IOC WORLD CONFERENCE ON PREVENTION OF INJURY & ILLNESS IN SPORT

MONACO
12 - 14 MARCH 2020

IN COLLABORATION WITH

visit MONACO

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PROGRAMME AT A GLANCE

Wednesday 11 March

16.00 **Registration**
18.30 **OPENING CEREMONY** Room Salle des Princes
19.00 **Welcome Reception at the Grimaldi Forum**

Thursday 12 March

08.00 **Registration**
09.00-09.30 **OPENING OF THE SCIENTIFIC SESSIONS** Room Salle des Princes

09.30-10.30 **KEYNOTE 1** Room Salle des Princes
Injury prevention from a professional sports league perspective: the journey from theory to implementation
Speaker: **Willem MEEUWISSE** - Canada

10.30-11.00 Coffee Break

Session A • SYMPOSIUM 1
11.00-12.30 Room Salle des Princes
Load management in elite football: Does sexy research translate to real-world prevention?
Chairs:
Thor Einar ANDERSEN - Norway,
Benjamin CLARSEN - Norway

Session B • SYMPOSIUM 2
11.00-12.30 Room Prince Pierre
Protecting the olympians of tomorrow; should we be cardiac screening the elite paediatric athlete?
Chair: Sanjay SHARMA - United Kingdom

Session C • SYMPOSIUM 3
11.00-12.30 Room Camille Blanc
Primary, secondary and tertiary prevention strategies for ankle sprains: an essential update and guide for clinicians working with field- and court-sport athletes
Chair: Eamonn DELAHUNT - Ireland

Session D
FREE COMMUNICATIONS
11.00-12.30 Room Auric
Youth athletes
Chairs:
Kathryn ACKERMAN - USA,
Natalia F. N. BITTENCOURT - Brazil

Session E
FREE COMMUNICATIONS
11.00-12.30 Room Van Dongen
Team sports
Chairs: Hideyuki KOGA - Japan,
Nicola PHILLIPS - United Kingdom

12.30-13.30 Lunch

Session A
HEAD-TO-HEAD DEBATE 1
13.30-14.30 Room Salle des Princes
Is it time to stop recommending cardiac screening in athletes and focus on reactive care?
Chair: Kimberly HARMON - USA

Session B • SYMPOSIUM 4
13.30-14.30 Room Prince Pierre
Injury prevention programmes in Rugby Union: across countries and into communities
Chair: Jon PATRICIOS - South Africa

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?
Chair: Keith STOKES - United Kingdom

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?
Chair: Claude GOULET - Canada

Session E • SYMPOSIUM 7
13.30-14.30 Room Van Dongen
Innovative approaches for the prevention of running-related injuries
Chair: Leonardo METSAVAHT - Brazil

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
Chair: Carolyn EMERY - Canada

Session B • SYMPOSIUM 9
14.30-15.30 Room Prince Pierre
Two decades of the TRIPP model: Has implementation made its mark?
Chair: Caroline FINCH - Australia

Session C • SYMPOSIUM 10
14.30-15.30 Room Camille Blanc
Towards new horizons in injury prevention for Big Air and Slopestyle events in Beijing 2022 Winter Olympics
Chair: Torbjørn SOLIGARD - Norway/Switzerland

Session D • SYMPOSIUM 11
14.30-15.30 Room Auric
Preventing overuse injuries in team sports – Yes we can! As evidenced by the hit sport – volleyball!
Chairs:
Natalia F. N. BITTENCOURT - Brazil
Christopher SKAZALSKI - Qatar/Norway

Session E
FREE COMMUNICATIONS
14.30-15.30 Room Van Dongen
Head impacts & concussion
Chairs:
Daniel FONG - United Kingdom,
Karim KHAN - Canada

15.30-16.30 **THEMATIC POSTER SESSIONS** Level -2 – Poster Area (from session 1 to session 20)

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

Session B • SYMPOSIUM 13
17.00-18.00 Room Prince Pierre
Sleeping for success in sport
Chair: Peter FOWLER - Australia

