

Otium

Commonwealth Games

Birmingham takes centre stage

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BIRMINGHAM
2022
commonwealth
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Welcome to our **sixth edition** **of Otium**

Welcome to the latest edition of Otium, the insight publication brought to you by the Howden Sport and Entertainment team.

In this special edition, we are focusing on the upcoming Commonwealth Games in Birmingham.

Birmingham is a main hub for our Sport and Entertainment team. Many of our people have grown up in and around the city and like others who live and work here, the Commonwealth Games have captured our imagination. We are incredibly proud that our city is playing host to such an incredible showcase of sporting talent from around the world, and we are bristling with anticipation for the games to begin.

We want to wish the best of luck to everyone who is taking part and we look forward to seeing you all here.

Emma Tildesley and Andy Goulbourne



Commonwealth Games 2022: The Birmingham story



Ten years after London hosted the Olympic Games in 2012, the UK's second city, Birmingham, takes centre stage for the Commonwealth Games with an ambition to put the region on the sporting and economic map.

Birmingham was named as host of the Games in December 2017 and has spent almost five years preparing for its moment in the spotlight.

It promises to be an enthralling spectacle – the biggest sporting and cultural event ever held in the city and featuring thousands of world-class athletes.

More than a million spectators will attend, across 19 different sports, watched by an estimated television audience of 1.5bn.

When you hear those figures, it is easy to see why making a success of the Games is not only important from a sporting point of view but also from a political and economic one.

Birmingham, and the entire West Midlands, is going to be in the spotlight from 28 July to 8 August and the world will be watching.

Hosting an event of this size comes with so many challenges. Not just logistical ones but also in terms of risk assessment and having contingency plans in place for every single possibility.

When you consider much of the preparation was undertaken during the pandemic, it's fair to say that putting on a Commonwealth Games in Birmingham has been one of sport's greatest challenges – and promises to be one of its greatest triumphs, too.

A vision for the future

The desire of organisers, local politicians and the UK government to ensure Birmingham 2022 leaves a meaningful legacy is part of the added challenge of hosting a modern Games.

Running a smooth operation on the track, in the pool and in the sports hall is a given – the pressure comes when seeking to ensure that the benefits felt by West Midlands residents do not disappear into the ether when the final medal is handed out.

Following a £778m investment, split between government, Birmingham City Council and key partners, the pressure is on to deliver and meet expectations.

Cllr Ian Ward, Leader of Birmingham City Council, said: "The event gives us a golden opportunity to reposition the city and region on a global stage and bring citizens together."

Andy Street, the Mayor of the West Midlands is equally positive, saying: "Investment in the region is already being unlocked thanks to the Games. We expect the wider benefits of hosting the Games, including the economic and tourism boost, to last long into the future."





Why Birmingham?

Culturally diverse Birmingham has evolved from the workshop of the industrial revolution to a global powerhouse of innovation and creativity.

One of the reasons it was chosen was the vision of organisers to create a Games for everyone – a level playing field for all, with a fully integrated para-sports programme and an emphasis on the Commonwealth's youth.

The event also has a five-pronged promise to:

- Bring people together
- Improve health and wellbeing
- Help the region grow and succeed
- Be a catalyst for change
- Put Birmingham on the global stage

Birmingham's sporting heritage

It's not all about the future, of course. Birmingham was also chosen because of its long sporting heritage and influential past.

Here are a few facts you may not know about Birmingham's sporting pedigree!

- Lawn tennis was invented in Birmingham! Major Harry Gem created the game with JBA Perera in a back garden in the city's suburb of Edgbaston, 150 years ago. The Edgbaston Archery & Lawn Tennis Association is the oldest tennis club in the world.
- The Football League began in Birmingham when William McGregor of Aston Villa FC invited other clubs to play regular games of football in 1888.
- The sport of rugby is named after the market town of Rugby in Warwickshire. The sport famously began there in 1823 when William Webb Ellis picked up the ball and ran with it at Rugby School. Rugby Sevens takes place in the Commonwealth Games in nearby Coventry.

- The Belfry golf course in Sutton Coldfield has hosted more Ryder Cups than any other venue
- Edgbaston Stadium hosted its first Test Match cricket game, against Australia, as long ago as 1902.
- Nearby St George's Park in Burton-upon-Trent is the official home and training venue of England's 28 national football teams.
- The Wimbledon men's and women's tennis trophies, the FA Cup, the 1948 Olympic torch and boxing's Lonsdale belts are all made in Birmingham.
- Birchfield Harriers, whose Alexander Stadium is being used to host athletics events at the Games, were formed back in 1877.
- The Birmingham & District Cricket League is the oldest in the world, formed in 1888.

Insurance for sporting events

Not all sporting events are the size of Birmingham's Commonwealth Games and not all come with the same pressure.

But the process of assessing and mitigating risk, and insuring against injury, financial loss, cancellation, and litigation is common to all events.

Howden Sport and Entertainment provides a wide range of insurance products to protect national associations, clubs, coaches and venues.

Contact the Howden Sport and Entertainment team at:

SPORTSENQUIRY@HOWDENGROUP.COM

Events Insurance

Why did it become so expensive?



From sport to theatre to live music, it used to be relatively easy to insure an event. But now, organisers are feeling the squeeze.

The Covid legacy

After two years of lockdowns, cancelled events and endless rescheduling, event organisers are starting to see the light at the end of the tunnel. As restrictions are being lifted in many countries, ticket sales for theatre shows, sporting events, music festivals and more are reaching record highs. For many event organisers insurance has in fact been their primary income source for the past two years, so this increase in ticket sales is a very positive sign.

