



# Creating healthy workplaces Company sport works for you





- **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

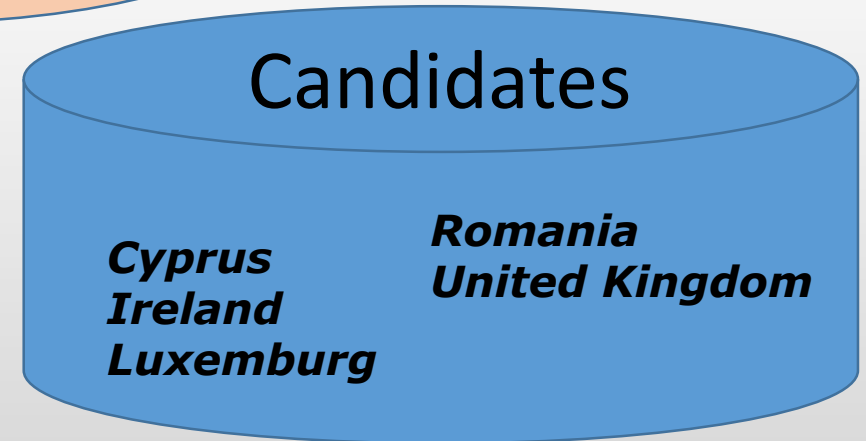
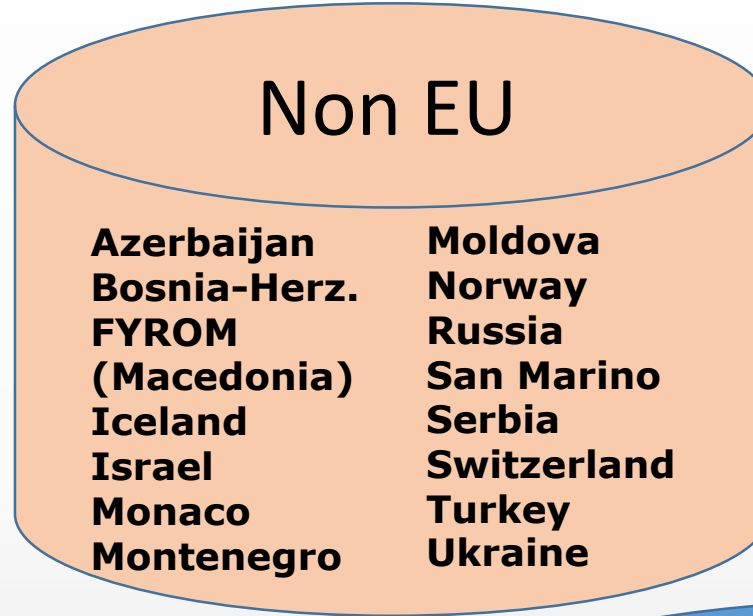
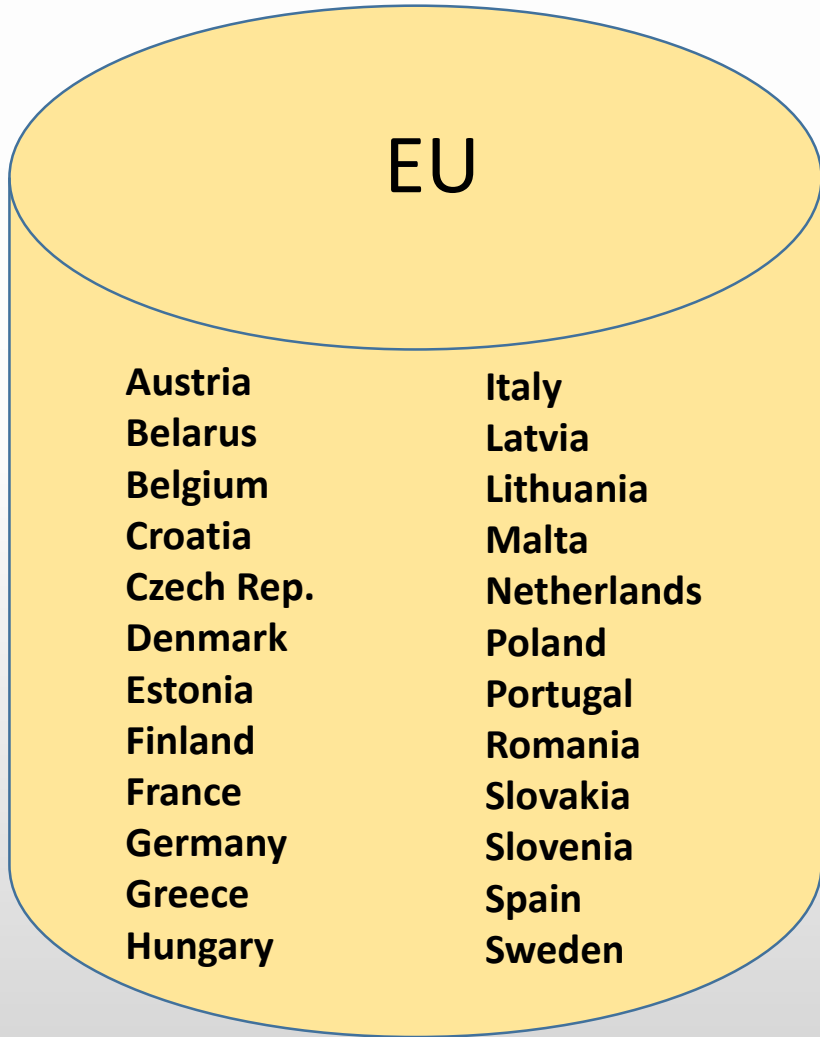
- health and well-being
- togetherness
- sociableness
- equality
- diversity
- environmental awareness

