

PROGRAMME AT A GLANCE

Wednesday 11 March

16.00 Registration

18.30 Welcome Reception at the Grimaldi Forum

Thursday 12 March

08.00 Registration

09.00-09.30 **OPENING CEREMONY**

Room Prince Pierre

09.30-10.30 **KEYNOTE 1** Room Prince Pierre

Injury prevention from a professional sports league perspective: the journey from theory to implementation

Speaker: **Willem MEEUWISSE** - Canada

10.30-11.00 Coffee Break

Session A • SYMPOSIUM 1

11.00-12.30 Room Prince Pierre

Load management in elite football: Does sexy research translate to real-world prevention?

Chairs:

Thor Einar ANDERSEN - Norway,
Ben CLARSEN - Norway

Session B • SYMPOSIUM 2

11.00-12.30 Room Camille Blanc

Protecting the olympians of tomorrow; should we be cardiac screening the elite paediatric athlete?

Chair: Sanjay SHARMA -
United Kingdom

Session C • SYMPOSIUM 3

11.00-12.30 Room Auric

Primary, secondary and tertiary prevention strategies for ankle sprains: an essential update and guide for clinicians working with field- and court-sport athletes

Chair: Eamonn DELAHUNT -
Ireland

Session D

12.30-14.00 Lunch

Session A

HEAD-TO-HEAD DEBATE 1

14.00-15.00 Room Prince Pierre

Is it time to stop recommending cardiac screening in athletes and focus on reactive care?

Chair: Kimberly HARMON - USA

Session B • SYMPOSIUM 4

14.00-15.00 Room Camille Blanc

Injury prevention programmes in Rugby Union: across countries and into communities

Chair: Jon PATRICIOS -
South Africa

Session C • SYMPOSIUM 5

14.00-15.00 Room Auric

Contact sports on artificial grass pitches: Getting beneath the surface of injury risk – How important is the divot?

Chair: Keith STOKES -
United Kingdom

Session D • SYMPOSIUM 6

14.00-15.00 Room Van Dongen

Do the three E's of injury prevention (education, enforcement, engineering) work in alpine skiing and snowboarding?

Chair: Claude GOULET - Canada

Session A • SYMPOSIUM 7

15.00-16.00 Room Prince Pierre

Head and shoulders, knees and toes: Injury-specific prevention in female youth sports

Chair: Carolyn EMERY - Canada

Session B • SYMPOSIUM 8

15.00-16.00 Room Camille Blanc

Two decades of the TRIPP model: Has implementation made its mark?

Chair: Caroline FINCH - Australia

Session C • SYMPOSIUM 9

15.00-16.00 Room Auric

Towards new horizons in injury prevention for Big Air and Slopestyle events in Beijing 2022 Winter Olympics

Chair: Torbjørn SOLIGARD -
Norway/Switzerland

Session D • SYMPOSIUM 10

15.00-16.00 Room Van Dongen

Preventing overuse injuries in team sports – Yes we can! As evidenced by the hit sport – volleyball!

Chairs:
Natalia BITTENCOURT - Brazil
Chris SKAZALSKI - Qatar

16.00-16.30 Coffee Break

Session A • SYMPOSIUM 11

16.30-17.30 Room Prince Pierre

Injury prevention in women's football: Difficult but not impossible!

Chair: Andrea MOSLER - Australia

Session B • SYMPOSIUM 12

16.30-17.30 Room Camille Blanc

Sleeping for success in sport

Chair: Peter FOWLER - Australia

Session C • SYMPOSIUM 13

16.30-17.30 Room Auric

The power of athletes' stories for evidence-based injury prevention in sports

Chair: Evert VERHAGEN -
Netherlands

Session D • SYMPOSIUM 14

16.30-17.30 Room Van Dongen

Prevention of injury in the overhead throwing athlete: Prediction, prevention, and workload

Chair: Jason ZAREMSKI - USA

Session A • SYMPOSIUM 15

17.30-18.30 Room Prince Pierre

Big computers, big data, big gains in injury prevention?

Chair: Evert VERHAGEN -
The Netherlands

Session B • SYMPOSIUM 16

17.30-18.30 Room Camille Blanc

ACL-injury prevention: From risk factor identification to practical use – where are we (and what is missing)?

Chair: Jesper BENCKE - Denmark

Session C • SYMPOSIUM 17

17.30-18.30 Room Auric

Tackle risk in contact sports: Short-term pain for long-term salvation

Chair: Simon KEMP -
United Kingdom

Session D • SYMPOSIUM 18

17.30-18.30 Room Van Dongen

Sports injury prevention and harm reduction in the global south: Socioecological considerations for contextualised research, policy, and practice

Chair: Sheree BEKKER -
South Africa/United Kingdom

PROGRAMME AT A GLANCE

Friday **13 March**

08.30-09.15 KEYNOTE 2 Room Prince Pierre
Injury prevention in youth sport: Why are we so afraid of change?
 Speaker: **Carolyn EMERY** - Canada

Session A • SYMPOSIUM 19
09.30-11.00 Room Prince Pierre
From Copenhagen to Dublin via Oslo: Collaborating to tackle primary, secondary and tertiary groin injury prevention in sports
 Chairs: Thor Einar ANDERSEN - Norway, Per HÖLMICH - Denmark

Session B • SYMPOSIUM 20
09.30-11.00 Room Camille Blanc
Prevention of sudden cardiac death: Crossing the implementation gap
 Chair: Jonathan DREZNER - USA

Session C • SYMPOSIUM 21
09.30-11.00 Room Auric
Injuries in runners: Epidemiology, risks and prevention
 Chair: Evert VERHAGEN - Netherlands

Session D

11.00-11.30 Coffee Break

Session A • SYMPOSIUM 22
11.30-13.00 Room Prince Pierre
Hamstring injury prevention IS possible... Maybe. Kind of. Ish.
 Chairs: Tania PIZZARI - Australia, Hans TOL - Netherlands/Qatar

Session B • SYMPOSIUM 23
11.30-13.00 Room Camille Blanc
Evidence based prevention of illness associated with long-haul travel in elite athletes: Sorting the wheat from the chaff
 Chair: Wayne DERMAN - South Africa

Session C • SYMPOSIUM 24
11.30-13.00 Room Auric
Injury prevention in youth sport: Where does the future lie?
 Chair: Carolyn EMERY - Canada

Session D

13.00-14.30 Lunch

14.30-15.15 KEYNOTE 3 Room Prince Pierre
Tropical paradise or danger zone? Beat the heat to protect athletes in a sweltering 2020 Tokyo
 Speaker: **Sébastien RACINAIS** - Qatar

15.30-16.30 THEMATIC POSTER SESSION Exhibition Hall – Poster Area

16.30-17.00 Coffee Break

Session A • SYMPOSIUM 25
17.00-18.00 Room Prince Pierre
The value of longitudinal data for the prevention of injury and illness. Lessons learned from international surveillance programs
 Chair: Ian SHRIER - Canada

Session B • SYMPOSIUM 26
17.00-18.00 Room Camille Blanc
#MeTooSport – the prevention of non-accidental violence in sport settings: It's not just about one bad apple
 Chairs: Sheree BEKKER - South Africa/United Kingdom, Margo MOUNTJOY - Canada

Session C • SYMPOSIUM 27
17.00-18.00 Room Auric
Knowledge translation: Bridge between the evidence and real-world injury prevention impact
 Chair: Kathrin STEFFEN - Norway

Session D • SYMPOSIUM 28
17.00-18.00 Room Van Dongen
IOC consensus on mental health

16.00-16.30 Coffee Break

Session A HEAD-TO-HEAD DEBATE 2
18.00-19.00 Room Prince Pierre
Kill the sacred cow: Return to play criteria should be trashed in favor of time (biology)-based criteria
 Chair: Ian SHRIER - Canada

Session B • SYMPOSIUM 29
18.00-19.00 Room Camille Blanc
Gastrointestinal issues in sport: Utilizing diet, the gut microbiota and probiotics for prevention of illness in athletes
 Chair: Owen CRONIN - Ireland/United Kingdom

