IOC: Integrity, Inclusivity and Sustainability In the Olympic Movement



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FLZMUN
EST. 2025

I. Letter from the Secretary-General

Dear Esteemed Delegates, Honorable Chairs and Distinguished Guests,

My name is Zeynep Kayalacin and it is my great honor to serve as the Secretary General of this year's FLZMUN. I am truly delighted to have the opportunity to lead such an inspiring academic gathering.

I firmly believe that diplomacy is not simply about expressing opinions but also about understanding different perspectives. Throughout this conference, I encourage each of you to embrace the values and step outside your comfort zones.

Whether this is your first MUN or one of many, I hope this conference will provide you with an environment where you can grow intellectually, strengthen your leadership skills and create unforgettable memories. Do not be afraid to speak up, defend your ideas and most importantly learn from one another.

I would like to express my sincere gratitude to everyone who has contributed to making this conference possible. I also wish all delegates an inspiring, productive and enjoyable conference.

If you have any prior questions about the conference you contact me anytime.

Welcome to FLZMUN26.

Secretary General
Zeynep Kayalacin
zeynepkayalacin@gmail.com

II. Letter from the Under-Secretary-General

Dear distinguished participants,

First of all, I would like to welcome each of you to our annual conference.

My name is Mina Dömez and I will be serving as your Under-Secretary-General for the International Olympic Committee (IOC).

With the assistance of my chairboard, we have worked hard to prepare a helpful and inclusive study guide on "Integrity, Inclusivity and Sustainability In the Olympic Movement" However, it is important to remember that study guides alone are not enough to fully understand the topic. Please make sure to do further research on your assigned country before coming to the conference.

I hope that you will improve your debating skills, make new friends, and have a wonderful time by the end of the conference.

Best regards,

If you have any prior questions, do not hesitate to contact me!

mina.domez@yandex.com

Best regards,

Mina DÖMEZ

Under-Secretary-General of the IOC

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EST. 2025

III. Introduction to the Committee: International Olympic Committee

The IOC promotes cooperation among national Olympic committees, international sports federations, athletes, organizing committees of the Olympic Games, sponsors, and the United Nations organizations, thus ensuring the continuity of the Olympic Games and the propagation of Olympic values throughout the world. In 2009, the UN General Assembly granted the IOC the status of Permanent Observer. The mission of the IOC is to promote Olympism throughout the world and to lead the Olympic Movement. The Olympic Charter is the guiding document for the IOC and the entire Olympic Movement. There is more to the International Olympic Committee's (IOC) responsibilities than planning the Olympic Games. Being a supreme governing authority of the Olympic Movement, the IOC's objective is to also positively influence the importance of sports in society, as well as its ability to promote peace, cooperation, and understanding among people.

The IOC aims to develop sports in a worldwide, equitable, and sustainable manner while also embodying the Olympic values of excellence, friendship, and respect. The committee also ensures that the Olympic Games are played in a safe and fair atmosphere, devoid of any political interference. It ensures athletes' rights are upheld, doping and other unethical actions in sports are prevented, and there is transparency in the governance of sports. Additionally, the Olympic Committee aims to promote and facilitate the engagement of the youth in sports and strengthen its place in the education system. Finally, the IOC wants to develop green Olympic initiatives and ensure that the host cities of the Games derive social and economic

IV. Introduction to the Agenda: Integrity, Inclusivity, and Sustainability in the Olympic Movement

Integrity, inclusivity, and sustainability are the core values of the International Olympic Committee (IOC). These values act as the centerpiece for the IOC as it continues to operate and plan for the future of the Olympic Movement. According to the IOC, integrity sits at the center of the value system, as it directly relates to the credibility, equity, and ethical values of all activities within the Olympic Movement. The IOC works tirelessly to ensure that transparency, ethical administration, and administrative and governance neutrality are maintained throughout the Olympic Games.

The Olympic Movement is a global action aiming to preserve the integrity of sport. It is vital to combat unethical and irresponsible practices, such as doping, fraud, match manipulation, and financial misconduct, to protect athletes' rights and maintain international trust in the Movement. Furthermore, the IOC strongly advocates for the inclusivity of events within the Games regardless of ethnicity, religion, gender, disability, or socioeconomic background. This inclusivity encourages young people to get involved and creates genuine opportunities for underrepresented communities. Achieving gender equality in competitions and offering equal support to athletes in the Paralympics are also crucial components of this effort. Through true inclusivity, the Olympic Games offer much more than sporting events—they provide a platform where people feel united, share common values, and foster mutual understanding.

Sustainability embodies the IOC's role as a responsible global stakeholder aiming to minimize the environmental footprint of the Games, protect natural resources, and generate lasting, positive social and economic legacies for host cities. This commitment is reflected in the transition to

renewable energy, carbon footprint reduction, effective waste management, and the construction of community-focused, multi-use venues. By integrating these practices, the Games ensure their long-term viability without imposing economic or environmental burdens on host regions. Ultimately, integrity, inclusivity, and sustainability go far beyond athletic achievement—they unify societies, strengthen social cohesion, and leave enduring legacies for generations to come.

A. Key Terms

1. **Olympism:** A philosophy of life that combines sport with culture and education, promoting respect, friendship and excellence.
2. **Olympic Movement:** The collective effort of the IOC, National Olympic Committees, International Federations, athletes and other organisations to promote Olympism worldwide.
3. **Integrity:** The practice of maintaining honesty, fairness and ethical principles in sport.
4. **Fair Play:** Respecting opponents, officials, rules and the spirit of competition.
5. **Doping:** The use of prohibited substances or methods to gain an unfair advantage in sport.
6. **Anti-Doping:** Policies and measures designed to prevent doping and protect clean athletes.
7. **Good Governance:** The responsible and transparent management of sports organizations through accountability, participation, and fair decision-making.
8. **Transparency:** The practice of making decisions, procedures, and relevant information clear and accessible.
9. **Match-Fixing:** The intentional manipulation of the result or course of a sports competition to obtain an improper advantage.
10. **Inclusivity:** Ensuring that everyone has equal opportunities to participate in sport, regardless of their background or abilities.
11. **Non-Discrimination:** The principle of treating individuals equally and preventing unfair treatment based on personal characteristics.
12. **Gender Equality:** Equal rights, opportunities, and representation for people of all genders in sport.
13. **Accessibility:** Ensuring that sports facilities, activities, and services can be used by people with different abilities.
14. **Refugee Olympic Team:** A team established by the IOC to allow eligible refugee athletes to compete at the Olympic Games.
15. **Sustainability:** Meeting present needs while protecting environmental, social, and economic resources for future generations.
16. **Carbon Footprint:** The total amount of greenhouse gas emissions produced directly or indirectly by an activity, organization, or event.
17. **Resource Efficiency:** Using materials, energy, and natural resources responsibly while reducing waste.

