



Athlete  
365

# ATHLETE 365 PROGRAMMES





# WHAT ARE ATHLETES' COMMISSIONS?

Athletes' Commissions (ACs) represent the voice of athletes within the Olympic Movement organisations and support athletes on and off the field of play

## Who has an AC?

- The IOC
- The IPC
- Continental Associations
- International Federations
- National Olympic Committees
- National Federations
- Organising Committees for the Olympic Games
- WADA



# IOC ATHLETES' COMMISSION

- **IOC AC mission:** to ensure that the athletes' viewpoint remains at the heart of Olympic Movement decisions
- Up to 23 members, the majority elected by athletes during the Olympic Games
- 4 athletes are elected at each Summer Games
- 2 athletes are elected at each Winter Games

Stay up to date with the activities and projects of the IOC AC on [Athlete365](#)



**Emma Terho**  
Chair  
Finland, Ice Hockey



**Seung-min Ryu**  
First Vice-Chair  
Republic of Korea,  
Table Tennis



**Sarah Walker**  
Second Vice-Chair  
New Zealand,  
Cycling



**Pau Gasol Sáez**  
Member  
Spain, Basketball



**Martin Fourcade**  
Member  
France, Biathlon



**Daniel Gyurta**  
Member  
Hungary, Swimming



**Frida Hansdotter**  
Member  
Sweden, Skiing



**Britta Heidemann**  
Member  
Germany, Fencing



**Yelena Isinbaeva**  
Member  
Russia, Athletics



**Astrid Uhrenholdt Jacobsen**  
Member  
Norway, Skiing



**Yuki Ota**  
Member  
Japan, Fencing



**Federica Pellegrini**  
Member  
Italy, Swimming



**Maja Martyna Włoszczowska**  
Member  
Poland, Cycling



**Humphrey Kayange**  
Member  
Kenya, Rugby



**Hong Zhang**  
Member  
China, Skating



**Masomah Ali Zada**  
Member  
Refugee Olympic  
Team, Cycling



**Abhinav Bindra**  
Member  
India, Shooting



**Alistair Brownlee**  
Member  
Great Britain, Triathlon



**Nadin Dawani**  
Member  
Jordan,  
Taekwondo



**Allyson Felix**  
Member  
USA, Athletics



**Jessica Fox**  
Member  
Australia, Canoe



**Aya Medany**  
Member  
Egypt,  
Modern Pentathlon



**Oluseyi Smith**  
Member  
Canada, Athletics

# 400+ ATHLETE REPRESENTATIVES

180+  
NOCs



40+  
IFs



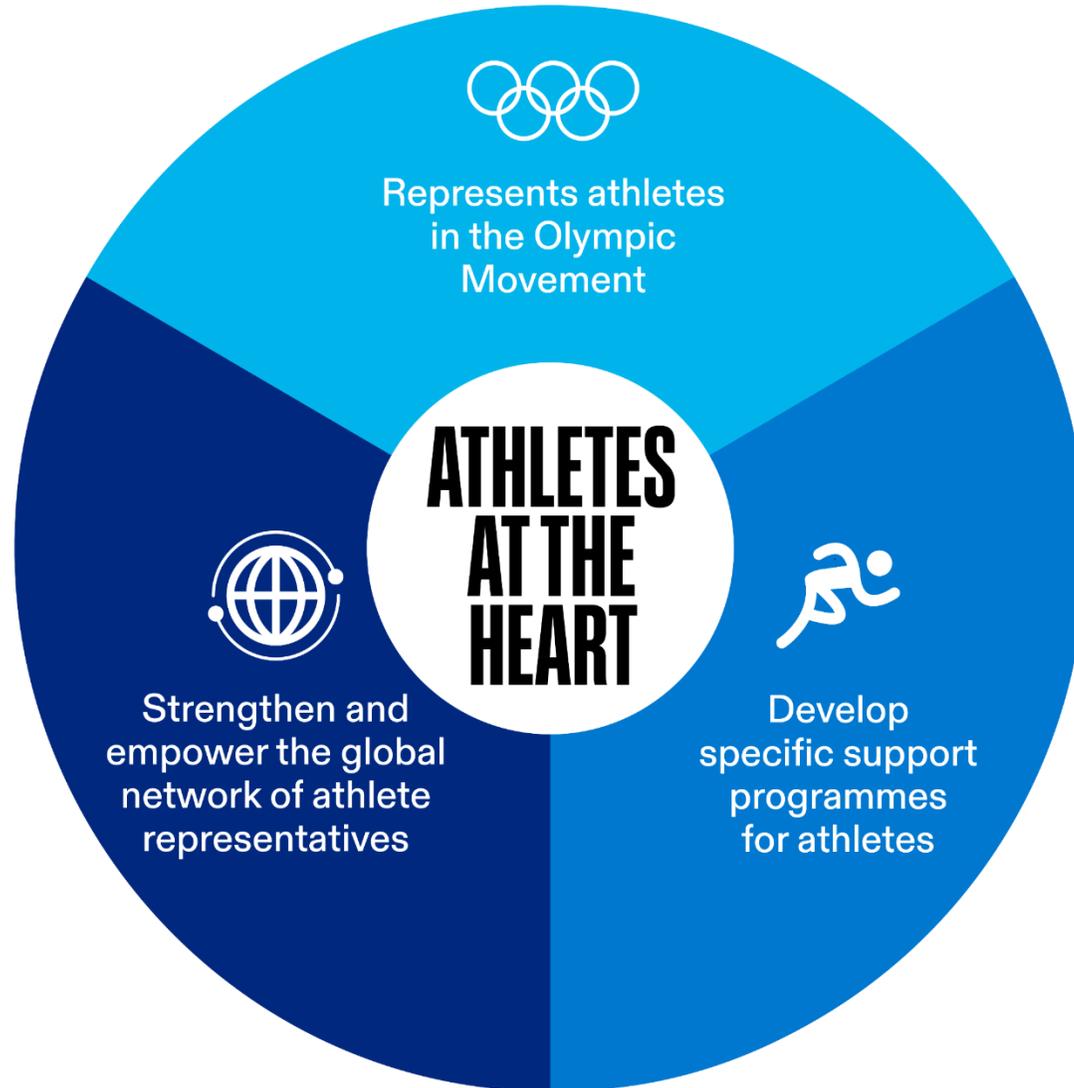
IOC  
Athletes'  
Commission



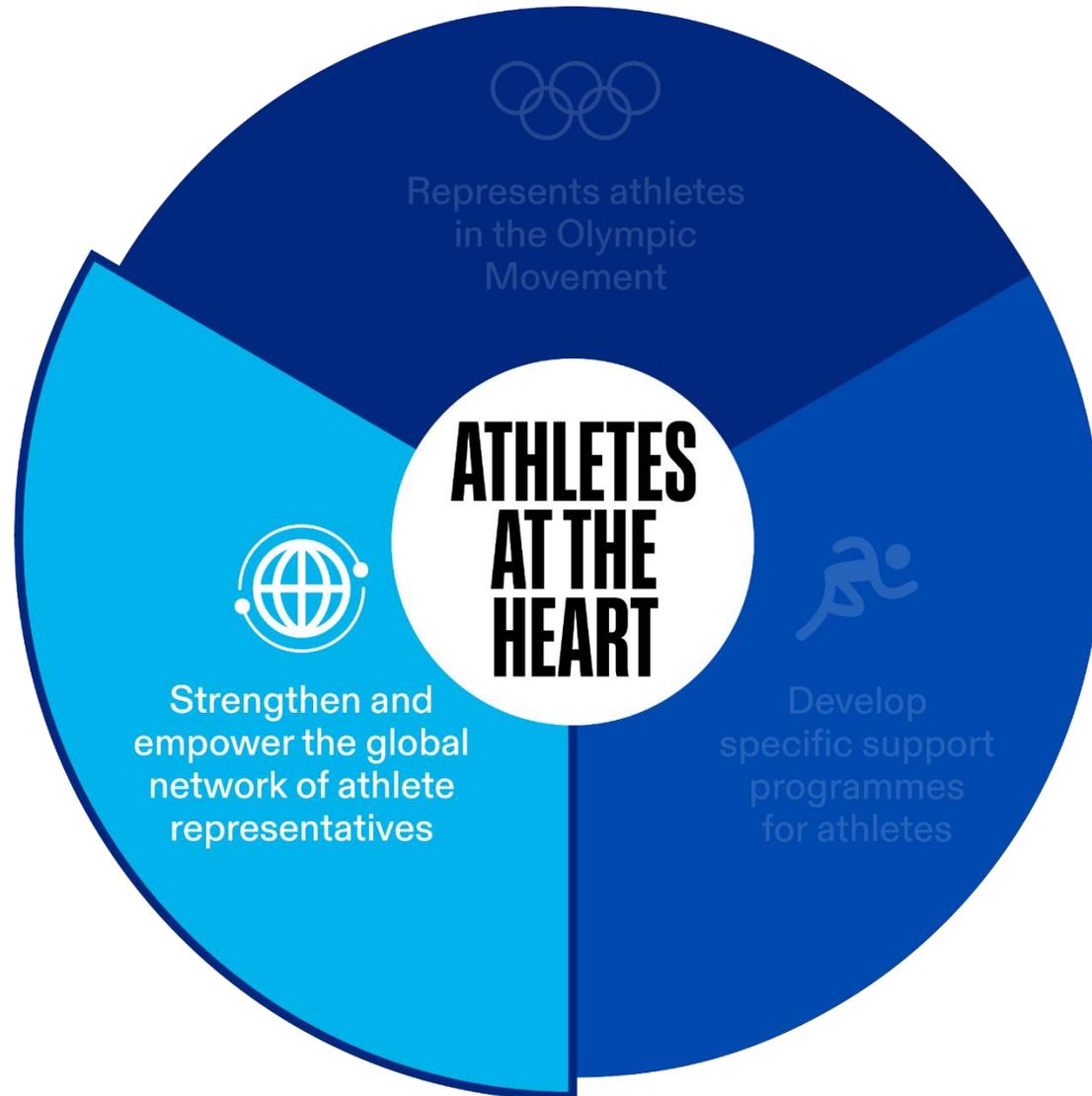
Athletes'  
Declaration  
Steering  
Committee



