



EDITORIAL STYLE GUIDE

PARIS 2024/MILANO CORTINA 2026 EDITION

ENGLISH VERSION
JANUARY 6, 2025

This Editorial Style Guide has been created to help deliver effective, accurate and consistent communications across all divisions of the Canadian Olympic Committee and beyond, benefitting a wide variety of audiences.

This Guide offers practical Olympic-related information, guidelines and rules which follow appropriate style and use the correct terminology. People preparing content are encouraged to consult this Guide for the language, grammar and terminology to be used in all communication—written or spoken. Please note that the COC uses Canadian spelling for English and French documents.

The Guide is subject to ongoing review and revisions. If you identify new terminology not outlined in this Guide, please contact:

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REFERENCING THE OLYMPIC GAMES

The general designations are:

Olympic Games
Olympic Summer Games
Olympic Winter Games

Please note that “Summer” is only used in this general scenario, never in relation to a specific edition of an Olympic Games.

Prior to a Host City being selected, specific Games can be referenced as follows:

Olympic Games 2032
2032 Olympic Games
Games of the XXXV Olympiad
XXVI Olympic Winter Games

Please note that when enumerating the Games, Roman numerals must be used. As explained later in this guide, Winter and Summer Games are enumerated differently.

After a Host City is selected, the International Olympic Committee uses the following formats, which are suggested for use in formal documents:

Olympic Games Paris 2024	Olympic Winter Games Milano Cortina 2026
Games of the XXXIII Olympiad Paris 2024	XXV Olympic Winter Games Milano Cortina 2026

In more casual and editorial contexts, the following formats are also acceptable:

Paris 2024	Milano Cortina 2026
Paris 2024 Olympic Games	Milano Cortina 2026 Olympic Winter Games
2024 Olympic Games	2026 Olympic Winter Games

If the Organizing Committee for the Olympic Games (OCOG) has registered its company name as City + Year (ex: Tokyo 2020, Paris 2024), always ensure that your text is clear as to whether you are referring to the OCOG or the Games.

In editorial writing, once a specific Olympic Games has been referenced in an official format, it is acceptable to refer to them as “the Games” or the following short forms:

2024 Games	2026 Winter Games
	2026 Games

The words Olympic and Games should always be capitalized.

The terms “Olympics” and “Winter Olympics” are tolerated in casual settings and when usage will help in search engine optimization on digital platforms. It is preferred that their usage be accompanied in editorial use by some form of the official terminology.

NUMBERING THE GAMES AND THE MEANING OF THE OLYMPIAD

The Olympic Games consist of the Games of the Olympiad for summer and the Olympic Winter Games for winter. Although the Games are often referred to as the Summer and Winter Olympics, this is not official usage.

The term Olympiad refers to a period of four successive years that begins on January 1 of the first year and ends on December 31 of the fourth year. The Games occur in the summer of the first year of each Olympiad and an Olympiad is counted even when the Games are not held. For example, the Games of the XI Olympiad, scheduled for 1940, were not held due to World War II, but the four-year period is still counted as an Olympiad. It is important to note that the word “Olympiad” cannot be used as a synonym for “Olympic Games”.

Though they were held in 2021, the Games of the XXXII Olympiad are still known as the Tokyo 2020 Olympic Games.

The term Olympiad is not used when referencing the Olympic Winter Games. The Olympic Winter Games have a separate cycle and, as a result, the number of the Olympic Winter Games counts how many editions have actually been held. Thus, the Olympic Winter Games cancelled in 1940 and 1944 due to World War II are not counted (had they been held, the 2026 Winter Games would be the XXVII Olympic Winter Games). Instead, the Olympic Winter Games 2026 will appear as the XXV Olympic Winter Games.

Roman numerals are used to denote the Olympic Winter Games and Games of the Olympiad:

XXV Olympic Winter Games – NOT 25th Olympic Winter Games or 25 Olympic Winter Games
Games of the XXXIII Olympiad – NOT Games of the 33rd Olympiad

REFERENCING OTHER MULTI-SPORT GAMES

Other multi-sport games which you may need to reference include the Youth Olympic Games, the Pan American Games, the ANOC World Beach Games, and the Canada Games. Upcoming/recent editions include:

Winter Youth Olympic Games Gangwon 2024
 Gangwon 2024 Winter Youth Olympic Games
 4th Winter Youth Olympic Games

Summer Youth Olympic Games Dakar 2026
 Dakar 2026 Summer Youth Olympic Games
 4th Summer Youth Olympic Games

Please note that both types of Youth Olympic Games include the relevant season before the phrase “Youth Olympic Games”. As with the Olympic Games, it is acceptable to shorten these

to just the city and year (ie: Gangwon 2024, Dakar 2026). Please note that when enumerating the Games, Arabic numerals must be used.

Santiago 2023 Pan American Games
Lima 2027 Pan American Games

After first reference, the short form “Pan Am Games” is also acceptable. As with the Olympic Games, it is acceptable to shorten the Games to just the city and year (ie: Santiago 2023).

2023 ANOC World Beach Games
ANOC World Beach Games Bali 2023

Please note that the acronym ANOC must be used in association with the World Beach Games. Because 2019 was the inaugural edition, the short form using just the city and year is not yet used pervasively, but is acceptable once you have established you are talking about the ANOC World Beach Games.

Niagara 2022 Canada Summer Games *or* 2022 Canada Summer Games – Niagara
PEI 2023 Canada Winter Games *or* 2023 Canada Winter Games – PEI

Please note that both types of Canada Games include the relevant season between the words “Canada” and “Games”. It is acceptable to shorten these to just the city and year (ie: Niagara 2022, PEI 2023) on second reference, however this format is not used as commonly as with the Olympic or Pan American Games.

If referencing the ancient Olympic Games or modern Olympic games, the adjectives “ancient” and “modern” should not be capitalized.

OLYMPIC SUMMER GAMES SPORTS, DISCIPLINES AND EVENTS (PARIS 2024)

For Paris 2024, there are 28 sports on the official Olympic Games program. These can be further subdivided into 44 disciplines, which are often colloquially referred to as sports, and include 317 events.

There are an additional four sports with 12 events as proposed by the OCOG that will be included at Paris 2024.

The sports (as designated by the IOC) are denoted by their International Federations, while the disciplines are denoted by the National Sports Organizations.

Capitalization for each sport/discipline/event should be used for lists and headings but capitals are not to be used when referencing the sport in body copy.

The list below also includes some sports and events which are no longer on the Olympic program but are important to know for historical purposes. These former sports and events will be *italicized*.

Aquatics – World Aquatics

The Fédération Internationale de Natation (FINA) changed its name to World Aquatics in December 2022.

Diving Plungeon Canada – Diving (8 events)

Men's 3m Springboard	Women's 3m Springboard
Men's 10m Platform	Women's 10m Platform
Men's Synchronized 3m Springboard	Women's Synchronized 3m Springboard
Men's Synchronized 10m Platform	Women's Synchronized 10m Platform
<i>Men's Plain High</i>	<i>Women's Plain High</i>

It is acceptable to use the terminology “3m synchro” or “10m synchro” editorially, but it is preferred that the official event name be established first.

Swimming Canada – Swimming (35 events)

Men's 50m Freestyle	Women's 50m Freestyle
Men's 100m Freestyle	Women's 100m Freestyle
Men's 200m Freestyle	Women's 200m Freestyle
Men's 400m Freestyle	Women's 400m Freestyle
Men's 800m Freestyle	Women's 800m Freestyle
Men's 1500m Freestyle	Women's 1500m Freestyle
Men's 100m Backstroke	Women's 100m Backstroke
Men's 200m Backstroke	Women's 200m Backstroke
Men's 100m Breaststroke	Women's 100m Breaststroke
Men's 200m Breaststroke	Women's 200m Breaststroke
Men's 100m Butterfly	Women's 100m Butterfly
Men's 200m Butterfly	Women's 200m Butterfly
Men's 200m Individual Medley	Women's 200m Individual Medley
Men's 400m Individual Medley	Women's 400m Individual Medley
Men's 4x100m Freestyle Relay	Women's 4x100m Freestyle Relay
Men's 4x200m Freestyle Relay	Women's 4x200m Freestyle Relay
Men's 4x100m Medley Relay	Women's 4x100m Medley Relay
Mixed 4x100m Medley Relay	

After first reference, it is acceptable to use the short form “IM” instead of “individual medley”.

Swimming Canada – Open Water Swimming (2 events)

Men's 10km Marathon	Women's 10km Marathon
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The 10km marathon is sometimes referred to as “10km open water”, but the term “open water” should only be used to refer to the general discipline of swimming outside of a pool. The IOC sometimes uses “marathon swimming” as the overarching name of the discipline, but we will maintain consistency with the NSO and IF by using “open water swimming”.

Canada Artistic Swimming – Artistic Swimming (2 events)

Duet

Team

Solo

The name of the discipline was changed from synchronized swimming to artistic swimming in 2017.

Starting at Paris 2024, men will be permitted to compete in the Olympic team event, with a maximum of two male athletes per team. No gender descriptor is needed for the event names.

