MONACO
12 - 14 MARCH 2020
Second Announcement
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I would like to thank the organizers of the « IOC World Conference on Prevention of Injury and Illness in Sport » for choosing once again Monaco as host of the event scheduled 12-14 March 2020.

Athletes are at the center stage of the Olympic Movement being its most valuable assets. Therefore, the preservation of their health must be considered as a priority and a responsibility for the stakeholders.

The Conference favors a multidisciplinary approach towards sports injury prevention with the goal to allow athletes to train and perform at the highest level whilst preserving their future well-being. It represents a unique platform gathering eminent specialists on injury and illness from around the world where are exchanged the researches and best practices to protect the physical integrity of athletes off and on the field.

The expectations are high and the previous editions have proved to have met them, delivering concrete results by a collaborative and collective process which allows a transfer of knowledge in order to minimize the risk factors with the practice of sport.

I wish all the participants a most fruitful Conference and an enjoyable stay in the Principality.

H.S.H. Prince Albert II of Monaco
Every athlete knows that injury and illness are an inherent risk to any sporting career. Athletes are at the heart of the Olympic Movement, and so it is only natural that the athletes’ health is a top priority for the International Olympic Committee. The IOC World Conference on the Prevention of Injury and Illness in Sport is one expression of how the IOC always puts the health of athletes first.

Bringing together leading experts and practitioners in sports medicine from around the world, this conference is an ideal platform for sharing and disseminating the latest research and best practices in the field of injury and illness prevention in sport.

With the Olympic Games Tokyo 2020 approaching fast, the IOC World Conference on Prevention of Injury and Illness in Sport is also timely reminder that we need this strong cooperation and joint effort to ensure that all the athletes have every chance of performing at their very best.

My thanks go to the members of the IOC Medical and Scientific Commission, chaired by IOC Vice-President Professor Ugur Erdener, who have been leading the efforts on injury and illness prevention and for bringing together this impressive community of experts and practitioners.

As the Conference is hosted once again in the Principality of Monaco, I would also like to extend my thanks and appreciation to HSH Prince Albert II, IOC Member, for his remarkable support to make this event possible.

Thomas Bach
Dear Participants,

Protecting the health of the athletes is one of the major priorities for the International Olympic Committee and its Medical and Scientific Commission, which I have the privilege to chair.

As health risks are inherent to the practice of sport, we have the duty to provide effective medical advice and care for the athletes. Therefore, it is important that all stakeholders – sports organisations, health professionals, scientific researchers, coaches and athletes – consider appropriate safety measures.

As I am myself from the medical profession, I know how important it is to be aware of the latest research and medical practices and to be able to use them to serve the athletes in the best way possible.

Reviewing the latest developments and sharing this knowledge will be the main focus of the 2020 edition of the IOC World Conference on Prevention of Injury and Illness in Sport, to be held in Monaco just a few months before the Olympic Games Tokyo 2020.

I would like to thank the organisers and in particular to my IOC colleague and friend, HSH Prince Albert II, for staging this Conference once again.

More than ever, we have to join our efforts to ensure the best possible care for all the athletes and to guarantee safe participation in sport.

Looking forward to seeing you next year in Monaco.

Prof. Dr Uğur Erdener
Chair, IOC Medical and Scientific Commission
Welcome

Dear colleagues,

We are delighted to wish you a very warm welcome to the 6th IOC World Conference on Prevention of Injury & Illness in Sport! Based on the success of the inaugural 1st World Congress on Sports Injury Prevention in 2005 in Oslo and the subsequent 2nd World Congress in 2008, where 700 participants from 56 countries participated, the International Olympic Committee decided to accept the invitation to take over responsibility for the congress from the founders at the Oslo Sports Trauma Research Center.

The third edition was the IOC World Conference on Prevention of Injury and Illness in Sport, held in Monaco in April 2011 and then again in 2014 and 2017. As reflected by the change in title in 2011, the scope of the conference has been expanded from sports injury prevention, to also include the prevention of other health problems associated with sports participation. With past participation of 1200 delegates from 96 countries, this conference has been established as a key meeting place for everyone engaged in injury and illness prevention, and we hope to see even more of you in Monaco in 2020.

The enormous interest in the conference is also reflected by the >400 programme proposals received. This means that, although the Scientific Committee has had a challenging job, they have been able to choose from the best of the best. This means that the upcoming conference features a first-class programme, presenting evidence-based information on methods to prevent injuries, illness and other health problems associated with sports participation, from a multidisciplinary perspective.

Monaco has again been chosen as the venue, and Grimaldi Forum will serve as a perfect setting for this event.

With the great interest shown by clinicians and scientists from scientific groups around the world we believe that the 6th IOC World Conference on Prevention of Injury & Illness in Sport in Monaco in 2020 will be the place to be. You do not want to miss this opportunity, if you are involved in caring for the health of athletes.

A warm welcome to Monaco in March 2020!
Organising Committee

President
Fredrik S. BENDIKSEN, MD

Members

Cherine TOUVET-FAHMY, IOC Medical & Scientific Department
Anti-Doping & Project Manager
Head of Logistics & Social Events

Benedetta BOARETTO - SARTORI, Account Manager
Organising Partner, Publi Créations SAM

International Olympic Committee

IOC Medical & Scientific Department

IOC Medical & Scientific Commission Chair:
Uğur ERDENER, Professor, Dr

Director in charge:
Richard BUDGETT, MD, OBE

Head of Scientific Activities:
Lars ENGBRETSEN, MD, PhD Professor

Monaco Olympic Committee

General Secretary
H.E. Mrs. Yvette LAMBIN-BERTI

Organising Partner

Publi Créations

74, Boulevard d’Italie - MC - 98000 Monaco - Tel.: +377 97 97 35 55 - Fax: +377 97 97 35 50
www.publicreations.com - E-mail: info@ioc-preventionconference.org
Scientific Committee

Chair
Roald BAHR, MD, PhD
Professor
Oslo Sports Trauma Research Center & Norwegian Olympic Training Center, Oslo, Norway
& Aspetar Orthopaedic & Sports Medicine Hospital, Doha, Qatar

Members

Kathryn ACKERMAN, MD, MPH, FACSM
Medical Director - Female Athlete Program, Division of Sports Medicine
Boston Children's Hospital
Associate Director - Sports Endocrine Research Lab, Neuroendocrine Unit
Massachusetts General Hospital
Assistant Professor - Harvard Medical School
Team Physician - USA Rowing

Clare ARDERN, PT, PhD
Physiotherapist, Senior researcher in the Division of Physiotherapy at
Karolinska Institute, Sweden
Editor-in-Chief of the Journal of Orthopaedic & Sports Physical Therapy

Elizabeth A. ARENDT, MD
Professor of Orthopaedic Surgery
University of Minnesota Department of Orthopaedic Surgery
Suite R200, 2450 Riverside Ave, South
Minneapolis MN 55454

Natalia FN BITTENCOURT, PT, PhD
Head of Sports Physical Therapy Department, Minas Tennis Club
Adjunct Professor at Uni-BH University Center
Belo Horizonte, Minas Gerais, Brazil

Jonathan DREZNER, MD
Professor, Department of Family Medicine
Director, Center for Sports Cardiology
Box 354060, University of Washington
Seattle, WA 98195 – USA

Jiří DVOŘÁK, Prof, MD
SPINE Unit - Swiss Concussion Center - Schüttess Clinic
Lengghalde 2CH - 8008 Zurich

Carolyln ENMY, PT PhD Professor
Chair Sport Injury Prevention Research Centre
Faculty of Kinesiology - University of Calgary
2500 University Dr NW
Calgary, Alberta, Canada T2N1N4

Lars ENGBRETSEN, MD PhD Professor
Head of Medicine & Science Olympic Committee, Lausanne, Switzerland; Oslo Sports Trauma Research Center, Oslo University Hospital & Norwegian Olympic Training Center, Oslo, Norway

Caroline FINCH AO, BSc, MSc, PhD, Professor
Australian Centre for Research into Injury in Sport and its Prevention, School of Medical and Health Sciences, Edith Cowan University
Perth, Western Australia, Australia

Daniel T. P. FONG, PhD, FIBBS
Senior Lecturer in Rehabilitation Science
National Centre for Sport and Exercise Medicine – East Midlands School of Sport, Exercise and Health Sciences
Loughborough University, The United Kingdom
Editor-in-Chief, Sports Biomechanics Journal

Fares HADDAD, Prof
Professor of Orthopaedic and Sports Surgery and Divisional Clinical Director of Surgical Specialties at UCLH
Director of the Institute of Sport, Exercise and Health (ISEH) at University College London
Editor in Chief, Bone and Joint Journal (formerly JBJS-Br)

Christa JANSE VAN RENSBURG, MD (PhD) MMed MSc MChB FACSM FFIMS
Associate Professor of Sport and Exercise Medicine
Head Section Sports Medicine - Faculty of Health Sciences
University of Pretoria
South Africa

Karim KHAN, MD, PhD, MBA, Professor
University of British Columbia, Vancouver, Canada
& Editor in Chief, BJSM
Scientific Director of the Canadian Institutes of Health Research (CIHR)
Institute of Musculoskeletal Health and Arthritis (IMHA)

Michael KJÆR, MD, DMSI Professor
Institute of Sports Medicine, Bispebjerg Hospital
University of Copenhagen, Denmark
IOC Sports Medicine Copenhagen

Hideyuki KOGA, MD PhD,
Associate Professor,
Department of Joint Surgery and Sports Medicine,
Tokyo Medical and Dental University, Tokyo, Japan

Margo MOUNTJOY, MD, PhD, CCFP (SEM), FACSM, Dip Sport Med.
Sports Medicine Physician
FINA Executive Board Member: Sports Medicine; IOC Games Group and WADA Health, Medicine and Research Committee
Micheal G. DeGroote School of Medicine, McMaster University

Erich MÜLLER, PhD Professor
Department of Sport Science - Vice Rector for Teaching
University of Salzburg
Salzburg, Austria

Nicola PHILLIPS, PT, PhD, Professor
Professor of Sports Physiotherapy, Cardiff University, Cardiff, UK

Yannis PITSILADIS, PhD, FACSM
Professor of Sport and Exercise Science - University of Brighton Eastbourne, UK

Yorck Olaf SCHUMACHER, Dr. med.
Aspetar Orthopaedic & Sports Medicine Hospital, Doha, Qatar

Martin SCHWELLNUS, MBCh, MSc (Med), MD, FACSM, FFIMS
Professor of Sport and Exercise Medicine
Director: Institute for Sport, Exercise Medicine and Lifestyle Research
Faculty of Health Sciences
University of Pretoria, South Africa

Jane THORNTON, MD PhD CCFP
Clinician Researcher
Fowler Kennedy Sport Medicine Clinic, Western University
Senior Associate Editor for the IOC-supported Active Well-being Initiative World Champion and Olympic Rower

Evert VERHAGEN PhD, Professor
Amsterdam Collaboration on Health & Safety in Sports
& Amsterdam Institute of Sport Sciences
Department of Public and Occupational Health
Amsterdam University Medical Center
Amsterdam, The Netherlands

Markus WALDÉN MD, PhD
Football Research Group
Division of Community Medicine
Department of Medical and Health Sciences
Linköping University
581 83 Linköping, Sweden
**2019**

