

TEMPLATE FOR REPORTING ON RECENT INITIATIVES ON SPORT FOR DEVELOPMENT AND PEACE

Department for Sustainable Development, Government of Romania

The United Waters of Romania Caravan

Provide a summary of the initiative, including a brief overview, proposed/actual outcomes and an assessment of any lessons learned and the way forward.

Please provide more details on each initiative including items below:		
Objective(s):	<i>Please indicate which, if any, of the following fall among the main objectives of the initiative:</i>	
	<ul style="list-style-type: none"> Ensuring no one is left behind (advancing empowerment, inclusiveness and equality through sport) 	<ul style="list-style-type: none"> Eradicating poverty and promoting prosperity
	<ul style="list-style-type: none"> Leveraging sports events to promote action to combat climate change, advance peace and/or sustainable development 	<ul style="list-style-type: none"> Conflict prevention/peace building
	<ul style="list-style-type: none"> Research development, data collection and/or data dissemination 	<ul style="list-style-type: none"> Safely harnessing sport for sustainable development, peace and wellbeing in the context of the COVID-19 pandemic, including through the use of technology
	<ul style="list-style-type: none"> Integrating sport for sustainable development and peace in COVID-19 recovery and/or 2030 Agenda strategies, programmes and policies 	<ul style="list-style-type: none"> Safeguarding sport from corruption and crime
	<ul style="list-style-type: none"> Strengthened global framework on sport for development and peace 	<ul style="list-style-type: none"> Other (please specify)
Implementation mechanisms:	Starting from 2019, the Department of Sustainable Development started a partnership together with Ivan Patzaichin - Mila 23 Association to promote rowing as a way to connect with nature and better protect the water for a healthy life and environment.	

	<p>We facilitated the organization of rowing contests in different cities in Romania. Also, the campaign included United Waters of Romania Caravan - 4 days of gentle rowing on the Danube from Tulcea to the Black Sea, with nights spent in a tent, in the middle of nature. The caravan was meant to promote responsible tourism and sports activities for development and peace.</p>
Target Audience(s):	<p>All categories of public, of all ages, who are passionate about water sports, Danube Delta Biosphere Reserve and UNESCO World Heritage Site. People with lack of rowing experience were also welcomed.</p>
Partners/Funding:	<p>The project was initiated by the Ivan Patzaichin - Mila 23 Association, in partnership with the Department for Sustainable Development of the Romanian Government, and was supported by private sector partners.</p> <p>The United Waters caravan benefited also from the support of the Danube Delta Biosphere Reserve Administration and the Romanian Waters National Administration.</p>
SDG Alignment:	<p>The initiative targeted directly three SDGs: Good Health and Well-being (3); Clean Water and Sanitation (6); Life On Land (15). Also, it has contribution to SDG 11 (Sustainable Cities and Communities) and SDG 10 (Reduced Inequality), through promoting sustainable development of the Danube Delta.</p>
Alignment with global frameworks:	<p><i>How does this initiative align with/contribute to the objectives of the <u>Kazan Action Plan</u>, <u>WHO Global Action Plan on Physical Activity</u> or other related internationally agreed frameworks on sport and/or physical activity?</i></p> <p>Sport for all, including traditional sport and games, is fundamental to achieve the full potential of physical activity for personal and social development. The United Waters of Romania Caravan was inclusive, in order to contribute to the reduction of inequalities. For this programme, a broad range of stakeholders were mobilized: public authorities, sports and educational organizations, private sector, civil society, etc. It was emphasized the critical role of youth in maximizing the contribution of sport to sustainable development and peace.</p> <p>We aimed to reduce the prevalence of physical inactivity/sedentary behavior, both in adults and in adolescents, by ensuring that all people interested in participating had access to a safe and enabling environment, as a means of improving individual and community health and, consequently, as a result, contributing to the social, cultural and economic development of the nation. An active society, active environments, active people and active systems make healthy nations.</p>
Alignment with United Nations Action Plan on SDP:	<p><i>Which of the four thematic areas of the <u>UN Action Plan on Sport for Development and Peace</u> is this initiative designed to align?</i></p> <p>3. Resource mobilization, programming and implementation</p> <p><i>To which action area(s) of the Plan is this initiative designed to contribute?</i></p> <p>(i) Encourage multi-stakeholder programme development and implementation at all levels.</p>

<p>Outcomes:</p>	<p>The caravan presented the organizers' vision for visiting the Delta responsibly, with care for nature and respect for biodiversity, as well as being active and engaging in water sports (in this case rowing).</p> <p>Another important outcome was the promotion of Romanian landmark personalities that make our country proud. Ivan Patzaichin (1949-2021) was a Romanian canoe racing coach and sprint canoeist. He took part in all major competitions between 1968 and 1984, including five consecutive Olympics, and won seven Olympic and 22 world championship medals, including four Olympic gold medals. This makes him the most decorated Romanian canoeist of all time. He later worked as a canoeing coach, attending five more Olympics in this capacity. In 1990 he was awarded the Olympic Order, and in 2006 a nationwide poll included him on the list 100 Greatest Romanians of all time. (Source: Wikipedia)</p>
<p>Mechanism for monitoring and evaluating implementation:</p>	<p>Taking into consideration that the main goal of the initiative was to promote rowing and a sustainable lifestyle, it was very important for us to have good media coverage. Accordingly, we monitored the news about the project and how it was reflected both by classic media and social networks.</p>
<p>Challenges/Lessons learned</p>	<p>One of the main challenges was to involve public authorities to maintain the possibility of using waters. This is a more complex issue because there is a need for action on many levels. But, what we learn is that people are very enthusiastic about this way of doing sports, and it is very important to continue similar initiatives in order to start a movement for increased access to water sports.</p>

Romanian Olympic and Sports Committee

Title of Initiative: The National Olympic Juniors Training Center – NOJTC and the National Olympic Youth Training Center - NOYTC

Provide a summary of the initiative, including a brief overview, proposed/actual outcomes and an assessment of any lessons learned and the way forward.

