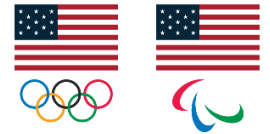


# **GUIDE FOR ATHLETES WITH CHILDREN AT PARIS 2024**

*Information Available as of June 11, 2024*



## **Overview**

Representing the U.S. at the Olympic & Paralympic Games is an incredible accomplishment to be shared with your friends and family. This can at times be challenging.

This guide has been created to provide transparency and clarity into what resources and support are available to Team USA athletes with children, competing in Paris 2024, including those who are nursing, so you can best prepare to meet both yours and your children's needs. Athletes who have children with special needs at the Games should also consider the information in this document and seek guidance and information via the resources provided.

## **What to Expect in Paris**

### **TRAVEL & ACCOMMODATIONS**

All Team USA athletes may bring their children and families to Paris at their own expense. The USOPC will not provide travel, transportation, accommodations, or other arrangements for any family or children who are not official members of the USA Delegation. In addition, young children or family members are not permitted to stay with Team USA athletes in the Olympic or Paralympic Village or High-Performance Center.

Athletes are encouraged to speak with their NGBs to understand additional support options such as NGB-specific family programs and options to stay with their families outside USOPC-provided housing.

For support making travel & accommodation arrangements:

- Contact your NGB to learn about their Friends and Family programming.
- Visit [The Friends and Family Website](#)
  - Find your Friends and Family Coordinator contact information in the “Know Before You Go Section”

### **FAMILY GATHERING SPACES & VENUES ACCESS**

Due to the highly controlled nature of the Games, the USOPC will not provide additional accreditations or ticket allotments to children and/or caregivers to provide additional access to restricted venues in Paris. To gain access, parents will need to obtain a ticket. In general, we recommend athletes meet their families in spaces where the family already has access.

Athlete families can access the following restricted venues if they secure the appropriate tickets/passes.

#### **Olympic & Paralympic Village Nursery**

Located in the Village Plaza, the nursery will enable athletes to spend quality time with their diaper-aged children and provide private space for breastfeeding. Children and their dedicated caregivers will be able to visit the spaces by obtaining a Guest Pass.

\*We are currently waiting on Paris 2024 to confirm the guest pass process, on whether or not there will be a separate allocation of nursery guest passes apart from the daily performance guest pass quota. Once the IOC provides confirmation on this process for the Olympic and Paralympic Games, this webpage will be updated.

### **Team USA House**

All children (0+) and family members will need a ticket to access the Team USA House. This policy is consistent with all on-location IVH/OVH events and OLY/PARA sporting events. Each Team USA athlete will be given four single-day tickets to Team USA House at no cost, additional tickets may be purchased. For additional ticket info, please visit [USOPC | Team USA House Olympic Games FAQ](#) for the Olympics and [USOPC | Team USA House Paralympic Games FAQ](#) for the Paralympics.

### **Competition Venues**

All children (0+) and family members will need a ticket to access competition venues to see their Team USA athlete. There are no exceptions for babies and young children. [Learn more about ticketing on our friends and family specific page at <https://www.usopc.org/event-ticket-info>](#)

### **Champions Park**

All medaling athletes will receive 4 passes for friends and family for the Chaillot located within the Champions Park, except on 8/5 (2 passes) and 8/10 (3 passes). The gathering area, or athlete lounge in Chaillot will be open from 4:00-10:00pm. For more information on the Champions Park, please visit <https://olympics.com/en/paris-2024/the-games/celebrating/champions-park>. This will ONLY be available during the Olympic Games.

### **Media Centers & NBC**

Friends and family members can be guest-passed into media centers but will need to provide advanced notice to process the request. Your go-to contact for Media Center and Broadcast Center access will be shared as we get closer to Games Time. Additionally, NBC will accommodate an athlete's family if an athlete is requested to appear at any studio locations.

### **LACTATION SPACES & BREAST MILK SHIPPING**

The USOPC will provide access to private lactation spaces and amenities at the following restricted venues during the Games. Please follow the instructions for each location to reserve your space/request access.

### **Team USA High Performance Training Center**

A lactation room will be located at the back of the Deagna Indoor Track Building, adjacent to the Strength & Conditioning facility in the Team USA High Performance Training Center. Anyone who needs to use the space should schedule time (or come see) the HPC staff for access. Please visit the front desk/contact to reserve a space and/or request access to store in the freezer on site.

### **Team USA House**

Located on the 3rd floor, Room G of the Palais, a private lactation space will be available for Team USA Athletes daily from 12:00pm - 12:00am, except 12:00-4:00pm on Mondays and Thursdays. The room will include a private space and a freezer maintained by Team USA, conveniently located on the same floor as the Team USA doctor's office.

### **Village Nursery**

Located in the Village Plaza, the nursery will enable athletes to spend quality time with their young children and nurse, if desired. At this time, it does not appear that there will be private individual

nursing spaces within the nurseery for that, so feel free to bring any supplies needed. P&G will be providing diapers for use at the nurseery.

In addition, children and their dedicated caregivers will be able to visit the spaces by obtaining a Guest Pass. \*As a reminder, guest pass allocation has yet to be determined by the IOC, so please re-visit this document frequently for an updated response.