**March 2019**
Announcement of the Preliminary programme

**March 2019**
Call for Abstracts & Call for Workshops
Opening of registration

**15 September 2019**
Deadline for submission of Abstracts & Workshops Proposals

**November 2019**
Notification to the authors of the Scientific Committee’s decision regarding acceptance / rejection of Abstracts & Workshops

**18 November 2019**
Early fee deadline

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**2020**

**28 January 2020**
Deadline for guaranteed hotel reservations

**After 2 March 2020**
Only on-site registration will be available

(Starting from 12 March)

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#IOCprev2020

www.ioc-preventionconference.org
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<th>Time</th>
<th>Session A • SYMPOSIUM 1 11.00-12.30 Room Salle des Princes</th>
<th>Session B • SYMPOSIUM 2 11.00-12.30 Room Prince Pierre</th>
<th>Session C • SYMPOSIUM 3 11.00-12.30 Room Camille Blanc</th>
<th>Session D • SYMPOSIUM 4 13.30-14.30 Room Prince Pierre</th>
<th>Session E • SYMPOSIUM 5 13.30-14.30 Room Prince Pierre</th>
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<td>Room Salle des Princes</td>
<td>Load management in elite football: Does sexy research translate to real-world prevention? Chairs: Thor Einar ANDERSEN - Norway, Benjamin CLARSEN - Norway</td>
<td>Protecting the olympians of tomorrow; should we be cardiac screening the elite paediatric athlete? Chair: Sanjay SHARMA - United Kingdom</td>
<td>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</td>
<td>Injury prevention programmes in Rugby Union: across countries and into communities Chair: Jon PATRICIOS - South Africa</td>
<td>Contact sports on artificial grass pitches: Getting beneath the surface of injury risk – How important is the divot? Chair: Keith STOKES - United Kingdom</td>
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<tr>
<td>Session A • SYMPOSIUM 8 14.30-15.30 Room Salle des Princes</td>
<td>Session B • SYMPOSIUM 9 14.30-15.30 Room Prince Pierre</td>
<td>Session C • SYMPOSIUM 10 14.30-15.30 Room Camille Blanc</td>
<td>Towards new horizons in injury prevention for Big Air and Slopestyle events in Beijing 2022 Winter Olympics Chair: Torbjorn SOLIGARD - Norway/Switzerland</td>
<td>Innovations to prevent running injuries Chair: Leonardo METSAVAHT - Brazil</td>
<td>Preventing overuse injuries in team sports – Yes we can! As evidenced by the hit sport – volleyball! Chairs: Natalia BITTENCOURT - Brazil, Christopher SKAZALSKI - Qatar/Norway</td>
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<td>Room Prince Pierre</td>
<td>Injury-specific prevention in female youth sports Chair: Carolyn EMERY - Canada</td>
<td>Two decades of the TRIPP model: Has implementation made its mark? Chair: Caroline FINCH - Australia</td>
<td>Preventing overuse injuries in team sports – Yes we can! As evidenced by the hit sport – volleyball! Chairs: Natalia BITTENCOURT - Brazil, Christopher SKAZALSKI - Qatar/Norway</td>
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<td>Session A • SYMPOSIUM 12 17.00-18.00 Room Salle des Princes</td>
<td>Session B • SYMPOSIUM 13 17.00-18.00 Room Prince Pierre</td>
<td>Session C • SYMPOSIUM 14 17.00-18.00 Room Camille Blanc</td>
<td>Session D • SYMPOSIUM 15 17.00-18.00 Room Auric</td>
<td>Session E • SYMPOSIUM 16 17.00-18.00 Room Van Dongen</td>
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<td>Room Prince Pierre</td>
<td>Injury prevention in women's football: Difficult but not impossible! Chair: Andrea MOSLER - Australia</td>
<td>Sleeping for success in sport Chair: Peter FOWLER - Australia</td>
<td>The power of athletes’ stories for evidence-based injury prevention in sports Chair: Evert VERHAGEN - The Netherlands</td>
<td>Understanding, Prevention, Treatment and Rehabilitation of ACL injury – Insights from the Far East Chair: Patrick SHU-HANG YUNG - Hong Kong</td>
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<td>Room Salle des Princes</td>
<td>Big computers, big data, big gains in injury prevention? Chair: Evert VERHAGEN - The Netherlands</td>
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<td>Primary prevention of mental health symptoms and disorders in elite athletes Chair: Brian HAINLINE - USA</td>
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<td>Room Prince Pierre</td>
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<td>Session C • SYMPOSIUM 19 18.00-19.00 Room Camille Blanc</td>
<td>Tackle risk in contact sports: Short-term pain for long-term salvation Chair: Simon KEMP - United Kingdom</td>
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<td>Room Prince Pierre</td>
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### PROGRAMME AT A GLANCE

**Friday 13 March**

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<th>Session B • SYMPOSIUM 23</th>
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<tr>
<td>08.30-09.15</td>
<td>Room Salle des Princes</td>
<td>Room Prince Pierre</td>
<td>Room Camille Blanc</td>
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<td></td>
<td>From Copenhagen to Dublin via Oslo: Collaborating to tackle primary, secondary and tertiary groin injury prevention in sports</td>
<td>Prevention of sudden cardiac death: Crossing the implementation gap</td>
<td>Injuries in runners: Epidemiology, risks and prevention</td>
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<td>Chairs: Thor Einar ANDERSEN - Norway, Per HÖLMICH - Denmark</td>
<td>Chair: Jonathan GREZNER - USA</td>
<td>Chair: Evert VERHAGEN - The Netherlands</td>
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<th>Session C • SYMPOSIUM 27</th>
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<td>11.30-13.00</td>
<td>Room Salle des Princes</td>
<td>Room Prince Pierre</td>
<td>Room Camille Blanc</td>
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<td>Hamstring injury prevention IS possible... Maybe. Kind of. Ish.</td>
<td>Evidence based prevention of illness associated with long-haul travel in elite athletes: Sorting the wheat from the chaff</td>
<td>Injury prevention in youth sport: Where does the future lie?</td>
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<tr>
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<td>Chairs: Tania PIZZARI - Australia, Johannes TOL - The Netherlands/Qatar</td>
<td>Chair: Wayne DERMAN - South Africa</td>
<td>Chair: Carolyn EMERY - Canada</td>
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**10.00-11.30** **Coffee Break**

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<tr>
<td>11.30-13.00</td>
<td>Room Salle des Princes</td>
<td>Room Prince Pierre</td>
<td>Room Camille Blanc</td>
<td>Room Auric</td>
<td>Room Van Dongen</td>
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<td></td>
<td>The value of longitudinal data for the prevention of injury and illness. Lessons learned from international surveillance programs</td>
<td>#MeTooSport – the prevention of non-accidental violence in sport settings: It's not just about one bad apple</td>
<td>Knowledge translation: Bridge between the evidence and real-world injury prevention impact</td>
<td>Prevention of injury in the overhead throwing athlete: Prediction, prevention, and workload</td>
<td>The Effect of the ‘Face to Face’ education program to rugby medical on the severe head injury</td>
</tr>
<tr>
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<td>Chair: Ian SHRIER - Canada</td>
<td>Chairs: Sharee BEKKER - South Africa/United Kingdom, Margo MOUNTJOY - Canada</td>
<td>Chair: Kathrin STEFFEN - Norway</td>
<td>Chair: Jason L. ZAREMSKI - USA</td>
<td>Chair: Mutsuo YAMADA - Japan</td>
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**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**

**18.00-19.00** **HEAD-TO-HEAD DEBATE 2** 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

**18.00-19.00** **KEYNOTE 4** Room Salle des Princes
Injury prevention in youth sport: Why are we so afraid of change?
Speaker: Carolyn EMERY - Canada

**19.00-20.00** **SPORTS CELEBRATION NIGHT**
### Saturday 14 March

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<th>Topic</th>
<th>Chair(s)</th>
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<tr>
<td>08.30-09.15</td>
<td>A+B+C</td>
<td>Salle des Princes</td>
<td>Tokyo 2020: Protecting the athlete from environmental and logistical challenges</td>
<td>Lee TAYLOR - Qatar, Carolyn EMERY - Canada, Martin ASKER - Sweden, Rodney WHITELEY - Qatar</td>
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<td>09.30-11.00</td>
<td>A+B+C</td>
<td>Salle des Princes</td>
<td>Concussion prevention in youth team sports: Evidence informing best practice and policy across five high risk sports</td>
<td>Carolyn EMERY - Canada, Lee TAYLOR - Qatar, Mark ASKER - Qatar, Rodney WHITELEY - Qatar</td>
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<tr>
<td>11.00-11.30</td>
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<td>Coffee Break</td>
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<tr>
<td>11.30-13.00</td>
<td>A+B+C</td>
<td>Salle des Princes</td>
<td>Training load and injury</td>
<td>Karim CHAMARI - Qatar, Nick VAN DYK - Qatar, Johann WINDT - USA</td>
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<tr>
<td>11.30-13.00</td>
<td>A+B+C</td>
<td>Prince Pierre</td>
<td>The injury prevention (re)volution - a primer for tomorrow</td>
<td>Nicol VAN DYK - Qatar, Johann WINDT - USA, Michael TURNER - United Kingdom</td>
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<tr>
<td>13.00-14.30</td>
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<td>Lunch</td>
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<tr>
<td>14.30-15.30</td>
<td>A+B+C</td>
<td>Prince Pierre</td>
<td>Implementing change in performance and prevention: Persuasion, Perseverance, Passion</td>
<td>Nicola PHILLIPS - United Kingdom, Mario BIZZINI - Switzerland</td>
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<tr>
<td>14.30-15.30</td>
<td>A+B+C</td>
<td>Camille Blanc</td>
<td>Infection prevention – what can you learn from our biggest mistakes?</td>
<td>Michael TURNER - United Kingdom</td>
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<tr>
<td>15.30-16.30</td>
<td>A+B+C</td>
<td>Salle des Princes</td>
<td>Injury prevention apps – clap or scrap?</td>
<td>Tron KROSSHAUG - Norway, Paul DIJKSTRA - Qatar, Andrea MOSLER - Australia</td>
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<td>15.30-16.30</td>
<td>A+B+C</td>
<td>Prince Pierre</td>
<td>Protecting respiratory health in athletes: What can we do better?</td>
<td>Michael LOOSEMORE - United Kingdom, James HULL - United Kingdom</td>
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<tr>
<td>15.30-16.30</td>
<td>A+B+C</td>
<td>Camille Blanc</td>
<td>Preventing primary cam morphology and femoroacetabular impingement syndrome in the young athlete: Is the ‘hop’ really the hip’s demise?</td>
<td>Paul DUKSTRA - Qatar, Andrea MOSLER - Australia</td>
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<td>16.30-17.00</td>
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<td>Coffee Break</td>
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<tr>
<td>17.00-17.45</td>
<td>A+B+C</td>
<td>Salle des Princes</td>
<td>Understanding the basis of success: How fewer injuries will help you win trophies</td>
<td>Martin HÄGGGLUND - Sweden, Per HÖLMICH - Denmark</td>
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<tr>
<td>17.45-18.00</td>
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</table>