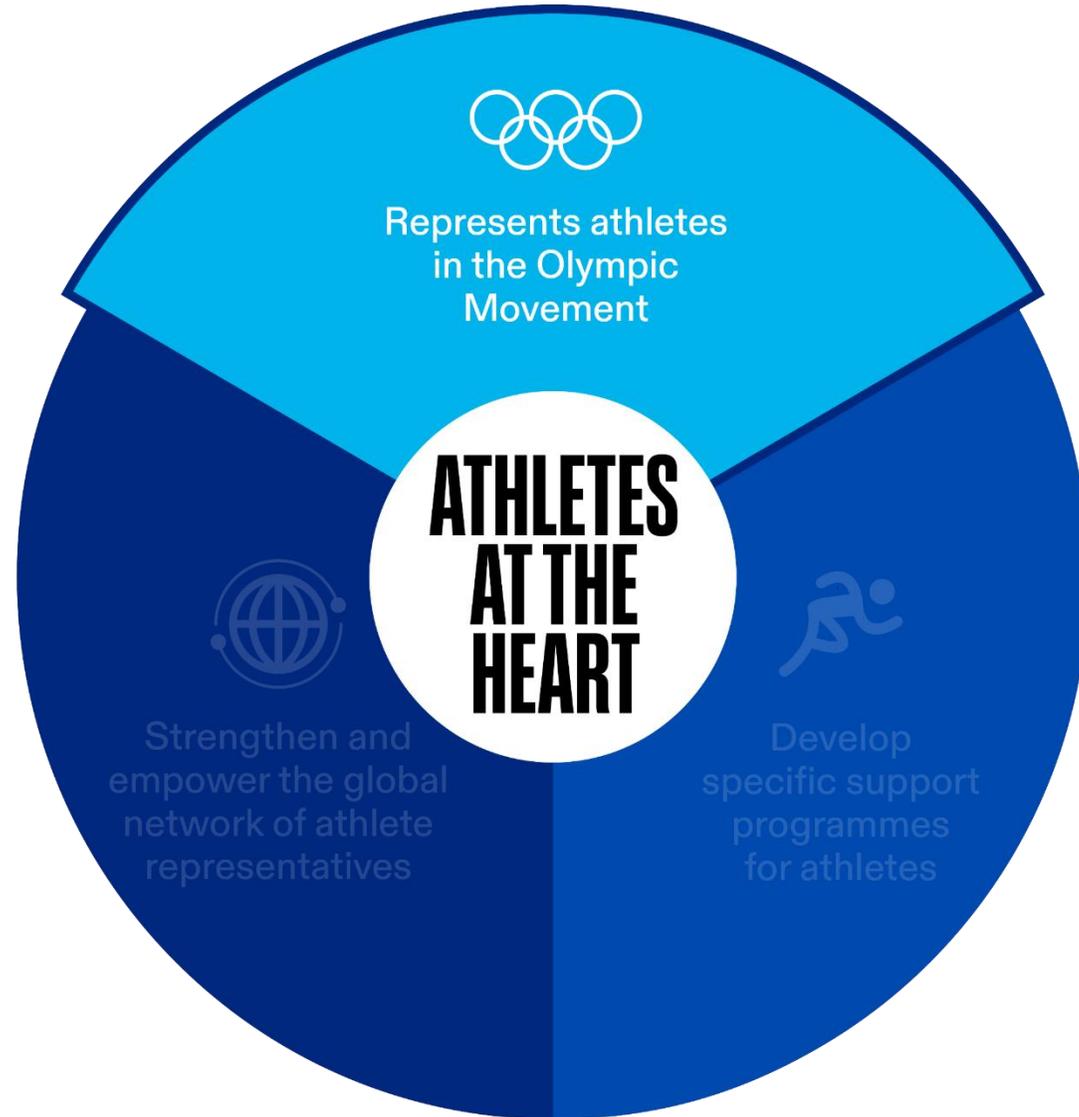
# IOC ATHLETES' COMMISSION STRATEGY



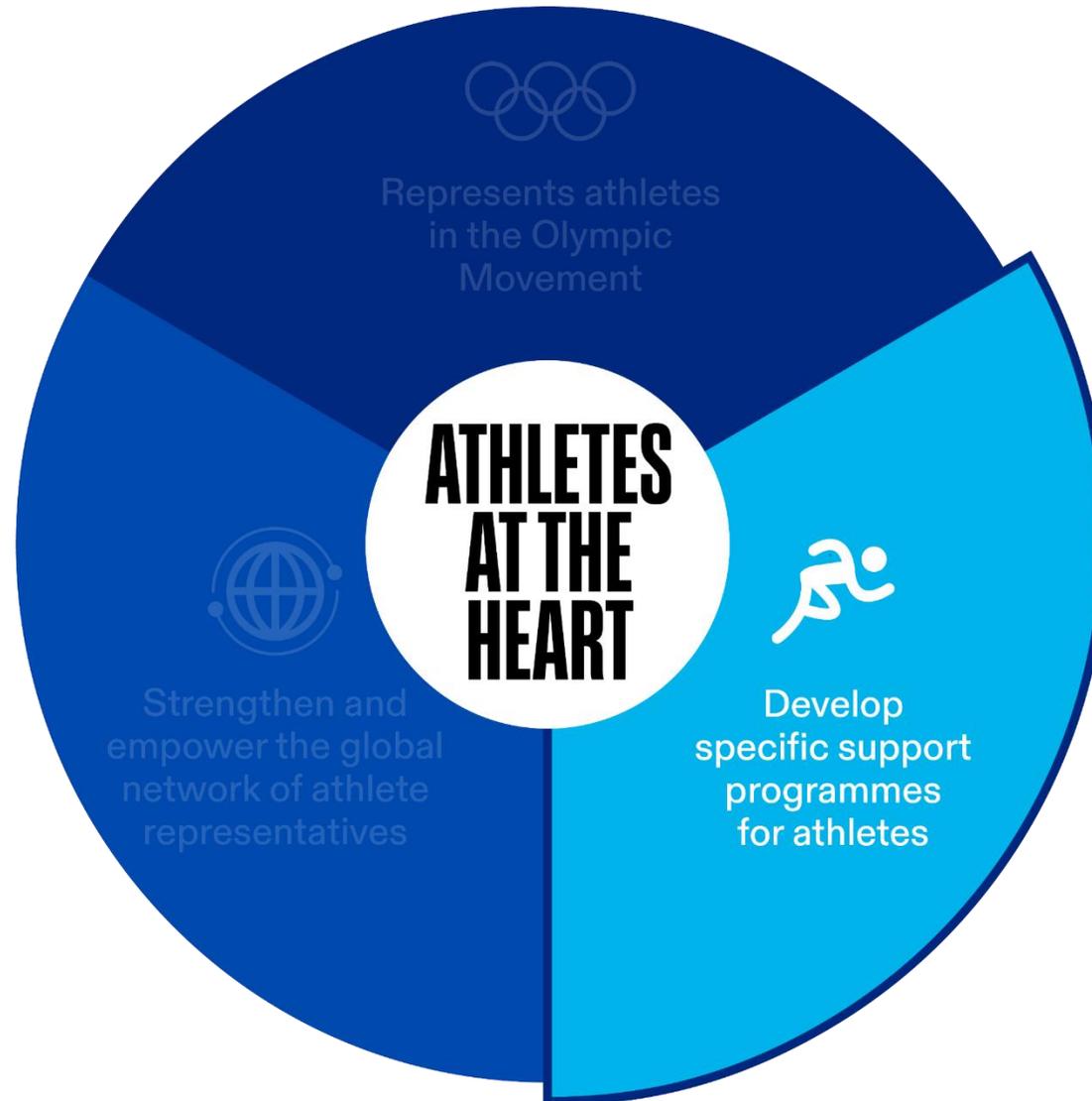
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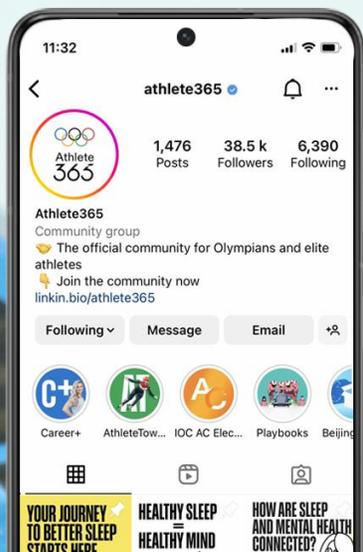
# ATHLETE 365 PROGRAMMES



# WHAT IS ATHLETE365?



- Athlete365 is the official community for elite athletes and Olympians
- We have one simple mission: **to make athletes' lives better**
- We give athletes a voice, and support their careers, well-being and performance with resources, advice and exclusive offers



Follow us on social media @Athlete365





**Athlete365**



**Athletes'  
Commissions**



**Athletes'  
Declaration**



**Anti-  
doping**



**Rule  
40**



**Rule  
50**



**Olympic  
Movement  
Funding**



**Safe Sport**



**Mental  
Health**



**Olympic  
Solidarity**



**Athlete365  
Career+**



**Prevention of  
Competition  
Manipulation**



**Paris 2024**

ATHLETE365 | SERVICE

# ATHLETE365 CAREER+

- Supporting you to maximise your education and employment opportunities
- Promoting a dual career and post-sporting career
- Offering the resources and training needed to develop skills to help open up new opportunities



Athlete365 Career+ programmes include:

- [Athlete365 Career+ Workshops](#)
- [Athlete Career Portal](#)
- [Athlete365 Employment](#)
- [Athlete365 Business Accelerator](#)
- and much more...

ATHLETE365 | EXCLUSIVE OFFER

# ATHLETE365 CAREER+ WORKSHOPS

- Held online and in person
- Helps you discover what you want out of life and develop the skills needed for a career outside sport
- Workshop modules:
