

Groupe francophone 1 - Cycle B

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Q1 / Que peut apporter le sport virtuel aux sports traditionnels et à l'éducation physique ?

En termes généraux, les sports virtuels sont des simulations d'événements sportifs dérivés de sports traditionnels et inspirés par de vrais événements sportifs. Ils contiennent une dimension compétitive forte et un « skill Hcap » élevé, généré par un logiciel qui suit un ensemble de règles. Plutôt qu'une pratique concurrentielle, nous nous proposons d'appréhender le sport virtuel comme un outil au service de la promotion des sports traditionnels et de l'éducation physique.

Tout d'abord, il y a l'idée que les rencontres sportives virtuelles, organisées sur des interfaces numériques, permettent le rattachement ou le recrutement des publics marginalisés par les pratiques traditionnelles. Qu'ils soient profanes, non socialisés aux sports, en situation de handicap, ces publics sont aujourd'hui en position de rivaliser sur la même interface avec des publics valides, sportifs, convaincus. Ainsi, l'outil virtuel permet de lever certaines barrières et peut faire office de chambre d'appel pour des néo-pratiquants. De plus, le sport virtuel a démontré son importance en période difficile à savoir durant la pandémie ou en période de crise. De nombreuses nations ont adopté la pratique de l'éducation physique et sportive en ligne afin de continuer l'enseignement d'éducation sportif. Il est désormais possible de prolonger l'enseignement traditionnel des sports par des modules historiques, médicaux, culturels diffusés via les outils numériques (jeu pédagogique, application éducative...). À cet effet, le sport virtuel, plus attractif, peut permettre de sensibiliser les jeunes au sport dès le plus jeune âge, dans les écoles, et permettre de détecter leurs aptitudes sportives. Tantôt un produit d'appel pour attirer vers la pratique traditionnelle, tantôt une extension pour la poursuivre chez soi, le sport virtuel peut aussi être au service direct des sports traditionnels pour les aider à se développer. En effet, la vente de produits numériques (Jeux, matériels connectés...) génère de nouveaux revenus dont une partie des recettes induites pourraient être mises à profit des fédérations et associations de sports traditionnels afin de soutenir leurs développements. De plus, les sports virtuels enrichissent l'offre des sports traditionnels par le phénomène de « gamification » : par le biais de différents outils connectés, l'athlète possède une liste de paramètres pour étudier sa production de performance en temps réel et peut ainsi améliorer sa préparation.

Ainsi, nous pouvons constater la valeur de l'Excellence dans le sport virtuel qui favorise la performance et le dépassement de soi dans la pratique d'une activité. Selon plusieurs auteurs, comme Martončik et Lokša (2016), les sports virtuels ne sont pas uniquement des loisirs, et ils devraient être vus, et perçus, comme une pratique pouvant être la source de plaisir, mais aussi et surtout, bénéfique sur les joueurs sur le plan physique et psychologique (rapports sociaux, anxiété sociale, solitude).

Q2 / A quoi ressembleront les Jeux Olympiques et Paralympiques en 2124 ?

Historiquement, les Jeux Olympiques sont des lieux d'expérimentation du progrès (chronométrage, diffusion audiovisuelle, matériel sportif...). Aujourd'hui, les JO rencontrent l'univers numérique, ses possibilités infinies, et ses dangers. Ainsi, le débat sur l'introduction des sports virtuels dans l'écosystème olympique nous invite à penser les sports olympiques sur une plus longue période : la poussée des sports virtuels ne va-t-elle pas forcer une révolution 2.0 des sports traditionnels ?

Tout d'abord, nous pensons que le Mouvement Olympique sera un jour pénétré par les grands groupes du numérique, dont la valeur financière est bien supérieure à celle du CIO et de certains États. Ils pourraient contraindre le CIO à accepter des délégations privées lors des Jeux Olympiques. Seuls quelques grands pays pourraient alors rivaliser et participer. De plus, plusieurs générations de pratiquants de sports virtuels auront été socialisées à la pratique des sports virtuels définis par le codage de leurs jeux, si bien que les lois de la physique – qui sont inamovibles et qui régissent le sport traditionnel – ne satisferont plus le public. Les athlètes, qui ne parviennent plus à effacer les records de ce monde « fini », se laisseront presque tous tenter par l'univers virtuel des possibles. Pour assurer sa survie, pour garantir la spectacularisation de son modèle, le CIO acceptera la présence de sportifs augmentés directement inspirés des jeux virtuels. Par des prothèses mécaniques, ils pourront sauter plus haut, plus loin, plus fort. Par ses extensions du corps humain, on assistera à une « athlétisation » du commun de mortel qui redessine la distinction athlète/public et la construction de la figure du héros qui inspire aujourd'hui. D'autre part, il est envisageable que les sports virtuels conduisent, à un certain degré, à l'effacement des compétences humaines. Ainsi, il n'y aura plus d'arbitres, les sports virtuels ayant prouvé l'efficacité des logiciels pour juger de la performance des athlètes. Cette prédation du numérique sur l'humain atteindra même le dopage, qui ne sera plus utile pour l'homme, ce dernier devant se focaliser sur une course à l'innovation (matériel, modification génétique...). Enfin, il est possible que les Jeux Olympiques se déroulent en simultané dans plusieurs endroits de la planète via des hologrammes et un programme purement virtuel. Menacés par le réchauffement climatique, les Jeux olympiques d'hiver se tiendront d'ailleurs uniquement en ligne.

