International Olympic Committee OLYMPICS

Model United Nations of the University of Chicago

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TABLE OF CONTENTS

CHAIR LETTERS	3
COMMITTEE STRUCTURE AND MECHANICS	5
TOPIC A: COMBATING DOPING	7
Statement of the Problem	7
History of the Problem1	0
Past Actions1	4
Possible Solutions1	7
Glossary2	20
Bibliography2	2
TOPIC B: MENTAL HEALTH OF ATHLETES	4
Statement of the Problem2	<u>'</u> 4
History of the Problem2	27
Past Actions3	1
Possible Solutions	3
Glossary3	6
Bibliography3	57
ROSTER	9

CHAIR LETTERS

Dear Delegates,

Welcome to MUNUC 35 and the International Olympic Committee! On behalf of myself and the rest of the dais, we are happy to have you. We are so excited to be running this committee following an Olympic year, as the topics we are discussing here will be playing out in real time on the world stage. In this committee, you will be proposing new criteria for protecting athletes' mental health and strategies for combating doping among Olympic athletes. Both of these topics are currently being debated in the real world so we are eager to hear your ideas. Between the high-profile coverage of Simone Biles' mental health and Kamila Valieva's doping scandal, these two topics have been major stories throughout the most recent Olympics so we trust you will have great insights to bring to the table.

For a little bit of background about me, I am a third year at the University of Chicago and I have participated in Model UN since I was a sophomore in high school. Last year, I was the Chair of the IOC Committee at MUNUC 34. I am a political science major and outside of school and MUN, I am a member of the Delta Gamma sorority. I also am a huge movie buff, and a big college football fan (go Irish!), and my hobbies are that of a seventy-year-old (think reading, needlepoint, and watching Downton Abbey on PBS).

I am looking forward to meeting all of you and seeing what inventive solutions you will bring to our committee. If you have any questions about the conference, UChicago, or just want to talk about the Olympics, please feel free to reach out!

I leave you with the slogan of the IOC: faster, higher, stronger together.

Kind regards,

Anna Katz, annakatz29@uchicago.edu

Dear Delegates,

Welcome to the IOC! My name is Pierce and I'll be your Co-Chair this year. We can't wait to work with you throughout the conference! I'm a junior at UChicago, and I'm majoring in public policy on a premed track. I'm also a cadet in the US Air Force Reserve Officer Training Corps which I hope will lead me to serve as a doctor. When I'm not cramming for exams, I like to spend my time outdoors or watching the classics of animated comedy (like Archer and South Park). Like my Co-Chair, I was an Assistant Chair on the INTERPOL Committee during MUNUC 33 and Co-Chair of the IOC last year. I attended my first MUN conference as an eighth grader and I've loved it ever since. I'm really excited to be a part of your MUN experience this year.

Who doesn't love the Olympics? Cheering on your country's athletes in your favorite sports has become a global phenomenon; however, few people understand the amount of effort and complexity that goes into planning the games. The two topics you'll be considering at conference are some of the most pressing for the future of the event; we wouldn't have picked them if they had simple answers. By the end of the conference, our hope is that you'll gain a better understanding of the Olympics, as well as the impact they can have even after their closing ceremonies. Please don't hesitate to reach out if you have any questions. I can't wait to meet you all!

Sincerely,

Pierce Pramuka

piercep@uchicago.edu

COMMITTEE STRUCTURE AND MECHANICS

The International Olympic Committee (IOC) is a body composed of 103 member nations that was founded on June 23, 1894, in Paris, France.¹ Since its inception, the IOC has focused on promoting **Olympism**, the philosophy of the games which is outlined in the **Olympic Charter**. Olympism encourages the blending of culture and sport for the sake of balancing minds and bodies throughout the world.² As part of its efforts to promote this ideal, it has been leading the **Olympic Movement**, a push to build a better world through sport.

The IOC's foundation of athletics and healthy competition has served as a medium for geopolitical and social cooperation and development. This is because, for the Olympics to be successful, all nations must come together to select a host city, organize their athletic delegations, and set aside political differences for the well-being of the tradition of the Games. The IOC and Games can be contentious at times and act as a forum for political posturing. However, the Olympics can still serve as an opportunity for nations to collectively celebrate athletic achievement and national pride, overcoming the barriers of geopolitical conflict.

During the conference, we will be simulating the **IOC Session**. The Session, the most powerful of all IOC organs, meets once a year to discuss and vote on the most pressing issues facing the Olympic Games. Some of the topics they deliberate over include the selection of host cities, the amendment of the Olympic Charter, and the election of the IOC Executive Board.³ Notably, the Session can be convened outside of its typical meetings to address additional issues as need arises.

This committee is a Specialized Agency that contains traditional Model United

¹ "The International Olympic Committee (IOC)." Paris 2024, February 24, 2020. https://www.paris2024.org/en/the-international-olympic-committee/.

² "What Is Olympism." International Olympic Committee, July 18, 2022. https://olympics.com/ioc/faq/olympism-and-the-olympic-movement/what-is-olympism.

³ "Who chooses the host for future Olympic Games," International Olympic Committee, 2021,

https://olympics.com/ioc/faq/roles-and-responsibilities-of-the-ioc-and-its-partners/who-chooses-the-host-for-future-olympic-games, accessed 6/14/2

Nations parliamentary procedure. If you have any questions, more details regarding parliamentary procedure are available on the MUNUC website. Each delegate will represent an IOC member nation and will be expected to discuss, debate, and try to resolve the topics set before the committee. Additionally, this committee is similar to a General Assembly format in that it will consist of speeches via moderated caucuses, long-term directive writing, and finally, the passage of a resolution. If you have any questions about what to expect in committee and how to prepare, feel free to contact either of us or consult the MUNUC website.

TOPIC A: COMBATING DOPING

Statement of the Problem

The Olympics first began implementing drug testing in 1968.⁴ In almost every Olympics since, athletes have been disqualified from competing for using **illicit performance-enhancing substances**. While the IOC has strict criteria regarding the usage of such drugs, the prevalence of consumption continues to be a problem. Delegates are taxed with amending the existing anti**doping** guidelines to ensure the integrity of the Olympics.

Substances that can give athletes unnatural abilities by chemically altering the body are banned for two reasons. First, they result in unfair advantages for some competitors, undermining the integrity of the competition and the hard work of those who train and compete cleanly. Second, they can be incredibly dangerous to the athletes' health as they can bring about long-lasting damage, injury, and illness, such as heart attacks, strokes, and in extreme cases, death.