  - Self-discovery
  - CV/resume writing
- Providing support on discovering your passion and putting together a powerful CV and cover letters



Find out more about the upcoming  
Career+ Workshops on [Athlete365](#)



# ATHLETE CAREER PORTAL

- 12 months' free access to the Athlete Career Portal
- Online platform that provides career development content, free LinkedIn courses and advice
- Job opportunities to support your transition into the workplace

## Sign up to the Athlete Career Portal to:

- Develop your personal brand
- Build a CV
- Take self-assessments
- View local and international job postings
- Find info on learning centres

# BUSINESS ACCELERATOR

- Are you looking to set up your own business or launch an innovative product into the market?
- The Athlete365 Business Accelerator helps you take your first steps in the entrepreneurial world
- Funded by Olympic Solidarity
- Guidance through three key phases:
  - 1) Virtual bootcamp to introduce the programme
  - 2) E-learning course to gain knowledge
  - 3) One-to-one mentoring



**Digital bootcamps starting next week  
in English, French and Spanish!**



**Athlete  
365**

**BUSINESS  
ACCELERATOR**

ATHLETE365 | EXCLUSIVE OFFER

# AIRBNB ATHLETE TRAVEL GRANT

- Airbnb Travel Grant to use on Airbnb bookings and experiences
- Designed to support your journey to the Olympic and Paralympic Games
- This offer is available to a limited number of athletes each time
- Book a stay close to your training facilities or competition venue
- Applications will open in the build-up to the Olympic and Paralympic Games



