

WELCOME



Fédération Suisse de Ski nautique et Wake
 Federazione Svizzera di Sci nautico e Wake
 Schweizerischer Wasserski und Wake Verband
 Federaziun Svizra da Ski nautic e Wake



Swiss Waterski & Wake

people on the water since 1947



SCHEDULE

Time	Program	Who	
09:30	Welcome coffee and croissants	All	30min
10:00	Schedule & Presentation of the Federation	Fred	30min
	Branch Standard	Valérie & Fred	15min
	Prevention of abuse	Valérie & Fred	15min
	Anti-Doping	Valérie & Fred	15min
	Best practices at the waterfront	Valérie & Cath	30min
	Social Media Guidelines	Rachy	30min
12:15	Lunch Break (menu in cafeteria onsite for 21.50.-)		90min
13:45	Injury and accident prevention	Sascha & Cath	30min
	Athletes' Commission	Kirsi & Fred	30min
	Gender Equality and Promotion of Women	Valérie & Cath	30min
	Team work in title event	Sascha & Arnaud	30min
	Mental preparation	Sascha & Arnaud	30min
16:15	Conclusion of the DAY	Valérie & Fred	20min
	End of National Team Day 2026		

FEDERATION PRESENTATION



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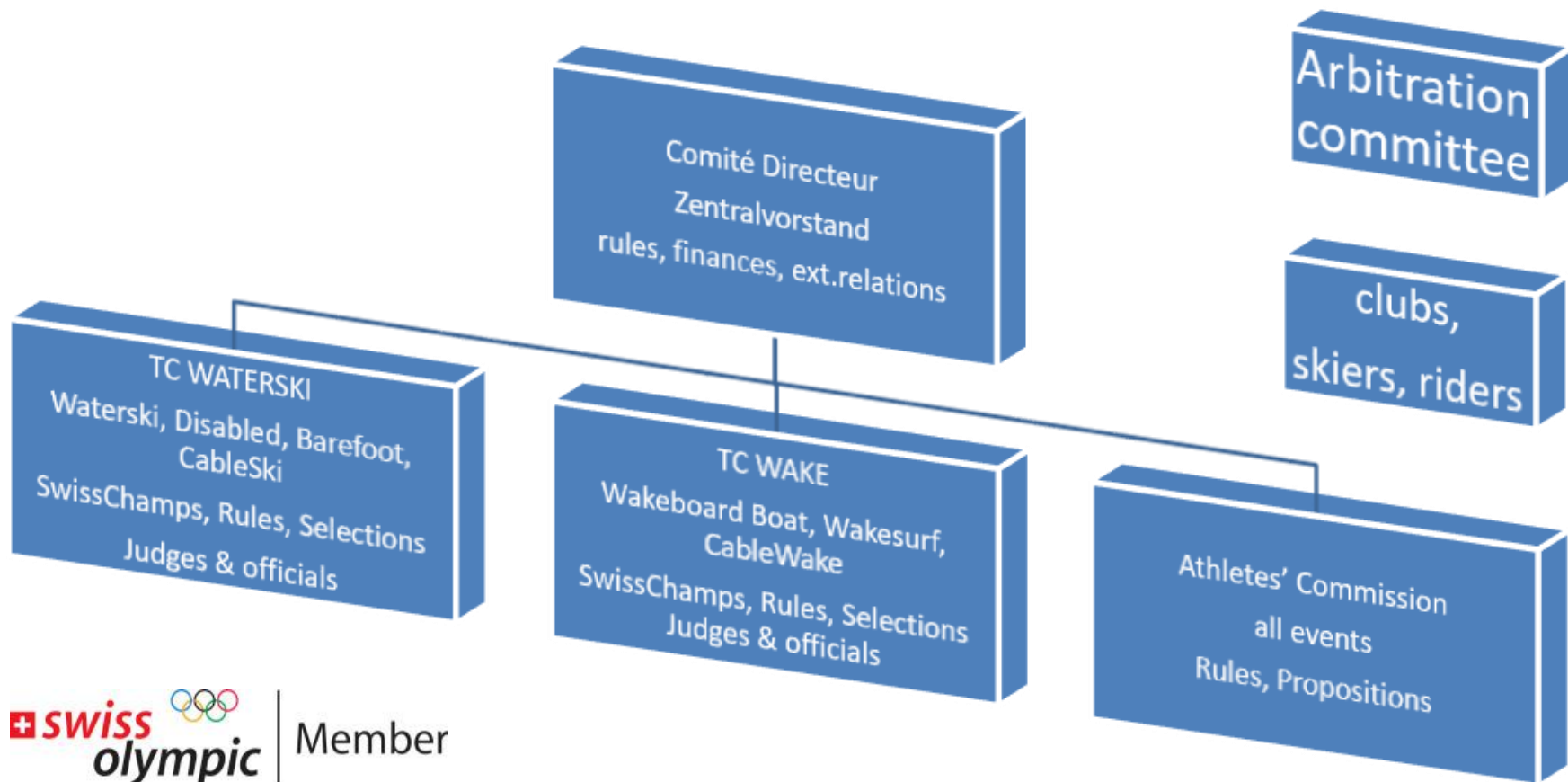


