Creating healthy workplaces
Company sport works for you
ABOUT ME

- Football, later also five-a-side football, volleyball, mountainbiking, golf, petanque, tennis and squash
- Since 1979 active company sporter
- Since 1983 also company sport administrator on a voluntary basis
- Former president Belgian and Flemish c.s. federation
- Today vice-president of the Flemish c.s. federation
- President of the Brussels c.s. federation
- Vice-president of EFCS
- Continental vice-president Europe of the World Federation for Company Sport (WFCS)
EFCS IN A NUTSHELL

- Created in 1962 in Switzerland. Today 39 member countries of which 24 EU member states
- Voluntary non-profit organization
- Expert in the field of company sport
- Recognized by the EU institutions
- Target public: the blue and white collar workers
**Company**

All types of organizations that provide services or produce or sell goods (e.g. car factory, bank, hospital, university, public service)

**Company Sport**

All types of sport activities organized within a company by one or more workers or by company volunteers or by external persons for the benefit of the workers. The activities are held in the company itself (depending on whether the company has sport infrastructure of its own) or in external sport facilities.
VALUES AND OBJECTIVES

VALUES
- health and well-being
- togetherness
- sociableness
- equality
- diversity
- environmental awareness

MAIN OBJECTIVES
- To strengthen human and cultural contacts across national borders through sport by offering a wide spectrum of company sport events
- To promote regular movement and PA in companies
- To emphasize the recreational and health enhancing character of company sport
WHO ARE OUR MEMBERS?

**EU**
- Austria
- Belarus
- Belgium
- Croatia
- Czech Rep.
- Denmark
- Estonia
- Finland
- France
- Germany
- Greece
- Hungary
- Italy
- Latvia
- Lithuania
- Malta
- Netherlands
- Poland
- Portugal
- Romania
- Slovakia
- Slovenia
- Spain
- Sweden

**Non EU**
- Azerbaijan
- Bosnia-Herz.
- FYROM (Macedonia)
- Iceland
- Israel
- Monaco
- Montenegro
- Moldova
- Norway
- Russia
- San Marino
- Serbia
- Switzerland
- Turkey
- Ukraine

**Candidates**
- Cyprus
- Ireland
- Luxembourg
- Romania
- United Kingdom
EFCS FACTS & FIGURES

- 39 countries
- 17 million athletes
- 150,000 company sport clubs
- 41,000 companies
- 900 staff in national federations
- 40 sport disciplines
- 20 Summer Company Sport Games (6,000 participants on average and 1,000 staff and volunteers)
- 10 Winter Company Sport Games (300 participants on average and 100 staff and volunteers)
MISSIONS

- Organization of sport events for both active and retired employees of private and public companies affiliated to the EFCS through their national federations for company sport
- Promotion of health enhancing activities in the professional context
- Exchange of regular and systematic information on initiatives taken within company sport across national borders
- Promotion of ethics and fair play values
- Representation of national company sport federations at EU level
EFCS SERVICES

- Consultancy
- Representation at EU
- Conferences and Workshops
- Exchange of Information and Best Practices
- Networking
- Sport Events
1977  Eindhoven, the Netherlands
1979  Göteborg, Sweden
1981  Hamburg, Germany
1983  Caister, Great Britain
1985  Middelfart, Denmark
1987  Vienna, Austria
1989  Rovinj, Yugoslavia
1991  Norrköping, Sweden
1993  Berlin, Germany
1995  Zaragoza, Spain
1997  Trondheim, Norway
1999  Trentino, Italy

Summer games

2001  Riga, Latvia
2003  Salzburg, Austria
2005  Clermont-Ferrand, France
2007  Aalborg, Denmark
2009  Rovinj, Croatia
2011  Hamburg, Germany
2013  Prague, Czech Republic
2015  Riccione, Italy
2017  Ghent, Belgium
2019  Salzburg, Austria
EUROPEAN COMPANY SPORT GAMES

Winter games

1990  Innsbruck, Austria
1992  Sarajevo, Yugoslavia (canc.)
1994  Albertville, France
1996  Bled, Slovenia
1998  Lillehammer, Norway
2000  Val di Fiemme, Italy
2002  Kajaani / Vuokatti, Finland
2004  Jaca, Spain
2006  Spindleruv Mlyn, Czech Republic
2010  Les Saisies, France
2012  Falun, Sweden
2014  Les Saisies, France
2016  Cortina d’Ampezzo, Italy
2018  Kapaonik, Serbia
EUROPEAN COMPANY SPORT GAMES

- New developments in the field of company sports
- Framework for a social and cultural program
- Unique networking platform
"Regular PA brings the employee better life quality, wellbeing and health. It’s a win-win situation"
In the world of company sport, EFCS wants to increase its social responsibility in order to give priority to equality of opportunity and accessibility.

It is the role of EFCS to allow everyone’s sport talents and knowledge to be valued and make sure that everyone is respected. In other words: every company sporter, male or female, regardless of their origin, should be given the possibility to participate in our events.

