

# IOC WORLD CONFERENCE PREVENTION OF INJURY & ILLNESS IN SPORT



## MONACO 12 - 14 MARCH 2020 Preliminary Programme

IN COLLABORATION WITH



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## Scientific Committee

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# 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 Salle des Princes

**09.30-10.30** **KEYNOTE 1** Room Salle des Princes  
**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 Salle des Princes  
**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 Prince Pierre  
**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 Camille Blanc  
**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

**12.30-14.00** Lunch

**Session A**  
**HEAD-TO-HEAD DEBATE 1**  
**14.00-15.00** Room Salle des Princes  
**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 Prince Pierre  
**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 Camille Blanc  
**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 Auric  
**Do the three E's of injury prevention (education, enforcement, engineering) work in alpine skiing and snowboarding?**  
Chair: Claude GOULET - Canada

**Session E • SYMPOSIUM 7**  
**14.00-15.00** Room Van Dongen  
**Innovative approaches for the prevention of running-related injuries**  
Chair: Leonardo METSAVAHT - Brazil

**Session A • SYMPOSIUM 8**  
**15.00-16.00** Room Salle des Princes  
**Head and shoulders, knees and toes: Injury-specific prevention in female youth sports**  
Chair: Carolyn EMERY - Canada

**Session B • SYMPOSIUM 9**  
**15.00-16.00** Room Prince Pierre  
**Two decades of the TRIPP model: Has implementation made its mark?**  
Chair: Caroline FINCH - Australia

**Session C • SYMPOSIUM 10**  
**15.00-16.00** Room Camille Blanc  
**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 11**  
**15.00-16.00** Room Auric  
**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 12**  
**16.30-17.30** Room Salle des Princes  
**Injury prevention in women's football: Difficult but not impossible!**  
Chair: Andrea MOSLER - Australia

**Session B • SYMPOSIUM 13**  
**16.30-17.30** Room Prince Pierre  
**Sleeping for success in sport**  
Chair: Peter FOWLER - Australia

**Session C • SYMPOSIUM 14**  
**16.30-17.30** Room Camille Blanc  
**The power of athletes' stories for evidence-based injury prevention in sports**  
Chair: Evert VERHAGEN - The Netherlands

**Session D • SYMPOSIUM 15**  
**16.30-17.30** Room Auric  
**Primary prevention of mental health symptoms and disorders in elite athletes**  
Chair: Brian HAINLINE - USA

**Session E • SYMPOSIUM 16**  
**16.30-17.30** Room Van Dongen  
**Understanding, Prevention, Treatment and Rehabilitation of ACL injury – Insights from the Far East**  
Chair: Patrick SHU-HANG YUNG - Hong Kong

**Session A • SYMPOSIUM 17**  
**17.30-18.30** Room Salle des Princes  
**Big computers, big data, big gains in injury prevention?**  
Chair: Evert VERHAGEN - The Netherlands

**Session B • SYMPOSIUM 18**  
**17.30-18.30** Room Prince Pierre  
**ACL-injury prevention: From risk factor identification to practical use – where are we (and what is missing)?**  
Chair: Jesper BENCKE - Denmark

**Session C • SYMPOSIUM 19**  
**17.30-18.30** Room Camille Blanc  
**Tackle risk in contact sports: Short-term pain for long-term salvation**  
Chair: Simon KEMP - United Kingdom

**Session D • SYMPOSIUM 20**  
**17.30-18.30** Room Auric  
**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

**Session E • SYMPOSIUM 21**  
**17.30-18.30** Room Van Dongen  
**The Holy Grail: The primary prevention of both athlete injury + illness in sport: Relative Energy Deficiency in Sport (RED-S)**  
Chair: Margo MOUNTJOY - Canada



# PROGRAMME AT A GLANCE

Friday **13 March**

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

**Session A • SYMPOSIUM 22**

**09.30-11.00** Room Salle des Princes  
**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 23**

**09.30-11.00** Room Prince Pierre  
**Prevention of sudden cardiac death: Crossing the implementation gap**  
 Chair: Jonathan DREZNER - USA