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FEDERATION PRESENTATION



FEDERATION PRESENTATION

The screenshot shows the website www.waterski.ch with a navigation menu: News, Calendrier, Fédération, Clubs, Compétition, Teams, and a user profile icon. The main content area is titled "News" and features three articles:

- Article 1:** "Swiss Waterski & Wake Federation is supported by". It lists sponsors: **swiss olympic** Member, **Bresch**, **NAUTIC-SPORT** NAUTIC-SPORT.CH, **SOCIÉTÉ NAUTIQUE DE GENÈVE**, and **TAP WATER** Distribution.
- Article 2:** "30th Anniversary IWWF International Waterski & Wakeboard Federation".
 - Date: 21.01.2026
 - Title: **L'IWWF déménage en Suisse**
 - Text: "Message de Peter Frei, président d'honneur de SwissWaterski&Wake et trésorier de l'IWWF."
 - Link: [plus d'info...](#)
- Article 3:** "Nouveau site internet".
 - Date: 05.01.2026
 - Title: **Nouveau site internet**
 - Text: "La fédération se dote d'un nouveau site web qui rassemble enfin toutes les informations sous un seul site."
 - Link: [plus d'info...](#)
- Article 4:** "IWWF E&A Wakeboard Boat Championships 2025".
 - Date: 13-18.10.2025
 - Title: **IWWF E&A Wakeboard Boat Championships 2025**
 - Text: **4 individuals medals and bronze for SUI team !!!**
 - Text: [FOLLOW UPDATES ON INSTAGRAM >>>](#)
 - Link: [plus d'info...](#)

FEDERATION PRESENTATION

2025 season highlights

1st Women Waterski Day

Swiss Champs in waterski, wakeboard and wakesurf

14 Swiss competitions

Thanks to the clubs & volunteers !!!

FEDERATION PRESENTATION

2025 season highlights

10 titles events

38 selections for 30 different skiers

12 individuals medals (4 gold, 4 silver, 3 bronze)