18. **Safeguarding:** Policies and practices designed to protect athletes and other participants from abuse, harassment, and exploitation.
19. **Athlete Well-Being:** The physical, mental, and social health of athletes throughout their sporting careers.
20. **Olympic Values Education Programme (OVEP):** An IOC educational program that promotes the Olympic values of excellence, respect, and friendship through sport.
21. **Dual Career:** The combination of an athlete's sporting career with education or professional development.
22. **Youth Participation:** The active involvement of young people in sports activities, decision-making, and sporting organizations.
23. **Legacy:** The long-term social, economic, environmental, and sporting effects of hosting the Olympic Games.

B. Integrity in the Olympic Movement

1. Fair Play and Ethical Conduct

Fair play is a complex concept that comprises and embodies a number of fundamental values that are not only integral to sport but also relevant in everyday life.

Fair competition, respect, friendship, team spirit, equality, sport without doping, and respect for written and unwritten rules such as integrity, solidarity, tolerance, care, excellence, and joy are the building blocks of fair play that can be experienced and learned both on and off the field.

It is not only players who can support fair play in sports; parents, coaches, and officials can also support and encourage fair play.

Coaches can encourage fair play, respect opponents, spectators, and officials, address any issues in a controlled and professional way about the game to the officials, and respect their decisions.

Officials can also encourage fair play by always being fair, objective, and consistent; communicating often, honestly, and fairly; and making decisions clearly. They should understand and know the rules of the game and always control their emotions and maintain composure.

Parents should also address any issues in a controlled way about a game and never use bad language or harass others. They should support kids in sport and encourage effort and having fun, not just winning.

Players should always play with respect, fairness, and honesty. They should be humble when they win and gracious when they lose. They should stay calm and control their temper. They should never use bad language and always treat their opponents the way they would like to be treated.

There are a lot of agencies that work on fair play and ethical conduct. Some of them are:

International Olympic Committee (IOC): An agency formed to prevent doping, gender inequality, and abuse and promote fair play in sport.

International Fair Play Committee (CIFP): Another agency formed specifically for fair play and to promote ethical conduct in sport.

World Anti-Doping Agency (WADA): An agency formed to prevent doping in sport and to punish those who do.

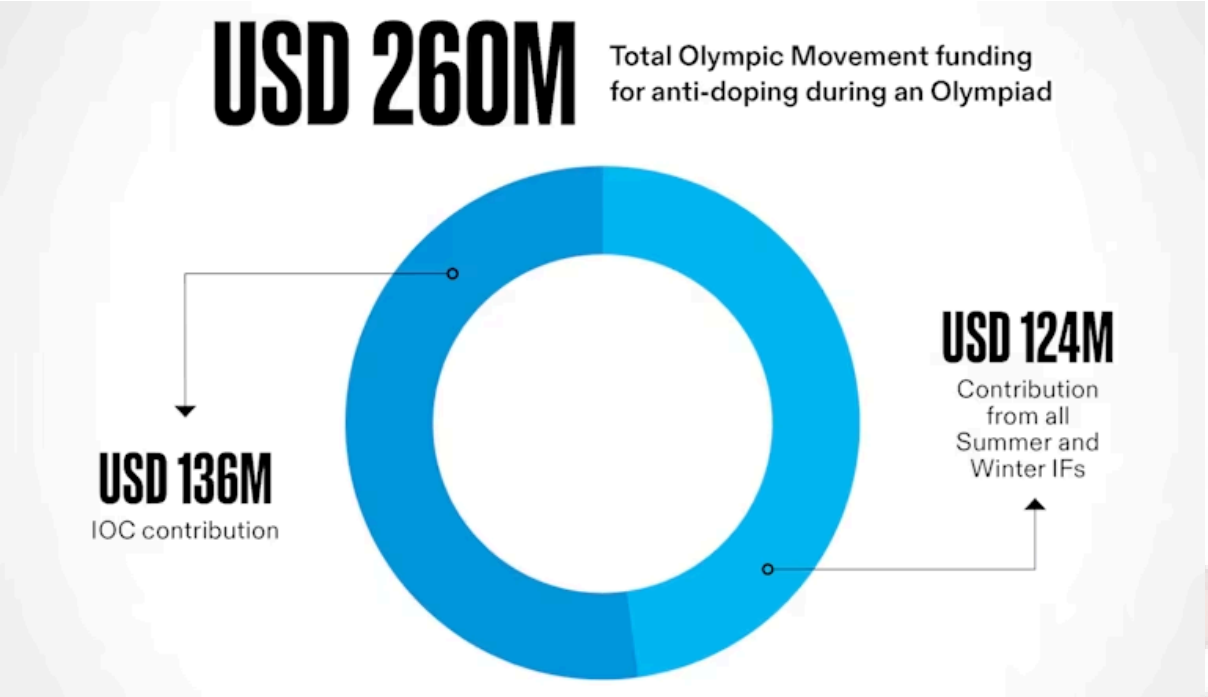


2. Anti-Doping and Clean Sport

Doping occurs when someone involved in sport uses synthetic substances that cannot be obtained from natural food and cannot be produced by the organism in order to gain an advantage over their competitors. Aside from providing advantages to athletes, doping can also be harmful to the human body. Research shows different ways in which doping can harm the body. For example, amphetamines are used to reduce tiredness, but they can also lead to high blood pressure, excessive sweating, anger, digestive disorders, and impairment of sexual function. Another example is anabolic substances, which are used to build muscle but can also cause severe damage to the skeleton, liver, kidneys, and sexual organs.