**Stay tuned to Athlete365 to apply**



Worldwide Olympic and Paralympic Partner





ATHLETE365 | EXCLUSIVE OFFER

# AIRBNB500

- USD 500 Airbnb Travel Grant
- Available to Olympians and Paralympians participating at the Olympic and Paralympic Games
- You can use this grant to:
  - book a relaxing holiday
  - explore a new destination
  - book accommodation for your next competition



Worldwide Olympic and Paralympic Partner

Find out more about Athlete365 x  
Airbnb and the next Airbnb500 Travel  
Grants on [Athlete365](#)

ATHLETE365 | EXCLUSIVE OFFER

# EXCLUSIVE SAMSUNG PHONE

- Samsung provides Olympians and Paralympians with new limited-edition mobile devices
- Free to every athlete competing at the Olympic and Paralympic Games
- Samsung phone programme has been delivered at every Olympic Games since Sochi 2014
- You can collect your new Samsung phone in the Olympic and Paralympic Village during the Games
- Preloaded with all the Athlete365 resources, programmes and offers

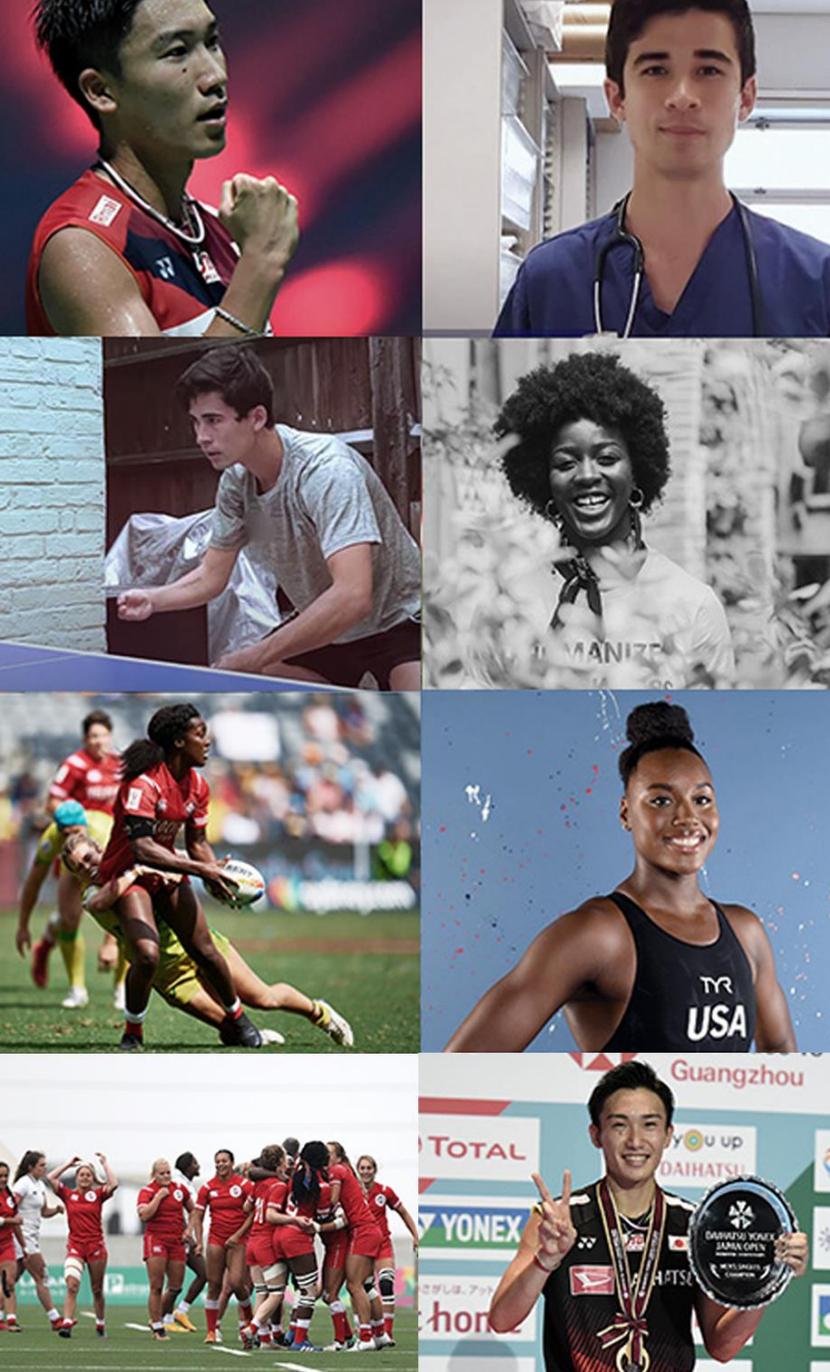


**SAMSUNG**



Worldwide Olympic and Paralympic Partner

[Find out more about the exclusive offer from Samsung on Athlete365](#)



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# P&G ATHLETES FOR GOOD PROGRAMME

- Athletes apply on behalf of the organisation they work with
- Provides charitable organisations (specialising in community impact, equality and inclusion, or environmental sustainability) with grants to support their essential and meaningful work
- 20 Paris 2024, 52 Tokyo 2020 and 16 Beijing 2022 athletes secured funding



WORLDWIDE OLYMPIC AND PARALYMPIC PARTNER

Find out more on [Athlete365](#) and [APPLY](#) for a grant

# 3 AWARDS 3 PARTNERS



ATHLETE365 | EXCLUSIVE OFFER

## IOC CLIMATE ACTION AWARDS

Are you an athlete working to tackle climate change?