En se questionnant sur l'intégration des sports virtuels dans son programme, le CIO marche sur une ligne de crête, laquelle se compose d'un côté de la pression de la société et de la course effrénée au progrès technologique, et de l'autre d'une boîte de pandore renfermant de nombreux bouleversements identitaires. Sans tomber dans la caricature de certaines de nos projections, l'intégration des sports virtuels permet de se questionner sur la capacité du CIO à résister à la marchandisation de ce milieu tout en construisant une éthique qui garde l'homme au cœur du projet numérique du Mouvement Olympique.

English Speaking Group 2 - Cycle B

Secretaries: Steffen RAVN RIIS (DEN), Agustin GUSMAN (ARG), Cheryl BRYDEN WATSON (CRC)

Presenters: Nancy NDUKU (KEN), Jacqueline SIMONEAU (CAN)

Coordinator: Dimitrios REGALOS (GRE)

Question 1: Can virtual platforms be used to educate targeted populations on the Olympic Movement?

Education across the world differs in every country. Resources, programs and funds also vary from country to country; however, the Olympics is one thing that brings countries together. This common bond can be developed further to educate the world population on Olympic values. We strongly believe that Olympism has a place in the field of play, on school benches and in the workplace. With the advancement of technology, one can create resources for a wide span of the population to educate and spread/expand this Olympic bond that we all share. For this presentation, we propose that the IOC in collaboration with the IOA create an online platform or application with Olympic related content. We shall discuss the variety of themes, targeted audience and the benefits of this potential project.

Olympic education can be learned at any age, whether you are from the age of 0 – 100+ years old and the content can be guided towards specific age groups. It can target anyone from school children, to athletes, to officials, to NOCs and so on. Such content can be specifically catered to educate these key stakeholders on the Olympic values as well as targeted aspects that are the most relevant for the individuals in their respective roles. For instance, during the Tokyo Olympic Games, athletes had the opportunity to download an application and play a virtual game which educated them on the history of Olympism. This anim e themed game included trivia questions and Olympic themed visuals which enabled the players to learn about the Olympic Movement and was viewed as successful by a significant number of athletes.

The Olympic Movement touches a wide range of sectors such as sports, culture, health, psychology, law, business, marketing, philosophy and so on which shows that nearly anyone involved in any of these sectors can benefit from learning about the Olympic Movement. The opportunity can also be given to those who don't necessarily have such training to learn about those different sections and their relation to sport and the Olympic Movement.

To conclude, virtual Olympic education platforms have a space in today's world and can benefit anyone from any age group. These education platforms can be coupled with incentives (such as athletes having to complete modules prior to competing) to learn about the Olympic Movement and expand their knowledge. There are limitless possibilities to educate the population on excellence, respect and friendship, and our virtual platform toolbox is merely one suggestion that we hope will help make a small positive impact on the world.

Question 2: How can we use virtual platforms to introduce students to a variety of Olympic/Paralympic and Non-Para/Olympic sports?

Physical and Health Education has the potential to empower communities with quality programs, professional development services, and community activities to ensure equitable access to these benefits within healthy learning environments. The promotion and advancement of such programs through virtual platforms can help ensure that each and every child and youth has the knowledge, skills, and attitudes to lead resilient, active, and healthy lives. In addition, with these resources being virtually based, they also have the potential to expose the youth to non-traditional Olympic and Paralympic sports which can also enable one to be exposed to the cultural aspect of sports.

The vast majority of Olympic and Paralympic sports originate from western countries, which leaves a shocking minimal amount of them originating in non-western countries. This limits the exposure of non western native sports. Furthermore, this may be considered as a bias towards westernized sports. An alternative solution that we propose is a virtual platform with a variety of sports. These virtual platforms can have a bank of sports that can be done anywhere with any sort of resources. For instance, the Canadian Olympic Committee (COC) has a similar structure at the moment with PHE Canada, where the COC provides videos recorded by athletes and leaders in their respective field. These videos can be done at home or at schools and don't necessarily require any past experience or special materials. These videos also cater to specific age groups.

We believe that these platforms can be structured in such a way that they can feature non-popular western sports and give the general public opportunities to be introduced to non-traditional sports and their cultures. Breakdancing is now an Olympic sport and will gain much visibility but let's take a cultural activity for instance, like an African dance. Having the chance to learn the history and moves of an African dance via this potential platform can lead to the exposure of this non-popular cultural dance. In addition, a virtual platform provides an economical option for people to benefit and learn about different sports and cultures. Not only is there an economic benefit, there is also an inclusion benefit since these platforms can also include disabled people and non-traditional paralympic sports.

To finish, our proposition of a virtual platform to educate students and the general population on physical and cultural sports has economic, social and cultural benefits. It also promotes the inclusion of able bodied, disabled and people of various backgrounds of culture to experience non-traditional sports. In addition, virtual platforms with well-designed programs could be easily accessible, requiring little to no equipment and can share key values and skills by leaders in their respective fields. After all, according to Prof. Jim Parry, the best way to learn is from others, so why not instill key values and motor skills to the world by allowing them access to these virtual platforms.

English Speaking Group 3 - Cycle B

Secretaries: Brianna Lewis (COK), Doha Al Zghoul (JOR)

Presenters: Marija Leskovec (CRO), Winfred Quek (SGP)

Coordinators: Samantha Matavata (ZIM), Angela Stănescu (ROM)

Q1. How will the inclusion of esports and video games on the official programme of the Olympic Games benefit the Olympic Movement as a whole?

COVID-19 has exacerbated physical inactivity and sedentary lifestyles among youth around the globe. Therefore, we have a proposal for the IOC to adopt esports and video games, where consumption is inevitable among youth and can benefit the Olympic Movement as a whole.

