

EUROPEAN VETERANS ATHLETIC ASSOCIATION

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**MASTERS' –
DEVELOPMENT – PROGRAMME**

Editor:

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Introduction

The European Veterans Athletic Association (EVAA) is the federation that is responsible for European track and field athletics of the given age groups.

Since its foundation in 1978 European championships are realised by this federation regularly. All veteran athletes who are member of the national athletics organisations can compete in these championships.

Since 1978 offers are only made in the competition area (= championships), that is managed and ran by an elected board.

On the occasion of the association's 25-year celebration in October 2003 in Riccione/Italy a resolution of the EVAA-board was passed: a „Development Commission“ should demonstrate new ways about how the future of the association and at the same time the future of the masters movement could be developed.

By this „Masters-Development-Programme“ the EVAA wants to try out new avenues. That means that different segments of the masters athletics as well as of the society are taken a look at, collected and put into action.

In a time of many people becoming older and older the sports movement is under a social obligation that people are not in danger of isolation and slipping into growing lonely. At the same time this older generation should have the opportunity to keep in touch with the younger generation, what has to be shown in parts of the program.

Integration instead of isolation also is a part that is covered by the program.

Other parts are of sport political kind, for example when we are talking about the up-keep of sports facilities that are threatened at the moment, when stadiums more and more are reconstructed into pure soccer-arenas.

Many aspects are considered, however all of them make clear one thing: the masters are an important economic, political and human factor that have found a home in athletics. Now they expect and have a right to expect a service by an organisation like the European Veterans Athletic Association (EVAA).

1 Sport in the course of time

For a long time sport activities were considered to be a domain of youth. However there was a big change during the last few years. It is true that still the "youth of the world" is called to the Olympic Games - even if the "young age" of the Olympic athletes has changed considerably and has left the age period between 20 and 30 that was the usual one a few years ago. However the no clear-cut dividing line to the so-called masters, seniors or veterans¹ is incalculable.

The growing proportion of people over 30 years of age that is physically active, organised in clubs or non-organised, is expanding year by year. Besides the demographic components (see 2.2.1) the reasons for this development are the changed working and lifestyle conditions as well as the growing leisure-time and the change of the outside and self-image of the elder generation. One must assume that physical activities of the elder generation will still be of much more importance in future.

Clubs and federations have recognised the change and have reacted. More and more special offers for "the old ones" are presented. At first these offers were only made for the age groups up to 50 years old. There was no courage to offer sport for "older people", older than 50 years of age.

Moreover there were only a few kind of sports, mainly individual ones that offered physical sport activities for "over 50".

One of these individual sports is track and field athletics, that has the advantage of could be done everywhere, in competition forms as well as without these, as individual sports as well as in a team.

1.1 Initiatives in many countries

In 1972 already a masters-initiative was started in Germany. The Olympic Games of Munich were the reason for Mr. WILHELM KÖSTER to take the initiative. At his instigation there were "International masters competitions" in Cologne/Germany (Americans, Canadians, South-Africans, Australians and Germans were competing), that were the example for an international meeting in Toronto/Canada in 1975. In Germa-

¹ For reasons of marketing and communication, the terms seniors and veterans that are used in some sport federations already from the age of 25 (swimming) or 30 (athletics) on, should be thought about.

ny, the "foundation country" of the master's movement, competitions for masters were announced very soon after, first and for a while as "competitions of the best ones".

Other national federations followed and by this a continental- and world-wide movement started that finally in 1977 led to the foundation of a world association (World Association of Veterans' Athletic) in Gothenburg/Sweden and after that in 1978 of the European association EVAA (European Veterans Athletic Association) in Viareggio/Italy.

1.2 EVAA with signal effect

The European Veterans Athletic Association (EVAA) was founded in 1978 and has registered the following development since then:

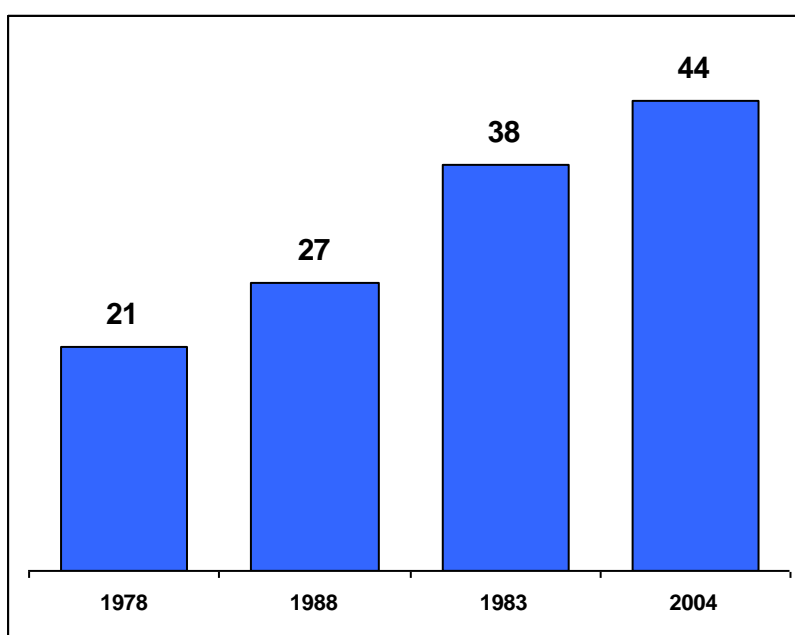


Figure 1: Development of EVAA member countries

In 1978 already the 1. European Veterans Championships (Stadia) took place in Viareggio/Italy. By more than 1.000 participants the signal was given to be on the right avenue.

Henceforward the European seniors met for "their" event every two years as well as the seniors of all over the world did in the years in between.