Water Polo Canada – Water Polo (2 events)

Men’s Water Polo

Women’s Water Polo

Archery – World Archery

Archery Canada – Archery (5 events)

Men’s Individual

Women’s Individual

Men’s Team

Women’s Team

Mixed Team

Athletics – World Athletics

Athletics Canada – Athletics (48 events)

Men’s 100m

Women’s 100m

Men’s 200m

Women’s 200m

Men’s 400m

Women’s 400m

Men’s 800m

Women’s 800m

Men’s 1500m

Women’s 1500m

Men’s 5000m

Women’s 5000m

Men’s 10,000m

Women’s 10,000m

Men’s 110m Hurdles

Women’s 100m Hurdles

Men’s 400m Hurdles

Women’s 400m Hurdles

Men’s 3000m Steeplechase

Women’s 3000m Steeplechase

Men’s 4x100m Relay

Women’s 4x100m Relay

Men’s 4x400m Relay

Women’s 4x400m Relay

Mixed 4x400m Relay

Men’s High Jump

Women’s High Jump

Men’s Pole Vault

Women’s Pole Vault

Men's Long Jump	Women's Long Jump
Men's Triple Jump	Women's Triple Jump
Men's Shot Put	Women's Shot Put
Men's Discus Throw	Women's Discus Throw
Men's Hammer Throw	Women's Hammer Throw
Men's Javelin Throw	Women's Javelin Throw
Men's Decathlon	Women's Heptathlon
Men's Marathon	Women's Marathon
Men's 20km Race Walk	Women's 20km Race Walk
Marathon Race Walk Mixed Relay	
<i>Men's 56lb Weight Throw</i>	
<i>Men's Pentathlon</i>	<i>Women's Pentathlon</i>
<i>Men's 50km Race Walk</i>	

The word “throw” can be omitted in casual references to the discus, hammer and javelin events.

Badminton – Badminton World Federation (BWF)

Badminton Canada – Badminton (5 events)

Men's Singles	Women's Singles
Men's Doubles	Women's Doubles
Mixed Doubles	

Basketball – International Basketball Federation (FIBA)

Canada Basketball – Basketball (2 events)

Men's Basketball	Women's Basketball
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Canada Basketball – 3x3 (2 events)

Men's 3x3	Women's 3x3
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Boxing – International Boxing Association (IBA)

The IOC suspended its recognition of the IBA in 2019 due to issues with governance. As at Tokyo 2020, the IOC will manage boxing's Olympic qualification pathway for Paris 2024 as well as the Olympic boxing competition at Paris 2024.

Boxing Canada – Boxing (13 events)

Men's 51kg	Women's 50kg
Men's 57kg	Women's 54kg
Men's 63.5kg	Women's 57kg
Men's 71kg	Women's 60kg

Men's 80kg
Men's 92kg
Men's +92kg

Women's 66kg
Women's 75kg

The Olympic weight categories are specific to the Olympic Games. Most will include two IBA weight categories combined, therefore terms such as flyweight, lightweight, heavyweight, etc will no longer be used.

Canoe/Kayak – International Canoe Federation (ICF)

Canoe Kayak Canada – Canoe/Kayak Slalom (6 events)

Men's K-1	Women's K-1
Men's C-1	Women's C-1
Men's Kayak Cross	Women's Kayak Cross
<i>Men's C-2</i>	

The term previously used for kayak cross was extreme kayak. You could say “men's canoe slalom”, “women's kayak slalom”, etc for the other events.

Canoe Kayak Canada – Canoe/Kayak Sprint (10 events)

Men's K-1 1000m	Women's K-1 500m
Men's K-2 500m	Women's K-2 500m
Men's K-4 500m	Women's K-4 500m
Men's C-1 1000m	Women's C-1 200m
Men's C-2 500m	Women's C-2 500m
<i>Men's K-1 200m</i>	<i>Women's K-1 200m</i>
<i>Men's K-1 500m</i>	
<i>Men's K-1 10,000m</i>	
<i>Men's K-2 200m</i>	
<i>Men's K-2 1000m</i>	
<i>Men's K-2 10,000m</i>	
<i>Men's K-4 1000m</i>	
<i>Men's C-1 200m</i>	
<i>Men's C-1 500m</i>	
<i>Men's C-1 10,000m</i>	
<i>Men's C-2 1000m</i>	
<i>Men's C-2 10,000m</i>	

Internationally the sport is known as “canoe” but the COC will use the term “canoe/kayak” (with a slash, not a hyphen) to maintain consistency with how the sport is referred to by the NSO.

Canoe/kayak slalom is sometimes referred to as “whitewater” but the COC will use the official designation of “slalom”. Canoe/kayak sprint is sometimes referred to as “flatwater” but the COC will use the official designation of “sprint”.

The official event names include explanative wording (ie: K-1 is kayak single, C-1 is canoe single, C-2 is canoe double) that is not necessary but is an editorial option.

Cycling – Union Cycliste Internationale (UCI)

Cycling Canada – BMX Racing (2 events)

Men's Race

Women's Race

Cycling Canada – BMX Freestyle (2 events)

Men's Park

Women's Park

In editorial contexts, it is appropriate and acceptable to use phrasing such as “men's BMX race” and “women's BMX freestyle park” when writing about these events.

Cycling Canada – Mountain Bike (2 events)

Men's Cross-Country

Women's Cross-Country

Cycling Canada – Road Cycling (4 events)

Men's Road Race

Women's Road Race

Men's Individual Time Trial

Women's Individual Time Trial

Cycling Canada – Track Cycling (12 events)

Men's Sprint

Women's Sprint

Men's Keirin

Women's Keirin

Men's Omnium

Women's Omnium

Men's Madison

Women's Madison

Men's Team Sprint

Women's Team Sprint

Men's Team Pursuit

Women's Team Pursuit

Men's 1000m Time Trial

Women's 500m Time Trial

Men's Individual Pursuit

Women's Individual Pursuit

Men's Points Race

Women's Points Race

Equestrian – Fédération Équestre Internationale (FEI)

There is no official English translation of FEI. If necessary, it can be referenced as the International Equestrian Federation.

Equestrian Canada – Dressage (2 events)

Individual

Team

Equestrian Canada – Eventing (2 events)

Individual
Team

Equestrian Canada – Jumping (2 events)

Individual
Team

All equestrian events are open to all genders, so a gender descriptor is not needed.

Editorially, the events can be written as “individual dressage”, “team dressage”, “individual eventing”, etc if you have established that you are referring to the sport of equestrian.

Fencing – International Fencing Federation (FIE)**Canadian Fencing Federation – Fencing (12 events)**

Men’s Individual Foil	Women’s Individual Foil
Men’s Individual Épée	Women’s Individual Épée
Men’s Individual Sabre	Women’s Individual Sabre
Men’s Team Foil	Women’s Team Foil
Men’s Team Épée	Women’s Team Épée
Men’s Team Sabre	Women’s Team Sabre

Field Hockey – International Hockey Federation (FIH)**Field Hockey Canada – Field Hockey (2 events)**

Men’s Field Hockey Women’s Field Hockey

Although the IOC and much of the world refers to the sport as “hockey”, the COC will use “field hockey” to differentiate it from the winter sport of “ice hockey” and to maintain consistency with the NSO.

Golf – International Golf Federation (IGF)**Golf Canada – Golf (2 events)**

Men’s Individual Stroke Play Women’s Individual Stroke Play

After first reference, the events can be shortened to just “men” and “women”.

Gymnastics – International Gymnastics Federation (FIG)**Gymnastics Canada – Artistic Gymnastics (14 events)**

Men's Team
 Men's Individual All-Around
 Men's Floor Exercise
 Men's Vault
 Men's Parallel Bars
 Men's Rings
 Men's Horizontal Bar
 Men's Pommel Horse

Women's Team
 Women's Individual All-Around
 Women's Floor Exercise
 Women's Vault
 Women's Beam
 Women's Uneven Bars

The horizontal bar is sometimes referred to as "high bar" but that is not official terminology.

Gymnastics Canada – Rhythmic Gymnastics (2 events)

Individual All-Around
 Group All-Around

Because rhythmic gymnastics is a female-only discipline, a gender descriptor is not needed in front of the event names.

Gymnastics Canada – Trampoline (2 events)

Men's Individual

Women's Individual

Handball – International Handball Federation (IHF)

Handball Canada – Handball (2 events)

Men's Handball

Women's Handball

Judo – International Judo Federation (IJF)

Judo Canada – Judo (15 events)

Men's -60kg	(Extra-Lightweight)	Women's -48kg
Men's -66kg	(Half-Lightweight)	Women's -52kg
Men's -73kg	(Lightweight)	Women's -57kg
Men's -81kg	(Half-Middleweight)	Women's -63kg
Men's -90kg	(Middleweight)	Women's -70kg
Men's -100kg	(Half-Heavyweight)	Women's -78kg
Men's +100kg	(Heavyweight)	Women's +78kg
	Mixed Team	

All judo events are officially listed by their weight limits and, as such, the preferred way to reference them. The division names in brackets above are acceptable as a secondary way to reference the events in editorial writing.