**Programme at a Glance**

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

- **16.30-17.00** Coffee Break

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

- **20.00** FACULTY DINNER (by invitation)
10.30-11.00 Coffee Break

11.00-12.30 Session A • SYMPOSIUM 1

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

Chairs: Thor Einar ANDERSEN - Norway, Benjamin 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 McCaill - 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 S. 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?
  Benjamin Clarsen - Norway
- 12.15-12.30 Panel discussion
  Andersen, McCall, Dupont, Brink, Dalen-Lorentsen, Clarsen
Session B • SYMPOSIUM 2
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
Demetri 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
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
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<td>12.30-13.30</td>
<td>Lunch</td>
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<td>13.30-14.30</td>
<td>Session A • HEAD-TO-HEAD DEBATE 1</td>
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<tr>
<td></td>
<td>IS IT TIME TO STOP RECOMMENDING CARDIAC SCREENING IN ATHLETES AND FOCUS ON REACTIVE CARE? [243]</td>
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<tr>
<td></td>
<td>Chair: Kimberly HARMON - USA</td>
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<td>13.30-13.35</td>
<td>Setting the scene - pre-debate audience vote</td>
<td>Kimberly Harmon - USA</td>
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<tr>
<td>13.35-13.50</td>
<td>Speaker for the affirmative: Cardiac screening – end of an error. Long live reactive care</td>
<td>Mathew Wilson - Qatar</td>
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<tr>
<td>13.50-14.05</td>
<td>Speaker for the negative: Cardiac screening is essential and must go hand-in-hand with reactive care</td>
<td>Sanjay Sharma - United Kingdom</td>
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<tr>
<td>14.05-14.17</td>
<td>Rebuttals (3 minutes each)</td>
<td>Mathew Wilson - Qatar, Sanjay Sharma - United Kingdom</td>
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<tr>
<td>14.17-14.20</td>
<td>Chair’s sum-up and post-debate audience vote</td>
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<tr>
<td>14.20-14.30</td>
<td>Audience discussion</td>
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<td>13.30-14.30</td>
<td>Session B • SYMPOSIUM 4</td>
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<td></td>
<td>INJURY PREVENTION PROGRAMMES IN RUGBY UNION: ACROSS COUNTRIES AND INTO COMMUNITIES [233]</td>
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<td></td>
<td>Chair: Jon PATRICIOS - United Kingdom</td>
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<tr>
<td>13.32-13.44</td>
<td>RugbySmart: Positively pioneering injury prevention</td>
<td>Ken Quarrie - New Zealand</td>
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<tr>
<td>13.44-13.56</td>
<td>From “the pitch” to the pitch: World Rugby’s approach to implementing the Activate Injury Prevention Programme</td>
<td>Michael Hislop - Ireland</td>
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<td>13.56-14.08</td>
<td>BokSmart: Using a multipartid approach to develop targeted interventions for an ever-evolving game</td>
<td>Wayne Viljoen - South Africa</td>
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<tr>
<td>14.20-14.30</td>
<td>Questions and panel discussion</td>
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Session C • SYMPOSIUM 5

13.30-14.30
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

13.30-13.42
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

13.42-13.54
Differential injury rates on natural vs. artificial surfaces in the NFL: Lessons from American Football
Allen Sills - USA

13.54-14.06
Biomechanical Testing of Shoe-Surface Interactions and Footwear Design Implications
Richard Kent - USA

14.06-14.18
Strategies for injury reduction on artificial turf pitches
Simon Kemp - United Kingdom

14.18-14.30
Questions and panel discussion
Stokes, Sills, Kent, Kemp

Session D • SYMPOSIUM 6

13.30-14.30
Room Auric

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

Chair: Claude GOULET - Canada

13.30-13.32
Introduction of symposium and speakers
Claude Goulet - Canada

13.32-13.44
Does risk compensation undo the protection of ski helmet use?
Gerhard Ruedl - Austria

13.44-13.56
Educating for injury prevention: child and youth skiing and snowboarding
Brent E. Hagel - Canada

13.56-14.08
Using the biomechanics of injury to design safer snow sports equipment and on-slope injury prevention strategies
Irving Scher - USA

14.08-14.20
Sport injury epidemiology to support regulation implementation in alpine skiing and snowboarding
Claude Goulet - Canada

14.20-14.30
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

**13.30-14.30**  
**Room Van Dongen**  
**INNOVATIONS TO PREVENT RUNNING INJURIES** [319]  

**Chair:** Leonardo METSAVAHT - Brazil  

- **13.30-13.40**  
  *Problem overview: epidemiology*  
  Mansueto Gomes-Neto - Brazil  

- **13.40-13.50**  
  *The complexity of running injuries and their risk factors*  
  Leonardo Metsavaht - Brazil  

- **13.50-14.00**  
  *Costs for identifying running-related injury risks*  
  Gustavo Leporace - Brazil  

- **14.00-14.10**  
  *Neuromuscular training to prevent running-related injuries*  
  Fábio Arcanjo - Brazil  

- **14.10-14.30**  
  *Panel Discussion: Implementation of running-related injury prevention programs in clinical practice*  
  Metsavaht, Gomes-Neto, Leporace, Arcanjo

### Session A • SYMPOSIUM 8

**14.30-15.30**  
**Room Salle des Princes**  
**HEAD AND SHOULDERS, KNEES AND TOES: INJURY-SPECIFIC PREVENTION IN FEMALE YOUTH SPORTS** [267]  

**Chair:** Carolyn EMERY - Canada  

- **14.30-14.35**  
  *Keeping our girls on the field of play: The importance of injury prevention in youth female sports*  
  Carolyn Emery - Canada, Grethe Myklebust - Norway  

- **14.35-14.45**  
  *Preventing concussions in female youth sport*  
  Carolyn Emery - Canada  

- **14.45-14.55**  
  *Preventing shoulder injuries in overhead female youth sports*  
  Martin Asker - Sweden  

- **14.55-15.05**  
  *Preventing knee injuries in female youth team sports*  
  Grethe Myklebust - Norway  

- **15.05-15.15**  
  *Preventing ankle injuries in female youth team sports*  
  Kati Pasanen - Canada/Finland  

- **15.15-15.30**  
  *Panel discussion: Is it possible to protect our female youth sport athletes head to toe?*  
  Emery, Asker, Myklebust, Pasanen
### Session B • SYMPOSIUM 9

**Room Prince Pierre**

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<th>Title</th>
<th>Speaker</th>
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<tr>
<td>14.30-14.45</td>
<td>Reflecting on two decades of the TRIPP model – what is it and how has it been used to make an impact?</td>
<td>Caroline Finch</td>
<td>Australia</td>
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<td>14.45-14.55</td>
<td>Implementing injury prevention in sports - are we winning?</td>
<td>James O'Brien</td>
<td>Austria</td>
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<td>14.55-15.05</td>
<td>Behavioural approaches to enhance implementation</td>
<td>Carly McKay</td>
<td>United Kingdom</td>
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<tr>
<td>15.05-15.15</td>
<td>Implementation is more than an afterthought to your RCT</td>
<td>Evert Verhagen</td>
<td>The Netherlands</td>
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<td>15.15-15.30</td>
<td>Panel discussion: Where do we go next if we want to increase the impact of our preventive efforts</td>
<td>Finch, O’Brien, McKay, Verhagen</td>
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### Session C • SYMPOSIUM 10

**Room Camille Blanc**

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<tr>
<th>Time</th>
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<th>Speaker</th>
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<tbody>
<tr>
<td>14.30-14.42</td>
<td>The epidemiology of injuries in snowboarding and freestyle skiing in the Olympic Games</td>
<td>Torbjørn Soligard</td>
<td>Norway/Switzerland</td>
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<tr>
<td>14.42-14.54</td>
<td>Biomechanical evaluation of Big Air Jumps: Analysis of on-slope measurements to reduce injuries</td>
<td>Irving Scher</td>
<td>USA</td>
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<tr>
<td>14.54-15.06</td>
<td>IOC project Big Air / Slopestyle: Harnessing injury risk in the Beijing Winter Olympics with novel course design tools</td>
<td>Matthias Gilgien</td>
<td>Norway/Switzerland</td>
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<tr>
<td>15.06-15.18</td>
<td>IOC project Big Air / Slopestyle: The link between jump design, injury risk and user satisfaction</td>
<td>Claes Högström</td>
<td>Norway</td>
</tr>
<tr>
<td>15.18-15.30</td>
<td>Panel discussion: Injury prevention for Big Air and Slopestyle events in Beijing 2022 Winter Olympics</td>
<td>Soligard, Gilgien, Scher, Högström</td>
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</table>
Session D • SYMPOSIUM 11

14.30-15.30
Room Auric

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

Chairs: Natalia BITTENCOURT - Brazil & Christopher SKAZALSKI - Qatar/Norway

14.30-14.32
Introduction – The all too common state of overuse problems in volleyball

14.32-14.44
Patellar tendinopathy: can we block the spike of jumper’s knees in volleyball?
Johannes Zwerver - The Netherlands

14.44-14.56
Navigating the risk factor identification minefield and implementing a tailored prevention program to decrease patellar tendinopathy that works!
Natalia Bittencourt - Brazil

14.56-15.08
Monitoring training and competition load in volleyball…can we really prevent these overuse injuries?
Christopher Skazalski - Qatar/Norway

15.08-15.20
Injury prevention from the coach’s point of view, a real-world example of injury prevention and championship results
Kerry MacDonald - Canada

15.20-15.30
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

THEMATIC POSTERS SESSION

15.30-16.30
Exhibition hall – Poster Area

16.30-17.00
Coffee Break

Session A • SYMPOSIUM 12

17.00-18.00
Room Salle des Princes

INJURY PREVENTION IN WOMEN’S FOOTBALL: DIFFICULT BUT NOT IMPOSSIBLE!

Chair: Andrea MOSLER - Australia

17.00-17.12
Preventing injury in women’s football, a global problem
Andrea Mosler - Australia

17.12-17.24
What really works to reduce injury risk in women’s football?
Markus Waldén - Sweden

17.24-17.36
Prevention programmes only work if you do them; implementation strategies to reduce injury risk
Amelia Arundale - USA

17.36-17.48
Mars vs Venus, how injury prevention strategies for women’s football embrace the differences
Martin Hägglund - Sweden

17.48-18.00
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
Room Prince Pierre

**SLEEPING FOR SUCCESS IN SPORT** [295]

**Chair:** Peter FOWLER - Australia

17.00-17.12  ■ Overview: Why sleep is integral to performance  
**Peter Fowler** - Australia

17.12-17.24  ■ Sleep to prevent injury and illness  
**Kieran O'Sullivan** - Ireland

17.24-17.36  ■ Athlete-specific challenges to sleep: An applied perspective  
**Christa Janse van Rensburg** - South Africa

17.36-17.48  ■ A ‘Sleep Toolbox’ for practitioners: How to identify and target poor sleep in athletes  
**Amy Bender** - Canada

17.48-18.00  ■ Panel discussion

Session C • SYMPOSIUM 14
Room Camille Blanc

**THE POWER OF ATHLETES’ STORIES FOR EVIDENCE-BASED INJURY PREVENTION IN SPORTS** [170]

**Chair:** Evert VERHAGEN - The Netherlands

17.00-17.05  ■ Can you hear me? The true stories that numbers won’t tell  
**Caroline Bolling** - Brazil

17.05-17.15  ■ Step 1 – “As long as I can perform I am not injured”  
**Kristina Fagher** - Sweden

17.15-17.25  ■ Step 2 – “It is not just me!”  
**Caroline Bolling** - Brazil

17.25-17.35  ■ Step 3 – “One exercise won’t change my life”  
**Sheree Bekker** - South Africa/United Kingdom

