

Member Associations conference call

Online learning tools and sustainability

5 November 2020 via BlueJeans

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Agenda



1. Welcome and update by the secretary general
2. World Archery sustainability report 2019
3. Available online learning tools:
 1. Athlete365
 2. WADA
 3. World Academy of Sport certificate programmes
4. Q&A



General update

- COVID-19 situation in Switzerland getting worse
 - **World Archery staff** still working with reduced load and mostly remotely
 - Best to contact by email
- [October newsletter](#) published:
 - WAoS certificate programmes
 - Future organisers: event bid deadlines, LOC needed for World Cup Final 2021
 - Event calendar update, including World Archery Para Championships dates
- Indoor World Series live event in Lausanne cancelled for November, alternative announced soon
- Joint committee meetings fully online: 15-29 November 2020

World Archery sustainability report 2019



Sustainability Report *2019*



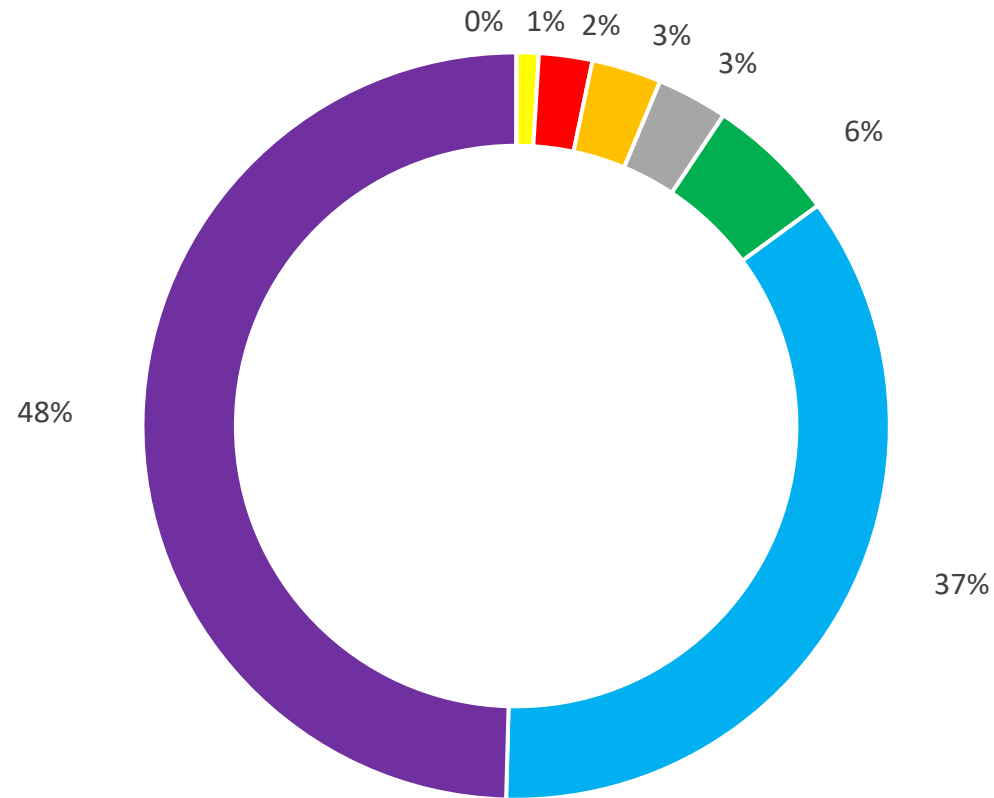
INTRODUCTION

***Sustainability** means meeting our own needs without compromising the ability of future generations to meet their own needs. In addition to natural resources, we also need social and economic resources.*