### Categories and prizes

- Sustainable travel by Airbnb
  - USD 7,500 Airbnb Travel grant
  - Open to Olympians and Paralympians
- Athlete Advocacy by P&G
  - USD 24,000 for charity of your choice
  - Open to Paris 2024 hopefuls
- Innovation by Deloitte
  - USD 5,000 for academic course in sustainability
  - Open to Olympians and Paralympians

Find out more on  
[Athlete365](https://Athlete365.com)



International  
Olympic  
Committee

**CLIMATE ACTION  
AWARDS 2023**

Presenting Partners



**Deloitte.**





# ATHLETE365 MENTORING



Pairing Olympians & Paralympians with representatives from TOPs & IOC staff



Athletes increase their employability, grow their network and gain personal support and expert insights



Mentors gain leadership skills and increase their connection to athletes and the wider Olympic Movement

Mentoring information on the [Athlete365 website](#)

# #MENTALLYFIT

- Athlete365 dedicated section for athlete mental health and well-being
- Includes articles and advice from fellow athletes and medical professionals to support athletes and entourage members



## Mentally Fit toolkit and resources

- To help organisations develop and implement initiatives related to the protection and promotion of mental health and well-being among elite athletes

## Sleep to Compete e-learning course

- Learn how better sleep can positively impact health, well-being and performance

Check out the [#MentallyFit](#) section on [Athlete365](#) to find out more

# SAFE SPORT ON ATHLETE365

## Athlete365 safe sport content:

- Can help you to recognise inappropriate behaviour
- Learn about your role in fostering a safe environment
- The impact of your voice in promoting safe sport

## Online e-learning course:

- Safeguarding Athletes from Harassment and Abuse course
- Featuring experts and former ice hockey player Sheldon Kennedy
- Vital education on safe sport



## The IOC Integrity Helpline

- Provides a space to safely report any incidents of harassment and abuse
- Help us to stop all forms of harassment and abuse by reporting it

## Check out the safe sport content on Athlete365:

- [Safe Sport section](#)
- [Online course](#)
- [IOC Helpline](#)

# IOC SAFEGUARDING OFFICER CERTIFICATE

## IOC Certificate: Safeguarding Officer in Sport programme

- Training safeguarding officers in the Olympic Movement
  - Ensuring all athletes have access to a trained safeguarding lead
  - Seven-month course; starting every September
  - Funding available from Olympic Solidarity
- **Open for anyone to apply:** NOC/NF/IF staff, AC members, former athletes, coaches, etc.
- To provide people of all ages with the knowledge, skills and confidence needed to fulfil their safeguarding role for their respective sporting organisations



Head to [Athlete365](https://www.athlete365.com) to find out more about the certificate and how to apply