### **Media Centers & NBC**

We are currently waiting for our colleagues at the IOC to confirm if there are lactation spaces within the Media Centers. Please re-visit this page frequently for updated information.

### **Venues**

At your sport venue, you may go to the Paris medical space, and they will help to identify a more private location as designated lactation spaces are not common in France due to the wide acceptance of nursing. These rooms will most likely not be outfitted with anything other than a chair and table.

### **Milk Stork Breast Milk Shipping**

The USOPC will provide supplies and cover fees for Team USA to ship their frozen breast milk home utilizing [Milk Stork](#).

- Shipment frequency and pick-up location will be provided next month. Someone from Milk Stork will be on the June 3<sup>rd</sup> call mentioned above if you're interested in learning more about Milk Stork's process.
- Supplies will be provided to each individual who is signed up and additional supplies will be available with Sports Medicine at the Village and High-Performance Center.
- Athletes will be responsible for ensuring their breast milk is stored properly in provided coolers or freezers at the village and HPC and is labeled and prepared for shipping by the pick-up time.

For additional questions or to get set up with this service please contact the USOPC Medical Director [[amber.donaldson@usopc.org](mailto:amber.donaldson@usopc.org)].

## **PSYCHOLOGICAL SUPPORT**

USOPC Psychological Services is available to support the mental health and mental performance of the athlete and their support system before/during/after the Games. Specific programming includes:

### **Parent Support Groups**

USOPC Psychological services will host parent support group virtual meetings for athlete parents traveling to Paris. To sign up, email [psychological.services@usopc.org](mailto:psychological.services@usopc.org).

*If you are interested in connecting to mental health resources for parent athletes or even connecting with fellow parent athletes, please complete the [Psychological Services referral link](#)*

### **Mom Mentorship and Support**

Team USA Athletes are not alone. We want to make sure that Team USA Athletes know of others, both athletes and staff, who have been or are in a similar stage of motherhood. We will have members of the Women's Health Task Force and others who will be available to talk and support athletes during the Games. Feel free to reach out to [amber.donaldson@usopc.org](mailto:amber.donaldson@usopc.org) (Medical Director and Chair of the Women's Health Task Force) if you are interested in being part of this community.

## **USOPC Psychological Services One-on-One Support**

USOPC Psychological Services offers Team USA athletes one-on-one access to providers who are credentialed in mental health and mental performance to support your needs. These providers integrate psychology and sport science expertise to support Team USA athletes. To get started with a provider, complete a referral form at [go.teamusa.org/referrals](http://go.teamusa.org/referrals).

### **Sleep Optimization Program**

The Paris Sleep Optimization Plan is an initiative through the USOPC Sleep Working Group to help educate and empower Team USA athletes to sleep at their best before, during and after the Paris Olympic and Paralympic Games. This program is designed to give athletes who opt in personalized insights and expert feedback & recommendations to give them the data, tools, and knowledge to sleep their best.

#### **Athletes who opt into the program will:**

- Complete 2 sleep specific surveys to assess sleep behaviors and beliefs that may impact sleep quality and quantity
- Complete 5 consecutive days of sleep tracking using the consensus sleep diary

#### **Athletes will receive:**

- Written report with feedback and education related to individual sleep patterns, behaviors, and beliefs
- 20-30 min consultation with a Team USA Sleep Specialist
- Recommendations to optimize sleep before the Games
- Personalized Travel and Jet lag mitigation recommendations to help preserve sleep throughout your travel
- Options for follow up post Games to address lingering sleep questions or additional ongoing concerns.

### **Welfare Officers in Paris**

The USOPC will have dedicated mental health officers or MHOs at the Games. No previous engagement with USOPC Psychological Services is needed to engage with the MHOs.

These MHOs will be available to:

- Provide psychological support related to mental performance or mental health.
- Help with developing strategies to manage emotions and feelings.
- Assist with strategies to improve disrupted sleep.
- Assist with disappointment, grief, or exhaustion.
- Help with emotional management of injury.
- Treat symptoms or conditions with medication, if indicated. \*

**\*If you misplace, lose, or forget psychiatric medication, our psychiatrists will be available for consultation.**

You can contact the Mental Health Officer On-Call at +1-719-517-8308.

You will also be able to access them through the Team USA Delegation App.

### **Additional Team USA Psychological Services Resources**

The USOPC Psychological Services team supports Team USA athletes across the psychological spectrum by providing internal and external resources that range from mental health to mental performance and everything in between. Visit USOPC.org for the complete [Resource Guide](#).

## **ADDITIONAL RESOURCES**

### **Team USA-Specific Questions**

For additional questions and support regarding your Team USA Friends & Family experience and arrangements in Paris, please contact:

- [Your NGB Friends & Family Liaison](#)
- Friendsandfamily@usopc.org

### **Third-Party Resources**

In addition to USOPC Resources and support, several companies exist to support athletes with children who may be able to provide additional funds or resources as you navigate your Games journey.

*Disclaimer:* The USOPC does not have a formal partnership/agreement

- [Power of She Fund, Childcare Grant](#)
- [&Mother](#)