ENVIRONMENT



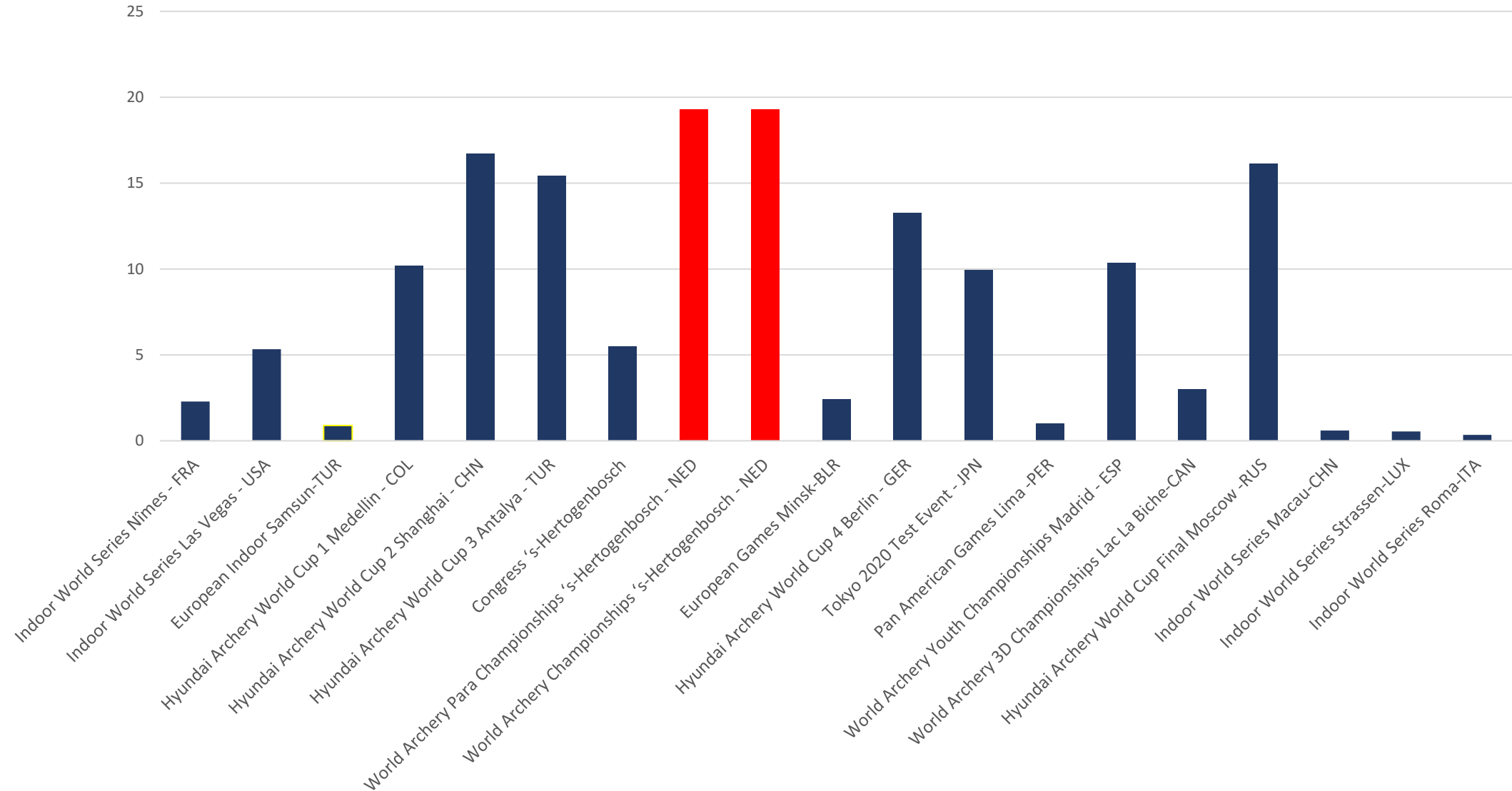
Carbon consumption 2019



■ Water ■ Public Transport ■ Heat ■ Electricity ■ Land Transportation ■ Food ■ Flights ■ Accommodation