While the threat of another lockdown is ever-present, things are starting to look up. Unfortunately, the financial losses caused by two years of disruption isn't the only legacy of Covid. For event organisers, the pandemic has caused another considerable problem – it has become much harder and more expensive for them to buy event insurance.

Events insurance squeeze

Before 2020, it was relatively easy for venues and organisers to purchase cover for events. However, the last two years have caused huge shifts in insurers' attitudes. At a global scale, insurers have traditionally received around \$500 million of premium for event insurance annually. But since March 2020, they have paid out around \$6.5 billion in event cancellation claims. This huge deficit has left insurers reluctant to cover anything but the safest risks.

This decrease in insurance capacity has, in some circumstances, left many venues and organisers under-insured or with no insurance. And as we've seen with the Ashes, event cancellation and contagious diseases aren't the only threats organisers face. Extreme weather, reputational damage, and even cyber attacks are growing risks too – and as these threats are on the rise, insurers are becoming more careful about what and who they choose to cover.

As insurance brokers, we have seen the impact that these restrictions are having on our clients. But we're also working hard to do something about it.



Supporting event organisers

At Howden, we're working on multiple fronts to offer meaningful support to venues and event organisers who are feeling the impact of the hardening insurance market.

One of our London-based directors James Davies, was a key instigator in lobbying the UK Government to provide financial protection for events impacted by Covid-19. By pulling together major insurers and buyers, his efforts helped convince the Government to step in. The resulting Live Events Reinsurance Scheme made it easier to access cover against the cancellation, postponement, or relocation of events due to new government-imposed restrictions or lockdowns.

The scheme is among the few in the world to cover almost all live events and not put a cap on costs claimed per event. It is an amazing support for UK-based events, but unfortunately it doesn't help our international clients. So we're also working with insurance providers and the ILS market to create viable, accessible solutions for events around the world. Using our in-house data and analytics specialisms, we are developing models to help insurers feel more confident in providing cover for our clients, wherever they are.

Evidence-based cover

In the current climate, insurers are requesting exacting standards from their potential customers. With such high demand, they can pick and choose who they cover, so we are working closely with our clients to ensure that they meet the rigorous standards required of them.

The exact details of these requirements depend on the type of event being organised. However, an example could be a music performance at a major venue. For an event like this, insurers will want to see that the organisers are taking every element of risk management seriously. From crowd control to cyber security and protection from the weather, we work with our clients to ensure that all their bases are covered. And with our data-driven analysis, we can create more compelling cases on our clients' behalf.

Looking forward

While the London market is still slow, we are seeing recovery among insurers in the US and continental Europe – particularly in the Dutch and French markets. After being hit hard by Covid claims it is taking London insurers a little longer to bounce back, but I fully expect to see it catch up in the coming months. This should hopefully ease the squeeze that our clients are seeing, if just a little.

In the meantime, we are working hard to help our clients access the cover they need at the best possible premium. If you are looking for cover for your sporting or entertainment event, get in touch to find out how we can help you.



Rising stars

Get to know the Athletes competing
in the Commonwealth Games 2022



This year's Commonwealth athletes of England, Scotland, Wales and Northern Ireland sat down with Howden to talk about who inspires them, sporting heroes and how they beat pre-game jitters.



EMMA Reid JUDO

Starting Judo at just aged 5, Emma Reid stormed up the ranks following her return to the sport post Covid-19, where she now sits firmly in the top 15 world rankings for the -78kg category. Following this victory, Emma was selected in early May to compete in the European Championships and is now set to contend at the Commonwealth Games 2022, her first major multi-sport championship.

The 27 year old judoka began her career by studying events management at the University of Coventry in 2013, where she trained alongside her studies at Walsall National Training Centre. Upon graduation, Emma committed to full time training where she was subsequently offered a place on the World Class Performance Programme in 2019. Emma also works part-time as a Junior Data Analyst for the British Judo Association.

Who is your greatest inspiration?

I take inspiration from all my fellow teammates. To see them all dominating on the world circuit is a great inspiration to me and I strive to be like them.

Who was your first sporting hero?

I can't really remember my first sporting hero, but I've always admired athletes that are hard-working and haven't always succeeded straight away and have come through to be one of the best in their class. Tom Daley is a great example of this, it took him four Olympic Games to win gold.

What would it mean to you to compete at the Birmingham Commonwealth Games?

It would be my first major games competition and for it to be so close to home will mean a lot to me and my family. Many of my friends and family don't normally get to see me fight in the UK, as the judo circuit is mainly in Europe, so that will make it even more special.

Do you have any pre-competition superstitions?

I don't tend to have pre-competition superstitions as I don't like to add extra things that could go wrong! For example, if I couldn't do a certain superstition or didn't have certain clothes that I always wear.

How do you relax when not training or competing?

I took up golf again in lockdown with my dad. When I go home my dad and I hit the local golf club as it is a nice relaxing sport to enjoy when I'm not training.

Early bird or night owl?

I'd say I was more of an early bird. Even though I still struggle to get up in the morning, I feel the most productive in the mornings.

Fancy restaurant or take-away?

As I'm normally quite tired after training, take-away is the easier option, however, I do like to dress up every now and again for a fancy meal. My go to take-away is an Indian, and I love getting it with a group of friends so you can order more!

Holiday at home or abroad?

Lockdown has made me appreciate holidays in the UK more, but I still prefer a nice sunny holiday abroad. I am hopefully going to Cyprus after the Commonwealth Games which will have plenty of sun.

