

Strasbourg, 30 September 2025

EPAS(2025)45

ENLARGED PARTIAL AGREEMENT ON SPORT (EPAS)

European Sports Charter Support and Follow up

24-25 May 2023

Lisbon, Portugal

Working language: English

Report

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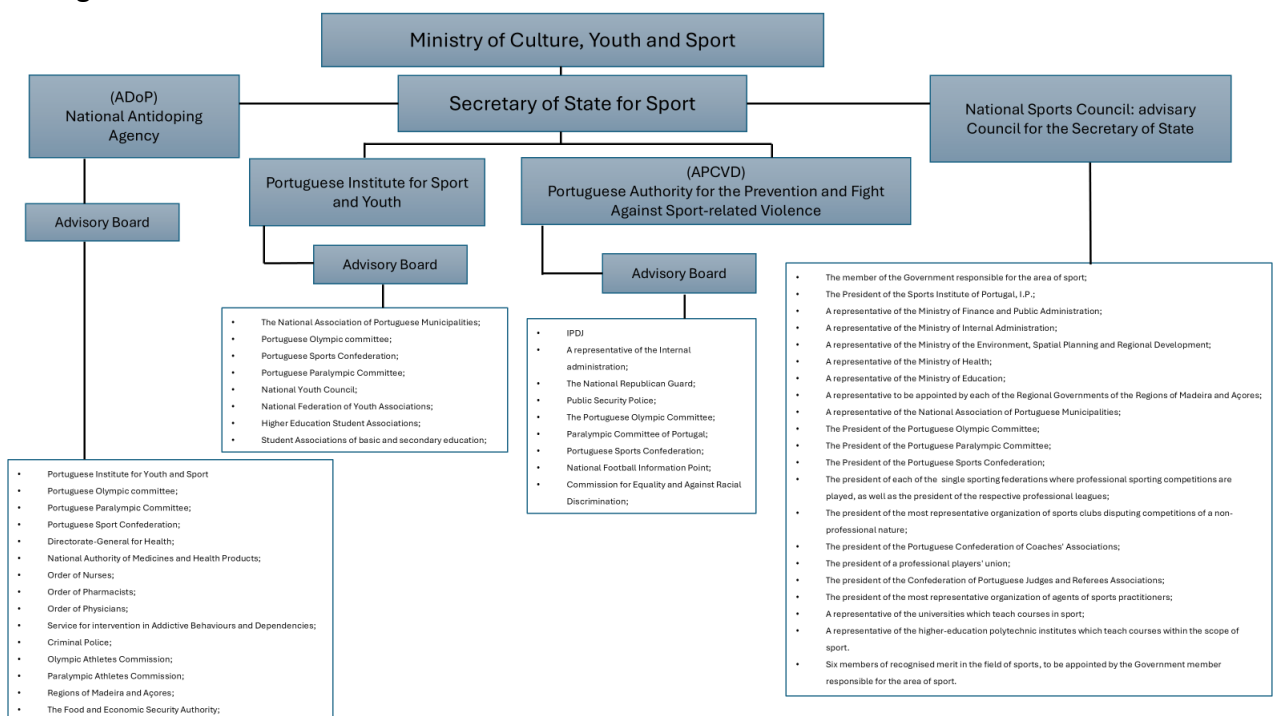
A. Information provided by national authorities

1. Overview of state structures and sports organisations

At the top of the structure is the Secretary of State for Sport, overseeing key entities like the Portuguese Institute for Youth and Sport (IPDJ), the Portuguese Authority for the Prevention and Fight Against Sport-related Violence (APCVD), and the National Antidoping Agency (ADoP). These bodies have their own Advisory Boards, composed of representatives from government, sports federations, health agencies, and other relevant institutions.

The National Sports Council, acting as an advisory council to the Secretary of State, includes a wide range of stakeholders such as government ministry representatives, sports federation leaders, coaches' and referees' associations, and university representatives.

Additionally, key organisations such as the Portuguese Olympic and Paralympic Committees, Sports Confederation, and various medical and educational bodies contribute to the framework, ensuring a multidisciplinary approach to sports governance and development in Portugal.



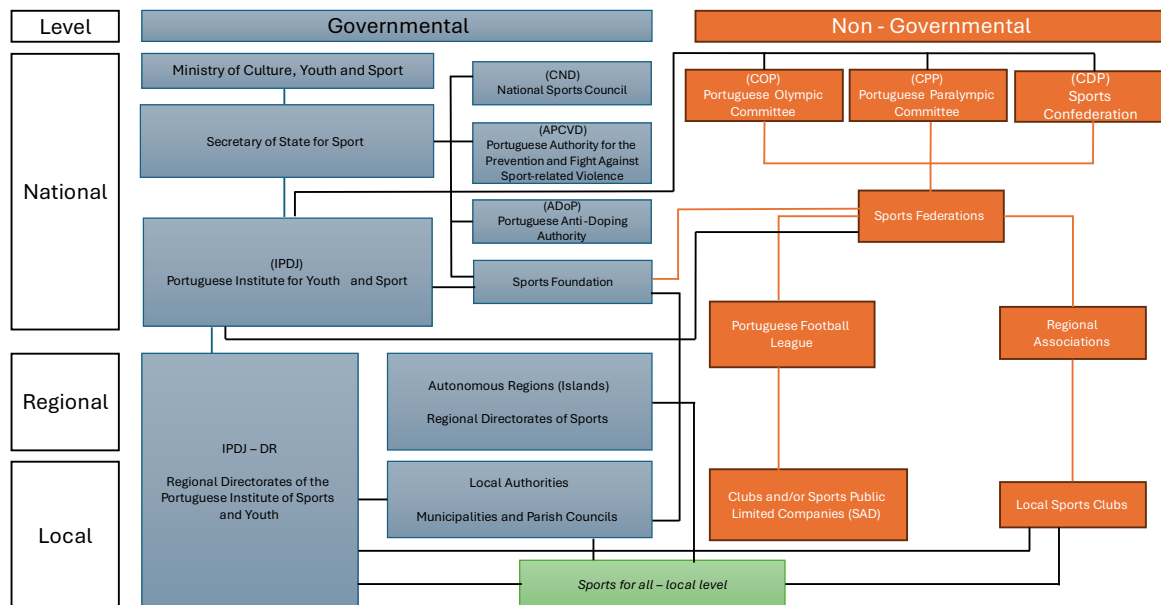
2. Non-governmental sports organisations

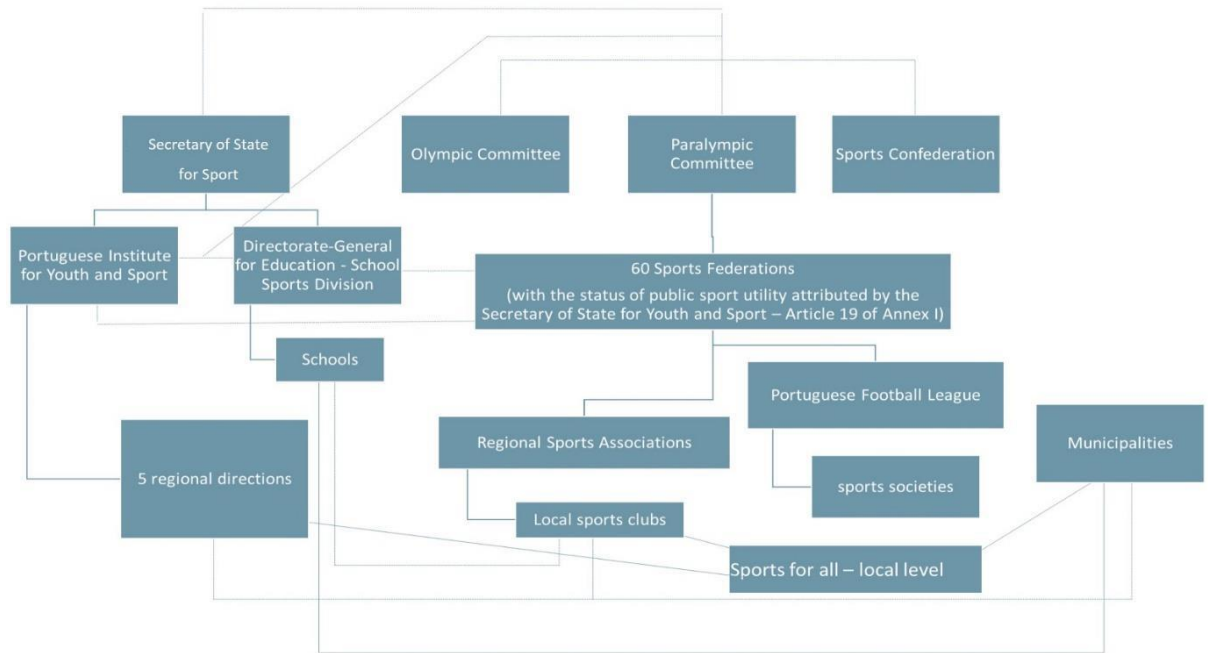
At the core of the structure are 60 recognised Sports Federations, granted public utility status by the Secretary of State for Youth and Sport (at the time of the last Olympic cycle (2020). These federations link closely with major national bodies such as the Olympic Committee, Paralympic Committee, and Sports Confederation.

Below them operate Regional Sports Associations, Local Sports Clubs, and specific entities like the Portuguese Football League and sports societies. These bodies form the operational network delivering sport across Portugal.

In parallel, municipalities, schools, and five regional directions (under the Portuguese Institute for Youth and Sport) play key roles in supporting and implementing sports activities locally. The Directorate-General for Education – School Sports Division also ensures school-based sport is integrated into the national system, on the other hand, various social sector organisations develop sports activities for specific populations

All of these stakeholders contribute to the “Sports for All” initiative, ensuring sport is accessible at the community level throughout the country.