There are two main organizations involved in the fight against doping: the International Olympic Committee (IOC) and the World Anti-Doping Agency (WADA). The IOC was formed on 23 June 1894 by Pierre de Coubertin. In 1999, the IOC financially supported the establishment of WADA, an international anti-doping agency. At the Olympic Summit held in October 2015, the IOC proposed a doping testing and sanctioning system independent of sports organizations. For testing, a blood sample from an athlete can be sent to a laboratory to examine whether any prohibited substances are present. These tests can be conducted during or outside a competition. Since March 2016, the IOC has transferred decisions regarding anti-doping rule violations to an independent body, the Court of Arbitration for Sport (CAS).

WADA was formed on 10 November 1999 with the support and participation of intergovernmental organizations, governments, and public authorities. WADA is responsible for the World Anti-Doping Code, which has been adopted by more than 650 sports organizations, including international sports federations, national anti-doping organizations, the IOC, and the International Paralympic Committee. The World Anti-Doping Code is used to determine which actions are considered violations of anti-doping rules and to establish appropriate sanctions for athletes who violate these rules.



3. Transparency and Good Governance

The creation of an Integrity and Compliance Hotline and of a Chief Ethics and Compliance Officer has led to a rethinking of the mission of the Ethics Commission and the procedure for cases brought before it. As a result, the Rules of Procedure have been entirely revised to take into consideration situations when information is given via this hotline.

Transparency strengthens the trust of members, officials, employees, sponsors, business partners, and the public in sports organizations. Good governance requires transparency regarding important issues, proactive information and communication, objective criteria in decision-making, and appropriate handling of conflicts of interest. Another essential principle is participation, which involves stakeholders in fundamental planning and decision-making processes.

A Good Governance Concept analyses the risks for the sports organization and those involved with it, especially its members, and closes gaps in prevention through appropriate measures. The top leadership must commit to integrity and lead by example. An open culture based on respect and attentiveness must also be established. The implementation of good governance requires comprehensive information and education for officials, volunteers, and paid staff. Continuous communication ensures transparent standards of behavior and promotes active participation in the management of the organization.



4. Match-Fixing and Competition Manipulation

Competition manipulation, also known as match-fixing, is an intentional arrangement, act, or omission aimed at an improper alteration of the result or the course of a sports competition in order to obtain an undue benefit for oneself or for others. It occurs when the result of a tournament or competition is partially or completely decided in advance and the match is played to ensure the predetermined outcome. This is against the rules of the game and often the law.

Although competition manipulation is widely connected with sports betting, manipulating a competition in order to gain a sporting advantage is also a breach of the relevant rules and can lead to sanctions. Athletes, coaches, judges, or referees may knowingly underperform or deliberately make bad or wrong decisions affecting the result or course of a competition in order to obtain an undue benefit, usually a sporting or financial benefit. This is commonly called “tanking” or “throwing” a match. A well-known example took place at the 2012 Olympic Games, when eight badminton players were disqualified from the women’s doubles tournament for intentionally losing matches in the group stage.

Sports betting can pose a risk of competition manipulation if it is not properly regulated. The most common reason for match-fixing is to obtain a payoff from gamblers, but teams may also intentionally perform poorly to gain a future sporting advantage. Therefore, the prevention of competition manipulation is critical to protecting the integrity of sport and ensuring fair competition.

As part of the Olympic Agenda 2020, the International Olympic Committee (IOC) and INTERPOL increased their collaboration to protect the integrity of sport through education and awareness programs. The two organizations signed a Memorandum of Understanding in January 2014 and developed initiatives including Partnership Development Meetings, training courses, and workshops with National Olympic Committees and International Federations. These activities aim to strengthen national coordination, international cooperation, good governance, and investigative capacity to combat match-fixing, competition manipulation, and related corruption.

The IOC also recognizes its responsibility to support the Olympic Movement, particularly National Olympic Committees, in recognizing, resisting, and reporting breaches of sport's integrity. Cooperation between sports organizations, law enforcement agencies, betting operators, and public authorities is necessary to prevent competition manipulation, protect clean athletes, and preserve the credibility of sports competitions.



C. Inclusivity in the Olympic Movement

1. Gender Equality in Sport

Gender equality in sport means having the same rights and receiving the same respect in sport, regardless of gender. Along with gender, differences such as age, ethnicity, nationality, religion, geographic location, sexuality, social class, and personal history can influence how people experience sport. In 2016, data from 38 European countries showed that women and girls were exposed to gender-based violence in sport more often than men and that perpetrators were generally men in positions of power, such as coaches, managers, and healthcare staff. Forms of gender-based violence in sport include verbal harassment, sexual harassment, sexual assault, rape, physical violence, emotional or psychological violence, cyberviolence, and bullying. Millions of girls drop out of sport during adolescence, held back by sexism, safety concerns, a lack of sporting opportunities, and outdated stereotypes.

In a significant step forward for gender equality, the International Olympic Committee (IOC) and UN Women have reaffirmed their commitment to using sport as a powerful catalyst for empowering women and girls. Under this strengthened alliance, the IOC and UN Women are launching a 12-month bridging project. This initiative is designed to build on the transformative impacts of sports-based programs in Latin America, the Caribbean, Asia, and the Pacific, focusing on two main outcomes. The first is empowering girls and young women: by enhancing their skills and capacity to voice their needs, the project aims to enable them to effectively advocate for themselves with the institutions and bodies responsible for upholding their rights. The second is strengthening institutional accountability. A key goal is to enhance the knowledge and capacity of state institutions, organizations within the sports and social ecosystem, and the media. The project seeks to ensure that these bodies are more accountable for gender equality and human rights in their policies, planning, and budgeting processes.