TV, podcast or read a book?

I watch a lot more TV than listen to podcasts or read a book. I do like TV series that are based on true stories and if they are crime dramas. ■



YASMIN Javadian JUDO

Double Bronze U21 & U23 medallist and 8x national champion Yasmin Javadian is set to shine at the games this year. Whilst balancing her studies in dentistry at the University of Birmingham, Yasmin trains as part of the Coventry Judo Club and competes in the -52kg category.

Who is your greatest inspiration?

My grandad was part of the Iranian National Freestyle Wrestling team and had won multiple national championship titles. He was really proud of my success in Judo and I've always looked up to him!

Do you have any pre-competition superstitions?

I try to avoid overthinking and avoid superstitions,

but I do like listening to Spanish music before I fight! Staying happy and relaxed seems to bring out my best performances.

Early bird or night owl?

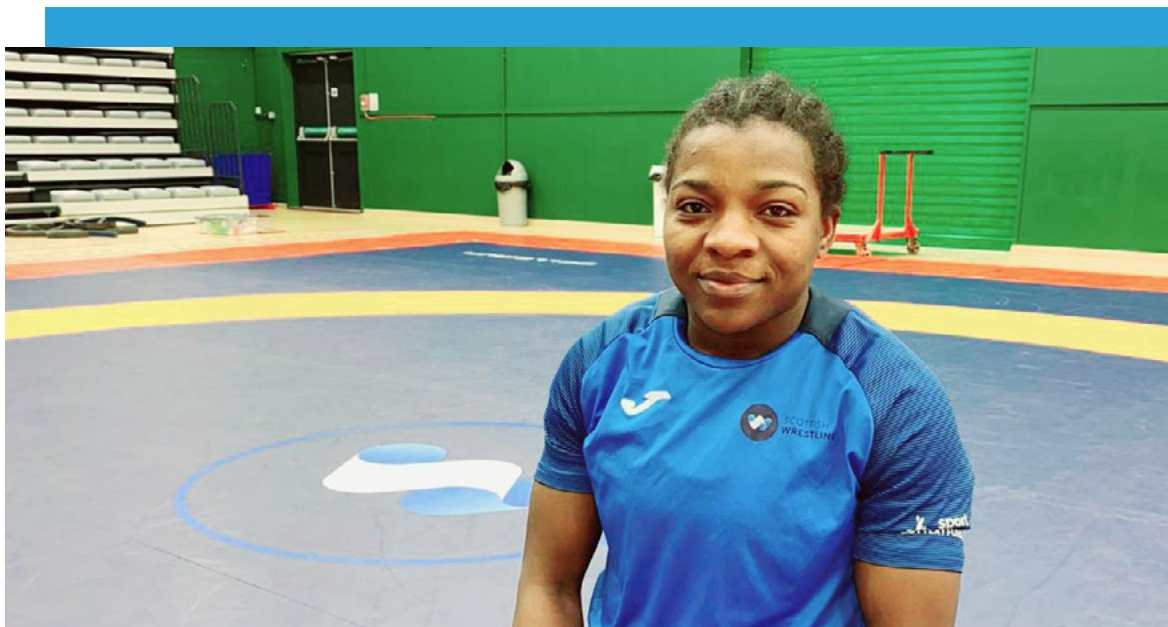
Early bird, especially during exam season!

Fancy restaurant or take away?

Restaurants, takeaways or home-cooked – Persian food has my heart!

What would it mean to you to compete at the Birmingham Commonwealth Games?

With the Judo event being held in Coventry, I'm super excited to compete in such a high-level competition in my home town! It'll be great to have a crowd full of friends and family to cheer me on. ■



CHRISTELLE Lemofack Letchidjio WRESTLING

Christelle Lemofack Letchidjio represents team GBR as a freestyle wrestler. A Glaswegian with roots in Cameroon, the 31 year old boasts an impressive track record as a pro wrestler. Christelle will be representing Team Scotland at the Commonwealth games.

Who is your greatest inspiration?

Sylvie Muna (PE teacher from high school who introduced me to wrestling).

Who was your first sporting hero?

Samuel Eto'o

What would it mean to you to compete at the Birmingham Commonwealth Games?

It means a lot to represent a country, a whole nation. It takes a lot of hard work and competing at the CG2022, it's a big step forward to the goal and I can only be grateful.

Do you have any pre-competition superstitions?

I mostly think of my family, my daughter, music is always on the menu (an African song).

How do you relax when not training or competing?

Spending time with family & friends.

Early bird or night owl?

Night owl

Fancy restaurant or take-away?

I like both!

Holiday at home or abroad?

Abroad, but I do love being at home (quality time is important wherever you are).

TV, podcast or read a book?

TV ■



NATALIE Metcalf ENGLAND NETBALL

Netballer Natalie Metcalf made her senior international debut for the Vitality Roses against Trinidad and Tobago in 2015. Since then, Natalie has competed on the biggest stages and against the best sides in the world; she has won medals at Netball Europe Championships, the Vitality Netball World Cup 2019 and 2018 Commonwealth Games, where she helped England win their first gold medal.

As well as her international accolades, Natalie has enjoyed domestic success in both England and Australia, playing for Leeds Carnegie, Yorkshire Jets, Manchester Thunder, Wasps and New South Wales Swifts. Natalie has also been reselected for the Vitality Roses programme for 2022-23. Natalie is set for further success at the Birmingham Commonwealth Games 2022.



Who is your greatest inspiration?

On the court they would be Tamsin Greenway and Serena Guthrie. Off it would have to be my mum, my sisters and my husband, Josh.