**Session C • SYMPOSIUM 24**

**09.30-11.00** Room Camille Blanc  
**Injuries in runners: Epidemiology, risks and prevention**  
 Chair: Evert VERHAGEN - The Netherlands

**11.00-11.30** Coffee Break

**Session A • SYMPOSIUM 25**

**11.30-13.00** Room Salle des Princes  
**Hamstring injury prevention IS possible... Maybe. Kind of. Ish.**  
 Chairs:  
 Tania PIZZARI - Australia,  
 Hans TOL - The Netherlands/  
 Qatar

**Session B • SYMPOSIUM 26**

**11.30-13.00** Room Prince Pierre  
**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 27**

**11.30-13.00** Room Camille Blanc  
**Injury prevention in youth sport: Where does the future lie?**  
 Chair: Carolyn EMERY - Canada

**13.00-14.30** Lunch

**14.30-15.15 KEYNOTE 3** Room Salle des Princes  
**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 28**

**17.00-18.00** Room Salle des Princes  
**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 29**

**17.00-18.00** Room Prince Pierre  
**#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 30**

**17.00-18.00** Room Camille Blanc  
**Knowledge translation: Bridge between the evidence and real-world injury prevention impact**  
 Chair: Kathrin STEFFEN - Norway

**Session D • SYMPOSIUM 31**

**17.00-18.00** Room Auric  
**Prevention of injury in the overhead throwing athlete: Prediction, prevention, and workload**  
 Chair: Jason ZAREMSKI - USA

**Session E • SYMPOSIUM 32**

**17.00-18.00** Room Van Dongen  
**The Effect of the 'Face to Face' education program to rugby medical on the severe head injury**  
 Chair: Mutsuo YAMADA - Japan

**Session A**

**HEAD-TO-HEAD DEBATE 2**  
**18.00-19.00** Room Salle des Princes  
**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 33**

**18.00-19.00** Room Prince Pierre  
**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 34**

**18.00-19.00** Room Camille Blanc  
**The 11+ journey: 14 years and still going strong?**  
 Chairs:  
 Mario BIZZINI - Switzerland,  
 Holly SILVERS-GRANELLI - USA

**Session D • SYMPOSIUM 35**

**18.00-19.00** Room Auric  
**IOC consensus on methodology for recording and reporting of data for injury and illness surveillance**

**20.00 SPORTS CELEBRATION NIGHT**



# PROGRAMME AT A GLANCE

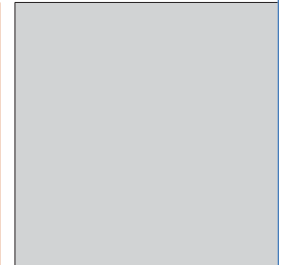
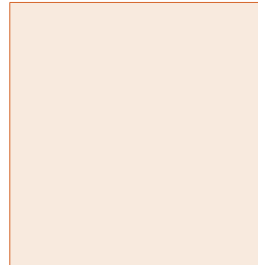
Saturday **14 March**

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

**Session A • SYMPOSIUM 36**  
**09.30-11.00** Room Salle des Princes  
**Tokyo 2020: Protecting the athlete from environmental and logistical challenges**  
 Chair: Lee TAYLOR - Qatar

**Session B • SYMPOSIUM 37**  
**09.30-11.00** Room Prince Pierre  
**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 38**  
**09.30-11.00** Room Camille Blanc  
**Never mention prevention!**  
 Chair: Martin ASKER - Sweden

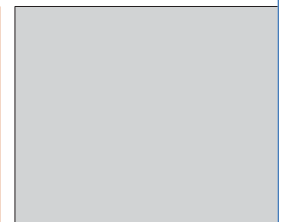
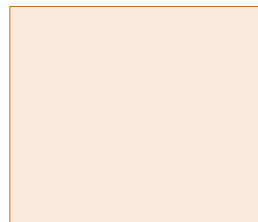


**11.00-11.30** Coffee Break

**Session A • SYMPOSIUM 39**  
**11.30-13.00** Room Salle des Princes  
**Training load and injury**  
 Chair: Karim CHAMARI - Qatar