3. Main objectives and priorities of the sport sector in Portugal

The main objectives and priorities of the sport sector can be identified in the table below.

Sports practice target/audience		High priority	Somewhat a priority	Low priority
High-performance sport		x		
Professional sport				x
Overall population		x		
Sport for all (including all member of society)		x		
Physical education and school sport			x	
Physical activity and health		x		
Paralympic sports			x	
Sport career				
Conciliation of academic and sporting success (dual careers)		x		
Support mechanisms after the end of sporting career		x		
Ethics				
Combat all forms of violent behaviours including, racism, xenophobia and intolerance in sporting contexts		x		
Sports integrity		x		
Ethics		x		
Inclusion				
Inclusion of people with a disability		x		
Social inclusion			x	
Equality, diversity, inclusion, accessibility		x		
Universally inclusive design of sport competition (eligibility regulations, competition formats & sport presentation)			x	
Non-discrimination				

Grassroots sports		x		
Non-discrimination and social justice		x		
Safeguarding children and vulnerable adults (impacted by Mega Sport Events)		x		
Harnessing opportunities in high-risk hosting environments				x
Gender				
Gender equality in sports		x		
Gender mainstreaming			x	
Sustainability				
Sustainability at sport events			x	
Sustainable development, urbanisation, and human rights/child rights friendly cities			x	
Sustainability in the sport industry			x	
Sports facilities:				
Sustainability			x	
Environment			x	
Inclusive			x	
Access			x	
Events				
Responsible event hosting				x
Broadcasting and event coverage			x	
Protecting people and communities (at all phases of the mega sporting events lifecycle)				x
Athlete well-being				
Athlete advocacy and activism				x
Athlete health, safety, and wellbeing		x		
Adult athlete rights		x		
Child athlete rights		x		
Organisation				

Professional services and standards				x
Public sector regulations and investment		x		
Engagement and support		x		
Social justice, reconciliation and decolonisation				x
Sponsorship and commercial investment				x
Grievances and remedy mechanisms and standards				x
Others				
Sport body leadership, culture and governance		x		
News access and journalism				x
Pandemic recovery				x
E-sports				x

4. Financing model of sport

Portugal's financing model for sport is multifaceted, involving both public and private funding streams. The government plays a central role in providing financial support through its state budget, with €54.5 million allocated to sport and physical activity in 2025. A portion of this budget is directed to various public entities such as the Portuguese Institute of Sport and Youth (IPDJ), which redistributes funds to sports organisations and initiatives, including support for top-level athletes and the rehabilitation of sports facilities. Additionally, the state allocates part of the revenues from lotteries and sports betting, with approximately €61.7 million directed towards sports organisations, including specific amounts for national sports federations and the promotion of inclusive sports initiatives.

To stimulate private sector involvement, Portugal offers a Statute of Tax Benefits for Sports Sponsorship. This legal framework encourages businesses and individuals to donate to both public and private sports entities by offering tax deductions, thereby incentivising private investment in the sector. Donations can be in cash or kind, and contributors benefit from a reduction in their IRS (Personal Income Tax) or IRC (Corporate Income Tax). This model fosters a collaborative environment where private funding complements public resources, contributing to the development and sustainability of sports associations and initiatives.

Public-private partnerships are further encouraged through special provisions in legislation that incentivise donations from sports betting and lottery operators. While the system is well-established for larger organisations, the model also recognises the importance of grassroots sports, ensuring that funds from these partnerships help support the broader

sports ecosystem. Despite the existing framework, the government has yet to establish a formal solidarity mechanism for grassroots sport, though there are plans to further develop such initiatives in the future.

B. Report on the implementation of the European Sports Charter (ESC)

5. Introduction

A support and follow up visit was held in Lisbon on 24-25 May 2023 which provided an excellent opportunity for the EPAS team to exchange with all interested counterparts and further its understanding of the implementation of the ESC in Portugal. The programme and list of participants are appended in Appendices II and III.

Portugal was the first country to be visited with the new questionnaire on the implementation of the ESC. This follow-up visit not only provided an opportunity to assess the state of play regarding the ESC implementation in Portugal but also to pilot the draft questionnaire during the visit.

With regard to the implementation of the ESC, the current situation led to the following findings, structured by Article of the ESC.

6. Article 1 - Aim of the Charter

The aim of this Charter is to guide governments in the design and implementation of legal and policy frameworks for sport which highlight its multiple individual and social benefits (in particular for health, inclusion and education) and abide by and promote the values of human rights, democracy and the rule of law, as enshrined in the Council of Europe's applicable standards. To achieve this aim, governments should take the steps necessary to:

1. *enable every individual to participate in sport and notably ensure that:*
 - a. *all young people receive physical education instruction at educational institutions and have access to opportunities to develop physical literacy, physical fitness and acquire fundamental movement skills;*
 - b. *everyone has the opportunity to take part in sport in a safe, secure and healthy environment;*
 - c. *the development of sport is inclusive, evaluated and monitored on a regular basis; and*
 - d. *everyone has the opportunity to improve their standard of performance in sport beyond its practice for recreational purpose and reach levels of personal achievement and/or levels of excellence in an ethical, fair and responsible way.*
2. *protect and develop values-based sport, which is a precondition for maximising the individual and social benefits of sport, and notably ensure that:*

- a. *the human rights of those involved in or exposed to sport-related activities are protected;*
- b. *sporting activities contribute to strengthening ethical conduct and behaviour among those involved in sport;*
- c. *the integrity of sports organisations, sports competitions and those involved in or exposed to sport-related activities is safeguarded;*
- d. *sports activities are in line with the principles of sustainable development.*

Portugal's legal framework recognises sport as a constitutional right, ensuring access to physical activity regardless of factors such as gender, race, or social status.

Law 5/2007, basic law on sport and physical activity that establishes the foundations of physical activity and sport in Portugal, enshrines fundamental principles such as universality, equality, sporting ethics, social and territorial cohesion, and the promotion of health and education through sport.

In addition to a set of public policies that stem from the basic law on physical activity and sport, there is also Law 24-C/2022, which determines the government's Major Options for 2022-2026 in terms of planning and multiannual budget programming

Public funding for sports federations places particular emphasis on supporting projects that foster the participation of female athletes and individuals with disabilities, acknowledging their vital role in promoting inclusion and diversity in sport. Public funding is also allocated to support sports promotion projects aimed at girls and women, seniors and people with disabilities (National Sport for All Programme)The government also takes active measures to combat discrimination in sport through initiatives such as the National Strategy for Equality and Non-Discrimination and the National Plan against Racism and Discrimination.

Efforts to uphold ethics in sport include promoting integrity in competitions, aligning with Council of Europe conventions, and implementing safeguarding measures for children. The legal framework further addresses security and intolerance at sporting events, with Law No. 39/2009 reinforcing measures against racism and xenophobia which was recently revised by Law 40/2023¹.

The Portuguese Authority for the Prevention and Fight Against Sport-related Violence (APCVD)together with the National Plan for Ethics in Sport, work to maintain high ethical standards across all levels of participation.

Additionally, the strategic programme for school sports integrates sustainability, reinforcing environmental responsibility through sport-related educational activities.

¹ Updated following the visit to represent the current situation

Recommendations:

- 1.1** Strengthen the legal framework by providing evidence of its implementation and impact, and by highlighting how national initiatives effectively engage local communities, particularly where access to sport is most unequal.
- 1.2** Set up monitoring and evaluation mechanisms with a focus on regional and socio-economic disparities.
- 1.3** Encourage more collaboration with local clubs, municipalities and NGOs to implement inclusive sports programmes for more vulnerable people and those living in remote.

7. Article 2 – Definition of “sport” and scope of the Charter

1. *For the purpose of this Charter, “sport” means all forms of physical activity which, through casual or organised participation, are aimed at maintaining or improving physical fitness and mental well-being, forming social relationships or obtaining results in competition at all levels.*
2. *This Charter highlights the common features of a framework for European sport and its organisation, understood by the sports movement as the European sport model, and provides general guidance to the Council of Europe’s member States to refine existing legislation or other policies and to develop a comprehensive framework for sport. It has been specified and complemented by legally binding standards addressing critical issues in the field of sport, such as:*
 - b. the European Convention on Spectator Violence and Misbehaviour at Sports Events and in particular at Football Matches (ETS No. 120);*
 - c. the Anti-Doping Convention (ETS No. 135);*
 - d. the Council of Europe Convention on the Manipulation of Sports Competitions (CETS No. 215); and*
 - e. the Council of Europe Convention on an Integrated Safety, Security and Service Approach at Football Matches and Other Sports Events (CETS No. 218).*
3. *The implementation of some of the provisions of this Charter may be entrusted to governmental or non-governmental sports authorities or sports organisations.*

As part of the implementation of the European Sports Charter, member States are encouraged to adhere to international legally binding standards, including the Council of Europe Conventions in the field of sport. Portugal has ratified the *Anti-Doping Convention* (ETS No. 135) and the *Council of Europe Convention on an Integrated Safety, Security and Service Approach at Football Matches and Other Sports Events* (CETS No. 218) and the *Council of Europe Convention on the Manipulation of Sports Competitions* (CETS No. 215) but has signed but not yet ratified the *Additional protocol to the Anti-Doping Convention* (ETS No. 188).