2 teams medals

NATIONAL TEAM DAY



2 EC bronze juniors medals EC : Amandine & Tullio





NITZERLA



Questions



BRANCH STANDARD



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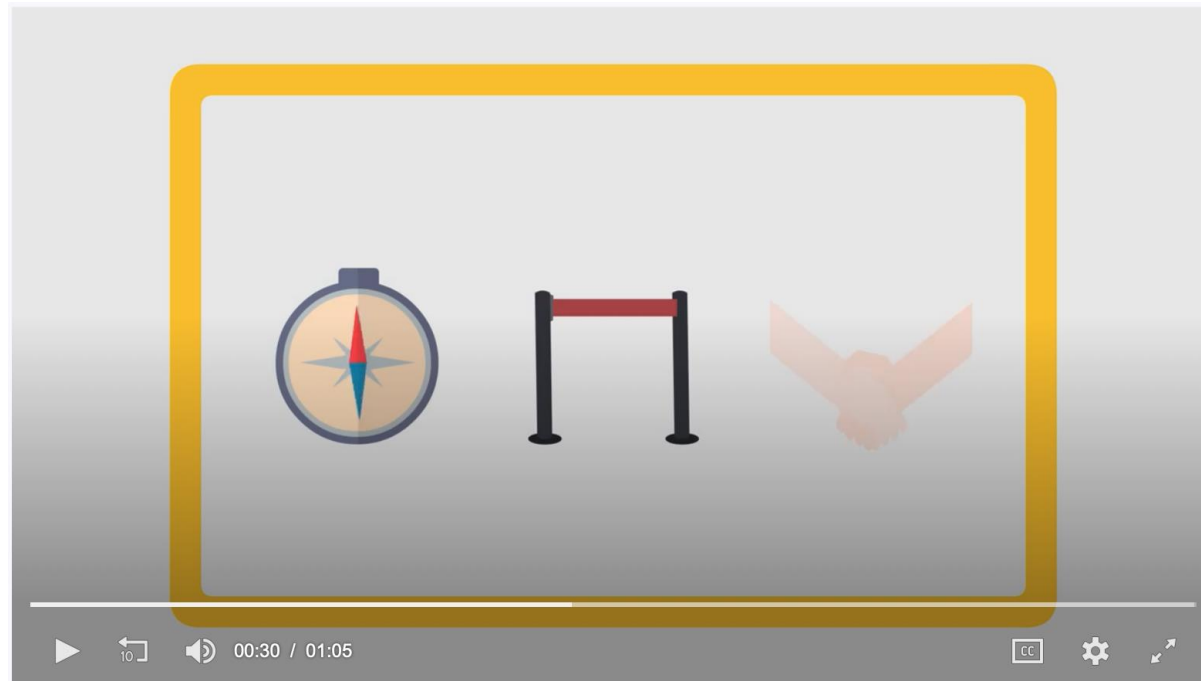
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BRANCH STANDARD

What is the Branch Standard?

- A sport that is respectful of all participants
- [E-learning Branch Standard:](#)



For German: click on “DE” at the bottom of the webpage

PREVENTION OF ABUSE



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PREVENTION OF ABUSE

Why talk about prevention?

- Trust and safety in sport
- Respect for physical and psychological boundaries
- [E-learning Prevention of Violence](#)



For German: click on "DE" at the bottom of the webpage

PREVENTION OF ABUSE

Protection against overtraining / overload

- E-learning
Health
Comes First



PREVENTION OF ABUSE

Questions and Open Discussion

- In what forms can aggression and violence appear in sport?
- How can I de-escalate aggression?
- What should I do in case of verbal or physical attacks?
- What should I do if I witness or suspect abuse?
- Who should I contact?
- What is the reporting service?