Session C • SYMPOSIUM 30
18.00-19.00 Room Auric
The 11+ journey: 14 years and still going strong?
 Chairs: Mario BIZZINI - Switzerland, Holly SILVERS-GRANELLI - USA

Session D • SYMPOSIUM 31
18.00-19.00 Room Van Dongen
IOC consensus on methodology for recording and reporting of data for injury and illness surveillance

20.00 SPORTS CELEBRATION NIGHT

PROGRAMME AT A GLANCE

Saturday **14 March**

08.30-09.15 KEYNOTE 4 Room Prince Pierre
Injury prevention: when return to play is not the way
 Speaker: **Michael TURNER** - United Kingdom

Session A • SYMPOSIUM 32
09.30-11.00 Room Prince Pierre
Tokyo 2020: Protecting the athlete from environmental and logistical challenges
 Chair: Lee TAYLOR - Qatar

Session B • SYMPOSIUM 33
09.30-11.00 Room Camille Blanc
Concussion prevention in youth team sports: Evidence informing best practice and policy across five high risk concussion sports
 Chair: Carolyn EMERY - Canada

Session C • SYMPOSIUM 34
09.30-11.00 Room Auric
Never mention prevention!
 Chairs:
 Tim GABBETT - Australia,
 Martin ASKER - Sweden

Session D

11.00-11.30 Coffee Break

Session A • SYMPOSIUM 35
11.30-13.00 Room Prince Pierre
Training load and injury
 Chair: Karim CHAMARI - Qatar

Session B • SYMPOSIUM 36
11.30-13.00 Room Camille Blanc
The injury prevention (r)evolution - a primer for tomorrow
 Chairs: Nicol VAN DYK - Qatar,
 Johann WINDT - USA

Session C • SYMPOSIUM 37
11.30-13.00 Room Auric
Injury prevention – what can you learn from our biggest mistakes?
 Chair: Michael TURNER - United Kingdom

Session D

13.00-14.30 Lunch

Session A • SYMPOSIUM 38
14.30-15.30 Room Prince Pierre
Heat injury and illness prevention for Tokyo 2020: What is the IOC doing?
 Chair: Yannis PITSILADIS - United Kingdom

Session B • SYMPOSIUM 39
14.30-15.30 Room Camille Blanc
Implementing change in performance and prevention: Persuasion, Perseverance, Passion
 Chairs: Nicola PHILLIPS - United Kingdom,
 Mario BIZZINI - Switzerland

Session C • SYMPOSIUM 40
14.30-15.30 Room Auric
Injury prevention in handball: What have we learned and where are we going?
 Chairs:
 Lior LAVER - United Kingdom,
 Grethe MYKLEBUST - Norway

Session D • SYMPOSIUM 41
14.30-15.30 Room Van Dongen
It's not complicated: Injury prevention in sport through a complex systems approach
 Chairs:
 Sheree BEKKER - South Africa/United Kingdom,
 Nicol VAN DYK - Qatar

Session A • SYMPOSIUM 42
15.30-16.30 Room Prince Pierre
Injury prevention apps – clap or scrap?
 Chair: Tron KROSSHAUG - Norway

Session B • SYMPOSIUM 43
15.30-16.30 Room Camille Blanc
Protecting respiratory health in athletes: What can we do better?
 Chairs:
 Mike LOOSEMORE - United Kingdom,
 James HULL - United Kingdom

Session C • SYMPOSIUM 44
15.30-16.30 Room Auric
Preventing primary cam morphology and femoroacetabular impingement syndrome in the young athlete: Is the 'hop' really the hip's demise?
 Chairs:
 Paul DIJKSTRA - Qatar,
 Andrea MOSLER - Australia

Session D

16.30-17.00 Coffee Break

17.00-17.45 KEYNOTE 5 Room Prince Pierre
Understanding the basis of success: How fewer injuries will help you win the trophies
 Speaker: **Martin HÄGGLUND** - Sweden

17.45-18.00 CLOSING CEREMONY

19.30 FACULTY DINNER (by invitation)

Wednesday
11 March

16.00 **Registration**

18.30 **Welcome Reception at the Grimaldi Forum**

Thursday
12 March

OPENING CEREMONY

09.00-09.30 Room Prince Pierre

KEYNOTE 1

09.30-10.30 Room Prince Pierre

INJURY PREVENTION FROM A PROFESSIONAL SPORTS LEAGUE PERSPECTIVE: THE JOURNEY FROM THEORY TO IMPLEMENTATION [114]

Speaker: **Willem MEEUWISSE** - Canada

10.30-11.00 Coffee Break

Session A • SYMPOSIUM 1

11.00-12.30 Room Prince Pierre

LOAD MANAGEMENT IN ELITE FOOTBALL: DOES SEXY RESEARCH TRANSLATE TO REAL-WORLD PREVENTION? [462]

Chairs: **Thor Einar ANDERSEN** - Norway, **Ben CLARSEN** - Norway

11.00-11.05 | Load management: The hottest topic in injury prevention

Thor Einar Andersen - Norway

11.05-11.20 | Load management in a professional club: Ideal conditions *versus* reality

Alan McCall - Scotland

11.20-11.35 | Managing workload in a national team: Like a box of chocolates?

Gregory Dupont - France

11.35-11.50 | Managing load in an elite youth academy: A fine line

Michel Brink - The Netherlands

11.50-12.05 | What's the evidence? The first RCT of load management as prevention

Torstein Dalen-Lorentsen - Norway

12.05-12.15 | The future of load management in injury prevention: Where to now?

Ben Clarsen - Norway

12.15-12.30 | Panel discussion

Andersen, McCall, Dupont, Brink, Dalen-Lorentsen, Clarsen



Session B • SYMPOSIUM 2

11.00-12.30 Room Camille Blanc

PROTECTING THE OLYMPIANS OF TOMORROW; SHOULD WE BE CARDIAC SCREENING THE ELITE PAEDIATRIC ATHLETE? [497]

Chair: Sanjay SHARMA - United Kingdom

- 11.00-11.15 | Introduction: Sudden death in paediatric athletes; Magnitude of the problem
Demitri Constantinou - South Africa
- 11.15-11.30 | Are we pushing kids too hard, too early? Physiological responses to training in elite paediatric athletes
Craig Williams - United Kingdom
- 11.30-11.45 | Can we cardiologically evaluate kids using the tools made for adults?
Maria-Carmen Adamuz - Qatar
- 11.45-12.00 | What to do with the elite paediatric athlete with suspected heart disease? Appraisal of current international guidelines
Guido Pieles - United Kingdom
- 12.00-12.15 | Future strategies of cardiac care in elite paediatric athletes
Mathew Wilson - Qatar
- 12.15-12.30 | Panel discussion: Striking a balance between child protection and developing the future Olympic superstars: Role of international sporting organisations
Sharma, Constantinou, Williams, Adamuz, Pieles, Wilson

Session C • SYMPOSIUM 3

11.00-12.30 Room Auric

PRIMARY, SECONDARY AND TERTIARY PREVENTION STRATEGIES FOR ANKLE SPRAINS: AN ESSENTIAL UPDATE AND GUIDE FOR CLINICIANS WORKING WITH FIELD- AND COURT-SPORT ATHLETES [292]

Chair: Eamonn DELAHUNT - Ireland

- 11.00-11.15 | The results of epidemiological and injury mechanism research are integral to the planning of effective ankle sprain injury prevention strategies
Eamonn Delahunt - Ireland
- 11.15-11.30 | Preventing first-time ankle sprains in field- and court-sport athletes: what works and why?
Evert Verhagen - Netherlands
- 11.30-11.45 | Braces and tape: Integrating clinical expertise and best evidence to make informed decisions for the primary and secondary prevention of ankle sprains in field- and court-sport athletes
Claire Hiller - Australia
- 11.45-12.00 | A guide to implementing effective therapeutic interventions to prevent ankle sprain injury recurrence and chronic ankle instability in field- and court-sport athletes
Phillip Gribble - USA
- 12.00-12.15 | Managing the difficult ankle: optimal surgical approaches to prevent ongoing impairments following ankle sprain injury
Gino Kerkhoffs - Netherlands
- 12.15-12.30 | Panel discussion: Future directions for ankle sprain injury prevention research in field- and court-sport athletes and its uptake in clinical practice
Delahunt, Verhagen, Hiller, Gribble, Kerkhoffs