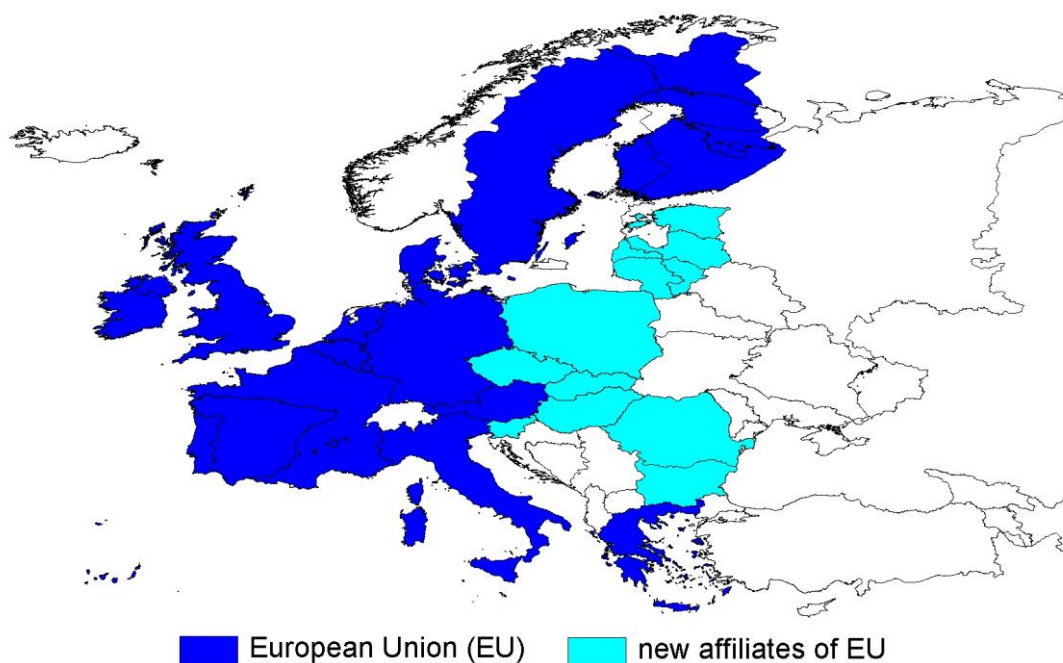
The offer received a positive response; the initiators had set the right signal. The acceptance was response enough.

Besides the stadia-championships, the non-stadia (road) championships started in Brugge/Belgium in 1989, followed by the 1. Indoor-championships in Birmingham/England in 1997.

2 Current situation in EUROPE

2.1 Countries in Europe

At the moment there are 48 countries in Europe, 25 of which belongs to the European Union.



Map 1: Member countries of the European Union

2.2 Population in Europe

In these 48 European countries about 728 millions of people were living in the year 2000, 52% of which female and 48% male.²

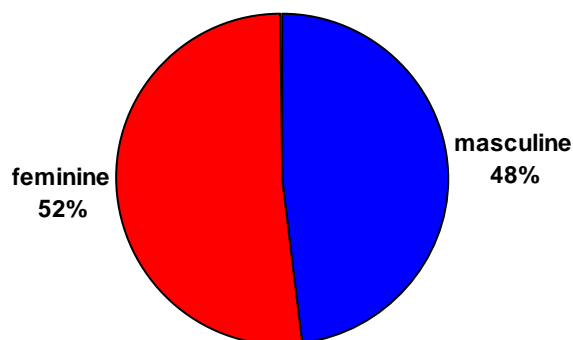


Figure 2: Gender Proportion in Europe

During the last decades the population development has changed a lot, not only in Europe, but also all over the world. An alarming increase of the world population stands in opposite of a decrease of the European population. This development will be followed over the next years. According to studies of the United Nations Organisation the world population will increase by 34% within the next 30 years, from about 6 thousand millions at the moment to 8 thousand millions. In Europe on the contrary the United Nations Organisation expects a population decline by 6%, from 728 millions to 685 millions. Up to 2050 the world population is expected to increase to 9 thousand millions (+50%), whereas it is decreasing in Europe to 632 millions (-13%).³

Besides the alarming decline of births in Europe the changed life expectancy will have a considerable influence to the age structure. In 1970 the life expectancy in Europe was at an age of 68,3 years with men and 74,8 years with women. 30 years later in the average men could expect an age of 73,3 years, and women of 80 years.⁴

² United Nations 2003, <http://esa.un.org/unpp/p2k0data.asp>

³ ibidem

⁴ Statistisches Jahrbuch 2002 für das Ausland, S. 199

Within the next about 30 years, according to the prediction of the United Nations Organisation the life expectancy of men in Europe will increase to 75,6 years, the one of women to 81,8.⁵

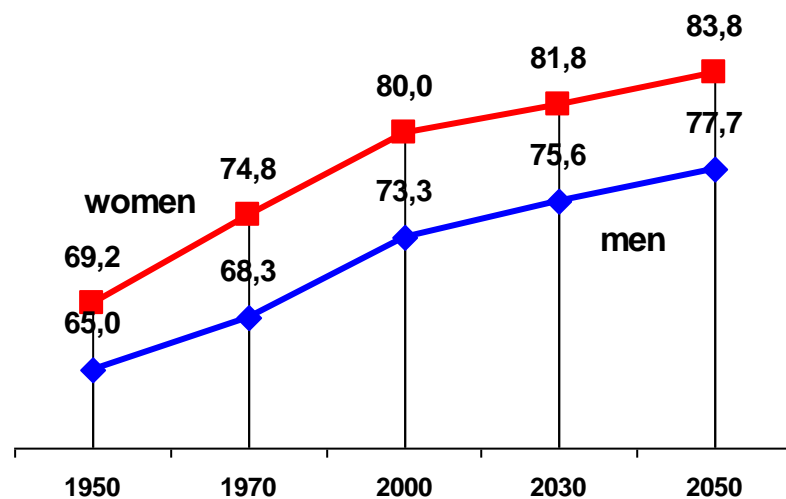


Figure 3: Development of the life expectancy of the population in Europe

opment of

Supposed the prediction of the United Nations Organisation is correct, the life expectancy has increased by 15 years with women and by 13 years with men within the last century (Figure 3).