Modern Pentathlon – International Modern Pentathlon Union (UIPM)

Pentathlon Canada – Modern Pentathlon (2 events)

Men's Individual

Women's Individual

Rowing – World Rowing**Rowing Canada – Rowing (14 events)**

Men's Single Sculls (M1x)

Men's Double Sculls (M2x)

Men's Lightweight Double Sculls (LM2x)

Men's Quadruple Sculls (M4x)

Men's Pair (M2-)

Men's Four (M4-)

Men's Eight (M8+)

*Men's Lightweight Four (LM4-)**Men's Coxed Pair (M2+)**Men's Coxed Four (M4+)*

Women's Single Sculls (W1x)

Women's Double Sculls (W2x)

Women's Lightweight Double Sculls (LW2x)

Women's Quadruple Sculls (W4x)

Women's Pair (W2-)

Women's Four (W4-)

Women's Eight (W8+)

Women's Coxed Four (W4+)

For editorial purposes, the events should be listed by their full names. It is acceptable to shorten "quadruple" to "quad". The short form codes can be used in any results databases as desired. M = Men, W = Women, L = Lightweight, x = sculls, - = coxless, + = with coxswain.

Rugby – World Rugby**Rugby Canada – Rugby (2 events)**

Men's Sevens

Women's Sevens

The event should always be spelled "sevens", never "7s". In editorial contexts, it is appropriate and acceptable to write the events as "men's rugby sevens" and "women's rugby sevens".

Sailing – World Sailing**Sail Canada – Sailing (10 events)**

Men's Windsurfing (iQFOiL)

Men's One Person Dinghy (ILCA 7)

Men's Skiff (49er)

Men's Kiteboarding (Formula Kite)

Women's Windsurfing (iQFOiL)

Women's One Person Dinghy (ILCA 6)

Women's Skiff (49erFX)

Women's Kiteboarding (Formula Kite)

Mixed Multihull (Nacra 17)

Mixed Two Person Dinghy (470)

Sailing events can be designated by the type of boat used (ie: windsurfing, skiff, dinghy, etc) and/or the model of boat used (ie: iQFOiL, 49er, ILCA 6, etc). Using the type of boat makes it

easier to compare historical results and would likely be better understood by people less familiar with sailing.

As an example, men's windsurfing has been on the Olympic program since Los Angeles 1984, but the iQFOiL is the fifth model of windsurfer to be used in Olympic competition, replacing the RS:X for Paris 2024. What were the Laser and Laser Radial boats are now known as ILCA 7 and ILCA 6, respectively. These can be referred to as "men's dinghy" and "women's dinghy" while the 470 can be referred to as "mixed dinghy" if used in a context where the number of people in each boat is already clear.

After the first reference, kiteboarding can be shortened to just kite.

Shooting – International Shooting Sport Federation (ISSF)

Shooting Federation of Canada – Shooting (15 events)

Men's 50m Rifle 3 Positions

Men's 10m Air Rifle

Men's 25m Rapid Fire Pistol

Men's 10m Air Pistol

Men's Trap

Men's Skeet

Women's 50m Rifle 3 Positions

Women's 10m Air Rifle

Women's 25m Pistol

Women's 10m Air Pistol

Women's Trap

Women's Skeet

Mixed Team 10m Air Rifle

Mixed Team 10m Air Pistol

Mixed Team Skeet

Men's 50m Rifle Prone

Men's 50m Pistol

Men's Double Trap

Women's Double Trap

Mixed Team Trap

Soccer – Fédération Internationale de Football Association (FIFA)

There is no official English translation of FIFA. If necessary, it can be referenced as the international governing body for soccer. Although the IOC and much of the world refers to the sport as "football", in most editorial contexts, the COC will designate the sport as "soccer" to maintain consistency with the NSO.

Canada Soccer – Soccer (2 events)

Men's Soccer

Women's Soccer

Table Tennis – International Table Tennis Federation (ITTF)

Table Tennis Canada – Table Tennis (5 events)

Men's Singles

Men's Team

Women's Singles

Women's Team

Mixed Doubles

Taekwondo – World Taekwondo

Taekwondo Canada – Taekwondo (8 events)

Men's -58kg	Women's -49kg
Men's -68kg	Women's -57kg
Men's -80kg	Women's -67kg
Men's +80kg	Women's +67kg

All taekwondo events are officially listed by their weight limits. World Taekwondo has eight events per gender at its world championships but because of an imposed limit on the number of taekwondo athletes at the Olympic Games, had to adjust the weight classes for Olympic competition. So although World Taekwondo will use terms such as flyweight, featherweight and heavyweight for its traditional weight classes, these terms do not apply to the Olympic weight classes and therefore should not be used.

Tennis – International Tennis Federation (ITF)

Tennis Canada – Tennis (5 events)

Men's Singles	Women's Singles
Men's Doubles	Women's Doubles
Mixed Doubles	

Triathlon – World Triathlon

Triathlon Canada – Triathlon (3 events)

Men's Individual	Women's Individual
Mixed Team Relay	

Volleyball – International Volleyball Federation (FIVB)

Volleyball Canada – Beach Volleyball (2 events)

Men's Beach Volleyball	Women's Beach Volleyball
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Volleyball Canada – Volleyball (2 events)

Men's Volleyball	Women's Volleyball
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Weightlifting – International Weightlifting Federation (IWF)

Weightlifting Canada Haltérophilie – Weightlifting (10 events)

Men's 61kg	Women's 49kg
Men's 73kg	Women's 59kg

Men's 89kg
Men's 102kg
Men's +102kg

Women's 71kg
Women's 81kg
Women's +81kg

All weightlifting events should be referred to by their weight limits, not any terminology such as lightweight, welterweight or heavyweight.

Wrestling – United World Wrestling (UWW)

Wrestling Canada – Freestyle Wrestling (12 events)

Men's 57kg	Women's 50kg
Men's 65kg	Women's 53kg
Men's 74kg	Women's 57kg
Men's 86kg	Women's 62kg
Men's 97kg	Women's 68kg
Men's 125kg	Women's 76kg

Wrestling Canada – Greco-Roman Wrestling (6 events)

Men's 60kg
Men's 67kg
Men's 77kg
Men's 87kg
Men's 97kg
Men's 130kg

All wrestling events should be referred to by their weight limits, not any terminology such as lightweight, welterweight or heavyweight.

When referencing men's events editorially, the discipline should be included in front of the weight limit (ie: men's freestyle 74kg, men's Greco-Roman 98kg). "Greco-Roman" should always be capitalized.

Paris 2024 OCOG Proposed Sports

Breaking – World DanceSport Federation (WDSF)

Canada DanceSport – Breaking (2 events)

Breaking Canada is an associate member of Canada DanceSport but all breaking athletes must be registered with Canada DanceSport, the official governing body for all dancesport in Canada to compete in WDSF-sanctioned competitions.

B-Boys

B-Girls

As the gender is already clear in each event name, there is no need to say “men’s b-boys” and women’s b-girls”.

Skateboarding – World Skate

The International Skateboarding Federation and the Fédération Internationale Roller Sports merged to form one governing body.

Canada Skateboard – Skateboarding (4 events)

Men’s Park
Men’s Street

Women’s Park
Women’s Street

Sport Climbing – International Federation of Sport Climbing (IFSC)

Climbing Escalade Canada – Sport Climbing (4 events)

Men’s Bouldering & Lead Combined
Men’s Speed

Women’s Bouldering & Lead Combined
Women’s Speed

In a change from Tokyo 2020, speed climbing has become an event on its own while bouldering and lead will still comprise a combined event.

Surfing – International Surfing Association (ISA)

Surf Canada – Surfing (2 events)

Men’s Shortboard

Women’s Shortboard

PAN AMERICAN GAMES SPORTS, DISCIPLINES, EVENTS

In addition to the Olympic sports and events, the following are included on the program for the Santiago 2023 Pan American Games.

Baseball/Softball – World Baseball Softball Confederation (WBSC)

Baseball and softball were merged into one confederation to improve the chances of both sports being returned to the Olympic program.

Baseball Canada – Baseball (1 event)

Softball Canada – Softball (1 event)

Men’s Baseball

Women’s Softball

Bowling – International Bowling Federation (IBF)

Canadian Tenpin Federation – Bowling (4 events)

Men's Singles	Women's Singles
Men's Doubles	Women's Doubles

Karate – World Karate Federation (WKF)

Karate Canada – Karate (8 events)

Men's Kumite -67kg	Women's Kumite -55kg
Men's Kumite -75kg	Women's Kumite -61kg
Men's Kumite +75kg	Women's Kumite +61kg
Men's Kata	Women's Kata

Racquetball – International Racquetball Federation (IRF)

Racquetball Canada – Racquetball (6 events)

Men's Singles	Women's Singles
Men's Doubles	Women's Doubles
Men's Team	Women's Team

Roller Sports – World Skate

The International Skateboarding Federation and the Fédération Internationale Roller Sports merged to form one governing body.

Roller Sports Canada – Roller Speed Skating (6 events)

Men's 200m Time Trial	Women's 200m Time Trial
Men's 500m	Women's 500m
Men's 10,000m Points Race	Women's 10,000m Points Race

Roller Sports Canada – Roller Figure Skating (2 events)

Men's Free Skating	Women's Free Skating
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Squash – World Squash Federation (WSF)

Squash Canada – Squash (7 events)

Men's Singles	Women's Singles
Men's Doubles	Women's Doubles
Men's Team	Women's Team

Mixed Doubles

Water Ski and Wakeboard – International Waterski & Wakeboard Federation (IWWF)**Water Ski and Wakeboard Canada – Water Ski and Wakeboard (10 events)**

Men's Tricks	Women's Tricks
Men's Slalom	Women's Slalom
Men's Jump	Women's Jump
Men's Overall	Women's Overall
Men's Wakeboard	Women's Wakeboard

OLYMPIC WINTER GAMES SPORTS, DISCIPLINES, EVENTS (MILANO CORTINA 2026)

Please note that there are actually eight sports with 16 disciplines and 116 events at Milano Cortina 2026.