SCIENTIFIC PROGRAMME

Thursday 12 March

12.30-14.00 **Lunch**

Session A • HEAD-TO-HEAD DEBATE 1

14.00-15.00 Room Prince Pierre

IS IT TIME TO STOP RECOMMENDING CARDIAC SCREENING IN ATHLETES AND FOCUS ON REACTIVE CARE? [243]

Chair: Kimberly HARMON - USA

- 14.00-14.05 | Setting the scene - pre-debate audience vote
Kimberly Harmon - USA
- 14.05-14.20 | Speaker for the affirmative: Cardiac screening – end of an error. Long live reactive care
Mathew Wilson - Qatar
- 14.20-14.35 | Speaker for the negative: Cardiac screening is essential and must go hand-in-hand with reactive care
Sanjay Sharma - United Kingdom
- 14.35-14.47 | Rebuttals (3 minutes each)
Mathew Wilson - Qatar, **Sanjay Sharma** - United Kingdom
- 14.47-14.50 | Chair's sum-up and post-debate audience vote
Kimberly Harmon - USA
- 14.50-15.00 | Audience discussion

Session B • SYMPOSIUM 4

14.00-15.00 Room Camille Blanc

INJURY PREVENTION PROGRAMMES IN RUGBY UNION: ACROSS COUNTRIES AND INTO COMMUNITIES [233]

Chair: Jon PATRICIOS - United Kingdom

- 14.00-14.02 | Introduction: Why rugby?
Jon Patricios - South Africa
- 14.02-14.14 | RugbySmart: Positively pioneering injury prevention
Ken Quarrie - New Zealand
- 14.14-14.26 | From “the pitch” to the pitch: World Rugby’s approach to implementing the Activate Injury Prevention Programme
Michael Hislop - Ireland
- 14.26-14.38 | BokSmart: Using a multipronged approach to develop targeted interventions for an ever-evolving game
Wayne Viljoen - South Africa
- 14.38-14.50 | Sports Concussion South Africa: Country-wide community-based concussion care
Jon Patricios - South Africa
- 14.50-15.00 | Questions and panel discussion
Patricios, Quarrie, Hislop, Viljoen



Session C • SYMPOSIUM 5

14.00-15.00 Room Auric

CONTACT SPORTS ON ARTIFICIAL GRASS PITCHES: GETTING BENEATH THE SURFACE OF INJURY RISK – HOW IMPORTANT IS THE DIVOT? [522]

Chair: Keith STOKES - United Kingdom

- 14.00-14.12 | It's not just how common, but how severe: The burden of injuries on grass and artificial pitches in Rugby Union
Keith Stokes - United Kingdom
- 14.12-14.24 | Differential injury rates on natural vs. artificial surfaces in the NFL: Lessons from American Football
Allen Sills - USA
- 14.24-14.36 | Biomechanical Testing of Shoe-Surface Interactions and Footwear Design Implications
Richard Kent - USA
- 14.36-14.48 | Strategies for injury reduction on artificial turf pitches
Simon Kemp - United Kingdom
- 14.48-15.00 | Questions and panel discussion
Stokes, Sills, Kent, Kemp

Session D • SYMPOSIUM 6

14.00-15.00 Room Van Dongen

DO THE THREE E's OF INJURY PREVENTION (EDUCATION, ENFORCEMENT, ENGINEERING) WORK IN ALPINE SKIING AND SNOWBOARDING? [284]

Chair: Claude GOULET - Canada

- 14.00-14.02 | Introduction of symposium and speakers
Claude Goulet - Canada
- 14.02-14.14 | Does risk compensation undo the protection of ski helmet use?
Gerhard Ruedl - Austria
- 14.14-14.26 | Educating for injury prevention: child and youth skiing and snowboarding
Brent E. Hagel - Canada
- 14.26-14.38 | Using the biomechanics of injury to design safer snow sports equipment and on-slope injury prevention strategies
Irving Scher - USA
- 14.38-14.50 | Sport injury epidemiology to support regulation implementation in alpine skiing and snowboarding
Claude Goulet - Canada
- 14.50-15.00 | Panel Discussion: Future directions for research and informing best practice in the prevention of injuries for alpine skiers and snowboarders
Ruedl, Hagel, Scher, Goulet



SCIENTIFIC PROGRAMME

Thursday 12 March

Session A • SYMPOSIUM 7

15.00-16.00

Room Prince Pierre

HEAD AND SHOULDERS, KNEES AND TOES: INJURY-SPECIFIC PREVENTION IN FEMALE YOUTH SPORTS [267]

Chair: Carolyn EMERY - Canada

- 15.00-15.05 | Keeping our girls on the field of play: The importance of injury prevention in youth female sports
Carolyn Emery - Canada, **Grethe Myklebust** - Norway
- 15.05-15.15 | Preventing concussions in female youth sport
Carolyn Emery - Canada
- 15.15-15.25 | Preventing shoulder injuries in overhead female youth sports
Martin Asker - Sweden
- 15.25-15.35 | Preventing knee injuries in female youth team sports
Grethe Myklebust - Norway
- 15.35-15.45 | Preventing ankle injuries in female youth team sports
Kati Pasanen - Canada/Finland
- 15.45-16.00 | Panel discussion: Is it possible to protect our female youth sport athletes head to toe?
Emery, Asker, Myklebust, Pasanen

Session B • SYMPOSIUM 8

15.00-16.00

Room Camille Blanc

TWO DECADES OF THE TRIPP MODEL: HAS IMPLEMENTATION MADE MARK? [198]

Chair: Caroline FINCH - Australia

- 15.00-15.15 | Reflecting on two decades of the TRIPP model – what is it and how has it been used to make an impact?
Caroline Finch - Australia
- 15.15-15.25 | Implementing injury prevention in sports - are we winning?
James O'Brien - Austria
- 15.25-15.35 | Behavioural approaches to enhance implementation
Carly McKay - United Kingdom
- 15.35-15.45 | Implementation is more than an afterthought to your RCT
Evert Verhagen - Netherlands
- 15.45-16.00 | Panel discussion: Where do we go next if we want to increase the impact of our preventive efforts
Finch, O'Brien, McKay, Verhagen



SCIENTIFIC PROGRAMME

Thursday 12 March

Session C • SYMPOSIUM 9

15.00-16.00 Room Auric

TOWARDS NEW HORIZONS IN INJURY PREVENTION FOR BIG AIR AND SLOPESTYLE EVENTS IN BEIJING 2022 WINTER OLYMPICS [531]

Chair: Torbjørn SOLIGARD - Norway/Switzerland

- 15.00-15.12 | The epidemiology of injuries in snowboarding and freestyle skiing in the Olympic Games
Torbjørn Soligard - Norway/Switzerland
- 15.12-15.24 | Biomechanical evaluation of Big Air Jumps: Analysis of on-slope measurements to reduce injuries
Irving Scher - USA
- 15.24-15.36 | IOC project Big Air / Slopestyle: Harnessing injury risk in the Beijing Winter Olympics with novel course design tools
Matthias Gilgien - Norway/Switzerland
- 15.36-15.48 | IOC project Big Air / Slopestyle: The link between jump design, injury risk and user satisfaction
Claes Högström - Norway
- 15.48-16.00 | Panel discussion: Injury prevention for Big Air and Slopestyle events in Beijing 2022 Winter Olympics
Soligard, Gilgien, Scher, Högström