Recommendations:

- 2.1** Portugal is invited to ratify the *Additional protocol to the Anti-Doping Convention* (ETS No. 188).
- 2.2** Strengthen collaboration between government and non-governmental organizations to ensure unified implementation of Council of Europe conventions, particularly in integrity, safety, and inclusivity in sport.
- 2.3** Further implement targeted education and training programmes for stakeholders at all levels—schools, clubs, and federations—focused on the principles of the ratified conventions, ensuring that safety, fair play, and anti-doping practices are embedded throughout the Portuguese sports ecosystem.

8. Article 3 – Public authorities

1. *The role of the public authorities is primarily complementary to the action of the sports movement and corporate sector. Public authorities are responsible for setting framework conditions and, where appropriate, legal requirements which are necessary for the development of sport. In the development and administration of sports policies, public authorities should pursue the aims of this Charter and demonstrate that they place a high priority on respecting the rule of law and the principles of good governance.*
2. *Horizontal co-ordination should be ensured between the policies and actions of all the public authorities concerned with sport, for example authorities in charge of sport, education, health, social services, urban and regional planning, culture, justice, monitoring of human rights and child protection, law enforcement, betting regulation, environment and development. Vertical co-ordination should be ensured between national authorities and the regional and local authorities, which play a key role in the provision of sports activities at grassroots level.*

Both the Law No. 5/2007 and the Legal Regime of Sports Federations (established by Decree-Law no. 248-B/2008) define the relationship between state structures and organised sport, clearly distinguishing the roles of public authorities and sports organisations. This legal foundation ensures that responsibilities are allocated appropriately, promoting effective governance across the sector.

At the governmental level, coordination and policy alignment are supported by dedicated bodies, such as the Intersectoral Commission for the Promotion of Physical Activity (CIPAF), established in 2017. CIPAF plays a key role in uniting various sectors to advance physical activity across the population. In addition, the government establishes working groups as needed to develop and implement integrated sports policies.

Law No. 5/2007 further highlights the importance of decentralised coordination among state, regional, and local authorities. These public bodies work in partnership with educational institutions, sports associations, and both public and private organisations to foster participation and support the broader development of sport throughout the country.

Recommendations:

- 3.1** Strengthen mechanisms to monitor and evaluate the implementation and impact of national sports laws to ensure they translate into meaningful outcomes at all levels.
- 3.2** Enhance coordination between national and local authorities by supporting structured collaboration with schools, sports associations, and community organisations to promote grassroots participation.
- 3.3** Encourage greater transparency and public reporting on the work of intersectoral bodies and working groups to build trust and demonstrate progress in promoting physical activity and sport.
- 3.4** Involve grassroots organisations and community stakeholders in the sport policymaking process to ensure strategies are relevant, inclusive, and effectively implemented at the local level.

9. Article 4 – The sports movement

- 1. The sports movement, which comprises non-governmental, non-profit sports organisations, is the main partner of public authorities for the implementation of sports policies. Its organisations are bound by the requirements and limits imposed on them by legislation in accordance with international standards.*
- 2. The development of the voluntary ethos and movement in sport should be further encouraged, particularly through support for the work of voluntary sports organisations. To this end, public authorities and the sports movement should maintain framework conditions that favour the active involvement of volunteers in sport.*
- 3. Sports movement organisations fully enjoy the freedom of association enshrined in the Convention for the Protection of Human Rights and Fundamental Freedoms. They enjoy autonomous decision-making processes and should choose their leaders democratically in accordance with good governance principles. Both governments and sports organisations should recognise the need for mutual respect for their decisions.*
- 4. Sports movement organisations earning revenue from the sports entertainment market should be committed to financial solidarity between high-level sport and grassroots sport, among different sports and across all regions of the world.*

The National Sports Council plays a key role in shaping national sports policies and upholding ethical standards, with active representation from the organised sports movement. Its involvement helps ensure that decision-making is informed by the voices of those directly engaged in sport across the country.

Law No. 5/2007 acknowledges the vital contribution of volunteer sports agents, guaranteeing appropriate conditions for their engagement and setting out the state's

responsibilities in supporting their work. This commitment is further reinforced by specific legislation, such as Law No. 20/2004 and Decree-Law No. 267/95, which outline targeted support measures for managers of voluntary associations.

To recognise and encourage voluntary involvement, additional incentives have been introduced. These include a special scheme allowing justified absences from work for sports-related responsibilities, with such time counting towards professional benefits like career progression and seniority. The Portuguese Institute of Youth and Sport also plays an important role by developing volunteer programmes that further strengthen community involvement and engagement in sport.

Recommendations:

- 4.1.** Expand awareness and access to the incentives available for volunteer sports agents to ensure broader uptake across different regions and levels of sport.
- 4.2** Strengthen institutional support and training for voluntary association managers to enhance the effectiveness and sustainability of grassroots sports initiatives.
- 4.3** Encourage greater integration of volunteer programmes with national sport and youth strategies to maximise their impact on participation and community engagement.
- 4.4** Conduct evaluations through sports associations and volunteers to examine the effectiveness and accuracy of legal and institutional volunteer support systems in Portugal

10. Article 5 – Corporate and professional sectors

1. *The corporate and professional sectors play an important role in the development of sport. Dialogue and co-operation should be undertaken with representatives of companies and occupational categories involved in sport in sectors such as the organisation of activities, events or competitions; the manufacturing of sports goods; sports nutrition; construction of facilities; service provision; and the media.*
2. *When engaging with representatives of these sectors, governments should:*
 - a. *acknowledge them as drivers of innovation that can serve the development of sport;*
 - b. *make sure that they abide by the relevant regulations, for example on economic and social rights, safety, qualifications, anti-discrimination, sports integrity, corporate governance and anti-corruption;*
 - c. *promote endorsement of the United Nations Guiding Principles on Business and Human Rights and Recommendation CM/Rec(2016)3 of the Committee of Ministers to member States on human rights and business;*
 - d. *encourage them to co-operate with the sports movement and encourage their participation in solidarity schemes when they benefit from activities conducted and financed by the sports movement.*

In Portugal, the majority of funding for sports activities is provided through public financing, reflecting the state's central role in supporting sport as a public good. Unlike some countries that actively engage the private sector in their national sports strategies, Portugal does not have a formal framework or policy that outlines state commitments to partnerships with the business sector in this domain.

Nonetheless, there are notable exceptions that illustrate emerging forms of co-operation. The Portuguese Institute of Youth and Sport (IPDJ) maintains a collaborative relationship with the Association of Fitness Centres and Academies in Portugal (Portugal Ativo), which serves as the principal representative body for private fitness providers. Significantly, Portugal Ativo also holds a seat on the National Sports Council, offering the private sector a voice in national sports policy discussions. This partnership currently represents the sole formalised link between the state and private fitness academies within the broader national sports framework.

The team highlighted concerns about a growing gap between commercial and traditional sports structures, which could limit access to quality facilities and coaching for less privileged populations. The team noted significant disparities in resources and media coverage between football and other sports, potentially leading to a fragmented sports landscape. While most sports in Portugal operate within traditional frameworks, the fitness sector is largely driven by private companies. Despite this, the quality of professionals is not seen as an issue due to strict legal regulations. These dynamics could shape uneven development in Portuguese sport.

Recommendations:

- 5.1** To bridge the gap between commercial and traditional sports structures, implement a balanced public-private partnership (PPP) strategy that guarantees equitable access to sports facilities, particularly for disadvantaged populations. In particular, it could encourage private fitness companies to offer subsidised programmes in underserved areas.
- 5.2** Diversify media coverage and funding through targeted campaigns and support for 'smaller' sports than football can help create a more cohesive and inclusive sports landscape
- 5.3** Establish a more structured framework for public-private collaboration in sport, building on existing partnerships to encourage greater investment, innovation, and participation across all levels of the sector.

11. Article 6 – Human rights

1. *All stakeholders shall respect and protect internationally recognised human rights and fundamental freedoms, and they should observe the general framework established for their implementation in business and other activities.*
2. *The human rights due diligence approach in sport requires respect for the human rights of those involved in or exposed to sport-related activities and should therefore:*
 - a. *ensure that the human rights of athletes and everyone involved in sport are respected, protected and promoted;*
 - b. *fight arbitrariness and other abuses in sport so as to ensure full respect for the rule of law in sports activities, including access to remedies, justice and a fair trial in line with the applicable human rights standards;*
 - c. *work towards gender equality in and through sport, in particular by implementing the strategy of gender mainstreaming in sport;*
 - d. *apply a policy of zero tolerance for violence and all forms of discrimination, paying particular attention to individuals and groups in a situation of vulnerability, such as children, migrants and persons with disabilities;*
 - e. *work towards the inclusion of a clear commitment to human rights in the respective policy and/or regulatory frameworks;*
 - f. *uphold human rights in the context of the organisation of sports events and introduce human rights considerations and objectives into the whole life cycle of major sporting events, starting with the bidding process and including planning for a lasting positive legacy;*
 - g. *further invest in the effective implementation of human rights standards in and through sport, in particular by developing governmental/non-governmental partnerships and using multistakeholder platforms to identify and promote measures to prevent and respond to human rights violations in sport.*

Portuguese sports legislation is strongly rooted in human rights principles, with a particular focus on non-discrimination, gender equality, and the prevention of violence in sport. Law No. 5/2007 guarantees access to sport for all, irrespective of background, and requires the state to take active measures against unsportsmanlike conduct, including violence, doping, corruption, and discrimination. The Portuguese Institute of Youth and Sport (IPDJ) plays a key role in providing resources for athlete protection, while national strategies such as ENIND (National Strategy for Equality and Non-Discrimination), ENICC (National Strategy for the Inclusion of Persons with Disabilities), and PNCRD (National Plan to Combat Racism and Discrimination) embed human rights further into sports policies.