Please provide more details on each initiative including items below:		
Objective(s):	<i>Please indicate which, if any, of the following fall among the main objectives of the initiative:</i>	
	<ul style="list-style-type: none"> • Ensuring no one is left behind (advancing empowerment, inclusiveness and equality through sport) 	<ul style="list-style-type: none"> • Eradicating poverty and promoting prosperity
	<ul style="list-style-type: none"> • Leveraging sports events to promote action to combat climate change, advance peace and/or sustainable development 	<ul style="list-style-type: none"> • Conflict prevention/peace building
	<ul style="list-style-type: none"> • Research development, data collection and/or data dissemination 	<ul style="list-style-type: none"> • Safely harnessing sport for sustainable development, peace and wellbeing in the context of the COVID-19 pandemic, including through the use of technology
	<ul style="list-style-type: none"> • Integrating sport for sustainable development and peace in COVID-19 recovery and/or 2030 Agenda strategies, programs and policies 	<ul style="list-style-type: none"> • Safeguarding sport from corruption and crime
	<ul style="list-style-type: none"> • Strengthened global framework on sport for development and peace 	<ul style="list-style-type: none"> • Other (please specify)

<p>Implementation mechanisms:</p>	<p><i>What are the means/processes of implementation of the initiative?</i></p> <p>The Romanian Olympic and Sports Committee (ROSC) is an organization that belongs to the Olympic Movement, being organized and operating on the basis of its own statutes issued according to the provisions of the Olympic Charter and those of the national legislation. The ROSC was founded and recognized by the International Olympic Committee in 1914.</p> <p>The ROSC supports, protects and contributes to the development of the Romanian sport and the national Olympic Movement, according to the provisions of the Olympic Charter; promotes the Olympism through training and educational programs; supports the work of institutions dedicated to the Olympic education and cultural programs related to the Olympic Movement; acts against all forms of discrimination and violence in sport, as well as against the use of substances and procedures prohibited by the World Anti-Doping Code; ensures the compliance with the Olympic Charter of the national sports rules deontology and their application in the territory.</p> <p>In 2013, Romania hosted the European Youth Olympic Festival (EYOF), the winter edition, in Braşov-City. The legacy thus created by this event brought the legitimate hope for Romania to candidate for the hosting of the Winter Youth Olympic Games in 2028. Another aspect of the EYOF 2013 legacy is the interest shown by the youth towards winter sports. In this regard, the number of athletes members of the National Olympic Juniors Training Centers increased ever since.</p> <p>The National Olympic Juniors Training Center are sports facilities (non-legal entities) dedicated to junior athletes. They are organized for the Olympic sports by National Sports Federations (NF) with the support of the ROSC, together with the Ministry of Sports, the Ministry of National Education. the County Directorates for Sports and the County School Inspectorates. They all have a direct contribution to the efficient organization and development of the activities of these National Olympic Centers.</p> <p>The purpose of the National Olympic Juniors Training Centers (NOJTC) is to train the young athletes (junior age category) with special abilities for high-performance in sports, with a view to their further promotion in the national and Olympic Teams. These athletes are provided with full board accommodation in these facilities and full-scale school attendance is mandatory, to keep them in a proper educational climate an offer them a normal intellectual evolution off-sport as well.</p> <p>The objective of the National Olympic Youth Training Center (NOYTC) is to support the training of the athletes in their youth age category (18-25years old) accepted in the program by ROSC at the proposal of their NFs, in the process of preparation and qualification for the European Games and the Olympic Games.</p> <p><i>What are the main deliverables/activities involved?</i></p> <p>Activities of sport training for juniors and youth from the NOJTC and the NOYTC, combine the regular school education with the sports training plans.</p> <p><i>What is the time frame of implementation?</i></p> <p>The time frame is based on the annual training and competition plans</p>
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Target Audience(s):	<p><i>Who are the beneficiaries of the proposed/implemented initiative?</i></p> <p>The beneficiaries are the athletes and their technical teams of different sports.</p>
Partners/Funding:	<p><i>Who are the main organizations/entities involved in the initiative and what are their roles?</i></p> <ul style="list-style-type: none"> • The ROSC - guidance, control, financing • The NFs - elaboration of norms and sports selection, as well as setting the performance objectives and the provision of specific training equipment, inventory and apparatus • Ministry of Sport - Approval of the organization and operation regulations, approval of center’s foundation • Ministry of Education (through its County School Inspectorates in the territory) – the transfer and schooling of students to schools within close reach • County Directorates for Sports – granting free access to their own local sports facilities <p><i>What are the main sources of funding of the initiative?</i></p> <ul style="list-style-type: none"> • The ROSC • The Olympic Solidarity (department of the International Olympic Committee – IOC)