**Session B • SYMPOSIUM 40**  
**11.30-13.00** Room Prince Pierre  
**The injury prevention (r)evolution - a primer for tomorrow**  
 Chairs: Nicol VAN DYK - Qatar, Johann WINDT - USA

**Session C • SYMPOSIUM 41**  
**11.30-13.00** Room Camille Blanc  
**Injury prevention – what can you learn from our biggest mistakes?**  
 Chair: Michael TURNER - United Kingdom



**13.00-14.30** Lunch

**Session A • SYMPOSIUM 42**  
**14.30-15.30** Room Salle des Princes  
**Heat injury and illness prevention for Tokyo 2020: What is the IOC doing?**  
 Chair: Yannis PITSILADIS - United Kingdom

**Session B • SYMPOSIUM 43**  
**14.30-15.30** Room Prince Pierre  
**Implementing change in performance and prevention: Persuasion, Perseverance, Passion**  
 Chairs: Nicola PHILLIPS - United Kingdom, Mario BIZZINI - Switzerland

**Session C • SYMPOSIUM 44**  
**14.30-15.30** Room Camille Blanc  
**Injury prevention in handball: What have we learned and where are we going?**  
 Chairs: Lior LAVER - United Kingdom, Grethe MYKLEBUST - Norway

**Session D • SYMPOSIUM 45**  
**14.30-15.30** Room Auric  
**It's not complicated: Injury prevention in sport through a complex systems approach**  
 Chairs: Sheree BEKKER - South Africa/United Kingdom, Nicol VAN DYK - Qatar

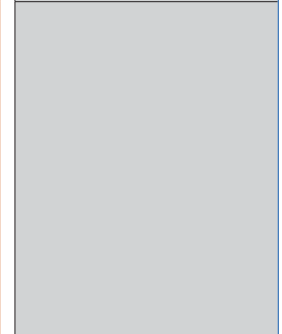
**Session E • SYMPOSIUM 46**  
**14.30-15.30** Room Van Dongen  
**Prevention of long-standing groin pain in athletes**  
 Chair: Per HÖLMICH - Denmark

**Session A • SYMPOSIUM 47**  
**15.30-16.30** Room Salle des Princes  
**Injury prevention apps – clap or scrap?**  
 Chair: Tron KROSSHAUG - Norway

**Session B • SYMPOSIUM 48**  
**15.30-16.30** Room Prince Pierre  
**Protecting respiratory health in athletes: What can we do better?**  
 Chairs: Mike LOOSEMORE - United Kingdom, James HULL - United Kingdom

**Session C • SYMPOSIUM 49**  
**15.30-16.30** Room Camille Blanc  
**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 • SYMPOSIUM 50**  
**15.30-16.30** Room Auric  
**Health Impact of Life-Long Participation in Olympic Sport**  
 Chair: Yannis PITSILADIS - United Kingdom



**16.30-17.00** Coffee Break

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

**17.45-18.00 CLOSING CEREMONY**

**20.00 FACULTY DINNER** (by invitation)

Wednesday  
11 March

16.00 **Registration**

18.30 **Welcome Reception at the Grimaldi Forum**

Thursday  
12 March

08.00 **Registration**

**OPENING CEREMONY**

09.00-09.30 Room Salle des Princes

**KEYNOTE 1**

09.30-10.30 Room Salle des Princes

**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 Salle des Princes

**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**



# SCIENTIFIC PROGRAMME

Thursday 12 March

## Session B • SYMPOSIUM 2

11.00-12.30

Room Prince Pierre

### 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 Camille Blanc

### 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** - The 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** - The 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 Salle des Princes