ANTIDOPING



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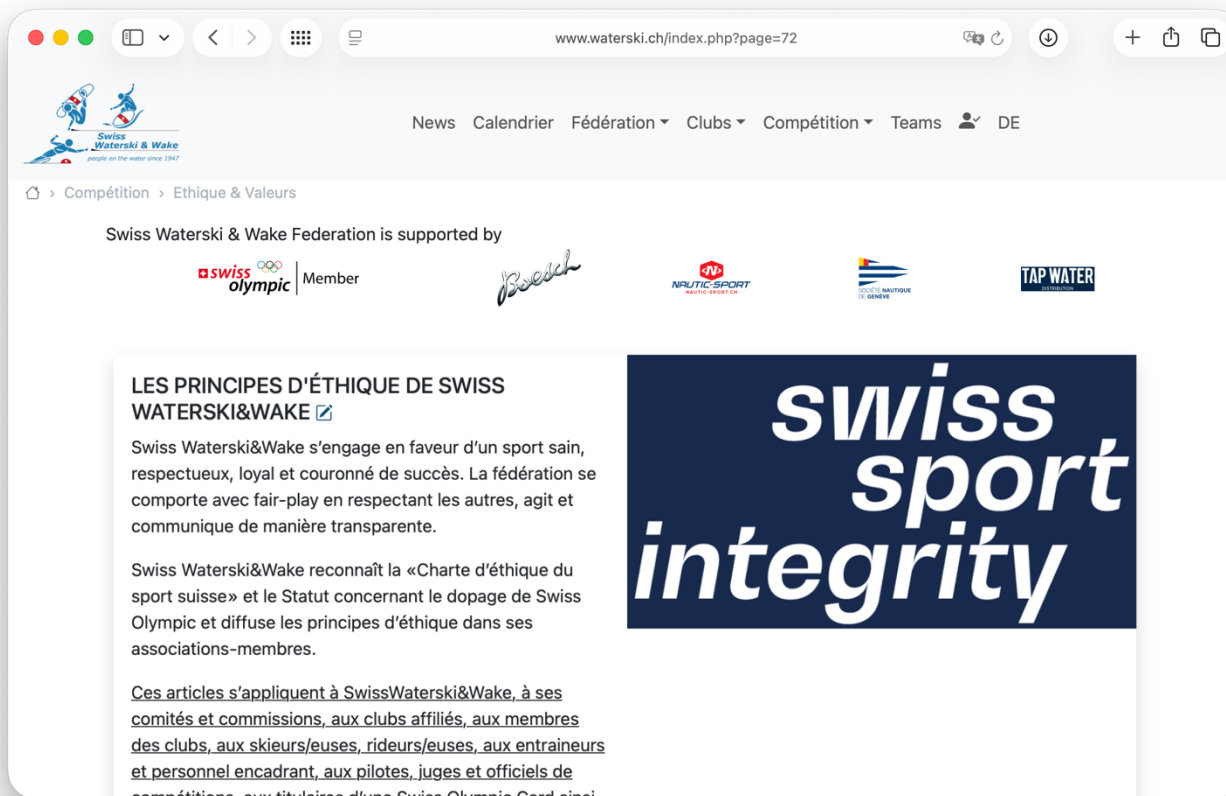
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ANTIDOPING

- [Ethic and value webpage on waterski.ch](https://www.waterski.ch/index.php?page=72)



ANTIDOPING

- [Swiss Sport Integrity - Antidoping website](#)



ANTIDOPING

- Cool and Clean

COOL & CLEAN

ANTIDOPING

- Clean Winner

CLEANWINNER



ANTIDOPING

Questions & Discussion



BEST PRACTICES AT THE WATERFRONT



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Purpose of the Guidelines

These guidelines help clubs, athletes, and coaches ensure respectful, ethical and safe conduct, especially when:

- Changing clothes at the waterfront
- Choosing appropriate sportswear
- Protecting minors

BEST PRACTICES AT THE WATERFRONT

Ethical and Integrity Principles

- Full respect for athletes' dignity
- Safe, non-sexualized environment
- Separate changing rooms whenever available
- (men/women – adults/minors)
- Exemplary behaviour from minors, adults, coaches and volunteers
- Mandatory reporting of inappropriate behaviour
- [Swiss Olympic Ethics](#): (FR & DE)

BEST PRACTICES AT THE WATERFRONT

Changing at the Waterfront – Best Practices

- Use a poncho, changing towel, or protected space
- Never fully undress in public areas
- Prefer separate changing rooms for women/men and appropriate schedules
- Adults and coaches must change separately from minors
- Keep a respectful distance

Minimum Required Clothing

- Lycra shorts covering the buttocks
- Short-sleeved lycra top covering the chest
- Limit exposed skin whenever possible
- Clothing must be opaque and appropriate

BEST PRACTICES AT THE WATERFRONT

Expected Conduct

- Wear appropriate sportswear
- Never comment on an athlete's body or outfit
- Never ask a minor to change in an inappropriate location
- Request consent before any physical contact

BEST PRACTICES AT THE WATERFRONT

Reporting – Swiss Sport Integrity

- Anyone witnessing or experiencing inappropriate behaviour can report it at:
- www.sportintegrity.ch
- Official Swiss reporting platform
- Reports are confidential and can be anonymous
- Anyone can report concerns
- Immediate reporting is strongly encouraged

Questions & Discussion



SOCIAL MEDIA GUIDELINES



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SOCIAL MEDIA GUIDELINES

The Power of a Post

1 post can go viral or end up in the news within seconds!



SOCIAL MEDIA GUIDELINES

Your Phone is Your Megaphone

Public Impact

Understand that posting on social media is the same as speaking publicly.