This population development is accompanied by changes in social life, in plans for the future, and in life style.

Whereas some years ago the plans for the future of the ageing people were orientated for the medium term after the retirement age, nowadays these plans start long before that "cut-off date" (= day of retirement).

2.2.1 Population over 35 years of age

The international athletics federation IAAF (International Association of Athletics Federations) made the decision that in the masters-groups male participants can compete in international meetings and/or championships from the age of 40 onwards, female participants from the age of 35 onwards.

⁵ Rheinland-Pfalz 2050, S. 44

Out of the 377 millions female Europeans 213 millions (57% of all women) belong to the age group over 35 years. 153 millions Europeans (44% of all men) are 40 years and older.⁶

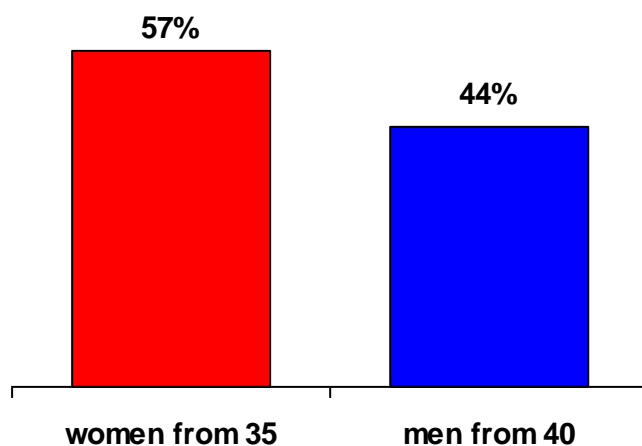
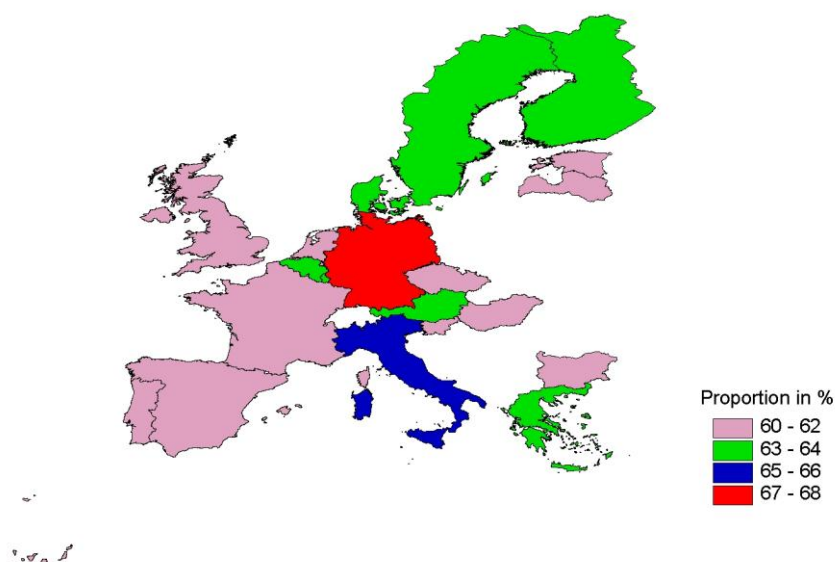


Figure 4: Population proportion of women and men from 35 resp. 40 years of age on

From map 2 you can take the strongly varying part of population over 30 years old within the European Union.⁷



Map 2: Population proportion of over 30 years old people in Europe

⁶ United Nations 2003, <http://esa.un.org/unpp/p2k0data.asp>

⁷ The authors do not have any data of the other 21 European states. As well the age cohort of 30 had to be underlie, because there were no information of a regional age group from 40 onward.

2.2.2 Population of the coming decades

According to the population estimate by the United Nations Organisation (medium-variation) the population in Europe will decrease by 43 millions (6%) till the year 2030 and counts 685 millions then. Till 2050 it will decrease to 632 millions (13%).⁸

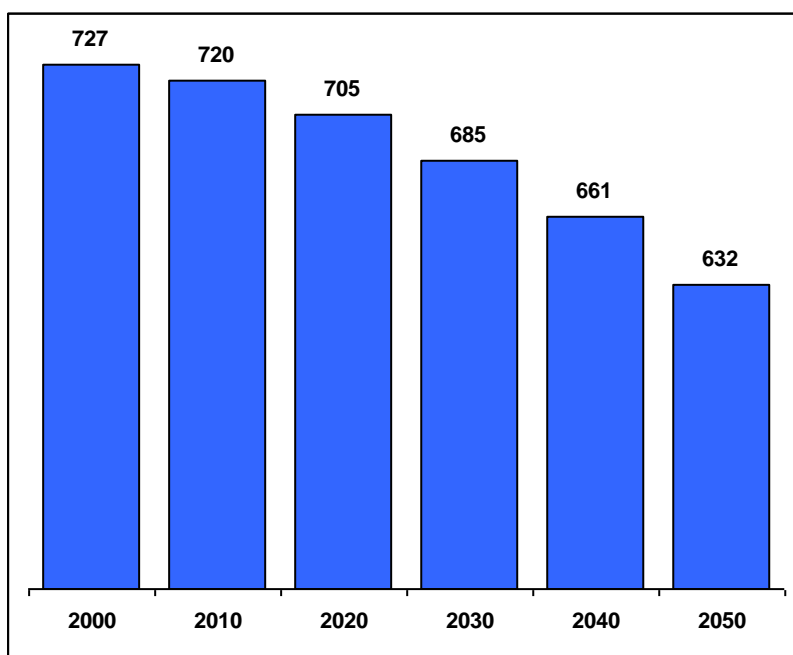


Figure 5: Population development in Europe until 2050 in millions

As a result considerable changes within the age groups will follow. The age groups that are relevant for masters sports will increase absolutely as well as in proportion to the whole population. On the other hand the younger population (up to 39 years of age) will decrease by 28%.