There are many agencies working on gender equality. UN Women exists to advance women's rights and promote gender equality, not only in sport but in all areas. It works to develop and uphold standards and create an environment in which every woman and girl can exercise her human rights and reach her full potential. Women Sport International (WSI) serves as an umbrella organization that can bring about positive change for girls and women through their engagement in sport and physical activity.



2. Inclusion of Athletes with Disabilities

The CRPD is an international treaty that was adopted by the United Nations General Assembly in 2006 and came into force in 2008. Article 1 outlines the Convention's fundamental purpose: to promote, protect, and ensure the full and equal enjoyment of all human rights and fundamental freedoms for persons with disabilities, whilst fostering respect for their inherent dignity. Persons with disabilities include those who have long-term physical, mental, intellectual, or sensory impairments that, in interaction with various barriers, may hinder their full and effective participation in society on an equal basis with others. Furthermore, it is essential that people with disabilities have the opportunity to participate in specific sports and recreational activities and that children with disabilities have equal access to play and sports activities within their school setting. States should promote the inclusion of people with disabilities in sports at all levels, ensure access to sports training services and facilities, and encourage their participation in mainstream sporting events. Inclusion is a fundamental concept in building an equitable and just society, meaning creating an environment where all individuals, regardless of their abilities, can participate fully and equally in all societal activities. To fully understand the meaning of inclusion, it is also important to clarify the concepts of marginalization—the social exclusion of people with disabilities, who are isolated and denied opportunities to participate fully in community life—and integration—the inclusion of people with disabilities in existing settings without making meaningful changes, often leaving barriers in place. Barriers to the inclusion of people with disabilities are numerous and fall into four main categories: physical/environmental, attitudinal, institutional, and communicational. Myths and stereotypes about people with disabilities that need to change include that they cannot live independently, they are helpless, they cannot learn, they will never be able to work, they must

be cared for, they cannot participate in sports, they cannot marry or have children, or they remain children forever. Best practices emphasize that when interacting with people with disabilities, put the person, their character, and their way of life at the center, just as you would with anyone else: get to know them, take the time needed, set aside any stereotypes, and recognize that accessibility is the prerequisite to inclusion, equal treatment, equity, and non-discrimination. Major milestones include the Paris 2024 Paralympic Games, which included 22 sports and brought together 4,400 male and female athletes from 184 delegations over 11 days of competition, alongside inspiring stories like Martina Vozza, who in 2022 in Beijing was the youngest Italian Paralympic athlete and won the silver medal in the downhill and super-giant events at the ESPOT 2023 World Championships.



3. LGBTQ+ Inclusion and Non-Discrimination

Inclusion, diversity, and equality are all integral components of the work of the IOC, with non-discrimination being one of the founding pillars of the Olympic Movement, which is reflected in the Olympic Charter, Fundamental Principle 4: “The practice of sport is a human right." Every individual must have the possibility of practicing sport, without discrimination of any kind and in the Olympic spirit, which requires mutual understanding with a spirit of friendship, solidarity, and fair play.”

In 2014, the IOC further strengthened its commitment to the LGBTQ community in particular by approving an Olympic Agenda 2020 recommendation to amend the Olympic Charter to specifically include non-discrimination with regard to sexual orientation in Fundamental Principle 6, which now states, "The enjoyment of the rights and freedoms set forth in this Olympic Charter shall be secured without discrimination of any kind, such as race, color, sex, sexual orientation, language, religion, political or other opinion, national or social origin, property, birth or other status.”

The IOC’s ongoing commitment to diversity and inclusion was also underlined in the recent approval of Olympic Agenda 2020+5—the new strategic roadmap of the Olympic Movement—which recognizes that gender equality, inclusion, and diversity are integral components of fulfilling the IOC’s vision of building a peaceful and better world through sport.

The IOC has also moved to include sexual orientation in the non-discrimination clause of the Host City Contract for the Olympic Games, requiring all host cities to respect the Fundamental Principles and values of Olympism, in particular the prohibition of any form of discrimination, throughout their entire Games project.

The aim is to deliver games that underline the importance of diversity and unity and help foster a society that accepts and respects differences. As such, diversity and inclusion have been incorporated into all aspects of game planning and operations.

As part of its commitment to inclusion across the Olympic Movement, the IOC is also working on a new framework to ensure fairness, safety, and non-discrimination of athletes on the basis of gender identity and sex characteristics.

To that effect, the IOC has run a consultation process to consider not only medical, scientific, and legal perspectives but also that of human rights, with an emphasis on the views and experiences of affected athletes.

This consultation process will be instrumental in the development of the new framework, which will acknowledge the differences that exist between different sports in order to find suitable mechanisms, policies, and approaches to ensure inclusion, non-discrimination, fairness, proportionality, and safety for all athletes in each sport.



4. Equal Opportunities for Athletes from Diverse Backgrounds

Sport can ultimately model a culture that reflects equality and respect for diversity and inclusion within and beyond sport. The way we use images must reflect the diversity that exists among sports, athletes, and fans, but it must also factor in equality and balance, both in quality and in quantity.

Active, authentic, and respectful visual imagery that portrays sportspeople in their environment. Athleticism and sporting prowess should be the focus of the imagery. Ensure there are not significantly more images of one group of sportspeople than another. Capture diversity among sportspeople in terms of gender and other dimensions such as sport, ethnicity, or age.

When commenting on sport or interviewing athletes, inject the same enthusiasm, interest, and professionalism, irrespective of gender. All content needs to be based on editorial merit. It is also possible, and necessary, to be sensitive to gender in the way in which the content is packaged and

presented. When packaging editorial content, careful attention to gender portrayal should be factored into tone, style, language, framing, and imagery.

Sport can influence behaviors and change attitudes. The way athletes are represented in the media can contribute to a sporting environment that respects diversity and promotes inclusion. Images and content should reflect athletes fairly and respectfully, regardless of their gender or background. This helps ensure that sport represents a diverse range of people and encourages equality both within and beyond sport.



