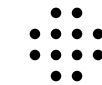
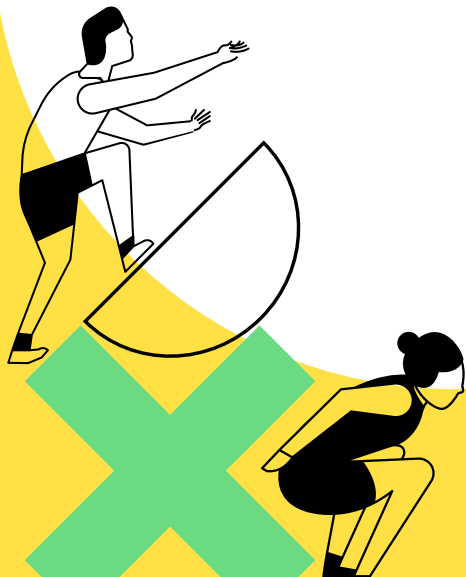


## 4. RESOURCES

- 4.1 Additional IOC tools and resources
- 4.2 IOC Diploma and Certificate Programmes
- 4.3 Courses
- 4.4 Safe Sport



In this final section of the toolkit, we present additional IOC tools and programmes which provide further information related to elite athlete mental health and well-being.

This Toolkit's aim is to provide guidance and information to Olympic Movement stakeholders on the development of initiatives to protect and promote elite athlete mental health, and to highlight the influential role that stakeholders play in fostering psychologically safe athletic environments.

As noted throughout, it is fundamental that athletes themselves are consulted in the development of initiatives designed to protect and promote their mental health and well-being. In addition, they should be afforded the opportunity to receive guidance and support to improve their own awareness and mental health literacy.

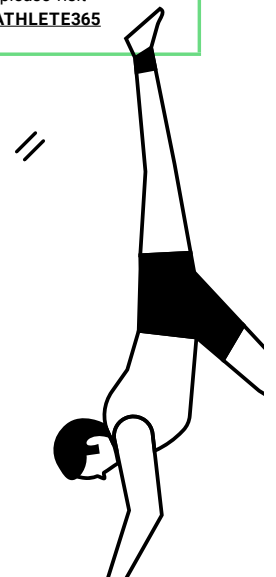
We therefore recommend encouraging athletes to visit the #MentallyFit section of Athlete365, where they will find information, guidance and support to help them navigate their #MentallyFit journey through high-performance sport.

Available tips and tools focus on:

- building psychological resilience,
- developing the non-athletic identity,
- managing competition stress,
- preparing for life after sport,
- promoting healthy sleep behaviours,
- and much more.

These resources are regularly updated in consultation with the IOC Mental Health Working Group and other international experts.

For more information, please visit [#MENTALLYFIT ON ATHLETE365](https://www.athlete365.com/#mentallyfit)



#### 4.1 RESOURCES



##### **Sport Mental Health Assessment Tool 1 (SMHAT-1)**

The International Olympic Committee Sport Mental Health Assessment Tool 1 (SMHAT-1) is a standardised assessment tool developed for sports medicine physicians and other licensed/registered health professionals. It assists in identifying, at an early stage, elite athletes (defined as professional, Olympic, Paralympic and collegiate level; 16 and older) potentially at risk for or already experiencing mental health symptoms and disorders in order to facilitate timely referral for those in need of adequate support and/or treatment.

More information can be found [HERE](#).



##### **Sport Mental Health Recognition Tool 1 (SMHRT-1)**

The International Olympic Committee Sport Mental Health Recognition Tool 1 (SMHRT-1) was developed for athletes, coaches, family members and all other members of the athletes' entourage to help them to recognise mental health symptoms but not to diagnose them. The SMHRT-1 presents a list of athlete experiences (thoughts, feelings, behaviours and physical changes) that could be indicative of mental health disorders.

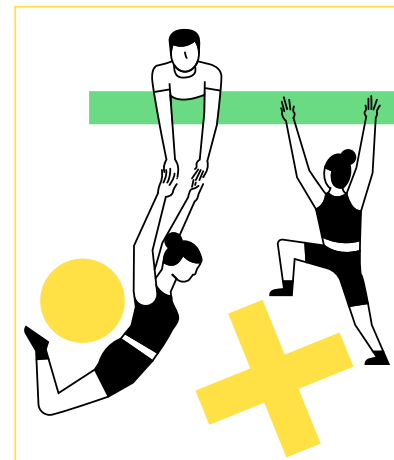
More information can be found [HERE](#).