The sports are designated below by the International Federations, while the disciplines are designated by the National Sports Organizations.

Capitalization for each sport/discipline/event should be used for lists and headings but capitals are not to be used when referencing the sport in body copy.

The list below also includes some sports and events which are no longer on the Olympic program but are important to know for historical purposes. These former sports and events will be italicized.

Biathlon – International Biathlon Union (IBU)**Biathlon Canada – Biathlon (11 events)**

Men's 10km Sprint	Women's 7.5km Sprint
Men's 12.5km Pursuit	Women's 10km Pursuit
Men's 15km Mass Start	Women's 12.5km Mass Start
Men's 20km Individual	Women's 15km Individual
Men's 4x7.5km Relay	Women's 4x6km Relay
Mixed Relay	

Bobsleigh – International Bobsleigh and Skeleton Federation (IBSF)**Bobsleigh Canada Skeleton – Bobsleigh (4 events)**

Two-Man	Two-Woman
Four-Man	Women's Monobob

The COC will never use the word “bobsled” to refer to the sport, using it only to refer to the actual sled used in bobsleigh competition.

As the gender is already apparent in two-man, four-man, and two-woman events, calling them “men’s four-man” or “women’s two-woman” would be redundant.

Bobsleigh Canada Skeleton – Skeleton (3 events)

Men’s Skeleton	Women’s Skeleton
Mixed Team Skeleton	

Curling – World Curling

Curling Canada – Curling (3 events)

Men’s Curling	Women’s Curling
Mixed Doubles	

Ice Hockey – International Ice Hockey Federation (IIHF)

Hockey Canada – Ice Hockey (2 events)

Men’s Ice Hockey	Women’s Ice Hockey
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Although it is common in Canada to refer to the sport as “hockey”, the COC will follow the IIHF and IOC in referring to it as “ice hockey”. This will differentiate it from the summer sport known as “field hockey” in Canada, which is just called “hockey” by the IOC.

Luge – International Luge Federation (FIL)

Luge Canada – Luge (5 events)

Men’s Singles	Women’s Singles
Men’s Doubles	Women’s Doubles
Team Relay	

Officially registered as the Canadian Luge Association, the NSO does use the name Luge Canada regularly.

There was previously a doubles event open to both genders but it was only contested by men at the highest level. Separate gender doubles events will debut at Milano Cortina 2026.

Skating – International Skating Union (ISU)

Skate Canada – Figure Skating (5 events)

Men’s Singles	Women’s Singles
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Pairs
Ice Dance
Team

Speed Skating Canada – Long Track Speed Skating (14 events)

Men's 500m	Women's 500m
Men's 1000m	Women's 1000m
Men's 1500m	Women's 1500m
Men's 5000m	Women's 3000m
Men's 10,000m	Women's 5000m
Men's Team Pursuit	Women's Team Pursuit
Men's Mass Start	Women's Mass Start

Speed Skating Canada – Short Track Speed Skating (9 events)

Men's 500m	Women's 500m
Men's 1000m	Women's 1000m
Men's 1500m	Women's 1500m
Men's 5000m Relay	Women's 3000m Relay
Mixed Team Relay	

The COC will use the term “speed skating” when it needs to encompass both forms of the sport, otherwise the qualifiers “long track” and “short track” should be used in front of “speed skating”. No hyphens should ever be used between “long” or “short” and “track”.

A comma will be used only in 10,000m.

Skiing – International Ski and Snowboard Federation (FIS)

Alpine Canada – Alpine Skiing (10 events)

Men's Downhill	Women's Downhill
Men's Super-G	Women's Super-G
Men's Giant Slalom	Women's Giant Slalom
Men's Slalom	Women's Slalom
Men's Team Combined	Women's Team Combined

Alpine Team

Nordiq Canada – Cross-Country Skiing (12 events)

Men's Skiathlon	Women's Skiathlon
Men's (Free/Classic) Sprint	Women's (Free/Classic) Sprint
Men's (Free/Classic) Team Sprint	Women's (Free/Classic) Team Sprint
Men's 15km (Free/Classic)	Women's 10km (Free/Classic)
Men's 50km (Free/Classic) Mass Start	Women's 30km (Free/Classic) Mass Start
Men's 4x7.5km Relay	Women's 4x7.5km Relay

As indicated, there are four events which alternate between free technique and classic technique from Games to Games. It is preferred to include which technique is being used, but not necessary. If the technique is included, place it within the event where indicated. For example:

Alex Harvey won a bronze medal in the men's classic sprint at the 2013 FIS Nordic World Ski Championships.

Freestyle Canada – Freestyle Skiing (15 events)

Men's Aerials	Women's Aerials
Men's Moguls	Women's Moguls
Men's Dual Moguls	Women's Dual Moguls
Men's Ski Cross*	Women's Ski Cross*
Men's Ski Halfpipe	Women's Ski Halfpipe
Men's Ski Slopestyle	Women's Ski Slopestyle
Men's Ski Big Air	Women's Ski Big Air
Mixed Team Aerials	

*While ski cross falls under the umbrella of freestyle skiing within FIS and at the Olympic Winter Games, the NSO responsible for ski cross is Alpine Canada.

If the discipline of freestyle skiing has already been established, then the word “ski” is not necessary in front of halfpipe, slopestyle or big air. For example:

*Freestyle skier Dara Howell is the 2014 Olympic champion in women's slopestyle.
Dara Howell is the 2014 Olympic champion in women's ski slopestyle.*

Nordic Combined Ski Canada – Nordic Combined (3 events)

Individual Gundersen Normal Hill/10km
Individual Gundersen Large Hill/10km
Team Sprint Large Hill/2 x 7.5km

It is also acceptable to use the short form versions of the event names: Individual NH/10km, Individual LH/10km, Team LH/2 x 7.5km.

The term “Nordic” is to always have an uppercase “N”.

Because Nordic combined is a male-only discipline, it is not necessary to include a gender qualifier in front of the event names.

Ski Jumping Canada – Ski Jumping (6 events)

Men's Individual Normal Hill	Women's Individual Normal Hill
Men's Individual Large Hill	Women's Individual Large Hill
Men's Super Team	
Mixed Team	

It is also acceptable to use the short form versions of the event names: Men's Individual NH, Men's Individual LH, Women's Individual NH, Women's Individual LH.

Canada Snowboard – Snowboard (11 events)

Men's Parallel Giant Slalom	Women's Parallel Giant Slalom
Men's Snowboard Halfpipe	Women's Snowboard Halfpipe
Men's Snowboard Cross	Women's Snowboard Cross
Men's Snowboard Slopestyle	Women's Snowboard Slopestyle
Men's Snowboard Big Air	Women's Snowboard Big Air
Mixed Team Snowboard Cross	
<i>Men's Giant Slalom</i>	<i>Women's Giant Slalom</i>
<i>Men's Parallel Slalom</i>	<i>Women's Parallel Slalom</i>

The discipline should be referred to as “snowboard”, not “snowboarding”.

While Canada Snowboard writes “snowboardcross” as one word, the COC will follow FIS and the IOC in using two words, “snowboard cross”, which also aligns with “ski cross” as two words.

If the discipline of snowboard has already been established, then the word “snowboard” is not necessary in front of halfpipe, slopestyle or big air. For example:

Mark McMorris won gold in men's snowboard slopestyle at the 2013 Winter X Games.
Mark McMorris won silver in men's slopestyle at the 2013 FIS Snowboard World Championships.