Athlete Image

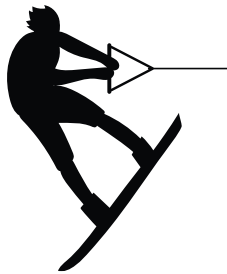
Every post you share actively shapes your image as an athlete.

Sport Values

Your content reflects the core values of your sport to the world.

National Representation

Ultimately, every single post represents Swiss sport as a whole.



SOCIAL MEDIA GUIDELINES

One click can cost you your sponsors

Instant Impact

Reputation damage happens in seconds.

Legal Consequences

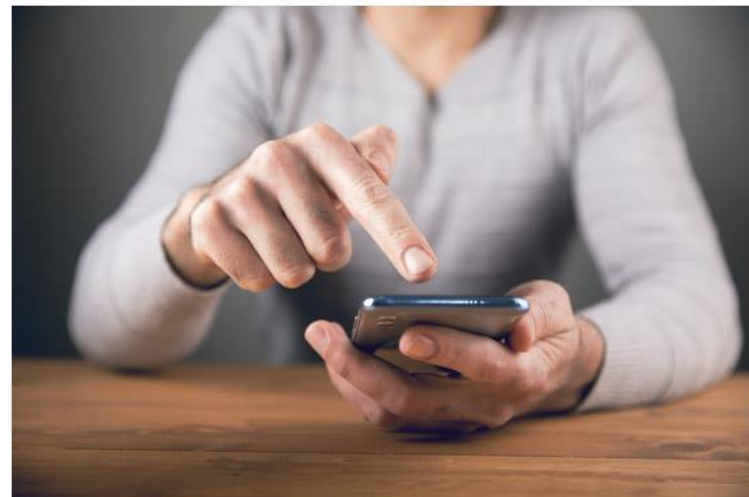
A post can lead to serious legal issues.

Big Picture

It creates a poor image for the entire sport.

The Bottom Line

Sponsors invest in your values! If those values fade, so does the funding



SOCIAL MEDIA GUIDELINES

Living the Swiss Olympic Values

The Olympic Pillars

Every post should reflect Respect, Excellence, and Friendship.

Stay Neutral

No politics, no religion. Protect the team's integrity and focus on the sport.

The Professional Filter

Avoid "Red Zone" content: No alcohol, party shots, or emotional outbursts

Be a Role Model

You represent Switzerland. Your image is the sport's image.

Sponsor Safety

If a post sends "Mixed Signals" or hurts your reputation, it costs you (and us) sponsors.

POST WITH THE PRIDE OF A CHAMPION & THE CAUTION OF A PRO.