<p>SDG Alignment:</p>	<p><i>To what SDG goal/target/indicator is this initiative targeted?</i></p> <ul style="list-style-type: none"> • Goal 3. Ensure healthy lives and promote well-being for all at all ages • Goal 4. Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all • Goal 5. Achieve gender equality and empower all women and girls <p><i>Please indicate any other national or internationally agreed goals/commitments to which this initiative is aligned.</i></p> <p>The ROSC, as a stakeholder of the International Olympic Committee (IOC), functions in line with the IOC’s Olympic Agenda 2020+5. For the above-mentioned activities, the following recommendations were targeted:</p> <ul style="list-style-type: none"> • Further strengthen safe sport and the protection of clean athletes • Reinforce athletes’ rights and responsibilities • Continue to attract best athletes • Strengthen the Olympic Movement through good governance <p>Moreover, during the 13th Olympic Congress held in Copenhagen in 2009, the IOC urged all those involved in sport to harmonize performance programs with educational programs.</p> <p>“All members of the Olympic Movement should support the importance of combining education with sport. Priority should be given to the development of life skills training programs for athletes. The Olympic Movement, in collaboration with parents, coaches and members of the athlete's entourage, should encourage and promote the participation of athletes in career programs, during the years of the competition period, but also after retirement from high performance”</p>
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<p>Alignment with global frameworks:</p>	<p><i>How does this initiative align with/contribute to the objectives of the <u>Kazan Action Plan</u>, <u>WHO Global Action Plan on Physical Activity</u> or other related internationally agreed frameworks on sport and/or physical activity?</i></p> <p>With regard to the alignment with the objectives of the above mentions Plans, the ROSC has the following remarks: the first NOJTC concept was created in 1971. These are already traditional projects that started before the publications of the Plans. The needs for these centers for junior and youth age category athletes are updated on an yearly basis, considering the sports performance of the respective NFs.</p> <p>However, after studying the plans, there was a focus to align with the objectives of the WHO Global Action Plan on Physical Activity, manifested through:</p> <ul style="list-style-type: none"> - raise of the human and financial resources involved in the projects - streamlining the communication methods <p>In this regard, the ROSC considers that its activities for the NOJTC and the NOYTC can be associated with action 4.1. Strengthen policy framework, leadership and governance systems, at the national and subnational levels, to support implementation of actions aimed at increasing physical activity and reducing sedentary behaviors, including multisectoral engagement and coordination mechanisms; policy coherence across sectors; guidelines, recommendations and actions plans on physical activity and sedentary behavior for all ages; and progress monitoring and evaluation to strengthen accountability.</p>
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<p>Alignment with United Nations Action Plan on SDP:</p>	<p><i>Which of the four thematic areas of the <u>UN Action Plan on Sport for Development and Peace</u> is this initiative designed to align?</i></p> <p>With regard to the alignment with the objectives of the above mentions Plans, the ROSC has the following remarks: the first NOJTC was created in 1971. These are already traditional projects that started before the publications of the Plans. The needs for these centers for junior and youth age category athletes are updated on an yearly basis, considering the sports performance of the respective NFs.</p> <p>However, after studying the plans, there was a focus to align with the areas of the UN Action Plan on Sport for Development and Peace, manifested through:</p> <ul style="list-style-type: none"> - raise of the human and financial resources involved in the projects - streamlining the communication methods <p>In this regard, the Romanian Olympic Academy (ROA) considers that its activities can be associated with:</p> <ul style="list-style-type: none"> - 3. Resource mobilization, programming and implementation <p><i>To which action area(s) of the Plan is this initiative designed to contribute?</i></p>
<p>Outcomes:</p>	<p><i>What are the expected/actual outcomes of the initiative?</i></p> <p>The NOJTC and the NOYTC are the main means to increase these young athletes' chances to go further and win their places into the Seniors Olympic Teams.</p>

<p>Mechanism for monitoring and evaluating implementation:</p>	<p><i>What are the mechanisms for monitoring and evaluating the implementation, outcomes and impact of the initiative?</i></p> <p>The proposed training and competition plans of the NOYTC are monitored and evaluated by the specific commission of the ROSC, namely the Olympic and Sport Performance Technical Commission which is formed by sports specialists and experts of the Romanian Olympic Movement.</p> <p>Monitoring athletes’ development in this age category involves paying attention to many aspects of their evolution, not only as athletes, but also as citizens and human beings in general. A holistic approach was adopted.</p> <p>The ROSC keeps a close contact with the schools where these athletes are registered, monitoring their school evolution, their grades and their behavior.</p> <p>The dynamics of their sports results evolution is continuous observed by the Sports Department of the ROSC.</p> <p>Their health and physical abilities to train and compete are evaluated by the National Institute of Sports Medicine on a bi-annual basis.</p> <p>The ROSC is also making specific evaluations through the TSAOC, which collects data and measures different parameters for their analysis by our specialists.</p> <p><i>What specific monitoring and evaluation tools are involved?</i></p> <p>Every 6 months the ROSC receives technical reports from all NOJTC and the NOYTC.</p> <p>ROSC experts’ evaluations are made by actual visits to the centers.</p> <p>The monitoring tools would be:</p> <ul style="list-style-type: none"> • from the sporting point of view, the ROSC considers the training plan, comparing the planned activity to the real deeds, measuring the intermediary objectives with regard to physical abilities, sport results; specific tests to measure physical abilities like speed, power, endurance; test for measuring the ability of learning and understanding new techniques and tactics. • the health monitoring is based on specific medical procedures, tools and tests made by the National Institute for Sports Medicine
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<p>Challenges/Lessons learned</p>	<p><i>What have been/were the main challenges to implementation?</i></p> <ul style="list-style-type: none"> • One of the main challenges was to convince each NF to organize the athlete development pathway the way it was designed it to fit the NOJTC and NOYTC. Specially, to set the proper objectives for the young athletes within these programs, i.e., to take into account the biological evolution, the psychological and social dynamics and not to rush things for too early results. • Implementing the idea of planning the activity so that these athletes can perform at the senior level and be able to qualify for the next editions of the Olympic Games, respectively those 8-12 years from now. “Taking shortcuts” and “burning stages” are part of an old-fashion trick trend that we have nearly managed to eradicate at these levels. • Another challenge was to make sure that the athletes benefit of the right entourage, with proper competences and the correct professional approach for these ages. • From the administrative point of view, we had to implement a dedicated financial report system based on forms, special technical reports, etc., but at the same time, each of these matters has to be approached with a reasonable level of flexibility. <p><i>What lessons learned have been/can be utilized in the planning of future initiatives?</i></p> <ul style="list-style-type: none"> • Considering the structure of our national sport system, the NOJTC and NOYTC represent the main sources of athletes who manage to enter the Seniors Olympic Teams. • Centralized training ensures optimal concentration and the ideal environment for achieving sports performance • It is not enough to focus only on the athletes’ development. The efforts in developing the professional competence of the entourage’s members should also be increased. • A good digital working system simplifies and shortens the administrative procedures. • To need of regular training courses for the administrative staff of the NFs. The frequency of this staff fluctuation in terms of knowledge and competence affects the development of administrative and organizational procedures (new employees need some time to adapt and learn the work system). • Continuous communication with the specific national and international environment to identify in advance the very first signs of potential changes that would affect the training programs.
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Title of Initiative: The Testing and Scientific Assistance Olympic Center Izvorani (TSAOC)