Esports and video games could firstly be used in the promotion of Olympic values. Esports and video games have high usage rates among youth and it makes sense to engage them through a medium that is familiar to them. By using a medium that they are familiar with, we hope that the message of the Olympic values will resonate with them. Promotion of the Games can also be included to get more youth viewership as well.

Esports and video games are a fast-growing demographic. Almost 500 million players globally are playing some form of esports competitively and game developers are actively creating new titles to attract more players into the ecosystem. This represents a huge financial upside for the IOC, should esports be added into the programme of the Olympic Games. At present, the IOC is heavily reliant on broadcasting revenue for income. This proposal will create an alternate stream of revenue. The IOC's income is essential in keeping the Olympic Movement alive, as 90% of its income is disbursed into the wider Movement. With the inclusion of Esports on the sporting programme, it may also increase the viewership of the Games as it will attract previously uninterested viewers. With an increase in viewership, the IOC will be in a better position to increase its broadcasting revenue and attract new sponsors to The Olympic Partner programme (TOP), thereby increasing sponsorship revenue as well.

For the effective implementation of our above-mentioned proposals, the recognition of an Esports International Federation (IF) by the IOC is also necessary. At the present, 3 separate organisations claim the title of the governing body for esports. IOC's recognition of an IF will go a long way to legitimizing esports as a whole and will allow for more regulation to be in place as it is currently unregulated. With recognition from the IOC, esports will have to adhere to the WADA Anti-Doping Code, further reinforcing the importance of clean sport and a fair playing field for all.

Q2. How can the IOC provide a more immersive and accessible experience for viewers using modern technology?

In 2020, income generated from sales of broadcast rights amounted to 75% of all IOC income. This is significant as there can be ways that the IOC may explore to help increase and make this source of income more sustainable for the future. We suggest the exploration of virtual reality broadcasting. Virtual reality is a relatively new concept which will provide the IOC with an alternative option to traditional mainstreaming while also giving viewers a different perspective of the Games through a closer lens.

The need to adopt new technologies to compete with an ever-evolving world of social media platforms is becoming more in demand now that broadcasters are competing with content that is easily available through mainstream social media. The IOC has a responsibility to equip their broadcasting partners with the opportunity to optimize their viewership and we believe that virtual reality is a resource that will set rights-holding broadcasters apart from free content. With a whole new view of the games through a lens which allows viewers to be virtually in the arena experiencing an athletes point of view. For example, Formula 1 has adopted visor cams which allows viewers to watch the races from the driver's point of view. As this is a premium feature, it supports the idea of having an option for viewers to enhance their experience as well as giving broadcasters an avenue for better content among their competitors. Although this is not a virtual reality platform, it is close to the vision that we have for all sports in the Games, the chance to be in the arena and places where physical spectators cannot be.

We acknowledge that virtual reality is inaccessible for some viewers due to the costs and maintenance of the technology (i.e. Internet). However, when we look into the future of broadcasting of sport at the Olympics, there is the assumption that technology will become more advanced and more accessible to those who may not be able to access at this point. Tokyo 2020 was held in the midst of COVID-19 and therefore legislations insisted there would be no spectators in the arena. It was a stark reminder that attending the Games in person will not always be guaranteed and therefore there needs to be a contingency plan for viewers to be allowed to experience the Games as close to normal as possible.

Not only do we think that virtual reality will be revolutionary for the broadcasting industry but it will entice the younger population to be more engaged in the games as this type of technology is more appealing to their generation. We believe there will be many underlying benefits from incorporating virtual reality into the broadcasting of the games and they will be able to be sustainable as the world advances with technology.

English Speaking Group 4 - Cycle B

Secretaries: Omar ZATER (JOR), Chia CHOU HWA (MLA)

Presenters: Javier RAYA (ESP), Omar ZATER (JOR), Chia CHOU HWA (MLA)

Coordinators: Laurel BRASSEY IVERSEN (USA), Mateus NAGIME (BRA)

Question 1: How can elite athletes be role models on social media?

Elite athletes are recognized as role models. They are followed by public opinion and so they are expected to behave exceptionally. However, athletes make mistakes too. Today, social media plays a huge part of the athlete's life and it's important that athletes understand the ethics of using social media. Some athletes have even more followers than the official Olympics account on Instagram showing that people are following the individual regardless of the sports they are playing. There are three main points to take into consideration when utilizing social media. Promote a healthy and sporting lifestyle, show respect, and promote Olympism.

Other than playing sports at the highest level, an athlete is encouraged to show their training routine, as well as educational, charitable, humanitarian, and compassionate sides of their life. These lifestyles are projected on their social media accounts which is why it is important to send out positive messages. Supporting a good cause on their social media can also help build a role model image.

Elite athletes need to promote respect and encourage diversity and inclusion on digital platforms and personal social media accounts to tackle any kind of discrimination based on race, sexual orientation, gender, or religion. Elite athletes also need to be educated about the way they handle cyberbullying.

There are many contents that can be shared to show role models as elite athletes, but not all of them are promoting the Olympic values or the Olympic Movement. Elite athletes are encouraged to share contents that are aligned with the Olympic Movement on their social media platforms. Volunteering at events to help people in need or participating in more activities organized by NOCs and Athlete's Commission can build an athlete's image.

The impact of elite athletes on social media is undebatable. Therefore, athletes need to attend workshops and training on ethical content. The NOC and the IOC should provide a framework of what can be posted on social media to help promote Olympic values in the athletes' social media accounts. It is important that the posts on social media are no longer only a tool to market the athletes but also for the athletes to convey positive messages to their audience.

