



OBJECTIVE

Encourage NOCs to disseminate knowledge, upskill the sporting community and run projects in the field of sports medicine, particularly with regard to the protection of the health and integrity of clean athletes and the prevention of injury/illness in sport.

BENEFICIARIES

The programme is available to all NOCs.

DESCRIPTION

Assistance will be offered through four programme categories:

Strategy

Develop a strategy for ensuring that:

- Your NOC fully complies with the Olympic Movement Medical Code;
- Your sporting community has access to relevant information with regard to the fight against doping/protection of the health and integrity of clean athletes; and
- That your sports medicine community can access the latest advances in injury/illness prevention and other sports medicine areas.

Seminars

Host a seminar, providing sports medicine specialists such as sports physicians, physiotherapists, nutritionists or psychologists with up-to-date and in-depth insights into their areas of expertise, or upskill your national sporting community (e.g. athletes, entourage, administrators) on the protection of the health and integrity of clean athletes, the prevention of injury/illness and other sports medicine topics such as the prevention of harassment and abuse in sport.

Projects

Run projects in the field of sports medicine, if possible through smart partnerships allowing you to increase the impact of your projects and take advantage of the expertise of other organisations. Design your own project or draw inspiration from one of the examples below:

- Develop your own, tailor-made material such as a website, app, video or book aimed at informing the young population and/or the general public about e.g. the health benefits of physical activity and balanced nutrition as well as the inherent health risks associated with a sedentary lifestyle and abuse of alcohol and drugs.
- Organise information sessions in schools and clubs on the above mentioned topics, taking help from former and current athletes in getting the message across.



Training

Take advantage of **training opportunities** offered by Olympic Solidarity via third parties in the field of sports medicine in order to strengthen the competence of your NOC's sports medical staff. Among the opportunities offered in this programme are participation in:

- The IOC Advanced Team Physician Courses;
- The IOC Diploma Course in Sports Medicine;
- The IOC Diploma Course in Sports Nutrition;
- The IOC Diploma Course in Physical Therapies; and
- The IOC Sports Medicine World Conference.

What is offered within the programme categories may be updated during the course of the 2017-2020 quadrennial plan. NOCs will be informed well in advance.

For each of the programme categories, NOCs will be requested to establish measurable goals, key performance indicators and monitor the impact/evolution.

NOCs are encouraged to take advantage of the sports medicine material developed by the IOC, such as the **IOC Manual of Sports Injuries**, the **IOC Manual of Emergency Sports Medicine** and various **IOC consensus statements**, providing direction and knowledge in a wide array of sports medicine areas. The Health Teams of the NOCs are furthermore advised to follow the British Journal of Sports Medicine in order to access the latest scientific advances in Sports Medicine.

APPLICATION PROCEDURE

Requests in any of the four programme categories should be sent to Olympic Solidarity **at least two months** prior to the start of the proposed activity in order to allow sufficient time for analysis as well as potential consultation with other partners if needed.

ANALYSIS, APPROVAL AND FINANCIAL CONDITIONS

In its analysis of Sports Medicine applications, Olympic Solidarity will look at the nature and scale of the proposed activity as well as its objectives and measurable outputs/outcomes. It will also consider the number of requests received by NOCs worldwide, the budget availability and the level of support already provided to the NOC within the wider framework of the 2017-2020 programmes for the Promotion of the Olympic Values. NOCs may, as part of the application process, ask for an advance payment of 75 per cent of the approved budget.

The quadrennial budget allocated to the Sports Medicine and Protection of Clean Athletes programme is USD 3,200,000.

FOLLOW-UP AND CONTROL

NOCs must submit the financial and technical report forms to Olympic Solidarity at the latest two months after the conclusion of each activity. The balance payment up to the maximum of the approved budget will be sent following the approval of said reports.