Milano Cortina 2026 OCOG Proposed Sport

Ski Mountaineering – International Ski Mountaineering Federation (ISMF)

Ski Mountaineering Competition Canada (SMCC) – Ski Mountaineering (3 events)

Men's Sprint	Women's Sprint
Mixed Relay	

PARIS 2024 OLYMPIC GAMES VENUES

A list of the proper venue references for the 2024 Olympic Games includes:

Aquatics Centre
 Bercy Arena
 Bordeaux Stadium
 Champ-de-Mars Arena
 Château de Versailles

CNTS Shooting Range in Châteauroux
Eiffel Tower Stadium
Élancourt Hill
Geoffroy-Guichard Stadium
Golf National
Grand Palais
Hôtel de Ville
Invalides
La Concorde 1
La Concorde 2
La Concorde 3
La Concorde 4
La Beaujoire Stadium
Le Bourget Sport Climbing Venue
Lyon Stadium
Marseille Marina
Marseille Stadium
Nice Stadium
North Paris Arena
Parc des Princes
Paris La Défense Arena
Pierre Mauroy Stadium
Pont Alexandre III
Pont d'Iéna
Porte de la Chapelle Arena
Roland-Garros Stadium
Saint-Quentin-en Yvelines BMX Stadium
Saint-Quentin-en-Yvelines Velodrome
South Paris Arena 1
South Paris Arena 4
South Paris Arena 6
Stade de France
Teahupo'o
Vaires-sur-Marne Nautical Stadium
Yves-du-Manoir Stadium

MILANO CORTINA 2026 OLYMPIC WINTER GAMES VENUES

A list of the proper venue references for the 2026 Olympic Winter Games includes:

Anterselva Biathlon Arena
Cortina Curling Olympic Stadium
Cortina Sliding Centre
Livigno Aerials & Moguls Park
Livigno Snow Park

Milano Ice Park
 Milano Ice Skating Arena
 Milano San Siro Olympic Stadium
 Milano Santa Giulia Ice Hockey Arena
 Predazzo Ski Jumping Stadium
 Stelvio Ski Centre
 Tesero Cross-Country Skiing Stadium
 Tofane Alpine Skiing Centre
 Verona Olympic Arena

Clusters and regions in which the venues are located include:

Anterselva/Antholz
 Bormio
 Cortina d'Ampezzo
 Livigno
 Lombardia
 Milano
 Predazzo
 Tesero
 Trentino-Alto Adige
 Val di Fiemme
 Veneto
 Verona

Anterselva is the Italian name of the municipality while Antholz is the German name. This region of Italy has a distinct and dominant German culture. Similarly, the region of Trentino-Alto Adige is referred to in German as Trentino-Südtirol.

ACRONYMS

Always write the organization's name in full the first time it is used in your communication, with the acronym in brackets. The acronym alone can be used thereafter:

WADA (World Anti-Doping Agency)
 USADA (United States Anti-Doping Agency)
 CCES (Canadian Centre for Ethics in Sport)
 CAS (Court of Arbitration for Sport)
 IOC (International Olympic Committee)
 ANOC (Association of National Olympic Committees)
 OCOG (Organizing Committee for the Olympic Games)
 OSIC (Office of the Sport Integrity Commissioner)
 SDRCC (Sport Dispute Resolution Centre of Canada)

TERMS AND SPELLING (GENERAL AND OLYMPIC)

Here is a list of some commonly heard words or references that are affiliated with the Olympic Games:

2SLGBTQI+

- The preferred term to reference all people with diverse gender identities and experiences of attraction. This includes those who identify as Two-Spirit, lesbian, gay, bisexual, transgender, intersex, queer or questioning. It is sometimes seen as LGBTQI2S+.

anglophone

athlete

- Use lowercase, even when using terms such as “Canadian athlete”

athletes’ village

- The official terminology used by the IOC and OCOGs is Olympic Village, which should be capitalized. Any reference to an “athletes’ village” at the Olympic Games should be lowercase.

bid

- Use lowercase, unless preceded by a Games reference (ex: Rio 2016 Bid)

Black

- Should always be capitalized when referring to racial identity or culture

bobsledder

- An athlete who competes in bobsleigh

cauldron

- Always lowercase, even when preceded by the word “Olympic” or “Paralympic”

ceremony(ies)

- Lowercase when used generally, capitalized when referring to a specific Games. There is one opening ceremony and one closing ceremony; together, they are the opening and closing ceremonies.

Chef(s) de Mission

- Always use uppercase letters.

Congress

- Capitalized when used in the context of Olympic Congress

equestrian

- Can refer to either the sport or to the athlete competing in the sport

emblem

- Lowercase, even when preceded by “Olympic”

family

- Lowercase, even when preceded by the words “Olympic” or “Paralympic”

federal government

flag

- Lowercase, even when preceded by the word “Olympic” or “Paralympic”

flag bearer

- Always two words

flame

- Lower case, even when preceded by the word “Olympic” or “Paralympic”

francophone

Games

- Always capitalize when used in reference to the Olympic Games, the Paralympic Games, and the Pan American Games

Games time vs Games-time

- Use a hyphen only when modifying another term, such as “Games-time volunteer.” Do not use a hyphen when referencing the time of the Games as in “The OCOG required 25,000 volunteers at Games time”.

Government

- Capitalize legislative bodies such as Government of Ontario and Government of Canada but lowercase when referring to government in general

host broadcaster

host city / host region / host country

Host City Contract

International Broadcast Centre (IBC)

International Olympic Committee (IOC)

International Paralympic Committee (IPC)

International Sports Federations (IFs)

IOC commissions

- Lowercase “commissions” when speaking about them in general. The specific names of IOC commissions should always be capitalized.

IOC Executive Board (EB)

IOC Member

IOC President

IOC Sessions

IOC Vice-President

judoka

- An athlete who competes in judo

LA28 vs LA 2028 vs Los Angeles 2028

- LA28 (no space) is the primary designation used by the OCOG and the IOC for the 2028 Olympic and Paralympic Games and is the official name of the OCOG. We will use LA28 only to refer to the OCOG. To refer to Games, we use LA 2028 and Los Angeles 2028, both of which better fit the pattern of how all other Olympic Games have been referenced.

Look of the Games

Main Media Centre (MMC)

Main Press Centre (MPC)

mascot(s)

- Always lowercase, even when preceded by the words “Official,” “Olympic”, “Pan American” or “Paralympic”

medal

- Lowercase, even when preceded by “Olympic”

medallist

- Use the Canadian spelling with two “L”s

Milano Cortina 2026

- Always use Milano when writing officially about the host region for the Games (as in “Milano Cortina 2026”, “Milano Cortina is the host of the 2026 Olympic Winter Games”).
- Use Milan when talking about the city generically (as in “Four of the 2026 Olympic venues are located in Milan”).

motto

- Lowercase, even when preceded by “Olympic”

National Olympic Committees (NOCs)

National Paralympic Committees (NPCs)

National Sports Organization (NSOs)

north

- Use lowercase when referring to a geographic point or direction. Write in uppercase when referring to Canada's Arctic region. For example, "The North is an area rich in culture and diversity."

oath

- Lowercase, even when preceded by "Olympic"

official languages

- Lowercase when referring to official languages in general

Olympian

Olympic

- Always capitalized

Olympic athletes

Olympic Anthem

- Always capitalized. Never use "hymn" in place of "Anthem".

Olympic Broadcasting Services (OBS)

the Olympic Channel

- Lowercase "the" unless at the start of a sentence

Olympic Charter

Olympic Day

Olympic Movement

The Olympic Museum

- Always capitalize "The"

Olympic Order

Olympic Park

Olympic Solidarity

Olympic Stadium

Olympic Truce

Olympic Village

Olympic Games

- This is the correct terminology, not Summer Olympic Games or Summer Olympics

Olympic Winter Games

- This is the correct terminology, not Winter Olympic Games or Winter Olympics

Organizing Committee for the Olympic Games (OCOG)

Own the Podium

paddler

- The all-encompassing term for athletes who compete in canoe/kayak

Pan American Games

- The short form “Pan Am Games” is also acceptable

Paralympic Games

- Capitalize the word Paralympic in all uses

per cent

- Always two words and written in full unless in tables where it is appropriate to use the “%” symbol

pictogram

Pierre Frédy, Baron de Coubertin

- Founder of the modern Olympic Games and the longest serving IOC president, 1896-1925. He is more commonly known as Pierre de Coubertin.

pins

- Lowercase, even when preceded by “Olympic”

post-Games

- Capitalize the prefix “post” only in a heading; otherwise always write in lowercase. In either situation, “post” and “Games” should be hyphenated.

Preferred Host(s)

- Always capitalize this new term for potential Olympic host cities/regions that have been invited to Targeted Dialogue with the IOC

pre-Games

- Capitalize the prefix “pre” only in a heading; otherwise always write in lowercase. In either situation, “pre” and “Games” should be hyphenated.

provincial government

PyeongChang

- It is the name of both the 2018 Olympic host city and the county in which the city is located. It should always be written with the middle capital C but no space between the two halves of the word. Do not confuse it with Pyongyang, the capital of North Korea.

record

- Lowercase, even when preceded by “Olympic”

rights-holder

Rights-Holding Broadcasters (RHBs)

rings

- Lowercase, even when preceded by “Olympic”

Rio de Janeiro

- It is the name of both the 2016 Olympic host city and the state in which the city is located. It is perfectly acceptable to just use “Rio”, especially in headlines and when referencing the Games (Rio 2016).

symbol

- Lowercase, even when preceded by “Olympic”

Team

- Must always be capitalized when referring to the Canadian Olympic Team, even if using Team on its own. It should always be lower-cased when referring to a specific sports team such as the men’s ice hockey team.

Team Canada

test events

Thomas Bach

- President of the IOC at the current time

torch

- Lowercase, even when preceded by “Olympic” or “Paralympic”

torchbearer

torch relay

- Lowercase, unless referring to a specific Games

Turin

- Although the Italian city was commonly called Torino during the 2006 Olympic Winter Games, we will maintain consistency with the IOC’s official nomenclature.

values

- Lowercase, even when preceded by “Olympic” or “Paralympic”

website

Worldwide Olympic Partners

Young Ambassadors (YAs)

Young Reporters (YRs)

Youth Olympic Games Organizing Committees (YOCOGs)

INDIGENOUS LANGUAGE PROTOCOLS

This information has been taken with permission from an Indigenous Protocol Guidebook created by the Four First Nations who led the process to host a future Olympic Winter Games in British Columbia.