17.35-17.45  ■ Step 4 – “Yes, your intervention works. So what?!”  
**Evert Verhagen** - The Netherlands

17.45-18.00  ■ 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 15

17.00-18.00 Room Auric

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

Chair: Brian HAINLINE - USA

17.00-17.05 #BreakTheSilence: The importance of addressing athlete mental health
Abhinav Bindra - India

17.05-17.16 The Sport Mental Health Assessment and Recognition Tools: a new global initiative
Vincent Gouttebarge - The Netherlands

17.16-17.27 Primary Prevention – Creating an environment that supports mental wellness in sport
Brian Hainline - USA

17.27-17.38 Primary Prevention – Addressing toxic environments in sport
Margo Mountjoy - Canada

17.38-17.49 Primary Prevention – Managing transition from sport: from injury to retirement
Rosemary Purcell - Australia

17.49-18.00 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

17.00-18.00 Room Van Dongen

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

Chair: Patrick SHU-HANG YUNG - Hong Kong

17.00-17.10 Sport-specific injury mechanism of ACL – Studies from Japan
Yuka Kimura - Japan

17.10-17.20 Prevention of ACL injuries in Asia – Community Outreach
Kam-Ming Mok - Hong Kong

17.20-17.30 Clinical examination of ACL – Bridging knee instability with player perceptions
Hideyuki Koga - Japan

17.30-17.40 Treatment of ACL injuries – the Korea Experience
Jin-Goo Kim - Korea

17.40-17.50 Return-to-play decisions after rehabilitation – What is missing to prevent injuries?
Patrick Shu-Hang Yung - Hong Kong

17.50-18.00 Panel Discussion: How to synthesize of East and West in ACL research
Kimura, Mok, Koga, Shu-Hang Yung
Session A • SYMPOSIUM 17

18.00-19.00
Room Salle des Princes

BIG COMPUTERS, BIG DATA, BIG GAINS IN INJURY PREVENTION? [336]

Chair: Evert VERHAGEN - The Netherlands

18.00-18.04
Introduction
Evert Verhagen - The Netherlands

18.04-18.16
Is it possible to predict injury risk and performance in complex systems?
Stephen W. Marshall - USA

18.16-18.28
Artificial Intelligence: What computers can see that humans cannot
Tyrel Stokes - Canada

18.28-18.40
Decision-making: What humans know that computers do not
Ian Shrier - Canada

18.40-19.00
Panel discussion: What is the role of artificial intelligence in sport medicine research?
Verhagen, Marshall, Stokes, Shrier

Session B • SYMPOSIUM 18

18.00-19.00
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

18.00-18.02
Introduction - From scientist to coach perspective
Jesper Bencke - Denmark

18.02-18.14
The importance of trunk stability as a risk factor for ACL injuries – and how to measure it
Ajit Chaudhari - USA

18.14-18.24
Hip and knee strength as a risk factor for ACL injuries – is it important?
Jesper Bencke - Denmark

18.24-18.36
Taking knee and hip biomechanics measurements from the lab to the field: Is it possible?
Tron Krosshaug - Norway

18.36-18.48
Neuromuscular activation as a risk factor for ACL injuries: Importance for exercise selection
Mette Kreutzfeldt Zebis - Denmark

18.48-19.00
Panel discussion: How can science help coaches optimising and individualising injury prevention?
Chaudhari, Bencke, Krosshaug, Zebis
### Session C • SYMPOSIUM 19
Room Camille Blanc

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

**Chair:** Simon KEMP - United Kingdom

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<tr>
<td>18.00-18.12</td>
<td>What is it about the rugby tackle that needs to inform prevention?</td>
<td>Simon Kemp</td>
<td>United Kingdom</td>
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<tr>
<td>18.12-18.24</td>
<td>Football helmets and shoulder pads – part of the problem or part of the solution?</td>
<td>Allen Sills</td>
<td>USA</td>
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<td>18.24-18.36</td>
<td>Evolution or Revolution – which is the most appropriate approach?</td>
<td>Keith Stokes</td>
<td>United Kingdom</td>
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<tr>
<td>18.36-18.48</td>
<td>Engineering approaches to the “Tackling Problem” – from field to laboratory</td>
<td>Chris Sherwood</td>
<td>USA</td>
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<tr>
<td>18.48-19.00</td>
<td>Panel discussion: Injury risk during contact events: Where do we go from here?</td>
<td>Kemp, Sills, Stokes, Sherwood</td>
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### Session D • SYMPOSIUM 20
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

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<tbody>
<tr>
<td>18.00-18.02</td>
<td>Introduction</td>
<td>Sheree Bekker</td>
<td>South Africa/United Kingdom</td>
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<tr>
<td>18.02-18.10</td>
<td>Ensuring the global relevance of sports injury prevention and harm reduction: The imperative for contextualised research, policy, and practice</td>
<td>Sheree Bekker</td>
<td>South Africa/United Kingdom</td>
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<tr>
<td>18.10-18.20</td>
<td>Overcoming cultural stigma to promote safety and fair play for recreational athletes with impairment in sub-Saharan Africa: the Ghanaian and Kenyan experience</td>
<td>Yetsa A. Tuakli-Wosornu</td>
<td>Ghana/USA</td>
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<td>18.20-18.30</td>
<td>The landscape of adopting, adapting and implementing sports injury prevention programs in sub-Saharan Africa: The Nigerian and South African experience</td>
<td>Ummukulthoum Bakare</td>
<td>Nigeria/South Africa</td>
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<td>18.30-18.40</td>
<td>The complexity of injury prevention: The Brazilian experience</td>
<td>Luciana De Michelis Mendonça</td>
<td>Brazil</td>
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<tr>
<td>18.40-19.00</td>
<td>Discussion</td>
<td>Bekker, Tuakli-Wosornu, Bakare, De Michelis Mendonça</td>
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<tr>
<td>18.00-19.00</td>
<td><strong>Session E • SYMPOSIUM 21</strong>&lt;br&gt;Room Van Dongen</td>
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<td><strong>THE HOLY GRAIL: THE PRIMARY PREVENTION OF BOTH ATHLETE INJURY + ILLNESS IN SPORT: RELATIVE ENERGY DEFICIENCY IN SPORT (RED-S)</strong></td>
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<td><strong>Chair:</strong> Margo MOUNTJOY - Canada</td>
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<tr>
<td>18.00-18.05</td>
<td><strong>Introduction: What is RED-S?</strong>&lt;br&gt;Margo Mountjoy - Canada</td>
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<td>18.05-18.15</td>
<td><strong>Primary prevention of low energy availability: Fueling + body composition management</strong>&lt;br&gt;Louise Burke - Australia</td>
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<td>18.15-18.25</td>
<td><strong>Primary prevention of eating disorders/ disordered eating</strong>&lt;br&gt;Jorunn Sundgot-Borgen - Norway</td>
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<td>18.25-18.35</td>
<td><strong>Primary prevention through athlete screening for RED-S</strong>&lt;br&gt;Kathryn Ackerman - USA</td>
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<td>18.35-18.45</td>
<td><strong>Primary prevention of RED-S through sport rule changes</strong>&lt;br&gt;Margo Mountjoy - Canada</td>
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<tr>
<td>18.45-19.00</td>
<td><strong>Discussion</strong>&lt;br&gt;Mountjoy, Burke, Ackerman, Sundgot-Borgen</td>
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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
Room Prince Pierre

09.30-11.00

PREVENTION OF SUDDEN CARDIAC DEATH: CROSSING THE IMPLEMENTATION GAP

Chair: Jonathan DREZNER - USA

09.30-09.35
I Overview: Challenges and controversies in the prevention of sudden cardiac death
Jonathan Drezner - USA

09.35-09.50
I Cardiac screening in young athletes: Defining an evidence-based protocol
Sanjay Sharma - United Kingdom

09.50-10.05
I Incidence of SCD: Which athletes should we consider "high" risk?
Kimberly Harmon - USA

10.05-10.20
I ECG screening: Establishing priorities when resources are limited
Mats Börjesson - Sweden

10.20-10.35
I Crossing the implementation gap for cardiac screening through education and innovative models of health care delivery
Jonathan Drezner - USA

10.35-11.00
I Panel discussion: Future directions for cardiac screening and sports cardiology training
Drezner, Sharma, Harmon, Börjesson

Session C • SYMPOSIUM 24
Room Camille Blanc

09.30-11.00

INJURIES IN RUNNERS: EPIDEMIOLOGY, RISKS AND PREVENTION

Chair: Evert VERHAGEN - The Netherlands

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

09.42-09.54
I In one mind - the psychology of injury prevention and running performance
Toomas Timpka - Sweden

09.54-10.06
I Novel risk factors associated with running injuries: An important step in designing intervention for prevention
Martin Schwellnus - South Africa

10.06-10.18
I Do running shoe features influence injury risk?
Laurent Malisoux - Luxembourg

10.18-10.30
I Viewpoints on advanced statistical analyses of running-related injury data: pathways and pitfalls
Rasmus Nielsen - Denmark

10.30-10.40
I Education and e-Health in the prevention of running-related injuries
Luiz Hespanhol Jr - Brazil

10.40-11.00
I 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  
HAMLSTRING INJURY PREVENTION IS POSSIBLE... MAYBE. KIND OF. ISH. [440]

**Chairs:** Tania PIZZARI - Australia, Johannes TOL - The Netherlands/Qatar

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Presenter(S)</th>
</tr>
</thead>
<tbody>
<tr>
<td>11.30-11.33</td>
<td>Introduction</td>
<td>Johannes Tol - The Netherlands/Qatar</td>
</tr>
<tr>
<td>11.33-11.43</td>
<td>Risk factors for hamstring injuries: Same old same old?</td>
<td>Tania Pizzari - Australia</td>
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<tr>
<td>11.43-11.58</td>
<td>When you can’t run slower: Can elite athlete monitoring prevent hamstring injuries in sprinters?</td>
<td>Noel Pollock - United Kingdom</td>
</tr>
<tr>
<td>11.58-12.10</td>
<td>Workload associated with risk of hamstring injury: Stating the obvious, but where’s the evidence?</td>
<td>Nicol van Dyk - Qatar</td>
</tr>
<tr>
<td>12.10-12.25</td>
<td>Implementation of successful prevention systems: Challenges and opportunities</td>
<td>Martin Wollin - Australia</td>
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<tr>
<td>12.25-12.40</td>
<td>&quot;Put me in coach, I’m ready!” Refocusing return to sport and how prevention practices might influence our decision making</td>
<td>Arnlaug Wangensteen - Norway</td>
</tr>
<tr>
<td>12.40-13.00</td>
<td>Can we prevent hamstring re-injuries?</td>
<td>Johannes Tol - The Netherlands/Qatar</td>
</tr>
</tbody>
</table>

**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

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

**Panel discussion/questions**  
Janse Van Rensburg, Webborn, Derman, Meyer
Session C • SYMPOSIUM 27
Room Camille Blanc

11.30-13.00

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 E. 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
Room Salle des Princes

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

Speaker: Sébastien RACINAIAS - 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 A. 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

17.00-17.05  ■ 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

17.00-17.04  ■ Epidemiology of injury in the overhead throwing athlete
Jason L. 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 L. 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
• The outline of WR education system
  Mark Harrington - Ireland

17.12-17.24
• Concussion education in prehospital immediate care in sports
  Andrew Smith - England