<https://www.youtube.com/watch?v=H9909orukek&feature=youtu.be>

Food & Accommodation Co2 consumption per event in 2019



REDUCE – Action plan 2020-2025



CARBON REDUCTION PLAN 2020-2025 FOR WORLD ARCHERY OFFICE										
Organisation	Actions	Who	Co2 reduction target	Cost	2020	2021	2022	2023	2024	2025
	Form a committee, a team or dedicated individual responsible for sustainability	voir avec Tom		Working hours						
	Establish a plan with annually reviewed objectives and targets. Establish internal monitoring and reporting for the implementation of the plan.	CT/TA		Working hours						
	Calculate, report and offset emissions from the World Archery office and events	CT/TA		Working hours	Done Sept.					
	Join the Sports for Climate Action initiative by signing the Letter of Commitment	TD/CT		Working hours	Done Aug.					
	Implement the 5 principles of Sports for Climate Action into our strategy, policies and procedures, to reduce climate impact	CT/TD/Head of		Working hours						
	Conduct staff training and behaviour change programs to ensure facilities and equipment are operated efficiently. (every 3 years for eg.)	ALL		Working hours						
	Fill in the Climate Neutral Now PLEDGE Report on actions taken during the year	CT		Working hours						
Electricity and heating (energy)										
	Create clearly visible signs that invite staff and visitors to reduce energy consumption by turning off equipment and lights at the end of the day or when absent from the desk or cafeteria (e.g. meeting, lunch outside)	JB	47%	0						
	<u>Install water motion sensors that reduce water consumption to 50%. The price varies from CHF 15.- to 30.- and is easily fixed to the pipe. [1]</u>	JB/TD	50%	120						
	Ask our office suppliers if we could have more energy-efficient appliances (printer if rented or AC for eg.)	JB/SD/TD		TBD						
Private land transportation and public transport (local)										
	Encourage staff to commute by public transports, bike, or to share their cars (fix amount/year for public bus/bike subscription for eg.)	TD/JB		TBD						
	Encourage home office work to avoid commuting everyday (total Co2 consumption to come to the office in Lausanne is 9.81 tons . If everybody works 1 more day at home, it reduces the consumption to 7.41 Co2, reduction of almost 25%. If people that work 4 to 5 days in the office work 1 day at home, the total consumption is 7.97 Co2, reduction of approx. 19%.)	TD/JB	19%-25%	0 (gain on electricity, water)						
	Prefer a fuel efficient or electric cars for office vehicles	TD		TBD						
Food & Beverage consumption										
	Purchase isotherm bottles for the staff and and consume tap water over plastic bottled water	JB	96%	200						
	Purchase reusable glass bottles for visitors and consume tap water over plastic bottled water	JB/TD	96%	10						
	Ask for special recycle PET bag and coffee capsules from suppliers	JB/SD		0						
	Offer to use the app "To good to go" for office lunches with visitors (instead of bakery for eg)	JB/SD								

COMPENSATE



OFFSET our carbon emissions with UNFFCCC certified projects by a minimum of 10% each year

- reduce greenhouse gas emissions from the atmosphere in developing countries
- Variety of projects

FUNDING

- Sponsors
- Participants at events
- LOC / Athletes / Coaches

COMMITMENT

- **SPORTS FOR CLIMATE ACTION**

This initiative aims at supporting and guiding sports actors in achieving global climate change goals; adhering to 5 principles

- **CLIMATE NEUTRAL NOW**

Measure, Reduce, Offset, Report

Global Climate Action

United Nations Climate Change



**CLIMATE
NEUTRAL**

MEASURE
REDUCE
OFFSET **NOW**

ECONOMY



EXAMPLES



Wealth & Distribution

Together with the Global Sports Development foundation, World Archery has been able to support 35 athletes from 19 countries with a total of 190.000 USD that suffered from a significant income loss

Organisation & Governance

World Archery scored 134 (ASOIF) which is just above the average of the international federations with the same size and budget

Transparency

All minutes of Congresses (including digitalised archive as early as 1931) published online

SOCIAL



EXAMPLES

Gender Equity & Diversity

All committees, including gender equity ad-hoc committee, have members from both genders. The same applies for continental development agents

Community Engagement

World Archery encourages local organising committees and national federations to co- operate on community engagement

Safety

Adding a clause in the objectives on a safe and harassment free environment for all people involved at the events

“By taking actions in our daily operations, internally and in our events, we may have relatively little impact in terms of worldwide actual emission savings, but they can be symbolically powerful and therefore good for raising awareness, motivating people and just sending the right message.”