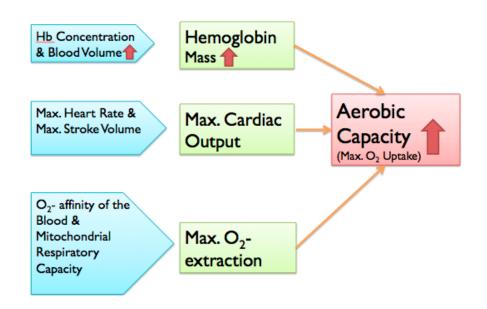
According to the IOC, athletes must regulate the substances entering their bodies and ensure that no performance-enhancing drugs are used. Furthermore, the burden of **clean play** is shared by coaches and national officials to make sure athletes understand the consequences of doping and keep drugs out of the athletes' environment. Athletes must undergo rigorous testing to prove that they are competing cleanly. If any banned substances are found via testing, the competitor faces disciplinary action, unless the athlete was given special **dispensation** for therapeutic use. Athletes are also disciplined if they refuse to submit to testing, tamper with tests, traffic banned substances, or discourage another person from reporting information to authorities.⁵

Established in 1999, the **World Anti-Doping Agency (WADA)** was created to standardize and coordinate worldwide efforts to stop drug use in sports. WADA, alongside other regional and

⁴ Alexander, Athul. "Visualizing 50 Years of Doping Scandals at the Winter Olympics." Visual Capitalist, February 14, 2022. https://www.visualcapitalist.com/cp/visualizing-50-years-of-doping-scandals-at-the-winter-olympics/. ⁵ "IOC Anti-Doping Rules Tokyo 2020," IOC, 3/2021,

https://stillmed.olympics.com/media/Document%20Library/OlympicOrg/Games/Summer-Games/Games-Tokyo-2020-Olympic-Games/Anti-Doping-and-Medical-Rules/IOC-Anti-Doping-Rules-Tokyo-2020.pdf

national agencies such as the Council of Europe Anti-Doping Convention (CoE) and the United States Anti-Doping Agency (USADA), research illicit substances and determines which should be banned. There are currently seven categories of illegal substances and techniques: androgens, blood doping, **peptide hormones**, stimulants, diuretics, narcotics, and **cannabinoids**. Androgenic steroids increase levels of testosterone and epitestosterone (which strengthens muscles and endurance) and increase heart rates. Blood doping (**Figure 1**) is the injection of red blood cells to improve oxygen transport and endurance. Peptide hormones such as human growth hormone (hGH) increase **bulk** and strength and oxygen-carrying red blood cells. Stimulants affect the nervous system and increase heart rate and blood flow. Diuretics and **masking agents** increase the production of urine and interfere with drug testing. Diuretics inhibit water retention and cause weight loss which can be beneficial in speed-based sports, while also diluting the concentration of drugs in urine and preventing detection. Masking agents render tests ineffective, resulting in false-negative results. Finally, narcotics and cannabinoids are banned due to their ability to decrease pain, allowing athletes to continue competing through injury and discomfort.



Blood Doping

Figure 1: Blood Doping Flow Chart.⁶

⁶ Google image result for https://upload.wikimedia.org/wikipedia/commons/1/16/Blood_doping.png. Accessed August 30, 2022. https://images.app.goo.gl/oNsTrU2iSY8CMake9.

One of the obstacles in the fight against doping is inconsistency among national testing bodies. While WADA oversees national testing for several individual states, testing discrepancies between separate national agencies still hinder its efforts. According to Benjamin Cohen, director general of the International Testing Agency, the resources (including the tests themselves, manpower, and other beneficial technology) available to different organizations vary, and with it the strength of the programs. Currently, all athletes are tested in competition. However, the frequency of out-of-competition testing differs from country to country, and information about these tests can be sparse. Given that nations have different laws regarding the disclosure of personal information including identity and medical history, the IOC and WADA cannot force a nation to disclose this information or violate its own privacy laws. Forcing a country to share personal information about their athletes and their tests would be a violation of national sovereignty, but the system that is currently in place creates a lack of transparency that is hard to overcome without standardization.⁷

The problems WADA is facing are multi-dimensional as they involve both individual athletes and national testing organizations. WADA is perpetually playing catch-up. Every doping method identified above was used before WADA knew it was something they should test for. There will always be some who will do anything to give themselves a competitive edge, so there will likely always be new methods for doping. Since a standard international testing infrastructure does not exist, this makes it even more difficult to monitor global doping trends. As you prepare for committee, consider how WADA can become more proactive in its approaches to combat doping. Can WADA better coordinate with its domestic partners to identify new doping methods and individuals who are aiding athletes in cheating? With this question in mind, you will be responsible for drafting a resolution with creative solutions that will strengthen the current anti-doping framework and continue to discourage athletes, coaches, and countries from using banned substances.

⁷ Matthew Futterman, "Ahead of Tokyo Olympics, Better Drug Testing is a Hard Promise to Keep," New York Times, 5/6/2021, https://www.nytimes.com/2021/05/06/sports/olympics/olympic-drug-testing.html

History of the Problem

Though the International Olympic Committee first began drug testing athletes in 1968 at the Mexico City Games, the first official case of doping at the Olympics was recorded in 1904.⁸ During the St. Louis games, Tom Hicks (pictured in **Figure 2**) took a blend of **strychnine** (a banned substance that is commonly used as rat poison), brandy, and egg whites from his coach.⁹ The mixture worked and Hicks came out on top with a gold medal in the men's marathon. His win, however, did not come without a cost; at the end of his race, Hicks collapsed. Hicks had to be revived by four doctors and it took him a full hour before he could even properly leave the venue.¹⁰ Despite his fragile state, Hicks was ultimately allowed to keep his medal. By the 1930s, doping was still in fashion, however, amphetamines and synthetic testosterone overtook strychnine in popularity amongst athletes.



Figure 2: Tom Hicks (center) with Olympic Officials.¹¹

⁸ Magazine, Smithsonian. "The 1904 Olympic Marathon May Have Been the Strangest Ever." Smithsonian.com. Smithsonian Institution, August 7, 2012. https://www.smithsonianmag.com/history/the-1904-olympic-marathon-mayhave-been-the-strangest-ever-14910747/.

⁹ Ibid.

¹⁰ Ibid.

¹¹ "Google Image Result for Https://cdn2.Picryl.com/Photo/1904/12/31/Tj-Hicks-of-Boston-Winner-of-Marathon-Race-Seated-in-a-Car-after-the-Race-End-ef81f1-1024.Jpg." a. Accessed August 30, 2022. https://images.app.goo.gl/LQ1U4PX8Bm9NNBtB7.

