1. As IOC President, what specific measures will you take to ensure that the selection of future host countries fully and meaningfully evaluates potential human rights risks associated with hosting the event, as well as the host governments' commitment to respect human rights in compliance with international norms?

I understand that hosting the Olympics in one place brings with it various problems. Corruption, labor human rights issues, environmental issues.

To solve these problems, I propose hosting the Olympics simultaneously on five continents. Each city would host 10 sports. This would allow existing facilities to be used. It would also be possible to manage them so that various problems do not occur.

2. As IOC President, how will you ensure that all involved within the Olympic movement across the globe, particularly athletes, have legitimate and safe means to report abuse and harassment, and to access immediate support and meaningful remedy? How will you ensure that International Federations and National Olympic Committees commit and comply with the highest safeguarding standards and occupational safety and health measures to prevent and address harassment and abuse, particularly of athletes?

As soon as I became president of the International Gymnastics Federation, I established the independent "Gymnastics Ethics Foundation". Gymnasts, coaches, and other related parties around the world who are victims of harassment can call the foundation for help. The Foundation will investigate and take sanctions against the perpetrators. We have already provided a lot of support. However, that is just the tip of the iceberg. Harassment exists in all sports. I believe that our mission is to develop this rescue system and eradicate harassment.

3. As IOC President, how will you ensure that athletes who speak out for human rights are protected as human rights defenders and are not unduly punished, including through sporting sanctions, such as deselection and/or disqualifications?

I am not opposed to sports being used to appeal for the protection of human rights. However, we must be careful that it does not become a political activity. If we observe the world carefully, we can detect in advance where human rights issues are occurring. If the IOC is involved in these human rights issues on a daily basis and actively works to solve problems through sports, there will be no need for athletes to appeal.

4. As IOC President, how will you ensure that athletes enjoy their internationally recognized human rights without exclusions, including the right to organize and seek forms of effective representation freely and without fear of retaliation, at national, regional and global levels?

The recent Olympics have become more entertaining by amplifying nationalism. Therefore, all athletes participate in the Olympics under pressure from their countries. Athletes are competing for their country. That is not the way it should be. In sports, athletes are fighting for themselves. A country must protect the right of its citizens to enjoy sports. This basic principle needs to be included in the IOC Charter.

5. As IOC President, what specific steps will you require to ensure media are allowed to pursue "the fullest coverage," without restrictions, by allowing both domestic and foreign journalists

to report freely, including on potential rights abuses occurring in the context of the Games (in the run-up to, during, and in the immediate aftermath of the Games)?

No organization is perfect. Of course, mistakes happen. When we make mistakes, we apologize and make improvements. By being honest and disclosing everything, we can create a brighter future.

6. As IOC President, what measures will you take to ensure the current principles enshrined in the 'IOC Framework on Fairness, Inclusion and Non-discrimination on the Basis of Gender Identity and Sex Variations' are further implemented and adhered to by International Federations?

International organizations must embrace diversity. There is no question about that. The IOC sets the basic policy. Each sport will have different standards. The IFs will follow the IOC's basic policy and set their own standards.

7. As IOC President, what specific steps will you take to ensure the protections of migrant workers and ensure that international labor laws are upheld in host countries and as a condition for hosting the Games, including through independent oversight mechanisms, to ensure fair and timely remedy for migrants, migrant families and workers who suffer abuse whilst working on Games-related infrastructure and services?

As already mentioned, hosting the Olympics simultaneously on five continents would reduce the burden on host cities. It would also allow for strict management.

As a further preventative measure, a commitment from the government would be obtained when applying to host the Olympics. Also, the continental Olympic committees would be held responsible for management. There are many measures that can be taken.

8. As IOC President, how will you ensure local authorities do not discriminate against, imprison or injure individuals from the LGBTI community or do not interfere with spectators and athletes who wish to show solidarity with flags or clothing that represent pride colors?

It's the same as the human rights issue mentioned earlier.

It's difficult to respond after a problem occurs. It's important for the IOC to be ahead of time and show that they are tackling various issues, that they are not running away from problems, but facing them. I believe it's important to have conversations with everyone in advance.

9. As IOC President, how do you intend to follow-up on the IOC's commitments to transparency, good governance and anti-corruption within the IOC's three spheres of activities?

The IOC needs to be constantly monitored by a third party. And it is necessary to continue to improve based on their advice. Times are always changing. What was right yesterday is not right today. Open, open, open is important.

10. As IOC President, will you commit to meeting with us and other civil society organizations within the first year of your mandate? How will you ensure global, regional and local civil society organizations and trade unions representing athletes, fans, workers, LGBTI population,

journalists and human rights defenders are meaningfully engaged and consulted via ongoing dialogue and measurable outcomes throughout the development, monitoring and implementation of human rights policies, mechanisms and reforms?

My job is to improve the presence of sports. Sports has great potential. To do that, I have to meet with all kinds of people. It's important not to tell people what we want to do, but to listen to what people want from sports.