Session D • SYMPOSIUM 10

15.00-16.00 Room Van Dongen

PREVENTING OVERUSE INJURIES IN TEAM SPORTS – YES WE CAN! AS EVIDENCED BY THE HIT SPORT – VOLLEYBALL! [453]

Chairs: Natalia BITTENCOURT - Brazil & **Chris SKAZALSKI** - Qatar

- 15.00-15.02 | Introduction – The all too common state of overuse problems in volleyball
- 15.02-15.14 | Patellar tendinopathy: can we block the spike of jumper's knees in volleyball?
Johannes Zwerver - Netherlands
- 15.14-15.26 | Navigating the risk factor identification minefield and implementing a tailored prevention program to decrease patellar tendinopathy that works!
Natalia Bittencourt - Brazil
- 15.26-15.38 | Monitoring training and competition load in volleyball...can we really prevent these overuse injuries?
Chris Skazalski - Qatar
- 15.38-15.50 | Injury prevention from the coach's point of view, a real-world example of injury prevention and championship results
Kerry MacDonald - Canada
- 15.50-16.00 | Panel Discussion: How we can learn from the mistakes of the past to prevent future overuse injuries and complaints among our team sport athletes
Zwerver, Bittencourt, Skazalski, MacDonald

16.00-16.30 Coffee Break



Session A • SYMPOSIUM 11

16.30-17.30

Room Prince Pierre

INJURY PREVENTION IN WOMEN'S FOOTBALL: DIFFICULT BUT NOT IMPOSSIBLE! [236]

Chair: Andrea MOSLER - Australia

- 16.30-16.42 | Preventing injury in women's football, a global problem
Andrea Mosler - Australia
- 16.42-16.54 | What really works to reduce injury risk in women's football?
Markus Waldén - Sweden
- 16.54-17.06 | Prevention programmes only work if you do them; implementation strategies to reduce injury risk
Amy Arundale - USA
- 17.06-17.18 | Mars vs Venus, how injury prevention strategies for women's football embrace the differences
Martin Hägglund - Sweden
- 17.18-17.30 | Panel discussion: Future directions for researching the unresolved questions, and optimising injury prevention implementation by clinicians and stakeholders involved in elite women's football
Mosler, Waldén, Arundale, Hägglund

Session B • SYMPOSIUM 12

16.30-17.30

Room Camille Blanc

SLEEPING FOR SUCCESS IN SPORT [295]

Chair: Peter FOWLER - Australia

- 16.30-16.42 | Overview: Why sleep is integral to performance
Peter Fowler - Australia
- 16.42-16.54 | Sleep to prevent injury and illness
Kieran O'Sullivan - Qatar
- 16.54-17.06 | Athlete-specific challenges to sleep: An applied perspective
Christa Janse van Rensburg - South Africa
- 17.06-17.18 | A 'Sleep Toolbox' for practitioners: How to identify and target poor sleep in athletes
Amy Bender - Canada
- 17.18-17.30 | Panel discussion
Fowler, O'Sullivan, Janse van Rensburg, Bender



Session C • SYMPOSIUM 13

16.30-17.30

Room Auric

THE POWER OF ATHLETES' STORIES FOR EVIDENCE-BASED INJURY PREVENTION IN SPORTS [170]**Chair: Evert VERHAGEN** - Netherlands

- 16.30-16.35 | Can you hear me? The true stories that numbers won't tell
Caroline Bolling - Brazil
- 16.35-16.45 | Step 1 – “As long as I can perform I am not injured”
Kristina Fagher - Sweden
- 16.45-16.55 | Step 2 – “It is not just me!”
Caroline Bolling - Brazil
- 16.55-17.05 | Step 3 – “One exercise won't change my life”
Sheree Bekker - South Africa/United Kingdom
- 17.05-17.15 | Step 4 – “Yes, your intervention works. So what?!”
Evert Verhagen - Netherlands
- 17.15-17.30 | Panel discussion: Making words *and* numbers count: the value of mixed-methods approaches in improving athlete health protection
Bolling, Verhagen, Fagher, Bekker

Session D • SYMPOSIUM 14

16.30-17.30

Room Van Dongen

PREVENTION OF INJURY IN THE OVERHEAD THROWING ATHLETE: PREDICTION, PREVENTION AND WORKLOAD [51]**Chair: Jason ZAREMSKI** - USA

- 16.30-16.34 | Epidemiology of injury in the overhead throwing athlete
Jason Zaremski - USA
- 16.34-16.46 | The etiology of throwing injury in an overhead throwing athlete: What are the contributing factors?
Merete Møller - Denmark
- 16.46-16.56 | Measuring true volume of workload in baseball pitchers and applications to workload in overhead throwing athletes
Jason Zaremski - USA
- 16.56-17.08 | Shoulder throwing injury prevention in handball players: The Oslo Sports Trauma Research Center experience
Stig Andersson - Norway
- 17.08-17.20 | Factors that may predict injury in overhead throwing athletes: the range of motion debate
Rodney Whiteley - Qatar
- 17.20-17.30 | Panel discussion: Future directions for research and implementation for best practice in the prevention of overuse throwing injury in sport
Møller, Zaremski, Andersson, Whiteley



Session A • SYMPOSIUM 15

17.30-18.30

Room Prince Pierre

BIG COMPUTERS, BIG DATA, BIG GAINS IN INJURY PREVENTION? [336]**Chair: Evert VERHAGEN** - The Netherlands

17.30-17.34

| Introduction

Evert Verhagen - The Netherlands

17.34-17.46

| Is it possible to predict injury risk and performance in complex systems?

Adam Hulme - Australia

17.46-17.58

| Artificial Intelligence: What computers can see that humans cannot

Tyrel Stokes - Canada

17.58-18.10

| Decision-making: What humans know that computers do not

Ian Shrier - Canada

18.10-18.30

| Panel discussion: What is the role of artificial intelligence in sport medicine research?

Verhagen, Hulme, Stokes, Shrier**Session B • SYMPOSIUM 16**

17.30-18.30

Room Camille Blanc

ACL-INJURY PREVENTION: FROM RISK FACTOR IDENTIFICATION TO PRACTICAL USE – WHERE ARE WE (AND WHAT IS MISSING)? [513]**Chair: Jesper BENCKE** - Denmark

17.30-17.32

| Introduction - From scientist to coach perspective

Jesper Bencke - Denmark

17.32-17.44

| The importance of trunk stability as a risk factor for ACL injuries – and how to measure it

Ajit Chaudhari - USA

17.44-17.54

| Hip and knee strength as a risk factor for ACL injuries – is it important?

Jesper Bencke - Denmark

17.54-18.06

| Taking knee and hip biomechanics measurements from the lab to the field: Is it possible?

Tron Krosshaug - Norway

18.06-18.18

| Neuromuscular activation as a risk factor for ACL injuries: Importance for exercise selection

Mette K. Zebis - Denmark

18.18-18.30

| Panel discussion: How can science help coaches optimising and individualising injury prevention?