The first conference regarding the doping of athletes was held in St. Moritz, Switzerland during the 1928 Winter Olympics, culminating in the creation of the International Federation of Sports Medicine (FIMS).¹² This move separated the Olympics from matters of science and medicine, delegating the management of doping and other issues to the FIMS. The IOC had little interest in the scientific constitution of these drugs. However, the committee delegated scientific matters to another entity to show that it still cared deeply about the resulting increase in fairness and athlete well-being that would result from clamping down on doping. While preparing for committee, keep in mind that the IOC is not a medical or research institution and has no interest in the technical or physiological elements of doping. <u>Their only interest is the impact of these substances on competition and any resulting unfairness that arises via usage.</u>

In 1964, the IOC finally decided to formally condemn the use of drugs, sanction those who used them, and have sporting organizations test their athletes. Additionally, in 1968, the IOC implemented its own drug testing for the games. This, however, has not stopped many from cheating the system.¹³ While many nations have orchestrated doping schemes, throughout the annals of Olympic history, one nation has relied on banned substances more than any other. Russia (and the former Soviet Union) has taken doping to an institutional level, with athletes being aided and even encouraged to take banned substances by the highest levels of government.¹⁴

The most recent chronicle of the prevalence of Russian doping broke in 2014 when former track gold medalist and doper Yuliya Stepanova and her husband, Vitaly Stepanov, an agent at the Russian anti-doping agency, RUSADA, broke their silence. The couple repeatedly contacted WADA about the prevalence of doping in their home country. However, WADA claimed that they did not have the jurisdiction to investigate and instead directed them to a reporter in Germany. When the story

¹² "About Us: The International Federation of Sports Medicine." FIMS, www.fims.org/about/.

¹³ Kremenik, et al., "A Historical Timeline of Doping in the Olympics," Kawasaki Journal of Medical Welfare, 5/27/2006, http://www.kawasaki-m.ac.jp/soc/mw/journal/en/2006-e12-1/01_kremenik.pdf

¹⁴ Wallace, Ava, and Emily Giambalvo. "A Timeline of Russia's State-Sponsored Olympic Doping Scandal." *The Washington Post*, WP Company, 14 Feb. 2022, www.washingtonpost.com/sports/olympics/2022/02/11/russia-olympics-doping-scandal/.

broke, the Stepanovs were vilified in their home country, even being called "Judas[es]" by Vladimir Putin himself.¹⁵

Despite their hesitancy to deal with the inevitable media attention that would arise from the story, investigations were finally carried out by WADA. These inquiries revealed that doping was encouraged at the highest levels of the Russian government, creating an all-encompassing culture of drug use among Russian athletes. From the Ministry of Sport to individual RUSADA agents, officials were bribed and instructed to turn a blind eye to athletes' test results. By December 5, 2017, the IOC announced that the Russian Olympic Committee had been suspended and that only Russian athletes without previous drug violations would be allowed to compete in the 2018 Olympics. However, as further punishment, the clean Russian athletes would not be allowed to compete under the Russian flag. Instead, they were to compete under the Olympic flag and would only be referred to as "Olympic Athletes from Russia".¹⁶

While Russia has been by far the most prolific sponsor of Olympic doping, it is not the only one. Notably, the East German women's swim team was found to have been involved in a statesponsored doping campaign during the 1976 Olympics. Their 8 world records and 10 wins over the course of 13 events raised suspicions, especially given their o-win performance during the prior Olympic games.¹⁷

These cases of state-sponsored doping demonstrate how flawed the existing substance tracking system is, and how it has failed to keep doping in check. Corruption paralyzes any rules set to deter doping as enforcement effectively disappears. Perhaps, more importantly, WADA's heavy dependence on national testing organizations makes it easier for individuals to subvert international regulations, as national bodies have a significant amount of control over the tests. Lastly, the lack of

¹⁵ Matt Majendie, "Whistleblowers Vitaly and Yulia Stepanov living in fear but have no regrets as doping saga heads to court," Evening Standard, 11/2/2020, https://www.standard.co.uk/sport/vitaly-and-yuliya-stepanov-doping-interview-whistleblowers-b39669.html

¹⁶ Wallace, Ava, and Emily Giambalvo. "A Timeline of Russia's State-Sponsored Olympic Doping Scandal." *The Washington Post*, WP Company, 14 Feb. 2022, www.washingtonpost.com/sports/olympics/2022/02/11/russia-olympics-doping-scandal/.

¹⁷ "8 Olympic Cheating Scandals." *Encyclopædia Britannica*, Encyclopædia Britannica, Inc., https://www.britannica.com/list/8-olympic-cheating-scandals.

transparency in national testing systems makes it harder for the international community to check for malpractice. These issues are not exclusive to Russia nor to East Germany, as many countries have exploited loopholes in the system to win the games by any means necessary. Thus, the issues discussed above are important topics to discuss during committee.

Past Actions

In a radio interview, the CEO of the USADA, Travis Tygart, said that when it comes to doping, professional athletes can be subdivided into several categories. Around 10% of professional athletes will never cheat; they would rather quit their sport(s) than use performance-enhancing drugs. Another 30 to 40% are deterrable, meaning they will only cheat if they believe they have a good chance of getting away with it. The last category includes a group of people who are compelled to cheat, either personally or via organizational pressure, and will consider doing so even if they have a very slim chance of getting away with it.¹⁸ Past actions in the field of anti-doping have been focused on convincing the latter two groups that the costs of doping, namely public condemnation, sanctions, and revocation of past awards, are too high to be justified by any potential doping benefits.¹⁹ This is usually done by increasing the overall rate of doping detection. Simply put, the fight to prevent doping relies more on psychology than it does on **pharmacology**.²⁰ This basic formula — preventing doping by convincing athletes that they will be caught — remains an effective strategy to fight doping. However, in a world in which drug technologies are ever evolving and governments are willing to use their intelligence services to circumvent international officials, anti-doping authorities have increasingly found themselves a step behind cheaters.²¹

The fight against doping has gone on for as long as the use of illicit substances has existed in the games. In the twentieth century, this effort was largely the responsibility of officials within individual sports organizations, commonly national or international sports federations.²² While many had good intentions, this was largely a 'fox guarding the henhouse' system, as the officials responsible for the prevention of cheating often had an interest in seeing the cheating continue. This relationship is perhaps best exemplified by the doping scandal involving Lance Armstrong in the late 1990s. Armstrong was an American, and the Union Cycliste Internationale (UCI), the governing body for cycling, knew that his victories would increase the popularity of cycling in the US. As a result,

¹⁸ Levitt, Steven, director. *Travis Tygart Is Coming for Cheaters* — *Just Ask Lance Armstrong (People I (Mostly) Admire Ep.* 33). Performance by Travis Tygart, Freakonomics Radio, 2021.

¹⁹ Ibid.

²⁰ Ibid.

²¹ Ibid.