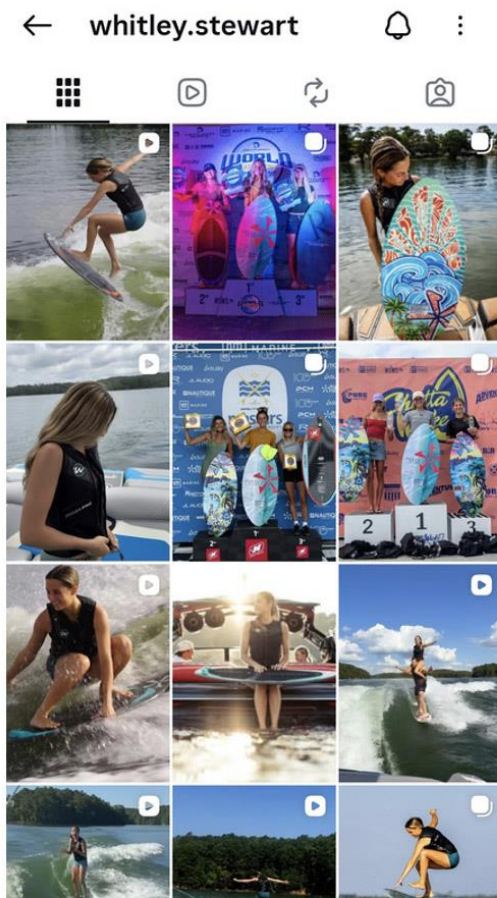
SOCIAL MEDIA GUIDELINES

SOCIAL MEDIA GUIDELINES

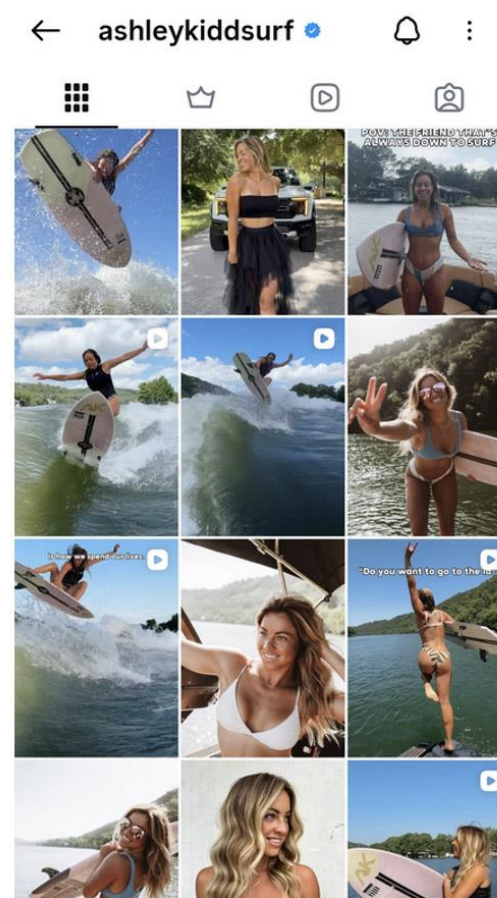
Athlete Brand vs. Influencer Vibes

Where do you draw the line?

“The Performance Focus”



“The Exposure Trap”



SOCIAL MEDIA GUIDELINES

The Breakdown

The Gold Standard "Do's"

Functional Style

Wear clothing that reflects an inclusive and exemplary image of the sport.

The Coverage Rule

Opt for tops that cover the chest and shorts that cover the buttocks.

Focus on the Action

Highlight podiums, gratitude, and respect for the craft.

Representing Switzerland

Remember that as a national athlete, every post represents Swiss sport

The Danger Zone "Don't"

Compromising Content

Avoid bikini photos or "compromising" angles that distract from your athletic skill.

Mixed Messages

Questionable contexts can damage your reputation and lead to a loss of sponsors.

Sport Image

Excessive skin-showing can create a poor image for the sport as a whole.



SOCIAL MEDIA GUIDELINES



YES
or
NO?



SOCIAL MEDIA GUIDELINES



YES
or
NO?



SOCIAL MEDIA GUIDELINES

The Pro Toolkit

Privacy Mastery

Know your settings. Use "Close Friends" for your private life

Respect the Lens

Always credit and tag photographers.

Inside Info Stays Inside

Do not leak internal federation news.

Quality over Quantity

Use only high-resolution, well-lit images.



SOCIAL MEDIA GUIDELINES

Your Final Check List

Before you post something take 3 seconds to ask yourself these questions:

Do I have the right to post this image?

Does it reflect sport values?

Does it respect sponsors?

Is it professional?

Is it consistent with Swiss Olympic?



SOCIAL MEDIA GUIDELINES

LEVEL UP TOGETHER

← swisswaterskiandwake :



Swiss Waterski and Wake Fed

374 Beiträge 1'213 Follower 671 Gefolgt

Sport und Freizeit

Swiss Waterski & Wake Federation
Waterski • Wakeboard • Wakesurf
33 Clubs | 3900+ Members | Since 1947

Übersetzung anzeigen

www.waterski.ch/

mikekunzsurf, rachyleikela und 283 weitere Personen sind Follower

Gefolgt ▾

Nachricht

Kontakt



Swiss Champs



Team Weekend



2025 Wake



Wakesurf Wor...



LET'S SHOW THE WORLD HOW WE RIDE

TAG US

@Mention the federation in your training & BTS.

ENGAGE

Like and comment to fuel the algorithm.

COLLAB

Use the "Collaborator" tool

REPOST

Share federation highlights to your Stories.

SUBMIT

Send us your best shots to get featured.



