

www.sportforall2010.org

13th World Sport for All Congress

14–17 June 2010
Jyväskylä, Finland

Final Announcement





Message from the President of the International Olympic Committee, Jacques Rogge

Today, more than ever, we all have a responsibility to get sport recognised as a key element in the well-being of individuals and society. We are therefore likewise responsible for encouraging and supporting the development of Sport for All activities.

It is the subject of Sport for All that the sports leaders, researchers, and representatives of the Olympic Movement, governmental and non-governmental organisations from all over the world will be discussing in June 2010 in Jyväskylä, in Finland. And what better place to hold such a Congress than Finland, a country with a great Sport for All tradition.

This Congress will look at various topics, ranging from the benefits of sport in health and social terms, to the coordination of the programmes and policies applied in developed and developing countries, and the evolution and promotion of Sport for All activities.

I wish here to thank all those involved in organising this World Congress: the local authorities and Jyväskylä University, the LIKES Research Center for Sport and Health Sciences, the Finnish National Olympic Committee, the members of the IOC Sport for All Commission, and our longstanding partners – the World Health Organisation and SportAccord/GAISF.

Let us together give physical activity and sport the place, role and status they deserve.

Päijänne-Risteilyt Hilden





Vorjola

Congress in a Nutshell

Deadlines

- Abstract submission ► February 26, 2010
- Notification to authors ► March 31, 2010
- Presenter registration deadline ► April 23, 2010
- Congress ► June 15–17, 2010

■ Abstract submission, registration and hotel reservations online at: www.sportforall2010.org

Registration fees

Deadline	Delegate	Student	Accompanying person
31.3. 2010	360 €	250 €	180 €
7.5.2010	390 €	270 €	200 €
On-site	420 €	–	200 €

Easy travel to Jyväskylä

Flight to Helsinki (from most European and many overseas airports).

A special shuttle service directly to the hotels in Jyväskylä.

Jyväskylä

Everything within walking distance: congress site, most hotels, shopping, restaurants, lakes, parks...

Beautiful Finnish summer nature!

Lively walking district.

■ For more information about scientific and social programme, travel, accommodation etc., please visit: www.sportforall2010.org



Sport for All

The World Sport for All Congress is organised every second year since 1986. It is a forum for exchange of experiences and good practises between the actors of the Olympic family, sport for all and sport organisations, the academic world and institutional partners. The Congress is also an opportunity to present the results of the latest research in the field of sport for all.

Final declarations from the last editions of the Congress are available on www.olympic.org.

Organised by the LIKES Research Centre for Sport and Health Sciences and the Neuromuscular Research Centre of the Department of Biology of Physical Activity of the University of Jyväskylä, the 13th edition of the Congress will be hosted from 14 to 17 June 2010 by the Finnish Olympic Committee, under the patronage of the International Olympic Committee, in collaboration with the World Health Organization and SportAccord/GAISF.

Invited speakers will present during the five plenary sessions (see opposite page), which will be followed by parallel sessions with contributions, either from a scientific, practical or policy-related viewpoint.



13th World Sport for All Congress

Invited speakers

Plenary session 1

Follow-up of the 12th World Sport for All Congress and the 2009 Olympic Congress

- **OJA Pekka**, UKK Institute for Health Promotion, Finland
- **BAUMANN Wolfgang**, Trim & Fitness International Sport for All Association (TAFISA), Germany
- **Member of the IOC Sport for All Commission**



Plenary session 2

Evidence-based debate: what are the challenges in choosing the target groups in Sport for All?

- **VAN MECHELEN Willem**, Department of Public and Occupational Health, VU University Medical Center, The Netherlands
Health aspects
- **CAVILL Nick**, Cavill Associates Ltd, Great Britain
Social aspects
- **KATZMARZYK Peter**, Pennington Biomedical Research Center, Louisiana, Canada
Economic aspects



Plenary session 3

Counteracting the spread of the physical inactivity epidemic

- **BROWN Wendy**, University of Queensland, Australia
Global inactivity: is the time running out?
- **TROIANO Richard**, US Public Health Service, United States of America
Role of physical activity guidelines in preventing physical inactivity
- **MATSUDO Victor**, Celfiscs, Brazil
How to go from evidence to effective policies?