²² "Tom Hicks BIO, Stats, and Results." Olympics at Sports-Reference.com,

web.archive.org/web/20200417171703/www.sports-reference.com/olympics/athletes/hi/tom-hicks-1.html.

although Armstrong won seven Tours de France by doping, officials in the UCI preferred to ignore, or in some cases aid, this effort as they wanted Armstrong to win.²³

The tension between fair play and organizational interests prompted the creation of the World Anti-Doping Agency (WADA) in 1999. WADA was commissioned to be an independent body tasked with ensuring a doping-free environment for all athletes.

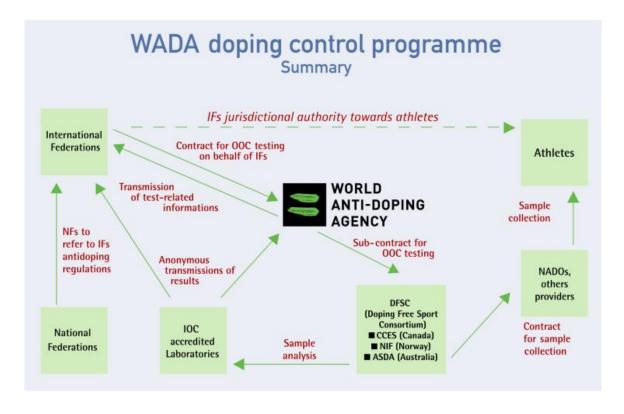


Figure 3: WADA Doping Control Programme Summary.²⁴

WADA was created with a simple mission: to prevent doping; however, the process by which it does this is far more complicated (**Figure 3**). WADA must utilize laboratories within individual nations in concert with national sports federations to test athletes.²⁵ This approach is what allowed the Russian government to engage in its infamous state-sponsored doping campaign as WADA's process is vulnerable to fraud and disparities in testing capabilities between nations. This issue is further

 ²³ Levitt, Steven, director. Travis Tygart Is Coming for Cheaters — Just Ask Lance Armstrong (People I (Mostly) Admire Ep. 33). Performance by Travis Tygart, Freakonomics Radio, 2021.

²⁴ World Anti-Doping Agency. "WADA News No. 1." *WADANEWS*, World Anti-Doping Agency, Feb. 2002, www.wadaama.org/sites/default/files/resources/files/PlayTrue_2002_1_WADA_News_EN.pdf. ²⁵ Ibid.

compounded by ever-advancing doping technologies. National testing organizations like the USADA keep samples of athletes' urine and blood for 10 years so they can be retested as testing technology improves. This policy will be discussed further in the following section.

Possible Solutions

There are several components in the fight against doping, including advancing technologies, organizational incentives, and WADA's reliance on national labs. This complicated set of challenges creates an issue that cannot be remedied by a single solution.

Eliminate Anti-Doping Rules

Athletes can't violate Olympic doping rules if there aren't any rules in the first place! Although allowing the usage of some or all doping techniques may sound like a nonstarter, it has been proposed by many scientists and activists. Advocates of this policy believe that eliminating doping rules would not undermine the fairness of the Olympics. They argue that athletes already benefit from genetic differences and disparities in training and resources between nations. For these advocates, performance-enhancing drugs are no different.

This policy gained traction following the disqualification of American athlete, Sha'carri Richardson, who had tested positive for cannabinoid use, as cannabis is not illegal in Oregon, the state where she had used it.²⁶ This policy would also help to address disparities in testing capabilities between countries. For example, doping attempts are more likely to be detected from athletes in nations with developed anti-doping infrastructure, like the United States, than from a developing nation.²⁷ Additionally, some advocate for relaxing (rather than fully discarding) doping rules by permitting certain classes of currently banned substances, especially those that are not as dangerous to the user if used in a controlled setting. Eliminating some doping rules may present a happy medium between the existing framework and permitting all banned substances and techniques. Though this proposal is currently not the official policy of any nation, a less extreme version of it (perhaps unbanning certain classes of drugs such as cannabinoids) may gain wide public support.

²⁶ Al-Khateeb, Zac. "What Happened to Sha'carri Richardson? Explaining the Runner's Olympic Weed Ban Controversy." *Sporting News*, 18 Sept. 2021, www.sportingnews.com/us/athletics/news/shacarri-richardson-olympics-runner-weed/12f4cgokpgfaq1uqnbylnsl2to.

²⁷ Futterman, Matthew. "Ahead of TOKYO Olympics, Better Drug Testing Is a Hard Promise to Keep." *The New York Times*, The New York Times, 6 May 2021, www.nytimes.com/2021/05/06/sports/olympics/olympic-drug-testing.html.

Keep Athlete Samples for Later Testing

One of the central issues in combating the use of performance-enhancing drugs is the fact that detection lags behind drug development. Tests can only be developed after new drugs are introduced, meaning authorities are always one step behind cheaters. To nullify this advantage, WADA or its national testing could retain samples of athlete's urine or blood for 30 years to test them as testing technology improves.²⁸ Not only would this help catch cheaters, but it would also impose a massive psychological toll on athletes who dope. Even after their race is over, there is always a chance for them to be caught later. This policy is currently practiced in the United States by USADA; however, USADA is limited to testing only within 10 years by the statute of limitations, or the time after which a crime cannot be legally prosecuted, for using performance-enhancing drugs.²⁹

While this solution has clear benefits, its enforcement faces many legal and ethical hurdles. Some believe that athletes should not have to be subjected to such invasive procedures and privacy violations to compete in the games. Moreover, since laws on the subject vary by country, if WADA continues to rely on national organizations, this policy would be contingent on domestic laws and thus, vulnerable yet again to state-sponsored doping campaigns.

Create a More Independent Testing Infrastructure

There is a much greater emphasis on utilizing an independent testing infrastructure today than ever before. Unfortunately, efforts to make the testing system fully independent have largely failed.³⁰ The state-sponsored doping scandal in Russia is an excellent example of this failure, as WADAapproved labs in the country were used by the national government to hide evidence of performance-enhancing drug violations. Even WADA, the so-called pinnacle of independence, receives 50% of its funding from the IOC, which has a vested interest in presenting the Olympics as an event free of drugs and cheating regardless of reality. In addition, testing organizations are largely staffed by former athletes or people with a history of involvement in sports. While this makes

 ²⁸ Levitt, Steven, director. *Travis Tygart Is Coming for Cheaters — Just Ask Lance Armstrong (People I (Mostly) Admire Ep. 33)*. Performance by Travis Tygart, Freakonomics Radio , 2021.

²⁹ Ibid.

³⁰ Sport:80, Jack @. "3 Solutions to Doping." *Sport*, Sport:80, 10 July 2018, www.sport80.com/post/3-solutions-to-doping.

sense from a practical perspective, it drastically increases the likelihood for testing authorities to suffer conflicts of interest, as sports physicians and former players often feel pressure, either real or imagined, to support certain athletes.³¹ To combat these issues, officials without a background in sports could be recruited to run anti-doping agencies. Additionally, WADA could be modified to be completely independent of the IOC or a new anti-doping authority could be created.