The role of this commission is to guarantee the commitment by ensuring the application of the values and the credibility of EFCS

- To fight against inequality between man and woman in sport
- To accept the new position of woman today
- To integrate these values in our society
GENDER EQUALITY, BALANCE & DIVERSITY AWARD

- To increase the proportion of women in our sport events, in our executive boards and to promote a better gender balance
- To highlight the diversity best practices
- First GE&D Award ceremony during the General Assembly in 2016
A BROADER PHYSICAL ACTIVITY CONTEXT

- The slogan "sitting kills" is now a reality. In the changing working environment new furniture enable PA when working.
- The sitting breaking activities are built in the daily working routines. Sitting a whole day long without PA is not anymore a proper behavior from personal and administrations view.
- The community building, the networking and the individuals connecting physical activities are a MUST and are part of the NEW physical activity context.
“Having 5 small kids, it is wonderful that the daily exercise is already done when I get home from work.”
EFCS brings in its expertise and network and concretely contributes to reaching the European objectives corresponding to its missions.

EFCS adheres to the chapter dedicated to sport in the new “Erasmus for all” program and more particularly the objective:

“to promote social inclusion, equal opportunities and health-enhancing physical activity through increased participation in sport”

EFCS also supports the Council’s recommendation on “promoting health-enhancing physical activity”
DANSK FIRMAIDRAÆTSFORBUND

Danmarks Sjoveste Firmaidrætsfest

#BEACTIVE
European Week of Sport

Part of the AWHL-EFCS project - with the support of the Erasmus+ Sport Programme of the European Union
Healthy Workplaces
Manage stress
WHY IS COMPANY SPORT SO IMPORTANT?

• **59%** of European Union citizens never or seldom exercise or play sport (Eurobarometer on sport and PA - 2013)

• **13%** of European Union citizens practise sport and PA in the professional context (Eurobarometer on sport and PA - 2013)

• By investing 430 EUR per employee for promotion of PA programs within the workplace, benefit related to the reduction of absenteeism is **635 EUR** (2004)

• Performance of an employee who is engaged in a regular PA can be improved from **4 to 15%** (Santé Canada 2003)
Health risks

- muscle loss
- osteoporosis
- rheumatoid arthritis
- lower back pain
- stroke - apoplexy
- cardiovascular disease
- high blood pressure
- asthma
- overweight

- metabolic syndrome
- colon- and breastcancer
- diabetes 1 and 2
- weakening of brain functions
- anxiety and depression
- pain
- sleeping problems - insomnia
- erection problems
<table>
<thead>
<tr>
<th>Worker</th>
<th>Company</th>
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<tbody>
<tr>
<td>✓ Prevention chronic diseases</td>
<td>✓ Less absenteisme</td>
</tr>
<tr>
<td>✓ Longer life expectancy</td>
<td>✓ Sporty/dynamic/young image</td>
</tr>
<tr>
<td>✓ Motivated</td>
<td>✓ Increased production</td>
</tr>
<tr>
<td>✓ Happier and healthier</td>
<td>✓ Increased corporate feeling</td>
</tr>
<tr>
<td>✓ Increased alertness</td>
<td>✓ Better communication between workers</td>
</tr>
<tr>
<td>✓ Increased creativity</td>
<td>✓ People want to stay longer in the same company. Helps stopping braindrain</td>
</tr>
<tr>
<td>✓ Better contact with the clients</td>
<td>✓ Connects management with the workers</td>
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<tr>
<td>✓ Improved solidarity</td>
<td></td>
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<tr>
<td>✓ Teamspirit</td>
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<tr>
<td>✓ Corporate feeling</td>
<td></td>
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<tr>
<td>✓ Positive effect on family life</td>
<td></td>
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<tr>
<td>✓ Connects workers</td>
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"In the morning when I go to the office it is dark and when I return home in the evening the same. That’s why it is so great to go out in the middle of the day."
ADVISES ABOUT PA AT THE WORKPLACE

- Do exercise during working hours. By doing so you eliminate all the excuses for not getting the daily exercise done.

- The activity has to be open for everyone, the elite sporters can take care of themselves.

- Do not force the employees. The free choice works and motivates.

- Do it as a team, do not break up, that will weaken the team building.

- Do exercise everyday, if possible. The good daily habit is the driver that keeps the ball rolling.
EFCS KEYWORDS

- PHYSICAL ACTIVITY AND MOVEMENT
- RECREATIONAL
- HEALTH
- GENDER EQUALITY & DIVERSITY
- COMPANY WORKERS
- EUROPEAN COMPANY SPORT GAMES
- GOOD PRACTICES
- NETWORKING
- FUN
Ormit organizes traineeships for talented young graduates with leadership qualities. The Ormit approach is remarkable because one of the key elements in their training program is the promotion of PA in the company.

The young graduates learn that company sport can help in connecting managers and employees.

Result:

- The graduates get convinced that company sport can contribute to a better work relation between all parties.
- They introduce the idea of company sport in the companies where they have their education and in their future working environment.
"Two years ago, I had never run before and now I will take part in the Brussels marathon."
CONTACTS

Didier Besseyre, president
+ 33 6 08 72 41 09
db@fasbf.com

Musa Lami, secretary-general
+ 49 170 918 3904
musa.lami@hmdis.hessen.de

Guy De Grauwe, vice-president
+ 32 476 55 36 49
seypud@gmail.com

www.efcs.org
MESSAGE TO THE MANAGEMENT

The way people work together and use their talents determines the strength of the organization and its ability to adapt to the everchanging environment.
WFCS was created in Wiesbaden (Germany) on the 2nd June 2014 under the patronage of Mr Volker BOUFFIER, Minister-President of the German Land of Hessen.

First world company sport games will take place in Palma de Mallorca (1-5.6.2016)