Provide a summary of the initiative, including a brief overview, proposed/actual outcomes and an assessment of any lessons learned and the way forward.

Please provide more details on each initiative including items below:		
Objective(s):	<i>Please indicate which, if any, of the following fall among the main objectives of the initiative:</i>	
	<ul style="list-style-type: none"> Ensuring no one is left behind (advancing empowerment, inclusiveness and equality through sport) 	<ul style="list-style-type: none"> Eradicating poverty and promoting prosperity
	<ul style="list-style-type: none"> Leveraging sports events to promote action to combat climate change, advance peace and/or sustainable development 	<ul style="list-style-type: none"> Conflict prevention/peace building
	<ul style="list-style-type: none"> Research development, data collection and/or data dissemination 	<ul style="list-style-type: none"> Safely harnessing sport for sustainable development, peace and wellbeing in the context of the COVID-19 pandemic, including through the use of technology
	<ul style="list-style-type: none"> Integrating sport for sustainable development and peace in COVID-19 recovery and/or 2030 Agenda strategies, programs and policies 	<ul style="list-style-type: none"> Safeguarding sport from corruption and crime
	<ul style="list-style-type: none"> Strengthened global framework on sport for development and peace 	<ul style="list-style-type: none"> Other (please specify)

<p>Implementation mechanisms:</p>	<p><i>What are the means/processes of implementation of the initiative?</i></p> <p>The Testing and Scientific Assistance Olympic Center Izvorani (TSAOC) is an Olympic center for testing, evaluation and monitoring the Olympic teams (National Olympic Juniors Training Center - NOJTC, National Olympic Youth Training Center - NOYTC, Olympic Teams). The TSAOC's mission is to support the sports performance at the Olympic Teams, NOJTCs, NOYTCs levels through specific scientific means: complex multidisciplinary evaluations, monitoring and scientific assistance. The TSAOC provides inter and multi-disciplinary integrated scientific assistance for the Olympic teams: exercise physiology, sports psychology, sports nutrition, coordination and psycho-neuro-motor skills development, psycho neuromotor skills, physical training, physical therapy.</p> <p>Besides its role as a sports scientific support facility, the TSAOC is in itself a tool for creating and supporting an educational and self-will building environment of which the outcome is to turn the athletes and their entourage members into real role models for the others to look up to, examples of clean life and flawless conduct, as well as promoters of excellence, respect and all the cherished values of the Olympic Movement and of the humanity, including, of course, the promotion and projection of universal peace.</p> <p>The TSAOC objectives are:</p> <ul style="list-style-type: none"> • Improving individual athletic performance. • Periodization of sports training. • Scientific monitoring of sports training. • Management of dysfunctional states. • Identifying the area of functional well-being appropriate for achieving performance goals. • Improving the environmental dynamics. • Developing coping strategies for pressure and specific stress. <p>Starting with 2019, the TSAOC developed and provided for the national Olympic federations 2 instruments aiming to improve the quality of life and performance in the context of the COVID-19 pandemics:</p> <ol style="list-style-type: none"> 1. Online daily self-monitoring report focusing collecting data regarding: quality of sleep, psychological well-being, medical and physiological parameters, training goals and specific parameters. the TSAOC analyses the data daily and provides immediate and continuously feedback both for the athlete and coach and a weekly report with specific recommendation. 2. The WIN Program. Online support for adapting sport specific training during and after- COVID-19; for ensuring continuous training adapted to the psycho-physiological parameters in order to avoid injuries or maladaptive reactions. <p><i>What are the main deliverables/activities involved?</i></p> <p>The assessments which the TSAOC applies are: VO2Max evaluations, Ventilatory Thresholds (VT1/VT2, RCP) Salivary Testing for stress hormones: Cortisol, also immune system: sIgA Training monitoring based on ratio of internal/external load, HR, HRV,</p>
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	<p>Sleep monitoring with sleep stages: (REM, SWS, AWAKE) Respiratory frequency Psychological sport specific assessment and monitorization</p> <p><i>What is the time frame of implementation?</i> The time frame is based on the annual training/periodization plans and competition schedule</p>
<p>Target Audience(s):</p>	<p><i>Who are the beneficiaries of the proposed/implemented initiative?</i> The beneficiaries are the National Sports Federations (N.F.) of Olympic sports, starting with the National Olympic Junior Training Centers (junior/youth Olympic centers/programs) and continuing all the way up to elite level and the Olympic Teams.</p> <p>At the same time, TSAOC is trying to use the data collected as a learning process directed to the coaches and athletes for a better understanding of the correct ways to tailor the training methods, plans and strategies. The data is also used for scientific purposes in order to increase the level of specific know-how adapted to the changing elite requests and challenges</p> <p>The main focus is on the importance of individualized training and applied stimuli based on the metabolic adaptations for each training phase.</p>
<p>Partners/Funding:</p>	<p><i>Who are the main organizations/entities involved in the initiative and what are their roles?</i></p> <ul style="list-style-type: none"> • The Romanian Olympic and Sports Committee, with a funding and logistics coordination role • The NFs with athletes accepted within our national Olympic Teams make the selection of the athletes and teams who shall benefit of this scientific support for their training process • The Olympic Solidarity, ICECP - International Coaching Enrichment Certificate Program, provides financial support to the Romanian Olympic and Sports Committee for this kind of activities <p><i>What are the main sources of funding of the initiative?</i></p> <ul style="list-style-type: none"> • The Romanian Olympic and Sports Committee • The Ministry of Sports • The Olympic Solidarity (department of the International Olympic Committee – IOC)