### **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 Prince Pierre

### **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



**Session C • SYMPOSIUM 5**

**14.00-15.00** Room Camille Blanc

**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 Auric

**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**



**Session E • SYMPOSIUM 7**

14.00-15.00

Room Van Dongen

**INNOVATIVE APPROACHES FOR THE PREVENTION OF RUNNING-RELATED INJURIES [319]**

**Chair: Leonardo METSAVAHT** - Brazil

14.00-14.10

**I** Problem overview: epidemiology  
**Mansueto Gomes-Neto** - Brazil

14.10-14.20

**I** The complexity of running injuries and their risk factors  
**Leonardo Metsavaht** - Brazil

14.20-14.30

**I** Costs for identifying running-related injury risks  
**Gustavo Leporace** - Brazil

14.30-14.40

**I** Neuromuscular training to prevent running-related injuries  
**Fábio Arcanjo** - Brazil

14.40-15.00

**I** Panel Discussion: Implementation of running-related injury prevention programs in clinical practice  
**Metsavaht, Gomes-Neto, Leporace, Arcanjo**

**Session A • SYMPOSIUM 8**

15.00-16.00

Room Salle des Princes

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

**Chair: Carolyn EMERY** - Canada

15.00-15.05

**I** 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

**I** Preventing concussions in female youth sport  
**Carolyn Emery** - Canada

15.15-15.25

**I** Preventing shoulder injuries in overhead female youth sports  
**Martin Asker** - Sweden

15.25-15.35

**I** Preventing knee injuries in female youth team sports  
**Grethe Myklebust** - Norway

15.35-15.45

**I** Preventing ankle injuries in female youth team sports  
**Kati Pasanen** - Canada/Finland

15.45-16.00

**I** Panel discussion: Is it possible to protect our female youth sport athletes head to toe?  
**Emery, Asker, Myklebust, Pasanen**



**Session B • SYMPOSIUM 9**

15.00-16.00

Room Prince Pierre

**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** - The 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**

**Session C • SYMPOSIUM 10**

15.00-16.00

Room Camille Blanc

**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 11**

15.00-16.00

Room Auric

**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** - The 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 12**

16.30-17.30

Room Salle des Princes

**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 13**

16.30-17.30

Room Prince Pierre

**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

**Session C • SYMPOSIUM 14**

16.30-17.30

Room Camille Blanc

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



# SCIENTIFIC PROGRAMME

Thursday 12 March

## Session D • SYMPOSIUM 15

16.30-17.30

Room Auric

### PRIMARY PREVENTION OF MENTAL HEALTH SYMPTOMS AND DISORDERS IN ELITE ATHLETES [572]

Chair: **Brian HAINLINE** - USA

- 16.30-16.42 | Overview – The incidence and prevalence of mental health symptoms and disorders in elite athletes  
**Vincent Gouttebarge** - The Netherlands
- 16.42-16.54 | Primary Prevention – Creating an environment that supports mental wellness in sport  
**Brian Hainline** - USA
- 16.54-17.06 | Primary Prevention – Addressing toxic environments in sport  
**Margo Mountjoy** - Canada
- 17.06-17.18 | Primary Prevention – Managing transition from sport: from injury to retirement  
**Rosemary Purcell** - Australia
- 17.18-17.30 | Panel discussion: Future directions for the primary prevention of mental health symptoms and disorders in elite athletes  
**Gouttebarge, Hainline, Mountjoy, Purcell**

## Session E • SYMPOSIUM 16

16.30-17.30

Room Van Dongen

### UNDERSTANDING, PREVENTION, TREATMENT AND REHABILITATION OF ACL INJURY – INSIGHTS FROM THE FAR EAST [106]

Chair: **Patrick SHU-HANG YUNG** - Hong Kong

- 16.30-16.40 | Sport-specific injury mechanism of ACL – Studies from Japan  
**Yuka Kimura** - Japan
- 16.40-16.50 | Prevention of ACL injuries in Asia – Community Outreach  
**Kam-Ming Mok** - Hong Kong
- 16.50-17.00 | Clinical examination of ACL – Bridging knee instability with player perceptions  
**Hideyuki Koga** - Japan
- 17.00-17.10 | Treatment of ACL injuries – the Korea Experience  
**Jin-Goo Kim** - Korea
- 17.10-17.20 | Return-to-play decisions after rehabilitation – What is missing to prevent injuries?  
**Patrick Shu-Hang Yung** - Hong Kong
- 17.20-17.30 | Panel Discussion: How to synthesize of East and West in ACL research  
**Kimura, Mok, Koga, Shu-Hang Yung**