SOCIAL MEDIA GUIDELINES

Useful links

Swiss Olympic Athletes Hub – [Social Media Guide](#)

[coolandclean.ch](#)

[jeunesetmedias.ch](#)

[147.ch](#)

[feel-ok.ch](#)

Questions & Discussion



LUNCH BREAK



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INJURY AND ACCIDENT PREVENTION



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INJURY AND ACCIDENT PREVENTION

Injury Risks in Watersports

- Watersports such as waterskiing, wakeboarding, and wakesurfing are physically demanding.

Common injuries:

- Knees (sprains, ACL tears)
- Shoulders (dislocation, tendinitis)
- Back (strain)
- Ankles and wrists (sprains, twists, fractures, bruises)

INJURY AND ACCIDENT PREVENTION

Injury Risks in Watersports

Main causes of accidents and injuries:

- Poor technique
- Fatigue
- Improper equipment
- Insufficient warm-up
- High-speed falls

INJURY AND ACCIDENT PREVENTION

Prevention & Warm-up

Before each session:

- 10–15 minutes warm-up
- Hydration
- Mobility exercises and dynamic stretching
- Muscle activation
- Proper technique under supervision

INJURY AND ACCIDENT PREVENTION

Prevention & Warm-up

During training:

- Gradual increase of intensity
- Progressive learning of tricks and moves
- Adequate rest

INJURY AND ACCIDENT PREVENTION

Protective Gear

Recommended protective equipment:

- Helmet
 - Knee pads
 - Back belt
 - Life jacket
-
- Always check the condition of your equipment before each session.

INJURY AND ACCIDENT PREVENTION

Return to Sport After Injury

Key steps:

1. Medical clearance
 2. Complete rehabilitation
 3. Strength training
 4. Gradual return to training
 5. Full protective gear
- Listen to your body and progress gradually.

INJURY AND ACCIDENT PREVENTION

Winter Preparation / Off-Season

Cardio training:

- Running
- Cycling
- Swimming
- Rowing

INJURY AND ACCIDENT PREVENTION

Winter Preparation / Off-Season

Strength training:

- Legs
- Core
- Arms and shoulders

- Regular mobility and stretching exercises

Questions & Discussion



ATHLETES' COMMISSION



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Objectives

- Establishment of an Athletes' Commission representing all disciplines
- Represents the interests and needs of athletes
- Ensures athletes are heard within the Executive Committee
- Enables athletes to submit proposals and agenda items
- Involves athletes in decision-making

ATHLETES' COMMISSION

Athletes' Representation

- Election of an Athletes' Representative / President of the Athletes' Commission
- Seat and voting rights on the Executive Committee
- Mission: promote athlete representation within decision-making bodies

ATHLETES' COMMISSION

Mission and Responsibilities the Athletes Representative

- Assess team climate
- Identify early warning signs
- Give athletes a voice
- Convey the athletes' voice
- Contribute to the sports strategy

ATHLETES' COMMISSION

Organizational Chart – Disciplines

- Waterski
- Wakeboard
- Wakesurf
- Handi / Cable / Barefoot

ATHLETES' COMMISSION

Members

WATERSKI

Julie Faeh

Medina Jörger

Kirsi Wolfisberg

Henri Oldorff

Janni Wolfisberg

WAKEBOARD

Désirée Gattiker

Sarah Gattiker

Luc Baier

Samuel Lutz

WAKESURF

Viola Tami

Jeff Degiacomi

Michael Kunz

Louis Lang

Handi / Cablewake / Barefoot to come

ATHLETES' COMMISSION

Athlete Representative

- President of the Athletes' Commission
- Athletes' Representative with seat and voting rights on the Executive Committee (Comité Directeur)

Questions & Discussion



GENDER EQUALITY AND THE PROMOTION OF WOMEN



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GENDER EQUALITY AND THE PROMOTION OF WOMEN

Objectives

- Promote gender equality in water sports
- Foster representation of women and in leadership and judging roles
- Create an inclusive and inspiring environment
- Encourage women to take on roles as coaches or judges
- Develop mentorship programs and inclusive training opportunities

Transgender Inclusion

- Alignment with IOC guidelines and Swiss Sport Integrity
- Confidentiality and respect