Chaudhari, Bencke, Krosshaug, Zebis

Session C • SYMPOSIUM 17

17.30-18.30 Room Auric

TACKLE RISK IN CONTACT SPORTS: SHORT-TERM PAIN FOR LONG-TERM SALVATION [477]

Chair: Simon KEMP - United Kingdom

- 17.30-17.42 | What is it about the rugby tackle that needs to inform prevention?
Simon Kemp - United Kingdom
- 17.42-17.54 | Football helmets and shoulder pads – part of the problem or part of the solution?
Allen Sills - USA
- 17.54-18.06 | Evolution or Revolution – which is the most appropriate approach?
Keith Stokes - United Kingdom
- 18.06-18.18 | Engineering approaches to the “Tackling Problem” – from field to laboratory
Jeff Crandall - USA
- 18.18-18.30 | Panel discussion: Injury risk during contact events: Where do we go from here?
Kemp, Sills, Stokes, Crandall

Session D • SYMPOSIUM 18

17.30-18.30 Room Van Dongen

SPORTS INJURY PREVENTION AND HARM REDUCTION IN THE GLOBAL SOUTH: SOCIOECOLOGICAL CONSIDERATIONS FOR CONTEXTUALISED RESEARCH, POLICY, AND PRACTICE [221]

Chair: Sheree BEKKER - South Africa/United Kingdom

- 17.30-17.32 | Introduction
Sheree Bekker - South Africa/United Kingdom
- 17.32-17.40 | Ensuring the global relevance of sports injury prevention and harm reduction: The imperative for contextualised research, policy, and practice
Sheree Bekker - South Africa/United Kingdom
- 17.40-17.50 | Overcoming cultural stigma to promote safety and fair play for recreational athletes with impairment in sub-Saharan Africa: the Ghanaian and Kenyan experience
Yetsa Tuakli-Wosornu - Ghana/USA
- 17.50-18.00 | The landscape of adopting, adapting and implementing sports injury prevention programs in sub-Saharan Africa: The Nigerian and South African experience
Ummukulthoum Bakare - Nigeria/South Africa
- 18.00-18.10 | The complexity of injury prevention: The Brazilian experience
Luciana De Michelis Mendonça - Brazil
- 18.10-18.30 | Discussion
Bekker, Tuakli-Wosornu, Bakare, De Michelis Mendonça



Friday
13 March

KEYNOTE 2

08.30-09.15

Room Prince Pierre

INJURY PREVENTION IN YOUTH SPORT: WHY ARE WE SO AFRAID OF CHANGE? [269]

Speaker: **Carolyn EMERY** - Canada

Session A • SYMPOSIUM 19

09.30-11.00

Room Prince Pierre

FROM COPENHAGEN TO DUBLIN VIA OSLO: COLLABORATING TO TACKLE PRIMARY, SECONDARY AND TERTIARY GROIN INJURY PREVENTION IN SPORTS [330]

Chairs: **Thor Einar ANDERSEN** - Norway, **Per HÖLMICH** - Denmark

09.30-09.35

Introduction

09.35-09.47

Agreement and disagreement in terminology: How to move forward?
Andrew Franklyn Miller - Ireland

09.47-09.59

What are the symptoms and impairments?
Thor Einar Andersen - Norway

09.59-10.11

Primary prevention: Is strengthening of the adductors enough?
Joar Harøy - Norway

10.11-10.23

Screening for secondary prevention: What are the options?
Kristian Thorborg - Denmark

10.23-10.35

What is the role of movement control and 3D-biomechanics in secondary prevention?
Enda King - Ireland

10.35-10.45

Tertiary prevention: Conservative or surgical?
Per Hölmich - Denmark

10.45-11.00

Panel discussion: Future directions for research informing best practice in the prevention of groin pain in athletes (GPA)
Miller, Andersen, Harøy, Thorborg, King, Hölmich



Session B • SYMPOSIUM 20

09.30-11.00

Room Camille Blanc

PREVENTION OF SUDDEN CARDIAC DEATH: CROSSING THE IMPLEMENTATION GAP [136]

Chair: Jonathan DREZNER - USA

- 09.30-09.35 | Overview: Challenges and controversies in the prevention of sudden cardiac death
Jonathan Drezner - USA
- 09.35-09.50 | Cardiac screening in young athletes: Defining an evidence-based protocol
Sanjay Sharma - United Kingdom
- 09.50-10.05 | Incidence of SCD: Which athletes should we consider “high” risk?
Kimberly Harmon - USA
- 10.05-10.20 | ECG screening: Establishing priorities when resources are limited
Mats Börjesson - Sweden
- 10.20-10.35 | Crossing the implementation gap for cardiac screening through education and innovative models of health care delivery
Jonathan Drezner - USA
- 10.35-11.00 | Panel discussion: Future directions for cardiac screening and sports cardiology training
Drezner, Sharma, Harmon, Börjesson

Session C • SYMPOSIUM 21

09.30-11.00

Room Auric

INJURIES IN RUNNERS: EPIDEMIOLOGY, RISKS AND PREVENTION [321]

Chair: Evert VERHAGEN - Netherlands

- 09.30-09.42 | On your marks, ready, go! What is the injury problem in running
Evert Verhagen - Netherlands
- 09.42-09.54 | In one mind - the psychology of injury prevention and running performance
Toomas Timpka - Sweden
- 09.54-10.06 | Novel risk factors associated with running injuries: An important step in designing intervention for prevention
Martin Schwellnus - South Africa
- 10.06-10.18 | Do running shoe features influence injury risk?
Laurent Malisoux - Luxembourg
- 10.18-10.30 | Viewpoints on advanced statistical analyses of running-related injury data: pathways and pitfalls
Rasmus Nielsen - Denmark
- 10.30-10.40 | Education and e-Health in the prevention of running-related injuries
Hespanhol Jr - Brazil
- 10.40-11.00 | Panel discussion: What are the white spots in our knowledge on running injuries and their prevention and what should we focus on in the next decade?
Verhagen, Timpka, Schwellnus, Malisoux, Nielsen, Hespanhol Jr

11.00-11.30

Coffee Break



Session A • SYMPOSIUM 22**11.30-13.00**

Room Prince Pierre

HAMSTRING INJURY PREVENTION IS POSSIBLE... MAYBE. KIND OF. ISH.
[440]**Chairs: Tania PIZZARI** - Australia, **Hans TOL** - Netherlands/Qatar

- 11.30-11.33 | Introduction
Hans Tol - Netherlands/Qatar
- 11.33-11.43 | Risk factors for hamstring injuries: Same old same old?
Tania Pizzari - Australia
- 11.43-11.58 | When you can't run slower: Can elite athlete monitoring prevent hamstring injuries in sprinters?
Noel Pollock - United Kingdom
- 11.58-12.10 | Workload associated with risk of hamstring injury: Stating the obvious, but where's the evidence?
Nicol van Dyk - Qatar
- 12.10-12.25 | Implementation of successful prevention systems: Challenges and opportunities
Martin Wollin - Australia
- 12.25-12.40 | "Put me in coach, I'm ready!" Refocusing return to sport and how prevention practices might influence our decision making
Arnlaug Wangensteen - Norway
- 12.40-12.50 | Can we prevent hamstring re-injuries?
Hans Tol - Netherlands/Qatar
- 12.50-13.00 | Panel discussion: Future directions for hamstring injury prevention and implementation
Pizzari, Tol, Pollock, van Dyk, Wangensteen, Wollin

Session B • SYMPOSIUM 23**11.30-13.00**

Room Camille Blanc

EVIDENCE BASED PREVENTION OF ILLNESS ASSOCIATED WITH LONG-HAUL TRAVEL IN ELITE ATHLETES: SORTING THE WHEAT FROM THE CHAFF [469]**Chair: Wayne DERMAN** - South Africa

- 11.30-11.40 | Introduction and overview
Wayne Derman - South Africa
- 11.40-11.55 | Evidence-based strategies for management and mitigation of long-haul jet lag in athletes
Christa Janse Van Rensburg - South Africa
- 11.55-12.10 | Pharmacological and pharmaceutical approaches to illness prevention: From A to Zinc: The evidence base
Nick Webborn - United Kingdom
- 12.10-12.25 | What the team physician needs to know about vaccination and illness prevention: an evidence based approach
Tim Meyer - Germany
- 12.25-12.40 | How to fly long and stay healthy: The evidence from travel medicine research
Wayne Derman - South Africa
- 12.40-13.00 | Panel discussion/questions
Janse Van Rensburg, Webborn, Derman, Meyer



Session C • SYMPOSIUM 24

11.30-13.00 Room Auric

INJURY PREVENTION IN YOUTH SPORT: WHERE DOES THE FUTURE LIE?
[271]