In January 2023, a working group established by the former² Secretary of State for Youth and Sport delivered targeted recommendations on gender equality in sport. Portuguese Authority for the Prevention and Fight Against Sport-related Violence (APCVD) is also active in enforcing the Council of Europe’s St Denis Convention. In addition, the government has amended Law no. 39/2009 to strengthen legal protections against racism and intolerance in sporting events, through Law n^o 40/2023.³

Child protection is overseen by the National Commission for the Promotion of Children's Rights, supported by the National Strategy for the Rights of the Child 2021–2024. Portugal has also ratified several key Council of Europe conventions and introduced initiatives such as the ‘Start to Talk’ campaign and the ‘Child Safeguarding in Sport’ programme to further reinforce athlete protection. While the Portuguese Labour Code safeguards worker rights, it does not yet contain sport-specific provisions. Nevertheless, in December 2023 the Portuguese Government published a legal diploma (117/2023) that aligned with ongoing efforts in this area requests that all sport training organisations are now required to appoint a Safeguarding Officer, reinforcing the national commitment to child protection in sport.⁴

The team was especially impressed by the visit to the Academia Champs tennis centre in Carcavelos, a powerful example of social integration through sport. Founded in 2009 and recognised as a Private Institution of Social Solidarity (IPSS), Academia Champs supports children and young people aged 5 to 18 who are in vulnerable situations. Through regular tennis training combined with educational support, the centre helps participants build self-esteem, confidence, and teamwork skills, thereby fostering positive life opportunities and greater social inclusion.

Recommendations:

- 6.1** Link public funding for sports organisations to gender equality policies and measurable outcomes to drive systemic change.
- 6.2** Further develop national awareness campaigns to challenge stereotypes and promote diversity and inclusion in sport.
- 6.3** Develop media guidelines to ensure fair and balanced coverage of women’s and men’s sports.
- 6.4** Establish follow-up mechanisms to monitor and evaluate progress on gender equality and human rights in sport.

² Updated to reflect the current situation.

³ Updated to reflect the current situation

⁴ Updated to reflect the current situation.

12. Article 7 – Education in values through sports ethics

- 1. “Sports ethics” is a positive concept that guides human behaviour. It is defined as a way of thinking and not just a way of acting. It underpins sports integrity, equality, honesty, excellence, commitment, courage, team spirit, respect for rules and laws, respect for the environment, respect for self and others and a spirit of community, tolerance and solidarity. It also includes respect for human rights and sustainability.*
- 2. Sports ethics shall be promoted in all activities in sport, via relevant policies and programmes. Appropriate steps shall be taken to raise awareness of sports ethics and to provide continued learning opportunities in this sphere.*
- 3. Being educated about how to choose the ethical course of action inside and outside sport is an integral part of the competences that should be acquired through sport. Practising values-based sport can empower people and teach fairness, teamwork, equality, discipline, inclusion, respect and integrity.*

Portuguese sports law places a strong emphasis on ethics, fair play, and the integrity of sporting activities, principles that are enshrined in Law No. 5/2007. This foundational legislation is further supported by the National Plan for Ethics in Sport, which has been developed by the Portuguese Institute of Sport and Youth (IPDJ) and seeks to reinforce these core values across all levels of sport. In addition, Law No. 39/2009, amended by Law nº 40/2023⁵ mandates that sports federations and professional leagues implement specific measures aimed at combating violence, racism, and xenophobia, while also integrating ethical standards into their annual planning and activities.

The Portuguese Authority for the Prevention and Fight Against Sport-related Violence (APCVD) plays a pivotal role in promoting ethical values through a variety of initiatives. Among these is the national campaign #NãoSejaBullydeBancada (Don't Be a Bench Bully), which seeks to raise awareness of harassment among spectators and foster a more respectful sporting environment. Furthermore, the strategic programme for school sport underscores the critical role that sport plays in promoting citizenship, inclusion, and ethical behaviour. By leveraging sport as a tool, this programme aims to instil values that contribute to the creation of a fairer, more inclusive, and balanced society

Recommendations:

- 7.1** Strengthen educational initiatives in schools to integrate sports ethics and promote values like respect and inclusion from an early age.
- 7.2** Enhance collaboration between sports federations, professional leagues, and educational institutions to deliver comprehensive ethics training.
- 7.3** Expand public awareness campaigns to foster respect and ethical behaviour across all levels of sport.

⁵ Updated to reflect the current situation

13. Article 8 – Integrity

1. *“Sport integrity” encompasses the components of personal, competitive and organisational integrity. Threats to sports integrity include criminal offences such as corruption, fraud and coercion, but also violations of statutory and disciplinary regulations and unethical behaviour. The pursuit of sport integrity should thus commit all stakeholders and:*
 - a. *protect all people, particularly the young, from violence, harassment and abuse, ensure the safety and security of individuals and foster respect for and protection of internationally recognised human rights, including social rights;*
 - b. *support fair play, which is much more than playing within the rules. Fair play incorporates the concepts of friendship, respect for others and a sense of fellowship. It includes issues concerned with cheating, the use of unfair strategies while respecting the rules, manipulation of sports competitions and doping;*
 - c. *inspire a governance of sport that is compliant with the principles of transparency, integrity, democracy, development and solidarity, which should be secured by checks and balances and control mechanisms.*
2. *Sport integrity policies should rely on multistakeholder initiatives; encourage and co-operate with whistle-blowers and free media; pay attention to compliance with human rights; invest in education, prevention and awareness raising; be monitored, including through the use of remedies; and use gender and youth mainstreaming.*

Portuguese sports law places strong emphasis on integrity, transparency, and ethics in the governance of sports organisations. Law No. 5/2007 mandates measures to prevent harmful behaviours such as violence, doping, and corruption, ensuring fair and just sporting practices. Law No. 14/2024 further strengthens the legal framework for sports integrity by improving previous legislation (Laws No. 112/99 and No. 50/2007) and establishing two key bodies: the National Platform for the Handling of Sports Competition Manipulation, aligned with the Council of Europe Convention on the Manipulation of Sports Competitions, and the National Council for Sports Integrity, which promotes public debate, advises on national integrity programmes, and monitors education and training on sports integrity.

Sports federations are required to operate democratically, with term limits, transparency, and good governance practices, all subject to oversight by public administration. Portugal has demonstrated its commitment to integrity in sport by being one of the first countries to sign the Council of Europe Convention on the Manipulation of Sports Competitions, further cementing its dedication to fair play. Decree-Law 248-B/2008 sets clear governance standards for sports federations, calling for adherence to principles of transparency, democracy, and solidarity.

Furthermore, gender quotas are set to be enforced by 2025, ensuring that at least 33% of board members in sports organisations are of each gender as a result of the legislative

amendment by Law nº 23/2024⁶. The Portuguese Institute of Sport and Youth (IPDJ) plays a key role in supervising the governance of sports federations and other entities receiving public funding, ensuring compliance with both ethical and legal standards, including protections for whistleblowers and media freedom. The National Plan for Ethics in Sport (PNED) works to promote values of fair play, respect, and integrity, particularly among the youth, encouraging a culture of ethical sporting practice.

Recommendations:

- 8.1** Expand integrity programmes to include grassroots and community sport, fostering ethical behaviour across all levels.
- 8.2** Support educational initiatives that promote ethical values and integrity in grassroots sport.
- 8.4** Include mandatory integrity and ethics modules in training for referees, and club officials.

14. Article 9 – Sustainability

1. *The principle of sustainability in sport requires all activities to be economically, socially and environmentally sustainable, in particular:*
 - a. *when planning, implementing and evaluating their activities, organisers of sports activities and events should pay due consideration to sustainability, be it economic, social or environmental;*
 - b. *whereas the growing consumption of sporting goods can generate a positive impact on the global economy, the industry should take responsibility for developing and integrating practices that are satisfactory in social terms and are environmentally friendly;*
 - c. *indoor and outdoor activities should be carried out responsibly, in other words the precautionary principle (resource conservation and risk prevention) should be implemented. Owners of sports infrastructure have to act proactively to identify the effects and consequences of their facilities, avoid potential damage to nature and, where necessary, take counter- and protective measures against such risks;*
 - d. *the organisation of major sports events should ensure a sustainable legacy for the hosting communities with regard to their economic, social and environmental impact, in particular to balance the financial cost of the infrastructure with its post-event use and the effect on participation in sport.*
 - e. *All stakeholders should take responsibility to reduce their carbon footprint and pursue commitments and partnerships for climate action in recognition of the increasingly negative impact of climate change on society and on sport.*

⁶ Updated to reflect on the current situation

Portuguese sports policy effectively integrates environmental sustainability into both infrastructure development and sporting activities, ensuring that the sporting sector plays a part in preserving the environment. Law No. 5/2007 mandates a balanced and sustainable approach to sports infrastructure, emphasising the need for accessibility alongside environmental responsibility. It ensures that the design and construction of sports facilities consider both ecological impact and long-term sustainability. Additionally, sports that engage with nature, such as outdoor and adventure sports, are required to respect biodiversity, safeguard ecosystems, and protect cultural heritage. These activities also serve as platforms for promoting environmental awareness and encouraging sustainable tourism practices.

Law No. 24-C/2022 further strengthens the alignment of sports policy with climate change strategies, focusing on emission reduction, the use of renewable energy, resource sustainability, and the promotion of the circular economy. This law underscores Portugal's commitment to tackling environmental challenges within the context of sports. The political strategy outlined in the Major Options 2022-2026 is carefully aligned with both national and international frameworks, including the United Nations Sustainable Development Goals, ensuring that Portugal's sports sector contributes to global sustainability efforts.