The number of women over 35 years of age will increase by 12%, its proportion to the female population will increase from 57% to 67%.

⁸ United Nations 2003, <http://esa.un.org/unpp/p2k0data.asp>

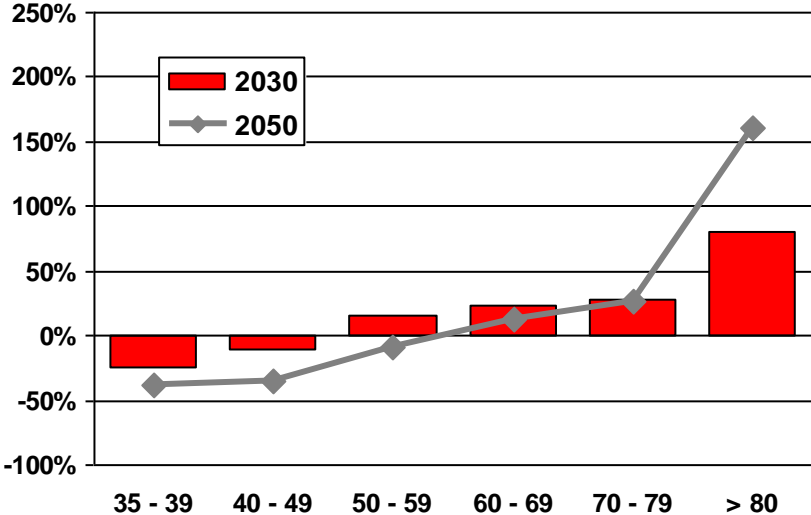


Figure 6: Change of the female population in Europe until 2050

The number of men over 40 years of age will increase by 22%, its proportion to the male population will increase from 44% to 56%.

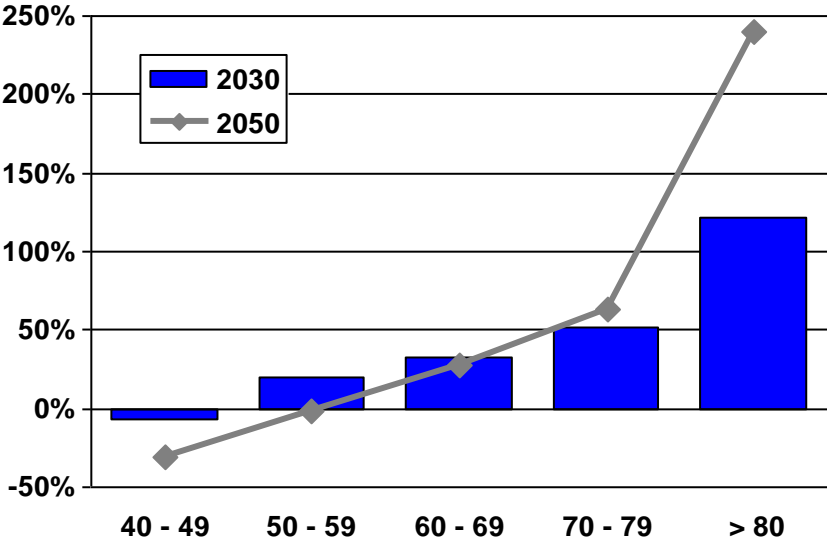


Figure 7: Change of the male population in Europe until 2050

3 Data pool for an EVAA development programme

The development program of EVAA will be based on an evaluation that has to be done in the 48 athletics federations in Europe. This will collect the following topics:

3.1.1 Number of members in each federation

The following information is related to those federations that are mentioned in 3.1.6 a) and 3.1.6 b).

That means for 3.1.6 a): there are 38 countries with independent sections whose number of members has to be evaluated.

The other members have to be registered under 3.1.6 b).

3.1.2 Number and kind of championships

The questions to be asked for are, which championships are carried out in each country/federation.

Related to the German Athletics-Federation for example, at the moment there are 13 championships:

Indoor Championships including winter-throwing events, road-running, marathon, hill-running, cross-country running, ultra-marathon, stadia I (age groups 30 to 49 years) and stadia II (age groups 50 to 80+), decathlon/heptathlon, throwing combined-events, team championships, road and track walking.

3.1.3 Particulars of the championships and specification of the disciplines

That means to register which disciplines are announced at each championship, which age groups can take part and how many participants compete in each discipline.

3.1.4 Use of medal standards

It seems to be most important to ask for the use of medal standards, because this prevents the "exclusion" of the old age groups. The term "old age groups" has to be considered as relative because in some countries 60 years old people cannot com-

pete already. In those countries there are no other competitors in these age groups, the interest of taking part in events comes to the end, so.

3.1.5 Age of entry

Most different is the age of entry into the masters group. On the one hand 30 years old athletes already can compete in some countries (men as well as women), whereas in other countries they have 40 years as age of entry.

