

In conjunction with IOC Athlete Learning Gateway, WAKO Europe Board of directors has adopted

## **GUIDELINES OF THE CONSTANT ATHLETES EDUCATION**

All athletes that represent WAKO Europe national federations have free access to use IOC Athlete Learning Gateway on the link:

<http://onlinecourse.olympic.org/>

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 is 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
- Articles and videos to inspire, motivate and educate athletes to succeed

IOC e-learning resources are free and accessible to all.

What National Federations, the members of WAKO Europe should do:

- to implement this kind of education module and stimulate and promote athletes to sign up and complete this learning possibility.
- to track who and how many athletes are going through this program and make statistics to present to WAKO Europe.

WAKO Europe recommend that all gold medalists and national champions complete the appropriate models as part of their training program as representatives of their country.

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