In line with this, Pillar 5 of the school sports strategy promotes sustainability education through sports activities, helping to instil environmental values in young people. The Portuguese Institute of Sport and Youth (IPDJ), through the National Plan for Ethics in Sport (PNED), has developed a manual outlining good environmental practices for sports organisations and individuals. Moreover, Decree-Law No. 141/2009 requires compliance with stringent environmental standards in the construction and operation of sports facilities, ensuring that they adhere to European Union directives and contribute to broader sustainability goals across the sector.

Recommendations:

9.1 Social sustainability

Prioritise fostering social sustainability in sport by implementing inclusive programmes that promote diversity, accessibility, and equal opportunities, ensuring that all individuals, regardless of background, have the chance to participate in and benefit from sports activities.

9.2 Economic sustainability

Encourage the development of long-term funding strategies for sports organisations, with an emphasis on efficient resource allocation, financial transparency, and creating partnerships with the private sector to secure sustainable revenue streams

9.3 Environmental sustainability

Focus on enhancing regulations and incentives for sports infrastructure to meet high environmental standards, encouraging energy-efficient designs, waste minimisation, and the use of renewable energy sources, ensuring that the sports sector contributes positively to the environment.

Article 10 – The right to sport

- 1. Access to sport for all is considered to be a fundamental right. All human beings have an inalienable right of access to sport in a safe environment, both inside and outside school*

settings, which is essential for their personal development and instrumental in the exercise of the rights to health, education, culture and participation in the life of the community.

2. *No discrimination on the grounds of race, colour, language, religion, gender or sexual orientation, political or other opinion, national or social origin, association with a national minority, property, birth or other status, shall be permitted in the access to sports facilities or to sports activities.*
3. *To safeguard and promote this right, it is necessary to:*
 - a. *ensure that access to the development of physical, intellectual and ethical competences through physical education and sport is guaranteed, both within the educational system and in other aspects of social life;*
 - b. *make sure that everyone has ample opportunities to benefit from physical education and practise sport, develop physical literacy and physical fitness, acquire fundamental movement skills and attain a level of achievement in sport which corresponds to their abilities;*
 - c. *make sure that specific opportunities are available for young people, including children of pre-school age, for older people and for people with disabilities to enjoy education and sports programmes suited to their requirements;*
 - d. *ensure that all members of a local community have opportunities to take part in sport and that, where necessary, additional measures are taken aimed at enabling disadvantaged individuals or groups and people with disabilities to make effective use of such opportunities;*
 - e. *guarantee that local sports clubs have a suitable legal status and framework conditions to offer affordable access to sport for all.*

The Portuguese Constitution guarantees the right to physical education and sport, a fundamental principle that is further reinforced by Law No. 5/2007. This law ensures that sport is accessible to all, regardless of personal background or circumstances, promoting inclusivity across the country. Public funding for sports is governed by Decree-Law No. 273/2009, which requires organisations receiving public funds to adhere to principles of equality and non-discrimination, ensuring that everyone has the opportunity to engage in sport. The Portuguese Institute of Sport and Youth (IPDJ) plays a crucial role in overseeing the use of public funds, ensuring compliance with these principles while supporting both federated and inclusive sports activities.

The national "Sport for All" programme, aligned with international guidelines, works to promote both recreational and competitive sports across diverse populations. This includes initiatives specifically designed for people with disabilities, in partnership with the National Rehabilitation Institute, ensuring that sport is accessible to all, regardless of physical ability. Moreover, the Universal Active Living Support System aims to make sport more accessible by facilitating national campaigns, providing bicycles to all public schools, and promoting physical activity in the workplace, encouraging a culture of active living throughout society.

Additionally, Decree-Law 163/2006 mandates that all sports facilities must comply with accessibility standards, ensuring that public sports infrastructure is inclusive and usable by everyone.

Recommendations:

- 10.1** Organise a nationwide audit of sports facilities to assess existing gaps and identify the specific needs for improvement and investment across the country.
- 10.2** Consider launching national campaigns to encourage investment in sports infrastructure, particularly in rural and autonomous regions, to ensure equal access to sports opportunities nationwide.
- 10.3** Focus on providing targeted support and incentives for the development of sports facilities in underserved areas, helping to bridge regional disparities and promote inclusive participation.

15. Article 11 – Building the foundations for the practice of sport

1. *All appropriate steps should be taken to develop physical literacy and physical fitness among young people, enabling them to acquire fundamental movement skills and to encourage them to practise sport, notably by:*
 - a. *ensuring that all students have access to sports, recreation and physical education programmes and facilities and that appropriate time slots are set aside for these activities;*
 - b. *ensuring the training of qualified teachers in this area in all schools;*
 - c. *ensuring that appropriate opportunities exist for continuing the practice of sport after compulsory education;*
 - d. *encouraging the development of appropriate links between schools or other educational institutions, school sports clubs and local sports clubs;*
 - e. *facilitating and developing the use of sports facilities by schools, local sports clubs and the local community;*
 - f. *encouraging an environment in which parents, teachers, coaches and leaders motivate young people to take regular physical exercise;*
 - g. *providing education in sports ethics for pupils from primary school onwards.*

Physical education is a compulsory subject throughout the entirety of schooling in Portugal, with Law No. 24-C/2022 granting schools the flexibility to tailor training schedules to meet the diverse needs of all students. Municipalities play an essential role in supporting school sports by collaborating with local sports clubs and providing necessary sports facilities, ensuring that students have access to the resources they need to engage in physical activities.

Coach training is rigorously regulated under Law No. 40/2012 and Law 39/2012, which, in addition to compulsory initial qualification, requires that sport coaches and fitness professionals undergo continuous IPDJ-accredited training to stay up to date with best practices. Similarly, physical education and school sports teachers are required to hold a higher education diploma, ensuring that students receive quality instruction from well-trained professionals.

The strategic programme for school sport further encourages schools to open their sports facilities to the broader community, facilitating increased participation and fostering stronger connections between schools and local residents. Additionally, the "Community School Sport" project promotes integrated sports activities that engage not only students but also families, teachers, and school staff, enhancing collaboration and fostering a culture of inclusivity and physical activity across the entire educational ecosystem

The team asked for additional information on local governance in sport, and more specifically on the territorial, local, application of the national governance and the coordination between State services, regional structures of the sporting movement and local authorities.

After the visit it was explained that in Portugal, sports federations operate through regional associations, supported by regional directorates of the IPDJ. These bodies help implement national sports policies locally by working closely with clubs and associations. Municipalities play a key role by managing sports facilities and promoting community sports programmes. School sports are coordinated nationally but implemented through local structures to ensure decentralisation. This system allows public administration to adapt national policies to the specific needs of each territory through localised service delivery.

Recommendations:

- 11.1** Provide schools with additional support to adapt physical education to students' diverse needs.
- 11.2** Strengthen coordination between local authorities, IPDJ regional directorates, and sports federations to implement national policies effectively.
- 11.3** Encourage decentralisation by incentivising schools to share sports facilities with their communities and promote inclusivity.

16. Article 12 – Developing participation

- 1. The practice of sport, whether for the purpose of leisure and recreation, health promotion or improving performance, shall be promoted across the whole population through the provision of appropriate facilities and programmes of all kinds and of access to qualified coaches, instructors and staff, whether volunteers or professionals.*
- 2. Encouraging the provision of opportunities to participate in sport at workplaces shall be regarded as an integral part of a balanced sports policy.*

Portugal has made significant strides in promoting widespread participation in sport across its population. The country has prioritised the provision of accessible sports facilities and programmes designed to cater to various needs, from recreational and leisure activities to health promotion and performance enhancement. This approach ensures that individuals at all levels of engagement have access to appropriate resources. Furthermore, the availability of qualified coaches, instructors, and staff—whether professional or volunteer—has been central to supporting participation across the country.

In addition, Portugal has recognised the importance of encouraging sport within the workplace as part of a balanced sports policy. Efforts have been made to integrate opportunities for physical activity within work environments, aiming to promote the health and well-being of the workforce. This reflects a broader strategy that combines the promotion of sports for leisure and health with initiatives that improve access to training and participation, making sport an inclusive and integral part of everyday life for all segments of the population.

Recommendations:

- 12.1** Increase investment in sports facilities and expand community programmes to promote inclusive participation at all levels.
- 12.2** Incentivise businesses to promote physical activity in the workplace through support for sports programmes and infrastructure.
- 12.3** Enhance the availability and deployment of qualified coaches, instructors, and support staff—both professional and volunteer—to ensure consistent, high-quality guidance and support across all levels of participation.

17. Article 13 – Improving performance

- 1. The practice of sport at higher levels shall be supported and encouraged in appropriate and specific ways. The support shall cover such areas as talent identification and counselling, the provision of suitable facilities, developing care and support for athletes using sports medicine and sports science in line with sports ethical standards, encouraging scientific coaching and providing training for coaches and others with leadership functions and helping clubs to provide appropriate structures and competitive outlets.*

Decree-Law No. 272/2009 outlines a comprehensive set of support measures aimed at advancing high-level sport in Portugal, with a particular focus on elite athletes. These provisions include special incentives for student-athletes, such as a tailored regime that facilitates the balance between academic commitments and athletic training. Additionally, the law ensures that athletes are supported post-career through reintegration allowances and continued access to higher education opportunities, helping them transition smoothly into life after competition.

