

8. Promotion of para-sports

1. Overview

We create the Paralympic movement by actively disseminating the fun of para-sports, and the activities of athletes through the media, and dramatically improving the awareness of para-sports.

The Tokyo Metropolitan Sports Centers for People with Impairments (Sogo/Tama) was renovated to improve its functions and convenience, and places for para-sports will be developed by promoting the utilization of the Tokyo Metropolitan Special Needs Schools as one of the local bases.

Furthermore, we discover, nurture, and strengthen para-athletes, by supporting athletes related to Tokyo who are expected to participate in the Paralympic Games and other international competitions.

2. Legacy in a nutshell

Tokyo will become a city where anyone, with or without an impairment, can enjoy para-sports as universal sports, whenever, wherever, and for as long as they wish to, allowing people with impairments, para-sport organizations, etc. to engage in sports activities in their nearby areas.

Para-sports are taking root in society as popular contents for everyone to enjoy as exemplified by Tokyo residents watching para-sports competitions, companies and organizations providing continued support for para-sports, and para-athletes who have been discovered, fostered, and strengthened by the Tokyo Metropolitan Government (TMG) playing active roles in international competitions such as the Tokyo 2020 Paralympic Games.

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| Stakeholders | Athletes, sport federations, private companies, etc. |
| Type of legacy | Sport & Health |
| Geographical scope | Tokyo |
| Timing scope | Long term |
| Responsible for implementation | TMG |
| Source of legacy | Candidature file, Action Plan for 2020, Future Tokyo: Tokyo's Long-Term Strategy |
| Associated SDGs | 10- Reduced Inequalities, 17- Partnerships |

3. Development

(1) Why

Before hosting the Tokyo 2020 Games was decided, TMG had been carrying out the "promotion of understanding", "development of human resources", and "securing of places" for para-sports so that people with impairments can enjoy sports in their nearby areas. We need to make further efforts to foster diverse human resources and secure more places to enjoy para-sports.

As the host city of the Tokyo 2020 Games, it is necessary to create an environment where athletes related to Tokyo can concentrate on competition activities so that athletes related to Tokyo can play active roles in international competitions such as the Paralympic Games.

(2) When

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| FY2015 | The renovation of the Sports Centers for People with Impairments (Sogo/Tama) started |
| | The discovery of para-athlete candidates started |
| FY2016 | The "Tokyo Athlete Certification System" was established |
| | The utilization of physical education facilities at the metropolitan special support schools was promoted |
| | "TEAM BEYOND*", a project to increase the number of people who support para-sports, was established |
| FY2017 | The "Tokyo's Master Plan for Sport Promotion" was formulated *With the determination of setting para-sports as a legacy of the Tokyo 2020 Games as well as making Tokyo a city where para-sports are integrated into the society, the "Tokyo Promotion Plan of Para-sports" (formulated in 2011) and the "Tokyo Sports Promotion Plan" (formulated in 2012) were unified |
| FY2018 FY2019 | The renovation of the Sports Centers for People with Impairments (Sogo/Tama) was completed. |
| FY2019 | The Roundtable Meeting on the Success of the Tokyo 2020 Paralympic Games and the Promotion of Barrier-free Environment was established *With the aim of successfully hosting the Tokyo 2020 Paralympic Games, building a momentum for the Tokyo 2020 Games, and advancing measures to make Tokyo one of the world's leading cities in universal design, we implemented roundtable meetings and tours of competition venues for members from a variety of fields. |

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| FY2020 | <p>The website “TOKYO PARASPORTS CHANNEL” was established</p> <p>*The channel distributes archives of competition videos including the most renowned para-sports competitions in Japan, as well as information that helps viewers better enjoy watching para-sports, such as their highlights and key athletes.</p> |
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(3) Who

TMG

(4) How

① Creating the Paralympic movement

- We utilize information dissemination tools and media such as videos created to convey the appeal of para-sports and introductory videos of the Paralympic competitions so as to promote various PR activities.
- "TEAM BEYOND", a project to support para-sports, provides opportunities to support with many people while learning the rules and highlights of each sports, and encourage the citizens to watch the sports.
 *Approximately 1.34 million members of 333 organizations are registered (as of March 2021)

<Logo of TEAM BEYOND>^[1]



<TEAM BEYOND members cheering on>^[2]



<Project rolled out with cooperation from Japan's leading manga artists, who depicted para-athletes in action>^[3]



- In collaboration with projects of municipalities and TMG Bureaus, we develop the Tokyo Paralympic Experience Program "NO LIMITS CHALLENGE" and continue with various efforts such as further strengthening cooperation with companies and organizations in "TEAM BEYOND", a project to support para-sports, so that para-sports can continue to take root in society after the Games.