<p>SDG Alignment:</p>	<p><i>To what SDG goal/target/indicator is this initiative targeted?</i></p> <ul style="list-style-type: none"> • Goal 4. Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all • Goal 5. Achieve gender equality and empower all women and girls <p><i>Please indicate any other national or internationally agreed goals/commitments to which this initiative is aligned.</i></p> <p>The Romanian Olympic and Sports Committees as member of the International Olympic Committee (IOC) is currently in line with the IOC's Olympic Agenda 2020+5. For the above-mentioned activities, the following recommendations were targeted:</p> <ul style="list-style-type: none"> • Further strengthen safe sport and the protection of clean athletes • Reinforce athletes' rights and responsibilities • Continue to attract best athletes • Strengthen the Olympic Movement through good governance
<p>Alignment with global frameworks:</p>	<p><i>How does this initiative align with/contribute to the objectives of the <u>Kazan Action Plan</u>, <u>WHO Global Action Plan on Physical Activity</u> or other related internationally agreed frameworks on sport and/or physical activity?</i></p> <p>With regard to the alignment with the objectives of the above mentions Plans, the Romanian Olympic and Sports Committee has the following remarks: the TSAOC was created in 2017 and its purpose is to meet the need of the Olympic Teams, NOJTCs, NOYTCs, as well as the NFs for scientific research in order to meet the needs involved by elite performance and, consequently, improve their results in competitions. The TSAOC represents a cost-effective solution and a centralized resolution for its beneficiaries.</p> <p>Through TSAOC we try to improve our sport results. Moreover, we are using our resources in a more analytical manner, based on more detailed and better analyzed data.</p> <p>However, after studying the plans, there was a focus to align with the objectives of the WHO Global Action Plan on Physical Activity, manifested through:</p> <ul style="list-style-type: none"> - raise of the human and financial resources involved in the projects - streamlining the communication methods <p>In this regard, the TSAOC considers that its activities can be associated with action 4.1. Strengthen the national and institutional research and evaluation capacity and stimulate the application of digital technologies and innovation to accelerate the development and implementation of effective policy solutions aimed at increasing physical activity and reducing sedentary behavior.</p>

<p>Alignment with United Nations Action Plan on SDP:</p>	<p><i>Which of the four thematic areas of the <u>UN Action Plan on Sport for Development and Peace</u> is this initiative designed to align?</i></p> <p>As mentioned above, with regard to the alignment with the objectives of the above mentions Plans, the Romanian Olympic and Sports Committee has the following remarks: the TSAOC was created in 2017 and its purpose is to meet the need of the Olympic Teams, NOJTCs, NOYTCs, as well as the NFs for scientific research in order to improve their high-performance sports results. The TSAOC represents a cost-effective solution and a centralized resolution for its beneficiaries.</p> <p>Many of the Olympic education projects initiated and implemented in Romania started in the following years of the ROA's foundation. Those are traditional projects started before the publications of the Plans.</p> <p>However, after studying the plan, there was a focus to align with the areas of the UN Action Plan on Sport for Development and Peace, manifested through:</p> <ul style="list-style-type: none"> - raise of the human and financial resources involved in the projects - streamlining the communication methods <p>In this regard, the ROA considers that its activities can be associated with:</p> <ul style="list-style-type: none"> - 3. Resource mobilization, programming and implementation <p><i>To which action area(s) of the Plan is this initiative designed to contribute?</i></p>
<p>Outcomes:</p>	<p><i>What are the expected/actual outcomes of the initiative?</i></p> <p>Direct access to the functionals parameters which will be analyzed, in the perspective of bringing added value in the activity of training and assistance of the athletes.</p>

<p>Mechanism for monitoring and evaluating implementation:</p>	<p><i>What are the mechanisms for monitoring and evaluating the implementation, outcomes and impact of the initiative?</i></p> <p>The NFs apply for budgeting of physiological evaluation, monitoring etc. within the Olympic and Sports Performance Technical Commission, which evaluates and then approves, or not, the opportunity of a financial support from the Romanian Olympic and Sports Committee for the specific training plan proposed by the respective NF.</p> <p><i>What specific monitoring and evaluation tools are involved?</i></p> <p>Specific ergometers:</p> <ul style="list-style-type: none"> • Concept 2 for rowing • Monarch bike • Kayak-canoe ergs • Treadmill for running <p>Stationary CPET</p> <p>Wearable metabolic system</p> <p>Whoop sleep monitoring</p> <p>SomaBioScience - real time saliva analytics</p> <p>Psychological scales, licensed questionnaires and specific instruments.</p>
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Challenges/Lessons learned	<p><i>What have been/were the main challenges to implementation?</i></p> <p>The most encountered and most serious challenge was, and still is for some sports, to understand and accept this type of scientific support and the prices of its equipment acquisition</p> <p>The coaches' level of education and knowledge of sport science, as well as its importance and practical utility for them.</p>
	<p><i>What lessons learned have been/can be utilized in the planning of future initiatives?</i></p> <ul style="list-style-type: none"> • It is crucial that the learning process runs continuously for all of us • The importance of communication with the NFs and the coaches • The “remote-control” technologies are very efficient for the simultaneous monitoring of multiple targets, with them activating in different venues and/or training sites. • The need to keep improving our expertise and eventually involve in exchanges with other human performance targeted laboratories and scientific centers around the world. • The need of learning to function effectively in interdisciplinary teams in the benefit of athletes and aiming to improve the quality of training. • The need to educate more people into applied sports science and develop them into the next generation of exercise physiologists. • The need to increase the number of sport experts in specific areas directly integrated or tangential to sports training at elite level. • An ideal plan configuration for each NF would contain at least one exercise physiologist on each training site.