All generations look up to their athletes as heroes and want to act like them. Negative posts might lead to negative outcomes. Post something that shows the human side. Be a role model.

Question 2: What digital tools can the IOC and IPC provide to promote physical activity?

How can the changes and improvements that were made during the pandemic be retained after the world goes back to “normal”? Mobile and wireless technologies, and wearable devices, have the potential to reach millions of people and can help promote and increase physical activity and reduce sedentary behaviors. Therefore, our group highlights the importance of the cooperation between IOC and IPC in order to establish digital strategies to promote physical activity.

Provide a monthly series of exercises that are inclusive for everyone, without the need for much equipment. One of the tools is **mobile device games with physical activities**. The IOC and IPC could be motivated to work with top leading video game developer companies to create games whereby people can get trophies by making a real life physical activity. For example, a game whereby you can accumulate bonuses or tokens that are convertible on digital currency that allows you to shop online.

The importance of **social media** cannot be neglected. Videos and contents on certain physical activities encourage viewers to try to practice what they have seen in the social media. For example, trying out some new sports. **Sports virtual reality games** are getting more popular nowadays because people stayed at home longer during the pandemic. People exercised at home more regularly than outdoors.

In conclusion, it could be extremely helpful to take full advantage of the availability of internet connection across the world and have role models as the front of these projects to create and promote games and physical activity. Also, by attracting interested people to lead workouts people can engage even more and special prizes can be given to them. In addition, live workouts can have real-time interaction and socialize with each other during and after workouts creating a sense of community and belonging.

English Speaking Group 5 - Cycle B

Secretaries: Eleri ETVERK(EST), Marta ROBLES GONZÁLEZ (ESP)

Presenters: Fatema MASVI (IND), Emma SCHIECK (USA)

Coordinators: Rafael MENDOZA (MEX), Yauheniya YAKALUEVA (BLR)

Question 1: For what reasons should or shouldn't we include esports in the Olympic Games?

The Olympic Games (OG) is widely recognized as the pinnacle of sport. Esports have recently been considered as a potential new addition. Olympic style sport (OS) has been defined as institutionalized, rule-governed contests of human physical skill. On the other hand, esports are computerized games that can be either competitive or casual by nature, and its potential addition into the Olympic Movement (OM) is controversial, since there are points in favor and against including them.

Despite its recent origin, esports have advantages. Firstly, in terms of gender equality. Esports can be a mixed-gender competition because men and women can compete against each other since they do not require intense physical contact, as opposed to OS where both genders compete separately. Secondly, it has been argued that esports can be a revenue generator and can create job opportunities within the communities. Finally, esports can attract new audiences into the OM and persuade them to practice OS, and esports can bring people to virtual activities.

Despite the benefits exposed above, esports is still an immature field, which also has disadvantages. There are some issues that need to be considered if the aim of esports is to be part of the OM. Playing video games for hours may cause different physical and mental problems, as well as create distancing human interactions. Problems such as postural issues, vision problems, carpal tunnel syndrome, headaches, obesity, hearing loss, insomnia and such have to be taken into account to seek human health. Also, the fact that people are not facing each other constantly might negatively affect human relationships. The economic disparities between countries makes it difficult for undeveloped countries to get equal share of access to esports competitions, equipment and even facilities compared to developed countries. To conclude, with the disadvantages of esports, it is important to note that the values of Olympism do not necessarily have to be implicit in the practice of esports.

Therefore, based on these arguments, we can conclude that esports are a field that still has a lot to grow. We do not know what its future will be like. What is certain at the moment is that the disadvantages that they present are sufficient to justify their non-presence in the OG. With time we will discover if its growth and development will allow this to be finally possible. But currently esports can be promoted and developed as a separate entity of its own which can be supported by the International Olympic Committee (IOC). In spite of not being part of the OG, esports can still be somehow connected to the IOC, and the OM can benefit from esports.

Question 2: Which would be more successful in advancing the Paralympic Movement: integration within traditional sport or the inclusion of esports?

The Paralympic Games (PG) run alongside the Olympic Games and represent one of the biggest sporting events in the world. However the PG are often left in the shadow of the Olympics. There are many strategies that could be considered to advance the Paralympic Movement (PM). One such would be the introduction of esports as an adaptive sport or the use of reverse integration in “traditional” sport.

Reverse integration could be executed in multiple ways, but ideally able-bodied athletes are competing alongside athletes with disabilities in sport. One way that reverse integration could occur outside of elite athletics would be to have grassroots for Paralympic sports that feature both able-bodied people and people with disabilities. This direct exposure to adaptive sport would be most efficient in team sports such as sled hockey, sitting volleyball, wheelchair rugby, goalball, and wheelchair basketball. A second way that this could take place would be by having able-bodied athletes train and compete alongside athletes with disabilities in sports such as swimming and athletics. The nature of these sports allows them to take place at the same venue. These athletes do not necessarily need to compete against each other, but by pushing them closer together we can grow awareness of Paralympic sport and elite Paralympic athletes.

One of the largest potential downfalls of reverse integration is the potential that able-bodied athletes and the energy surrounding the Olympic Movement could overshadow the values of the PM. Additionally, logistical concerns such as funding, location, equipment required, and staffing may be challenging since integrated events would be larger in size than the ones that we know today.

The second potential strategy for advancing the PM is through utilizing esports. Esports would allow for people with disabilities to compete alongside able-bodied people without any physical barriers. Reducing the amount of physicality in competition would help the general society see people with disabilities as competitors and equal members of society. Reverse integration would also give people the opportunity to see the physical athletic ability of people with disabilities, as they will be more visible.