## 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?



# EFCS FACTS & FIGURES

39 countries

17 million athletes

150,000 company sport clubs

41,000 companies

900 staff in national federations

40 sport disciplines

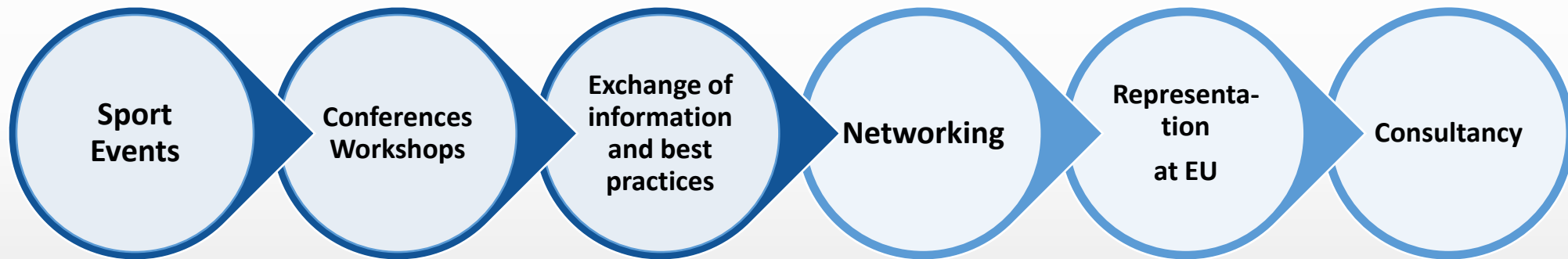
20 Summer Company Sport Games (6.000 participants on average and 1,000 staff and volunteers)

10 Winter Company Sport Games (300 participants on average and 100 staff and volunteers)



- **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**







European Federation for Company Sport

# EUROPEAN COMPANY SPORT GAMES

**1977 Eindhoven, the Netherlands**

**1979 Göteborg, Sweden**

**1981 Hamburg, Germany**

**1983 Caister, Great Britain**

**1985 Middelfart, Denmark**

**1987 Vienna, Austria**

**1989 Rovinj, Yugoslavia**

**1991 Norrköbing, 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**

## *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**



- **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”*



## TIBOR NAVRACSICS

European Commissioner for  
Education, Culture, Youth and  
Sport

**#BEACTIVE**



**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**

- **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”**







**DANMARKS  
SJOVESTE  
FIRMAIDRÆTSFEST**

*Firmaidræt Open i Storkøbenhavn 11.-13. september er en del af*

**#BEACTIVE**  
European Week of Sport

Part of the AWHL-EFCS project -  
with the support of the Erasmus+ Sport  
Programme of the European Union




## #BEACTIVE

European Week of Sport



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Sport Programme of the  
European Union