Plenary session 4

Local, continental and global strategies to promote Sport for All

- **ARAKI Tatsuo**, Gymnastics for All Committee, International Gymnastics Federation, Japan
- **RISIKKO Paula**, Ministry of Social Affairs and Health, Finland
Multisectoral approach to promote Sport for All at governmental level
- **DIACK Thierno Alassane**, Olympafrica International Foundation, Senegal

Plenary session 5

Future directions

- **Representative of WHO: ARMSTRONG Timothy**, Department of Chronic Diseases and Health Promotion, World Health Organization, Switzerland
- **Representative of SportAccord/GAISF**
- **Representative of the International Olympic Committee**

(Subject to changes)

Call for abstracts

Sports administrators, sport practitioners, researchers, politicians, delegates of International Federations, National Olympic Committees, sport organisations, institutions and groups involved in sport for all from all over the world are kindly called to submit abstracts for oral or poster presentations that address one of the congress themes.

Authors may submit no more than two abstracts, of which the Congress Programme Committee can select only one. It is possible to appear as co-author on other abstracts. The submitted abstract must be presented at the Congress by the first author. Replacements will not be accepted and can jeopardize the publication in the Abstracts Book. The abstracts, completed in accordance with the guidelines, must be submitted by **February 26th, 2010**. Abstracts received after this deadline will not be considered. **Only abstracts by authors duly registered by April 23rd, 2010 will be published.**

Depending on the number of abstracts accepted, the time allowed for the **oral presentations** will be 15 to 20 minutes, including the discussion. **Posters** should be clearly legible from a distance of 2 meters and structured according to the general abstract guidelines. The maximum size for each poster is 90 cm (width) x 120 cm (height). Authors will be required to present their poster during the Congress, according to a schedule to be established.

The Programme Committee will give notice on selected presentations as from March 31st, 2010. The Programme Committee will determine the method of presentation (oral or poster), which will be based on the author's preference.

Suggested topics

- Quality of life, health and prevention of diseases through SFA
- Social integration and SFA
- Recreation and SFA
- Economic aspects of SFA
- Target groups of SFA (children, adults, elderly, handicapped etc.)
- Role of educational institutions in SFA (school sport etc.)
- Challenges for new technologies to advance SFA
- Models of SFA (individual, social, environmental, legislation etc.)
- Local conditions for SFA (environment, nature, and sport facilities)
- Developing countries and SFA
- Sport disciplines and SFA (past, present and future)
- Sport for All vs. competitive and elite sport
- Policies, strategies and programmes to promote SFA and future strategies to include SFA in all policies (United Nations, EU, governments, sport organizations)
- Monitoring and surveillance of SFA initiatives
- Country report
- Others



Guidelines for abstract preparation

Abstracts must be submitted via the online submission system. You can find the link and detailed instructions at the Congress website (www.sportforall2010.org). If you can not submit the abstract online, please contact the Congress Secretariat (sfa2010admin@jyu.fi) for a faxable submission form.

Please read these guidelines carefully before writing the abstract. Abstract guidelines are the same for both oral and poster presentations.

General information

1. The abstracts must summarize original work that has not been previously published.
2. The Congress Secretariat must receive all abstracts by February 26th, 2010.
3. Accepted abstracts will be published in the Abstracts Book which will be distributed to the Congress participants on arrival in Jyväskylä. As soon as the Congress programme will be ready, Congress participants will be able to read the abstracts on the Congress website.
4. All contents of the abstract are in the sole responsibility of the author(s) of the abstract. You can preview the abstract in the submission form.
5. All abstracts will be rated by two independent reviewers who will make recommendations as to the type of presentation (oral or poster). The author can state his preference for the type of presentation. However, the final decision is with the Congress Programme Committee.
6. The receipt of your abstract submission will be confirmed by e-mail.