5. Refugees and the Olympic Movement

Guided by the Global Compact on Refugees, the Global Refugee Forum was created as an opportunity to translate the principle of international responsibility-sharing into concrete action. The Forum served as a platform for impactful pledges and contributions and the exchange of best practices.

At the event, the IOC and UNHCR launched a wide-ranging “Sport Coalition for Refugees” to secure access to sport. Over 80 sports organizations, NGOs, and governments came together to express their commitment to facilitate sports opportunities for refugees. The initiative aims to promote and ensure access for all refugees, without distinction of any kind, to safe and inclusive sporting facilities; increase availability and access to organized sports and sport-based initiatives for refugee and hosting communities; and promote and facilitate equal access to and the participation of refugees in sporting events and competitions at all levels.

The IOC has been supporting refugees through sport for many years. For the Olympic Games Rio 2016, the IOC created the IOC Refugee Olympic Team and, to broaden its engagement, later launched the Olympic Refuge Foundation. The IOC continues to work closely with UNHCR in its efforts to support refugees through sport.

For children and young people uprooted by war or persecution, sport is much more than a leisure activity. For refugees, sport is an opportunity to be included and protected, a chance to heal, develop, and grow. The IOC also aims to give hope to refugees around the world and raise awareness about the magnitude of the global refugee crisis through the participation of the IOC Refugee Olympic Team in the Olympic Games.



D. Sustainability in the Olympic Movement

1. Environmental Sustainability

Since 1996, the environment has been the third “pillar” of Olympism, after sport and culture. Whilst the sports world can play an important role in safeguarding the environment, a degraded environment can have a negative impact on sport, the Olympic Games, and, most importantly, the athletes. This connection highlights the importance of protecting the natural environment to ensure that sport can continue to take place in healthy and suitable conditions.

This philosophy has been brought to life by many actions and programs during and beyond the Games, involving various stakeholders of the Olympic Movement, including the Olympic Games Organizing Committees (OCOGs), National Olympic Committees (NOCs), International Sports Federations (IFs), and TOP partners. The IOC has taken the lead in these efforts, guiding its partners through seminars, manuals, and practical tools. Through these initiatives, environmental protection has become an important part of the Olympic Movement's activities, both during major sporting events and beyond them.

The IOC is taking concrete action to address the global climate crisis. It is working to reduce its own carbon footprint and the carbon footprint of the Games while supporting the wider Olympic Movement in its efforts to lower emissions. The practice of sport highly depends on the availability of key natural resources such as clean air, clean water, and undeveloped land, as well as healthy ecosystems such as green urban areas, mountains, forests, lakes, rivers, and oceans. Protecting these resources is therefore important not only for the environment but also for the future of sport.

Environmental sustainability also involves raising awareness and encouraging organizations, athletes, and young people to take an active role in protecting nature. Raising awareness for environmental protection among the young generation is at least as important as tangible projects. Through education programs, environmental activities, and cooperation with its partners, the Olympic Movement can encourage more responsible behavior and promote sustainable practices beyond the Games.

The IOC has also worked with other organizations to address environmental challenges such as marine litter and plastic pollution. Its partnership with UN Environment for the Clean Seas Campaign aimed to increase global awareness of marine litter and support measures to address gaps in waste management. Such initiatives demonstrate how the influence of sport can be used to encourage environmental responsibility and bring different stakeholders together to contribute to a more sustainable world.



2. Sustainable Venues and Infrastructure

The design, construction, and operation of all sports facilities must be relevant and bring value to the communities they serve prior to, during, and after the event. Sports facilities should have a minimal environmental footprint over their lifecycle through saving natural resources and energy, eliminating waste, avoiding harmful substances, and protecting local ecosystems. There should also be emphasis on maximizing long-term use and eventual reuse or repurposing of facilities.

This focus area refers to the development and operation of indoor and outdoor sites wherever sport activities take place, including support and administrative infrastructure such as non-competition venues at the Olympic Games and offices of the Olympic Movement's organizations. The IOC's strategic intents include maximizing the use of existing infrastructure and using temporary and demountable venues where no long-term venue legacy needs exist or can be justified. Sites should have a net positive impact on local communities, respect protected natural areas, and promote urban green spaces. Sites conserve water resources and protect water quality.

The Vancouver 2010 Olympic Winter Games set new standards in environmental protection. Every venue was built according to Canada's green-building standards; rain was captured to irrigate landscaping; heat was captured from used bath water; and nearly 70 per cent of the heating for the Olympic Village came from waste heat recovery systems, including heat from sewage. Transportation improvements reduced emissions and encouraged the use of mass transit, bicycling, and other alternatives to commuting by cars.



3. Sustainable Transportation and Travel

Mobility of people and goods associated with the Olympic Movement's activities, at the local and global scale, is another focus area of the IOC Sustainability Strategy. Mobility solutions are environmentally and socially responsible. Freight operations are environmentally and socially responsible. Sustainable tourism is promoted.

The IOC's carbon footprint is largely dominated by travel and varies considerably year-on-year depending on the locations of the host countries for the Olympic Games, the Youth Olympic Games, and corporate events. The IOC's carbon footprint covers the emissions from its daily activities in Lausanne and Madrid and from its corporate events organized in Lausanne and abroad. This includes operation of its buildings, business trips by IOC staff, consultants, guests, and IOC members, local transport, employee commuting, and procurement of various goods and services.

Transportation improvements at Vancouver 2010 reduced emissions and encouraged the use of mass transit, bicycling, and other alternatives to commuting by cars. These measures demonstrate how transportation planning can contribute to reducing the environmental impact of major sporting events.



4. Waste Management and Resource Efficiency

Sourcing of products and services by organizations within the Olympic Movement and management of material resources over their lifecycle are important parts of the IOC Sustainability Strategy. Sourcing of products and services takes account of environmental and social impacts. Products and materials are treated as valuable resources, and their lifecycle is optimized.