CONTACT



United Nations Climate Neutral Now

<https://unfccc.int/climate-action/climate-neutral-now#eq-2>

United Nations Sports for Climate Action

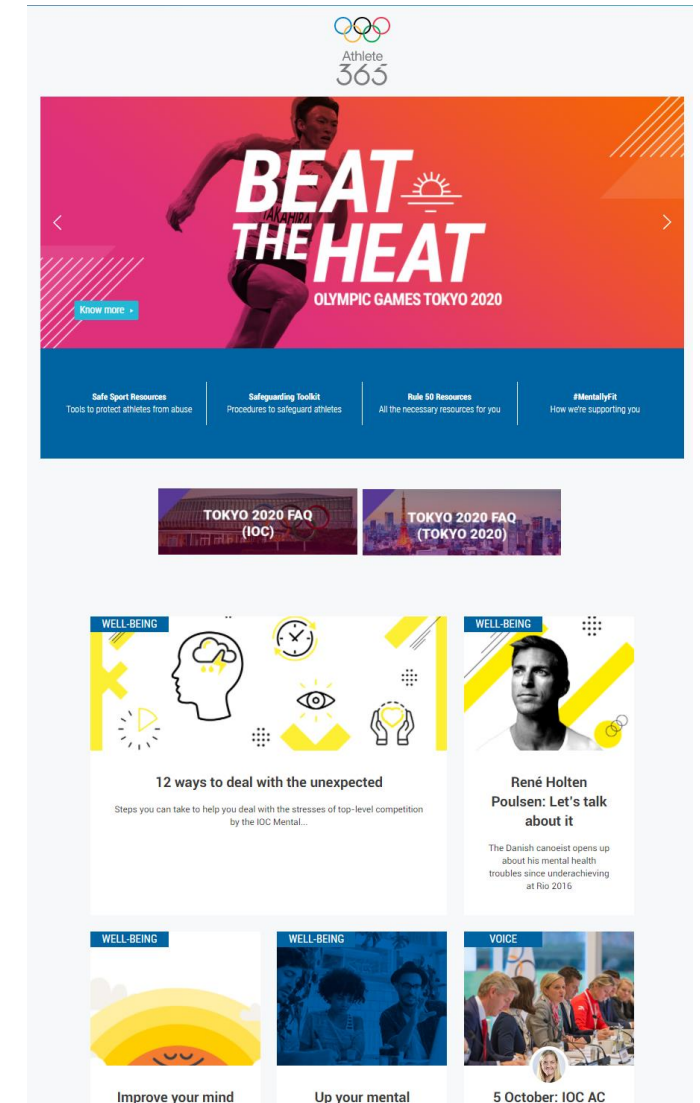
<https://unfccc.int/climate-action/sectoral-engagement/sports-for-climate-action>



Available online learning tools

Athlete365

- <https://www.olympic.org/athlete365/>
- Created by IOC
- Sign-in needed
- Multiple languages
- Aimed at athletes, but potentially useful for all
- Articles, videos and courses - possibility to download certificates
- Other possible benefits
 - 6 months free access to Headspace app
 - Access to LinkedIn Learning library



Athlete365

- Each course usually under 1 hour, but also 10 hour courses
- Examples of courses:
 - [Sports Psychology: Getting in the Zone](#)
 - [Performance: Recover Quicker, Perform Better](#)
 - [Sports Medicine: Understanding Sports Injuries](#)
 - [Sponsorship: Supporting Your Career](#)
 - [Career Transition: Preparing for Future Success](#)
 - [Business Start-Up: From Idea to Launch](#)
 - [Wellness: The Measure of Success](#)

LAUNCH COURSE

Course Extras - Course Transcripts ([English](#)) ([Spanish](#)) ([French](#)) ([Portuguese](#))