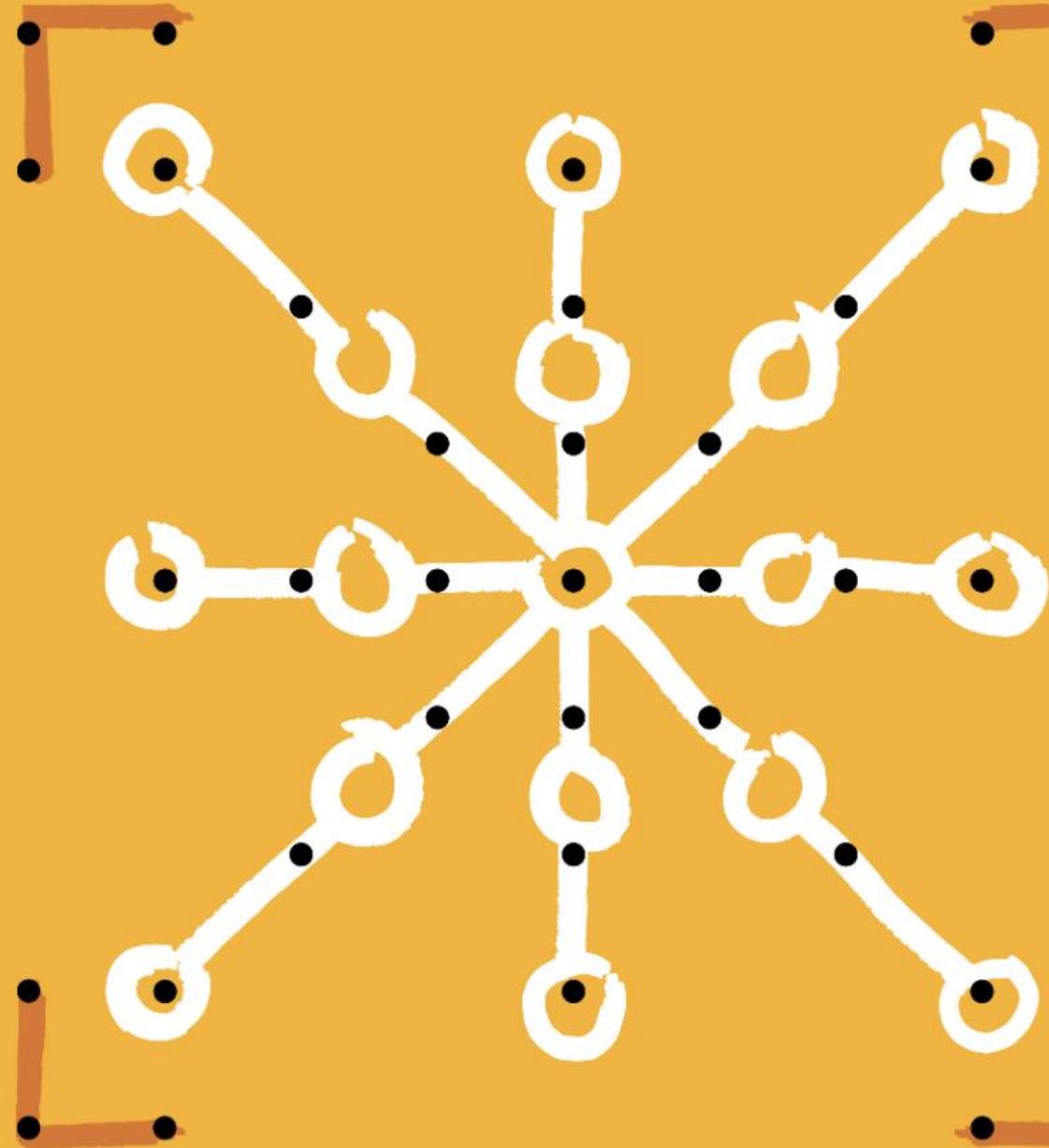
ATHLETE365 | SERVICE

# ATHLETE365 LEARNING

Free access to online learning courses for athletes and athletes' entourage members, such as:

- Sports Media
- Understanding Sports Injuries
- Sports Psychology
- Professional Sports Management
- Preventing Competition Manipulation
- Safeguarding Athletes from Harassment and Abuse
- The Athletes' Voice – for Athletes' Commissions
- ... and many more

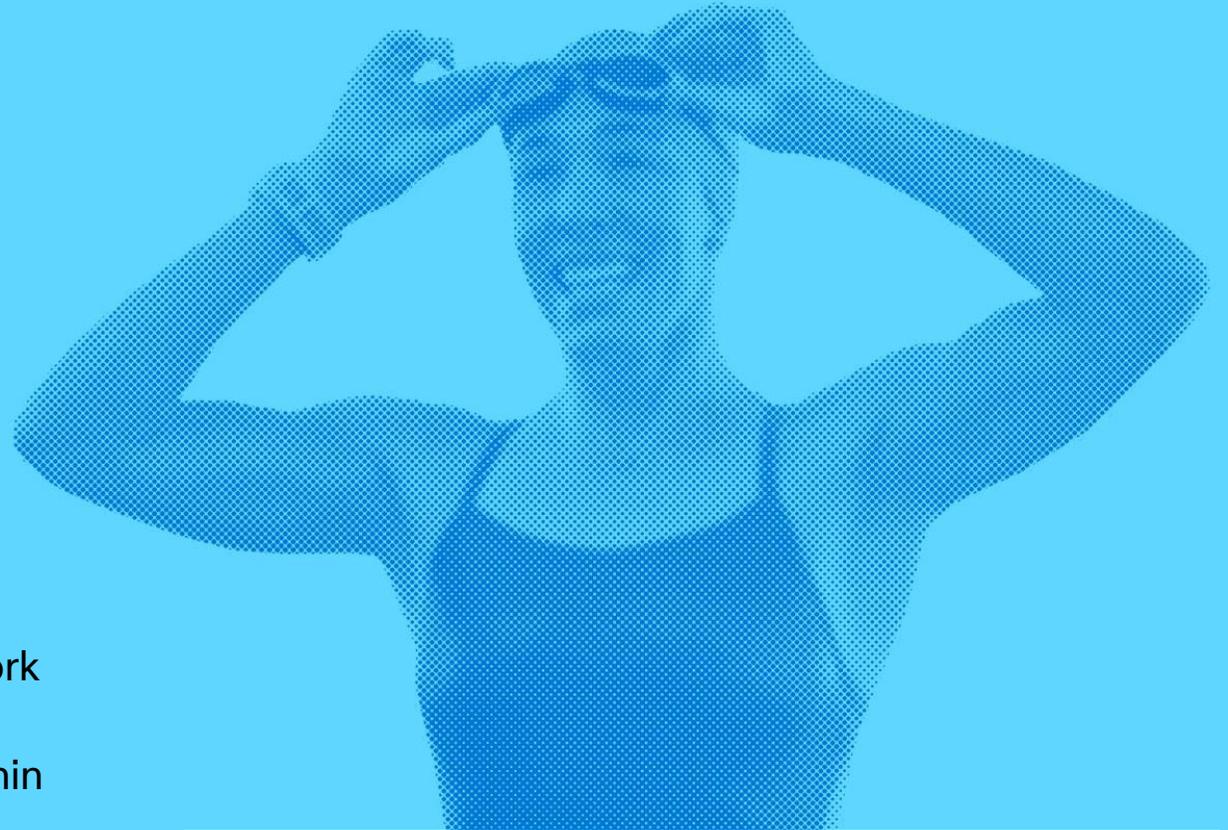
Join [Athlete365](#) and gain instant access to all of our [interactive courses](#)



# ATHLETES' RIGHTS AND RESPONSIBILITIES DECLARATION

## The Athletes' Rights and Responsibilities Declaration:

- A historic athlete-driven initiative
- 4,292 athletes from 190 countries contributed to the work
- Outlines the rights and responsibilities for athletes within the Olympic Movement
- Tackles key issues such as integrity and clean sport that will help shape the future of sport for everyone



### Head to Athlete365 to:

- [Learn more about your athlete rights](#)
- [View the Athletes' Declaration in your language](#)
- [Discover the impact of the Athletes' Declaration](#)

# PREVENTION OF COMPETITION MANIPULATION

ON ATHLETE365

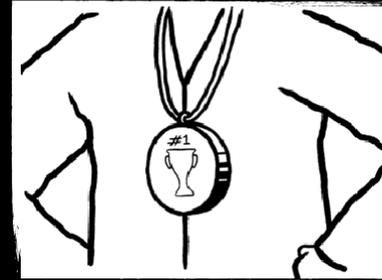
## Prevention of competition manipulation content on Athlete365:

- Educational toolbox with resources that you can download
- Key information on the different elements of match-fixing
- E-learning course on the risks involved with sports betting

### Head to Athlete365 to:

- [Download the educational toolbox](#)
- [Meet your Believe in Sport Ambassadors](#)
- [Take the e-learning course](#)

### RULE #1



### DON'T FIX

the competition and  
always do your best.