Unfortunately, a fully independent testing infrastructure would require the support of every nation which competes in the Olympics. As we have seen, for many reasons from an overt desire to cheat to a need to follow national laws, many countries have an interest in maintaining their privatized testing systems. However, one fundamental question remains: if the IOC and sports organizations aren't funding anti-doping authorities, who will?

³¹ Ibid.

Glossary

Bulk: muscle mass.

Cannabinoids: A compound produced by the cannabis (marijuana) plant or synthesized as a chemical (synthetic cannabinoid).

Clean Play: competing without the use of performance-enhancing drugs.

Dispensation: exemption from a rule or usual requirement.

Doping: the use of banned substances or techniques in competitive sports.

Illicit Performance-Enhancing Substances: Any drug used by athletes to heighten their abilities in the performance of their sport. Often connotes illegal or unethical use of these substances. See the WADA website for formal list: *https://www.wada-ama.org/en/content/what-is-prohibited*.

IOC Session: The IOC is the body that makes all decisions in the IOC. It meets once a year to perform its numerous duties. The Session does everything from deciding the host cities for the Olympics to amending the charter.

Masking Agents: Masking agents (such as diuretics) are used to falsify the results of doping controls and to conceal doping. Substances suitable for this purpose are therefore included in the Prohibited List of the WADA.

Olympic Charter: The governing document of the Olympics that is a codification of the rules and bylaws passed by the IOC. Additionally, the document is a codification of the principles of Olympism, the philosophy of the Olympics.

Olympic Movement: The concerted, organized, universal and permanent action, carried out under the supreme authority of the IOC, of all individuals and entities who are inspired by the values of Olympism. The goal of the Olympic Movement is to contribute to building a peaceful and better world by educating youth through sport practiced in accordance with Olympism and its values. Belonging to the Olympic Movement requires compliance with the Olympic Charter and recognition by the IOC.

Olympism: Olympism is a philosophy of life, exalting and combining in a balanced whole the qualities of body, will, and mind. Blending sport with culture and education, Olympism seeks to create a way of life based on the joy of effort, the educational value of a good example, social responsibility, and respect for universal fundamental ethical principles.

The goal of Olympism is to place sport at the service of the harmonious development of humankind and to promote a peaceful society concerned with the preservation of human dignity.

Peptide Hormones: A highly anabolic hormone that increases skeletal muscle mass and reduces body fat. It is used predominantly by strength and power sports athletes.

Pharmacology: the branch of science concerned with studying how drugs interact with the body.

Strychnine: a colorless, crystalline poison obtained chiefly by extraction from the seeds of nux vomica, formerly used as a central nervous system stimulant.

World Anti-Doping Agency (WADA): The organization charged with regulating doping in sports. Partially funded by the IOC, the agency performs scientific research on drugs in order to educate people about the dangers of doping and develop anti-doping strategies.

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TOPIC B: MENTAL HEALTH OF ATHLETES

Statement of the Problem

During the Tokyo 2020 Summer Olympics, the world was shocked to see star gymnast Simone Biles (**Figure 4**), the crowd favorite and previous Olympic champion, withdraw from the competition due to mental health issues. Biles was suffering from the "twisties" (also called the yips),³² a psychological phenomenon that results in an athlete inexplicably being unable to perform basic components of their sport.⁹ In a sport as dangerous as gymnastics, even the slightest psychological duress could result in the difference between life and death for the athlete, making Biles' condition incredibly dangerous. Although mental-health-related problems can significantly endanger the wellbeing of athletes, many still push themselves to compete regardless of the increased risk level.

Simone Biles is not the first (nor likely the last) example of the extreme toll the Olympics can take on an athlete's mental health. Olympic hopefuls spend their entire lives training for one moment. However, all of this training means that they are often unable to live normal lives. From a young age, they are isolated, devoting all of their time to training and competing, often missing out on typical experiences for others their age.³³ Their socialization is limited to the confines of their sports as they miss experiences with friends and classmates. Their training may even require relative isolation from other athletes, coaches, and staff - some of whom do not have their best interests at heart.

The issue of mental health in the athletic sphere is multifaceted. First, and most obviously, is the complicated nature of psychological affiliations. Common to all those who suffer from these kinds of issues are factors such as a general lack of understanding of different types of mental illnesses, a tendency to want to keep these struggles private, and the fact that without treatment, they can snowball into greater problems.

³² Reeve, Elle. "Simone Biles and 'the Twisties': How Fear Affects the Mental Health and Physical Safety of Gymnasts." CNN. Cable News Network, July 29, 2021. https://www.cnn.com/2021/07/28/us/simone-biles-olympics-gymnastics-physical-mental-health/index.html.

³³ Ritchie, Erika. "Under Pressure: Athletes and Mental Health." *Family Services*, 10 Mar. 2020, www.familyservicesnew.org/news/under-pressure-athletes-and-mental-health/.

Athletes have the additional pressure of performance. They have to show up and compete, and in many cases, they feel as though they have to win at any and all costs or face letting their loved ones down. This is all magnified to a much greater degree at the Olympics, one of the most important sporting competitions in the world. Not to mention, athletes also have to be concerned about maintaining their reputations. If they perform poorly and/or speak publicly about their struggles they may be perceived as "quitters" who crack under the pressure.³⁴ They also may struggle to get sponsorships, the backing of their countries, and public support.



Figure 4: Simone Biles at the 2016 Rio Olympic Games.³⁵

The silver lining of Simone Biles sharing her struggles is that it has prompted many to question the conditions under which athletes live and train.³⁶ The games, and competition itself for that matter, will always contain an element of stress; however, the status guo is not acceptable. Policymakers

³⁴ UHBlog. "Pressure and Performance: What We Can Learn from Elite-Level Athletes." *University Hospitals*, University Hospitals, 6 Aug. 2021, www.uhhospitals.org/blog/articles/2021/08/pressure-and-performance-what-we-can-learn-from-elite-level-athletes.

³⁵ Google image result for https://upload.wikimedia.org/wikipedia/commons/o/og/simone_biles_-

_2016_olympics_podium_%28cropped_01%29.jpg. Accessed August 30, 2022.

https://images.app.goo.gl/VEgz3Kz3jQL7hSwT6.

³⁶ UHBlog. "Pressure and Performance: What We Can Learn from Elite-Level Athletes." *University Hospitals*, University Hospitals, 6 Aug. 2021, www.uhhospitals.org/blog/articles/2021/08/pressure-and-performance-what-we-can-learn-from-elite-level-athletes.

need to be able to introduce creative change if there is any hope of improving athlete health. Could Olympic teams be made larger to allow individual athletes more flexibility? Should every nation follow the example of Team USA by hiring full-time counselors and mental health staff for their athletes?³⁷ These are all possibilities that deserve consideration as the games evolve and adapt to the standards of the 21st century.