**RAMMER STORKØBENHAVN  
11.-13. SEPTEMBER 2015**

*Firmaidræt Open i Storkøbenhavn 11.-13. september er en del af:*

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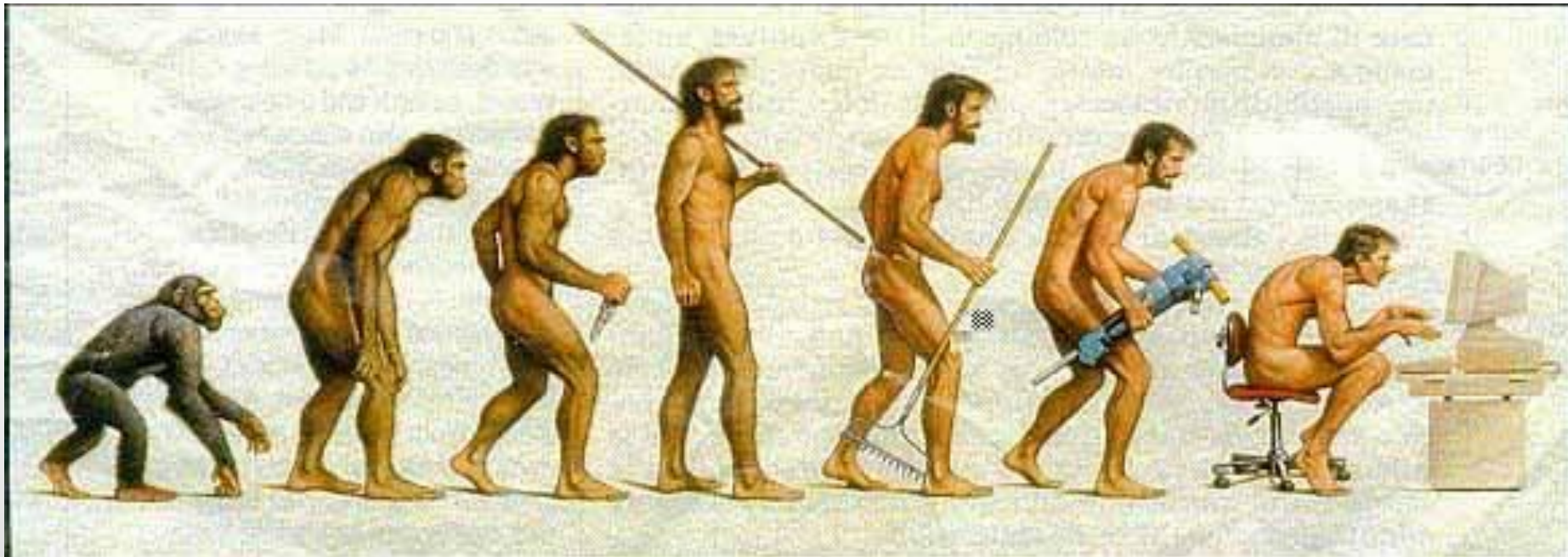