One of the problems with using esports as a tool to show the skill of athletes with disabilities is that it may directly harm the advances that the PM has made over the past decade. One stigma surrounding adaptive sports is that they are easier or for “lazy” people. This is similar to the stigma surrounding esports. We are concerned that by using esports as a form of adaptive sport, their lack of physicality will reaffirm the idea that adaptive sports are not physically challenging.

We believe that either of these strategies could have both positive and negative impacts on the PM. Ultimately, we hope that whichever approach is used, the Paralympic values of determination, equality, inspiration, and courage become more prevalent within the world of sport and remain at the forefront.

English Speaking Group 6 - Cycle B

Secretaries: Yongsung LEE (KOR), Elín Lára REYNISDÓTTIR (ISL), Shao-Jung KO (TPE)

Presenters: Adi GOLDFEDER (ISR), Carla SOARES (CPV) Chahana SHAH (NEP)

Coordinators: Mr Anidev SINGH (IND), Ms Bogumiła SMOLAREK (POL)

Question 1: How can we elevate the status of the Paralympic Games to create an equal platform in comparison to the Olympics?

History has taught us that change is possible through collective activism. Our daily actions can have a ripple effect for the wider community. As we enter a new era and take stock of the progress of the Olympic Movement, it is important to promote the equality of Paralympic and Olympic sport. Equality is the consistency in the quality, quantity, or form of two or more elements, and the promotion of the Paralympic Games should have an equal status as the Olympics.

Social media is an interactive communication platform and provides opportunities to capture the attention of masses. In order to achieve the equal status of the Paralympic Games, it is important to take advantage of it and optimize the content that we share with the audience, spreading the passion for Olympism and engaging them with the Olympic Movement.

Since London 2012, the Olympic and Paralympic Movement have been more united than ever, and with the latest recommendations of IOC Agenda 2020+5 we have seen progress between the two Committees, such as increased integration by the IOC of the Paralympic Games. Partnerships, projects and programmes are being combined to achieve congruence. One example was when the National Olympic Paralympic Committees of USA, Canada and Norway have joined to assist the process of bridging the gap that exists with regards to equality between Olympic and Paralympic sport in their respective countries. The Paris 2024 Olympic and Paralympic Games are projected to be a great opportunity to show the importance of having the two movements combined. The 2024 Games will be the first time that the same logo is used for both Games.

The Paralympic Movement continues to gain prominence, but this is an evolving process and there are still challenges ahead. We propose the following opportunities to assist this process:

- Enhanced promotion of the Paralympic Games on social media and mainstream channels and increased value of the Paralympic athletes efforts, optimizing sponsorship opportunities.
- Strong and credible structuring of National Paralympic Committees so that they are better able to function and support athletes.
- The academic debate and inclusion of education programs on Paralympism, to make it increasingly known to the world, promoting the presence of it in physical education classes at school. Ideally, students should be provided with a range of activities in which they can participate, regardless of their physical abilities and performance.

Question 2: How have ancient Olympic traditions been adopted by the modern Olympics?

From celebrating and honoring sporting heroes to enforcing the principles of fair play, many traditions from antiquity are present in the modern Olympics but have been adapted to suit contemporary society. The first recorded ancient Olympics were in 776 BC and were a religious festival in honor of the Greek God Zeus and pilgrims traveled from all over Greece to watch the best athletes compete for their city-states. Greeks believed that the victors of the Olympic Games were favored by Greek gods. This served as a means for selecting the most suitable person to protect their city. Victors were treated as being “close to god” and rewarded with support from their home city in the form of money, accommodation, and free food for life. Today’s Olympic champions and medalists may not be seen as being close to a “higher being”, but many are revered by their home countries and viewed as heroes by aspiring athletes and rewarded in the form of sponsorship and government funding.

The Olympic truce, known as Ekecheiria, was born in the 8th Century AD and refers to the enforced cease of conflict in Greece before and during the Olympic festival. Ekecheiria ensured safe passage for both athletes and visitors to Olympia. Pierre de Coubertin’s Olympic vision for global sports was centered on the idea of attaining world peace through the universal language of sport. Coubertin believed that Olympic competition could help bridge some economic, political, religious and social barriers that separate people and nations. While his vision was somewhat idealistic it does reflect the concept of the Ancient Olympic truce. A contemporary version of the Olympic Truce exists in the modern Olympics through the promotion of peace, mutual understanding and goodwill.

The concept of fair play is not exclusive to the modern Olympics. Some forms of natural doping such as drinking bulls blood and consuming stimulants like hallucinogenic mushrooms. Athletes found guilty of cheating were banned for life and required to fund statues of Zeus at the entrance of the stadium to remind athletes of the consequences of cheating. Today, athletes found guilty of sports doping also face sanctions such as bans from competition and public shaming via traditional and social media. There were several practices and regulations that existed at the ancient Olympics in order to ensure an equal playing field for athletes. For instance, all athletes were required to compete naked to maintain a level playing field. In the modern Olympics, athletes who are selected to provide urine samples for anti-doping must be observed passing the sample naked (from chest to knees) in order for doping control officers to ascertain that a sample has not been tampered with.

Practices and traditions from the ancient Olympics that have been adopted in the modern Olympics remind us not only of the rich history behind the philosophy of Olympism, but also the universal language of sport and its power to unite.

English Speaking Group 7 – Cycle B

Secretaries: Eliza TAN (SGP), Jorge CRONER COSTA (POR), Maria Jose MEDINA HERNANDEZ (MEX)

Presenters: Joseph OLUKA (UGA), Bryce MACKINNON (USA)

Coordinators: Divya SAINI (IND), Tebogo Gerda NTESANG (BOT)

Question 1: What are the challenges and solutions for the transitioning of athletes after retirement through digitalization?