The government has also introduced a wider support scheme for Olympic, Paralympic, and other high-performance athletes and coaches as they near the end of their careers, providing a safety net that facilitates their professional reintegration. To maintain a balance between education and sport, the High-Performance Support Units at School (UAARE) play a pivotal role in coordinating efforts between schools, families, federations, and municipalities to support student-athletes, ensuring that their academic and athletic pursuits are both given due attention. Recently (2023), as a result of the success of this programme, a pilot project was launched to extend it to universities, thus continuing to support the dual careers of athletes in higher education.⁷

In terms of healthcare, the Portuguese Institute of Sport and Youth (IPDJ) offers sports medicine services in Lisbon and Porto, providing essential medical support to national teams, elite athletes, and federated athletes. These services are also extended to the wider public, accessible through medical referrals. The IPDJ has further partnered with the Portuguese Red Cross to run a mental health programme, promoting psychological well-being among athletes and other sports professionals.

To ensure compliance with regulations, the government enforces strict funding contracts with sports organisations that require sound management practices and allow for oversight. National federations must hold public sports utility status to qualify for public funding, and they are held to high standards of governance. Integrity and ethics remain central to both legislation and funding contracts, with a strong emphasis on promoting education and awareness, particularly in the professional sports sector. This approach ensures that ethical conduct is prioritised across all levels of sport in Portugal.

⁷ Updated to reflect the current situation

Recommendations:

- 13.1** Consolidate and expand Portugal’s strong dual-career framework by scaling up successful initiatives such as UAARE and its university pilot programme, ensuring coordinated support across education levels and continued investment in academic, psychological, and career transition services for high-performance athletes.
- 13.2** Invest in high-quality training and recovery facilities beyond Lisbon to ensure equal opportunities for athletes nationwide.
- 13.3** Develop a national strategy for hosting major sports competitions to boost athlete development and international readiness.

18. Article 14 – Supporting top-level and professional sport

1. *Methods of providing appropriate direct or indirect support for athletes who demonstrate exceptional sporting qualities shall be devised in order to give them opportunities to fully develop their sporting and human abilities, while ensuring full respect for their individual personality and physical and moral integrity. Such support should include aspects relating to the identification of talent, to the dual careers of athletes, to balanced education while in training institutes, and to a smooth integration into society through the development of career prospects during and after involvement in high-level sport.*
2. *The organisation and management of professionally organised sport, including by the sports entertainment industry, shall be conducted through competent and well-governed bodies, supportive of appropriate social dialogue with athletes’ representatives and of the regulatory role of the relevant international governing bodies as regards ensuring harmonised rules of the game, safeguarding the integrity of sport and co-ordinating competition calendars. People engaging professionally in sport should have appropriate social status, ethical safeguards against all forms of exploitation and the enjoyment of economic and social rights.*
3. *The organisation of top-level and professional sports competitions should be in compliance with the principle of openness in sporting competitions, giving priority to sporting merit. Competition organisers should work to reconcile the needs and interests of individual/local team competitions and those of national teams.*

Portugal’s Decree-Law No. 272/2009 provides a comprehensive legal framework for high-performance athletes, establishing clear definitions of their status and outlining a range of support mechanisms aimed at facilitating their development and post-career transition. The law ensures academic flexibility for student-athletes, allowing them to balance their sporting commitments with their education. In addition, it guarantees access to essential social protection and healthcare services, ensuring athletes’ well-being during and after their competitive careers. The law, further reinforced by Law no. 13/2024, also offers significant post-career support, including reintegration grants and job placement services, helping athletes transition successfully into new professional roles once they retire from sports. Furthermore, it provides special employment conditions and incentives to encourage companies to hire retired athletes, recognising their unique skills and experiences.

In addition to this, Law No. 5/2007, the Framework Law on Sport and Physical Activity, underscores the importance of high-performance sport as a matter of public interest, further solidifying the legal and institutional support for top-level athletes. Decree-law No. 45/2013 was established to assist athletes in managing dual careers, ensuring they can balance the demands of sport with education or professional work. In 2019, the National Student-Athlete Statute (Decree-law nº 55/2019) was introduced to facilitate this balance. This statute offers a range of measures designed to ease the academic burden on student-athletes, including excused absences, special exam periods, and the rescheduling of academic tasks that may conflict with sporting events. This legislation aims to create a supportive environment that enables athletes to thrive both in their sports and academic pursuits, ensuring a smoother transition between their athletic and post-athletic careers.

Portugal has taken significant steps to support dual careers through Ministerial order nº 275/2019, which creates and regulates the operating conditions of the High-Performance Support Units at School (UAARE). This legislation formally recognises the status of student-athletes and aims to ensure they can successfully balance their educational or vocational training with high-level sports participation. It mandates flexible academic arrangements, including adjustments to schedules, attendance, and assessments, to accommodate training and competition demands. The law also promotes collaboration between educational institutions and sports organisations and encourages the provision of support services such as mentoring and academic tutoring. This framework aligns with European guidelines and reflects Portugal's commitment to the holistic development and future career sustainability of its athletes.

Recommendations:

- 14.1** Enhance dual-career support by offering flexible, tailored educational programmes for older athletes.
- 14.2** Expand partnerships between universities and sports federations to create academic pathways suited to athletes' schedules.
- 14.3** Introduce career counselling and post-competition education options to support older athletes' transition into the workforce.

Article 15 – Facilities and activities

- 1. Since participation in sport is dependent in part on the extent, the variety and the accessibility of facilities, their overall planning should be a matter for the public authorities. The range of facilities to be provided should take account of the public and private facilities which are already available. Those responsible should take account of national, regional and local requirements, and take measures designed to ensure good management and the safe and full use of facilities.*
- 2. Appropriate steps should be taken by the owners of sports facilities to enable persons from disadvantaged groups, including persons with physical or mental disabilities, to have access to such facilities.*
- 3. A clear framework should be provided, and appropriate steps should be taken, to empower event organisers and owners of sporting facilities to fulfil their safety and security obligations effectively.*

Portugal has established comprehensive legislation regulating sports infrastructure, with Decree-Law No. 141/2009 serving as a cornerstone. This law sets out general criteria for the design and operation of sports facilities, ensuring that they meet essential standards for functionality and safety and has been subject to new regulation by (Portaria) Ministerial Order No. 454/2023, that has updated several criteria and introduced mandatory fulfilment of some of the European norms regarding spectator facilities (EN 13200). Further regulations will provide additional details, particularly on accessibility standards, to ensure that facilities are inclusive and cater to a wide range of users. Complementing this, Decree-Law No. 163/2006 mandates that all public buildings, including sports facilities, must adhere to strict accessibility requirements, with necessary adaptations made to accommodate individuals with disabilities or other specific needs.

In addition to physical infrastructure regulations, Law No. 39/2009 addresses safety and the prevention of discriminatory behaviour at sporting events. This law provides the legal framework for tackling racism, xenophobia, and intolerance in sports, mandating that event organisers implement internal policies designed to prevent violence and discrimination. It also requires that these organisers establish systems for sanctioning any breaches of conduct, ensuring a safe and respectful environment for all participants and spectators.

The Portuguese Authority for the Prevention and Fight Against Sport-related Violence (APCVD) is responsible for enforcing this legal regime, assisting stakeholders in implementing effective safety measures and ensuring compliance with regulations aimed at improving the overall security and integrity of sporting events. For those seeking detailed information on sports facilities, the national sports information system provides relevant data, accessible at the website <https://www.snid.pt/>. This system offers valuable insight into the current status of sports infrastructure across the country.

Recommendations:

- 15.1** Ensure the harmonised application of existing accessibility regulations across all sports facilities by conducting a systematic review of compliance with Decree-Law No. 163/2006, particularly in relation to sports venues open to the public.
- 15.2** Accelerate the adoption of detailed implementing measures under Decree-Law No. 141/2009, in coordination with Decree-Law No. 100/2023, to consolidate and clarify technical safety standards and equipment requirements for public use sports facilities.
- 15.2** Strengthen the role of event organisers by providing further guidance and support to effectively implement and enforce internal regulations that prevent discrimination and violence, ensuring a safer and more inclusive environment at all sporting events.
- 15.3** Expand the accessibility and functionality of the national sports information system, making it more user-friendly and comprehensive, to enable stakeholders to easily access up-to-date information on sports facilities and their compliance with legal and accessibility standards.

19. Article 16 – Human resources

- 1. The development, by appropriate bodies, of training courses leading to diplomas and qualifications covering all aspects of sport, including its compliance with human rights, ethics, integrity and sustainability, shall be encouraged. Such courses should be appropriate to the needs of participants of all backgrounds involved in different kinds and levels of sport and designed for those working both voluntarily and professionally (instructors, coaches, managers, officials, doctors, safety officers, architects, engineers, child safeguarding officers, etc.).*
- 2. Those involved in the leadership or supervision of sports activities should have appropriate qualifications, with particular emphasis on the protection of ethical values, integrity and human rights, including the protection of the human dignity, safety and health of the people in their charge.*
- 3. Special attention should be paid to volunteering. Voluntary personnel, if given appropriate training and supervision, can make an invaluable contribution to the development of sport as a whole and encourage the participation of everyone in the practice and organisation of sports activities. The recruitment, training and retention of volunteers should be encouraged through the recognition of voluntary work, support for the holistic training of volunteer coaches and other measures.*

Law 40/2012 governs access to and the practice of the sports coach profession, ensuring that coaches are properly qualified to provide professional instruction. Similarly, Law 39/2012 establishes a framework for technical responsibility in managing sports activities within fitness-related facilities, requiring that all fitness professionals are certified by the Portuguese Institute of Sport and Youth (IPDJ). To ensure ongoing professional development, both coaches and fitness instructors are required to complete continuous, IPDJ-accredited training at regular intervals—every three or five years—depending on their specific role.

Additionally, physical education and school sports teachers must hold a higher education diploma, ensuring a high standard of educational and sports instruction.