**Session A • SYMPOSIUM 17**

17.30-18.30

Room Salle des Princes

**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 18**

17.30-18.30

Room Prince Pierre

**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 19**

**17.30-18.30** Room Camille Blanc

**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 20**

**17.30-18.30** Room Auric

**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**



**Session E • SYMPOSIUM 21**

**17.30-18.30**

Room Van Dongen

**THE HOLY GRAIL: THE PRIMARY PREVENTION OF BOTH ATHLETE INJURY + ILLNESS IN SPORT: RELATIVE ENERGY DEFICIENCY IN SPORT (RED-S) [575]**

**Chair: Margo MOUNTJOY** - Canada

17.30-17.35

**I** Introduction: What is RED-S?  
**Margo Mountjoy** - Canada

17.35-17.45

**I** Primary prevention of low energy availability: Fueling + body composition management  
**Louise Burke** - Australia

17.45-17.55

**I** Primary prevention of eating disorders/ disordered eating  
**Jorunn Sundgot-Borgen** - Norway

17.55-18.05

**I** Primary prevention through athlete screening for RED-S  
**Kathryn Ackerman** - USA

18.05-18.15

**I** Primary prevention of RED-S through sport rule changes  
**Margo Mountjoy** - Canada

18.15-18.30

**I** Discussion  
**Mountjoy, Burke, Ackerman, Sundgot-Borgen**



Friday  
13 March

### KEYNOTE 2

08.30-09.15 Room Salle des Princes

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

Speaker: **Carolyn EMERY** - Canada

### Session A • SYMPOSIUM 22

09.30-11.00 Room Salle des Princes

#### 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 23****09.30-11.00**

Room Prince Pierre

**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 24****09.30-11.00**

Room Camille Blanc

**INJURIES IN RUNNERS: EPIDEMIOLOGY, RISKS AND PREVENTION [321]****Chair: Evert VERHAGEN** - The Netherlands

- 09.30-09.42 | On your marks, ready, go! What is the injury problem in running  
**Evert Verhagen** - The 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  
**Luiz 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**

**11.00-11.30**

Coffee Break



**Session A • SYMPOSIUM 25****11.30-13.00**

Room Salle des Princes

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

- 11.30-11.33 | Introduction  
**Hans Tol** - The 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** - The 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 26****11.30-13.00**

Room Prince Pierre

**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 27**

**11.30-13.00** Room Camille Blanc

**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** - The 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 Salle des Princes

**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



**Session A • SYMPOSIUM 28**

17.00-18.00

Room Salle des Princes

**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** - The 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 29**

17.00-18.00

Room Prince Pierre

**#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

**Session C • SYMPOSIUM 30**

17.00-18.00

Room Camille Blanc

**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 31**

17.00-18.00

Room Auric

**PREVENTION OF INJURY IN THE OVERHEAD THROWING ATHLETE: PREDICTION, PREVENTION AND WORKLOAD [51]**

**Chair: Jason ZAREMSKI** - USA

- 17.00-17.04 | Epidemiology of injury in the overhead throwing athlete  
**Jason Zaremski** - USA
- 17.04-17.16 | The etiology of throwing injury in an overhead throwing athlete: What are the contributing factors?  
**Merete Møller** - Denmark
- 17.16-17.26 | Measuring true volume of workload in baseball pitchers and applications to workload in overhead throwing athletes  
**Jason Zaremski** - USA
- 17.26-17.38 | Shoulder throwing injury prevention in handball players: The Oslo Sports Trauma Research Center experience  
**Stig Andersson** - Norway
- 17.38-17.50 | Factors that may predict injury in overhead throwing athletes: the range of motion debate  
**Rodney Whiteley** - Qatar
- 17.50-18.00 | 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 E • SYMPOSIUM 32**