Retirement for athletes can be very difficult. Some challenges we were able to identify are areas related to mental health, loss of identity and purpose, depression, alcoholism, addiction, loss of respect and poverty. A survey conducted by the Professional Players' Foundation (PFF) found that one in two former athletes of the 800 who responded to the survey did not feel in control of their lives within two years of finishing their careers. The data was released to the BBC as part of a State of Sport investigation into life after sport. What was stated in the previous sentences could lead to loss of identity and purpose: "The biggest thing I felt was a loss of identity and purpose," said Britain's Kelly Holmes, the double Olympic Athletics 800 and 1500 meter champion who retired in 2005, speaking about the depression she had after her sporting career ended. In other cases to be able to fill the void retirement leaves, athletes use one or many legal and illegal substances that lead to addictions that make mental health problems such as depression increase. The Australian Peter Norman, 200 meter Athletics silver medalist in Mexico '68 immediately retired from the sport and began to suffer from depression, alcoholism and a painkiller addiction. "During that time," writes Caroline Frost for the BBC, "he used his silver medal as a doorstep." This is also a perfect example of how this leads to loss of respect and poverty. Athletes still feel that they do not receive the same respect and financial incentives after retirement and many end their lives in poverty.

Currently, the IOC supports the athletes' transition through a program called Athlete 365. This platform has different courses in more than five languages. Regarding mental health, the IOC offers a mental health hotline, so that athletes can get emotional support if needed. As a group we consider that through this platform the IOC can propose new actions to help athletes during their careers to be able to transition in the best way possible when they decide to retire.

Further Recommendations to the IOC and IPC:

Organize recurring small group meetings through online video chat rooms, where athletes can share stories among others who understand what they are going through. Partner with regional mental health service providers to give struggling athletes a place to get help if needed, year-round - not just during and immediately following a Games. Promote the availability of those services through IOC and IPC platforms. Provide educational grants and funding to former athletes, to give them an opportunity to complete their education.

Question 2: How has digitalisation helped to promote the Paralympic Movement and improve Paralympic sports performances & participation?

Technology and digital advancements have developed rapidly in recent years, changing the way that sport has been consumed. In this report, we will outline some examples of how digitalisation has helped to promote the Paralympic movement, improve sports performance and participation, along with some recommendations.

#1: The development of various digital platforms and virtual experiences to increase awareness of the Paralympic movement has been given much attention in recent years evident from the examples below:

- Launch of first official Paralympic video game 'The Pegasus Dream Tour' where players can participate in boccia, football 5-a-side, athletics and wheelchair basketball online tournaments and interact with other players. This game is also made available in five languages (IPC, 2021)
- [RAW](#) - An immersive interactive WebXR experience featuring uplifting stories from five Paralympians, that strives to change perceptions of disability through Virtual Reality and the immersive web. (IPC, 2022)
- Both Tokyo 2020 & Beijing 2022 Paralympic Games - athletes to TV viewers could co-create content on social media with Paralympic related GIFs, stickers and frames, empowering fans and giving them the tools to express themselves. (IPC, 2022)

With these efforts, the IPC has reported an increased interest from fans about the Paralympic Games, with the number of followers on the Paralympics' social media channels growing by 118%, reaching a total of more than 4,218,000 fans worldwide across all platforms (IPC, 2022). To propel this further, perhaps an equivalent version of the Olympic Virtual Series can be organised for the Paralympics to encourage more strategic partnerships with game developers and digital creators for more content creation and audience engagement.

#2: The use of technology to help para-athletes improve their sport performance has also been widely published in recent years:

- VR tools have been used to improve 'mental imagery' training so that athletes were more prepared to compete. Paralympic alpine skier Adam Hall won his fourth medal at the 2022 Winter Paralympics in Beijing, after preparing for the event in VR. (VR World Tech, 2022)
- Under the Union Cycliste Internationale (UCI) framework, para-cycling today has its own World Championship, World Cup and Paralympic disciplines like road, track, mountain, BMX and indoor racing for various disabilities. This has been made possible through assistive technologies and adaptive engineering. (Extremity Games, 2020)

Where possible, these assistive technologies should be replicated/adapted for the wider community, so that persons with disabilities (PWDs) can also experience sports in a similar way and potentially also help to improve their mobility, accessibility and independence (Extremity Games, 2020 & Global Times, 2022). In conclusion, people with different physical disabilities experience several generic, but also specific barriers and facilitators of sports participation. Therefore, it is important government organizations recognise this and focus on improving disability sports knowledge, and technology equipment used in the practice to fully integrate sports participation of people with and without physical disabilities (Guebli & Bouadellah, 2020).

English Speaking Group 8 - Cycle B

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Question 1: How can the International Olympic Committee (IOC) and International Paralympic Committee (IPC) implement digital Games in a successful way?

For the concept of digital Games to be successful, we need to first emphasize two key elements: the role of technology and the role of people. We must evaluate opportunities for progress while balancing the moral values of Olympism. As Thomas Bach (2021) said, “the Olympic Programme must be a *balance* between tradition and progress. But if you want to join, then you also have to respect the rules, you have to share the same philosophy”.

Our recommendation to the IOC and the IPC: Create an original platform, separate from the Olympic or Paralympic Games, for new digital Games, that provides inclusion for all. While it is feasible to integrate digital games into the current Olympic program, we would like to argue that creating a new and unique model for a digital Games to stand alone is a more viable solution for success.