ACHIEVEMENT CERTIFICATE

Steps to achieve your certificate

- The activity **1: Introduction to Sponsorship (8 mins)** is marked complete
- The activity **2: Approaching a Sponsor (7 mins)** is marked complete
- The activity **3: Relationship & Fit (7.5 mins)** is marked complete
- The activity **4. Terms, Obligations & Rules (8.5 mins)** is marked complete
- The activity **Course Quiz** is complete and passed

LAUNCH COURSE

Course Transcripts: ([English](#)) ([French](#)) ([Spanish](#)) ([Portuguese](#))

ACHIEVEMENT CERTIFICATE

Steps to achieve your certificate

- The activity **1. Introduction & Planning (7 mins)** is marked complete
- The activity **2. Financing an Event (10 mins)** is marked complete
- The activity **3. Implementation (10.5 mins)** is marked complete
- The activity **4. Wrap Up & Legacies (10.5 mins)** is marked complete
- The activity **Course Quiz** is complete and passed

Athlete365

- Content also for coaches
- Examples of courses:
 - [Sports Coaching: How effective are you?](#)
 - [The Art and Science of Coaching](#)

ACHIEVEMENT CERTIFICATE

Steps to achieve your certificate

- The activity **1. Understanding Your Role (8 mins)** is marked complete
- The activity **2. Leadership Styles (11 mins)** is marked complete
- The activity **3. Effective Communication (8 mins)** is marked complete
- The activity **4. Coaching Environment (9 mins)** is marked complete
- The activity **Course Quiz** is complete and passed

WADA Antidoping E-learning

ADel

- athletes, coaches, parents, physios etc
- available in many languages
- Links: [resources](#) and [e-learning](#)

ALPHA



progression in sport.

This online program gives athletes information about the dangers of doping and the importance of anti-doping controls and promotes positive attitudes to avoiding doping. The tool shifts the focus from what athletes are not allowed to do, to offering solutions for clean

COACH TRUE



CoachTrue provides anti-doping education for coaches of elite and recreational-level athletes. It has different modules covering all anti-doping processes as well as tutorials, scenario-based activities and quizzes.

DOPING CONTROL PROCESS VIDEO



collection, laboratory analysis, and results management.

The doping control video provides athletes with basic information about their rights and responsibilities in the doping control process and outlines each phase of the process: athlete selection, athlete notification, sample

ATHLETE TESTIMONIALS



Current and retired athletes offer their views on sport, doping and anti-doping, based on their experience competing at the highest levels; they discuss the importance of protecting sport for clean athletes.

PLAY TRUE QUIZ



WADA's Play True Quiz is an interactive computer game with 10 questions that test knowledge of anti-doping. The Quiz is useful at [Outreach](#) events and is currently available in 39 languages.

The [Play True Quiz Handouts](#) offer an inexpensive way to provide all of the questions and answers to the Play True Quiz. Every language has a matching hand-out that can be easily photocopied, making it a useful resource for Outreach events.

SPORT PHYSICIAN'S TOOL KIT ONLINE



Sport Physician's Tool Kit (online) is a streamlined version of the paper based tool kit that allows physicians and other medical personnel to take the course electronically. In addition to covering anti-doping modules specific to sports physicians, there are also

three modules covering major games topics, done in collaboration with the IOC. The material contained in the **Sport Physician's Tool Kit (SPTK)** is intended to help sport physicians develop anti-doping education programs that can be adapted and customized to suit local cultures, conditions and resources.

ADO KICKSTART



ADO Kickstart is a reference tool that supports administrators in delivering their core anti-doping duties on a daily basis. Step-by-Step processes are outlined with supporting templates, relevant resources for each activity.

PARENTS' GUIDE TO SUPPORT CLEAN SPORT



An anti-doping reference guide/booklet for parents seeking more information to ensure healthy athletic development and prevent the use of prohibited substances. This resource is relevant to parents of all levels of athletes from beginner to elite.