Chair: Carolyn EMERY - Canada

- 11.30-11.35 | Laying the framework for discussion of approaches to injury prevention in youth sport
Carolyn Emery - Canada
- 11.35-11.47 | Training strategies: The key to injury prevention in youth
Kati Pasanen - Canada/Finland
- 11.47-11.59 | Targeting sport specialization in youth sport: Isn't it clear?
Chris Whatman - New Zealand
- 11.59-12.11 | Protective equipment in youth sport: Issues and recommendations
Brent Hagel - Canada
- 12.11-12.23 | Apps and social media are the ticket to changing the culture for injury prevention in youth sport
Evert Verhagen - Netherlands
- 12.23-12.35 | Rule changes in youth sport: Evidence informing policy
Carolyn Emery - Canada
- 12.35-12.40 | 5 minutes 5 slides: Highlighting 5 targets in injury prevention in youth sport
Carolyn Emery - Canada
- 12.40-13.00 | Panel discussion: Where does the future lie in injury prevention in youth sport?
Emery, Pasanen, Hagel, Whatman, Verhagen

13.00-14.30 Lunch

KEYNOTE 3

14.30-15.30 Room Prince Pierre

TROPICAL PARADISE OR DANGER ZONE? BEAT THE HEAT TO PROTECT ATHLETES IN A SWELTERING 2020 TOKYO [565]

Speaker: **Sébastien RACINAIS** - Qatar

THEMATIC POSTERS SESSION

15.30-16.30 Exhibition hall – Poster Area

16.30-17.00 Coffee Break



SCIENTIFIC PROGRAMME

Friday 13 March

Session A • SYMPOSIUM 25

17.00-18.00

Room Prince Pierre

THE VALUE OF LONGITUDINAL DATA FOR THE PREVENTION OF INJURY AND ILLNESS. LESSONS LEARNED FROM INTERNATIONAL SURVEILLANCE PROGRAMS [105]

Chair: **Ian SHRIER** - Canada

- 17.00-17.04 | Introduction
Ian Shrier - Canada
- 17.04-17.16 | Evaluating the implementation and results from prevention programs in Danish children age 6-11 years over 5.5 years
Niels Wedderkopp - Denmark
- 17.16-17.28 | Keeping your athletes available throughout a season: The value and benefits of timely feedback informed by injury and illness monitoring
Evert Verhagen - Netherlands
- 17.28-17.40 | Informing and maintaining policy change through research findings: Experiences with body checking in Canadian youth hockey
Carolyn Emery - Canada
- 17.40-18.00 | Panel discussion: How to reap athlete benefits from longitudinal data

Session B • SYMPOSIUM 26

17.00-18.00

Room Camille Blanc

#METOOSPORT – THE PREVENTION OF NON-ACCIDENTAL VIOLENCE IN SPORT SETTINGS: IT'S NOT JUST ABOUT ONE BAD APPLE [219]

Chairs: **Sheree BEKKER** - South Africa/United Kingdom,
Margo MOUNTJOY - Canada

- 17.00-17.05 | Introduction: #MeTooSport: The contemporary cultural context of the prevention of non-accidental violence in sport settings
Sheree Bekker - South Africa/United Kingdom
- 17.05-17.15 | The vulnerability of disability: Prevalence and prevention of harassment and abuse in athletes with impairment
Yetsa Tuakli-Wosornu - Ghana/USA
- 17.15-17.25 | Injury prevention through safeguarding: The work of the International Olympic Committee
Susan Greinig - Switzerland
- 17.25-17.35 | The imperative for systemic change: understanding, contextualising, and influencing a culture of safeguarding in sport settings
Sheree Bekker - South Africa/United Kingdom
- 17.35-17.45 | “Only by speaking out can we create lasting change”: Lessons from the Nassar tragedy for sports medicine
Margo Mountjoy - Canada
- 17.45-18.00 | Discussion
Bekker, Mountjoy, Tuakli-Wosornu, Greinig



Session C • SYMPOSIUM 27

17.00-18.00 Room Auric

KNOWLEDGE TRANSLATION: BRIDGE BETWEEN THE EVIDENCE AND REAL-WORLD INJURY PREVENTION IMPACT [272]

Chair: Kathrin STEFFEN - Norway

- 17.00-17.05 | Introduction: From lab to the fields of play
Kathrin Steffen - Norway
- 17.05-17.15 | From evidence to impact: How to get the message out to increase adoption of injury prevention programmes in the real world
Nirmala Perera - Australia/Sweden
- 17.15-17.25 | Getting evidence into practice: The meaning of 'context' for implementation of injury prevention programmes
Kathrin Steffen - Norway
- 17.25-17.35 | Using the science of language to explicate the language of science: The role of communication and social psychology in implementation
Carly McKay - United Kingdom
- 17.35-17.45 | Nation-wide implementation of an injury prevention exercise programme: Is there a real-world impact?
Martin Hägglund - Sweden
- 17.45-18.00 | Panel discussion: "Down the rabbit hole – curiouser and curiouser" - practical tips to mitigate implementation challenges, opportunities and future direction for real world injury prevention outcomes
Steffen, Perera, McKay, Hägglund

Session D • SYMPOSIUM 28

17.00-18.00 Room Van Dongen

IOC CONSENSUS ON MENTAL HEALTH

Programme TBD in February 2019



Session A • HEAD-TO-HEAD DEBATE 2

18.00-19.00

Room Prince Pierre

KILL THE SACRED COW: RETURN TO PLAY CRITERIA SHOULD BE TRASHED IN FAVOUR OF TIME (BIOLOGY)-BASED CRITERIA [121]

Chair: Karim KHAN - Canada

- 18.00-18.05 | Setting the scene for the debate and introduction of speakers and debate format
Karim Khan - Canada
- 18.05-18.20 | Speaker for the affirmative: To improve our safe return to play we need to respect biological healing
Erik Witvrouw - Belgium
- 18.20-18.35 | Speaker for the negative: Studies show that the present RTP criteria are valid
Lynn Sneyder-Mackler - USA
- 18.35-18.47 | Rebuttals (3 minutes each)
Erik Witvrouw - Belgium, **Lynn Sneyder-Mackler** - USA
- 18.47-18.50 | Chair's sum-up and post-debate audience vote
Karim Khan - Canada
- 18.50-19.00 | Audience discussion

Session B • SYMPOSIUM 29

18.00-19.00

Room Camille Blanc

GASTROINTESTINAL ISSUES IN SPORT: UTILIZING DIET, THE GUT MICROBIOTA AND PROBIOTICS FOR PREVENTION OF ILLNESS IN ATHLETES [150]

Chair: Owen CRONIN - Ireland/United Kingdom

- 18.00-18.12 | Gastrointestinal issues in our athletes: Prevalence, mechanisms and prevention through dietary habit
Jamie Pugh - United Kingdom
- 18.12-18.24 | Exercise effects and the elite athlete microbiome: What do we know?
Owen Cronin - Ireland/United Kingdom
- 18.24-18.36 | Probiotics to prevent illness in athletes: The evidence and current state of play
Neil Williams - United Kingdom
- 18.36-18.48 | Manipulating our microbes: Microbial strategies to improve athlete health and prevent illness in elite sport
Orla O'Sullivan - Ireland
- 18.48-19.00 | Panel discussion: What evidence and knowledge gaps are missing? How we must co-ordinate efforts to focus research in this field and to provide a solid evidence base for our athletes
Pugh, Cronin, Williams, O'Sullivan



SCIENTIFIC PROGRAMME

Thursday 12 March

Session C • SYMPOSIUM 30

18.00-19.00

Room Auric

THE 11+ JOURNEY: 14 YEARS AND STILL GOING STRONG? [166]

Chairs: **Mario BIZZINI** - Switzerland, **Holly SILVERS-GRANELLI** - USA

- 18.00-18.12 | Background of the 11+ programme
Mario Bizzini - Switzerland
- 18.12-18.24 | Understanding age, gender, level of play and adherence issues related to the 11+
Holly Silvers-Granelli - USA
- 18.24-18.36 | Tailoring the 11+ to the professional football context
James O'Brien - Austria
- 18.36-18.48 | Prevention has to start early: The 11+ kids
Roland Rössler - Germany
- 18.48-19.00 | Panel discussion: How should the 11+ programme look like in the future? How we deal with implementation challenges? What about the children and 11+ kids?
Bizzini, Silvers-Granelli, O'Brien, Rössler