In terms of supporting capacity building within sports organisations, the IPDJ runs the Clube TOP programme. This initiative offers targeted training, management advice, and recognition of best practices to club managers and staff, helping to improve the overall functioning and governance of sports clubs across the country. Furthermore, in alignment with efforts to promote gender equality within the sports sector, the Portuguese Olympic Committee, IPDJ, Commission for Gender Equality and Citizenship, and the Portuguese Platform for Women's Rights have launched the "New Leaders – For a More Equal Sport" initiative. This collaborative programme aims to enhance leadership opportunities for women in sport, promoting gender equality and fostering more inclusive and diverse leadership within the sports industry.

Recommendations:

- 16.1** Implement targeted programmes that engage young volunteers through training, leadership opportunities, and recognition to sustain grassroots sport.
- 16.2** Introduce a system of recognised certificates for volunteers, rewarding their participation in sports activities and enhancing their CVs and job prospects.
- 16.3** Establish partnerships with schools, universities, and municipalities to actively encourage and support volunteer involvement in sports, creating more opportunities for community engagement.

20. Article 17 – Information and research

- 1. Suitable structures and means for the collection and dissemination of pertinent information on sport at local, national and international levels should be maintained to the most up-to-date standards and developed further in line with relevant technological advances. This should notably include taking due account of digitisation and other important technological developments and of their use and application in the sporting context.*
- 2. Scientific research into all aspects of sport, including its positive and negative effects on health, issues of ethics and governance, new trends and other central underlying principles, shall be further promoted and supported. Arrangements shall be made for disseminating and exchanging such information and the results of such research at the most appropriate level – locally, regionally, nationally or internationally – including as a basis for the further development of informed sports policies.*

Portugal actively fosters sports research through a range of national initiatives, reflecting its commitment to evidence-based policymaking in the field of physical activity and sport. One of the key mechanisms supporting this objective is the national Sport for All programme, which provides dedicated funding streams to promote research on inclusive, community-based sporting practices. Complementing this, the Portuguese Olympic Committee annually awards one-off prizes to recognise outstanding research in the domain of sport, helping to encourage academic interest and innovation in the sector.

The collection and dissemination of official data on sport is principally undertaken by the National Institute of Statistics, working in coordination with the public sports administration. In accordance with Article 9 of Law No. 5/2007—the Framework Law on Physical Activity and Sport—the National Sports Charter was created to consolidate data and establish key indicators for monitoring the development of sport across the country. This data is incorporated into the national statistical system and made publicly available via the National Institute of Statistics’ online portal.

Furthermore, ongoing collaboration between public authorities, universities, and research centres plays a crucial role in supporting the systematic collection, analysis, and dissemination of information related to sport. These partnerships ensure that data is not only gathered consistently but is also used effectively to inform policy, support best practices, and foster continuous improvement across all levels of the sporting ecosystem.

Recommendations:

- 17.1** Expand funding opportunities under the *Sport for All* programme to support interdisciplinary and applied research projects, particularly those focused on social inclusion, community engagement, and physical literacy.
- 17.2** Enhance the visibility and accessibility of sports-related data within the National Sports Charter by developing user-friendly digital tools and interactive platforms in collaboration with the National Institute of Statistics.
- 17.3** Strengthen institutional partnerships with universities and research centres to establish long-term research networks, enabling continuous evaluation of national sports policies and fostering innovation across the sector.

21. Article 18 – Finance

- 1. Appropriate support and resources from public funds at national, regional and local levels, including, where appropriate, lottery contributions, adequate public budget provisions, tax exemptions, the lending of premises, etc. shall be made available for the fulfilment of the aims of this Charter.*
- 2. Mixed public and private financial support for sport should be encouraged, including the capacity of the sports sector itself to generate and allocate appropriate resources for its further development, both in terms of its social and its high-level aspects.*
- 3. Public measures of support for the organisation of sporting events should be granted in the light of the relevant environmental standards and sustainable economic and social benefits that such events can achieve, in order to realise the positive potential of sporting events and increase public acceptance.*

Portuguese legislation on patronage provides a framework of state-supported incentives designed to encourage philanthropic contributions from both individuals and companies. These incentives apply to donations made to a wide range of beneficiaries, including public bodies and private non-profit organisations. In the field of sport, the government

strategically utilises this legal framework to stimulate private investment, particularly in support of sports associations and grassroots initiatives. By offering tax benefits and other forms of encouragement, the State not only promotes financial contributions but also fosters a broader culture of civic responsibility and engagement with the sporting sector.

This approach reflects a deliberate effort to balance public funding with private support, thereby enhancing the financial sustainability of sports organisations across the country. It also helps to diversify sources of investment, reducing dependence on public budgets while encouraging long-term partnerships between businesses, individuals, and sports institutions. Ultimately, the patronage regime serves as a key mechanism for strengthening the development, inclusivity, and resilience of the Portuguese sports ecosystem.

The team sought clarification on how criteria for public funding of sports clubs and federations are applied in practice.

Following the visit, Portugal explained that applications under the Regular Activities Programme are evaluated using both qualitative and quantitative indicators. These include the type of sport (Olympic, Paralympic, or non-Olympic), the number of athletes and participation trends over the past four years—particularly among youth and women—dropout rates, and territorial outreach. Additional factors include the number of active clubs, the structure and scope of competitions at national and regional levels, and efforts to promote female participation and inclusion of athletes with disabilities. Alignment with national ethical and educational initiatives, as well as compliance with previous commitments, is also taken into account.

Recommendations:

- 18.1** Provide targeted technical assistance to sports clubs—particularly smaller organisations and those in remote areas—to support their understanding of funding criteria and improve their capacity to apply for public grants.
- 18.2** Invest further in annual audits which ensure transparency and accountability in how federations and clubs manage and utilise public funds.
- 18.3** Assess the impact of public funding on grassroots sport development in collaboration with local stakeholders, identifying strengths, gaps, and areas for improvement.

22. Article 19 – Domestic and international co-operation

- 1. Appropriate structures for the proper co-ordination of the development and promotion of sport between the various stakeholders should be put in place where they do not already exist at national, regional and local levels in order to achieve the aims of this Charter, thus ensuring that sport is a structural element of the well-being of our society.*
- 2. International co-operation at both global and continental levels is also necessary for the fulfilment of the aims of this Charter. This can be achieved through the exchange of good practice, education programmes, capacity development, advocacy, pledges, as well as indicators and other monitoring and implementation tools.*

Portugal plays an active and constructive role in international sports co-operation, particularly through its longstanding engagement with the Council of Europe. As a member of the Enlarged Partial Agreement on Sport (EPAS) since 2009, Portugal has consistently supported multilateral efforts to promote good governance, ethics, inclusion, and human rights in sport. The country has also drawn extensively on Council of Europe instruments—such as the European Sports Charter and various sport-related conventions—as reference frameworks in shaping its national sports policies and legislative developments.

This commitment to international collaboration was further underscored by Portugal’s hosting of the 18th Council of Europe Conference of Ministers Responsible for Sport, held in Porto in October 2024. The event brought together policymakers and key stakeholders from across Europe to exchange best practices, strengthen political dialogue, and address emerging challenges in the sports sector. Portugal’s proactive involvement in such forums reflects its dedication to aligning national strategies with broader European values and standards, while contributing meaningfully to the advancement of sport as a driver of social progress and international solidarity.

Recommendations:

- 19.1** Strengthen Portugal’s active role within EPAS by continuing to contribute to working groups and supporting the implementation of Council of Europe standards in national sports policies.
- 19.2** Integrate the principles of the European Sports Charter and related Council of Europe conventions more systematically into legislative updates and strategic planning in the sports sector.
- 19.3** Leverage Portugal’s experience hosting high-level international events, such as the 18th Council of Europe Conference of Ministers Responsible for Sport, to promote regional co-operation and policy exchange on emerging sports governance issues.

23. Article 20 – Support and follow-up to the implementation of the Charter

1. *The Council of Europe as a whole and other international organisations should be encouraged to use sport as a vehicle to promote values and to mainstream sport in strategies and action plans.*
2. *To facilitate the promotion and the implementation of this Charter, relevant stakeholders should be invited to pledge for the implementation of the Charter in their policies, strategies and programmes.*
3. *At European level, it is important to review progress and support the implementation of the Charter, in particular to guarantee the positive impact of sport on health, inclusion and education, to maximise its potential to promote a dynamic civil society as well as a culture of human rights, the rule of law, democratic governance and sustainability, and to fight threats to sports integrity. The Council of Europe’s Enlarged Partial Agreement on Sport should be used to assess and promote progress in the implementation of the Charter, including by:*
 - a. *facilitating the exchange of information and good practices;*
 - b. *holding thematic exchanges on issues pertaining to the Charter;*
 - c. *collecting and publishing information to monitor the implementation of the Charter*
 - d. *supporting the promotion and implementation of the Charter through regular multilateral and country-specific activities.*

Portugal has shown a longstanding commitment to international sports co-operation, particularly through its membership in the Council of Europe’s Enlarged Partial Agreement on Sport (EPAS) since 2009. This involvement enables Portugal to contribute to and benefit from multilateral efforts aimed at promoting values such as human rights, democracy, and inclusion through sport.

Portuguese sports policy reflects a strong alignment with European standards, including the European Sports Charter and various sport-related conventions of the Council of Europe. These instruments are used not merely as references but as practical tools to shape national legislation, strategy, and programming—demonstrating Portugal’s commitment to mainstreaming sport within broader social and governance agendas.

