

FACTSHEET

**XIII OLYMPIC CONGRESS –
THEME 1: THE ATHLETES
SEPTEMBER 2009**



1. THE THEME AND SUB-THEMES

The first Congress theme dedicated to the Athletes is split up in three sub-themes:

1.1 Relationship between the athletes, the clubs, federations and the NOCs

1.2 Health protection in training and competition

1.3 The social and professional life of athletes during and after elite competition

The relationship between Olympic athletes, clubs, federations and NOCs involves important responsibilities on all sides. While athletes must ensure they fulfil their obligations to their clubs – not to mention act as role models for the next generation of Olympians – the various bodies are also bound by a duty of care to their athletes.

While existing protocol already covers many key areas related to those relationships, there is merit in re-evaluating such frameworks from time to time to ensure that the best interests of the athletes and the different organisations are adequately met.

One way of doing this is to ensure that the health and general welfare of the athletes is paramount. Education and awareness about treatment, prevention and anti-doping policies are all-important in ensuring the physical and psychological safety of athletes.

All sporting organisations and personnel involved in the lives of amateur and professional athletes need to be equipped with the information to educate and advise athletes on health-related issues.

Athletes must also be given access to continued education and training throughout their careers in order to ensure that they are successful in any field of their choosing after their sporting careers have come to an end.

Special attention must be given to younger athletes, who must be made aware of safety in training and competition. Parents have a significant role to play in protecting and nurturing their children's physical health.

An athlete's social and professional welfare is also of the utmost importance. As such, athletes should be provided with the tools they need to both perform in, and prepare for, life after elite competition – ensuring as stable and seamless a transition as possible between these two very distinct experiences.

The Olympic Movement has the duty to explore how existing structures and programmes can be further strengthened to assist athletes with the professional and social lives both during and after their careers.

2. LINK WITH THE OLYMPIC MOVEMENT IN SOCIETY

Athletes are the most important and recognisable symbols of, and advertisement for, sport and for the Olympic Movement. It is the feats achieved by the likes of Nadja Comaneci, Katarina Witt, Michael Phelps, Usain Bolt and Bjørn Daehlie, as they strive to realise their dreams, which, more than anything else, inspire people of all ages – but youngsters in particular – to take an interest in the Movement. In addition, this interest can trigger the first steps to participating in sport and seeking a healthier, more active lifestyle. Not only does this impact young people, but also the society in which they are living. In fact, sport contributes not only to a healthier society but also to better integration of minorities, to the education of important values and, on the top of that, has an important economic power that provides a living for millions of people. Sport contributes to a sustainable lifestyle in all societies worldwide.

3. AGENDA AND KEYNOTE SPEAKERS

Theme 1, dedicated to the Athletes, is debated on Saturday 3 October in the morning in a plenary session, followed by



breakout working groups for each one of the sub-themes.

The keynote speaker in the plenary session will be IOC member **Franck Fredericks**.

Fredericks is known as a charismatic and inspiring top athlete with an impressive record: two silver medals (100m and 200m) at the Games of the XXV Olympiad in 1992 in Barcelona and at the Games of the XXVI Olympiad in 1996 in Atlanta; World Champion in 200 m in 1993 and runner-up in 1991, 1995 and 1997; World Champion in 200m indoor in 1999; and gold medallist at the World Cup (1998) in the 200m.

As a sports administrator, Fredericks, who holds a Masters in Business Administration, has been very active since finishing his career. He is member of the International Association of Athletics Federations (IAAF) as well as Chairman of the African Athletics Confederation (AAC) Athletes' Commission. At the IOC, Fredericks gained the status of IOC member in 2004, when he was elected by his peers as a member of the IOC Athletes' Commission. In 2008 he replaced Sergey Bubka as Chairman of this Commission and was elected as a member of the Executive Board. He further represents the athletes in the following commissions: the Olympic Programme Commission, the Coordination Commission for the Games of the XXX Olympiad in London in 2012 and the Coordination Commission for the 1st Summer Youth Olympic Games in Singapore in 2010.