##### **Athlete365 Career+**

Athlete365 Career+ supports athletes while they prepare for and go through their career transition. It provides resources and training required to develop life skills, maximising education and employment opportunities.

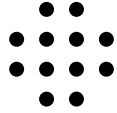
More information can be found [HERE](#).



##### **Mental health in elite athletes: International Olympic Committee consensus statement (2019)**

The IOC Medical and Scientific Commission published a landmark consensus paper on mental health which is aimed at addressing the many different mental health issues that elite athletes may face.

More information can be found [HERE](#).

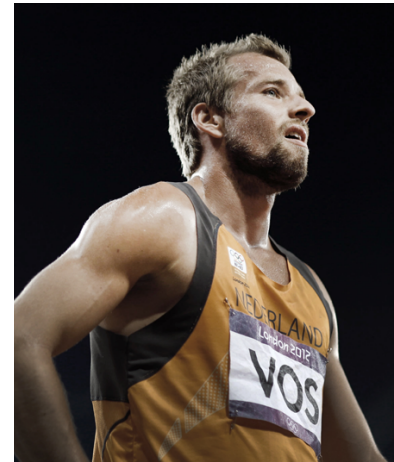


#### **The Athletes' Declaration (2018)**

The Athletes' Declaration outlines a common set of aspirational rights and responsibilities for athletes within the Olympic Movement.

More information can be found [HERE](#).

## **4.2 IOC DIPLOMA AND CERTIFICATE PROGRAMMES**



#### **IOC Diploma in Mental Health in Elite Sport**

Sportsoracle offers a one-year diploma programme aimed at licensed practitioners who are qualified to provide mental health services.

#### **IOC Certificate in Mental Health in Elite Sport**

In addition, a three-month certificate programme aimed at athlete entourage members (in addition to physicians and licensed practitioners) is also available.

More information can be found [HERE](#).



#### **Athlete365 Community App**

This app helps to strengthen the athlete community by allowing the community itself to create and run its own private or public groups; share expertise, experiences and key documents; and stay in the know with regular updates from the Athlete365 community.

More information can be found [HERE](#).

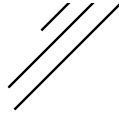


#### **IOC Certificate: Safeguarding Officer in Sport**

The IOC Certificate: Safeguarding Officer in Sport course, available on sportsoracle, will equip those certified with the knowledge and tools needed to fulfil the role of Safeguarding Officer for their sports organisation.

More information can be found [HERE](#).





### 4.3 IOC COURSES



#### Career Transition

Learn why planning is fundamental to settling into a life after sport; what strategies to prioritise; how to better manage time; and the importance of networking to enhance employment opportunities and life after sport.

More information can be found [HERE](#).



#### Sports Psychology: Getting in the Zone

Gain an understanding of the fundamentals of focusing your energy, how to embrace and manage emotions and how to approach setbacks in a positive way.

More information can be found [HERE](#).



#### Physical Preparation

In this course you will gain a better understanding of exercise physiology and how it affects your training, explore the impact nutrition has on preparation, and learn how to create both high-performance training and recovery plans.

More information can be found [HERE](#).



#### The Measure of Success

Here you will learn aspects of taking your training to the next level, learning the importance of measuring fatigue, wellness and performance.

More information can be found [HERE](#).



#### Sports Medicine: Understanding Sports Injuries

Previous injury, fatigue or poor movement skills are just some of the factors that can contribute to an injury. In this course you will learn preparation, load management, and why general well-being is the key preventative element.

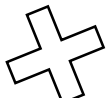
More information can be found [HERE](#).

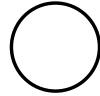
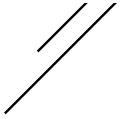


#### LinkedIn Learning

LinkedIn Learning is a platform that helps you not only discover and develop business, technology-related and creative skills through expert-led course videos, but also helps you with your mental well-being.

More information can be found [HERE](#).





#### 4.4 SAFE SPORT

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Sport which is fair, equitable and free from all forms of harassment and abuse.



#### IOC Safeguarding Toolkit (2017)

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This toolkit is aimed at assisting National Olympic Committees (NOCs) and International Federations (IFs) in the development and implementation of policies and procedures to safeguard athletes from harassment and abuse in sport.

[DOWNLOAD TOOLKIT](#)



#### Athlete365 Safe Sport Webpages

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Safe Sport - where athletes can train and compete in an environment which is respectful, equitable, and free from all forms of harassment and abuse. Visit Athlete365 for educational courses and modules, videos, and other resources and materials created to help support a safe sporting environment.

More information can be found [HERE](#).