17.24-17.36
• The effect of the concussion card on the number of severe head injuries
  Lucy Clarke - Hong Kong

17.36-17.48
• The effect of concussion education on the number of severe head injuries
  Mutsuo Yamada - Japan

17.48-18.00
• 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
• 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 33

**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

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker</th>
<th>Country</th>
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<tbody>
<tr>
<td>18.00-18.12</td>
<td>Gastrointestinal issues in our athletes: Prevalence, mechanisms and prevention through dietary habit</td>
<td>Jamie Pugh</td>
<td>United Kingdom</td>
</tr>
<tr>
<td>18.12-18.24</td>
<td>Exercise effects and the elite athlete microbiome: What do we know?</td>
<td>Owen Cronin</td>
<td>Ireland/United Kingdom</td>
</tr>
<tr>
<td>18.24-18.36</td>
<td>Probiotics to prevent illness in athletes: The evidence and current state of play</td>
<td>Neil C. Williams</td>
<td>United Kingdom</td>
</tr>
<tr>
<td>18.36-18.48</td>
<td>Manipulating our microbes: Microbial strategies to improve athlete health and prevent illness in elite sport</td>
<td>Orla O'Sullivan</td>
<td>Ireland</td>
</tr>
<tr>
<td>18.48-19.00</td>
<td>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</td>
<td>Pugh, Cronin, Williams, O'Sullivan</td>
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### Session C • SYMPOSIUM 34

**Room Camille Blanc**

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

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

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<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker</th>
<th>Country</th>
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<tbody>
<tr>
<td>18.00-18.12</td>
<td>Background of the 11+ programme</td>
<td>Mario Bizzini</td>
<td>Switzerland</td>
</tr>
<tr>
<td>18.12-18.24</td>
<td>Understanding age, gender, level of play and adherence issues related to the 11+</td>
<td>Holly Silvers-Granelli</td>
<td>USA</td>
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<tr>
<td>18.24-18.36</td>
<td>Tailoring the 11+ to the professional football context</td>
<td>James O'Brien</td>
<td>Austria</td>
</tr>
<tr>
<td>18.36-18.48</td>
<td>Prevention has to start early: The 11+ kids</td>
<td>Roland Rössler</td>
<td>Germany</td>
</tr>
<tr>
<td>18.48-19.00</td>
<td>Panel discussion: How should the 11+ programme looks like in the future? How we deal with implementation challenges? What about the children and 11+ kids?</td>
<td>Bizzini, Silvers-Granelli, O'Brien, Rössler</td>
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</tbody>
</table>
# IOC Consensus on Methodology for Recording and Reporting of Data for Injury and Illness Surveillance

**Chairs:** Roald BAHR - Norway/Qatar, Karim CHAMARI - Qatar

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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</table>
| 18.00-18.08 | Why do we need a new consensus document?  
Roald Bahr - Norway/Qatar |
| 18.08-18.24 | The key elements and changes in the new consensus statement  
Willem Meeuwisse - Canada |
| 18.24-18.36 | How the STROBE-IE (Injury/Illness Epidemiology) checklist can help you – planning and reporting from studies  
Karim Khan - Canada/Qatar |
| 18.36-18.48 | How does the new consensus statement translate to the world of tennis – a model for other federations?  
Babette Pluim - The Netherlands |
| 18.48-19.00 | Panel discussion: What are the next steps to encourage consistency in data collection and research reporting?  
Bahr, Chamari, Khan, Meeuwisse, Pluim |

**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

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<thead>
<tr>
<th>Time</th>
<th>Session</th>
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</table>
| 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 SPORTS [266]**

**Chair:** Carolyn EMERY - Canada

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<tr>
<td>09.30-09.35</td>
<td>The public health burden of concussion in youth team sport: Introduction of session and speakers</td>
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<tr>
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<td>Carolyn Emery - Canada</td>
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<tr>
<td>09.35-09.47</td>
<td>Primary prevention of concussion in youth American Football: Tackle training, equipment, and rules</td>
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<td>Kevin Guskiewicz - USA</td>
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<tr>
<td>09.47-09.59</td>
<td>A comprehensive approach to concussion prevention in youth ice hockey</td>
</tr>
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<td></td>
<td>Carolyn Emery - Canada</td>
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<tr>
<td>09.59-10.11</td>
<td>Preventing concussion in youth rugby: Dispelling the myths of tackle training, load modification, and neuromuscular training</td>
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<td>Keith Stokes - United Kingdom</td>
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<tr>
<td>10.11-10.23</td>
<td>Best practice in concussion prevention in youth lacrosse</td>
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<td>Dawn Comstock - USA</td>
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<tr>
<td>10.23-10.35</td>
<td>Targeting intrinsic and extrinsic risk factors for concussion in youth soccer</td>
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<td>Kathryn Schneider - Canada</td>
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<tr>
<td>10.35-10.40</td>
<td>Highlights for best practice and policy across 5 team sports</td>
</tr>
<tr>
<td></td>
<td>Carolyn Emery - Canada</td>
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<tr>
<td>10.40-11.00</td>
<td>Panel discussion: Future directions in the prevention of concussion in youth sport. What evidence has potential for translation across sport-specific contexts?</td>
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<td>Emery, Guskiewicz, Stokes, Comstock, Schneider</td>
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### Session C • SYMPOSIUM 38
Room Camille Blanc

**NEVER MENTION PREVENTION!** [371]**

**Chair:** Martin ASKER - Sweden, Rodney WHITELEY - Qatar

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<th>Time</th>
<th>Topic</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>09.30-09.42</td>
<td>How would you train if you weren’t governed by fear of injury?</td>
<td>Rodney Whiteley - Qatar</td>
</tr>
<tr>
<td>09.42-09.54</td>
<td>Injury prevention programmes are bargains, but very few are buying them: Why?</td>
<td>Merete Møller - Denmark</td>
</tr>
<tr>
<td>09.54-10.06</td>
<td>I choose a throwing performance programme over injury prevention training every day of the week!</td>
<td>Martin Asker - Sweden</td>
</tr>
<tr>
<td>10.06-10.18</td>
<td>Don’t do hamstring injury prevention training, it will just decrease your performance!</td>
<td>Tania Pizzari - Australia</td>
</tr>
<tr>
<td>10.18-10.30</td>
<td>If I do the Copenhagen Adduction Exercise, I’ll be sore for a week, so no thank you!</td>
<td>Andreas Serner - Denmark/Qatar</td>
</tr>
<tr>
<td>10.30-10.42</td>
<td>30 years of research and clinical experience on the bumpy road of injury prevention - what do we see on the horizon</td>
<td>Rodney Whiteley - Qatar</td>
</tr>
<tr>
<td>10.42-11.00</td>
<td>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?</td>
<td>Møller, Asker, Pizzari, Serner, Whiteley</td>
</tr>
</tbody>
</table>

### 11.00-11.30 Coffee Break

### Session A • SYMPOSIUM 39
Room Salle des Princes

**TRAINING LOAD AND INJURY** [146]**

**Chair:** Karim CHAMARI - Qatar

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<th>Time</th>
<th>Topic</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>11.30-11.33</td>
<td>Introduction</td>
<td>Karim Chamari - Qatar</td>
</tr>
<tr>
<td>11.33-11.45</td>
<td>Training load monitoring: Objective and subjective tools – feasibility in the field</td>
<td>Karim Chamari - Qatar</td>
</tr>
<tr>
<td>11.45-11.57</td>
<td>Training load data analysis: What variables, what stats, what tools? What does it all mean when I just want to prevent injuries?</td>
<td>Rod Whiteley - Qatar</td>
</tr>
<tr>
<td>11.57-12.09</td>
<td>From research to the football World Cup: lessons learned from implementing training load monitoring in elite football players</td>
<td>Greg Dupont - France</td>
</tr>
<tr>
<td>12.09-12.21</td>
<td>Navigating the complex relationship between training load and groin injury in professional male football players</td>
<td>Andrea Mosler - Australia</td>
</tr>
<tr>
<td>12.21-12.33</td>
<td>Training load specifics for tendons – prevention of injuries and re-injuries when there is ‘pathology’, pain, or a ‘normal’ tendon?</td>
<td>Jill Cook - Australia</td>
</tr>
<tr>
<td>12.33-12.45</td>
<td>Modifying training loads to reduce the risk of further injury for athletes following knee surgery</td>
<td>Kay M. Crossley - Australia</td>
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<tr>
<td>12.45-13.00</td>
<td>Discussion</td>
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Session B • SYMPOSIUM 40  
Room Prince Pierre

11.30-13.00  
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?  
Benjamin Clarsen - Norway

11.45-12.00  
Technology will change the game - and it already has  
Lorena Torres Ronda - 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 Ronda, Windt, McKay, MacDonald

Session C • SYMPOSIUM 41  
Room Camille Blanc

11.30-13.00  
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
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
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

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
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 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
Introduction
Nicol van Dyk - Qatar

14.35-14.45
The evolution of injury prevention models in the past 30 years
Willem 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 E • SYMPOSIUM 46
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 E. 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
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

Room Prince Pierre

15.30-16.30

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

Chairs: Michael LOOSEMORE - United Kingdom, James HULL - United Kingdom

15.30-15.35 ❙ Introduction
Michael 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?
Michael 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

Session C • SYMPOSIUM 49

Room Camille Blanc

15.30-16.30


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
Sion Glyn-Jones - 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, Glyn-Jones
SCIENTIFIC PROGRAMME
Saturday 14 March

15.30-16.30
Session D • SYMPOSIUM 50
Room Auric

HEALTH IMPACT OF LIFE-LONG PARTICIPATION IN OLYMPIC SPORT [574]
Chair: Yannis PITSLADIS - 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 Badtieva - Russia

16.18-16.30
Questions and panel discussion

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 TROPHIES [483]
Speaker: Martin HÄGGLUND - Sweden

17.45-18.15
CLOSING CEREMONY
Room Salle des Princes

20.00
FACULTY DINNER (by invitation)

Please note that the programme of abstract presentations, poster presentations and workshops is not defined yet.
LIST OF SPEAKERS

Kathryn Ackerman, MD, MPH, FACSM
Sport Medicine Physician and Endocrinologist
Boston Children’s Hospital/Harvard Medical School
USA

Maria-Carmen Adamuz, MD, PhD
Consultant Cardiologist
Aspetar Orthopedic and Sports Medicine Hospital, PO Box 29222, Doha, Qatar

Thor Einar Andersen MD PT PhD Professor
Department of Sports Medicine
Oslo Sport Trauma Research Centre
PO Box 4014 Ullevål stadion
0806 Oslo, Norway

Stig Andersson, PT, PhD
Norwegian School of Sport Sciences
Department of Sports Medicine
Oslo Sports Trauma Research Center
Oslo, Norway

Fábio Arcanjo, PT, PhD
Researcher at Federal University of Bahia
Bahia, Brazil

Clare Ardern, PT, PhD
Physiotherapist, Senior researcher in the Division of Physiotherapy at Karolinska Institute, Sweden
Editor-in-Chief of the Journal of Orthopaedic & Sports Physical Therapy

Amelia Arundale PT, PhD, DPT, SCS
Physiotherapist and Biomechanist
The Brooklyn Nets
168 39th Street
Brooklyn, NY 11232, USA

Martin Asker DN PhD-candidate
Musculoskeletal & Sports Injury Epidemiology Center
Institute of Environmental Medicine, Karolinska Institutet
Box 210, 171 77
Stockholm, Sweden