<NO LIMITS CHALLENGE>^[4]



- We are considering mechanisms that create opportunities for Tokyo residents

[1] TEAM BEYOND website: https://www.para-sports.tokyo/about/about_teambeyond

[2][3][4] Future Tokyo: Tokyo's Long-Term Strategy (TMG)

to experience para-sports in nearby places such as in the municipalities they reside in.

- We support the hosting of a wide range of international para-sports competitions, and take measures to encourage Tokyo residents to watch such competitions and heighten their interest.
- We broadcast live coverage of national and international para-sports competitions held in and near Tokyo on television and online, introduce the highlights of the competitions on dedicated websites, and distribute archives of competitions in the past.
- Through the utilization of websites and SNSs, collaboration with the media, and information dissemination through events, etc., we promote the understanding and awareness of para-sports and enrich events that both people with and without impairments can enjoy, so as to provide opportunities for people with impairments to start playing sports.

② Development of human resources regarding para-sports

- We promote the development and capacity improvement of human resources that support para-sports, such as promoting the acquisition of qualifications of "instructors regarding para-sports" and building networks for instructors.
- In order to revitalize the activities of human resources that support para-sports, we discover and develop new human resources, and provide support so that the developed human resources can continue to commit actively.
- In order to develop diverse human resources that support para-sports, we dispatch lecturers to workshops hosted by various organizations to work on the provision of knowledge and information on para-sports.
- We provide finely tuned support to para-sports volunteers and organizations recruiting such volunteers. For example, we help organizations switch to online recruitment and acceptance of volunteers and provide consultation service and learning opportunities, among others.

③ Development of places for para-sports

- In order to maintain and improve functions as a base of para-sports, two sports centers for people with impairments in Tokyo were renovated by expanding their archery range and swimming pool.

<The length of the archery range was extended from 50 m to 70 m. (Tokyo Metropolitan Sogo Sports Center for People with Impairments)>^[5]



<With one lane added, the swimming pool now has six lanes. (Tokyo Metropolitan Tama Sports Center for People with Impairments)>^[6]



- We promote the utilization of sports facilities for people with impairments by disseminating the "Manual for Promoting the Utilization of Sports Facilities by People with Impairments", which summarizes the points that facility managers should consider when people with impairments utilize sports facilities.
- To enable people with impairments and para-sports organizations to engage in sports in places nearby, we rent out sports facilities at Tokyo Metropolitan Special Needs Schools, to the extent that the schools' educational curricula allow. We also host trial sports classes for all Tokyo residents with and without an impairment.
- We are considering whether the indoor facilities at Tokyo Stadium can be used as a para-sports training base.
- We promote efforts regarding para-sports in municipalities, local sports clubs*, welfare facilities, etc., and carry out sports projects regarding para-sports in all municipalities, so as to create an environment where both people with and without impairments can enjoy sports together in nearby areas.
- We promote matching by concierges of para-sports in order to connect the ideas of companies, etc. to support para-sports, to para-athletes and para-sports federations.

④ Discovery, nurturing, and strengthening of para-athletes

- With the aim of successfully developing para-athletes of the next generation, we provide people with impairments with opportunities to encounter para-sports and offer follow-up programs to encourage them to stay engaged in

[5][6] Future Tokyo: Tokyo's Long-Term Strategic Vision (TMG)

competitive sports.

