

Lausanne, 9 January 2020

Local universities and CHUV team up to launch an educational program for young athletes

As part of the 2020 Youth Olympic Games in Lausanne, three local universities – UNIL, EPFL and HESAV – and Lausanne University Hospital (CHUV) will team up with the organizing committee to offer a unique educational program based on a software application called Health for Performance. The program will be offered to young athletes at the Olympic Villages from 9 to 22 January. The general public can also try out the application at the Vaudoise Arena in Malley, starting at 5pm on 9 January.

After testing their approach at the 2018 Youth Olympic Games in Buenos Aires, three local universities – the University of Lausanne (UNIL), the Ecole polytechnique fédérale de Lausanne (EPFL) and the Vaud University of Health Sciences (HESAV) – have teamed up with Lausanne University Hospital (CHUV) to offer an educational program during the 2020 Youth Olympic Games in Lausanne. The program was developed in association with the Youth Olympics Organizing Committee and the International Olympic Committee (IOC). It includes a software application called Health for Performance that young athletes can try out at the Olympic Villages in Lausanne and Saint Moritz.

To use the application, athletes first create an avatar that guides them through various tests. Then the software analyzes the test results using sophisticated technology and gives suggestions to help athletes train more efficiently and reduce the chance of injury while competing. It also includes other risk-prevention-related features such as a virtual-reality system that allows them to experience and detect a concussion, and a program providing advice on stress management, sleep and nutrition – the building blocks for good physical performance.

The general public can try out the program at the Health for Performance pavilion that will be set up by UNIL, CHUV, EPFL and HESAV just outside the Vaudoise Arena in Malley. Users can test their balance and coordination on connected treadmills, learn how to prevent sports injuries, speak with physical-training experts and measure their performance against professional athletes.

Starting next year, anyone will be able to use the Health for Performance application – along with all the other components of the program – at the new Smart Training building that will be built at the UNIL-EPFL sports center. This initiative builds on the work being done for the Youth Olympic Games and is being carried out as part of the universities' and CHUV's involvement in Smart Move, a network of sports-related organizations in French-speaking Switzerland. Smart Move aims to further develop the sports ecosystem in and around Lausanne – the Olympic Capital and home to the IOC and a number of international sports federations.

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