Do you have any pre-competition superstitions?

I would say no, however, the more I get asked this question the more it's brought my attention to some things I do that may appear to be superstitions. I always put my right sock/shoe on first, always tape my right ankle before my left. I like to have a good night's sleep before a game too!

How do you relax when not training or competing?

I love a walk, so if the weathers good - I love to go out for brunch and a walk!

Early bird or night owl?

I'd say at the moment with my training schedule I'm a night-owl!

Fancy restaurant or take-away?

Oooo, tricky! We recently went to a really nice restaurant, so I'm going to say fancy restaurant!

Holiday at home or abroad?

Abroad

TV, podcast or read a book?

Hmmm... TV - I love a good series!

What would it mean to you to compete at the Birmingham Commonwealth Games?

It would be such a huge honour to represent the Roses at the upcoming games. It's a huge ambition of mine & it would mean so much to compete for my country but also to do it on home soil would be just incredible. ■



KATIE Shanahan SWIMMING

Katie Shanahan secured six medals at the European Junior Championships in Rome last year. Her haul of two gold, three silver, and one bronze across backstroke, medley and relays has made her one of the most successful British swimmers ever at the European Championships.

Katie also represented GBR at senior level at the 2021 European Championships and the World Short Course Championships. The Birmingham Commonwealth Games 2022 will be Katie's debut for Team Scotland.

Who is your greatest inspiration?

My mum

Who was your first sporting hero?

Michael Phelps

Do you have any pre-competition superstitions?

I've got lucky pants and socks!

How do you relax when not training or competing?

I like to watch Netflix and hang out with friends and family

Early bird or night owl?

Early bird

Fancy restaurant or take-away?

Takeaway

Holiday at home or abroad?

Abroad

TV, podcast or read a book?

TV

What would it mean to you to compete at the Birmingham Commonwealth Games?

It would mean a lot to be part of Team Scotland. It is something I've strived for since I was a very young swimmer. It will be even more special since it's a Home Games and the crowd will be behind us. ■



STEPHEN Clegg PARASWIMMING

Para swimmer Stephen Clegg has competed at two Paralympic Games, Rio (2016) and Tokyo (2021). In Tokyo he won three medals and is the current World Record holder for S12 100m butterfly. Stephen follows his sister Libby and brother James' footsteps by making his mark on the world stage. The Birmingham Commonwealth Games will mark Stephen's debut for Team Scotland.

Who is your greatest inspiration?

My brother (James Clegg, also a Paralympian)

Who was your first sporting hero?

Mohammed Ali

What would it mean for you to compete at the Commonwealth Games?

Extremely prideful

Do you have any pre-competition superstitions?

I always lick the front middle of my cap before a race!

How do you relax when not training or competing?

I like to play computer games to relax.

Early bird or night owl?

Night owl

Fancy restaurant or takeaway?

Takeaway

Holiday at home or abroad?

Abroad

TV, podcast or read a book?

Podcast ■



DANIEL Jervis SWIMMING

Back-to-back Commonwealth Games medalist Daniel Jervis has appeared at two World Championships in the distance Freestyle events of 400m and 1500m, before making his Olympic appearance at Tokyo 2020.

The 2022 British Swimming Championships ended in victory for Daniel, with the swimmer securing a total of three of British titles in the 400m, 800m and 1500m Freestyle.

Daniel is set for further success at the Birmingham Commonwealth Games 2022.

Who is your greatest inspiration?

In the pool, Michael Phelps. I think what he's done in the swimming pool is amazing, I first watched him in the Beijing 2008 Olympics. Also my grandad, he taught me to swim. Everything I do, I want to do it for him.

Who was your first sporting hero?

Michael Phelps

Do you have any pre-competition superstitions?

I try not to think of the competition too much and just enjoy the race and the atmosphere as I can get quite nervous.

How do you relax when not training or competing?

I watch a lot of Netflix! In particular The Crown. I also like to read thrillers.

Early bird or night owl?

Early bird

Fancy restaurant or take-away?

Fancy restaurant - Wagamamas is my favourite.

Holiday at home or abroad?

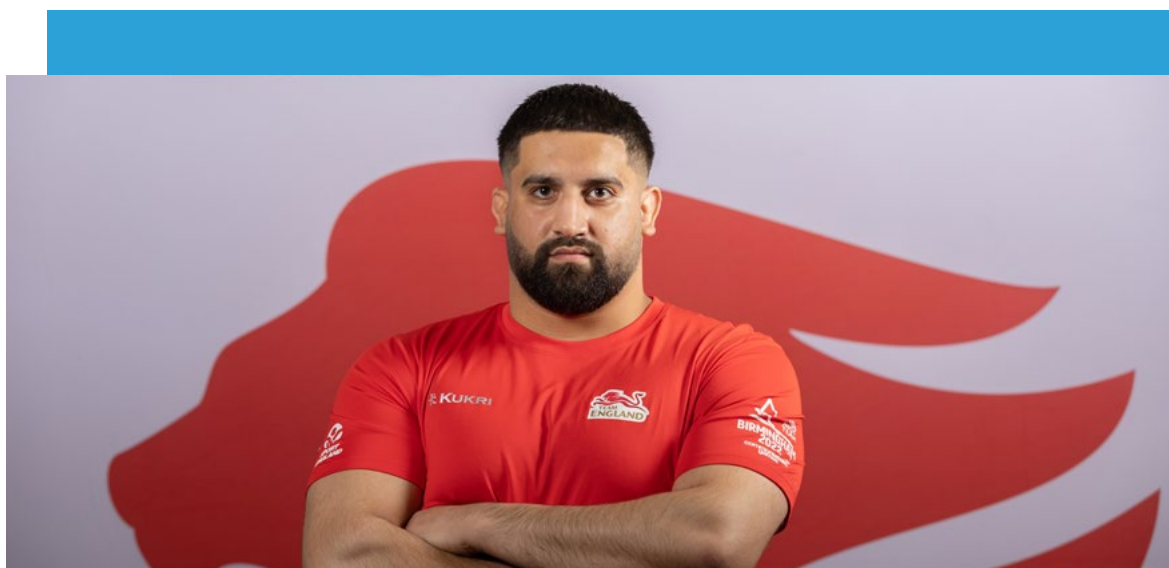
Home. I go to Bournemouth every year.

