

# FIS Athletes' Commission Guide

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## Mission

FIS athletes have their own Commission whose role is to make sure that the athletes' rights are protected.

The mission of the FIS Athletes' Commission is to represent the voice and interests of the athletes by engaging in the decision-making processes within FIS and to empower athletes through the communication of information.

## Background

Established in 1999, the Athletes' Commission is the link between active athletes and FIS' advisory and decision-making bodies. The FIS Athletes' Commission works as a liaison with the IOC Athletes' Commission in addition to individual National Ski Associations and their athlete representatives.

Two members of the Athletes' Commission serve as full members with voting rights on the FIS Council. The Athlete Council representatives are chosen by the Athletes' Commission and are traditionally the Chair and Vice Chair of the Commission.

## Structure of the Athletes' Commission 2019-21

Cross-Country Skiing:	2 members - 1 female and 1 male
Ski Jumping:	2 members - 1 female and 1 male
Nordic Combined:	2 members - 1 female and 1 male
Alpine Skiing:	2 members - 1 female and 1 male
Freestyle Skiing:	2 members - 1 female and 1 male
Snowboard:	2 members - 1 female and 1 male
Non-Olympic Disciplines	2 members - 1 female and 1 male

Any single nation can have no more than two representatives on the Athletes' Commission. Elections are held every two years at the respective FIS World Championships.

## Members of the Athletes' Commission 2019-2021

Co-Chair	<a href="#">Martti Jylhä</a>	FIN	Cross Country
Co-Chair	<a href="#">Hannah Kearney</a>	USA	Freestyle Skiing
Member	<a href="#">Virginia de Martin Topranin</a>	ITA	Cross Country
Member	<a href="#">Sarah Hendrickson</a>	USA	Ski Jumping
Member	<a href="#">Jernej Damjan</a>	SLO	Ski Jumping
Member	<a href="#">Mari Leinan Lund</a>	NOR	Nordic Combined
Member	<a href="#">Ilkka Herola</a>	FIN	Nordic Combined
Member	<a href="#">Verena Stuffer</a>	ITA	Alpine
Member	<a href="#">Daniel Yule</a>	SUI	Alpine
Member	<a href="#">Alex Fiva</a>	SUI	Freestyle Skiing
Member	<a href="#">Liu Jiayu</a>	CHN	Snowboard
Member	<a href="#">Alexander Payer</a>	AUT	Snowboard

## **Roles and responsibilities**

### **Represent the voice and interests of FIS athletes**

- to discuss and address issues concerning athletes in general, be the spokesperson for all the athletes in your discipline when talking to FIS
- to present to the FIS Council viewpoints and wishes from the athletes
- to be a pathway of communication between the business that happens in the FIS Committees and Sub-Committees and the athletes
- to serve as a liaison for the Athletes' Commissions in all National Ski Associations and assist their set up

### **Promote Education and Career Transition**

- to inform about services available related to career preparation and management during and after a sports career Promote clean sport

### **Raise awareness about the importance of clean sport among athletes**

- to support the initiatives of the World Anti-Doping Agency (WADA)
- to work together with FIS and WADA to enhance the testing protocol, whereabouts procedures and provide athlete feedback in anti-doping projects

### **Support Youth Programmes**

- to support the FIS Bring Children to the Snow campaign and serve as role models to promote snow activities as the healthy recreational activity for youth in winter

### **Committees/Sub-Committees/Groups we liaise with**

Besides working with the main FIS Discipline Committees, the Athletes' Commission liaises with a number of other Committees and campaigns

- IOC Athletes' Commission
- WADA Athlete Committee
- FIS Anti-doping/WADA
- FIS Medical Committee
- FIS Advertising Matters Committee
- FIS Bring Children to the Snow Campaign

## How we meet, how often and when?

The Athletes' Commission has one annual meeting at the FIS Congress (in even years) and the FIS Calendar Conference (in uneven years) where the Athletes' Commission members should attend. The meetings are at the end of May/ beginning of June and take 3-4 days. One day is spent on Athletes' Commission topics and then members attend other meetings in their disciplines such as Executive Boards.

In fall (early October), the FIS Technical Committee meetings take place in Zurich (SUI). While this is not an official meeting, some of the Athletes' Commission members find it useful to participate in meetings related to their discipline. Travel and expenses are covered by FIS for all official FIS meetings.

During the year the Athletes' Commission has regular phone conferences. Usually, there are 3-4 Skype meetings.

## Connecting with athletes in your discipline

In addition to being a member of the Athletes' Commission, members also represent the athletes in their discipline. One of the most important roles as the athlete rep is to be a communicator of information between FIS and the athletes.

It is important to get to know the Chair and Members of your discipline's Executive Board, Technical Committees and any relevant Sub-Committees.

In order to best communicate what happens at the FIS level and to be able to bring the views of the athletes back to the FIS level, it will be important to create a communication network. This can be done in several ways:

- **A Facebook Group:** allows you to post messages and communicate with the athletes in your discipline. Generally a private group is best (instead of a page) to control who can see the posts. In some disciplines with multiple categories (i.e. Freestyle) you may need separate Facebook Groups for each area (i.e. moguls, aerials, slopestyle, etc.).
- **Email List:** collect as many athlete emails to send out quick information updates. Try to keep it as current as possible. Note: Please respect the athletes' privacy and do not share these email addresses.
- **Athlete Meetings:** A good suggestion is a couple meetings a year, one at the beginning of the season and one near the end. Topics can be update on rule changes, schedule changes, current topics, etc. and also give them a chance to give feedback.
- **Athlete Survey:** FIS has a Survey Monkey account. This is useful to get a feeling from the athletes on what went well, what needs to be better, opinions on proposed changes and feedback. This is a great tool because it gives you data to be able to show in the Technical Committee Meetings and shows that you are representing the most popular opinions of the athletes, not just yourself.

If you have good communication with the athletes in your discipline and good communication with your FIS staff and Technical Committees, a lot of positive work can be done!