Internationally (WMA and EVAA also) they proceed according to IAAF-rules, which means that men can compete from 40 and women from 35 onwards. This is in contrast to the rules of the International Masters Association (IMGA), where track and field athletes can compete from 30 years of age onwards (men and women).

3.1.6 Independent or integrated part of national federation

Although the European Veterans Athletics Association (EVAA) was founded in 1978 already and has become well known by many activities, so far this movement is not established everywhere.

At the moment you can state that there are the following kinds of memberships:

- a) Independent division/section in a national federation that is recognised by the EAA,
- b) Independent masters federation
- c) No masters division in any of the EAA member federations.

4 Components of an EVAA development programme

4.1 Championship programme

4.1.1 A championship in each federation (stadia, road, indoor)

Objective of the step: *alongside with a fixed short term time frame each member federation should be capable to offer an independent championship program for masters.*

The first basic demand to all EVAA member federations is to install and organise a championship offer, which according to the local situation has to be chosen out of the international offer (stadia, non-stadia or indoor championship).

The appropriate suggestions are made on basis of the coming evaluation in all member federations.

4.1.2 Open championships

Objective of the step: *should there be any organisational, logistic or even personal difficulties to get the objective, a support has to be given in order to get the objective according to 4.1.1. The support could be a co-operation with neighbour federations, offering "open championships", for example.*

The realisation of "open championships" has to be considered in close relation to 4.1.1 (own championships for each federation). Even if there is no possibility for a national federation to realise any championship because of a small number of participants, there is a chance to realise this championship together with a neighbour federation. In regions like „Baltic“ or "Balkan“ this "open championship" has already been practised, so that one can go back to the experience.

The base of all actions should be the simplest form of a championship, what means the realisation of a non-stadia (road) championship.

4.1.3 Updating of the EVAA-programme (age development / age related disciplines)

Objective of the step: *A development policy that can be supported outside has to be the centre of the action. That means that not at any price offers are made that are payable by the health and safety of the athletes.*

As mentioned before we have to register a population that is becoming more and more older. That means that within a few years athletes want to compete in championships that are equivalent to their age and sport carrier.

However, we have to consider the fact that the championship program cannot be extended at any price and for each age group.

Like in all federations practised with children already, also in the old age there should be attention to an age-related competition offer.

For the decision of "age-relation" without any restriction the EVAA has to be responsible for, because in a certain sense it has the responsibility for the health and safety of the athletes.

The current program of the EVAA stops at the groups of M 85 and W 80. With respect to the exploding increase of the ones in the age older than 80 years (cp. 2.2.2) an extension to the groups M 90, M 95, resp. W 85 and W 90 should be planned. Scientific and medical findings have to be considered when the announcements of disciplines for these age groups are planned.

As proved already, competition offers in endurance running and throwing is of no danger for old people when prepared accordingly. So there seems to be no problem to integrate those disciplines into the championships program.

4.1.4 European-Masters-Cup as promotion effort

Objective of the step: *by change of the championships program age groups are addressed to that otherwise could go into isolation; moreover this step shall result in a development in masters' athletics activities all over Europe, that increase the degree of familiarity of athletics even as team sport.*

In spite of the cliché of athletics as an individual sport only, the team competition creates a great fascination. Team competitions like relay running are the best example for.

Against this backdrop and the example of the international team cups the idea was born to create an analogous offer for the masters. The wide range of athletic disciplines is the basis for the arrangement of this master's cup.

By the planned master's team cup national teams are addressed to, that compete for the cup in a yearly rhythm and practice the team spirit so.

More details are worked out by the EVAA-Stadia-Committee and submitted to the EVAA-Council for voting.

4.2 Training

4.2.1 Preparation to competitions / championships

Objective of the step: *the idea is that master athletes approach competitions and championships carefully and systematically on basis of the latest training methodology. For this it seems to be necessary that a further education takes place regularly (by written papers, by clinics, by education events or by demonstrations) which can be kept of one's own free will.*

Athletic is an individual sport; the results of this "definition" are obvious and can be seen up to the training.

The masters especially often prepare very individually to competitions and championships.

To a certain part this preparation is based on the experience of their own as a young athlete or as a coach. They copy training concepts and plans of former days that they had experienced as to be good and successful. A reflection about necessary changes does occur rarely or not.

Sometimes they adopt training concepts from their fellow athletes or club teammates, or in the best case they join a training group.

Now matter how one considers a training measure; in every case a systematic approach seems to be helpful in order to prepare competitions and championships carefully and systematically.

In the area of master's high performance sport unfortunately, there is only a little proven knowledge about the effects of specific training measures. Basically the ability of training is kept in all age groups, but it decreases by the forced decline of all physical performance factors when becoming older.

At the moment it is supposed that the sport specific training of a young adult can be followed up to the age of about 50/55 without any problems. With respect to speed and flexibility training however, one should consider that there are noticeable worse prerequisites after that age, which result in a performance decrease accordingly.

All these specific prerequisites have to be considered when talking about master's training, in order to can provide them with the best possible information.

For the first time we want to use the possibilities of the internet up to the interactive communication when implementing this measure.

4.2.2 Training and nutrition

Objective of the step: *by clinics and consulting there shall be reached that masters eat "sport-conscious" and that they will be informed about all additives of any food supplementation products. At the same time this step shall be used to inform of doping.*

According to sport scientists about 50% of all performance problems in sports can be explained by wrong nutrition. Voluntary measurements during the 1. World Masters Indoor Championships in Sindelfingen/Germany in March 2004 showed that 60% of master athletes (male and female) had a bad status with respect to micronutrients (vitamins, minerals, trace elements, phyto-nutrients, and anti-oxidants). Athletes with a health- and sport-conscious diet have a much better vitamin- and anti-oxidant status, most the time in close relationship to food-supplementation.