- We certify para-athletes related to Tokyo who are expected to compete in the Paralympic Games and other international competitions as “Athletes Certified as Tokyo Athletes,” and subsidize their activity expenses and provide lectures on practical training methods and sports theory.
- We generate opportunities for para-athletes related to Tokyo to serve as instructors and coaches in different areas of Tokyo.
- We support initiatives undertaken by para-sports organizations to enhance para-athletes’ competitive abilities, which focus on intense training of para-athletes and instructor development.
- We provide sports organizations with managerial and other support through training programs and pro bono activities aimed at improving governance so as to help them to comply with the Governance Code for National Sport Federation Members, which was formulated by the Japan Sports Agency, thereby strengthening their organizational platform and management abilities.
- We certify instructors, supporters, etc. who support para-athletes, disseminate their existence and roles to society, and promote environmental improvements in sports support activities.
- In anticipation of the Paralympic Games, based on the opinions of sports federations, related companies, etc., we promoted the development of superior technologies and products useful for para-sports and supported athletes who use the products.
- In order to nurture athletes who can play active roles in national competitions, etc., we improve the competitiveness of students at special support schools with the help of Paralympians, etc.

(5) Benefits

Due to the following achievements, awareness of para-sports will be improved dramatically, para-athletes related to Tokyo will play active roles in international competitions such as Paralympic Games etc., and para-sports will be rooted in society, so that a society where everyone can enjoy sports in nearby areas regardless of whether or not they have impairments will be realized.

- Para-athletes discovered, nurtured, and strengthened by TMG will participate in the Tokyo 2020 Paralympic Games.
 - Projects regarding para-sports will be implemented in many municipalities.
 - The number of local sports clubs where people with and without impairments
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can participate together will increase.

- The number of Tokyo Metropolitan Special Needs Schools that para-sports federations, etc. can preferentially use will be increased gradually.
- All Tokyo Metropolitan Special Needs Schools are designated as Schools for Promoting Sports Education for Children and Students with Impairments.
- The sports implementation rate* of people with impairments will improve.

4. Facts and figures

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| Number of para-athletes discovered, nurtured, and strengthened by TMG (Figures in total) | "Athletes Certified as Tokyo Athletes" (FY2016–FY2020) (450 athletes were certified) "Paralympic Athlete Discovery Program" (FY2015–FY2019) (1123 participants) "Project for discovering promising next-generation athletes" (FY2019–FY2020) (88 participants) "Tokyo Para Sports Staff Certification Project" FY2018–FY2020) (183 people were certified) |
| Expansion of municipalities that carry out projects for para-sports | All municipalities (in FY2017) |
| Expansion of local sports clubs where people both with and without impairments can participate together | 33 municipalities Targeting persons concerned with local sports clubs, etc. who serve as key persons for the promotion of para-sports in local communities, seminars to trigger the implementation of projects for para-sports were held Supported initiatives for para-sports projects through the Project for Introducing Para-sports in Local Communities (FY2020) |
| Expansion of metropolitan special support schools that groups of people with impairments, etc. can utilize preferentially | Eligible schools: 25 schools (FY2020) *The number of eligible schools to be expanded to 27 schools in FY2021 |
| Designation of the "Schools for | All Tokyo Metropolitan Special Needs Schools were designated |

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| Promoting Sports Education for Children and Students with Impairments" | Projects implementation reports were collected |
| Sports implementation rate for Tokyo residents with impairments (18 years and older) | 31.9% (FY2020) [Reference] 32.4% (FY2018); 37% (FY2019) |

(Items in the table are achievements to March 2020 unless otherwise noted)

5. Explanation of Terms

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| TEAM BEYOND | A TMG's project that has been underway since 2016 in order to increase the number of people who support para-sports. All members who enjoy, watch, and support sports will become a team to boost para-sports. |
| Local sports clubs | A sports club operated mainly by the local residents as a place for daily sports activities in the local community where anyone can enjoy sports at any times and places, which everyone from children to the elderly, including people with impairments, can participate in |
| Sports implementation rate | A proportion of people 18 years or older who carry out sports (including not only competitive sports but also all physical activities with the purpose of health promotion and recreation) at least once a week |

6. References

- Towards 2020 –Building the Legacy- (PR Edition)
- Towards 2020 –Building the Legacy - (Main Part)
- New Tokyo. New Tomorrow. –The Action Plan for 2020-
- Strengthening of Policies to Realize the "Three Cities" (FY2018)
- Strengthening of Policies to Realize the "Three Cities" (FY2019)
- Strengthening of Policies to Realize the "Three Cities" (FY2020)
- Future Tokyo: Tokyo's Long-Term Strategy

- Tokyo's Master Plan for Sport Promotion