As a sporting community, we need to create a sporting environment that better supports athletes’ mental well-being and mental health. This toolkit is the first step in that journey. It is a trusted and valuable resource for Olympi...
International Olympic Committee consensus statement: methods for recording and reporting of epidemiological data on injury and illness in sport 2020 (including STROBE Extension for Sport Injury and Illness.

Bahr, Roald
2020

Injury and illness surveillance, and epidemiological studies, are fundamental elements of concerted efforts to protect the health of the athlete. To encourage consistency in the definitions and methodology used, and to enable data...

More information...

Safeguarding athletes from harassment and abuse in sport: IOC toolkit for IFs and NOCs: related to creating and implementing athlete safeguarding policies and procedures / International Olympic Committee.

International Olympic Committee
International Olympic Committee. Lausanne - 2017

This toolkit aims to assist National Olympic Committees (NOCs) and International Federations (IFs) in the development of policies and procedures to safeguard athletes from harassment and abuse in sport. It is divided into 5 sectio...

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Summer Olympic Games. Organizing Committee. 31, 2016, Rio de Janeiro


This guide provides information on the medical services programme for the Rio 2016 Summer Olympic Games. It contains the map of the organisation, the IOC medical policies and procedures, and many more.

More information...
Olympic Movement medical code: in force as from 31 March 2016 / International Olympic Committee

This document states the medical regulations that have to be applied at the Olympic Games, whether in training or in competition, including championships of the International Federations and competition. Its aim is to enforce the...

The female athlete / ed. by Margo L. Mountjoy

This new International Olympic Committee (IOC) handbook covers the science, medicine and psycho-social aspects of females in sports at all levels of competition. It focuses on the specific issues that female athletes confront both...

The IOC manual of emergency sports medicine / ed. by David McDonagh... [et al.]

"The IOC manual of emergency sports medicine" focuses on the diagnosis and clinical treatment of injuries and illnesses that can present on the field of play, in both summer and winter sports. Written by experts, this manual provi...
Nutrition for athletes: a practical guide to eating for health and performance: based on an International Consensus Conference held at the IOC in Lausanne in October 2010 / prep. by the Nutrition Wo...

Maughan, Ron | Burke, Louise |
International Olympic Committee. Medical and Scientific Commission
International Olympic Committee. Lausanne - 2012

More information...

Sports dentistry / IOC Medical Commission
International Olympic Committee. Medical and Scientific Commission
International Olympic Committee. Lausanne - 2008
The goal of this brochure is to show the athletes how dental health is related to athletic performance, and to provide them with the proper tools to improve dental health and prevent dental injuries.

More information...