



# 1<sup>st</sup> Swiss safeguarding in sports conference

Friday, December 3<sup>rd</sup>, 2021  
14h–19h, online

Participation free of charge, registration required:  
[www.sems.ch/registrationHealth4Sport](http://www.sems.ch/registrationHealth4Sport)

# Programme

14.00 Health4Sport

## **Introduction**

14.10 Christof Gertsch and Mikael Krogerus

## **The Road to Magglingen – how we researched our piece on Swiss gymnastics and how it changed our view of performance sports**

14.40 Dr. Margo Mountjoy

## **The Prevention of Harassment and Abuse in Sport: Great idea... but how?**

15.30 Alex McLin

## **The Gymnastics Ethics Foundation, Swiss and International Legal Frameworks**

16.00 Break

16.15 Katie Hanna

## **U.S. Center for SafeSport & Culture Change**

16.45 Dr. Gretchen Kerr

## **Transforming the Sport Culture: Challenging Myths, Assumptions, and Habits**

17.35 **Health4Sport tools presentation**

18.05 Break

18.10 **Round table**

including Congress speakers and other stakeholders in Swiss sport

18.55 **Conclusion, future**

# Welcome

## to the 1<sup>st</sup> Swiss safeguarding in sports conference

The positive values of sport participation are widely recognized and span from physical to mental and social health benefits at all stages of life, including childhood and adolescence. However, positive outcomes do not automatically occur with mere participation in sport. Developmentally appropriate learning and motivational contexts must be intentionally facilitated by coaches, parents, clubs, and federations.

The past decade years has unfortunately brought to light a dark and intolerable side of sport participation, the widespread presence of harassment and abuse worldwide. Switzerland was no exception, as several gymnasts came forward in 2020 and reported abusive experiences in their training and competitive environment, soon followed by athletes from other sports. Most troubling was that many of these athletes were minors at the time of the reported incidents.

The magnitude and severity of the testimonies and the fact that national media outlets quickly investigated further, led to a parliamentary call for action: athletes must be able to rely on a system that effectively safeguards them. Hence, we have united the energy and competence of our national societies in health and sports: Sport and Exercise Medicine Switzerland (SEMS), Swiss Association of Sport Psychology (SASP), Swiss Sport Physiotherapy Association (SSPA), and Swiss Sports Nutrition Society (SSNS), creating together the Health4sport working group to define together a pathway towards better safeguarding athletes at all levels.

### **Our societies share common values and shaped a joint vision:**

«All Swiss athletes can participate in their sport in the best possible physical and psychological health; they can aim for athletic performance with passion and fun at the centre, and are well protected from harassment and abuse.»

As part of our commitment to be proactive with all stakeholders, we welcome you to our 1<sup>st</sup> Swiss safeguarding in sports conference. The online format we opted for due to the pandemic related restrictions enabled us to invite worldwide experts from North America (Dr. Margo Mountjoy and Dr. Gretchen Kerr from Canada, and Katie Hanna from The US center for safe sport), as well as a presentation on the legal aspects by Alexander McLin, Director of the Gymnastics Ethics Foundation.

The Health4Sport group will present the 13 principles that are essential to support safe sport participation and can be used as a helpful resource to help sport organizations prevent athletes from harassment and abuse and promote well-being.

Every clinician, parent, educator, coach, and manager in sport can have the opportunity to use encounters with their local political and sporting community to plant the seeds of safeguarding for youth athletes in a bottom-up approach. Our hope is that political and sport governance institutions will capitalize on the opportunities to use all available resources to understand the complex nature of abuse, put an end to inadmissible practices, and promote the growth of all athletes.

Please, join our initiative on Friday December 3<sup>rd</sup> 2021, and let's create a safer training and playing environment for our athletes!

The organising committee

K. Albertin

S. Reber

B. Gojanovic

O. Schmid

# Titles and Bios



## The Road to Magglingen – how we researched our piece on Swiss gymnastics and how it changed our view of performance sports

**Christof Gertsch** and **Mikael Krogerus** are reporter with Swiss weekly supplement «Das Magazin», they are the authors of various award winning profiles. Last year they published The Magglingen Protocols» about verbal, mental and physical abuse within gymnastics.



## The Prevention of Harassment and Abuse in Sport: Great idea... but how?

**Margo Mountjoy** is a former international level artistic swimmer. She is a clinician scientist (MD, PhD) who works in international sport for the International Olympic Committee, ASOIF (Association for Summer Olympic International Federations), WADA, FIFA, and World Rugby. She is the Dean of the Michael G. DeGroote School of Medicine, McMaster University (Waterloo campus). One of Margo's areas of expertise is the prevention of harassment and abuse in sport, being the lead author of two consensus statements for the IOC, as well as a consultant for unicef, Council of Europe, the American Medical Society for Sports Medicine, the Canadian Academy of Sport + Exercise Medicine and the Canadian Olympic Committee. She lives in Rockwood, Canada with her family.



## The Gymnastics Ethics Foundation, Swiss and International Legal Frameworks

**Alex McLin** is Director of the Gymnastics Ethics Foundation. As an attorney, he counsels International Sports Federations on governance matters and is part of the Governance Task Force of the Association of Summer Olympic International Federations (ASOIF). He is an active arbitrator at the Court of Arbitration for Sport in Lausanne and is a former CEO of the International Equestrian Federation, as well as the Swiss Arbitration Association. He has previously worked for the World Economic Forum and in technology.

# Titles and Bios



## U.S. Center for SafeSport & Culture Change

**Katie Hanna** is Vice President for Education and Public Policy at the U.S. Center for SafeSport. She has more than 16 years' experience addressing sexual abuse prevention and response at local, state, and national levels in the U.S. Katie earned a bachelor's degree from RIT and a master's degree in counseling from Ohio University. Her work has led to the passage of four new laws at the federal and state levels that focus on prevention and response to sexual violence.



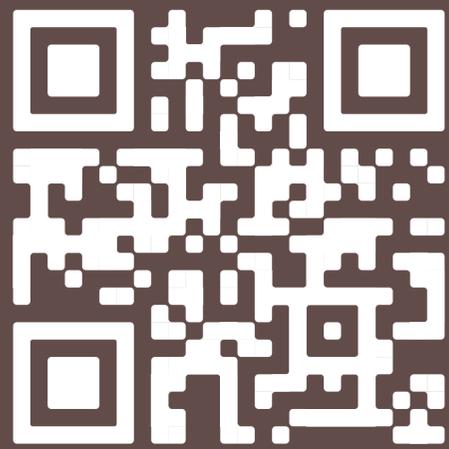
## Transforming the Sport Culture: Challenging Myths, Assumptions, and Habits

**Gretchen Kerr**, PhD, is a Professor and the Dean of the Faculty of Kinesiology and Physical Education at the University of Toronto and a co-Director of the Canadian Gender Equity in Sport Research Hub. She has devoted her career to researching maltreatment, gender-based violence, and promoting safe, equitable sport opportunities for all. Gretchen's recent work includes a prevalence study of maltreatment among national team members, development of Safe Sport educational modules for coaches, and contributions to the Universal Code of Conduct to Prevent and Address Maltreatment, a policy mandated by Sport Canada for all national sport organizations.

# Organisation

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**The Health4sport working group** – together we define a pathway towards better safeguarding athletes at all levels.