³⁷ Russell, Emily. "a Deep Depression after the Olympics.' the Challenges Facing Athletes at Home." *NPR*, NPR, 20 Feb. 2022, https://www.npr.org/2022/02/20/1081945134/a-deep-depression-after-the-olympics-the-challenges-facing-athletes-at-home.

History of the Problem

Stress and the Olympics often go hand in hand. Athletes, watched by millions of fans, must travel around the world to represent their nation. The inherent stress of competing on the world stage is coupled with a sports culture that deemphasizes the importance of mental health in favor of winning medals at any cost. According to sports psychologist Dr. Matthew Sacco, "Asking for help can carry a stigma for athletes. Because if you're tough, there's a misconception that you should be able to just do it yourself. You don't have to get help." ³⁸ Further, mental health and physical health are not equally prioritized in the sports world. While athletes are often given wide latitude to recover from physical injuries, mental health concerns are frequently ignored.

Historically, mental health in sports has lagged behind progress in other areas. In the early years of the Olympics (the Modern Olympics began in 1896) little, if anything, was understood about the mental illnesses athletes often face. Even as medical knowledge increased and mental illnesses were studied, named, and slowly treated, psychological well-being was often ignored in favor of victory. For example, during its participation in the Olympics, the Soviet Union made a practice of training athletes to participate as if they were competing in the Olympics full-time.³⁹ Unlike college or amateur athletes in the West, Soviet athletes were drilled year-round in order to maximize their chances of victory. This affected both their mental health and that of their opponents.⁴⁰ Western athletes had to compete with the knowledge that their Soviet counterparts were always better prepared, thus they felt as though they were already at a disadvantage before the competition had even begun. Russian athletes themselves faced unique struggles including brutal training techniques, expectations of perfection, and the common struggle of living under an oppressive regime.⁴¹

³⁸hortonj4. "Athletes and Mental Health: Breaking the Stigma." *Cleveland Clinic*, Cleveland Clinic, 9 Aug. 2021, https://health.clevelandclinic.org/mental-health-in-athletes/.

³⁹Bob Oats, "Sports in Soviet Union Only for Elite: There Are Top Athletes, and Then There Are Those Who Sunbathe and Watch Drawbridges Go Up," Los Angeles Times (Los Angeles Times, July 22, 1986),

https://www.latimes.com/archives/la-xpm-1986-07-22-sp-30740-story.html. ⁴⁰ Ibid.

⁴¹ Wallace, Ava, and Emily Giambalvo. "A Timeline of Russia's State-Sponsored Olympic Doping Scandal." *The Washington Post*, WP Company, 14 Feb. 2022, www.washingtonpost.com/sports/olympics/2022/02/11/russia-olympics-doping-scandal/.

The lack of sensitivity towards mental health in sports began to change in the United States in 2015 when the National Collegiate Athletics Association (NCAA) created its mental health initiative.⁴² This action began a national conversation about mental health in sports which eventually spread internationally at the Olympics. Having a well-respected, major sports organization acknowledge and act upon the growing epidemic of athletes with anxiety, depression and suicidal thoughts signaled to the rest of the sporting community that it was time for a systemic shift in their approach to the mental wellbeing of athletes.



Figure 5: Michael Phelps at the 2016 Rio Olympic Games.43

No athlete has done more to advance this conversation than Michael Phelps (**Figure 5**). In 2018, the most decorated Olympian of all time came forward and publicly discussed his struggle with suicidal thoughts and depression.⁴⁴ At the time, he was one of the only professional athletes to step forward for this cause; however, following his brave actions, other athletes began to discuss and prioritize mental health in the public eye. Today, Phelps continues to be an advocate for mental health

 ⁴² Longman, Jeré. "Simone Biles Rejects a Long Tradition of Stoicism in Sports." *The New York Times*, The New York
Times, 28 July 2021, https://www.nytimes.com/2021/07/28/sports/olympics/simone-biles-mental-health.html.
⁴³ Google image result for

https://upload.wikimedia.org/wikipedia/commons/2/27/Michael_Phelps_conquista_20%C2%AA_medalha_de_ouro_e_% C3%A9_ovacionado_1036424-09082016-_mg_7146.jpg. Accessed August 30, 2022. https://images.app.goo.gl/K60eVnh6XSrQd34g6.

⁴⁴lbid.

worldwide. He has partnered with the online therapy company, Talkspace, promoting the company by sharing how impactful therapy was in his life.⁴⁵ This partnership "Phelps x Talkspace" has been largely successful in increasing public knowledge about online therapy, and "Phelps x Talkspace" posters can even be found in the Bartlett Dining Hall at UChicago.

The importance of the role of the media cannot be discounted when it comes to this issue. In interviews, Simone Biles stated that she backed out of competing at the 2020 Olympics as a choice to prioritize her mental health.⁴⁶ She also revealed that the trauma inflicted upon her by now-convicted US Gymnastics team doctor Larry Nassar caused her mental well-being to deteriorate.⁴⁷ While Biles received widespread public support, she also took major criticism.⁴⁸ Many members of the public expressed the view that her decision was selfish or weak, and that she had let her team down by not "toughing it out."⁴⁹ British commentator Piers Morgan even tweeted that our culture "celebrates weakness" following Biles's decision.⁵⁰ In prioritizing her health, Biles had to navigate a complex web of public criticism, corporate sponsorship concerns, and team dynamics all in the public eye. These forces often also prevent athletes from prioritizing their mental health in the same way, especially during Olympic years.

To make matters worse, the International Olympic Committee has rules which broadly prevent public demonstration and restrict what athletes are able to criticize with regard to the Olympics. Chief among these is Rule 50 of the IOC charter which states, "No kind of demonstration or political, religious or racial propaganda is permitted in any Olympic sites, venues or other areas."⁵¹ This rule

⁴⁵ "How Therapy Helped Save Michael Phelps' Life." *Talkspace*, www.talkspace.com/michael.

⁴⁶ Bregman, Scott. "Exclusive! Simone Biles on Sparking Mental Health Conversation: 'We're Going through It Together."." Olympics.com. International Olympic Committee, October 13, 2021. https://olympics.com/en/news/simonebiles-exclusive-mental-health-advice-future.

⁴⁷ Ibid.

⁴⁸ Ibid.

⁴⁹ Ibid.