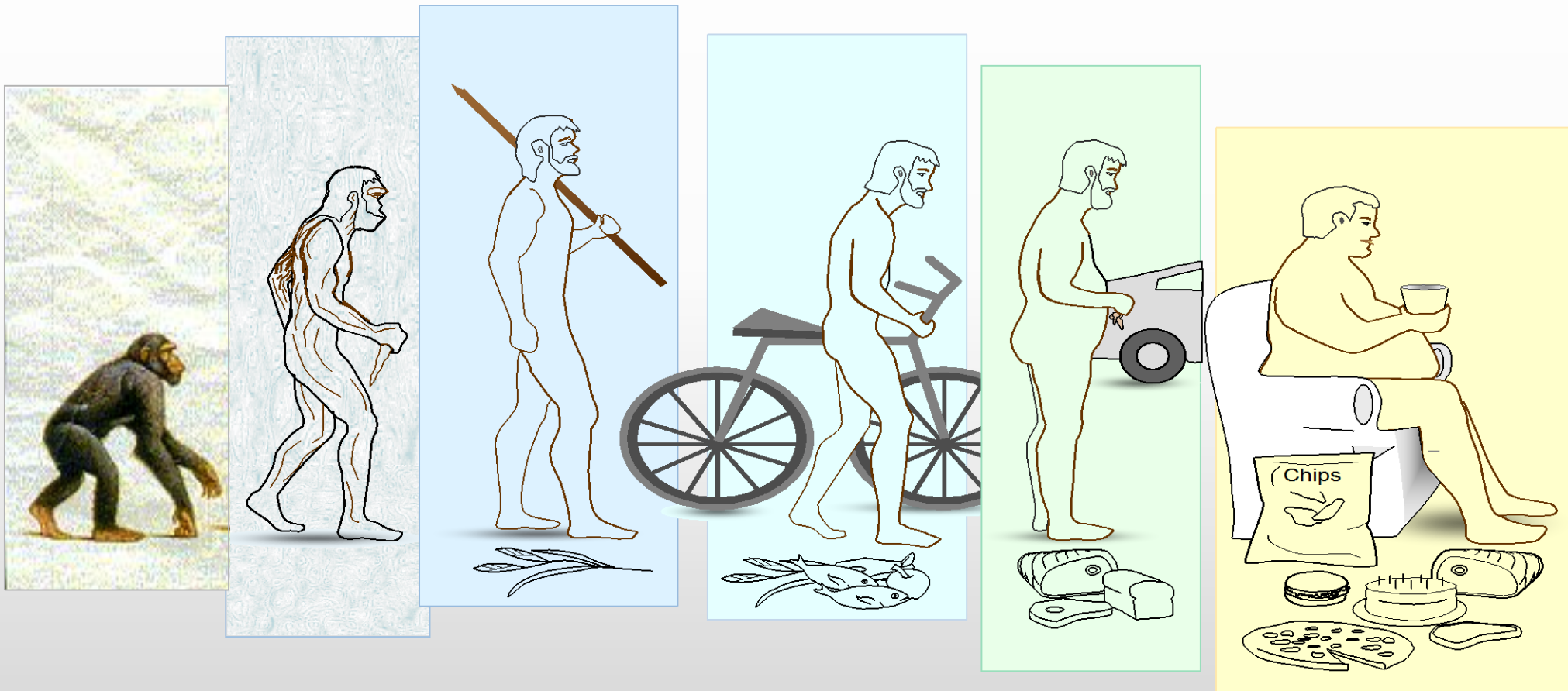
# WHY IS COMPANY SPORT SO IMPORTANT?

- **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**
- ✓ **astma**
- ✓ **overweight**
- ✓ **metabolic syndrome**
- ✓ **colon- and breastcancer**
- ✓ **diabetes 1 and 2**
- ✓ **weakening of brain functions**
- ✓ **anxiety and depression**
- ✓ **pain**
- ✓ **sleeping problems - isomnia**
- ✓ **erection problems**

# BENEFITS OF COMPANY SPORT WIN WIN SITUATION

## **Worker**

- ✓ **Prevention chronic diseases**
- ✓ **Longer life expectancy**
- ✓ **Motivated**
- ✓ **Happier and healthier**
- ✓ **Increased alertness**
- ✓ **Increased creativity**
- ✓ **Better contact with the clients**
- ✓ **Improved solidarity**
- ✓ **Teamspirit**
- ✓ **Corporate feeling**
- ✓ **Positive effect on family life**
- ✓ **Connects workers**

## **Company**

- ✓ **Less absenteeism**
- ✓ **Sporty/dynamic/young image**
- ✓ **Increased production**
- ✓ **Increased corporate feeling**
- ✓ **Better communication between workers**
- ✓ **People want to stay longer in the same company. Helps stopping brain drain**
- ✓ **Connects management with the workers**

***"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 futur working environment.**

***"Two years ago, I had never run before and now I will take part in the Brussels marathon."***



***Didier Besseyre, president***

**+ 33 6 08 72 41 09**

**[db@fasbf.com](mailto:db@fasbf.com)**

***Musa Lami, secretary-general***

**+ 49 170 918 3904**

**[musa.lami@hmdis.hessen.de](mailto:musa.lami@hmdis.hessen.de)**

***Guy De Grauwe, vice-president***

**+ 32 476 55 36 49**

**[seypud@gmail.com](mailto:seypud@gmail.com)**

**[www.efcs.org](http://www.efcs.org)**

***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 2<sup>nd</sup> 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)**





# COMPANY SPORT *GO FOR IT!!*