The way in which Indigenous Peoples refer to themselves can vary widely. You may find that some do not like the word Indigenous, while others may despise the term Indian. Still others, such as the Musqueam Indian Band, proudly use this term. Some prefer to only use their language to describe themselves.

Indigenous Peoples have been forced to use colonial ways of identifying and organizing, and it can be difficult to come up with one term that is inclusive of all realities regarding one's identity. For example: one may identify as First Nations, Inuit, or Métis (which the federal government refers to as "distinctions-based"). Each of these groups are incredibly unique and there can also be a great deal of diversity within each of the groups themselves. Therefore, some may feel that they do not fit neatly within the distinctions-based categories, for example, if they were taken away or forced out of their community, adopted, have mixed heritage, have been subject to rights denial or based on additional factors such as gender and sexual identities, gender expression, sexual orientation, residency, geography, ability, and age.

As such, it is always critically important to ask the preference of the individuals or Peoples that you are working with.

No matter the terminology being used, it is critically important to never, ever use the possessive form. For example, never use the phrase "Canada's Indigenous Peoples" or "British Columbia's Indians." It is generally preferable to say "Indigenous Peoples in Canada" or "Indigenous Peoples of British Columbia", for example. However, there are some Indigenous Peoples who may not see themselves as part of Canada at all, such as in the case of Indigenous Peoples whose lands were separated by colonial borders or who assert sovereignty. Again, it is always critically important to ask.

When referencing an individual athlete who identifies as Indigenous, it is proper to say "First Name Last Name from the ____ First Nation" rather than "____ athlete First Name Last Name". (ex: Liam Gill from the Liidlíi Kue First Nation, not Liidlíi Kue athlete Liam Gill)

Key Terms and Usage:

Aboriginal / Indigenous Peoples

Aboriginal is the collective term for the Indigenous Peoples of Canada (First Nations, Inuit and Métis) that has been widely adopted by governments and has important legal weight. The term was formalized in 1982 when the *Constitution Act* came into being. Section 35 (2) of the Act states: “Aboriginal peoples of Canada includes the Indian, Inuit and Métis peoples of Canada.”

The term Indigenous is often used interchangeably with Aboriginal to describe First Nations, Inuit, and Métis peoples as a collective.

Despite the shift to Indigenous, Aboriginal is the appropriate legal term to use when referring to the body of law that deals with the unique pre-existing and constitutional rights of Aboriginal Peoples and the relationship between Aboriginal Peoples and the Crown. For example: Aboriginal rights or Aboriginal title. Aboriginal rights are pre-existing, inherent and protected under the Constitution. This means that these rights existed before Canada was a country.

Indigenous people (without an s) refers to Indigenous individuals. Indigenous Peoples (with the s) refers to Nations – the s is a reference to rights under international law, including the right of self-determination.

Although there is a generally accepted definition of Indigenous Peoples in Canada, at a global level, international human rights bodies and Indigenous Peoples themselves have consistently rejected the idea of establishing a single uniform definition of Indigenous Peoples.

There are, however, several widely accepted key characteristics of Indigenous Peoples around the world, including:

- historical continuity with pre-invasion and pre-colonial societies;
- at present, non-dominant sectors of society;
- consider themselves distinct from other sectors of society now prevailing on those territories;
- are determined to preserve, develop and transmit their ancestral territories and their ethnic identity as the basis of their continued existence as peoples, in accordance with their own cultural patterns, social institutions and legal systems.

It is always preferred to use Indigenous Peoples and avoid the terms “populations” or “communities” when referring to Nations. However, groups of Indigenous individuals who are not from the same Nation may be referred to as communities, for example the Indigenous community in the greater Vancouver area or the urban Indigenous community.

Note: it is not necessary to use “Peoples” when referring to Musqueam, Squamish and Tsleil-Waututh, as “Musqueam” translates to “People of the River Grass,” and the translations for Squamish and Tsleil-Waututh are “People of the Sacred Water” and “People of the Inlet” respectively. Therefore, it can be seen as redundant to use “Peoples.”

Aboriginal Peoples and Indigenous Peoples should always have both words capitalized.

Band (or First Nation)

The *Indian Act of 1876* established Bands and their corresponding authority and procedures. Pursuant to the *Indian Act*, a Band is a governing body of Indians in Canada for whom lands have been set aside for their collective use and benefit, or for whom money is held by the Crown. A Band is recognized as a separate government entity for the purposes of limited self-government.

Historically, Bands were often referred to as Indian Bands. First Nation came into common use as a replacement for the term Indian, because it was viewed to be offensive and derogatory. It is generally preferred to use the term First Nation to reference the government entity, unless specifically stated otherwise by the entity.

Note, however, that Bands under the *Indian Act* (or even the term First Nation) are not interchangeable with Nations. The *Indian Act* recognizes more than 630 Bands or First Nations, however, these Bands or First Nations fall into broader groupings of more than 50 Nations Canada-wide (ie. Maliseet, Cree, Ojibway, Algonquin).

Band should always be capitalized.

First Nation(s)

This is a term used to describe Indigenous Peoples and individuals in Canada who are classified as distinct from Métis or Inuit. The legal term that is still in use is “Indian,” but it is generally considered offensive. There are 634 First Nations (or Bands) in Canada, speaking more than 50 distinct languages.

The more than 630 First Nations referenced are communities – but there are many different ways that First Nations people group themselves – for example, there are treaty groupings, groupings by confederacy or grouping by nation or language.

The terms First Nation(s) should always be capitalized.

Inuit

A term used to describe Indigenous Peoples whose territories are in four Arctic and Subarctic regions. The National Inuit organization, Inuit Tapiriit Kanatami, describes Inuit in this way:

“Inuit are an Indigenous people living primarily in Inuit Nunangat. The majority of our population lives in 51 communities spread across Inuit Nunangat, the Inuit homeland encompassing 35 percent of Canada’s landmass and 50 percent of its coastline. We have lived in our homeland since time immemorial. Our communities are among the most culturally resilient in North America. Roughly 60 percent of Inuit report an ability to conduct a conversation in Inuktitut (the

Inuit language), and our people harvest country foods such as seal, narwhal and caribou to feed our families and communities.”

It is not necessary nor appropriate to say “Inuit people” or “Inuit Peoples.” This is because Inuit means “people.” Also note that “Inuit” is the plural of “Inuk,” which means “person”.

Please note that it is never acceptable to use the term Eskimo. Always capitalize the term Inuit.

Métis

The Métis are “a distinct Indigenous people and nation that emerged in the historic Northwest during the late 18th century, originally the mixed offspring of Indian women and European fur traders.” The Métis National Council General Assembly adopted the following national definition in 2002:

“Métis” means a person who self-identifies as Métis, is distinct from other Aboriginal peoples, is of historic Métis Nation Ancestry and who is accepted by the Métis Nation.”

The Métis Nation comprises the historic Métis communities in the Métis homeland (three prairie provinces and parts of Ontario, British Columbia, the Northwest Territories and the northern United States).

Please do not assume that mixed Indigenous ancestry means that an individual is Métis. As set out above, the Métis Nation’s definition is clear about the parameters for Métis citizenship.

Always capitalize the term and always use an acute accent over the e in Métis. Please note that it is never acceptable to use the term “half-breed.”

Indian Act

The [*Indian Act*](#) is a Canadian Act of Parliament that concerns [registered Indians](#), their Bands, and the system of Indian reserves. It first came into being in 1876 as a consolidation of ordinances that aimed to eradicate First Nations and assimilate them into Euro-Canadian society. It is still in force, with amendments. It is the primary legislation that defines how the Government of Canada interacts with most of the 634 First Nation Bands in Canada and their members.

Among other things, the *Indian Act* imposed an electoral system that undermined a tradition of Indigenous self-governance that existed for thousands of years.

Although the term Indian is generally considered to be derogatory, the *Indian Act* legislation remains in place and the terms are commonly used.

Indian Act should always be capitalized and italicized.

Unceded

Not ceded or handed over; unyielded. The phrase “unceded traditional territories” refers to ancestral or traditional lands that have not been surrendered or otherwise acquired by the Crown via treaty.

In recognition of the unceded traditional territories, it is important to avoid the use of possessive terms with respect to the territory itself – for example “our city” or “our country.” It is still okay to refer to Team Canada Olympians as “representing our country”.

Please note that different First Nations may have a preference regarding land acknowledgements and it is always best to ask.

United Nations Declaration on the Rights of Indigenous Peoples

The [United Nations Declaration on the Rights of Indigenous Peoples](#) is the most comprehensive international human rights instrument to specifically address the economic, social, cultural, political, civil, spiritual, treaty and environmental rights of Indigenous Peoples. In its own words, the UN Declaration sets out minimum standards necessary for the “dignity, survival and well-being” of Indigenous Peoples.

The name of the Declaration should always be capitalized and italicized. After the first reference, it may be shortened to the Declaration or the UN Declaration or the acronym UNDRIP.

Four Host First Nations

This refers to the traditional landholders of where the 2010 Olympic and Paralympic Winter Games took place. They are also leaders in the process to host a future Olympic Winter Games in British Columbia.

When referencing the Four Host First Nations for the first time in writing, the names of the First Nations should always appear in alphabetical order: Lil’wat, Musqueam, Squamish and Tsleil-Waututh First Nations.