17.00-18.00

Room Van Dongen

**THE EFFECT OF THE 'FACE TO FACE' EDUCATION PROGRAM TO RUGBY MEDICAL ON THE SEVERE HEAD INJURY [541]**

**Chair: Mutsuo YAMADA** - Japan

17.00-17.12

**I** The outline of WR education system  
**Mark Harrington** - Ireland

17.12-17.24

**I** Concussion education in prehospital immediate care in sports  
**Andrew Smith** - England

17.24-17.36

**I** The effect of the concussion card on the number of severe head injuries  
**Lucy Clarke** - Hong Kong

17.36-17.48

**I** The effect of concussion education on the number of severe head injuries  
**Mutsuo Yamada** - Japan

17.48-18.00

**I** Panel discussion: The effect of concussion education and the risk of severe head injury in rugby  
**Harrington, Smith, Clarke, Yamada**

**Session A • HEAD-TO-HEAD DEBATE 2**

18.00-19.00

Room Salle des Princes

**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

**I** Setting the scene for the debate and introduction of speakers and debate format  
**Karim Khan** - Canada

18.05-18.20

**I** Speaker for the affirmative: To improve our safe return to play we need to respect biological healing  
**Erik Witvrouw** - Belgium

18.20-18.35

**I** Speaker for the negative: Studies show that the present RTP criteria are valid  
**Lynn Sneyder-Mackler** - USA

18.35-18.47

**I** Rebuttals (3 minutes each)  
**Erik Witvrouw** - Belgium, **Lynn Sneyder-Mackler** - USA

18.47-18.50

**I** Chair's sum-up and post-debate audience vote  
**Karim Khan** - Canada

18.50-19.00

**I** Audience discussion



# SCIENTIFIC PROGRAMME

Friday 13 March

## Session B • SYMPOSIUM 33

18.00-19.00

Room Prince Pierre

### 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

**I** Gastrointestinal issues in our athletes: Prevalence, mechanisms and prevention through dietary habit

**Jamie Pugh** - United Kingdom

18.12-18.24

**I** Exercise effects and the elite athlete microbiome: What do we know?

**Owen Cronin** - Ireland/United Kingdom

18.24-18.36

**I** Probiotics to prevent illness in athletes: The evidence and current state of play

**Neil Williams** - United Kingdom

18.36-18.48

**I** Manipulating our microbes: Microbial strategies to improve athlete health and prevent illness in elite sport

**Orla O'Sullivan** - Ireland

18.48-19.00

**I** 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**

## Session C • SYMPOSIUM 34

18.00-19.00

Room Camille Blanc

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

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

18.00-18.12

**I** Background of the 11+ programme

**Mario Bizzini** - Switzerland

18.12-18.24

**I** Understanding age, gender, level of play and adherence issues related to the 11+

**Holly Silvers-Granelli** - USA

18.24-18.36

**I** Tailoring the 11+ to the professional football context

**James O'Brien** - Austria

18.36-18.48

**I** Prevention has to start early: The 11+ kids

**Roland Rössler** - Germany

18.48-19.00

**I** 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 35

18.00-19.00

Room Auric

### IOC CONSENSUS ON METHODOLOGY FOR RECORDING AND REPORTING OF DATA FOR INJURY AND ILLNESS SURVEILLANCE [573]

20.00

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



Saturday  
14 March

#### KEYNOTE 4

08.30-09.15

Room Salle des Princes

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

Speaker: **Michael TURNER** - United Kingdom

#### Session A • SYMPOSIUM 36

09.30-11.00

Room Salle des Princes

#### 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 37**

**09.30-11.00**

Room Prince Pierre

**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 38

09.30-11.00

Room Camille Blanc

### NEVER MENTION PREVENTION! [371]

**Chair: Martin ASKER** - Sweden

09.30-09.42

How would you train if you weren't governed by fear of injury?  
**TBA**

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?  
**Møller, Asker, Pizzari, Serner, Whiteley**