TV, podcast or read a book?

TV

What would it mean to you to compete at the Birmingham Commonwealth Games?

It means everything to me. This will be my third time competing in the games, I'm so proud to be representing Wales. ■



MANDHIR Kooner WRESTLING

Mandhir Kooner is a 26 year old freestyle wrestler with roots in Wolverhampton. Mandhir holds accolades from the 2018 English championships where he claimed the silver medal in the Heavyweight category. Mandhir represents team GBR, making his debut for team England at the Commonwealth Games 2022.

Who is your greatest inspiration?

My greatest inspiration would be my parents.

Who was your first sporting hero?

Michael Jordan after watching The Last Dance.

Do you have any pre-competition superstitions?

I don't have any superstitions but I'll listen to some music and have a good warm-up.

How do you relax when not training or competing?

I like to spend time with my family or friends and if not, then I'm definitely sleeping.

Early bird or night owl?

Early bird, I'm a morning person.

Fancy restaurant or take-away?

Both!

Holiday at home or abroad?

Holiday abroad!

TV, podcast or read a book?

TV, of course!

What would it mean to you to compete at the Birmingham Commonwealth Games?

Competing at the games means a lot to me, a proud moment for me and my family. The support I'm getting from the community and everyone around me is great, can't wait! ■

Show your support to this year's athletes and follow the Birmingham Commonwealth Games 2022 from the 28th July - 8th August 2022.

Contact the Howden Sport and Entertainment team at:
sportsenquiry@howdengroup.com

Sport Resolutions to assist the Commonwealth Games Federation during the Birmingham 2022 Commonwealth Games

Sport Resolutions is a London-based independent, not-for-profit, dispute resolution service for sport operating globally, offering arbitration, mediation, tribunal and expert opinion.



SPORT RESOLUTIONS

Sport Resolutions (SR) will be operating and administering the Commonwealth Games Federation (CGF) Court during the Birmingham 2022 Commonwealth Games. It is responsible for determining disputes that may arise during the Games on matters such as disciplinary, anti-doping, eligibility and selection disputes. If a case arises Sport Resolutions will appoint a three-person panel to determine the case. The panel will be composed of Sport Resolutions' highly regarded independent arbitrators. The Federation Court will be operated remotely, and this means that independent arbitrators from across the Commonwealth will be on the Panels. Where safeguarding matters arise Sport Resolutions' independent arbitrators and investigators with safeguarding expertise will be available.

The SR-administered Federation Court will be active from 20 July 2022 to 10 August 2022.

Chief Executive, Richard Harry said: "We are delighted to be working with the Commonwealth Games Federation at the 2022 Birmingham Games, the biggest multi-sport event after the Olympic Games in the sporting calendar. We are known for independence and for the expertise of our panels and we will deliver a fair, impartial and speedy resolution to any dispute or disciplinary cases that may arise during these Games."



ENABLING FAIR PLAY

Athlete Mental Health

Dealing with stress and pressure before,
during and after the Games



The mental health of athletes has often been a taboo subject, with anxiety, stress or depression seen as a sign of weakness in a competitor. But the world is changing, with a growing emphasis on health and wellbeing at work – and high-profile athletes using their influence to finally raise the subject in public.

Olympic swimming legend Michael Phelps, who famously admitted he considered suicide after London 2012 Olympics, has since launched his own awareness campaign, saying: “We’re human beings. Nobody is perfect. So yes, it is OK not to be OK.”¹

Tennis player Naomi Osaka refused to undertake press conferences and withdrew from the French Open in 2021 citing mental health issues.

Even more significant was gymnast Simone Biles’ decision to quit the Olympics mid-way through a competition, and with a medal still possible, saying: “I have to do what’s right for me and focus on my mental health, and not jeopardise my health and wellbeing.”²

The mental health of athletes is now a much bigger focus for sport, especially when you consider the pressures that competing in a major Games puts on those who take part.

In Tokyo, the IOC provided psychologists and psychiatrists in the Olympic village and established a ‘Mentally Fit Helpline’ to provide confidential support services before, during and after for three months after the Games.

Event organisers are having to think more carefully about how they support competitors, just as employers across other sectors do.

The IOC’s helpline was offered in more than 70 languages, providing clinical support, short-term counselling, practical support, and guidance.

At the Birmingham Commonwealth Games there is a desire to leave a health and wellbeing legacy for the wider public as well as looking after athletes – and it promotes mental health first aid as being as important as physical first aid.

Mental health awareness training is being provided for Games volunteers, whilst construction workers were also supported.

When do athletes suffer?

Mental ill health can strike at any time, and athletes are no different. The intense pressure to succeed can be a catalyst, as can injury.