Title of Initiative: The Olympic Education Activities of the Romanian Olympic Academy (ROA)

Provide a summary of the initiative, including a brief overview, proposed/actual outcomes and an assessment of any lessons learned and the way forward.

Please provide more details on each initiative including items below:		
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	<ul style="list-style-type: none"> • Leveraging sports events to promote action to combat climate change, advance peace and/or sustainable development 	<ul style="list-style-type: none"> • Conflict prevention/peace building
	<ul style="list-style-type: none"> • Research development, data collection and/or data dissemination 	<ul style="list-style-type: none"> • Safely harnessing sport for sustainable development, peace and wellbeing in the context of the COVID-19 pandemic, including through the use of technology
	<ul style="list-style-type: none"> • Integrating sport for sustainable development and peace in COVID-19 recovery and/or 2030 Agenda strategies, programmes and policies 	<ul style="list-style-type: none"> • Safeguarding sport from corruption and crime
	<ul style="list-style-type: none"> • Strengthened global framework on sport for development and peace 	<ul style="list-style-type: none"> • Other (please specify)

<p>Implementation mechanisms:</p>	<p><i>What are the means/processes of implementation of the initiative?</i></p> <p>Compared to other national Olympic academies in the world, the ROA has a unique structure in the territory. It comprises 48 county branches, covering the entire country, representing the all 42 counties, plus 6 additional branches that cover each of the sectors of Bucharest (the capital city of Romania). All the members of the ROA carry out their activity on a voluntary basis. The ROA organizes activities at national level, while the county branches act locally.</p> <p>The ROA affirms, develops and promotes on all levels the generous ideas of Olympism, the Olympic spirit and the Olympic principles in the Romanian sports field. The ROA, through its Olympic education activities, promotes the spirit of fair play and acts against all forms of discrimination and violence in sports, as well as against the use of substances and procedures prohibited by the World Anti-Doping Code.</p> <p><i>What are the main deliverables/activities involved?</i></p> <p>At national level, the activity plan includes the following traditional activities:</p> <ul style="list-style-type: none"> • International Day of Sport for Development and Peace (6th of April 2020, 2021) • The Olympic Month (23rd of May – 23rd of June 2020, 2021) • Sport, Culture and Olympic education contest “School Olympic Pentathlon of the 3rd Millennium” (23rd June 2020, 2021) • National Literature and Sports Journalism Contest “A Fountain Pen by the Name of Fair Play” (March – September 2020, 2021) • National Painting Contest “Olympic Games in the Children’s Imagination” (March – September 2020, 2021) • Olympic Comics (February – May 2020, 2021) • Book publishing: “The Olympic Guide, second edition” (December 2021) • Olympic education contests “Who knows Olympism, Wins” (February – December 2020, 2021) • “Playing into Sports” – online platform (October 2020) <p><i>What is the time frame of implementation?</i></p> <p>The time frames are as mentioned above for each of the activities.</p>
<p>Target Audience(s):</p>	<p><i>Who are the beneficiaries of the proposed/implemented initiative?</i></p> <p>The activities carried out by the ROA are dedicated to the general public, regardless of the age. However, the main target group are those in the school education age categories (from kindergarten and up to university).</p>

<p>Partners/Funding:</p>	<p><i>Who are the main organizations/entities involved in the initiative and what are their roles?</i></p> <p>The ROA is a unit subordinated to the Romanian Olympic and Sports Committee (ROSC) and it is a non-legal entity. It was founded in 1991 and it is organized and operates under the statute of the ROSC. It has developed in accordance with the provisions and principles of the Olympic Charter, as well as those of our national legislation.</p> <p>The main partner of the ROA is the Romanian Ministry of Education. Thanks to this partnership, the Olympic education national contests reach the preschoolers and schoolchildren in all the counties.</p> <p>The county branches of the ROA operate under the auspices of the ROA in collaboration with the County School Inspectorates, the County Directorates for Sports, the physical education departments of higher education institutions, the faculties of physical education and sports, as the case may be, with other institutions at local and county level. The activities organized by the local branches are subject of approval by the ROA Board. All the above-mentioned institutions are partners of the Olympic education activities.</p> <p><i>What are the main sources of funding of the initiative?</i></p> <p>The ROA's activities are funded by the ROSC, including the support the Olympic Solidarity (department within the International Olympic Committee).</p>
<p>SDG Alignment:</p>	<p><i>To what SDG goal/target/indicator is this initiative targeted?</i></p> <ul style="list-style-type: none"> • Goal 4. Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all • Goal 5. Achieve gender equality and empower all women and girls <p><i>Please indicate any other national or internationally agreed goals/commitments to which this initiative is aligned.</i></p> <p>The ROSC as stakeholder of the International Olympic Committee (IOC) functions in line with the IOC's Olympic Agenda 2020+5. For the above-mentioned activities, the following recommendations were targeted:</p> <ul style="list-style-type: none"> • Strengthen the uniqueness and the universality of the Olympic Games • Further strengthen safe sport and the protection of clean athletes • Grow digital engagement with people • Strengthen the role of sport as an important enabler for the UN Sustainable Development Goals • Reach out beyond the Olympic community