Session C • SYMPOSIUM 14
17.00-18.00 Room Camille Blanc
The power of athletes' stories for evidence-based injury prevention in sports
Chair: Evert VERHAGEN - The Netherlands

Session D • SYMPOSIUM 15
17.00-18.00 Room Auric
Primary prevention of mental health symptoms and disorders in elite athletes
Chair: Brian HAINLINE - USA

Session E • SYMPOSIUM 16
17.00-18.00 Room Van Dongen
Understanding, Prevention, Treatment and Rehabilitation of ACL injury – Insights from the Far East
Chair: Patrick Shu Hang YUNG - Hong Kong

Session A • SYMPOSIUM 17
18.00-19.00 Room Salle des Princes
Big computers, big data, big gains in injury prevention?
Chair: Evert VERHAGEN - The Netherlands

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)?
Chair: Jesper BENCKE - Denmark

Session C • SYMPOSIUM 19
18.00-19.00 Room Camille Blanc
Tackle risk in contact sports: Short-term pain for long-term salvation
Chair: Simon KEMP - United Kingdom

Session D • SYMPOSIUM 20
18.00-19.00 Room Auric
Sports injury prevention and harm reduction in the global south: Socioecological considerations for contextualised research, policy, and practice
Chair: Sheree BEKKER - South Africa/United Kingdom

Session E • SYMPOSIUM 21
18.00-19.00 Room Van Dongen
The Holy Grail: The primary prevention of both athlete injury + illness in sport: Relative Energy Deficiency in Sport (RED-S)
Chair: Margo MOUNTJOY - Canada

10.30-11.00 Coffee Break

WORKSHOPS • 11.30-12.30
Session F Room Bosio 1
Art & science of lower limb injury prevention
Session G Room Bosio 2
Judo injuries prevention on the way to the Tokyo 2020 Olympic Games

WORKSHOPS • 11.30-12.30
Session H Room Lifar
Learning to play again. Using deliberate play principles to prime for risk environments in canoe slalom athletes. Beating the Injury prevention blues

WORKSHOPS • 11.30-12.30
Session I Room Scotto
Sleeping your way to injury prevention - why sleep is essential for athlete fitness and overall wellbeing
Session J Room Poulenc 1
Bodies of gods, teeth of yobs. Oral health for individual and team performance

WORKSHOPS • 11.30-12.30
Session K Room Genevoix 1
ECG interpretation in athletes: accurate use of the international criteria in 6-steps!

WORKSHOPS • 11.30-12.30
Session L Room Genevoix 2-3
Striking while the iron's hot – reducing the tackler's risk of head contact in rugby

12.30-13.30 Lunch

WORKSHOPS • 13.30-14.30
Session F Room Bosio 1
Keeping golfers on course for glory: prevention of illness and injury in golf
Session G Room Bosio 2
#playlikeagirl: keeping our female athletes healthy and performing!

WORKSHOPS • 13.30-14.30
Session H Room Lifar
The SmartHER way forward for British female Olympic and Paralympic athletes

WORKSHOPS • 13.30-14.30
Session I Room Scotto
Incidence, diagnosis and management of injury in sport climbing: A new Olympic discipline
Session J Room Poulenc 1
Travel advice that can help your athletes win a medal

WORKSHOPS • 13.30-14.30
Session K Room Genevoix 1
Ten years of talent pathway health data in AFL – Collating this information with future injury and illness in the AFL

WORKSHOPS • 13.30-14.30
Session L Room Genevoix 2-3
Food as medicine: optimizing nutrition and its role in sports injury prevention

WORKSHOPS • 14.30-15.30
Session F Room Bosio 1
Injury risk profiling to prevent lower extremity injuries: which functional performance tests make sense and how to integrate adaptability?
Session G Room Bosio 2
Keeping swimmers in the pool - Prevention of overuse shoulder injuries

WORKSHOPS • 14.30-15.30
Session H Room Lifar
Promoting fidelity when using injury prevention exercise programmes - Using the Knee Control programme as a model

WORKSHOPS • 14.30-15.30
Session I Room Scotto
Increased neck strength - a potential weapon against sports related concussion
Session J Room Poulenc 1
Injury prevention V performance: has the time come to mandate the use of mouth guards in all contact sports?

