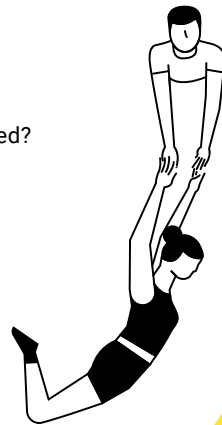


1. INTRODUCTION

- 1.1 Why develop this toolkit?
- 1.2 To whom the toolkit applies
- 1.3 Foundation
- 1.4 How was this toolkit developed?
- 1.5 How to use the toolkit



This toolkit is aimed at assisting Olympic Movement stakeholders, including International Federations (IFs), National Olympic Committees (NOCs), National Paralympic Committees (NPCs), athletes' entourage members, healthcare professionals and other stakeholders such as National Federations (NFs), clubs and teams, to develop and implement initiatives related to the protection and promotion of mental health and well-being in elite athletes.

1.1. WHY DEVELOP THIS TOOLKIT?

It is estimated that approximately 13 per cent of the global population experience some form of mental health disorder.⁽¹⁾ Indeed, mental health disorders have been found to be one of the leading causes of functional impairment worldwide, causing the highest disease burden.^(2,3,4)

Whilst evidence consistently demonstrates that regular physical activity is associated with improvements in physical and mental wellness, studies nonetheless show that just over one in three athletes may experience mental health symptoms.^(5,6)

Despite their unique sporting talents, athletes are not immune to mental health challenges, such as burnout, distress, anxiety, depression, unhealthy eating patterns, insomnia and alcohol or drug misuse.⁽⁶⁾

Many different factors can impact athlete mental wellness: Injury, performance pressures, dealing with failure and/or success, and career transition out of sport are all associated with mental health symptoms. This is in addition to the life challenges experienced outside sport, such as grief, relationship conflicts and financial difficulties.

Whilst it is estimated that the prevalence of mental health symptoms and disorders may be even higher in elite athletes than in the general population, it is important to note that **all athletes** can optimise their mental well-being and life balance.

This toolkit is intended to equip Olympic Movement stakeholders with the knowledge and guidance to protect and promote elite athletes' mental health and well-being.

13% OF THE GLOBAL POPULATION EXPERIENCE SOME FORM OF MENTAL DISORDER

1.2. TO WHOM THE TOOLKIT APPLIES

This toolkit has been developed for IFs, NOCs, athletes' entourage members, healthcare professionals and other stakeholders, including NFs, clubs and teams. The toolkit is intended to provide resources to benefit the health and mental well-being of athletes.

1.3. FOUNDATION

The protection and promotion of athletes' mental health and well-being is encompassed within the fundamental principles and frameworks of the Olympic and Paralympic Movements, including:

The Olympic Charter (in force from July 2020)⁽⁷⁾

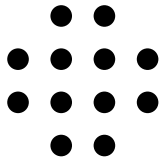
Article 1.10: "The IOC's role is ...to encourage and support measures relating to the medical care and health of athletes;"

IOC Athletes' Rights and Responsibilities Declaration (2018)⁽⁸⁾

Article 1.7: promotes "the protection of mental and physical health, including a safe competition and training environment and protection from abuse and harassment."

IOC Code of Ethics (2020)⁽⁹⁾

Article 1.5: "Respect for the universal fundamental ethical principles is the foundation of Olympism. These include: ... Ensuring the participants' conditions of safety, well-being and medical care favourable to their physical and mental equilibrium."



IPC Code of Ethics (2016)⁽¹⁰⁾

Article 1.5: "Safeguard the athletes' physical and mental health and equilibrium."

Article 1.6: "Not tolerate any practice constituting any form of physical or mental injury. All forms of harassment including physical, mental, professional, or sexual, are prohibited."

Basic Universal Principles of Good Governance (2008)⁽¹¹⁾

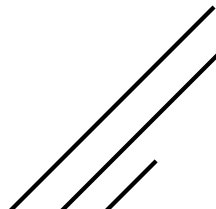
Article 6.3: "Sports organisations shall adopt rules for the protection of the athletes' health and to limit the risk of endangering the athletes' health."

The IOC Olympic Movement Medical Code (2016)⁽¹²⁾

Article 1: "The Olympic Movement, to accomplish its mission, encourages all stakeholders to take measures... necessary to protect the health of participants by minimising the risks of physical injury, illness and psychological harm."

Article 2.1.1: "Conditions and environments of training and competition must be conducive to the physical and psychological well-being of athletes..."

Article 2.1.4: "For the benefit of all concerned, measures to safeguard the health of the athletes and to minimise the risks of physical injury and psychological harm must be publicised."



International Paralympic Committee (IPC) Medical Code (2011)⁽¹³⁾

Article 1: "The Paralympic Movement, in accomplishing its mission, should encourage all stakeholders to take measures... necessary to protect the health of participants and to minimize the risks of physical injury and psychological harm."

Article 40: "No practice constituting any form of physical injury or psychological harm to athletes is acceptable. Members of the Paralympic Movement must ensure that the athletes' conditions of safety, well-being and medical care are favourable to their physical and mental equilibrium. They must adopt the necessary measures to achieve this end and to minimize the risk of injuries and illness."