11.00-11.30

Coffee Break

## Session A • SYMPOSIUM 39

11.30-13.00

Room Salle des Princes

### 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



**Session B • SYMPOSIUM 40**

**11.30-13.00** Room Prince Pierre

**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 41**

**11.30-13.00** Room Camille Blanc

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

**Chair:** Michael TURNER - United Kingdom

- 11.30-11.45 | Epidemiological headaches  
**Evert Verhagen** - The 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** - The 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 42****14.30-15.30**

Room Salle des Princes

**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 43****14.30-15.30**

Room Prince Pierre

**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 44**

14.30-15.30

Room Camille Blanc

**I INJURY 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

**I** 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

**I** Injury prevention strategies for the lower extremities in handball: More than just a throwing sport!  
**Grethe Myklebust** - Norway

14.54-15.06

**I** Risk factors and injury prevention for the upper extremities in handball  
**Martin Asker** - Sweden

15.06-15.18

**I** The role of load management in injury prevention in handball  
**Merete Møller** - Denmark

15.18-15.30

**I** Discussion

**Session D • SYMPOSIUM 45**

14.30-15.30

Room Auric

**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

**I** Introduction  
**Nicol van Dyk** - Qatar

14.35-14.45

**I** The evolution of injury prevention models in the past 30 years  
**Winne Meeuwisse** - Canada

14.45-14.55

**I** Risk factor identification to injury pattern recognition – key principles in complex systems theory  
**Natalia Bittencourt** - Brazil

14.55-15.05

**I** Small big data - How to apply complex approaches at an individual level  
**Nicol van Dyk** - Qatar

15.05-15.15

**I** 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

**I** Panel discussion  
**Meeuwisse, Bittencourt, van Dyk, Bekker**





**Session E • SYMPOSIUM 46****14.30-15.30**

Room Van Dongen

**PREVENTION OF LONG-STANDING GROIN PAIN IN ATHLETES [361]****Chair: Per HÖLMICH** - Denmark

- 14.30-14.42 | Prevention with athletic exercise based on pathology  
**Sadao Niga** - Japan
- 14.42-14.54 | Prevention of core muscle injuries in athletes  
**Alexander Poor** - USA
- 14.54-15.06 | Cross-motion swing produces effective pelvic motion for prevention by three-dimensional movement analysis  
**Mitsunori Kaya** - Japan
- 15.06-15.18 | Development of clinical entities, treatment, and prevention  
**Per Hölmich** - Denmark
- 15.18-15.30 | Panel discussion: Future strategies for long-standing groin pain prevention  
**Niga, Poor, Kaya, Hölmich**

**Session A • SYMPOSIUM 47****15.30-16.30**

Room Salle des Princes

**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** - The Netherlands
- 16.10-16.30 | Panel discussion: Injury prevention through mobile apps – how can we improve?  
**Verhagen, Steffen, Waldén, Krosshaug**



**Session B • SYMPOSIUM 48****15.30-16.30**

Room Prince Pierre

**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 Schwelnus** - 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, Schwelnus**

**Session C • SYMPOSIUM 49****15.30-16.30**

Room Camille Blanc

**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**



# SCIENTIFIC PROGRAMME

Saturday 14 March

## Session D • SYMPOSIUM 50

15.30-16.30

Room Auric

### HEALTH IMPACT OF LIFE-LONG PARTICIPATION IN OLYMPIC SPORT [574]

**Chair: Yannis PITSILADIS** - United Kingdom

15.30-15.42

Too much of good thing? The cardiovascular profile of older habitual high volume training endurance athletes

**Jeroen Swart** - South Africa

15.42-15.54

The benefits and consequences of a life in competitive sport: A musculoskeletal perspective

**James Bilzon** - United Kingdom

15.54-16.06

The health impact of life-long participation in Olympic sport: Lessons from Tokyo 1964

**Michiko Dohi** - Japan

16.06-16.18

The legacy of the Olympic Games and major sporting events: new horizons for life expectancy and health

**Victoriya Badiyeva** - Russia

16.18-16.30

Questions and panel discussion

16.30-17.00

Coffee Break

## KEYNOTE 5

17.00-17.45

Room Salle des Princes

### 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 Salle des Princes

20.00

**FACULTY DINNER** (*by invitation*)