It is respectful and encouraged to include the traditional spellings of the names of the First Nations. On first reference, use the traditional spelling followed by the English spelling in parentheses:

Lil’wat (Lilwat), xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish) and səliłwətał (Tsleil-Waututh) First Nations

Thereafter, it is acceptable to use just the English spelling of the individual First Nations or use the phrase Four Host First Nations on its own, where appropriate.

Similarly, when referencing a First Nations Chief, it is recommended that the traditional spelling of the Chief’s name be used first, followed by the English spelling.

GENERAL SEMANTICS

(1) Please note that at each Olympic Games there is an Opening Ceremony and a Closing Ceremony. Together, they are the Opening and Closing Ceremonies. To call them the Opening Ceremonies or the Closing Ceremonies is incorrect.

(2) Never refer to a previous Olympian or Paralympian as a “former Olympian” or “former Paralympian”. They are simply and always an Olympian or Paralympian. If you want to imply that they are not an active athlete, refer to them by the specific Games in which they competed (ex: London 2012 Olympian).

(3) When citing world championships and referring to a specific year, capitalize both words (or the abbreviation “Worlds”) even if you’re not using the exact, official name for the event. When using the term more broadly, lower-case both words (and don’t use the “worlds” shorthand). For example:

- (i) *Katie Vincent won gold at the 2021 Canoe Sprint World Championships.*
- (ii) *At the 2021 Worlds, Katie Vincent finished in first place.*
- (iii) *He has performed poorly at the past three world championships.*
- (iv) *ADJECTIVE: His world championship results have not been good.*

(4) The plural “world championships” should only be used when there are medals being awarded in more than one event. For example:

- (i) *Mikaël Kingsbury won moguls gold at the freestyle skiing world championships.*
- (ii) *Before 2021, Canada had not won gold at the women’s world hockey championship since 2012.*

(5) It is always “world champion” (lowercase). While acceptable, it’s better not to say someone won a world championship. Use the term “world title”. Some examples include:

- (i) *He’s a three-time world champion in the 500m.*
- (ii) *He’s won three world titles.*
- (iii) *He was crowned world champion in 2021.*

(6) When referring to a competitive circuit such as a World Cup, Grand Prix or World Series, the name of the circuit should always be capitalized. It is also encouraged that the first reference should include the acronym of the affiliated international governing body. For example:

- (i) *Mikaël Kingsbury is a 10-time FIS World Cup champion. He has 74 career World Cup victories.*
- (ii) *Meaghan Benfeito won the bronze medal at the FINA World Series in Montreal. The World Series now shifts to London.*

(7) When using an athlete’s achievements as a label, there is a hierarchy to consider, while understanding that there is no absolute rule, especially with multi-medallists. Effort should be made to think about what is the most impressive statistic. Prominence should generally be given to gold medals, especially if they represent a majority of the medals an athlete has won. But a

single gold medal in a career that includes several other medals doesn't carry the same weight. Consideration should also be given to individual medals versus team medals. There are also times when the number of Olympic appearances or world titles won are more relevant. Some examples:

(i) Three-time Olympic gold medallist Marnie McBean vs four-time Olympic medallist Marnie McBean

(ii) Six-time Olympic medallist Clara Hughes versus Olympic gold medallist Clara Hughes

(iii) 10-time Olympian Ian Millar versus Olympic silver medallist Ian Millar

(8) You can use gold, silver and bronze as nouns, as in "He won silver in 1996 and gold in 2000."

(9) Do not use "medal" as a verb, unless in a quote. For example, do not use "Christine Girard medalled in weightlifting" unless someone said it.

(10) Quarterfinals, Semifinals and Final: No hyphens should be used in quarterfinals and semifinals.

When referring to the stages of competition prior to the final, use the plural form: quarterfinals or semifinals. When referring to a specific race or game or match within that stage before the final, use the singular form: quarterfinal or semifinal. As an adjective, it's always quarterfinal or semifinal. Examples include:

(i) Canada will need a win over Germany to reach the women's soccer semifinals.

(ii) In the first semifinal, Sweden beat Finland 4-0.

(iii) Penny Oleksiak cruised to victory in her semifinal heat.

Final is always singular, unless multiple finals are being referred to.

(i) Kelsey Mitchell will be the overwhelming favourite in tonight's final.

(ii) Canada has reached three consecutive men's finals.

(iii) The final was held despite the foggy conditions.

(11) When referring to an Olympic team, this is a judgment call. When it sounds big picture and official, uppercase both words. When it is referring to a specific sport, lowercase "team". Examples include:

(i) The 2021 Canadian Olympic Team featured 215 athletes.

(ii) With the victory, she earned a spot on her third Olympic swimming team.

(12) Olympic protocol generally refers to the day of the Opening Ceremony as "Day 0" of the Games. The day prior to the Opening Ceremony is Day -1 while two days prior to the Opening Ceremony is Day -2. The first day after the Opening Ceremony is Day 1. The final day of the Games is Day 16.

(13) We will be using the English names of most Olympic host cities, following the IOC's official nomenclature. So it is Turin instead of Torino, Rome instead of Roma and Athens instead of

Athina, as a few examples. The exception is Milano Cortina 2026, for which the official name is in Italian.

(14) When showing medal standings, the COC will be ranking nations based on total medals as opposed to total gold medals. When two nations are tied for total medals, the gold medals will be the first tiebreaker and silver medals will be the second tiebreaker. Nations should only be considered tied in the medal standings if their gold, silver and bronze medal totals are identical.

(15) Do not say "new world record". The word "new" is unnecessary.

(16) At vs. In. This is another of those without strict guidelines. One general rule: you compete "at" a competition and "in" a particular event. For example:

Mark Tewksbury competed at the Barcelona 1992 Olympic Games in swimming.

(17) Be careful about using the term "favourite". Reserve it for instances where a person or team is expected to win gold, as in "Canada is an overwhelming favourite in soccer". There can't be multiple favourites. Instead consider phrases such as "top contender" or "strong medal potential".

(18) Farther vs. Further. Use farther in contexts involving literal distance; use further in contexts involving figurative distance. Examples:

(i) Camryn Rogers now throws farther than she did in 2021

(ii) We can discuss this issue further, if you like.

(19) For names with Jr. or Sr., do not use a comma between the family name and the "Jr." or "Sr." Example:

"The Apps family is arguably the first family of ice hockey with Syl Apps, Syl Apps Jr. and Gillian Apps who starred for Canada's women's national team".

(20) Whenever possible, note an athlete's country ahead of his/her name. For example:

Jamaica's Usain Bolt won gold instead of Usain Bolt of Jamaica won gold.

(21) Like vs. Such as. Refrain from citing examples by saying "I enjoy individual sports like golf and tennis." The more appropriate message is by stating "I enjoy individual sports such as golf and tennis."

(22) Never use two words when one will do. Keep communication to the point. For example, "disturbed" is better than "broken up", "surpassed" is better than "made it past", "defeated" is better than "edged out" and "captured" is better than "walked away with".

(23) Correct usage of expressions is also important. For example, to say "I could care less" about something is incorrect. The proper term is "I couldn't care less". Be sure and be accurate.

(24) Always be specific when referring to a particular subject or topic that is in the past. For example, it is better to state the Beijing Games occurred in 2008 as opposed to “14 years ago” because you never know when your intended audience might actually be reading the material.

(25) Using the terms “over” vs. “more than” is also something to be mindful of. It is more appropriate to use “more than” when referring to a piece of information that is greater than something else. For example:

More than 90 per cent of the tickets were sold for the events should be used instead of over 90 per cent of the tickets were sold for the events.

Many things can be “over” something, whereas there are no mistakes when using the term “more than”.

(26) Avoid using “female(s)” and “male(s)” as a noun. These terms can be used as adjectives, but in many cases it might be easier and preferable to say “woman” and “man”.

INCORRECT: She is the first female to compete in this event.

CORRECT: She is the first female athlete to compete in this event.

CORRECT: She is the first woman to compete in this event.

(27) Use gender inclusive language. Be mindful that just because someone competes in a gendered event does not necessarily mean they identify as that gender. This is especially important when there are known athletes who identify as non-binary or transgender, but we may not be aware of every athlete’s gender identity, so always be inclusive.

For example, when talking about Canada’s national women’s soccer or hockey teams, avoid using the phrase “the women” and instead think about using “the team”, “the athletes”, “the players”, etc. Instead of saying “There were 106 women on Team Canada at Beijing 2022” you write “There were 106 athletes who identified as women or competed in women’s events at Beijing 2022.”

(28) Be careful not to overuse the word “historic” so that the impact of the word is not diluted. If you are referring to something that has happened for the first time ever (whether on a global scale or specific to Canada), that would be an appropriate usage of “historic”. If you are referring to something that has happened for the first time in a very long time, it is indeed notable and important, but it is not historic or history-making. Instead, put the moment in context. Examples:

For the first time in 50 years...

...a result not achieved by a Canadian athlete since 1928.

For only the second time ever...

It has been two decades since...

(29) Avoid using the phrase “our athletes”. When referring to members of an Olympic or Pan Am Games team, call them “Team Canada athletes” or “Canadian athletes”.

