

# WAKO Guidelines

## - *Athletes education* -

### *In Conjunction with IOC Athlete Learning Gateway*

All athletes that represent WAKO national federations have free access to use the newly launched IOC Athlete Learning Gateway.

#### **Objectives of the Gateway;**

- Give access to elite athletes and coaches high quality learning materials
- Boost athletic performance and to help shape future careers

#### **Athlete Learning Gateway featuring;**

- Short courses from the best academics and leaders in world sport
  - *Languages; English, French, Spanish, Portuguese*
- Courses include career transition, nutrition, sports media, leadership, psychology, injury prevention
- Mixed learning approach of lectures
- Articles and videos to inspire, motivate and educate athletes to succeed
  - *including NOC and IF content*
- Community and live web events connecting athletes with Olympic champions and inspirational leaders

**IOC e-learning resource are free**

Sign up here <http://onlinecourse.olympic.org/>

#### **What your National Federation should do:**

WAKO encourages all national federations member of WAKO to implement this kind of education module and stimulate and promote athletes to sign up and complete this learning possibility. What you also should do is to track who and how many athletes going through this program and report such back to WAKO.

We ask that each national federation require its national champions to complete the appropriate models as part of their training program as representatives of their country.