Tennis player Emma Raducanu’s experience at Wimbledon last year shows issues can flare up during a tournament, too.³

¹ <https://www.thedenverchannel.com/sports/olympics/from-one-goat-to-another-phelps-speaks-out-in-support-of-biles-it-broke-my-heart>

² <https://www.cnn.com/2021/07/27/simone-biles-focusing-on-mental-health-how-to-tell-if-you-need-a-break.html>

³ <https://www.theguardian.com/sport/2021/jul/11/how-emma-raducanu-raised-the-profile-of-performance-anxiety>

She suffered breathing difficulties similar to a panic attack during a last-16 match and had to retire.

According to research from 2021, 24% of Olympic and Paralympic athletes also reported experiencing high or very high psychological distress after the Games.⁴

Lack of success is the reason most often cited – after all less than 10% of athletes win medals. But pressure from sporting bodies, families and the public can take its toll – and sometimes simply the sheer ‘come down’ from a tournament is damaging.

Some athletes who have won medals report feeling depressed when they get home. This is sometimes known as ‘post-Olympic dark period.’⁵

It shows that health and wellbeing measures put in place by clubs, sporting bodies and event organisers should extend beyond the end of competition.

How many are suffering?

A study in 2019 suggested that 35% of elite athletes suffer from a mental health crisis which may also manifest as stress, eating disorders, burnout, or depression.⁶

One in four people in the UK will be affected by mental illness in any year, the most common being depression and anxiety, according to mental health charity *Mind*. So, it should come as no surprise that professional sportspeople will face these issues too.

Footballer Clarke Carlisle, an ambassador for *Mind*, said: “There is a great appetite to address mental health issues within sport and things are improving, but the support for athletes is nowhere near adequate.”

Key learnings for clubs, associations and event organisers

Mind commissioned research into the issue and found a range of key triggers and areas of concern in the sporting world.

These included the exit route from professional sport for young athletes who don’t make it, retirement and struggling in silence. British swimmer Rebecca Adlington recent revealed her mental struggles after retirement, for instance, and spoke about dealing with a loss of identity.⁷

It also provided some recommendations:⁸

- Coaches and managers need to understand the value of mental health and wellbeing – and be engaged in support for athletes. Education coaches can be valuable.
- Employers should proactively support the mental health and wellbeing of athletes and support staff, mitigating the fast-changing and uncertain aspects of a unique workplace
- A pan-support health network for elite support and a sharing of good practice would be valuable

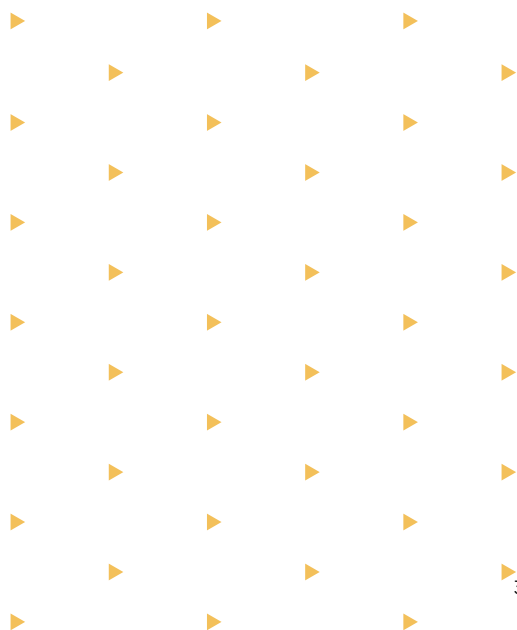
⁴ https://bjsm.bmj.com/content/55/Suppl_1/A54.3

⁵ <https://theconversation.com/beijing-2022-why-some-athletes-struggle-with-their-mental-health-after-the-olympics-177008>

⁶ <https://bjsm.bmj.com/content/bjsports/53/11/667.full.pdf>

⁷ <https://talksport.com/sport/1105342/olympic-gold-medal-rebecca-adlington-advice-mental-health-retirement/>

⁸ <https://www.mind.org.uk/media-a/4354/mental-health-and-elite-sport.pdf>



What support is available for athletes?

There is no 'one size fits all' solution because all sports have unique needs. However, there are many places to go for help.

Employers can offer a health and wellbeing programme through their employee benefits, for instance. This is an area in which Howden has a great deal of expertise, not just in the UK but globally.

Some of the charities offering support include:

Mind

Infoline: 0300 123 3393

Email: info@mind.org.uk

Address: Mind Infoline, PO Box 75225,
London, E15 9FS

Samaritans

Telephone: 116 123 (24 hours a day, free to call)