Because of that, a skilled consultation about diet and food supplementation shall be provided parallel to the preparation to competitions/championships. Among other aspects this consultation has in mind the fact that a lot of food supplementation products do not meet the standards and rules of the world federation (IAAF) and of the anti-doping-organisations at all.

Besides the possibilities of consultation by seminars, by books or by further education events, in this area also the internet communication has to be used. This area has to be in charge of a nutrition expert who also knows the whole doping scenery.

4.2.3 “Young and old together”, new avenues in athletics

Objective of the step: *athletics as a sport is a „life-time-sport“. All one's life there is an offer in this sport what hardly another sport can do. Because of that all resources should be used in order to fill these lifetime offers theoretically as well as practically.*

By installing the offers of "father and son sport" or "mother and child sport" at the latest, it was consciously registered that sports can also be practised over the generations.

And because athletics has offers for all generations this development can be practised in this sport, too. Moreover these offers can be used to gain members, that means that children bring their parents or grand parents to sport or the other way round.

Even if as a result those members do not compete in competition sports this step has to be recognised as a success, nevertheless. Finally members could be gained that count for the mass sport or could be used for other parts of sport, in athletics especially in this case: As trainers or coaches, as judges or club-board members as well.

Ever since the beginning athletics has training and competition offers that have fixed rules and instruction. However there also are offers that are "free of rules" as for example the children's program of IAAF, called „IAAF KIDS' ATHLETICS“ which is taught world-wide and meanwhile has a big amount of supporters.

Generally in this area the wide range of a modern and age-related training shall be presented, as well as new programs and materials shall be experienced.

In this step schools and the school system have to be integrated also that are important partners when talking about the ideas of "young and old together".

4.3 "Winning campaign" (like in Sindelfingen)

Objective of the step: *at all future EVAA-championships the region around the organising city as well as the national federation should list a remarkable decrease of master athletes.*

In March 2004 the 1st Indoor World Masters Championships took place in Germany (Sindelfingen, near Stuttgart).

The German Athletics Federation organised these championships together with the regional state federation and the local club VfL Sindelfingen.

The German Athletics Federation had the following objectives:

- a) Organisation of the indoor championships by adding some disciplines that were carried out outside the sports hall (long throwing events, cross-country running, road walking)
- b) Participation of a most possible big number of master athletes from the regional surrounding as well as from all over Germany.

In order to get the objective a campaign was started that was divided into the following parts:

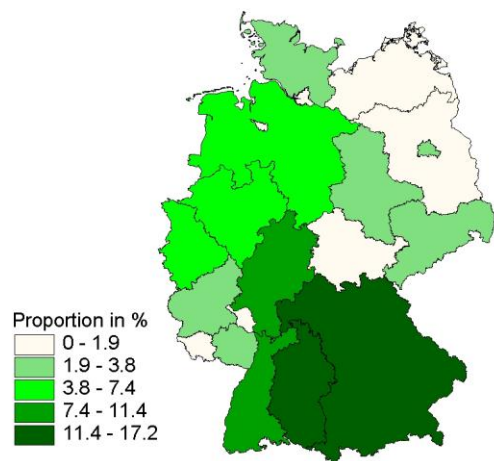
- to motivate many German athletes to compete at the championships,
- to address a new clientele and motivate it for international master's athletics.

For the first time male athletes of the age group from 35 years on could compete, even if only unofficial. A final decision about the topic has yet to be given by IAAF. Up to then the participation of this age group has to be seen as "unofficial".

The campaign was supported by:

- An announcement brochure with a description of the objectives (many German competitors, new members for the clubs)
- Distribution of the brochure to all states federations of German Athletics Federation (= 20 states federations)
- Competition situation by offering of prizes (a one week stay at the world indoor championships in Sindelfingen)

The campaign struck a chord and was taken note of with the result that out of 1.216 German competitors 441 took part at an international championship for the first time. From the regional surrounding around Sindelfingen only (state of Baden-Württemberg) 339 master athletes competed (209 from the state Württemberg, 130 from the state Baden).



Map 3: Proportion of registrations of German states federations to the WIC 2004

In this state Baden-Württemberg (= two states federations) in order to get members and for the preparation to the championships especially, training courses were offered and seminars and even special education courses by experts from top-class athletics were carried out.

In addition judges and assistants could be found out of the local clubs and schools that now are available for local and/or regional organisers at future athletic events.

4.4 Upkeep of stadiums / Political importance

Objective of the step: by increased co-operation with master groups and activities new initiatives in stadiums are spread that prove that athletics must have the opportunities of organising training and competitions (club competitions as well as championships).

All over Europe "anti-athletics" activities occurred over the last few years: stadiums are "re-built", what means tracks are cleared away in order that spectators can move closer to the soccer field and watch the situation right in front of their eyes.

Meanwhile many activities have led to a situation that traditional athletic-stadiums were changed into soccer-arenas.

When looking for reasons „pro athletic-stadium" it was often argued that championships as well as school competitions could bring a sufficient capacity in threatened stadiums.

The masters were disregarded with this argumentation, although because of their number especially they guarantee a high capacity at championships and competitions, also together with other age groups.

This fact has to be pointed out in future, especially in discussion platforms, seminars, courses, marketing measurements, and applications.

4.5 Marketing / Sponsoring

Objective of publicity campaigns: *publicity partners from trade and industry must be informed about future orientated projects of master's sport in general and of events especially. An important factor in this relation is the financial power of the masters.*

So far this area did not play an important role and was not or only a little regarded by trade and industry partners.

Now and then partners were found, at international championships mainly, if local products should be promoted.

It was not before Sindelfingen that some interest -also at IAAF- was given to the master athletics.