WORKSHOPS • 14.30-15.30
Session K Room Genevoix 1
Down Under the foot – optimising foot function in sport

WORKSHOPS • 14.30-15.30
Session L Room Genevoix 2-3
ACL secondary prevention: build hardware and think software

16.30-17.00 Coffee Break

WORKSHOPS • 17.00-18.00
Session F Room Bosio 1
How to prevent fifth metatarsal stress fractures
Session G Room Bosio 2
Let's kick out of football... groin injuries! - blending science and practice in prevention of groin injuries in football

WORKSHOPS • 17.00-18.00
Session H Room Lifar
The ball is in your court - methodological challenges when arranging RCT's in youth team sports

WORKSHOPS • 17.00-18.00
Session I Room Scotto
Systemic approach of heart rate variability analysis: a tool to better understand and use fatigue typology and prevention

WORKSHOPS • 17.00-18.00
Session J Room Poulenc 1
"Adding insult to injury" – primary and secondary prevention as a field-of-play strategy
Session K Room Genevoix 1
Deep impact – Immersive and innovative concussion prevention for youth athletes

WORKSHOPS • 17.00-18.00
Session L Room Genevoix 2-3
Telling your athletes to get a good night's sleep? Creating awareness of sleep deprivation as a risk factor for sport injury in youth athletes

WORKSHOPS • 18.00-19.00
Session F Room Bosio 1
Climbing on the band wagon! - Heel hook injuries in climbers - medical management and injury prevention
Session G Room Bosio 2
The sporting spine – Getting to the core of injury prevention

WORKSHOPS • 18.00-19.00
Session H Room Lifar
Mouthguards – protection, concussion and performance ... What is the connection?

WORKSHOPS • 18.00-19.00
Session I Room Scotto
Injury prevention in elite karate: fantasy or reality?

WORKSHOPS • 18.00-19.00
Session J Room Poulenc 1
Cardiovascular imaging of the athlete's heart, what do we learn from new techniques?
Session K Room Genevoix 1
Just ACT – Mindfulness and acceptance based techniques to prevent mental health problems in athletes

WORKSHOPS • 18.00-19.00
Session L Room Genevoix 2-3
Making mass-participation endurance sports events safer – it starts with measuring, but how do I do it?

Friday 13 March

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

Session A • SYMPOSIUM 22
09.30-11.00 Room Salle des Princes
From Copenhagen to Dublin via Oslo: Collaborating to tackle primary, secondary and tertiary groin injury prevention in sports
Chairs:
Thor Einar ANDERSEN - Norway,
Per HÖLMICH - Denmark

Session B • SYMPOSIUM 23
09.30-11.00 Room Prince Pierre
Prevention of sudden cardiac death: Crossing the implementation gap
Chair: Jonathan DREZNER - USA

Session C • SYMPOSIUM 24
09.30-11.00 Room Camille Blanc
Injuries in runners: Epidemiology, risks and prevention
Chair: Evert VERHAGEN - The Netherlands

Session D
FREE COMMUNICATIONS
09.30-11.00 Room Auric
Injury prevention I
Chairs:
Roald BAHR - Norway/Qatar,
Clare ARDERN - Sweden/Australia

Session E
FREE COMMUNICATIONS
09.30-10.50 Room Van Dongen
Individual sports
Chairs:
Margo MOUNTJOY - Canada,
Jane THORNTON - Canada

11.00-11.30 Coffee Break

Session A • SYMPOSIUM 25
11.30-13.00 Room Salle des Princes
Hamstring injury prevention IS possible... Maybe. Kind of. Ish.
Chairs:
Tania PIZZARI - Australia,
Johannes TOL - The Netherlands/Qatar