Viktoriya Badtieva, Prof., MD,PhD
Chair TUE Committee of RUSADA, Russia’s anti-doping agency
Prof. Sechenov University, Moscow, Russia

Ummukulthoum Bakare PT, Phd Candidate, Instructor (FIFA 11+ and FIFA 11 for Health)
Medical and Scientific Commission, Nigeria Olympic Committee
Department of Physiotherapy, School of Therapeutic Sciences
University of the Witswaterstrand
Johannesburg, South Africa

Dr. Sheree Bekker
Prize Research Fellow. Department for Health
University of Bath
BA27AY, UK

Jesper Bencke, PhD, Laboratory Director
Human Movement Analysis Laboratory,
Copenhagen University Hospital, Hvidovre
IOC Research Center, Copenhagen
Hvidovre, Denmark

Amy Bender, PhD
Adjunct Professor of Kinesiology
University of Calgary
Calgary, Alberta, Canada

Stéphane Bermon, MD, PhD,
Director IAAF Health & Science Department
Monaco

James Bilzon, Professor
Department for Health Centre for Regenerative Medicine Institute
for Policy Research (IPPR) Centre for the Analysis of Motion, Department for Health at the University of Bath, Bath, United Kingdom

Abhinav Bindra
5 time Olympian, World Champion 2006, Olympic Champion 2008
Member of the IOC’s Athletes Commission
India

Natalia FN Bittencourt, PT, PhD
Head of Sports Physical Therapy Department. Minas Tenis Club
Adjunct Professor at Uni-BH University Center
Belo Horizonte, Minas Gerais, Brazil

Mario Bizzini, PhD, PT, Research Associate
Human Performance Lab
Schulthess Clinic
Lenzgghald 2
8008 Zürich, Switzerland

Caroline Bolling, PT, MSc
Amsterdam Collaboration on Health & Safety in Sports
Department of Public and Occupational Health
VU University Medical Center
Amsterdam, the Netherlands

Mats Börjesson, MD
Professor, University of Gothenburg
Forskningsenheten
Su sahlgrenska, 41345 Göteborg – Sweden

Valérie Bougault, Dr, PhD
Associate professor in Sport Sciences
Cote d’Azur University, Nice, France

Michel S. Brink PhD
Center for Human Movement Sciences
University of Groningen
Deusinglaan 1
9713 AV Groningen, The Netherlands

Louise Burke, PhD
Sports Nutrition
Australian Institute of Sport
Australia

Douglas Casa, PhD, ATC, FACSM, FNATA,
Chief Executive Officer Korey Stringer Institute
University of Connecticut
Storrs, CT, USA

Karim Chamari, PhD, Professor
ASPREV – Aspetar Injury and Illness prevention Department.
Aspetar Orthopedic and Sports Medicine Hospital.
PO Box 29222
Doha, Qatar

Ajit Chaudhari, PhD, FACSM, Associate Professor
Div. of Physical Therapy,
School of Health & Rehabilitation Sciences
The Ohio State University
Columbus, Ohio, USA
LIST OF SPEAKERS

Lucy Clarke, RGN, PgDip Mg’t
Head of Player Welfare & Medical
World Rugby Medical Trainer
Hong Kong Rugby

Benjamin Claerssen PT PhD
Department of Sports Medicine
Oslo Sport Trauma Research Centre
PO Box 4014 Ullevål stadion
0806 Oslo, Norway

Dawn Comstock PhD Professor
Colorado School of Public Health
University of Colorado, Denver
13001 E 17th Place
Mail Stop B119
Aurora, CO 80045, USA

Demetri Constantinou, MD, PhD, Professor
Director, Centre for Exercise Science and Sports Medicine
Wits Education Campus
27 St Andrew’s Road
Park Town
Johannesburg, SA

Jill Cook, PhD, Professor
La Trobe Sport and Exercise Medicine Research Centre
Bundoora 3086 Melbourne, Victoria, Australia

Owen Cronin MB PhD MMedSc (Sports and Exercise Medicine)
Department of Medicine, University College Cork, Ireland,
T12 DC4A.
Rheumatic Diseases Unit, Western General Hospital
Edinburgh, United Kingdom, EH4 2XU

Kay M. Crossley, BAppSc (physio), PhD, Professor
La Trobe Sport and Exercise Medicine Research Centre
La Trobe University; Plenty Road, Bundoora, 3086 – Australia

Torstein Dalen-Lorentsen MSc
Department of Sports Medicine
Oslo Sport Trauma Research Centre
PO Box 4014 Ullevål stadion
0806 Oslo, Norway

Luciana De Michelas Mendonça, Dr
Department of Physical Therapy – Universidade Federal dos
Vales do Jequitinhonha e Mucuri (UFVJM)
Diamantina, Minas Gerais, Brazil
IFSPT executive board

Eamonn Delahunt PhD Professor
School of Public Health, Physiotherapy and Sports Science
University College Dublin,
Dublin, Ireland

Wayne Derman MBChB BSc (Hons) PhD FFIMMS
Professor of Sport and Exercise Medicine
Institute of Sport and Exercise Medicine
Stellenbosch University
Stellenbosch, South Africa

Paul Dijkstra, MBChB, MPhil, FFSEM(UK), Assistant Professor
Department of Medical Education
Aspetar, Qatar Orthopaedic and Sports Medicine Hospital
Weill Cornell Medicine - Qatar
Doha, Qatar

Michiko Dohi
The Japan Institute of Sports Sciences (JISS) Tokyo, Japan

Jonathan Drezner, MD
Professor, Department of Family Medicine
Director, Center for Sports Cardiology
Box 354060, University of Washington
Seattle, WA 98195, USA

Gregory Dupont PhD Adjunct Professor
The Football Exchange, Research Institute for Sport and Exercise Sciences
Liverpool John Moores University
Tom Reilly Building, Byrom Street
L3 3AF Liverpool , UK

Caroline Finch AO, BSc, MSc, PhD, Professor
Australian Centre for Research into Injury in Sport and its Prevention,
School of Medical and Health Sciences,
Edith Cowan University
Perth, Western Australia, Australia

Peter Fowler, PhD
School of Exercise and Nutrition Sciences
Queensland University of Technology
Kelvin Grove, QLD, Australia, 4059

Andrew Franklyn-Miller. MBBS MRCGP FFSEM(UK)
FFSEM(irl)
Director Sports Medicine
Sports Surgery Clinic, Dublin, Ireland
Fellow
Centre for Health, Exercise, and Sports Medicine
University of Melbourne, Australia

Matthew Gilgien PhD
Norwegian School of Sports Sciences
Department of Physical Performance
PO Box 4014, Ullevål Stadion
0806 Oslo, Norway

Mo Gimpel PT
Director of Performance Science, Southampton Football Club,
UK/ Honorary Lecturer, Queen Mary’s University London &
University of Birmingham
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<tr>
<th>Name</th>
<th>Title/Position</th>
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<tr>
<td>Siôn Glyn-Jones, MA, MBBS, MRCS, FRCS, DPhil</td>
<td>Nuffield Department of Orthopaedics, Rheumatology and Musculoskeletal Sciences</td>
<td>University of Oxford, Oxford, UK</td>
</tr>
<tr>
<td>Mansueto Gomes-Neto, PT, PhD</td>
<td>Full Professor at Federal University of Bahia</td>
<td>Bahia, Brazil</td>
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<tr>
<td>Claude Goulet, Prof., PhD</td>
<td>Department of Physical Education Faculty of Education</td>
<td>Université Laval, Québec City, Canada</td>
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<tr>
<td>Vincent Gouttebarge, PhD</td>
<td>Amsterdam University Medical Centers, Department of Orthopaedic Surgery</td>
<td>Amsterdam, the Netherlands</td>
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<tr>
<td>Susan Greinig</td>
<td>IOC Medical Programmes Senior Manager IOC Safeguarding Officer</td>
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<tr>
<td>Phillip Gribble PhD Professor</td>
<td>Division of Athletic Training, College of Health Sciences</td>
<td>University of Kentucky, Kentucky, USA</td>
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<tr>
<td>Kevin Guskiewicz ATC PhD Professor</td>
<td>Department of Exercise and Sport Science</td>
<td>University of North Carolina, Chapel Hill, NC</td>
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<tr>
<td>Brent E. Hagel, PhD Professor</td>
<td>Departments of Paediatrics and Community Health Sciences</td>
<td>University of Calgary, Calgary, Canada</td>
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<tr>
<td>Martin Hägglund PT, PhD, Professor</td>
<td>Football Research Group Sport Without Injury Programme Division of Physiotherapy</td>
<td>University of Calgary</td>
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<tr>
<td>Brian Hainline, MD</td>
<td>National Collegiate Athletic Association</td>
<td>Indianapolis, IN, 46206, USA</td>
</tr>
<tr>
<td>Kimberly Harmon MD, Professor</td>
<td>Department of Family Medicine and Orthopaedics and Sports Medicine</td>
<td>3800 Montlake Boulevard, University of</td>
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<tr>
<td>Joar Hardy</td>
<td>Sports physiotherapist, PhD</td>
<td>Norwegian School of Sports Sciences</td>
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<tr>
<td>Mark Harrington, BA, PGCE &amp; M.Sc Sports Management</td>
<td>Head of Technical Services World Rugby, 8-10 Pembroke Street Lower Dublin, Ireland</td>
<td></td>
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<tr>
<td>Luiz Hespanhol PT, PhD, Professor</td>
<td>Masters and Doctoral Programs in Physical Therapy Universidade Cidade de São</td>
<td>São Paulo, Brazil</td>
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<tr>
<td>Claire Hiller PhD Research Fellow</td>
<td>Faculty of Health Sciences University of Sydney</td>
<td>Sydney, Australia</td>
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<tr>
<td>Michael Haaop, PhD</td>
<td>Researcher, World Rugby 8-10 Pembroke Street Lower Dublin 2 Ireland</td>
<td></td>
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<tr>
<td>Claes Högström PhD</td>
<td>Innland Norway University of Applied Sciences Faculty of Economics and Social</td>
<td>2418 Elverum, Norway</td>
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<tr>
<td>Brent E. Hagel, PhD Professor</td>
<td>Department of Medical and Health Sciences</td>
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<tr>
<td>Brian Hainline, MD</td>
<td>National Collegiate Athletic Association, PO Box 6222, Indianapolis, IN, 46206</td>
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<td>Department of Family Medicine and Orthopaedics and Sports Medicine</td>
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<td>Sports physiotherapist, PhD</td>
<td>Norwegian School of Sports Sciences</td>
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<tr>
<td>Mitsunori Kaya, MD, PhD</td>
<td>Department of Hip joint surgery, Hitsujigaoka Hospital</td>
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<tr>
<td>Simon Kemp MB BS MSc FFSEM</td>
<td>Medical Services Director, Rugby Football Union, London, UK</td>
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<tr>
<td>Gino M.M.J. Kerkhoffs, Prof. dr.</td>
<td>Chair Department of Orthopedic Surgery, Amsterdam University Medical Centers</td>
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<tr>
<td>Gino M.M.J. Kerkhoffs, Prof. dr.</td>
<td>Chair Academic Center for Evidence based Sportsmedicine (ACES)</td>
<td><a href="http://www.ACESAMSTERDAM.nl">www.ACESAMSTERDAM.nl</a></td>
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<td>Chair Department of Orthopedic Surgery, Amsterdam University Medical Centers</td>
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<td>Chair Academic Center for Evidence based Sportsmedicine (ACES)</td>
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# List of Speakers