Session D • SYMPOSIUM 31

18.00-19.00

Room Van Dongen

IOC CONSENSUS ON METHODOLOGY FOR RECORDING AND REPORTING OF DATA FOR INJURY AND ILLNESS SURVEILLANCE

Programme TBD in October 2019

20.00

SPORTS CELEBRATION NIGHT (*Possibility to purchase tickets online*)



Saturday
14 March

KEYNOTE 4

08.30-09.15

Room Prince Pierre

INJURY PREVENTION: WHEN RETURN TO PLAY IS NOT THE WAY [96]

Speaker: **Michael TURNER** - United Kingdom

Session A • SYMPOSIUM 32

09.30-11.00

Room Prince Pierre

TOKYO 2020: PROTECTING THE ATHLETE FROM ENVIRONMENTAL AND LOGISTICAL CHALLENGES [248]

Chair: **Lee TAYLOR** - Qatar

09.30-09.33

Introduction: Environmental and logistical challenges to athlete health
Lee Taylor - Qatar

09.33-09.45

Jetlag and travel fatigue prevention and treatment at the games
Christa Janse van Rensburg - South Africa

09.45-09.57

Illness during travel and at the games: how to prevent illness?
Martin Schwellnus - South Africa

09.57-10.09

Air quality/pollution challenges to athlete health at the games: Prevention and treatment
Valerie Bougault - France

10.09-10.21

Water quality/pollution challenges to athlete health at the games: Prevention and treatment
Margo Mountjoy - Canada

10.21-10.33

Challenges to athlete health at the hottest modern Olympics in history
Sébastien Racinais - Qatar

10.33-10.45

Countermeasures to prevent illness and preserve performance in hot and humid conditions
Lee Taylor - Qatar

10.45-11.00

Panel discussion
Taylor, Janse van Rensburg, Schwellnus, Bougault, Mountjoy, Racinais



Session B • SYMPOSIUM 33

09.30-11.00

Room Camille Blanc

CONCUSSION PREVENTION IN YOUTH TEAM SPORTS: EVIDENCE INFORMING BEST PRACTICE AND POLICY ACROSS FIVE HIGH RISK CONCUSSION SPORTS [266]

Chair: Carolyn EMERY - Canada

- 09.30-09.35 | The public health burden of concussion in youth team sport: Introduction of session and speakers
Carolyn Emery - Canada
- 09.35-09.47 | Primary prevention of concussion in youth American Football: Tackle training, equipment, and rules
Kevin Guskiewicz - USA
- 09.47-09.59 | A comprehensive approach to concussion prevention in youth ice hockey
Carolyn Emery - Canada
- 09.59-10.11 | Preventing concussion in youth rugby: Dispelling the myths of tackle training, load modification, and neuromuscular training
Keith Stokes - United Kingdom
- 10.11-10.23 | Best practice in concussion prevention in youth lacrosse
Dawn Comstock - USA
- 10.23-10.35 | Targeting intrinsic and extrinsic risk factors for concussion in youth soccer
Kathryn Schneider - Canada
- 10.35-10.40 | Highlights for best practice and policy across 5 team sports
Carolyn Emery - Canada
- 10.40-11.00 | Panel discussion: Future directions in the prevention of concussion in youth sport. What evidence has potential for translation across sport-specific contexts?
Emery, Guskiewicz, Stokes, Comstock, Schneider



SCIENTIFIC PROGRAMME

Saturday 14 March

Session C • SYMPOSIUM 34

09.30-11.00

Room Auric

NEVER MENTION PREVENTION! [371]

Chairs: **Tim GABBETT** - Australia, **Martin ASKER** - Sweden

- 09.30-09.42 | How would you train if you weren't governed by fear of injury?
Tim Gabbett - Australia
- 09.42-09.54 | Injury prevention programmes are bargains, but very few are buying them: Why?
Merete Møller - Denmark
- 09.54-10.06 | I choose a throwing performance programme over injury prevention training every day of the week!
Martin Asker - Sweden
- 10.06-10.18 | Don't do hamstring injury prevention training, it will just decrease your performance!
Tania Pizzari - Australia
- 10.18-10.30 | If I do the Copenhagen Adduction Exercise, I'll be sore for a week, so no thank you!
Andreas Serner - Denmark/Qatar
- 10.30-10.42 | 30 years of research and clinical experience on the bumpy road of injury prevention - what do we see on the horizon
Rod Whiteley - Qatar
- 10.42-11.00 | Panel discussion: Adherence to injury prevention strategies that have proven efficacy is a challenge for sports medicine practitioners. How can we improve the practical translation from research to real world settings? How can we enhance implementation of injury prevention in sport?
Gabbett, Møller, Asker, Pizzari, Serner, Whiteley

11.00-11.30

Coffee Break

Session A • SYMPOSIUM 35

11.30-13.00

Room Prince Pierre

TRAINING LOAD AND INJURY [146]

Chair: **Karim CHAMARI** - Qatar

- 11.30-11.33 | Introduction
Karim Chamari - Qatar
- 11.33-11.45 | Training load monitoring: Objective and subjective tools – feasibility in the field
Karim Chamari - Qatar
- 11.45-11.57 | Training load data analysis: What variables, what stats, what tools? What does it all mean when I just want to prevent injuries?
Rod Whiteley - Qatar
- 11.57-12.09 | From research to the football World Cup: lessons learned from implementing training load monitoring in elite football players
Greg Dupont - France
- 12.09-12.21 | Navigating the complex relationship between training load and groin injury in professional male football players
Andrea Mosler - Australia
- 12.21-12.33 | Training load specifics for tendons – prevention of injuries and re-injuries when there is 'pathology', pain, or a 'normal' tendon?
Jill Cook - Australia
- 12.33-12.45 | Modifying training loads to reduce the risk of further injury for athletes following knee surgery
Kay Crossley - Australia
- 12.45-13.00 | Discussion



SCIENTIFIC PROGRAMME

Saturday 14 March

Session B • SYMPOSIUM 36

11.30-13.00 Room Camille Blanc

THE INJURY PREVENTION (R)EVOLUTION - A PRIMER FOR TOMORROW [362]

Chairs: Nicol van DYK - Qatar, Johann WINDT - USA

- 11.30-11.35 | Introduction: Back to the future for prevention?
Nicol van Dyk - Qatar
- 11.35-11.45 | Injury surveillance has changed dramatically: What will it look like in 2024?
Ben Clarsen - Norway
- 11.45-12.00 | Technology will change the game - and it already has
Lorena Torres - USA
- 12.00-12.15 | Don't bring your opinion to a data fight: Analytics will enhance our prevention strategies
Johann Windt - USA
- 12.15-12.30 | Scaling up our prevention capacity - the key is context
Carly McKay - United Kingdom
- 12.30-12.45 | Will future coaches be better partners to effectively drive injury prevention efforts?
5 ways you can make sure they are
Kerry MacDonald - Canada
- 12.45-13.00 | Panel discussion and case study: We will illustrate an injury prevention strategy/
intervention using a practical example
van Dyk, Clarsen, Torres, Windt, McKay, MacDonald

Session C • SYMPOSIUM 37

11.30-13.00 Room Auric

INJURY PREVENTION – WHAT CAN YOU LEARN FROM OUR BIGGEST MISTAKES? [255]

Chair: Michael TURNER - United Kingdom

- 11.30-11.45 | Epidemiological headaches
Evert Verhagen - Netherlands
- 11.45-12.00 | Injury prevention in youth sport: It isn't just about the research findings
Carolyn Emery - Canada
- 12.00-12.15 | Sports medicine solutions that failed
Babette Pluim - Netherlands
- 12.15-12.30 | Trust your physio, we don't make mistakes
Caroline Bolling - Brazil
- 12.30-12.45 | Popular injury prevention myths that aren't supported by science
Michael Turner - United Kingdom
- 12.45-13.00 | Panel Discussion:
Bolling, Emery, Pluim, Verhagen, Turner