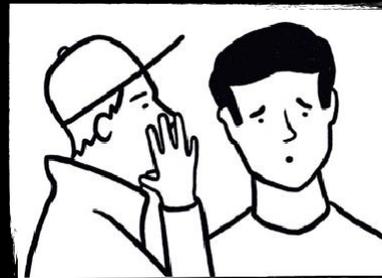
### RULE #2



### DON'T BET

on your own sport or any  
event at the Olympic Games.

### RULE #3



### DON'T SHARE

information about health  
issues and sports  
tactics.

### RULE #4



### SPEAK UP!

If you witness or suspect  
competition manipulation,  
you must report it.

# ATHLETE365 FOR THE ATHLETES' ENTOURAGE

: THE TEAM BEHIND THE TEAM

Head to the Athletes' Entourage section on Athlete365 [to find out more](#)

Supported by the IOC Athletes' Entourage Commission:

- [Meet the Commission members](#)
- [Read their strategic four-year plan](#)
- [Set up your own Entourage Commission](#)

- ➔ **PERFORMANCE:** Coaches, trainers, sports scientists, nutritionists – we have advice and guidance to support you
- ➔ **FAMILY & FRIENDS:** Parents, siblings, friends – we have a dedicated Olympic Games information guide for you
- ➔ **HEALTH:** Doctors, physiotherapists, nutritionists, mental trainers, counsellors – we have courses and factsheets for you
- ➔ **ORGANISATIONAL:** NOC/IF/NF staff – we have resources for you on athlete support and safe sport
- ➔ **LEGAL & COMMERCIAL:** Sponsors, managers, agents – we have specific support on how to help your athletes



# GET INVOLVED!

## SUPPORT ATHLETES TO SUCCEED BEYOND SPORT



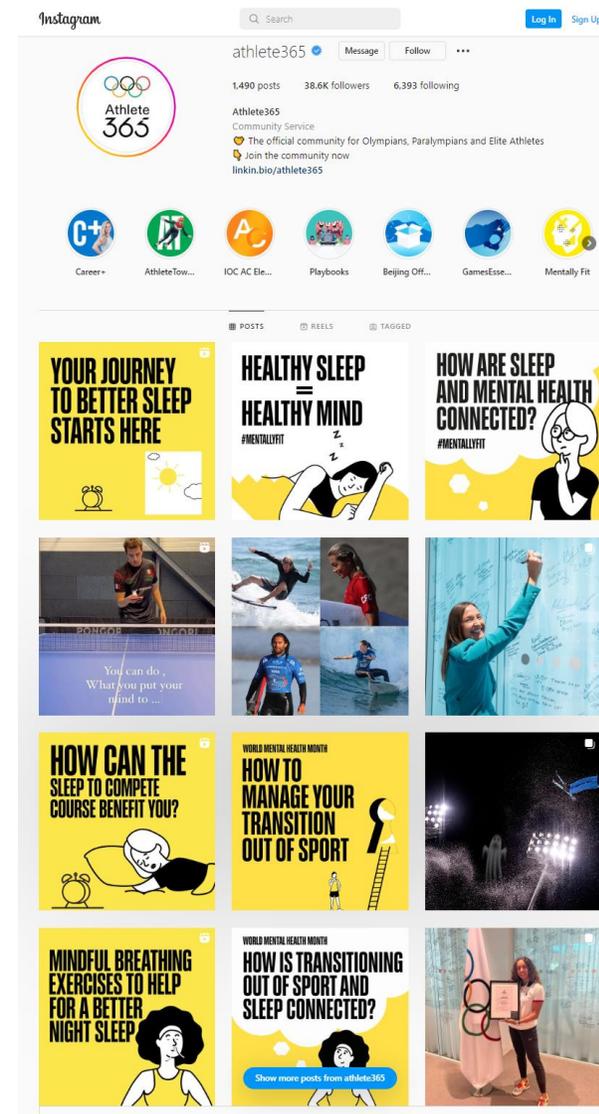
### Use existing

### Athlete365 resources:

- Inform your athletes about Athlete365 services
- Add a link to Athlete365 on your website.
- Share @athlete365 related posts, services and articles with your athletes

### Develop and customise services, e.g:

- **Career transition:**
  - Request an [Athlete365 Career+ workshop](#)
  - Athletes' career transition stories
  - Raise awareness on the need to balance sport and education
  - Provide guidance on career development
- **Grants & funding:** Inform athletes about scholarship/sponsorship opportunities
- **Dual career:** Highlight educational institutions that provide sports-friendly education



**LEARN MORE:**

<https://olympics.com/athlete365/>

**CONTACT:**

[Athlete365@olympic.org](mailto:Athlete365@olympic.org)

Join our community:

@athlete365



# THANK YOU

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