WADA - antidoping education



Tokyo 2020 Olympics course

- Available in 3 languages
- [Link](#)



WORLD ANTI-DOPING AGENCY play true

IN COLLABORATION WITH

ITA KEEPING SPORT REAL

TOKYO 2020

ADeL FOR TOKYO 2020 OLYMPICS

ATHLETES AND COACHES

ADeL for Tokyo 2020 Olympics

This eLearning course is designed for athletes and coaches participating in the Tokyo 2020 Olympic Games. Upon completion of this course, athletes and coaches should feel confident about their participation in Tokyo 2020 in accordance with anti-doping rules.

EN ES FR

WADA - antidoping education

Parents Guide to Clean Sport

- Available in 7 languages
- [Link](#)

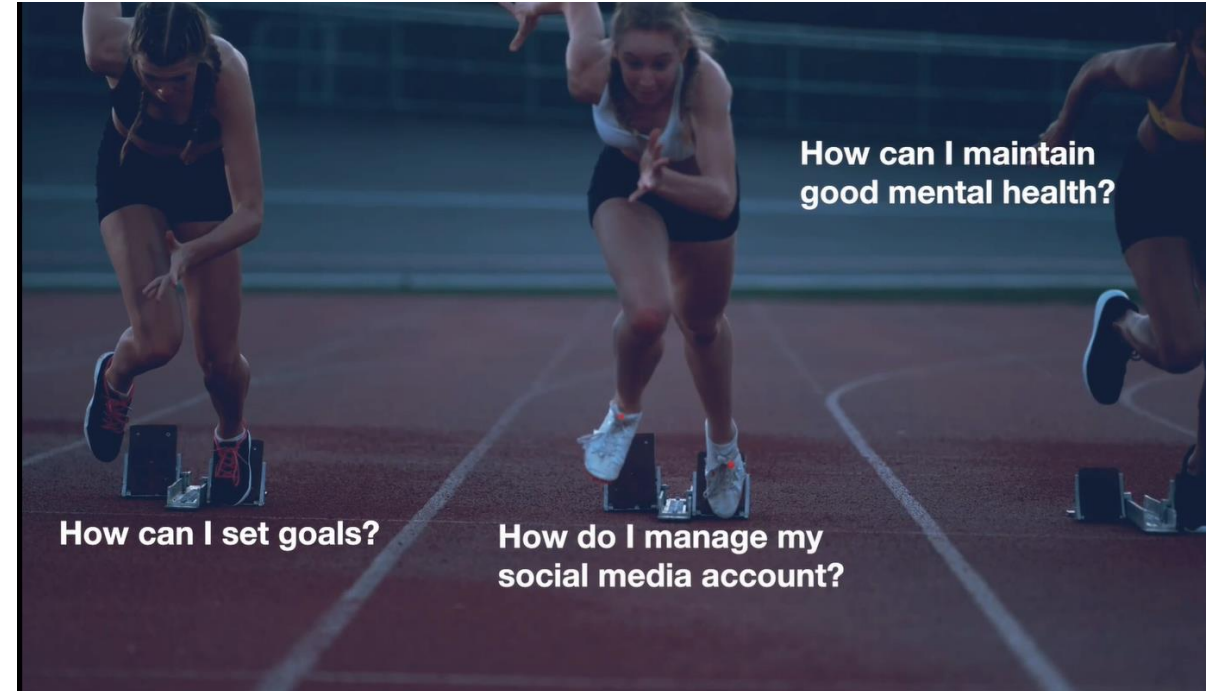


Athlete certificate

- For young athletes
- 4,5 hours, self-paced
- Certificate download at the end

Postgraduate certificate

- After Bachelors degree
- 1-5 years, self-paced
- 60 academic credits from University of London



World Academy of Sport athlete certificate

- [Video](#)
- Free course
- Up to 100 athletes per MA, but need to register interest
- Deadlines:
 - Registration before 15 December 2020
 - First log-in by athlete before 31 December 2020 (can finish in 2021)
- [Information file](#) and contact: mpifarrepostigo@archery.sport

World Academy of Sport postgraduate study



- Scholarships
 - 1 full scholarship
 - 10 scholarships with 50%
- Deadlines:
 - Scholarship applications before 10 November 2020
 - Payment: mid-December
 - Start: January 2021
- [Information file](#) and contact: mpifarrepstigo@archery.sport

Thank you!