The IOC has worked to increase responsible material use at its events in collaboration with its suppliers. In January 2017, the Clean Seas Campaign was launched to increase global awareness of the marine litter issue and implement measures that address gaps in waste management. The IOC has also begun reducing waste at its headquarters and the Olympic Museum.

Sporting organizations have taken steps to reduce plastic waste, encourage recycling, and promote more responsible resource use. These efforts include waste reduction strategies, recycling education, and initiatives to reuse and recycle materials. Environmental awareness activities and education programs are also important parts of these efforts.

The IOC is embracing sustainability in its day-to-day operations, as well as taking a proactive leadership role to inspire Olympic stakeholders and the wider sports community to implement best sustainability practices. Moving forward, the IOC will provide educational toolkits and workshops to the sports community, in addition to further driving innovative solutions together with its partners.

With assistance from Olympic Solidarity funding, coastal clean-ups, campaigns, and education programs have already begun in Oceania, a region of 17 nations that sees firsthand the impacts of marine debris in the oceans.

The International Ice Hockey Federation (IIHF) is decreasing plastic use and encouraging recycling at its headquarters and providing recycling education opportunities at national and youth camps. World Rugby has undertaken a variety of actions to reuse and recycle and will implement new measures with a focus on the reduction of plastic waste. The International Triathlon Union (ITU)

will work closely with its local organizing committees, national federations, stakeholders, and the IOC to raise awareness of the issue of marine litter.

5. Economic Sustainability and Host Citie

The Olympic and Paralympic Games accelerate trade, investment, and business growth. They also boost tourism, improve the global profile of the host region and country, and create opportunities for local people to develop their knowledge and skills. New jobs and career opportunities are created through the organization of the Games.

Over GBP 14 billion of trade and investment benefits were generated by London 2012, with industry and various events supported throughout the subsequent decade. Paris 2024 purchased EUR 2.5 billion worth of goods and services, working wherever possible with local suppliers. By spring 2022, 72 percent of suppliers hired were small or medium-sized enterprises.

Increasing tourism was at the core of the legacy vision for Torino 2006. In 2000, the province of Turin welcomed visitors for three million overnight stays. By 2010, the number of overnight stays in Turin had grown to six million, making Turin the fourth-most visited city in Italy after Rome, Florence, and Venice.

The host region and country can also benefit from increased international visibility. The Canadian Tourism Commission calculated that CAD 1 billion in “Advertising Value Equivalency” was generated around hosting the Olympic and Paralympic Games in Vancouver 2010. In addition, more than 18,000 volunteers supported Beijing 2022, with 94 percent under the age of 35, working across areas including press, broadcasting, venue operations, logistics, security, and transport.

For Paris 2024, 181,000 jobs were expected to be mobilized for the organization of the Olympic and Paralympic Games, with measures to give equal opportunities to unemployed people and other disadvantaged groups. These examples show how hosting the Games can create economic opportunities, support tourism, and help develop skills, while leaving benefits for host communities.



E. Athlete Well-Being and Sustainable Sports Development

1. Mental Health and Well-Being

Our mental health is irrefutably intertwined with our overall health, yet in sport it is often overlooked.

The World Health Organization (WHO) defines health as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity." This definition emphasizes the holistic nature of health, which includes not only the absence of illness or disease but also a sense of well-being in all areas of a person's life, including physical, mental, and social aspects.

Sport is a vital tool for improving mental health, promoting feelings of well-being, self-esteem, and self-worth. It can help reduce symptoms of anxiety and depression and has been linked to improved cognitive function and brain health. While optimal mental health is important for sporting performance, it is also a valuable resource for athletes outside competition and across their lifespan. It allows for the development of a holistic and balanced athletic and non-athletic identity and can aid in the successful management of difficult career transitions, including retirement.

Such symptoms may arise due to life challenges experienced outside sport, but there are also ways in which sport can negatively impact mental health. Excessive or intense training and competition can lead to burnout, stress, and anxiety. Additionally, the pressure to perform at a high level can result in feelings of disappointment, failure, and decreased self-esteem, particularly in athletes who are prone to perfectionism. This is in addition to life challenges experienced outside sport, such as grief, relationship conflicts, and financial difficulties.

A 2019 research study found that 34% of elite athletes and 26% of former athletes reported symptoms of anxiety/depression. Despite the prevalence of mental health disorders in the athlete population, very few athletes seek or receive treatment. Stigma, a lack of mental health literacy, a culture of self-reliance that limits vulnerability, financial cost, and restricted access to care form pertinent barriers to help-seeking.

In order to establish psychologically safe environments that encourage help-seeking, it is important to understand the key barriers that may be faced by athletes. Public stigma refers to the negative attitudes and beliefs among the general public about individuals with mental illness. Public stigma can create barriers to accessing treatment by creating an environment where individuals with mental illness may feel judged, rejected, or marginalized and contributes to a culture of silence around mental health issues, making it difficult for individuals to speak openly about their experiences and seek support from others.

Self-stigma is when individuals internalize negative attitudes and beliefs about mental illness, and they may begin to believe that they are weak, incompetent, or flawed. This can create a sense of isolation and alienation, which can further exacerbate mental health issues. Loss of playing time can

act as a significant obstacle to help-seeking among elite athletes, as they may be reluctant to seek help for mental health issues due to fear of being perceived as weak or a liability to their team.

Athletes who do not have access to mental health services within their club, federation, or NOC may have to seek solutions at their own expense due to a lack of health insurance coverage or the unaffordability of private mental health care.

The IOC recognizes that the mental health of athletes exists within the context of the wider sports system (Coyle et al., 2017), and our framework is grounded in an ecological systems approach (Bronfenbrenner, 1992), recognizing that the athlete is inseparable from their teammates/colleagues, coaches, and support staff, family, or primary supports, as well as their sporting organization. To some extent, this also extends to the relevant national governing sporting body.

A social ecological model means recognizing that a range of stakeholder individuals and organizations play a key role in supporting athlete well-being and that all of them need to be engaged in shaping sports cultures that are supportive of mental health.