This new program should focus on participation beyond physical skills, leveling the playing field for both disabled and able-bodied competitors. According to Michaluk, (2012) ‘e-sports exclude physicality from competition, substituting for it a digital simulacrum’ (p.64) or representation, that potentially allows disabled people the opportunity to forget about their impairments and be treated like all other competitors in the game. This also provides non-disabled players the opportunity to get to know the person beyond the impairment – something that is often prevented in other social arenas where appearance and adherence to social bodily norms often prevent interaction (Brittain, 2022).

Below are key considerations for building a sustainable model for a digital Games:

Considerations:

1. Governance for fair play and ethics.
2. Model for participation (hosting regional events to grow interest, NOC/NPC education and participation, access, etc.).
3. Consider the operational plan - When and where will the event take place (Between Olympic and Paralympic Games?).
4. Commercialization.
5. Olympic values.
6. Plan to reduce environmental impact.

Even though there are some challenges when it comes to the institutionalization of digital games, we would argue that it is possible to do so. We believe there is a benefit to creating a new platform for digital exploration of sport to thrive. With institutionalization we create consistency and uniformity, making it possible to follow the same standards across every group and individual in the organization,

and this should be approved by the higher organization. Some of the possible benefits can be the increase of sport participation, the promotion of the sport on a larger scale (globally), and the creation of awareness. As an example, the United States institutionalized an NBA 2K League in 2017, composed of 17 professional gaming teams (NBA 2K League, 2022). The League now has 24 professional teams, 22 associated with the NBA teams.

Question 2: Do virtual sports and Esports advance the Olympic values of friendship, respect, and excellence?

Virtual sports and Esports have the power to enhance *humanistic awareness* (Georgiadis, 2022) and *the Olympic values*, with many people from across the globe coming together for a singular and equal competition, regardless of race, religion, sex, culture, etc. The three values of Olympism are excellence, respect, and friendship. They constitute the foundation on which the Olympic Movement builds its activities to promote sport, culture, and education with a view to building a better world (IOC, 2021). Below are the Olympic values and how they appear in Esport:

Excellence: Doing the best we can, on the field of play or in our professional life. The important thing is not winning, but taking part, making progress and enjoying the healthy combination of body, will and mind (IOC, 2017, p.17).

See below for how excellence is included in Esports:

- Participants have the opportunity to advance in levels
- They are enticed to achieve awards (medals, financial compensation)

Friendship: It encourages us to see sport as an instrument for mutual understanding between individuals, and between people all over the world (IOC, 2017, p.17).

Below are examples of friendship in Esports:

- Viewing and participating in egaming events (Live streams, chats, participating with others, etc.)
- Embracing virtual friendship

Respect: This includes respect for yourself and your body, for other people, for rules and regulations, for sport and for the environment (IOC, 2017, p.17).

Examples of respect throughout Esports are below:

- Respect for fair play, guidelines and rules
- Equality - respect for all individuals from many backgrounds, equality between men and women in physiological aspects

We don't believe that virtual sport and Esports qualify as true sport, but we do believe there are valuable elements of these sport expressions and as mentioned in the above two questions, if institutionalized properly, will be a great addition to the IOC's and IPC's programs.

English Speaking Group 9 - Cycle B

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Question 1: Do esports fulfil the requirements of being in the Olympic program based on the six criteria presented by Jim Parry?

J. Parry (2018) defined sport as an institutionalised, rule-governed contest of human physical skill; whereas Pizzo et al., (2018) defined esports as organised video game competitions. As the IOC plans to include esports in the 2028 Los Angeles Olympics, there are several discussions regarding the legitimacy of it as a viable component of the Olympic Games. Based on the six concepts brought forward by Parry, this report aims to contrast physical sport and Esport.

Both esports and physical sports fulfil the **human** criterion, where the person is in control. For instance, in equestrian sports, the rider sends instructions to the horse, in the same way as the eplayer controls the character. **Physicality** is stated as the fact of relating to the body as opposed to the mind. Therefore, as Parry states, chess cannot be categorised as a physical sport, since you can play it by giving directions to someone else who moves the players for you. In esports because of the quick reaction time needed, instructions cannot be delivered by someone else. In the same article, Parry states that **skill** is the development and exercise of human physical skill. The expression of these actions can be seen in all sports. This concept also applies to esports because without the appropriate training and dedication, the player cannot move up from the beginner level. Sports are constructed as essentially contested activities but all persons can make a **contest** out of anything. All physical activities have components of sports as stated by Parry. We can therefore not state that only Olympic sports are contests as many sporting rules can be modified to fit the concepts needed to be an Olympic sport. In order for a sport to be **rule-governed** we need rule specifications to determine the outcomes. Jim Perry states that the lack of clear rules of winning in esports and the lack of understanding between creators and international federation keep esports away from becoming part of the community.

Most, if not all, esports have clear rules in order to define the results of the game. It is stated that sports are those rule-governed contests of human physical skill that have achieved **institutionalised** status. With this being said, it would be remiss to disregard the existence of the IESF (International Esports Federation) who controls the affairs of esports across the world. Based on the aforementioned discussion, we believe that esports is a viable entity to add to the Olympic Games roster. **The physical aspect is not what makes esports a sport, rather it is competitiveness, skill, rules and the desire of the huge esports community to institutionalise the selection of games and rule structure of those games.** As a suggestion in order to appropriately include esports into the Olympic program IOC may establish a separate program, the "E-Olympics".

Question 2: How would the establishment of “Olympic E-Games” impact Olympic and Paralympic athletes?

For the purpose of this report, virtual sports will include physical or non-physical games. It will provide the reader with a better understanding of the effects on Paralympic and Olympic athletes should “Olympic E-Games” be established.