Detailed information for abstract preparation

1. Format/size

Abstracts are restricted to 3000 characters (including spaces – without title, authors and institutions). They may not contain any tables or graphs and are restricted to ASCII characters only. Please check the automatically created pdf-file before submitting the abstract.

2. Language

French or English

3. Structure

Subdivide the paper into the following paragraphs:

a) scientific abstracts

- **Introduction:** background, purpose and scope of the study/project
- **Methods:** explanation of data collection and processing
- **Results:** summary of the results
- **Discussion:** major findings and conclusions.

b) policy/practice oriented abstracts or country reports

- **Introduction:** contextual information, concerns, issues
- **Development:** clear description, expected goals/outcomes, entities involved, responsibilities, budget, timing, monitoring structure
- **Conclusion:** analysis, lessons learnt, long-term future of programme/project

4. References

Keep references to a minimum, do not cite the title of the article and use journal abbreviations. References in the text have to be cited at the end of the abstract (they must fit in the 3000 characters). All the references should be referred to in the text according to the following examples:

- ... according to Faina et al (2001)
- ... as Faina and Giovanni (2002) have proposed
- ... as has already been reported (Faina, 1989)

Congress references should be mentioned as follows:

Mondoni M. et al, 2006, Abstracts Book of the 11th World Sport for All Congress in Havana, p. 77

5. Grant funding

Any acknowledgment of funding must be printed at the bottom of the abstract.

6. Country reports

Bodies responsible for sport for all in each country at national level (government agencies, sports confederations, National Olympic Committees, etc.) are invited to present the situation of sport for all in the form of a country report which will be displayed during the Congress in a dedicated section of the poster area. All guidelines for abstract submission apply for country reports, i.e. an abstract must be submitted by February 26th, 2010 which, if accepted, will be published in the Abstracts Book. Authors will also be asked to present their poster during the Congress according to a schedule to be established.



Congress Information

Congress Venue and Site

Finland is situated in northern Europe. There are approximately 190,000 lakes and about 180,000 islands in the country. Finland has a population of 5.2 million, of which two thirds live in urban areas. Finland is the sixth largest country in Europe in area, with a low population density of 17 persons per square kilometre.

Finland has a long tradition in its efforts to promote sport and physical activity as way to maintain and improve health and wellbeing of its citizens. There are a large number of organizations within the country working for the positive message of sport for all. The City of Jyväskylä and the University of Jyväskylä have close cooperation in the field of health and wellbeing as well as wellbeing research and technology.

Finland enjoys 'White Nights' in summer with around 21 hours of daylight in our Congress city Jyväskylä in June.

The Congress will take place in Jyväskylä the main city of the central Finnish Lake Region situated 270 km north of Helsinki. The town is within good flight, rail and road connections from all parts of the country. Jyväskylä is an industrial centre, but also a lively centre of commerce and services not to forget its importance among the Finnish university towns. Jyväskylä offers its visitors a rare showcase of production by the world famous architect Alvar Aalto. The Congress Site is the Jyväskylä Paviljonki Congress Centre in the heart of the city close to most hotels and near the Travel Interchange and the city centre.

Official Congress languages

The official languages of the Congress are English and French. Simultaneous interpretation in English and French will be provided for all oral presentations at all plenary and parallel sessions and for the Opening and Closing Ceremonies. All Congress documents will be published in the official languages. The Congress Proceedings will be published in English only.

Speaker Ready Room

All authors are required to upload their presentation to the Congress database in the speaker ready room at least 6 hours before their presentation. This will also give a possibility to test the equipment and presentation. All presentations will be deleted from the database after the Congress, unless the presenter authorises the Congress Organising Committee or the International Olympic Committee to keep the presentation for dissemination after the Congress.

Recording of the proceedings

The Opening and Closing Ceremonies and all plenary sessions will be recorded.





