play Fair

Protect your sport! Read our code of conduct for keeping competitions free from manipulation and related corruption

Code of Conduct

- **Be True**
  Always do your best, never fix an event.

- **Be Careful**
  Never share information that could be used for betting purposes.

- **Be Safe**
  Never bet on your sport or competition.

- **Be Open**
  If you are approached to cheat, speak out!

Contact the IOC hotline: www.olympic.org/integrityhotline

Check the Hub to download the:

- Code of Ethics
- Code on the Prevention of the Manipulation of Competitions
- Rio Olympic Games 2016 Rules on the Prevention of the Manipulation of Competitions
Use of Participant’s Image
Rule 40
Use of Participant’s Image - Rule 40

Use of a participant's image for advertising purposes during the Olympic Games Rio 2016

It is important for you to know that there are certain rules in place about your personal sponsorship during the Olympic Games. For example, only Olympic sponsors may use participant images for Olympic-related marketing and communication campaigns. All other entities being third-party companies and brands may not use participant images in order to create a connection to the Olympic Games Rio 2016 or in view of benefitting from their appeal. These rules have been put in place so that the Olympic Games are not over-commercialised and the focus can remain on the athletes’ performance. Make sure you read the guidelines and Q&A below, and contact your NOC for more information.

Check the Hub to download the:

- Rule 40 Guidelines
- Rule 40 Submission Form
- Rule 40 Athlete Q&A
Authorised Identifications
Rule 50
What you need to know as a participant of the Olympic Games

It is important to know that there are certain rules in place for athletes regarding the use of identifications (such as trademarks) on clothing, accessories and equipment during the Olympic Games. Rule 50 exists in particular to keep the focus on sport and the athletes and to ensure that all competition venues and other Olympic venues and sites remain free from advertising, publicity, demonstrations and political, religious and racial propaganda. Make sure you read our Q&A factsheet below, and contact your NOC for more information.

Check the Hub to download the:

- Rule 50 Athlete Q&A
Medical
Needle Policy and Medical Equipment Policy

Needle Policy

Unless you have an IOC-approved Injection Declaration Form, the Olympic Games are needle-free. Find out what this means, for you and qualified medical practitioners.

Medical Equipment Policy

Please check with your NOC on what medical equipment you’re allowed to bring into the Olympic Village and Games venues during the Olympic Games Rio 2016.

Check the Hub to download the:

- IOC Needle Policy
Anti-Doping
Anti-Doping Rules
Olympic Games Rio 2016

Join us as we celebrate clean athletes in the lead up to the Olympic Games Rio 2016

Protecting clean athletes is our number one priority. Read the Anti-Doping Rules in place for the Olympic Games Rio 2016. These rules shall apply, without limitation, to all doping controls over which the IOC has jurisdiction for the Olympic Games Rio 2016.

Check the Hub to download the:

IOC Anti-Doping Rules Olympic Games Rio 2016
As part of efforts to protect clean athletes, random doping tests are conducted. In order for these tests to be carried out, you need to make your whereabouts known at all times. Find out how this impacts you.

Check the Hub to download the:

- Whereabouts Information
Do you take medication to treat a medical condition? TUEs ensure that you are able to obtain treatment for a legitimate medical condition.

As an athlete required to undergo doping control (testing), you must ensure that you do not use anything that is on the List of Prohibited Substances and Methods (the List). If you have an illness or condition that requires the use of a substance that is on the List, you may apply for a TUE authorising you to take the necessary medicine. You will need to obtain the TUE by the deadline of 24 June 2016. Your NOC will be able to assist you in applying for a TUE.

Check the Hub to download the:

- Therapeutic Use Exemptions Information

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**World Anti-Doping Agency (WADA)**

The World Anti-Doping Agency’s (WADA) mission is to lead a worldwide movement for doping-free sport. Learn more from the following WADA educational material below.

The purposes of the World Anti-Doping Code are:

- To protect the Athletes’ fundamental right to participate in doping-free sport and thus promote health, fairness and equality for Athletes worldwide.
- To ensure harmonised, coordinated and effective anti-doping programmes at the international and national level with regard to detection, deterrence and prevention of doping.

For more information please see the WADA website:

- WADA Prohibited List
- Athlete Guide to the Code
- World Anti-Doping Code
See you in Rio!