⁵⁰ Reid, Andrew. "Piers Morgan Slams 'Ridiculous' Simone Biles Award." *Yahoo! Sports*, Yahoo!, 9 Dec. 2021, au.sports.yahoo.com/olympics-2021-simone-biles-time-athlete-year-piers-morgan-criticism-

o13o21o15.html?guccounter=1&guce_referrer=aHRocHM6Ly93d3cuZ29vZ2xlLmNvbS8&guce_referrer_sig=AQAAAECT RSFBjPAhnqkN9Pbium16lS9o2x1OFo4GuFKKnmdzmlK3U1P-KPW-MToty-

I3PT9YK6tMEZWH8uwrScVv9drH6mCZ8e8tHWMP6RqwrGvbyzH22RLBmeiozbEYsLmXzfEtvFfkeb_r8Ollvv2sqM4C23Q lwW9ZIgiXuqnYyzSN.

⁵¹ Pells, Eddie. "Explainer: What's the History of the Olympics Protest Rule?" *AP NEWS*, Associated Press, 22 July 2021, https://apnews.com/article/2020-tokyo-olympics-explainer-protest-rule-racial-injusticedcb4de638c59b77d259f713af73f5c5a.

has faced stiff opposition in recent years due to its intentional vagueness, as well as the difficulty it imposes on demonstrations in support of significant causes. For example, this rule was used to restrict human rights demonstrations in light of the recent Beijing Olympics.⁵² Many objected to the hosting of the Winter Olympics in Beijing in 2022 due to the Chinese government's genocide of the Muslim Uighur minority. However, much of the outcry was restricted by the IOC at the threat of disqualification from the games.⁵³ Furthermore, Rule 50 has also slowed the discussion and implementation of mental health measures within the Olympic community. Since athletes cannot demonstrate or protest while on Olympic grounds, their ability to draw attention to issues surrounding mental health and the overall well-being of athletes is extremely limited. While Rule 50 was amended to allow demonstrations before the start of events, some say it is still a major impediment to wide scale change.

Today, while athletes may be more willing to discuss their mental health concerns, questions remain surrounding what is actually being done to help athletes. In 2021, 24% of Olympic and Paralympic athletes reported high levels of mental distress following the games.⁵⁴ A lack of mental health resources available to athletes and, perhaps more importantly, a culture among athletes and coaches that prioritizes winning at all costs likely contributed to this statistic. In committee, delegates should address the critical link between mental well-being and physical safety, the ability of coaches to neglect and abuse the psychological needs of their athletes, and how the IOC can address these issues, given its limited scope of authority.

53 Ibid.

⁵² "Despite Criticism, the IOC Appears Unwilling to Change Controversial Rule 50." *NPR*, NPR, 9 Feb. 2022, www.npr.org/2022/02/09/1079456038/despite-criticism-the-ioc-appears-unwilling-to-changed-controversial-rule-50#:~:text=ln%2ofact%2C%20members%200f%20Team,racial%20propaganda%22%20during%20the%20Olympics.

⁵⁴ Lisa O'Halloran Lecturer in Sport and Exercise Psychology. "Beijing 2022: Why Some Athletes Struggle with Their Mental Health after the Olympics." *The Conversation*, 18 Feb. 2022, https://theconversation.com/beijing-2022-why-some-athletes-struggle-with-their-mental-health-after-the-olympics-177008.

Past Actions

As a result of the increased awareness surrounding mental health, the IOC has taken some steps to address these issues in athletes. In 2019, the IOC Medical and Scientific Commission tasked a group of international experts with reviewing and assessing scientific literature on mental health symptoms and disorders in elite athletes and compiling it into the **Consensus Paper**.⁵⁵ This paper provided doctors, psychiatrists, and those who work closely with athletes with recommendations for preventing and managing such struggles. The findings of the consensus paper grew into the IOC Mental Health Working Group, which hosts panel discussions at the International Athletes' Forum.⁵⁶ Notable speakers include US Olympians Lindsey Vonn and Gracie Gold.

Other initiatives have focused on raising awareness about mental health issues. These projects include the expert-led creation of educational content to help elite athletes during the COVID-19 pandemic. For example, videos were created that demonstrated the link between physical and mental health in order to encourage athletes to address any latent mental health concerns.⁵⁷ In addition, the IOC Elite Athlete Mental Health Certification program was established to encourage coaches and team members to recognize mental health concerns in their athletes.⁵⁸ The IOC also made progress by introducing the #MentallyFit Helpline during and after the Tokyo 2020 and Beijing 2022 Games, which provides athletes with online and telephone counseling 24/7 in seventy languages.⁵⁹

These programs are all relatively new and it will take time to see if they materially help athletes. It is worth noting, however, that most of these projects are aimed at helping individuals, but do not necessarily address systemic issues within the Olympic community. Attending to large-scale issues is

⁵⁵ IOC. "Consensus Paper on Mental Health Published by the IOC Medical and Scientific Commission - Olympic News." *International Olympic Committee*, IOC, 21 May 2022, olympics.com/ioc/news/consensus-paper-on-mental-health-published-by-the-ioc-medical-and-scientific-commission.

⁵⁶ "Leading the Way on Athlete Mental Health." *Athlete*365, 29 Apr. 2022, olympics.com/athlete365/well-being/leading-the-way-on-athlete-mental-health/.

⁵⁷ Ibid.

⁵⁸ "IOC Programs in Mental Health in Elite Sport." About the Programme,

www.iocsportsmedicine.com/Mental+Health/About+the+Programme/.

⁵⁹ Lisa O'Halloran Lecturer in Sport and Exercise Psychology. "Beijing 2022: Why Some Athletes Struggle with Their Mental Health after the Olympics." *The Conversation*, 18 Feb. 2022, https://theconversation.com/beijing-2022-why-some-athletes-struggle-with-their-mental-health-after-the-olympics-177008.

a greater undertaking that involves more research and development. Creating broader programs would require analyzing countries' Olympic programs, identifying problematic elements, and crafting rules to rectify these elements on a global scale.

Further complicating matters is the fact that the International Olympic Committee cannot violate international sovereignty. The IOC ultimately does not have the authority to force any country to take any action or pass any laws internally. Rather, it is at the whim of each country to enforce and comply with the IOC's policies. Therefore, while the IOC can punish violators of Olympic rules, the extent of its power tends to err on the side of retroactive, rather than proactive moves.

While the IOC as an organization has taken recent steps in a positive direction, there is still much work to be done. Due to the IOC's lack of control over individual nations, the mental health resources made available to athletes vary greatly from region to region. For example, while some programs such as those of the US, Great Britain, and Australia have embraced the usage of sports psychologists, not all athletes and countries have access to such resources. This is because different countries and cultures have different attitudes towards mental healthcare. A lack of resources can be particularly dangerous as mental health problems that go unattended can morph into greater problems such as substance abuse or self-harm.⁶⁰

As more and more athletes come forward and share their stories of anxiety, depression, and identity crises at the end of the games, the IOC will have to address mental health in a more comprehensive manner. Ultimately, allowing all athletes to have equal access to the help they need will not only help the health of each individual but it will further lower barriers to success thereby narrowing discrepancies between the resources of different countries, allowing each competitor to focus their energies on perfecting their skills and competing on the world's greatest stage.