It must be avoided at any case that the cliché of becoming older is transferred to marketing partners. Examples like "Kukident" (for dental prosthesis), Doppelherz (against heart problems) or VIAGRA (in Puerto Rico at the WMA-championships in 2003) have negative effects and are completely against a movement that wants to show and promote athletics as a lifetime sport.

4.6 Uniting of regions

Objective of the step: *by uniting of regions we want to get a faster and more effective work on "short ways", in the area of further education as well as in the area of championships and in the areas of interests and manpower.*

Because of work-technical reasons a distribution of Europe has to be made for the future work of a development-commission, in order to work effective, demand-orientated and regionally.

It has to be considered that there are member federations with long traditions that have reached a stage of development already that can have model character for other countries.

Moreover it has to be planned that in organising seminars, further education and information events existing education places should or even must be used.

Besides national education places also the centres of IAAF has to be regard which are in Lisbon/Portugal and Moscow/Russia (RDC = Regional Development Centre of IAAF).

On current reflection Europe has to be distributed in six regions: Baltic, Balkan, East Europe, Scandinavia, South Europe and Central Europe (see Map 4).

That means in detail:⁹

Baltic (3):

Estonia, Latvia, Lithuania

Balkan (9):

Slovenia, Croatia, Bosnia-Herzegovina, Serbia & Montenegro, Macedonia, Albania, Greece, Turkey, Cyprus

⁹ Member countries of the European Union in bold letters

East Europe (13):

Bulgaria, Romania, Hungary, Czech Republic, Slovakia, Russia, Belarus, Ukraine, Poland, Moldavia, Azerbaijan, Georgia, Armenia

Scandinavia (5):

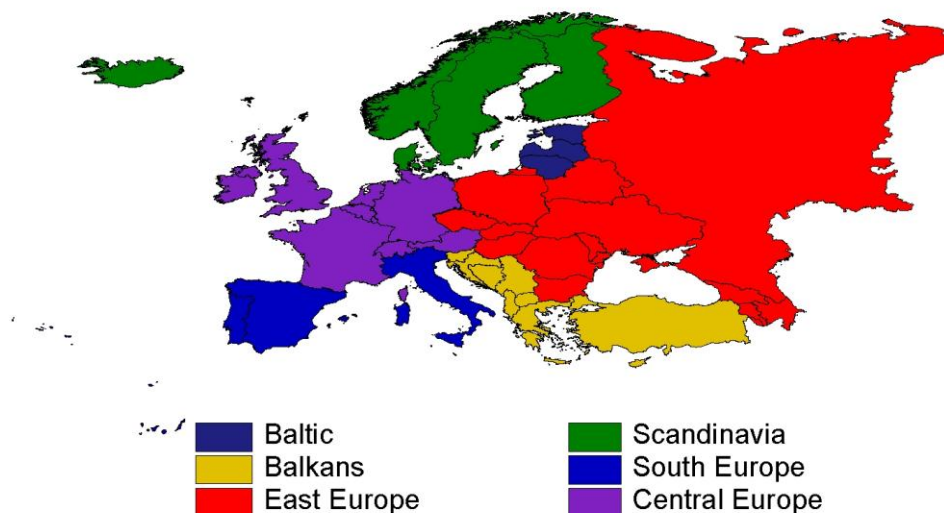
Iceland, Norway, **Sweden, Finland, Denmark**

South Europe (7):

Portugal, Spain, Andorra, Gibraltar, Italy, San Marino, Malta

Central Europe (11):

France, Monaco, Switzerland, Austria, Luxembourg, Belgium, Netherlands, Germany, Liechtenstein, Great Britain & Northern Ireland, Ireland



Map 4: Athletic-regions in Europe

4.7 Safety Officer

Implementation of the “Safety Officers” programme in the European Veterans Athletic Championships (EVAC) is a new step forward, towards the development of high standards of athletic competition in the veteran athletic movement. EVAA has to ensure in cooperation with the local organizing committees (LOC), that judges act for the benefit of our sport, as well as to protect athletes from health damage and to make sure that the competitions follow under the rules of IAAF.

4.7.1. Historical and legal background

EVAA Academy started the first Safety Officers Seminar in Marathon (GRE) during the Marathon Race 2009 in November. Participants of different countries took part and finished with a certificate.

For the first time in history of EVAA Safety Officers were on duty in Nyíregyháza (HUN) during EVACS 2010 from July 15th up to July 24th.

The main task of EVAA Safety Officers is to protect athletes from injuries, because of health problems and ability problems (not technical problems) during athletic competition (see WMA Handbook 2009-2011, §110.2).

Therefore two safety officers work close together. One with medical skills (medical doctor) and one with technical skills (ITO or NTO) take the responsibility to disqualify a competitor if there is a personal risk for the athlete.

4.7.2. Justification

Safety Officers are necessary to

- ensure that no athlete's health is endangered by the competition or event;
- ensure that every competitor has motor skills to complete in the event and maintain the integrity of the event;
- ensure that the programme is not delayed unnecessarily or demeaned by the performance of a competitor;
- ensure that coordination and communication with medical services personnel is such that immediate response and actions are taken to safeguard the athletes.
- ensure that European Veterans Athletic Championships are of high quality standard to guarantee a positive image of the veteran athletic movement.