Email: jo@samaritans.org

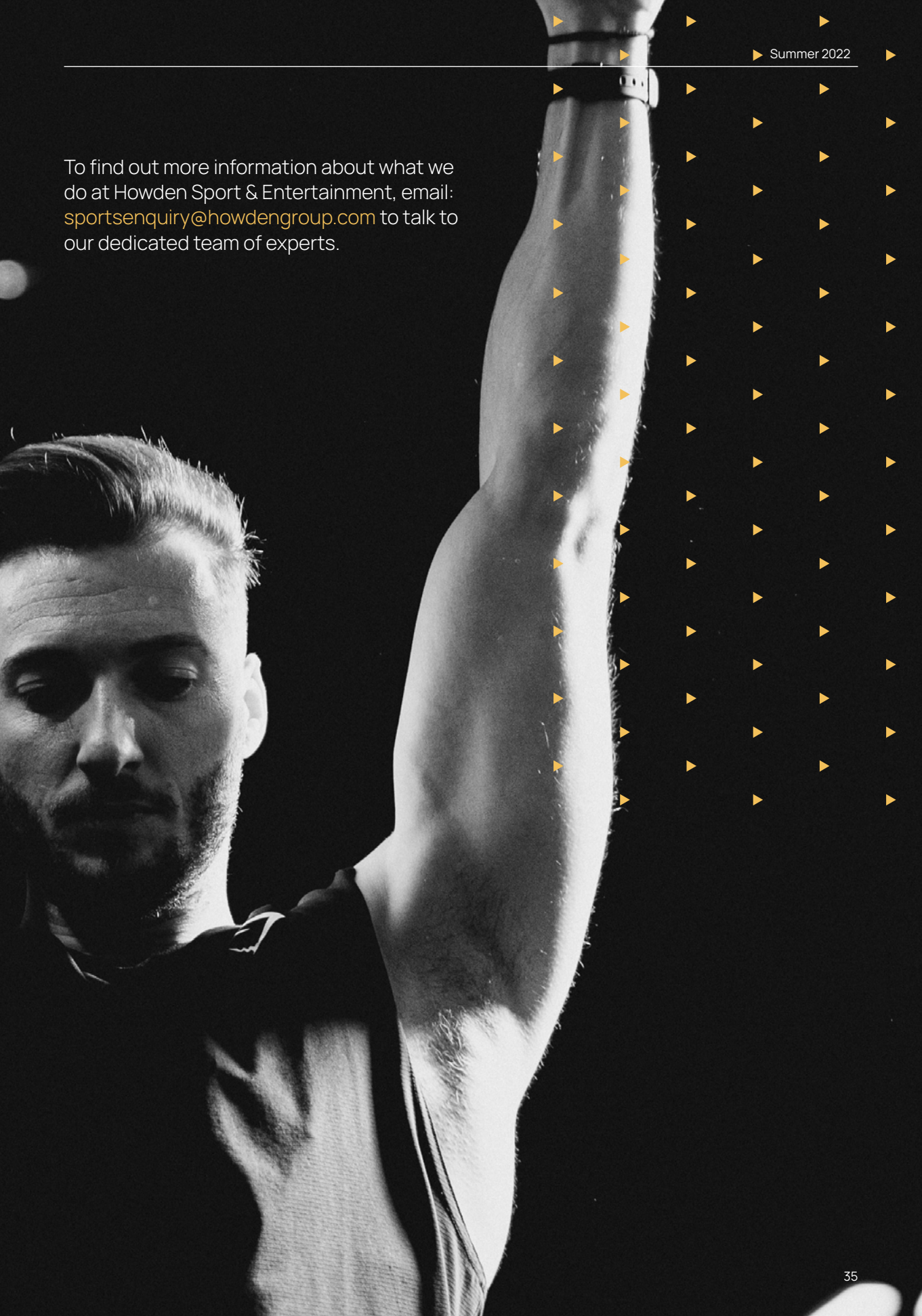
Website: www.samaritans.org

Sporting Minds

Telephone: 0333 3355994

Website: <https://www.sportingmindsuk.org/sportingmindsuk-support/>

To find out more information about what we do at Howden Sport & Entertainment, email: sportsenquiry@howdengroup.com to talk to our dedicated team of experts.



Venues that deliver a legacy beyond sport



Hosting a major sporting event such as the Commonwealth Games comes with significant strategic issues, but it also presents an exciting opportunity to create a legacy which lasts long after the closing ceremony.

The Birmingham Commonwealth Games 2022 is no exception. It has been backed by £778m of public funding and aims to deliver lasting benefits for local people.

Part of that value will come with continued investment once the Games are over, but the most visible benefits can be seen in the venues themselves.

Unlike many previous Olympic Games and World Cups, the tournament features only one new-build venue. Instead, it delivers extra value – and a smaller carbon footprint – through refurbished and redeveloped facilities.

Birmingham 2022 organisers also hope that by delivering a high-profile, high-quality event, it will accelerate other improvement projects in the city. Delivering "a healthier, happier, better connected and more prosperous region."

Birmingham 2022's new and upgraded stadia →

1 // Alexander Stadium



The gleaming new Alexander Stadium is the jewel in the crown of Birmingham's Commonwealth Games.

The legendary athletics venue will host the opening and closing ceremonies as well as track and field events between August 2-7; but those who have been before may not recognise it!

The stadium was first built in 1976 and became famous for hosting Diamond League events, the British Athletic Championships and even music festivals. But now it has undergone an ambitious £72m transformation.

With a new sweeping West Stand in place, together with temporary seating, it will host 30,000 supporters during the Games.

There is also a new bright-blue track and a range of new facilities across the 41-acre site.

The project was not without challenges. Planning permission was obtained in February 2020, just before the wettest February in history. And work was completed entirely during the coronavirus pandemic.

Birmingham City Council hope its legacy will last long beyond the Games. They expect it to become a focal point for leisure and community activity and be the catalyst for more than £700m of investment in the Perry Barr district of Birmingham.