⁶⁰ Park, Alice. "How Olympians Are Fighting to Put Athletes' Mental Health First." Time. Time, July 22, 2021. https://time.com/6082203/tokyo-olympics-mental-health/.

Possible Solutions

The issue of mental health in the Olympics is multifaceted and will likely not be solved by a single policy alone. Below are some examples of possible policies that could be implemented to address the issue; however, don't feel obligated to stick to these ideas alone. We'd love to see all the unique ideas that could be brought to committee.

Encourage each team to implement a mental health framework

Following backlash over the widespread failure to address athlete mental health, Team USA announced they would hire a staff of four full-time mental health professionals for the Tokyo Olympics.⁶¹ The British Olympic Association has followed suit and Softball Australia announced they would be using sleep tracking to ensure their athletes had adequate rest.⁶² Professional therapy has been found to be one of the most effective tools available to combat mental health concerns, making these teams of mental health professionals especially useful. Encouraging or requiring each Olympic team to hire their own mental health professionals, following the example of Team USA or the British Olympic Association, may be one of the most potent measures available to address mental health concerns. These mental health professionals would be able to better focus their time on individuals within their Olympic teams allowing for the development of personal relationships and making them even more effective.⁶³

Unfortunately, not every nation's team has followed team USA's lead. Some teams are already facing funding shortages while other teams have simply chosen not to invest in mental health at all. It is important to note that even if a nation might have the resources to implement a program like this, the IOC has limited tools available to force them to do so. Therefore, alternative, cost-effective methods of aiding such individuals should be included.

⁶¹ "Team USA Athletes Brought Mental Health to the Forefront at Tokyo Games." *Team USA*, www.teamusa.org/News/2021/August/19/Team-USA-Athletes-Brought-Mental-Health-To-The-Forefront-At-Tokyo-Games.

⁶²Park, Alice. "How Olympians Are Fighting to Put Athletes' Mental Health First." *Time*, Time, 22 July 2021, https://time.com/6082203/tokyo-olympics-mental-health/. ⁶³ Ibid.

Create an Olympics-wide mental health framework

While a team-based approach is certainly useful, some have argued for an Olympics-wide approach to mental healthcare. During the Tokyo Olympics, the IOC introduced a mental health **telehealth** line.⁶⁴ This program allowed athletes in crisis to speak with mental health professionals on-demand over the phone throughout the duration of the Olympic Games. While this is certainly a step in the right direction, it falls short of community expectations as many will attest that a phone call is a poor substitute for in-person care. The IOC has an opportunity to make meaningful changes in the lives of its athletes by taking a similar approach to mental health as individual Olympic teams have albeit on a larger scale. The IOC could opt to hire a full staff of mental health experts and make them available to athletes from teams with limited resources. However, individual athletes would likely get less attention from this single team of experts who would be responsible for the entire Olympic enterprise. Additionally, funding sources would need to be examined, as there is not a specific budget laid out for such a large-scale overhaul of the IOC's mental health programs. These considerations must be taken into account when looking at possible programs for supporting athletes.

Introduce structural changes to the Olympics

When asked what the biggest challenge to mental health is, many athletes will respond with one word: "stigma."⁶⁵ Until very recently the issue of mental health has simply not been discussed in sports. The pioneering actions of athletes like Michael Phelps and Simone Biles have begun to change this but there is still more work to be done. Few concrete proposals have been made to address structural changes within the Olympics to deal with mental health. Past fixes have been surface level, hiring a doctor or creating a telehealth line. Deeper, more long-lasting solutions are needed to effect real change.

⁶⁴ "Expert Guide to Staying #Mentallyfit." *Athlete*365, 28 Feb. 2022, https://olympics.com/athlete365/home/expert-guide-to-staying-mentally-fit/.

⁶⁵ Park, Alice. "How Olympians Are Fighting to Put Athletes' Mental Health First." *Time*, Time, 22 July 2021, https://time.com/6082203/tokyo-olympics-mental-health/.

To begin, the IOC could consider updating and republishing its mental health landmark, created by the IOC mental health working group, every Olympic season. This will provide more regular updates on Olympic mental health and will demonstrate that mental health is a priority for the IOC. Further, the IOC should review and replace outdated policies like Rule 50 so that athletes can freely share their experiences with other athletes and with the world at large. As evidenced by Michael Phelps, this is one of the most potent ways to deal with stigma.

Furthermore, the IOC should consider amplifying the voices who are dealing with or have dealt with mental health concerns. Whether through print, TV or even in-person talks this would help show athletes that they are not alone in facing these issues. Not to mention, it would normalize the concept that athletes are humans with very human struggles to the sports fans who idolize them. With such few solutions currently promoted by the IOC and other experts, the possibilities for our committee are limitless. Be creative and think outside the box in committee to help solve some of these pressing issues.

Glossary

Consensus Paper: a document Addressing the multifaceted aspects of mental health symptoms and disorders in elite athletes, the International Olympic Committee (IOC) Medical and Scientific Commission has published a consensus paper on mental health in the British Journal of Sports Medicine (BJSM). It was written by an IOC Consensus Group coordinated by the Commission.

Telehealth: the provision of healthcare remotely by means of telecommunications technology.

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50#:~:text=In%20fact%2C%20members%200f%20Team,racial%20propaganda%22%20duri ng%20the%20Olympics.

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l3PT9YK6tMEZWH8uwrScVv9drH6mCZ8e8tHWMP6RqwrGvbyzH22RLBmeiozbEYsLmXzfEt vFfkeb_r8Ollvv2sqM4C23QlwW9ZlgiXuqnYyzSN.

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ROSTER

Afghanistan	Djibouti	Liechtenstein	Spain
Algeria	Dominican Republic	Lithuania	Sweden
Argentina	Ethiopia	Monaco	Switzerland
Australia	Finland	Morocco	Thailand
Austria	France	New Zealand	Türkiye
Belgium	Germany	Norway	Uganda
Brazil	Greece	Pakistan	Ukraine
Cabo Verde	Hungary	Philippines	United Kingdom
Cameroon	Indonesia	Qatar	United States
Canada	Ireland	Romania	of America
Chile	Israel	Russian Federation	Zimbabwe
China	Italy	Rwanda	
Colombia	Japan	Saudi Arabia	
Côte d'Ivoire	Jordan	Senegal	
Croatia	Kenya	Serbia	
Cuba	Korea, Republic	Slovakia	
Czech Republic	of	South Africa	
Denmark	Kuwait	SouthAnd	