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<tr>
<td>Karim KHAN, MD, PhD, MBA, Professor</td>
<td>University of British Columbia, Vancouver, Canada</td>
<td>Scientific Director of the Canadian Institutes of Health Research (CIHR) – Institute of Musculoskeletal Health and Arthritis (IMHA)</td>
</tr>
<tr>
<td>Yuka Kimura MD PhD</td>
<td>Assistant Professor, Department of Orthopaedic Surgery, Hirosaki University Graduate School of Medicine, Hirosaki, Japan</td>
<td></td>
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<tr>
<td>Jin-Goo Kim MD PhD</td>
<td>Professor, Department of Orthopedic Surgery, Konkuk University Medical Center, Korea</td>
<td></td>
</tr>
<tr>
<td>Enda King, PT, PhD</td>
<td>Head of Performance, SSC Sports Medicine, Unit C10 Gulliver’s Retail Park Northwood, Santry, Dublin 9 Republic of Ireland</td>
<td></td>
</tr>
<tr>
<td>Michael Koehle, MD, PhD</td>
<td>Professor &amp; Director, Sport &amp; Exercise Medicine, The University of British Columbia</td>
<td>Vancouver, Canada</td>
</tr>
<tr>
<td>Hideyuki Koga MD PhD</td>
<td>Associate Professor, Department of Joint Surgery and Sports Medicine, Tokyo Medical and Dental University, Tokyo, Japan</td>
<td></td>
</tr>
<tr>
<td>Mette Kreutzfeldt Zebis, PhD, Associate Professor</td>
<td>Department of Physiotherapy, Faculty of Health and Technology, University College Copenhagen, IOC Research Center, Copenhagen, Denmark</td>
<td></td>
</tr>
<tr>
<td>Tron Krosshaug, PhD, Professor</td>
<td>Oslo Sports Trauma Research Center, Department of Sports Medicine, Norwegian School of Sport Sciences, Oslo, Norway</td>
<td></td>
</tr>
<tr>
<td>Lior Laver, MD</td>
<td>The Royal Orthopaedic Hospital - NHS Foundation Trust, Birmingham, UK</td>
<td>ESSKA-ESMA Board Member and Education Secretary, EHF Medical and Health Sciences Group</td>
</tr>
<tr>
<td>Gustavo Leporace, PT, PhD</td>
<td>Director of Research Department at Institute Brazil of Technologies in Health, Rio de Janeiro, Brazil</td>
<td></td>
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<tr>
<td>Michael Loosemore MBBS PhD FFSEM</td>
<td>Institute of Sport, Exercise and Health, University College London, UK</td>
<td></td>
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<tr>
<td>Kerry MacDonald, PhD</td>
<td>Volleyball Canada, Director of Sport Science, Sport Medicine &amp; Innovation, 272-6081 University Blvd Vancouver, Canada</td>
<td></td>
</tr>
<tr>
<td>Laurent Malisoux, PhD</td>
<td>Sports Medicine Research Laboratory, Department of Population Health, Luxembourg Institute of Health, Luxembourg</td>
<td></td>
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<tr>
<td>Stephen W. Marshall, PhD</td>
<td>Director, Injury Prevention Research Center, University of North Carolina at Chapel Hill</td>
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<td>Susan Mayes PT, PhD</td>
<td>Director of the Artistic Health Team, The Australian Ballet, Adjunct Research Fellow, La Trobe University, Australia</td>
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<tr>
<td>Alan McCall PhD Msc</td>
<td>Arsenal FC, AL2 1DR Colney, UK</td>
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<tr>
<td>Carly McKay PT, PhD</td>
<td>Centre for Motivation and Health Behaviour Change, Department for Health, University of Bath, Claverton Down Bath, BA2 7AY, United Kingdom</td>
<td></td>
</tr>
<tr>
<td>Willem Meeuwisse, MD, PhD</td>
<td>Medical Director, National Hockey League - Professor Emeritus and Founding Chair, Sport Injury Prevention Research Centre, Faculty of Kinesiology, University of Calgary, Canada</td>
<td></td>
</tr>
<tr>
<td>Leonardo Metsavant, MD, MSc, CSO</td>
<td>Chief of Scientific Officer at Institute Brazil of Technologies in Health, Rio de Janeiro, Brazil</td>
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<tr>
<td>Professor Tim Meyer MD, PhD</td>
<td>Institute of Sport and Preventative Medicine, Saarland University, Saarbrücken, Germany</td>
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<tr>
<td>Kam Ming Mok PhD</td>
<td>Assistant Manager (Physical Education), Student Services Centre, Lingnan University, Hong Kong SAR</td>
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<tr>
<td>Merete Møller, PT, PhD</td>
<td>Section for Sport Science, Department of Public Health, Aarhus University Aarhus, Denmark</td>
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<tr>
<td>Andrea Mosler, BAppSc (physio), MAAppSc (sports physio), PhD</td>
<td>La Trobe Sport and Exercise Medicine Research Centre – La Trobe University 3086 Plenty Road, Bundoora, Australia</td>
<td></td>
</tr>
<tr>
<td>Prof Margo Mountjoy MD, PhD, CCFP (SEM), FACSM, Dip Sport Med.</td>
<td>Sports Medicine Physician, FINA Executive Board Member: Sports Medicine, IOC Games, Group and WADA Health, Medicine and Research Committee, McMaster University, Canada</td>
<td></td>
</tr>
<tr>
<td>Grethe Myklebust PT PhD Professor</td>
<td>Department of Sports Medicine, Oslo Sport Trauma Research Center PO Box 4014 Ullevål stadion 0806 Oslo, Norway</td>
<td></td>
</tr>
<tr>
<td>Name</td>
<td>Affiliation</td>
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<tr>
<td>Rasmus Nielsen</td>
<td>Section for Sports Science, Aarhus University, Aarhus, Denmark</td>
<td></td>
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<tr>
<td>Sadao Niga</td>
<td>JIN Orthopaedic &amp; Sports Clinic, 3-10-7, Suzuya, Chuo-ku, Saitama, Japan</td>
<td></td>
</tr>
<tr>
<td>James O'Brien</td>
<td>Red Bull Football Academy, Austria, Australian Centre for Research into Injury in Sport and its Prevention, School of Medical and Health Sciences, Edith Cowan University, Australia</td>
<td></td>
</tr>
<tr>
<td>Dr. Orla O'Sullivan</td>
<td>Teagasc Food Research Centre, Moorepark, Co. Cork, Ireland, P61 C996 APC Microbiome Ireland, University College Cork, Cork, Ireland</td>
<td></td>
</tr>
<tr>
<td>Jon Patricios</td>
<td>Sport Injury Prevention Research Centre, Faculty of Kinesiology, University of Calgary, 2500 University Dr. NW, Calgary, Alberta, T2N1N4 Canada</td>
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<tr>
<td>Jon Patricios</td>
<td>MMedSci, FACSM, FFSEM, FFIMS (South Africa)</td>
<td></td>
</tr>
<tr>
<td>Jon Patricios</td>
<td>Title and affiliations: Professor, School of Therapeutic Sciences, Faculty of Health Sciences, University of the Witwatersrand, Johannesburg, South Africa, Director of Sports Concussion South Africa and member of World Rugby's Concussion Advisory Group</td>
<td></td>
</tr>
<tr>
<td>Kati Pasanen</td>
<td>Sport Injury Prevention Research Centre, Faculty of Kinesiology, University of Calgary, 2500 University Dr. NW, Calgary, Alberta, T2N1N4 Canada</td>
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<tr>
<td>Nirmala Perera</td>
<td>Department of Medical and Health Sciences, Division of Physiotherapy, Linköping University, 58183 Linköping, Sweden</td>
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<td>Babette Pluim</td>
<td>Royal Dutch Lawn Tennis Federation (KNTLT), Amersfoort, 3821 BT, Netherlands</td>
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<tr>
<td>Noel Pollock</td>
<td>Chief Medical Officer, British Athletics, Consultant in Sport &amp; Exercise Medicine</td>
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<tr>
<td>Alexander E. Poor</td>
<td>Vincera Institute, 1200 Constitution Ave, Suite 110, Philadelphia, PA 19112 USA</td>
<td></td>
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<tr>
<td>Dr. Jamie Pugh</td>
<td>Faculty of Science, School of Sport and Exercise Sciences, Liverpool John Moores University, L3 3AF, Liverpool, United Kingdom</td>
<td></td>
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<tr>
<td>Rosemary Purcell</td>
<td>Oxygen, The National Centre of Excellence in Youth Mental Health, 35 Poplar Rd, Parkville, Vic, 3052, Australia</td>
<td></td>
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<tr>
<td>Ken Quarrie</td>
<td>Senior Scientist, New Zealand Rugby, Member of World Rugby's Medical, Science &amp; Research Group, Scientific Committee and Scrum Advisory Group, New Zealand Rugby, 100 Molesworth Street, Wellington, New Zealand</td>
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<tr>
<td>Sébastien Racinais</td>
<td>Athlete Health and Performance Research Centre, Aspetar, PO Box 29222, Doha, Qatar</td>
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<tr>
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<tr>
<td>Martin Schwellnus</td>
<td>MBCh, MSc (Med), MD, FACSM, FFIMS, Professor of Sport and Exercise Medicine, Director: Sport, Exercise Medicine and Lifestyle Institute (SEMNLI), Faculty of Health Sciences, University of Pretoria, South Africa</td>
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<tr>
<td>Andreas Serner</td>
<td>Aspetar Orthopaedic and Sports Medicine Hospital, Sports City Street, PO Box 29222, Doha, Qatar</td>
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<tr>
<td>Sanjay Sharma</td>
<td>MD PhD, Professor of Cardiovascular Sciences, Director of Inherited Cardiac Diseases and Sports Cardiology, St George’s University of London, London, SW17 0RE, UK</td>
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## List of Speakers

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<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Organization/Location</th>
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<tr>
<td>Chris Sherwood</td>
<td>Consultant at Biocore LLC - Biomechanics Consulting &amp; Research</td>
<td>USA</td>
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<tr>
<td>Ian Shrier MD, PhD</td>
<td>Centre for Clinical Epidemiology</td>
<td>Lady Davis Institute, Jewish General Hospital, McGill University</td>
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<tr>
<td>Patrick Shu-Hang Yung MBChB (HK) FRCS (Edin) FRCS (Edin Ortho Surg) FCSHK FHKAM (Ortho)</td>
<td>President of Asian Federation of Sports Medicine (AFSM) Professor, Department of Orthopaedics &amp; Traumatology, Faculty of Medicine, The Chinese University of Hong Kong, Hong Kong SAR</td>
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<tr>
<td>Allen Sills, MD</td>
<td>Chief Medical Officer, National Football League Professor of Neurosurgery, Vanderbilt University Medical Center</td>
<td>Nashville, TN</td>
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<tr>
<td>Holly Silvers-Granelli, MPT, PhD</td>
<td>Velocity Physical Therapy</td>
<td>11611 San Vicente Blvd, GF-1 Los Angeles, California, USA</td>
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<td>Norwegian School of Sport Sciences - Oslo Sports Trauma Research Center (Qatar/Norway)</td>
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<td>Andrew Smith BSc(Hons) MB ChB MRCS(Eng) FRCEM FFIMC RCS(ED) FFSEM(UK) MSc SEM PGCHPE FHEA</td>
<td>Emergency Medicine Consultant, Mid Yorkshire Hospitals NHS Trust, Aberford Road, Wakefield, WF1 4DG, England, UK</td>
<td>England Rugby Pre Hospital Immediate Care in Sport Programme Director</td>
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<td>Newark, DE 19716, USA</td>
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<td>Torbjorn Soligard PhD</td>
<td>International Olympic Committee</td>
<td>Château de Vidy</td>
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<td>Rugby Football Union</td>
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<td>Tyrel Stokes PhD Candidate</td>
<td>Department of Mathematics and Statistics, McGill University 805 rue Sherbrooke Ouest.</td>
<td>Montreal, QC H3A 0B9, Canada</td>
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**Jorunn Sundgot Borgen, PhD, FACSM**

**Sport Scientist**

The Norwegian School of Sport Sciences

Norway

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**Keith Stokes PhD Professor**

Department for Health, University of Bath, UK

Rugby Football Union

Twickenham, UK

---

**Tyrel Stokes PhD Candidate**

Department of Mathematics and Statistics, McGill University

805 rue Sherbrooke Ouest.