Registration information, confirmation and Congress fees

All Congress delegates must register on-line through the Congress website **www.sportforall2010.org**. The registration web pages give all necessary information on fees, social programme and choices of accommodation. Clear instructions will be provided for filling the registration items. If there are problems with on-line registration please contact the secretariat by e-mail for instructions and to receive a printable registration form. E-mail registration is acceptable only in special cases.

The registration will be confirmed both by an e-mail when your registration is received and a detailed confirmation letter of the reservations by e-mail after the registration details have been processed.

The Congress fees are:

Deadline	Delegate	Student*	Accompanying person
31.3.2010	360 €	250 €	180 €
7.5.2010	390 €	270 €	200 €
On-site	420 €	-	200 €

Detailed information will be found on the Congress website.

The delegate and student fees cover the following:

- The Congress programme
- 3 lunches, 5 coffee breaks
- Welcome Reception, closing banquet
- The Congress materials (Official programme, Abstracts book and Proceedings)
- The scheduled social programme as given on the website and in the registration details.

The fee for accompanying persons covers:

- Welcome Reception, closing banquet
- The scheduled social programme as given on the website and in the registration details.

The accompanying person's fee applies to family members only.

**The student fee only applies to full time students, a copy of the student ID-card must be included in the registration or faxed to the organisers.*

Payment of Congress fees

The acceptable payment methods are credit card or invoice. In order to secure correct payment information, direct bank transfer is not recommended. The Congress fees should be fully paid in Euros by credit card at the same time with your registration or in due time if you request an invoice. We accept Visa, MasterCard and Eurocard. SSL secured credit card payment is possible through the Congress registration system. The invoice reference number and the name of the participant given on the invoice must show as identification on the bank transaction. The invoice will give all necessary international bank information for the bank transfer. The delegate is kindly asked



to present a copy of the payment transaction to the Congress Office at the Congress site if payment takes place through bank. The detailed payment instructions will be given on the on-line registration pages of the website.





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Cancellation policy of registration

Cancellations are required to be made in writing. For written cancellations received before 31 March 2010, full refund on registration fees will be paid. For written cancellations made between 1 April and 7 May April the cancellation fee is EUR 80. For cancellations made on 7 May or later there is no refund. Substituting the participant with another person is acceptable provided that a written notification will be sent to the Secretariat one week prior to the Congress at the latest.

Sports, social and cultural programme

The social programme of the Congress will be offered to both delegates and their accompanying persons. The programme will include a Reception hosted by the City of Jyväskylä, a Congress Banquet, optional tours or excursions and a post-congress tour possibly to St. Petersburg Russia. Some tours and all post-congress tours are not included in the registration fee. All information on the programme will be updated at the Congress website by the end of January 2010.

Our Congress town is surrounded by the beautiful Finnish landscape, with parks, lakes and hills within walking distance from the city center! Both lakes Jyväsjärvi and Tuomiojärvi offer on their shores picturesque jogging or bicycling routes with a possibility for a refreshing swim in the pollution-free waters. For golf enthusiasts, there are several courses within 30 min of Jyväskylä and hikers can find routes just

a couple of kilometres from city centre. Jyväskylä downtown offers a variety of opportunities for dinner or supper-time jaunts to explore local, ethnic and global culture. The Tourist Information Office gives information on local events and attractions.

Accommodation information

The standard of hotels in Finland is generally high. Double rooms have either double beds or twin beds and all hotel rooms have a shower or bath. A buffet breakfast is included in the hotel room rates and the restaurants are prepared to accommodate special dietary requests. Most hotels have sauna facilities available to hotel guests free of charge during the stay. Some of the hotel rooms even offer a small private sauna in connection with the room.

The Congress Secretariat has pre-booked accommodation in Jyväskylä. The Congress rates (including breakfast and VAT) will be negotiated only for reservations made through the Secretariat while registering to the Congress. For the time of the Congress the city will be fully booked. Therefore, we recommend you to make your registration arrangements well in advance. Most of the Congress hotels have undergone a renovation within the past 2 years. If accommodation is needed in Helsinki before or after the Congress the Congress Office is ready to help with bookings. Most of the hotels are within 5-10 minutes' walk from the Congress Centre.