Portugal has taken on a leadership role in promoting the Charter’s principles across Europe, most notably by hosting the 18th Council of Europe Conference of Ministers Responsible for Sport in Porto (2024). This high-level engagement reinforces Portugal’s active contribution to the exchange of information and good practices, monitoring progress, and supporting the Charter’s implementation across member states.

Recommendations:

- 20.1** Strengthen Portugal's role within the Enlarged Partial Agreement on Sport (EPAS) by actively participating in thematic exchanges and contributing to multilateral initiatives that support the Charter's implementation.
- 20.2** Align future national sports strategies even more explicitly with the values and objectives outlined in the European Sports Charter, particularly regarding inclusion, human rights, and sustainability.
- 20.3** Share Portugal's good practices in sport governance, ethics, and inclusion more systematically with other member states through Council of Europe platforms, promoting regional leadership and peer learning.

24. Summary of the findings and recommendations

Portugal has demonstrated a strong commitment to the principles of the European Sports Charter, integrating sport into its broader legislative and social frameworks. The country has developed a robust governance structure involving both state and non-governmental actors, with the Secretary of State for Sport overseeing key national bodies such as the Portuguese Institute of Youth and Sport (IPDJ), the Anti-Doping Authority, Portuguese Authority for the Prevention and Fight Against Sport-related Violence (APCVD) and advisory councils. The sports ecosystem is underpinned by 60 recognised sports federations, complemented by regional associations and local clubs, which together ensure sport is delivered effectively across all levels of society.

Portugal's approach is grounded in principles of inclusion, ethics, and human rights, as reflected in legislation such as Law No. 5/2007. This law promotes non-discrimination, gender equality, and ethical conduct in sport. The government has ratified several key Council of Europe conventions related to doping, safety, and match manipulation, though the Additional Protocol to the Anti-Doping Convention (ETS No. 188) remains unsigned. There is also a legal framework in place to protect whistleblowers (Law No. 93/2021), with recommendations to further embed these protections in the sporting sector.

Financially, Portugal employs a dual model of public and private support. State funding is distributed through mechanisms such as the IPDJ and via revenues from lotteries and sports betting, while tax incentives encourage private investment. Though the system is well developed, there are gaps in support for grassroots sports, and recommendations include enhancing solidarity mechanisms, further and consistent funding by municipalities and local investment strategies.

To support elite athletes and their academic development, Portugal passed Decree-law no. 45/2013 and subsequently Ministerial order no. 275/2019 to recognise and support dual careers, reflecting a broader commitment to sustainable, holistic athlete development. Moving forward, recommendations call for stronger monitoring and evaluation mechanisms, greater regional equity, and enhanced stakeholder collaboration to ensure continued alignment with the European Sports Charter's values of inclusion, integrity, and human development through sport.

Acknowledgments

The preparations for the visit were first-rate. The team was made to feel extremely welcome, and we would like to thank all those who contributed to the preparation of the visit and to the visit itself. In particular, we would like to thank the Minister, as well as Diana Santos, Vitor Pataco and the IPDJ team for their coordination of the visit, the hospitality received, their valuable support, and their readiness to provide the team with all the necessary information.

Comments from the government

The Government of Portugal is grateful for the opportunity to participate in this exercise of support and monitoring of the implementation of the European Charter for Sport (ESC), promoted by the Enlarged Partial Agreement on Sport (EPAS) of the Council of Europe. The visit held in May 2023 was a particularly relevant moment for dialogue, the sharing of good practices, and critical reflection on public policies for sport underway in the country.

Portugal welcomes the recommendations presented in the report, which will be carefully analyzed as part of the review and update of the National Strategy for Sport and the implementation of existing legislative instruments, namely the legal framework for the integrity of sport (Law No. 14/2024) of 19 January.

We highlight the following aspects:

1. Commitment to human rights, ethics, and inclusion in sport, translated into concrete measures to combat discrimination, promote gender equality, and safeguard children and young people in a sport context, in line with the Council of Europe's instruments.
2. Promotion of universal access to sport, with strengthening the articulation between the education system, clubs, municipalities, and the sports associative movement, valuing sport at school, sport for all, opportunities for lifelong practice, and, especially, for women and people with disabilities.
3. Development of dual career support programs for high-performance athletes, through instruments such as the student-Athlete Statute and the High-Performance Support Units at School (UAARE) and in Higher Education (UAARE Superior), which reconcile the demand for sports training with the academic path.
4. Portugal is committed to integrity, good governance, and sustainability, namely through the adoption of legal frameworks that impose mechanisms of transparency, accountability, and democratic participation in sports organizations.

The Government of Portugal also highlights the structuring role of the Portuguese Institute of Sport and Youth (IPDJ) in the operationalization of public policies, as well as the involvement of municipalities, federations, clubs, schools, and civil society organizations in the implementation of the Sports Charter, ensuring a multisectoral and proximity approach.

The 18th Conference of Ministers Responsible for Sport of the Council of Europe, in October 2024, demonstrated Portugal's commitment to strengthening international cooperation and promoting the values of sport as an instrument of social cohesion, human development and democratic construction.

Portugal reiterates its commitment to the principles and objectives of the European Charter for Sport and will continue to work actively to ensure its full implementation at national, regional and local levels, as well as to strengthen this strategic commitment at international level.

C. Appendices

Appendix I - Sports Law



Lei de Bases da
Actividade Física e do

25. Appendix II – Programme

Programme

European Sports Charter Support and Follow up visit to Portugal

24 - 25 May 2025

Wednesday 24 May 2023 morning: Jamor National Sports Centre (Oeiras)

9:00 Welcome at the Jamor Interpretive Centre (Swimming Pool Complex)

9:15-10:45 Meeting with Public Governing Bodies (presentations followed by Q&A)

- Cabinet of the Secretary of State for Sports and Youth - Global Presentation
- Portuguese Institute of Sport and Youth
- Portuguese Anti-Doping Authority
- Portuguese Authority for the Prevention and Fight Against Sport-related Violence (APCVD)

10:45-11:30 Meeting with Private Entities

- Private Event Organisers (“HMS”, Maratona Clube)
- Sponsors
- Portugal Activo

11:30-12:30 | Visit to the Sports Facilities of Jamor and Jamor High Performance Sport Centre

- Contact with athletes and Municipality of Oeiras
- Photo Moment

12:30-14:00 | Lunch at the Training Centre (Jamor High Performance Sport Centre)

- Meetings with Faculty of Human Kinetics, Ministry of Health, Ministry of the Environment (National Mobility Strategy)

Afternoon: “City of Football” (Oeiras); Academia Champs (Carcavelos)

14:00-14:15 Transfer to “City of Football”

14:15-16:00 Meetings with Sports Federations and visit of the “City of Football”

16:00-16:15 Transfer from “City of Football” to Academia Champs

16:15-17:00 Visit to the Academia Champs

17:00-17:30 Debriefing

17:30 Closing of the day

Thursday 25 May 2023

Morning: Olympic Committee Headquarters and Dual-career unit (Lisbon)

9:30-9:40 Welcome at the Portuguese Olympic Committee Headquarters

9:40-10:15 Meeting with Olympics Organisations

- Portuguese Olympic Committee (COP)
- Portuguese Olympic Athletes Commission (CAO)

10:15-10:30 Transfer to Fonseca Benevides Secondary School (ESFB)

10:30-11:00 Meeting with Sports Media

- Association of Sports Journalists

11:00-11:30 Meeting IPDJ National Programmes

- Sports Facilities Rehabilitation Programme
- Clube Top! Program
- National Plan for Ethics in Sport - Including Referees who use the White Card and someone from School Sports

11:30-13:15 Visit to the Dual-career unit – UAARE Programme - meetings and Q&A

- Welcome by ESFB Director
- Presentation of the UAARE Program
- Demonstration of the remote classroom model
- Testimonials from Teachers on Schedule Coordination and Monitoring
- Testimonials from Student-Athletes

13:15-13:30 Departure to Loures

Afternoon: Santo António dos Cavaleiros Swimming Pool Facility, Loures City Hall and Paralympic Committee Headquarters (Loures)

13:30-14:15 Lunch at Loures (Santo António dos Cavaleiros Swimming Pool Facilities) and team debriefing

14:15-14:45 Visit to Santo António dos Cavaleiros Swimming Pool Facilities

- Presentation of the Learn-to-Swim Program (Municipality of Loures and GesLoures)

14:45-15:00 Departure to Loures City Hall

15:00-16:00 Meeting with Municipal Programmes

- Global Presentation and Community Programs (Municipality of Loures)
- Grassroots Sports/Local Sports Clubs (Taekwondo SAC and Gimnofrielas)

16:00-16:45 Meeting with School and University Sports

- School Sports
- Portuguese University Sports Federation (FADU)

16:45-17:00 Transfer to the Portuguese Paralympic Committee Headquarters

17:00-17:30 Meeting with Entities - Paralympics Organisations

- Portuguese Paralympic Committee (CPP)
- Portuguese Paralympic Athletes Commission (CAP)

17:30-18:00 Debriefing

18:00 Closing of the day

26. Appendix III - Council of Europe Team

The ESC implementation exercise on the European Sports Charter was co-organised by the Enlarged Partial Agreement on Sport (EPAS) of the Council of Europe and the Portuguese Ministry of Sport and Youth.

Composition of the team:

1. Solène Charuau (France) – Chair of the visit
2. Alexandre Husting (Luxembourg) – Governing Board Chair and Rapporteur for the visit
3. Janez Sodržnik – Consultative Committee member– TAFISA Europe

For the Council of Europe/EPAS:

1. Sophie Kwasny (Executive Secretary, EPAS)
2. Cassandra Mactavish (Senior Project Officer, EPAS)