(30) Oxford comma/serial comma: In a sentence that lists three or more items, this is the comma that appears right before the coordinating conjunction (ie: and, or) and the last item in

the list. While it is considered optional by many grammarians, its usage can ensure clarity of the meaning of a sentence. Example:

NO OXFORD COMMA: Athletes in attendance included Canada's beach volleyball team, Andre De Grasse and Penny Oleksiak.

WITH OXFORD COMMA: Athletes in attendance included Canada's beach volleyball team, Andre De Grasse, and Penny Oleksiak.

Without the Oxford comma, the first sentence could be interpreted as De Grasse and Oleksiak are the members of the beach volleyball team, which would be incorrect. By using the Oxford comma, it is clear that we are referring to three separate entities. If you are unsure of how your list might be interpreted, err on the side of caution and use the Oxford comma.

NON-ENGLISH NAMES

(1) **French:** All French names must include their required accents/diacritics, otherwise the name is written incorrectly. This is especially important for French-Canadian athletes.

(2) **Chinese:** Proper names are written and spoken with the family name (or "last" name) followed by the given name (or "first" name). As an example, for diver Chen Yiwen, her family name is Chen. Her given name is Yiwen. She should be referred to as "Chen Yiwen" on first reference and "Chen" thereafter.

(3) **Korean:** Same as Chinese. For short track speed skater Choi Min-Jeong, her family name is Choi. Her given name is Min-Jeong. She should be referred to as "Choi Min-Jeong" on first reference and "Choi" thereafter. Use a hyphen between a Korean's two given names, capitalizing the second one.

There may be some exceptions to these rules. One notable is Korean figure skater Yu-Na Kim who is well known to Canadians with her given name followed by surname. But when in doubt, proceed with surname followed by given name.

(4) **Russian:** There is not a universally accepted, glitch-free transliteration system for turning names based on the Cyrillic alphabet into names based on the Roman alphabet. To maintain consistency, please consult the official results.

(5) **Diacritics:** As much as possible, diacritics (symbols added to letters affecting their pronunciation) should be used where required in the native language of the athlete/place name. Some examples would be the ø and å in Norwegian and the ã in Portuguese. You can find [Windows alt codes for accents and diacritics here](#).

FOREIGN COUNTRIES

- (1) **Former Soviet Republics (USSR):** Today, minority populations of ethnic Russians exist in every former Soviet republic. When referring to such athletes as Belarusian, Ukrainian, etc., keep in mind that they are such because they are representing that country, not necessarily because they are descendants of ethnically Belarusian, Ukrainian, etc., people.
- (2) **Former Yugoslavia:** Before disintegrating in the early 1990s, Yugoslavia consisted of six republics: **Slovenia (SLO)**, **Croatia (CRO)**, **Bosnia and Herzegovina (BIH)**, **North Macedonia (MKD)**, **Serbia (SRB)** and **Montenegro (MNE)**.
- (3) **Czechia (CZE)** and **Slovakia (SVK):** Athletes from Czechia are Czechs and those from Slovakia are Slovaks. In response to a 2022 request from the NOC, the IOC changed the name of the country from Czech Republic to Czechia.
- (4) **South Korea (KOR) and North Korea (PRK):** We will encounter situations where "Korea" is used when "South Korea" is meant. Never write "Korea" or "Korean" without a South or North in front of it. South Korea is officially the Republic of Korea. North Korea is officially the Democratic People's Republic of Korea.
- (5) **Germany (GER):** All athletes from Germany should be referred to as "German", regardless of having been born and raised in East or West Germany.
- (6) **The People's Republic of China (CHN) and Chinese Taipei (TPE):** The IOC designations of "People's Republic of China" (or simply "China") and "Chinese Taipei" should be used along with their IOC abbreviations CHN and TPE. "Taiwan" and "Republic of China" should never be used within the Olympic Games as synonyms for Chinese Taipei.
- (7) It is **Ukraine** (not the Ukraine). It is **Russia** (not Russian Federation). It is **United States** (not United States of America).
- (8) Try not to use **Holland** as a synonym for **the Netherlands** (unless it is in a quote).
- (9) **Türkiye** is the name of the country formerly referred to as Turkey. The IOC and Canadian government both began using the official Turkish spelling in 2022.

CANADIAN OLYMPIC COMMITTEE PARTNERS

It is important that all COC partners be referenced properly, whether in writing or verbally.

Premier National Partners

RBC

- Always use RBC verbally or in writing, never Royal Bank of Canada.
- RBC programs include RBC Training Ground, RBC Olympians, and RBC Future Olympians
- RBC Training Ground National Final (never RBC Training Ground National or the plural Finals)

Bell

- Bell programs include Bell Athletes Connect Program and Bell Let's Talk Day
- Bell Canada should be the formal reference for the company

Canadian Tire Corporation

- Canadian Tire Corporation is the official partner name
- Other banners within the CTC family include Sport Chek (two words) and Sports Experts
- CTR may be used to refer to Canadian Tire Retail
- Official House/Home Retailer
- Official Sporting Goods Retailer

lululemon

- Always lowercase
- Educators = lululemon store staff
- Guests = lululemon customers
- Global Ambassadors = renowned athletes, yogis, trainers, musicians, and creators that lululemon partners with who are using their passion for sweat to change the world
- Official Outfitter of Team Canada
- Future Legacy:
 - At the heart of the Team Canada x lululemon Collection is the Future Legacy giveback program where 10% of sales from all Future Legacy items help Canadian athletes experience the power of sport—from dreams to podiums and beyond
 - 10% of sales from all Future Legacy items support the Canadian Olympic Foundation and Paralympic Foundation of Canada

National Partners**Cadillac Fairview**

- Use the full name on first reference, CF is okay thereafter
- CF is the Home of Team Canada

Deloitte

- Deloitte programs include Game Plan Powered by Deloitte, Game Plan Work Experience Program, and Game Plan Day in Canada
 - Note: Deloitte is also a Worldwide Olympic Partner but does not yet have TOP rights in Canada

Petro-Canada

- The partner's name should always include both words, separated by a hyphen.
- Petro-Canada is the retail and wholesale marketing brand of Suncor Energy. On external communications it is often necessary to include "Suncor Energy is the proud owner of Petro-Canada".
- Petro-Canada's primary program is the Petro-Canada Fuelling Athlete and Coaching Excellence (FACE) Program
- Official Oil and Gas Partner

Official Supporters

Air Canada

- Official Airline of Team Canada

General Mills

- Brands that General Mills typically activates around include: Grain and Fruit Snack brands (**Nature Valley**, **Fruit Roll-Ups**, Fruit by the Foot, Gushers, Annie's), Mexican brands (Old El Paso), Cereal brands (**Cheerios**, Oatmeal Crisp, **Lucky Charms**, **Cinnamon Toast Crunch**, Reese Puffs, French Toast Crunch, Fibre 1, Nature Valley), Refrigerated Dough brands (Pillsbury), Baking Mixes (Betty Crocker), Yogurt brands (Yoplait, **Liberté**), Energy & Fruit and Nut Bars (**Larabar**, Ratio)
- Cheerios Cheer Cards is a program executed by General Mills around the Olympic Games. For over a decade, Cheerios has inspired Canadians to share words of encouragement and over 100,000 Cheer Cards have been sent to Team Canada athletes.

OLG

- Always referred to as OLG and never Ontario Lottery and Gaming Corporation

Smith School of Business

- Smith refers to their scholarships as “awards” as of 2022
- Smith School of Business is the Official National Business Education Partner of Team Canada, as well as a Founding Partner of Game Plan, Canada's total athlete wellness program
 - Do not put “the” in front of Smith School of Business.
 - Can also reference as “Smith” after first time using the full name
- In 2024, the COC, Game Plan, and Smith announced an extension to their strategic partnership, effective through 2032
- Smith School of Business at Queen's University is the correct way to reference their connection to Queen's. The COC's partnership is not with Queen's, just Smith.

Sobeys

- Empire Company Ltd. is the parent company of Sobeys
- Through this partnership they activate: Sobeys; Safeway; IGA; Freshco; Rachelle Berry; Thrifty Goods, Farm Boy; Foodland; Kim Phat; Longos; Voila (e-commerce brand); Compliments (private-label brand); Scene+ (only in conjunction with the above sponsor brands)
- Official Grocer of Team Canada

Official Suppliers

ICON

InterFulfillment

Fasken

- Official Legal Services Partner

Pillitteri Estates Winery

- Official Wine Partner

Rock-it Global

- Official Freight Forwarder and Customs Broker

StorageVault

- Official Storage and Moving Partner

Media Partners**The Globe and Mail****Worldwide Olympic Partners/The Olympic Partners (TOP)****AB InBev****Airbnb****Alibaba Group****Coca-Cola****Omega**

- Swatch also has rights under this partnership

Proctor & Gamble

- Acceptable to write P&G

Samsung**Visa****Other****On Location**

- Exclusive service provider of hospitality programmes for the Olympic and Paralympic Games Paris 2024, Milano Cortina 2026 and LA28
- On Location has been awarded global and exclusive rights to sell, distribute, and promote ticket-inclusive hospitality and travel products at the above Olympic Games. On Location and its authorised sub-distributors are therefore the only sources through which ticket-inclusive hospitality and travel packages can be purchased.