13.00-14.30 Lunch



Session A • SYMPOSIUM 38**14.30-15.30**

Room Prince Pierre

**HEAT INJURY AND ILLNESS PREVENTION FOR TOKYO 2020:
WHAT IS THE IOC DOING? [354]****Chair: Yannis PITSILADIS** - United Kingdom

- 14.30-14.42 | From risk analyses to evidenced based practice
Sébastien Racinais - Qatar
- 14.42-14.54 | Timing analyses for appropriate scheduling
Stéphane Bermon - Monaco
- 14.54-15.06 | Anticipating the treatment needs
Douglas Casa - USA
- 15.06-15.18 | Wearable technologies: Future challenges and opportunities for implementation in athlete healthcare
Yannis Pitsiladis - United Kingdom
- 15.18-15.30 | Panel discussion: Success, challenge and legacy of the IOC adverse weather impact expert working group for the Olympics Games Tokyo 2020
Racinais, Bermon, Casa, Pitsiladis

Session B • SYMPOSIUM 39**14.30-15.30**

Room Camille Blanc

**IMPLEMENTING CHANGE IN PERFORMANCE AND PREVENTION:
PERSUASION, PERSEVERANCE, PASSION [181]****Chairs: Nicola PHILLIPS** - United Kingdom, **Mario BIZZINI** - Switzerland

- 14.30-14.35 | Setting the scene for leadership in practice change
Nicola Phillips - United Kingdom
- 14.35-14.45 | The 11+ story: how F-MARC changed practice on a global basis
Mario Bizzini - Switzerland
- 14.45-14.55 | Changing practice in a performance environment – Australian Ballet
Susan Mayes - Australia
- 14.55-15.05 | Leading a change in practice for reducing injuries in a team setting
Mo Gimpel - United Kingdom
- 15.05-15.15 | Increasing professional engagement in change – setting the tone
Emma Stokes - Qatar/Ireland
- 15.15-15.30 | Panel discussion: How do we change mindsets to adopt a different approach for injury prevention?



Session C • SYMPOSIUM 40

14.30-15.30

Room Auric

IINJURY PREVENTION IN HANDBALL: WHAT HAVE WE LEARNED AND WHERE ARE WE GOING? [568]

Chairs: Lior LAVER- United Kingdom/Israel, **Grethe MYKLEBUST** - Norway

- 14.30-14.42 | Laying the ground for the next step in injury prevention in Handball – The Handball Consensus statement on injury and illness data collection
Lior Laver - United Kingdom/Israel
- 14.42-14.54 | Injury prevention strategies for the lower extremities in handball: More than just a throwing sport!
Grethe Myklebust - Norway
- 14.54-15.06 | Risk factors and injury prevention for the upper extremities in handball
Martin Asker - Sweden
- 15.06-15.18 | The role of load management in injury prevention in handball
Merete MØller - Denmark
- 15.18-15.30 | Discussion

Session D • SYMPOSIUM 41

14.30-15.30

Room Van Dongen

IT'S NOT COMPLICATED: INJURY PREVENTION IN SPORT THROUGH A COMPLEX SYSTEMS APPROACH [218]

Chairs: Sheree BEKKER - South Africa/United Kingdom & **Nicol VAN DYK** - Qatar

- 14.30-14.35 | Introduction
Nicol van Dyk - Qatar
- 14.35-14.45 | The evolution of injury prevention models in the past 30 years
Winne Meeuwisse - Canada
- 14.45-14.55 | Risk factor identification to injury pattern recognition – key principles in complex systems theory
Natalia Bittencourt - Brazil
- 14.55-15.05 | Small big data - How to apply complex approaches at an individual level
Nicol van Dyk - Qatar
- 15.05-15.15 | What works in Melbourne on a muggy Monday won't work in Soweto on a sunny Saturday: considerations for successful implementation in complex settings
Sheree Bekker - South Africa/United Kingdom
- 15.15-15.30 | Panel discussion
Meeuwisse, Bittencourt, van Dyk, Bekker



Session A • SYMPOSIUM 42

15.30-16.30

Room Prince Pierre

INJURY PREVENTION APPS – CLAP OR SCRAP? [467]

Chair: Tron **KROSSHAUG** - Norway

- 15.30-15.35 | Introduction
Tron Krosshaug - Norway
- 15.35-15.45 | GET SET – the IOC/OSTRC app: The importance of user involvement
Kathrin Steffen - Norway
- 15.45-15.55 | Real-world injury reduction after implementation of the Knee Control exercise based injury prevention programme: An app success story
Markus Waldén - Sweden
- 15.55-16.00 | Taking it to the next level. Sophisticated 3D animations for injury prevention delivery
Tron Krosshaug - Norway
- 16.00-16.10 | Injury prevention through apps, how to reach our audience?
Evert Verhagen - Netherlands
- 16.10-16.30 | Panel discussion: Injury prevention through mobile apps – how can we improve?
Verhagen, Steffen, Waldén, Krosshaug

Session B • SYMPOSIUM 43

15.30-16.30

Room Camille Blanc

PROTECTING RESPIRATORY HEALTH IN ATHLETES: WHAT CAN WE DO BETTER? [174]

Chairs: Mike **LOOSEMORE** - United Kingdom, James **HULL** - United Kingdom

- 15.30-15.35 | Introduction
Mike Loosemore - United Kingdom
- 15.35-15.45 | Respiratory problems in athletic individuals: What's hot and what's not?
James Hull - United Kingdom
- 15.45-15.55 | Allergy and pollution exposure when exercising: Can we do better to protect respiratory health?
Michael Koehle - Canada
- 15.55-16.05 | Respiratory tract infections: The good, the bad and the ugly
Martin Schwellnus - South Africa
- 16.05-16.15 | Delivery of optimal respiratory health in a world-class performance system: Can it be done?
Mike Loosemore - United Kingdom
- 16.15-16.30 | Panel discussion: Future directions in respiratory health: how can we help improve the most important medical problem in athletes
Loosemore, Hull, Koehle, Schwellnus



SCIENTIFIC PROGRAMME

Saturday 14 March

Session C • SYMPOSIUM 44

15.30-16.30

Room Auric

PREVENTING PRIMARY CAM MORPHOLOGY AND FEMOROACETABULAR IMPINGEMENT SYNDROME IN THE YOUNG ATHLETE: IS THE 'HOP' REALLY THE HIP'S DEMISE? [227]

Chairs: Paul DIJKSTRA - Qatar, Andrea MOSLER - Australia

15.30-15.42

Our confusing hip language is undermining prevention and protection
Clare Ardern - Sweden

15.42-15.54

To prevent and protect the hip, we have to understand primary cam morphology, its cause and prognosis – but can we yet?
Paul Dijkstra - Qatar

15.54-16.06

Screening and intervention to prevent primary cam morphology – is too much sports medicine creating a mountain out of a molehill?
Andrea Mosler - Australia

16.06-16.18

Protecting the athlete with primary cam morphology from developing femoroacetabular impingement syndrome and osteoarthritis
Antony Palmer - United Kingdom

16.18-16.30

Panel Discussion : This discussion will focus on the current state of evidence on protecting athletes from developing cam morphology, femoroacetabular impingement syndrome and early hip osteoarthritis. The importance of multi-center collaboration for clinical research, to reach consensus on sharing data and experiences, and develop the foundations for a prospective Individual Patient Data Meta-analysis will also be discussed
Ardern, Dijkstra, Mosler, Palmer

16.30-17.00

Coffee Break

KEYNOTE 5

17.00-17.45

Room Prince Pierre

UNDERSTANDING THE BASIS OF SUCCESS: HOW FEWER INJURIES WILL HELP YOU WIN THE TROPHIES [483]

Speaker: **Martin HÄGGLUND** - Sweden

CLOSING CEREMONY

17.45-18.15

Room Prince Pierre

20.00

FACULTY DINNER (by invitation)