ALEXANDER STADIUM FACTS:

Cost of development:
£72m

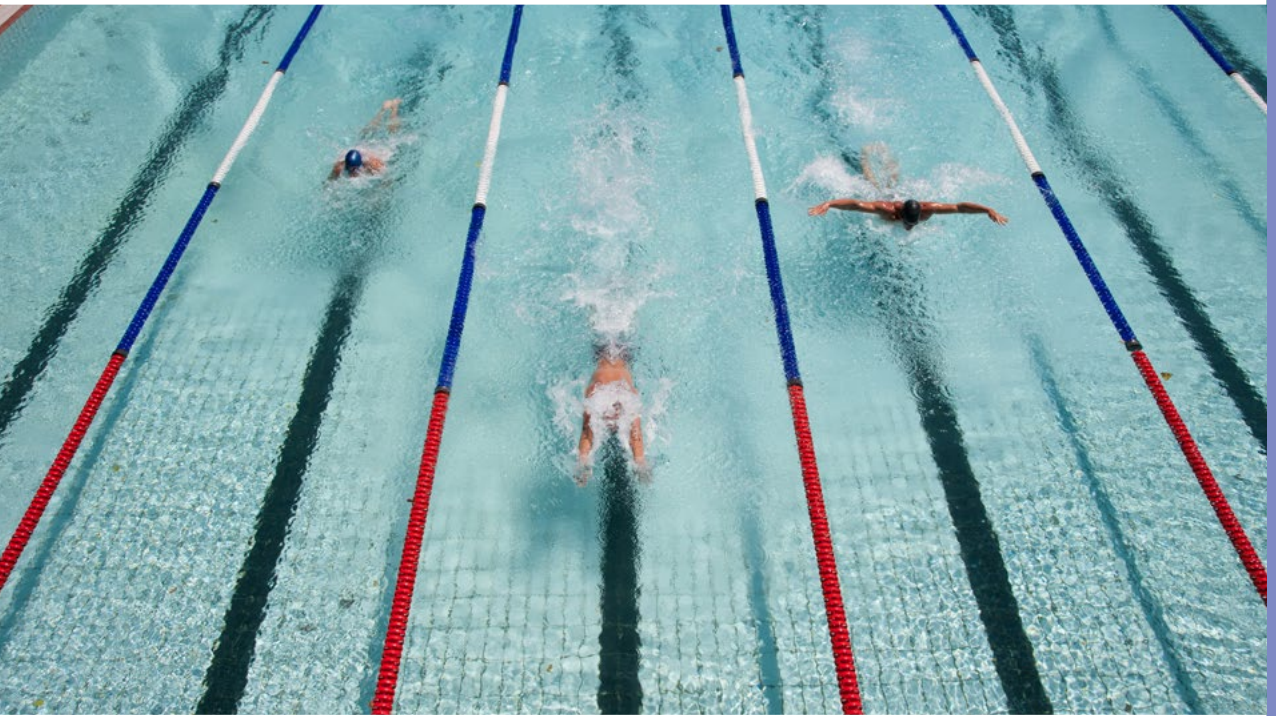
Funded by: Birmingham City Council (£27.4m), the Greater Birmingham and Solihull Local Enterprise Partnership (£20m) and West Midlands Combined Authority (£25m).

Designed by: Arup

Project managed by: Mace

Redeveloped by:
McLaughlin & Harvey

2 // Sandwell Aquatics Centre



Sandwell Aquatic Centre in Smethwick is the place to be if you enjoy medal ceremonies – because it will host more medal events than any other venue at the 2022 Commonwealth Games!

It is also the tournament's only brand-new venue.

Work began on the £73m project in 2019, designed to provide world class facilities for top class athletes and new facilities for the community.

Highlights include an Olympic 50m swimming pool and diving competition pool, water polo

pool, temporary swimming and para swimming warm-up pool, a dry dive training area and 5,000 seats.

Once the Games are over (the venue stages all swimming and diving events) it will be reconfigured to a capacity of 1,000 spectators. Additional leisure facilities will be added before it opens as a community facility in 2023.

Ian Reid, CEO of Birmingham 2022, said: "This is a 50 or 60-year facility and the build quality means it is not just about the Games, it is about providing a sporting venue for local people."

SANDWELL AQUATIC CENTRE FACTS:

Capacity: 5,000

Cost: £73m

Constructed by: Wates

Designed by: Roberts Limbrick

Funded by: Sandwell Metropolitan Borough Council (£27m), Birmingham 2022 (£38.5m) plus a further £7.2m from Sport England, Black Country LEP, Sandwell Leisure Trust and University of Wolverhampton.

3 // Smithfield



This site is a classic example of regeneration. Formerly the home of Birmingham’s Wholesale Markets, Smithfield will host beach volleyball and basketball 3x3 competitions during the Games with capacities of 4,000 and 2,500, respectively.

The site was cleared in 2018 as part of a £1.9bn regeneration project, reimagining 14 hectares of land in the centre of the city.

4 // University of Birmingham Hockey & Squash Centre



Another upgraded venue. The University’s two international-standard hockey pitches, built in 2017 as part of a £10m redevelopment, have been recarpeted for the Games.

Temporary seating for 6,000 spectators was also added.

Other key venues

5 // NEC Arena



The NEC Arena, part of the UK's biggest exhibition venue the National Exhibition Centre, is one of Birmingham's most iconic venues.

Normally home to comedians, musicians, and dancers, it can accommodate 15,700 fans (with plans to expand to more than 21,000 in future) and will host netball at the Commonwealth Games.

Other halls within the complex host badminton, boxing, weightlifting and para powerlifting, table-tennis, and para table-tennis.

6 // Arena Birmingham



An indoor multi-purpose venue with a flexible capacity that can range from 2,464 to 15,800. It has hosted 30 different sports during its lifetime.

For the Games, the focus is on gymnastics.

Insurance advice

All these venues highlight how much work and planning goes into hosting a global sporting event.

Most of it was done during the pandemic, with extreme weather also an issue – underlining the importance of risk assessment and contingency planning.

Howden's specialist brokers can provide expert advice on how to assess and mitigate risk when setting up an event.

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