Article 42: "For the benefit of all concerned, measures to safeguard the health of the athletes and to minimize the risks of physical injury and psychological harm should be publicized."



The Olympic Movement, to accomplish its mission, encourages all stakeholders to take measures... necessary to protect the health of participants by minimising the risks of physical injury, illness and psychological harm.

THE OLYMPIC MOVEMENT MEDICAL CODE (2016)



1.4. HOW WAS THIS TOOLKIT DEVELOPED?

This IOC Mental Health Toolkit has been developed in collaboration with the IOC Mental Health Working Group and a Virtual Task Force composed of representatives from IFs, NOCs, NPCs and IOC Athletes' Entourage Commission members. The goal of this process is to provide recommendations that are relevant, applicable and aligned with research and international expert consensus.

WORLDWIDE PARTNERS



International Judo Federation:
VLAD MARINESCU
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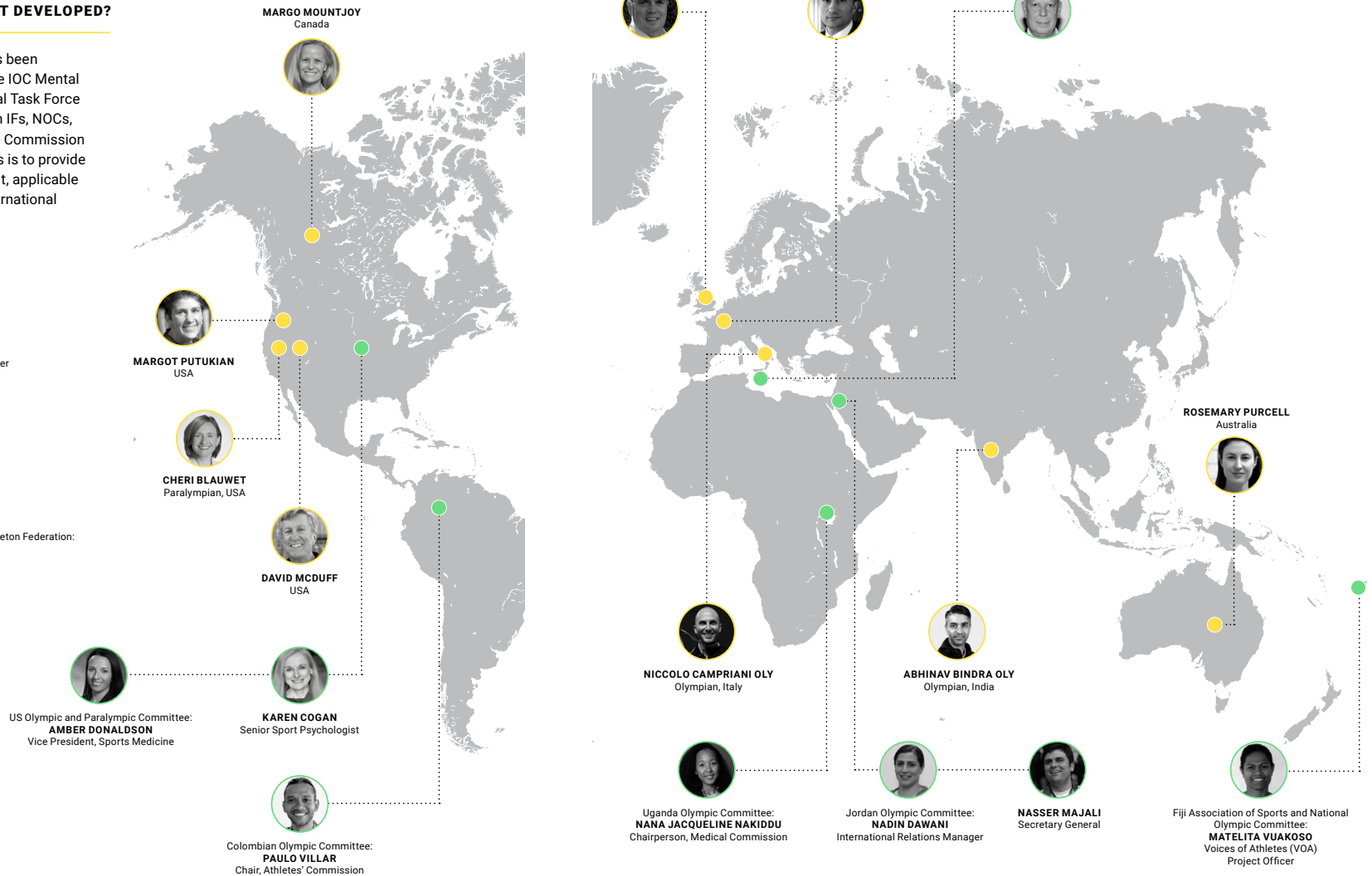
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Medical Director
ALEXIS WEBER
Head of Anti-doping



International Bobsleigh and Skeleton Federation:
DARRIN STEELE
Vice President Sports



● The IOC Mental Health Working Group ● The Virtual Taskforce

1.5. HOW TO USE THE TOOLKIT

This toolkit is divided into four main sections:

