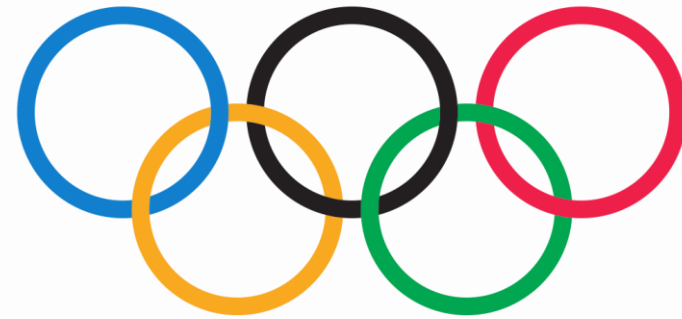




UNITED WORLD
WRESTLING



INTERNATIONAL
OLYMPIC
COMMITTEE

01/07/2020

CONNECTING THE WORLD TO COMBAT CORONAVIRUS



UNITED WORLD
WRESTLING



INTERNATIONAL
OLYMPIC
COMMITTEE

COVID-19 impacts all of us, and it will take all of us working together to overcome this challenge. Stay active and stay focused on the end game.

#HEALTHY *Together*



INTERNATIONAL
OLYMPIC
COMMITTEE

A new team is forming, uniting athletes
and experts to save lives from COVID-19.
We are united in one goal, to be

#HEALTHY *Together*



World Health
Organization



ROLE OF SPORT IN POST-COVID WORLD



UNITED WORLD
WRESTLING



INTERNATIONAL
OLYMPIC
COMMITTEE

THOMAS BACH

International Olympic Committee President

The important role that professional athletes have taken in society throughout the crisis, acting as *ROLE MODELS* to motivate their communities to stay active.

These athletes have also been impacted by the COVID-19 pandemic, however; and it is important to note the role that international sports organizations must play to support their mental well-being.



UNITED WORLD
WRESTLING



INTERNATIONAL
OLYMPIC
COMMITTEE

STAYING MENTALLY HEALTHY

THE BIGGEST CHALLENGE FACED DURING THE COVID-19
PANDEMIC, ATHLETES' SURVEY SHOWS



INTERNATIONAL
OLYMPIC
COMMITTEE

The survey was conducted among more than 4,000 athletes and entourage members from 135 countries and was available in eight languages. The results highlight that 50 per cent of athletes struggled with the complexity of conducting proper training as a consequence of the restrictions imposed in most countries to contain the virus.

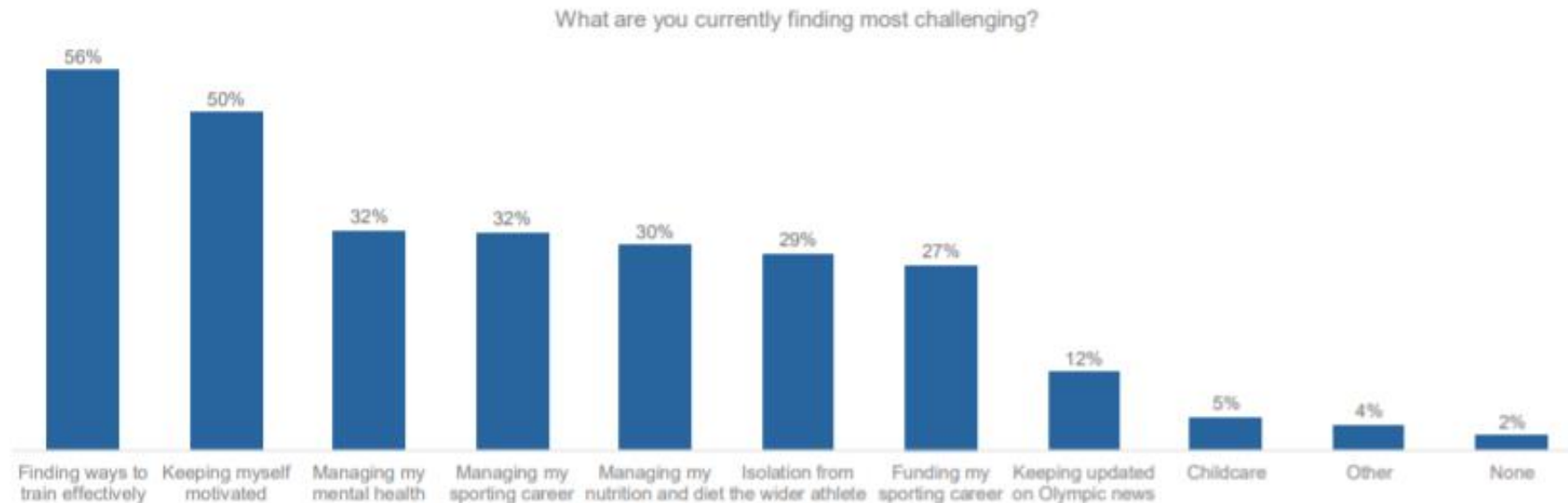
Managing mental health and sports careers (both 32 per cent) were identified as the two biggest challenges, followed by nutrition and diet (30 per cent).



56% of Athletes were finding it hard to train effectively.

50% were struggling to keep motivated.

Managing mental health and managing sporting careers (both 32%) were the next two biggest challenges, followed by managing nutrition and diet (30%).





Athlete
365

HOW TO STAY POSITIVE

RESOURCES FOR ATHLETES

<https://www.olympic.org/athlete365/well-being/how-to-stay-positive/>



UNITED WORLD
WRESTLING



INTERNATIONAL
OLYMPIC
COMMITTEE

THANK YOU!



UNITED WORLD
WRESTLING