GENDER EQUALITY AND THE PROMOTION OF WOMEN

Benefits

- Improved performance
- Increased innovation
- Greater inclusion
- Enhanced public image

GENDER EQUALITY AND THE PROMOTION OF WOMEN

Gender equality and promotion of women

Requirements

- Swiss Olympic gender quotas (40% / 60%)

Since January 1, 2025, Swiss Olympic requires at least:

- 40% men and 40% women on executive committees

Non-compliance may result in reduced funding

GENDER EQUALITY AND THE PROMOTION OF WOMEN

Concrete Actions

Mandatory balanced representation in:

- Governance (Executive committee)
- Commissions
- Judges
- Coaches

GENDER EQUALITY AND THE PROMOTION OF WOMEN

Governance

- Update of Federation statutes to ensure at least 40% representation of the same gender
- Succession planning of vacant seats
- Promotion of women's leadership

GENDER EQUALITY AND THE PROMOTION OF WOMEN

Judges and Officials

- Recruitment of women judges and officials
- Structured training pathways
- Co-coaching and mentorship Women to women

GENDER EQUALITY AND THE PROMOTION OF WOMEN

Female Coaches

- Recruitment of women coaches and officials
- Structured training pathways
- Co-coaching and mentorship Women to women

GENDER EQUALITY AND THE PROMOTION OF WOMEN

Indicators 2025

- 56% women on the Executive Committee
- 55% certified female judges
- 50% national-level female coaches
- Strong participation in Women's Days (June 30 – July 1, 2025)
- High participant satisfaction at 20025 Women's Days

GENDER EQUALITY AND THE PROMOTION OF WOMEN

Women's Days – Summer 2025

- National event to celebrate female participation and promote diversity.
- Activities include time on the water and off the water:
- Workshops, health and fitness, discussions, and shared moments.

GENDER EQUALITY AND THE PROMOTION OF WOMEN

Women's Days – Program

- Health & Nutrition: light, balanced meals
- Stretching: injury prevention
- Pilates: stability, pelvic floor & lower back injury prevention

Women's Days – Program

- Warm-up: muscle activation before getting on the water
- Swimming: contact with the element H₂O, relaxation of the shoulders

GENDER EQUALITY AND THE PROMOTION OF WOMEN

Action Plan 2026

- Recruitment of female judges and Federal Officials
- Women's Day 2026 and training sessions
- Mentorship for judges and coaches
- Review and reporting

Questions & Discussion



MENTAL AND PHYSICAL HEALTH



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The Champion's Mindset

- The mind is just as important as technique.

" You become a champion through what you feel, not only through what you do".

MENTAL AND PHYSICAL HEALTH

Abdominal Breathing & Dynamic Relaxation

- Breathe in deeply through your nose
- Let your belly expand
- Exhale slowly and release tension

Breathing calms, stabilizes, and prepares you for performance.

Music and Focus

- Calming music helps you relax
- Rhythmic music boosts motivation
- Choose sounds that inspire focus and confidence

Visualization & Positive Imagery

- Imagine perfect sensations: glide, speed, fluidity
- Visualize your ideal run
- Mentally simulate technical movements

MENTAL AND PHYSICAL HEALTH

Sophrology & Dynamic Relaxation

- Combination of breathing techniques
- Body awareness
- Positive visualization

Motivation, Dreams & Goals

- Have a vision and a dream
- Set goals aligned with your values
- Be motivated, not only ambitious
- Keep a journal

Managing Stress & Pressure

- Stress is natural
- A little pressure can enhance performance
- Breathe, refocus, and control your attention

MENTAL AND PHYSICAL HEALTH

Coping with the Unexpected

- Weather changes
- Delays
- Equipment issues

- Stay calm, adapt, and keep going.

Sleeping Well Before Competition

- Sleep consolidates mental preparation
- Visualize success before falling asleep

MENTAL AND PHYSICAL HEALTH

Becoming a Champion

- Serenity
- Motivation
- Vision
- Confidence

“A champion is born from the harmony between body, mind, and emotions.”

Questions & Discussion



CONCLUSION OF THE DAY



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Have a great season 2026 !!!



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