<p>Alignment with global frameworks:</p>	<p><i>How does this initiative align with/contribute to the objectives of the <u>Kazan Action Plan</u>, <u>WHO Global Action Plan on Physical Activity</u> or other related internationally agreed frameworks on sport and/or physical activity?</i></p> <p>With regard to the alignment with the objectives of the above mentions Plans, the ROA has the following remarks: many of the Olympic education projects initiated and implemented in Romania started in the following years of the ROA's foundation. These are already traditional projects that started before the publications of the Plans.</p> <p>However, after studying the plans, there was a focus to align with the objectives of the WHO Global Action Plan on Physical Activity, manifested through:</p> <ul style="list-style-type: none"> - raise of the human and financial resources involved in the projects - streamlining the communication methods <p>In this regard, the ROA considers that its activities can be associated with action 3.1. Strengthen provision of good-quality physical education and more positive experience and opportunities for active recreation, sport and play for girls and boys, applying the principles of the whole-of-school approach in all pre-primary, primary, secondary and tertiary educational institutions, to establish and reinforce lifelong health and physical literacy, and promote the enjoyment to, and participation in, physical activity, according to capacity and ability.</p>
<p>Alignment with United Nations Action Plan on SDP:</p>	<p><i>Which of the four thematic areas of the <u>UN Action Plan on Sport for Development and Peace</u> is this initiative designed to align?</i></p> <p>With regard to the alignment with the objectives of the UN Action Plan, the ROA has the following remarks: many of the Olympic education projects initiated and implemented in Romania started in the following years of the ROA's foundation. These are already traditional projects that started before the publications of the Plans.</p> <p>However, after studying the plan, there was a focus to align with the areas of the UN Action Plan on Sport for Development and Peace, manifested through:</p> <ul style="list-style-type: none"> - raise of the human and financial resources involved in the projects - streamlining the communication methods <p>In this regard, the ROA considers that its activities can be associated with:</p> <ul style="list-style-type: none"> - 3. Resource mobilization, programming and implementation <p><i>To which action area(s) of the Plan is this initiative designed to contribute?</i></p>

<p>Outcomes:</p>	<p><i>What are the expected/actual outcomes of the initiative?</i></p> <ul style="list-style-type: none"> • Raising awareness of the importance of the Olympic values in the education of the younger generation • Promotion of sports, the Olympic values and the ROSC activities in the context of the covid-19 pandemic • Dissemination of knowledge about the Olympics among as many young people as possible
<p>Mechanism for monitoring and evaluating implementation:</p>	<p><i>What are the mechanisms for monitoring and evaluating the implementation, outcomes and impact of the initiative?</i></p> <p>The monitoring process took place during the whole activities' organization and implementation. Moreover, the evaluation process was initially, continually and finally realized by an internal evaluator. The report comparing the set objectives and the final results was also analyzed. In this regard, the fact that the number of participants is in a constant raising expresses the fact that the set objectives were reached.</p> <p><i>What specific monitoring and evaluation tools are involved?</i></p> <ul style="list-style-type: none"> • Continuous monitoring process • Initial, continued and final evaluation process • Internal evaluation of the projects funded by the ROSC's own budget • External evaluation for the projects funded by the Olympic Solidarity
<p>Challenges/Lessons learned</p>	<p><i>What have been/were the main challenges to implementation?</i></p> <p>The covid-19 pandemic was a real challenge in terms of reaching more people, since all the activities had to be organized online because of the restrictions.</p> <p><i>What lessons learned have been/can be utilized in the planning of future initiatives?</i></p> <p>The social media proved its certain value as main communication tool in the act of spreading our messages and attract the youth towards the Olympic education activities.</p>

Ministry of Sports in Romania

Plan of measures that the Ministry of Sport implemented for development and peace (January 2020 – February 2022)

Provide a summary of the initiative, including a brief overview, proposed/actual outcomes and an assessment of any lessons learned and the way forward.

Please provide more details on each initiative including items below:		
Objective(s):	<i>Please indicate which, if any, of the following fall among the main objectives of the initiative:</i>	
	<ul style="list-style-type: none"> • Ensuring no one is left behind (advancing empowerment, inclusiveness and equality through sport) 	<ul style="list-style-type: none"> • Eradicating poverty and promoting prosperity
	<ul style="list-style-type: none"> • Leveraging sports events to promote action to combat climate change, advance peace and/or sustainable development <p>Highlighting that sport for all, including traditional sport and games, is a fundamental field of intervention for governments to achieve the full potential of physical activity for personal and social development, to promote the sustainable development</p>	<ul style="list-style-type: none"> • Conflict prevention/peace building Conflict prevention/peace building <p>The Ministry of Sports recommended that the government should include sport and physical activity in their COVID-19 recovery plans and their national strategies for sustainable development</p> <ul style="list-style-type: none"> • Successful Sport for Development and Peace programs work to realize the right of all members of society to participate in sport and leisure activities. Effective programs intentionally give priority to development objectives and are carefully designed to be inclusive. • “all forms of physical activity that contribute to physical fitness, mental well-being and social interaction, such as play, recreation, organized or competitive sport, and indigenous sports and games”. • The right of persons with disabilities to participate in sport on an equal basis with others is paramount in our initiatives. <p>Peace building</p>

		<p>Sport has proven to be a simple, non expensive and flexible tool for promoting peace and development objectives.</p> <p>In sport an individual's background is irrelevant, everyone is treated the same and everyone has access to the same opportunities to practice sport. Sport can reach over political divides bringing people together from different nations, religions and races. It teaches team spirit and ensures one of becoming an integral part of the community reach over political divides bringing people together from different nations, religions and races. It teaches team spirit and ensures one of becoming an integral part of the community</p>
	<ul style="list-style-type: none"> • Research development, data collection and/or data dissemination 	<ul style="list-style-type: none"> • Safely harnessing sport for sustainable development, peace and wellbeing in the context of the COVID-19 pandemic, including through the use of technology
	<ul style="list-style-type: none"> • Integrating sport for sustainable development and peace in COVID-19 recovery and/or 2030 Agenda strategies, programs and policies. 	<ul style="list-style-type: none"> • Safeguarding sport from corruption and crime <p>Romania has finalized the domestic legal procedure for the approval of signed the Council of Europe Convention on Fighting against the manipulation</p> <p>The fight against corruption in the governance of sport was born out of the knowledge that corruption in sport is a complicated and cross-border phenomenon that requires an urgent concerted effort at international level between governments, intergovernmental organizations and sports organizations, therefore the main criteria, or main achievement, one of the most anticipated, the creation of the legislative framework.</p>
	<ul style="list-style-type: none"> • Strengthened global framework on sport for development and peace 	<ul style="list-style-type: none"> • Other (please specify)