The IOC has a unique role and responsibility in supporting athlete mental health, ensuring barriers are broken down and the way is paved for a more equal and healthier society. Olympic Agenda 2020+5 asks us to look beyond the Olympic Games and contribute to the UN Sustainable Development Goals by raising public awareness of the importance of mental well-being to public health, reducing the stigma around mental health, and encouraging help-seeking behaviors.

For this reason, and in response to this growing need, the IOC has developed a comprehensive mental health strategy to serve as a roadmap for the IOC's implementation of its evidence-based and research-driven efforts to promote mental well-being across its spheres of influence.



2. Safe Sport and Protection from Abuse

Abuse is the act of improper usage or treatment of a person or a thing, often to gain benefit.

Abuse can come in many different ways, such as physical abuse, injury, assault, violation, rape, crimes, etc.

Abuse in sports happens when power is misused to harm athletes physically, emotionally, or sexually. Understanding abuse in sport is the first step to protecting athletes and creating a safer culture.

Abuse is not always visible. People might show subtle signs like sudden withdrawal from activities they used to enjoy, heightened anxiety, unexplained injuries, or unusual emotional responses.

Recognizing potential signs of abuse takes parents and adults who are engaged and aware. Being able to spot physical, psychological, and behavioral changes early can help you take timely action, if necessary.

Safe Sport International (SSI): Founded in 2014, Safe Sport International is a UK-registered charity and the first independent global organization dedicated to preventing violence, harassment, and abuse in sports.

In 2026, SSI held a conference that lasted 3 days and gathered researchers, practitioners, athletes, policymakers, and sport leaders from all over the world to share knowledge, challenge practice, and strengthen global collaboration around safer sport.

Pool of International Experts on Safe Sport: The Pool of International Experts on Safe Sport is the single entry point to a unique source of multidisciplinary expertise covering all forms of violence and abuse against children in sports.

The pool means peer learning, capacity building, and fostering exchanges between all those who have a role to play in preventing and combating any form of violence and abuse against children in the field of sports.

It also brings together policymakers, researchers, academics, and specialists supporting people with lived experience.



3. Youth Participation in Sports

Hosts are invited to leverage the unique platform provided by the Youth Olympic Games (YOG) to engage the world's youth and to reflect and promote their interests and concerns around sustainability.

As one of the five themes of Olympic Agenda 2020+5, the IOC's roadmap for the future, sustainability needs to be addressed by all potential YOG hosts from the beginning of their project.

This is understood to cover the environment, gender equality, diversity and inclusion, safeguarding and mental health, and human and child rights.

For the YOG to fulfill their mission to be truly sustainable, the Games' vision and plan must align with existing long-term socio-economic development plans and strategies for youth and sports.

Furthermore, in line with reforms to make hosting and organizing Olympic Games more cost-efficient, climate-friendly, and better suited to the local context, only existing and temporary venues may be used, while hosts are invited to consider innovative alternatives to new venues, including venues outside the host city, region, or country, if no suitable local facility exists.

Additionally, the IOC requests hosts to implement eco-friendly practices such as reducing resource consumption and waste, protecting biodiversity, and using public transport.

Throughout this process, active youth participation is strongly encouraged, gender equality is strictly maintained, and long-term positive legacies are secured for local communities.



4. Education and sport

The Olympic Values Education Programme (OVEP), developed by the IOC and disseminated by the Olympic Museum, is based on the Olympic philosophy that learning takes place through the balanced development of body and mind. The program consists of a series of free and easily

accessible teaching resources that complement school curricula using the context of Olympic sports and the Fundamental Principles of Olympism.

Adopting the Olympic values of excellence, respect, and friendship means striving for these in all fields of life. OVEP uses the universality of sport to support the delivery of curriculum inside and outside of the classroom. It communicates the long-term benefits of sport and physical activity through an understanding of Olympism and its impact on individual health, enjoyment, and social interaction.

OVEP is designed to benefit young people from all walks of life, cultures, and levels of athletic ability. It can be integrated and put into action by teachers, instructors, coaches, sports clubs, government and education authorities, and members of the Olympic family. Its toolkit contains free teaching resources designed to enhance educational curricula with Olympic-themed activities, teaching strategies, and inspirational materials.



V. Previous International Actions

Olympic Agenda 2020

Launched in 2014, Olympic Agenda 2020 introduced 40 recommendations aimed at shaping the future of the Olympic Movement. It focused on the credibility, sustainability, and youth engagement of the Olympic Games. The agenda encouraged the IOC to strengthen good governance, promote gender equality, protect clean athletes, and make the organization of the Games more sustainable. It also highlighted the importance of adapting the Olympic Games to the needs of host cities and local communities.

Olympic Agenda 2020 + 5

Adopted in March 2021, Olympic Agenda 2020+5 established 15 recommendations to guide the Olympic Movement through 2025. Its priorities included strengthening the role of sport as an important enabler of the United Nations Sustainable Development Goals, promoting digitalization, increasing the participation of women in sport, and reinforcing the protection of athletes. It also emphasized solidarity, credibility, and resilience within the Olympic Movement. The agenda aimed to build on the reforms introduced by Olympic Agenda 2020 while addressing new global challenges.

International Charter of Physical Education, Physical Activity, and Sport (UNESCO, 2015)

Adopted by UNESCO in 2015, the International Charter of Physical Education, Physical Activity and Sport recognizes access to physical education, physical activity and sport as a fundamental right for everyone. It promotes inclusion, non-discrimination, gender equality, and the protection of human dignity in sport. The Charter also highlights the importance of safe sporting environments and the responsibility of governments and sports organizations to protect participants from violence, abuse, and discrimination.

International Safeguards for Children in Sport (2014)

The International Safeguards for Children in Sport were developed to help organizations provide safe and positive sporting environments for children. They establish key principles for protecting children from abuse, harassment, and exploitation in sports. The framework encourages sports organizations to introduce safeguarding policies, provide appropriate training, establish reporting procedures, and ensure that the welfare of children remains a priority. These safeguards contribute to creating inclusive and secure sporting environments.