Over 1 billion people across the globe play virtual sports, and with only a percentage of these individuals becoming Olympic enthusiasts, there can be significant impact on the Games. Possible **increase in viewership** with more potential targeted audience along with significant **growth in revenue**, broadcasting rights, advertisement, event sales, etc. can positively expand the development of IFs and NSOs. This in turn would **improve the overall sports system** and extend **athlete opportunities**.

Regarding the challenges, how will the IOC allocate these additional funds between these Olympic events? The inequalities in the distribution of funds can create challenges in the development of each movement and create **segregation**. Another factor can be **inclusivity** and **accessibility** of sports. With additional forms of play being introduced by e-games there may be **loss of athlete participation** (the entrants who choose e-games over Paralympic or Olympic events) which can lead to the **reduction in the level of competition** across all programs. On the other hand, Paralympians and Olympians could become multi-platform athletes and join the e-game movement and vice versa. Would there be more career opportunities for athletes in the fields of coaching, psychology, etc. given they have the transferable experience?

How would the addition of e-games affect the identity of an e-games athlete? With regards to the e-game athlete, the inverse could be observed with the possibility for an athlete to **lose income** due to lack of controlled marketing and freedom of property. There may also be a **loss in e-game rights** with the introduction of regulation and **limited player identity**.

The inclusion of e-games in the Olympic Movement can increase social interactions and audiences in the Olympic Movement, therefore providing its athletes with opportunities for more revenue and upward mobility in their social status. Based on the arguments presented, it can be said that the inclusion of e-games will only benefit both Paralympians and Olympians.

English Speaking Group 10 - Cycle B

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Question 1: Ensuring the holistic development of elite athletes.

It is becoming an increasing issue across the world that elite athletes are struggling with the transition post-professional sporting career. We put forward that Pierre de Coubertin's original values of achieving harmony between body, will, and mind are being lost with elite athletes, as National Olympic Committees (NOC) focus heavily on athletic performance while other aspects of development are neglected. We have explored numerous ideas, with education as the focus, to best ensure holistic development throughout an athlete's life in order to better equip them for life after sport:

Career Guidance: Host NOC Career Days where professionals from various fields can gather and teach athletes about their jobs. This will help athletes picture different paths to take during and beyond their athletic lives and expose them to potential career paths and opportunities, supporting them to make informed decisions about their futures.

Education: We recommend NOCs partner with universities and educational institutions globally to provide flexible arrangements and/or customized programs catering to the requirements of athletes (e.g., online/remote), allowing athletes to complete degrees and gain skills during their competitive years. Additionally, have NOCs run three mandatory programs annually about Olympic education that athletes must attend to be eligible to compete at the international level.

Service Projects: Create programs for young athletes to participate in Service Projects, giving them exposure to new fields and equipping them with relevant experience for the future. Projects can range from coaching local kids, lecturing at schools/camps, assisting in First aid education, etc. Professionals in the respective fields can guide athletes as they implement community-based programs.

Promote Existing Programs: We propose the IOC enforce mandatory completion of existing programs for Olympic eligibility, such as Athlete 365 and OVEP programs

Mentorship Programs: Connect current athletes with retired Olympians that are excelling in life post-sport, who can help guide them through the transition and relate to their experiences.

The overall goal is to ensure availability of sufficient pathways for smoother career transition of athletes.

Question 2: Using technological and digital methods to make the Olympic Games more environmentally sustainable.

For all aspects of life, preventing the progression of climate change is of critical importance, including for the longevity of the Olympic Games. Without favorable environmental conditions, the Games will become more and more difficult to hold and find host countries. In the recent Tokyo 2020 Olympics, many athletes suffered in the extremely hot weather, and multiple events had to be rescheduled. Two key focuses of the Olympic Agenda 2020+5 are on improving sustainability of the Games. We propose a number of projects, using technological and digital methods, to reduce the Games' negative environmental impacts:

- 1) **Requirement for stadiums to rely on renewable energy-** The Beijing 2022 Olympics used 100% renewable energy, which is an initiative that should be carried forward in all future Games while striving for carbon-neutrality. In addition to using renewable energy sources such as solar power, a project that can raise awareness about sustainability is creating areas in the stadiums where athletes and spectators can produce man-powered electricity, for example on stationary bikes. These stations can add an interactive element that people will share on social media and also promote physical activity.
- 2) **Athletes assuming the role of influencers to promote sustainability-** Athletes can partner with scientists and prolific figures in the Green movement to produce informative content around environmental issues and push the message for sustainable Olympics. For example, Eliud Kipchoge was used as an influencer by World Athletics to promote the Environmental Sustainability mantra during COP26. Another important initiative is to eliminate single-use plastic from the Games, which athlete-influencers can feature on their platforms.
- 3) **Improving drone technology for light shows-** seen in Tokyo 2020's Opening Ceremony, the use of drones to replace fireworks avoids the output of harmful chemicals into the atmosphere and their effect on air quality. However, drones may not be as environmentally-friendly as they may seem, due to their lithium batteries. Thus, we propose investing in research for lithium alternatives, which will not only contribute to reducing the Games' environmental impact, but will benefit the world at large.

Conclusion:

To live the philosophy of Olympism in turn means bearing responsibility for the well-being of every global citizen, which is impossible without addressing seriously the issue of climate change. As well, ensuring equal opportunity to participate in sport hinges on a healthy environment, as climate change disproportionately affects developing and equatorial countries. Creating awareness about environmental sustainability through social media is a role that athletes can take on to contribute to a sustainable Olympic movement.