For more information/story ideas:

- Interview with Frank Fredericks in the Olympic Review, September 2009

4. CASE STUDIES

a) Relationship between the athletes, the clubs, federations and the NOCs

- The Athletes' Commission is the anchor in the relationship with the athletes, the IOC and their respective federations and NOCs. The establishment of the IOC Athletes' Commission was a direct consequence of the XI Olympic Congress held in Baden-

Baden. Athletes' Commission members are also represented in all other IOC commissions.

- One measure taken by the International Olympic Sports Federations since the last Congress is the constitution of their own athletes' commissions, which help to shape the relationship and strengthen the link between athletes and their regulatory bodies.
- Each second year the IOC Athletes' Commission organises an International Forum which reunites representatives of all IOC stakeholders to debate on current affairs. The numerous recommendations are spread throughout the Olympic Movement.

For more information /story ideas:

- <http://www.olympic.org/athletes-commission>;
- Reports of all four International Athletes' Forums
- Edited video and rough cut with text and photos of Croatian basketball star Danira Bilic, silver medallist at the Seoul 1988 Olympic Games, leading a grassroots basketball project in her home country.

b) Health protection in training and competition

- The IOC Medical Commission, chaired by Professor Arne Ljungqvist, is in charge of analysing the needs for all issues linked to athletes' health protection.
- For more than 40 years, the IOC Medical Commission has worked in the anti-doping field, studying alternative methods to help athletes. These alternatives consist of sports medicine, biomechanics, physiology applied to sport, nutrition and all the other sciences linked to sport. Since the creation of the World Anti-Doping Agency, the scope of the IOC Medical Commission has expanded.



➤ The IOC Medical Commission also facilitates consensus meetings on current issues, whilst giving priority to the protection of the health of anyone practising sport.

➤ Such consensus papers include:

- The IOC Consensus Statement on Periodic Health Evaluation of Elite Athletes
- The Consensus Paper on Fasting and Sports
- IOC Consensus Statement on the Female Athlete Triad
- IOC Consensus Statement on athletes who have changed sex
- IOC Consensus Statement on Nutritional Supplements

➤ The IOC Medical Commission has also established a Medical Code with the basic rules regarding best medical practices in the domain of sport and the safeguarding of the rights and health of the athletes.

➤ Since 1988 it has also been publishing the Encyclopaedia of Sports Medicine in collaboration with Blackwell Publishing, Ltd. (Oxford, England). Each volume of the Encyclopaedia includes up-to-date and state-of-the-art information on a particular medical/scientific area of sports medicine and sports science.

For more information/story ideas:

- <http://www.olympic.org/medical-commission>;
- all consensus papers;
- the IOC Medical Code,
- the WADA Code.
- edited video and rough cut with text and photos of Swedish skier Jessica Lyndell Vikarby, who injured herself at the Val d'Isère World Championships in 2009. Interview with Professor Arne Liungqvist.

c) The social and professional life of athletes during and after elite competition

➤ The Athletes' Commission is championing this cause. The IOC has launched an Athlete Career Programme together with the Human Resource specialist Adecco in order to help individual athletes to find a solution for the future of their career. By 2008, 3,000 athletes in over 30 countries had taken advantage of this programme. The programme delivers career development training and job placements, facilitating the integration of athletes into the labour market both during and at the end of their elite sporting careers. The programme has been extended until 2012. The programme strives to increase its impact through the cooperation of the International Olympic Committee, National Olympic Committees and International Sport Federations.

For more information/ story ideas:

- News story on the programme on www.olympic.org.
- Edited video and rough cut with text and photos of snowboard Olympic Champion Daniela Meuli, who participated in the programme.

5. FURTHER INFORMATION

- See all additional information and story ideas under each sub-theme under chapter 4.



Other general information includes:

- Programme of the XIII Olympic Congress
- Factsheets one each theme
- Factsheet on previous Congresses
- 12 video news releases on different sub-themes
- Special Olympic Review, September 2009
- Follow the Congress on Facebook and Twitter.

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