The main Congress Hotel Sokos Hotel Alexandra is at a 5 minutes' distance from the Congress Site. The list of hotels will be available at the Congress website. The hotel rates will be given by the end of 2009.

Reservation and payment of accommodation

Accommodation reservations are recommended to be made together with the registration through the Congress website. The reservations will be made on a first-come, first-served basis. Detailed hotel information is available on the Congress website and the registration pages. The Congress Office is happy to help with any questions. All accommodation reservations will be confirmed in writing either with the registration confirmation or with a separate confirmation if accommodation request is made separately.

All accommodation is requested to be pre-paid. The payment takes place together with the Congress fees. Payment methods are acceptable credit cards (see paragraph registration) and invoice. All necessary information on payments will be given on the web registration pages.

Cancellation of hotel rooms and changes

Cancellations or changes of booking are required to be made in writing. For written cancellations received 14 days prior to the beginning of your reservation, full refund will be paid. For cancellations thereafter but 4 days prior to the beginning of your reservation the first night will be charged to the client. Thereafter, there is no refund on your payment. Substituting the participant with another person is acceptable provided that a written notification will be sent to the Secretariat 4 days prior to the Congress at the latest.

General Information

Arrivals and departures

Most international flights arrive in Helsinki-Vantaa international airport (250 km from Jyväskylä). Between Helsinki and Jyväskylä there are domestic flight connections, bus connection and train connections. Helsinki airport does not have a railway station. The nearest stations are Helsinki City or Tikkurila. There are direct express bus lines from Helsinki airport to Jyväskylä. The most convenient way to travel to and from Jyväskylä from the Helsinki airport will be a special shuttle service, organized by the Congress Office. In Jyväskylä the shuttle will take participants directly to the congress hotels. Price for the shuttle will be 40€/person/direction. To ensure your place on the bus, please reserve the trip as you register. More information about schedules from the website and the Congress Office.

For departures, the participants that are travelling to Helsinki airport by bus, are advised to leave Jyväskylä at least 6 – 7 hours prior to the scheduled flight departure.

Currency

The currency in Finland is Euro. One Euro is divided into 100 cents.

Customs

There are no forms to be filled in when entering Finland as a tourist.

Immigration

A valid passport (and visa if applicable) is required to enter Finland. The visa regulations are updated regularly on the website of the Finnish Ministry of Foreign Affairs: www.formin.fi

Insurance policy

The Congress cannot accept any liability for accidents, illness or injuries taking place during the congress or the social programmes. Therefore, it is advisable for the delegates to make an insurance policy for their travel and stay. For those needing a visa, such a policy is generally requested before their application can be handled.

Health regulations

There are no vaccinations needed or special health regulations to enter Finland from any country at the time this announcement is published. If any new information will be given the organizers will post it on the Congress website.

Languages in Finland

Finland has two official languages: Finnish (a Finno-Ugric language) and Swedish, which is the mother tongue of 6 per cent of the population. Sami (Lappish) is spoken as their native language by ca. 1,700 people in the northern area of the country. English is the most widely spoken foreign language.



Weather Conditions

In summer, the sun stays above the horizon for more than 70 days above the Arctic Circle and even in Jyväskylä region there is enough daylight to read all through the night in natural light. The average day temperatures are around 18-20 degrees centigrade in June, but may even be higher. Night temperatures are generally 5-8 degrees lower. June is still early summer in the country, and chilly weather can sometimes occur.

Other useful information

Telephone

In Finland almost all citizens, including children, have a cell phone. Therefore, public phones are very rare nowadays. The international country code in Finland is +358.

Time

The standard time in Finland is 2 hours ahead of Greenwich Mean Time (GMT +2), there is 1 hour difference in winter and summer time as in all European Union.