Implementation mechanisms:	<p>The Ministry of Sports recommended that the government should include sport and physical activity in their COVID-19 recovery plans and their national strategies for sustainable development</p> <ul style="list-style-type: none"> • Successful Sport for Development and Peace programs work to realize the right of all members of society to participate in sport and leisure activities. Effective programs intentionally give priority to development objectives and are carefully designed to be inclusive. • “All forms of physical activity that contribute to physical fitness, mental well-being and social interaction, such as play, recreation, organized or competitive sport, and indigenous sports and games”. • The right of persons with disabilities to participate in sport on an equal basis with others is paramount in our initiatives. <p>The Program “ Generation 28”</p> <p>What are the main deliverables/activities involved? Activities of selection, preparation of competition for children and persons with special needs in order to obtain sports performance</p> <p>What is the time frame of implementation? 2020 - 2021</p>
Target Audience(s):	All categories of citizens.
Partners/Funding:	<p><i>Who are the main organizations/entities involved in the initiative and what are their roles?</i> National Sports Federations, county associations in the sports branch;</p> <p><i>What are the main sources of funding of the initiative?</i> The Ministry’s budget (Government Decision no. 1447 / 2007, with subsequent amendments and completions)</p>
SDG Alignment:	<p>The plan of measures targeted especially SDG 3 Good Health and Well-being, SDG 11 Sustainable Cities and Communities and SDG 10 Reduced Inequalities.</p> <ol style="list-style-type: none"> 1. achieving the integral education of children and people with special needs by practicing sports activities; 2. influencing the harmonious physical development of children; 3. increasing the number of participants in sports activities; 4. creating a selection basis for performance; 5. developing the spirit of competition; 6. developing the spirit of fair play; 7. preparation for life, training the habit of working in a team; 8.increasing the general interest in the activities of children and people with special needs;

	<p>9. prevention of diseases and maintaining the health of the population;</p> <p>10. evaluation and improvement of health status through physical activity;</p> <p>11. attracting as many specialists in the field of physical education and sports as possible for the implementation of sports activities</p>
<p>Alignment with global frameworks:</p>	<p><i>How does this initiative align with/contribute to the objectives of the Kazan Action Plan, WHO Global Action Plan on Physical Activity or other related internationally agreed frameworks on sport and/or physical activity?</i></p> <p>Highlighting that sport for all, including traditional sport and games, is a fundamental field of intervention for governments to achieve the full potential of physical activity for personal and social development, to promote the sustainable development.</p> <p>Concerted, coordinated efforts of all stakeholders involved in physical activity, physical education and sports are needed to achieve a fully inclusive society where everybody has access to sport programs. Partnerships at all levels should be established and nurtured. Support was given to guaranteeing active sports clubs and quality physical education provision but it was pointed out that out-of-school sport programs also have a potential to contribute to more active young people. In order to achieve this, stronger and clearer connections between sports clubs and sport organizations and community-run sport programs should be established.</p>
<p>Alignment with United Nations Action Plan on SDP:</p>	<p><i>Which of the four thematic areas of the <u>UN Action Plan on Sport for Development and Peace</u> is this initiative designed to align?</i></p> <p>2. Policy development for mainstreaming and integrating sport for development and peace in development programs and policies.</p> <p><i>To which action area(s) of the Plan is this initiative designed to contribute?</i></p> <p>Build capacity for joint implementation and/or joint monitoring of the impact of sportbased and sport-related initiatives across ministries of youth, sport, health, environment, justice, education and culture, and other areas, as appropriate to the national context.</p>
<p>Outcomes:</p>	<p>Highlighting that sport for all, including traditional sport and games, is a fundamental field of intervention for governments to achieve the full potential of physical activity for personal and social development, to promote the sustainable development.</p> <p>Sport has proven to be a simple, non expensive and flexible tool for promoting peace and development objectives.</p>

	<p>In sport an individual's background is irrelevant, everyone is treated the same and everyone has access to the same opportunities to practice sport. Sport can reach over political divides bringing people together from different nations, religions and races. It teaches team spirit and ensures one of becoming an integral part of the community.</p> <p>Romania has finalized the domestic legal procedure for the approval of signed the Council of Europe Convention on Fighting against the manipulation of sports competition.</p> <p>The Ministry of Sport recommended to offer grassroots empowering people and ensuring inclusiveness and equality - ensuring that no one is left behind.</p>
Mechanism for monitoring and evaluating implementation:	<p><i>What specific monitoring and evaluation tools are involved?</i></p> <p>Reports, by case study.</p>
Challenges/Lessons learned	<p>Acknowledging the challenges that the COVID-19 pandemic has posed to the sporting world. These include the economic, social and health impacts on elite sport, and the interference in the physical activity levels of the general public. The pandemic effectively stopped low-income families, the elderly, the disabled and other marginalized people to be active throughout the pandemic. These groups have been most affected by stay-at-home orders and have been affected by isolation, social restrictions and issues in accessing appropriate spaces to practice physical activity. The former Ministry of Youth and Sports offered support to encourage them to take up sport.</p>