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TRANSITION AFTER SPORT

Your own responsibility

The Forum strongly reminds every athlete that it is her/his personal responsibility to take the steps necessary to combine education and sport and prepare for life after sport.

- **In order to be a complete athlete/person, an athlete needs to be aware of the three essential pillars: family, sport and education.**
- **There are many examples of athletes who managed their career effectively and achieved better results than athletes who focus only on sport.**
- **Athletes should value their sporting experience and try to promote themselves in the most effective way on the job market.**
- **Athletes who manage to combine education and sport during their career have a smoother transition towards life after sports.**
- **While competing, athletes should use the opportunity to network and make sure they keep this network active over the years.**

Other partners

Coaches, families, agents and senior athletes have a key role to play in helping young athletes to understand the importance of education.

- **Families should play a key role in highlighting the importance of combining education and sport.**
- **Role of the coach and agent is crucial, and they should encourage athletes to focus on education as well as sport.**

International Federations/NOCs

The IOC should urge the NOCs to fulfil their responsibilities towards athletes and provide career planning for athletes. These should include educational and/or employment placements (during and after their career).

- **Athletes should be at the heart of IFs and NOCs in terms of their decision-making processes. Without athletes, no sport!**
- **NOCs from countries where the Athletes' Career Programme (ACP) is not present should develop programmes similar to the ACP to assist athletes during and after their sporting career.**
- **Assistance provided should be attributed regardless of results.**
- **The IOC's, NOCs' and IFs' Athletes' Commissions should be the tool to promote and value the concept of athlete assistance. They should play a key role in circulating information and promoting this concept.**
- **Sponsor contracts of the IOC, NOCs and IFs with top companies should include job opportunities for their athletes.**
- **IFs and NOCs have the responsibility of educating their coaches/staff to communicate to the athletes the need for education and preparation for a second career.**
- **All the IFs and NOCs are different, and we should visualise the differences and develop best practices adapted to each case and share them with others.**

Governments

The IOC should convey the message to governments that athletes need and deserve help during and after their sporting career (education and jobs).

- **A combination of financial and employment support would be preferable.**
- **Employment support through governmental institutions should be implemented.**
- **Governments should provide flexible access to education during and after a sporting career.**
- **Governments should allow time spent in national teams to count towards a pension.**

Key recommendations

- **The Forum strongly reminds every athlete that it is her/his personal responsibility to take the steps necessary to combine education and sport and prepare for their second career.**
- **Coaches, families, agents and senior athletes have a key role to play in helping young athletes to understand the importance of education.**
- **The IOC should urge the NOCs to fulfil their responsibilities towards athletes and provide career planning for athletes. These should include education and/or employment placements (during and after the sporting career).**
- **The IOC should convey the message to governments that athletes need and deserve help during and after their sporting career (education and jobs).**