Electricity

The voltage in Finland is 240.



TENTATIVE PROGRAMME OUTLINE

Time	Monday June 14	Tuesday June 15	Wednesday June 16	Thursday June 17
09.00–10.30	Arrival & Registration	Plenary Session 1	Plenary Session 3	Plenary Session 5
10.30–11.00		<i>Coffee Break</i>	<i>Coffee Break</i>	<i>Coffee Break</i>
11.00–12.15		Parallel Sessions	Parallel Sessions	Parallel Sessions
12.30–14.00		<i>Lunch Break</i>	<i>Lunch Break</i>	<i>Lunch Break</i>
14.00–15.30		Plenary Session 2	Plenary Session 4	Parallel Sessions
15.30–16.00		<i>Coffee Break</i>	<i>Coffee Break</i>	Conclusion Session & Closing Ceremony
16.00–17.15		Parallel Sessions	Parallel Sessions	
17.15		<i>Sports Programme</i>	<i>Sports Programme</i>	
19.30		Opening Ceremony & Welcome Cocktail		Closing Banquet



IOC Sport for All Commission

Chair

Walther TRÖGER

Members

Isa Mohamed ABDULRAHIM
Tamás AJÁN
Syed Shahid ALI
Ahmed AL-SAMARRAI
HRH Prince Tamim Bin Hamad AL-THANI
Wolfgang BAUMANN
Patrick S. CHAMUNDA
Ju-Ho CHANG
Ung CHANG
Phillip Walter COLES, A.M.
Anton GEESINK
Gianni GOLA
Bruno GRANDI
Kai HOLM
Prince Tunku IMRAN
Paavo KOMI
Julio César MAGLIONE
Gérard MASSON
Dae Sung MOON
Shlomit NIR TOOR
Juan Antonio SAMARANCH Jr
Walter SCHNEELOCH
Margaret SIKKENS-AHLQUIST
Raja Randhir SINGH
Rita SUBOWO
Irena SZEWINSKA
Mingde TU
Jan ZELENY

Local Organizing committee

Paavo KOMI, Chair
Janne AVELA
Jyrki KOMULAINEN
Eino HAVAS
Jouko PURONTAKANEN
Pekka OJA
Jouni KALLIO, Congress Coordinator

Congress Coordinating Committee

Chair

Walther TRÖGER
IOC Member
Chairman of the IOC Sport for All Commission

WHO representative

Timothy ARMSTRONG
Coordinator
Surveillance and Population-based Prevention Unit
Department of Chronic Diseases and Health Promotion
World Health Organization

SportAccord/GAISF representative

Nolvenn DUFAY DE LAVALLAZ
Director
SportAccord/GAISF

Members

Irena SZEWINSKA
IOC Member
Member of the IOC Sport for All Commission
Christophe DUBI
IOC Sports Director

Co-opted members

Chairman of the Congress Programme Committee

Paavo V. KOMI
Member of the IOC Sport for All Commission
Chairman of the Organising Committee of the 13th World Sport for All Congress

Representatives of the Organising Committee of the 13th World Sport for All Congress

Eino HAVAS
Director
LIKES Research Centre for Sport and Health Sciences
Janne AVELA
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Neuromuscular Research Centre
University of Jyväskylä
Jouko PURONTAKANEN
Secretary General
Finnish Olympic Committee

Congress Programme Committee

Chairman

Paavo V. KOMI
Member of the IOC Sport for All Commission

Member

Jyrki KOMULAINEN
Programme Director, Fit for Life, LIKES

Ex-officio members

Walther TRÖGER
Chairman of the Congress Coordinating Committee
Christophe DUBI
IOC Sports Director
Catherine MOILLEN GIOBELLINA
IOC Sports Department

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Under the patronage of

the International Olympic Committee
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Hosted by

the Finnish Olympic Committee

Organized by

LIKES Research Center for Sport and Health Sciences
Neuromuscular Research Center
Department of Biology of Physical Activity
University of Jyväskylä

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