Montreal, QC H3A 0B9, Canada

---

**Jeroen Swart**

Senior Lecturer, Division of Exercise Science and Sports Medicine (ESSM), Department of Human Biology, Faculty of Health Sciences University of Cape Town, South Africa

---

**Lee Taylor PhD FACSME FECS FHEA CSci AES**

Visiting Fellow in Environmental and Exercise Physiology School of Sport, Exercise and Health Sciences Loughborough University, Loughborough, UK.

---

**Kristian Thorborg, Sports physiotherapist, PhD, Associate Professor**

Sports Orthopedic Research Center - Copenhagen (SORC-C), Kettegård alle 30, 2650 Hvidovre Copenhagen University hospital, Denmark

---

**Toomas Timpka MD PhD Professor**

Athletics Research Center

Linköping University

Linköping, Sweden

---

**Johannes Tol, MD, PhD**

Aspetar Orthopaedic and Sports Medicine Hospital, Doha, Qatar Amsterdam University Medical Centers, Academic Medical Center, Amsterdam Movement Sciences, Academic Center for Evidence-based Sports medicine (ACES), Amsterdam, the Netherlands

Amsterdam Collaboration for Health and Safety in Sports (ACHSS)

AMC/VUmc IOC Research Center

Amsterdam, the Netherlands

---

**Lorena Torres Ronda, PhD, MCs**

Sport Scientist, Research and Development Coordinator Spur Sports & Entertainment

1 Spurs Lane

San Antonio, Texas 78240, USA

---

**Yetsa A. Tuakli-Wosornu, MD, MPH**

Assistant Clinical Professor, Yale School of Public Health Department of Chronic Disease Epidemiology International Society of Physical and Rehabilitation Medicine Task Force on Physical Activity for Persons with Disabilities IOC Working Group on the Prevention of Harassment and Abuse in Sport International Blind Sports Federation Medical Committee Ghana/USA

---

**Emma Stokes PT, PHD**

President, World Confederation for Physical Therapy

Head, Department of Physiotherapy, College of Health Sciences, Qatar University, Qatar

Associate professor, Discipline of Physiotherapy

Trinity College

Dublin, Ireland
LIST OF SPEAKERS

Michael Turner MB BS, FFSEM
Medical Director and CEO
The International Concussion and Head Injury Research Foundation (ICHIRF)
The Institute of Sport and Exercise Medicine (ISEH)
170 Tottenham Court Road
London W1T 7HA, UK

Nicol van Dyk, PT, PhD
ASPREV - Aspetar injury and illness prevention program
Aspetar Orthopaedic and Sports Medicine Hospital
PO Box 29222
Doha, Qatar

Evert Verhagen PhD, Professor
Amsterdam Collaboration on Health & Safety in Sports
& Amsterdam Institute of Sport Sciences
Department of Public and Occupational Health
Amsterdam University Medical Center
Amsterdam, The Netherlands

Wayne Viljoen, PhD
Senior Manager: Rugby Safety, South African Rugby Union
(SA Rugby)
SARU House, South African Rugby Union
163 Uys Krige Road
Plattelbak, 7500
Western Cape, South Africa

Markus Waldén MD, PhD
Football Research Group
Division of Community Medicine
Department of Medical and Health Sciences
Linköping University
581 83 Linköping, Sweden

Arnlaug Wangensteen, PT, PhD
Oslo Sports Trauma Research Center, Norwegian School of
Sport Sciences
Oslo, Norway

Nick Webborn OBE MB BS FFSEM FACSM
Clinical Professor (Sport & Exercise Medicine), University of
Brighton, UK
Honorary Clinical Professor in the School of Sport, Exercise and
Health Sciences, Loughborough University, UK

Niels Wedderkopp, MD, PhD, Professor
Department of Regional Health Research
University of Southern Denmark
Campusvej 55
DK-5230 Odense M, Denmark

Chris Whatman PT PhD Associate Professor
Sport and Exercise Science
AUT Sports Performance Research Centre
Faculty of Health and Environmental Sciences,
Auckland University of Technology
Private Bag 92006
Auckland, New Zealand

Rodney Whiteley, PhD
Assistant Director of the Rehabilitation Department
Aspetar Sports Medicine Hospital
Sports City Street
PO Box 29222
Doha, Qatar

Craig Williams, PhD, FACSM, FBATES, Professor
Paediatric Exercise Physiology, Director of Children’s Health and
Exercise Research Centre Exeter (CHERC)
College of Life and Environmental Sciences
St. Luke's Campus
University of Exeter
Heavitree Road
Exeter EX1 2LU, UK

Neil C. Williams, PhD
Senior Lecturer in Exercise Physiology and Nutrition
Exercise and Health Research Group, Sport Health and
Performance Enhancement (SHAPE) Research Centre, School of
Science and Technology,
Nottingham Trent University, Nottingham, United Kingdom,
NG11 8NS

Mathew Wilson PhD, Professor
Athlete Health and Performance Research Centre
Aspetar Orthopedic and Sports Medicine Hospital
PO Box 29222, Doha, Qatar

Johann Windt, PhD, CSCS
United States Olympic Committee
1 Olympic Plaza,
Colorado Springs, CO 80920, USA

Erik Witvrouw
Ghent University, Ghent, Belgium
Dept Rehabilitation Sciences
Conneel Heymanslaan 10
Gent, Belgium

Martin Wollin, PT, PhD
Senior Sports and Exercise Physiotherapist
Australian Institute of Sport

Mutsuo Yamada, MD, Ph.D (Sport Medicine),
Professor (Sport Medicine)
Asia Rugby Chief Medical Officer,
World Rugby Immediate Pitch Side Care Working group
member,
World Rugby Medical & Science research working group
member,
Japan Rugby Football Union Medical committee member,
World Rugby Medical Trainer
RFU Immediate Care in Sport Instructor
Japan Sport Association official recognition Sport Doctor,
Japan Para-sport Association official recognition Sport Doctor,
Rehabilitation Medicine Specialist

Jason L. Zaremski, MD, CAQSM, FACSM, FAAPMR
Associate Professor Divisions of PM&R, Sports Medicine, &
Research
Department of Orthopaedics and Rehabilitation
Co-Medical Director Adolescent & High School Outreach
Program
University of Florida College of Medicine
Gainesville, Florida, United States

Johannes Zwerver, MD, PhD, Professor
Center for Rehabilitation and Sports Medicine
University of Groningen, University Medical Center Groningen
PO Box 300001
With 35,000 sqm. of modular premises and state-of-the-art technologies, the Grimaldi Forum Monaco is a wonderful tool to build up events. Since its opening in 2000, about 100 events are organised each year. Many events management and international corporate companies are attracted by the glass and steel structure as well as its tailor-made services dedicated to the 3 auditoria, 22 breakout rooms, 2 interconnecting exhibitions halls and 2 banqueting areas.

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The registration fee for the Conference includes:

- Participation in all scientific sessions
- Visit of the Exhibition area
- Welcome Reception (11 March)
- Opening Ceremony (12 March)
- Refreshments served during coffee breaks and lunches (12, 13, 14 March)
- Conference kit
- Certificate of attendance (to be downloaded after the Conference)
- Closing Lecture (14 March)

The registration fee for accompanying persons includes:

- Visit of the Exhibition area
- Welcome Reception (11 March)
- Refreshments served during coffee breaks and lunches (12, 13, 14 March)

How to register
To register for the IOC World Conference of Prevention of Injury & Illness in Sport, please visit the website

www.ioc-preventionconference.org

Confirmation of registration
Upon receipt of the relevant payment, all participants will receive an invoice that will serve as registration confirmation.

Cancellations and refunds:
Notification of cancellation of registration must be sent in writing to Publi Créations (info@ioc-preventionconference.org) or to fax number +377 97 97 35 50 and will be subject to the following conditions:

- Cancellation received before 28 January 2020: the payment will be refunded after the Conference, less 30% of the amount paid.
- Cancellation received after 29 January 2020: no refund will be provided.

REGISTRATION FEE

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<th>Before 18 November 2019</th>
<th>After 18 November 2019</th>
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<tr>
<td>Conference registration</td>
<td>€700</td>
<td>€800</td>
<td>€850</td>
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<tr>
<td>Accompanying person</td>
<td>€300</td>
<td>€350</td>
<td>€400</td>
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<tr>
<td>Student Conference registration*</td>
<td>€250</td>
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</table>

*Copy of the student card with valid date and signed letter from department Chair at University to be provided upon registration. Approval will be given individually in writing.

The above mentioned fees include VAT.

Please note that registration will only be confirmed once payment has been received.
Rooms will be available in the following structures:

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<th>HOTEL</th>
<th>Double or single use rate</th>
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<tr>
<td>Hermitage Monte-Carlo 5***** L</td>
<td>€260</td>
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<tr>
<td>Fairmont Monte-Carlo 4**** L</td>
<td>€250</td>
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<tr>
<td>Le Méridien Beach Plaza 4**** L</td>
<td>€242</td>
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<tr>
<td>Columbus Monte-Carlo 3***</td>
<td>€169</td>
</tr>
<tr>
<td>Novotel Monte-Carlo 3***</td>
<td>€198</td>
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</table>

The above rates are in Euro and are intended per night, per room, including buffet breakfast, VAT and service charges included.

Reservation deadline
28 January 2020 ➔ After this date, reservations are not guaranteed.

How to make a hotel reservation
To book your hotel room in Monaco and benefit from the special Conference rates, please visit the website

[www.ioc-preventionconference.org](http://www.ioc-preventionconference.org)

Cancellation policy
Please kindly note that the hotel rates are expressly negotiated for the Conference participants and are subject to specific conditions:

- Minimum stay of 2 nights
- Cancellations

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- **Cancellations made after 13 November 2019:** no refund will be provided.

Transfer
Please note that transfers by shuttle from/to the Airport will be provided to individual participants, based on the following schedule: Running all day from Nice Côte d’Azur Airport to Monaco on Wednesday 11 March and back from Monaco to Nice Côte d’Azur Airport on Sunday 15 March.

Please note that transfers are guaranteed only if the participant has provided his/her complete travel information within the given deadline.