World Health Organization: Global Action Plan on Physical Activity 2018–2030

The World Health Organization (WHO) introduced the Global Action Plan on Physical Activity 2018–2030 to promote healthier and more active societies. The plan encourages international cooperation to increase participation in physical activity and reduce physical inactivity. It highlights the importance of accessible and inclusive opportunities for people of all ages and abilities. It also recognizes the role of schools, communities, governments, and sports organizations in creating environments that encourage regular physical activity.

Olympic Values Education Programme (OVEP)

Developed by the IOC and disseminated by the Olympic Museum, the Olympic Values Education Programme promotes the Olympic values of excellence, respect, and friendship through education. It provides free educational resources that can be integrated into school curricula and used by teachers, coaches, and sports organizations. The program aims to introduce young people to the principles of Olympism and encourage positive values, social interaction, and participation in sport. It also demonstrates how sport can contribute to education and the development of individuals and communities.

VI. Points a Resolution Should Cover

Delegates are expected to consider the following points when developing their resolutions:

1. **Strengthening Transparency and Accountability:** How can the IOC and National Olympic Committees improve transparency, accountability, and ethical standards within the Olympic Movement?
2. **Promoting Fair Play and Clean Sport:** What measures can be introduced to prevent doping, match-fixing, and other forms of competition manipulation?

3. **Improving Good Governance:** How can international sports organizations strengthen their governance structures and ensure fair decision-making processes?
4. **Achieving Gender Equality:** What actions can be taken to ensure equal opportunities, representation, and participation for women and men in all areas of sport?
5. **Ensuring Inclusion and Non-Discrimination:** How can the Olympic Movement prevent discrimination based on gender, disability, sexual orientation, nationality, or social background?
6. **Supporting Refugee Athletes:** How can the IOC and other sports organizations improve access to sporting opportunities and competitions for refugees?
7. **Developing Sustainable Olympic Infrastructure:** How can host cities reduce the environmental impact of Olympic venues and prioritize the use of existing and temporary facilities?
8. **Reducing the Environmental Impact of the Olympic Games:** What strategies can be implemented to reduce carbon emissions, waste generation, and resource consumption during major sporting events?
9. **Encouraging Sustainable Transportation:** How can host cities promote public transportation and environmentally friendly travel options for athletes, spectators, and officials?
10. **Protecting Athletes' Mental Health and Well-Being:** What support systems can be developed to address the psychological needs and well-being of athletes?
11. **Strengthening Safeguarding Policies:** How can sports organizations prevent abuse, harassment, and exploitation while ensuring safe sporting environments for all participants?
12. **Increasing Youth Participation in Sports:** What initiatives can encourage young people to participate in sports and ensure equal access to sporting opportunities?
13. **Promoting Education Through Sport:** How can programs such as the Olympic Values Education Programme (OVEP) be expanded to promote Olympic values, education, and social development?

VII. Further Reading

The following official websites, reports and documents are recommended for delegates who wish to conduct further research on the agenda. These resources provide information about the IOC's policies, international regulations and ongoing initiatives concerning integrity, inclusivity and sustainability in the Olympic Movement.

1. International Olympic Committee (IOC) – Official Website

https://www.olympics.com/ioc

The official IOC website provides information about the Olympic Movement, the Olympic Charter, IOC policies, international sporting initiatives and the organisation of the Olympic Games.

2. IOC – Integrity in Sport

https://www.olympics.com/ioc/integrity

This page provides information about the IOC's efforts to protect the integrity of sport. It includes resources on anti-doping, competition manipulation, ethical conduct, transparency and good governance.

3. IOC – Human Rights

https://www.olympics.com/ioc/human-rights

This resource explains the IOC's commitment to respecting human rights throughout the Olympic Movement. It includes information about non-discrimination, athletes' rights, inclusion and the IOC Strategic Framework on Human Rights.

4. IOC – Sustainability

https://www.olympics.com/ioc/sustainability

This page introduces the IOC Sustainability Strategy and its main focus areas, including infrastructure, natural sites, resource management, mobility and climate action. It also provides access to sustainability progress reports.

5. IOC – Safeguarding

https://www.olympics.com/ioc/safeguarding

This resource provides information about the IOC's work to prevent harassment and abuse in sport. It includes safeguarding policies, educational materials, athlete protection initiatives and mental health resources.

6. IOC – Gender Equality and Inclusion

https://www.olympics.com/ioc/gender-equality

This page provides information about the IOC's work to promote gender equality and inclusion in sport, including women's participation, representation and equal opportunities.

7. World Anti-Doping Agency (WADA)

https://www.wada-ama.org/

The official WADA website provides access to the World Anti-Doping Code, the Prohibited List, international standards, educational resources and information about anti-doping policies.

8. UNESCO – Sport and Anti-Doping

https://www.unesco.org/en/sport-and-anti-doping

This website provides information about international cooperation in sport, anti-doping policies, the International Charter of Physical Education, Physical Activity and Sport and the promotion of inclusive sporting opportunities.

9. United Nations – Convention on the Rights of Persons with Disabilities

https://www.un.org/development/desa/disabilities/convention-on-the-rights-of-persons-with-disabilities.html

This resource explains the rights of persons with disabilities, including equal participation in recreation, leisure and sporting activities.

10. UN Women – Sport for Generation Equality

https://www.unwomen.org/

The UN Women website provides information about gender equality, women's empowerment and international initiatives aimed at increasing women's participation and leadership in different fields, including sport.

11. World Health Organization (WHO) – Physical Activity

https://www.who.int/health-topics/physical-activity

This resource provides information about the health benefits of physical activity, global recommendations and strategies to encourage active lifestyles among people of all ages.

12. United Nations High Commissioner for Refugees (UNHCR)

https://www.unhcr.org/

The official UNHCR website provides information about refugees, displacement, international protection and programmes supporting refugee communities. It can be used alongside the IOC's Refugee Olympic Team resources.

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