4.7.3. Future aspects

- After the experience of Nyíregyháza (HUN) EVACS 2010 some aspects should motivate EVAA to continue and to develop EVAA's Master Development Programme:
- People have to be better prepared for European Veteran's Championships. They have to be better coached and their training has to be more effective, e.g. pole vault for women became a veteran's competition some years ago.
- Competitors must be able to follow IAAF rules to participate.
- Before entering a championship, athletes should go to a doctor to be checked and they have to follow doctors' advices.
- EVAA Safety Officers will meet once a year to exchange experiences and ideas and to continue the work on Safety Officer's Handbook.
- EVAA Academy has to continue the Safety Officer seminars in all regions of Europe to find a consensus for championships. EVAA has to point out that European Championships should have a high level and a high standard. EVAC should not lower its level to make everybody happy. Therefore the Medal Standard is a must for national and international competitions.
- EVAA needs the feedback from the experience of the athletes, the national federations and the local organizing committees (LOC) of EVAC for further projects.

4.7.4. General aspects of Safety Officer in EVAA

4.7.4.1 Social point of view

Veteran athletes enjoy the EVAC because they come together with people who have participation of athletic completion in common. They like to participate, they like to meet friends, and they enjoy the atmosphere of competition, they love the spirit of the athletic sport.

4.7.4.2 Different aspects

4.7.4.3 Technical aspect

Competitors must be able to follow the technical rules of the competition itself (IAAF Competition Rules).

4.7.4.4 Medical aspect

Competitors must be able to compete in all disciplines without injuring themselves or other competitors. The health of the participants must never be in danger.

4.7.4.5 Competition aspect

Competitors must be able to finish the competition properly and safely, and must be able to ensure that the competition time table is not unnecessarily delayed or de-meant by the performance of the competitor.

4.7.5. Safety Officers of EVAA

4.7.5.1 Head of Safety Officer

The Head of the Safety Officers is the advisor of the Technical Board of Managers in EVAA. He is appointed by the Technical Director confirmed by EVAA Council.

4.7.5.2 Pool of Safety Officers

There are several trained Safety Officers in the European regions, educated by EVAA Academy. More seminars will be prepared in co-operation with the national associations.

4.7.5.3 Regional and national championships

For the benefit of our sport EVAA continues to follow the aspect of high quality and high standard of competition in all regions of Europe. Therefore EVAA supports the installation of pools of Safety Officers in co-operation with the national federations.

4.7.5.4 Conditions to work as a Safety Officer for EVAA

- a minimum of 25 years old and not more than 70 years old
- basic knowledge of the English language in international competitions
- special knowledge of athletics
- special knowledge of competition rules
- special knowledge of medical aspects
- personal competence (flexibility, responsibility, objectiveness)

4.7.5.5 Responsibility of the Safety Officer

4.7.5.6 Nomination of the Safety Officer

The Technical Director decides about the nomination of the responsible Safety Officer in each EVAC.

The Safety Officer Team is independent and objective in all its decisions. It treats all competitors equal, independent from nationality, race, gender, and religion.

It should never take personal advantages from his position as Safety Officer.

Public interviews about decisions are not allowed. Documents and communication by print or electronic media must never be published.

4.7.5.7 Co-operation

The Safety Officer co-operates with the judges and the medical service of the competition. The Safety Officer can nominate assistants who should support him as observers. The assistants have the responsibility to inform the Safety Officer about incidents that happen, but are not allowed to give orders to the athletes. At the end the Safety Officer has the responsibility of all the decisions.

4.7.5.8 Procedure of the work of the Safety Officer

The Safety Officer works with a yellow and a red card. Two yellow cards must be shown, before the red indicates the disqualification.

Examples for yellow cards:

- for being not able to follow IAAF rules during the competition
- for permanent walking instead of running during a running event
- for showing inability to finish a competition
- for looking exhausted and unable to continue in a healthy manner
- for obstructing another competitor
- for running / walking that much to slow that the timetable is deleted

In case of a serious dangerous situation (technical and medical aspect) the Safety Officer has to take out the red card at once to indicate a disqualification of a competitor to save the competitor and other athlete.

The competitor who received the red card has to stop the competition immediately and has to leave the competition area. Leaving the area the competitor must not hinder another competitor who is trying to finish the event.

If the disqualified athlete is abusing or attacking the Safety Officer this athlete can be dispensed from all the other competition he is registered for. The incident will be reported to the national federation.

4.7.5.9 Report after the competition

During the competition the Safety Officer has to write a short report of the incident and present it the same day to the Technical Director.

A complete report about all the incidents and disqualification will be presented after the end of EVAC to the TBM.

4.7.5.10 Protest

There is the possibility of protest against the decision of the Safety Officer (IAAF General Competition Rules – Rule 146 Protests and Appeals)

4.7.5.11 Accreditation

Safety Officers and assistants are marked with visible signs that indicate the person as "Safety Officer on Duty". He should be dressed properly and present himself as a member of the TBM.

Athlete Bib	Day	Date	Event		Event Time	Age Group	Country
1. Inability to follow the rules			Card	Time	Reason		Officer
2. Technical Skills		1	yellow				
3. Health Problems		2	yellow				
4. Permanent walking not running			red				
5. Over time		remarks					
6.		remarks					

4.7.6 Conclusions

For the first time in the history the EVAA was invited to take part in award procedure of the European Athletics (EA). This award, since years is a part of the EA Development Department, which was splitted in different categories and one of them was "open category".

EVAA sent the "Safety Officer" project to the European Athletics Commission which has been evaluated more than 30 projects. In recognition of EVAA efforts and its Masters' Development Program the European Athletics Association recognized the essence of safety competition and health of veterans' athletes. In the final works the Commission came to decision and awarded our initiative in the category "Innovation Prize 2010".

In Serbian capital Belgrade, in October 16th, 2010 was organised the European Athletics Gala and during this annual ceremony the EVAA and its Academy have been in the centre of attention. Hansjörg Wirz - EA President honoured the initiative of the EVAA Academy (Kurt Kaschke and Nicola Maggio) for the project "Safety Officer".



Safety Officer Project

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