Session B • SYMPOSIUM 26
11.30-13.00 Room Prince Pierre
Evidence based prevention of illness associated with long-haul travel in elite athletes: Sorting the wheat from the chaff
Chair: Wayne DERMAN - South Africa

Session C • SYMPOSIUM 27
11.30-13.00 Room Camille Blanc
Injury prevention in youth sport: Where does the future lie?
Chair: Carolyn EMERY - Canada

Session D
FREE COMMUNICATIONS
11.30-13.00 Room Auric
Risk factors etc.
Chairs:
Clare ARDERN - Sweden/Australia,
Martin SCHWELLNUS - South Africa

Session E
FREE COMMUNICATIONS
11.30-13.00 Room Van Dongen
Team sports
Chairs:
Elizabeth ARENDT - USA,
Markus WALDÉN - Sweden

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 SESSIONS** Exhibition Hall – Poster Area (from session 21 to session 40)

16.30-17.00 Coffee Break

Session A • SYMPOSIUM 28
17.00-18.00 Room Salle des Princes
The value of longitudinal data for the prevention of injury and illness. Lessons learned from international surveillance programs
Chair: Ian SHRIER - Canada

Session B • SYMPOSIUM 29
17.00-18.00 Room Prince Pierre
#MeTooSport – the prevention of non-accidental violence in sport settings: It's not just about one bad apple
Chairs: Sheree BEKKER - South Africa/United Kingdom,
Margo MOUNTJOY - Canada

Session C • SYMPOSIUM 30
17.00-18.00 Room Camille Blanc
Knowledge translation: Bridge between the evidence and real-world injury prevention impact
Chair: Kathrin STEFFEN - Norway

Session D • SYMPOSIUM 31
17.00-18.00 Room Auric
Prevention of injury in the overhead throwing athlete: Prediction, prevention, and workload
Chair: Jason L. ZAREMSKI - USA

Session E • SYMPOSIUM 32
17.00-18.00 Room Van Dongen
The Effect of the 'Face to Face' education program to rugby medical on the severe head injury
Chair: Mutsuo YAMADA - Japan

Session A
HEAD-TO-HEAD DEBATE 2
18.00-19.00 Room Salle des Princes
Kill the sacred cow: Return to play criteria should be trashed in favor of time (biology)-based criteria
Chair: Karim KHAN - Canada

Session B • SYMPOSIUM 33
18.00-19.00 Room Prince Pierre
Gastrointestinal issues in sport: Utilizing diet, the gut microbiota and probiotics for prevention of illness in athletes
Chair: Owen CRONIN - Ireland/United Kingdom

Session C • SYMPOSIUM 34
18.00-19.00 Room Camille Blanc
The 11+ journey: 14 years and still going strong?
Chairs:
Mario BIZZINI - Switzerland,
Holly SILVERS-GRANELLI - USA

Session D • SYMPOSIUM 35
18.00-19.00 Room Auric
IOC consensus on methodology for recording and reporting of data for injury and illness surveillance
Chairs:
Roald BAHR – Norway/Qatar,
Karim CHAMARI - Qatar

Session E
FREE COMMUNICATIONS
18.00-19.00 Room Van Dongen
ACL injuries
Chairs:
Fares HADDAD - United Kingdom,
Evert VERHAGEN - The Netherlands

20.00 **SPORTS CELEBRATION NIGHT**

WORKSHOPS • 09.30-10.30
Session F Room Bosio 1
Why we should keep doing preseason assessment in athletes?
Session G Room Bosio 2
Olympic athlete safety and performance: making sense of sensor fusion data

WORKSHOPS • 09.30-10.30
Session H Room Lifar
Pain prevention: well-intentioned, but sometimes unrealistic and unhelpful?

WORKSHOPS • 09.30-10.30
Session I Room Scotto
Variety is the spice of life!: How to design and implement an effective lower extremity injury prevention program in your setting using evidence-based principles

WORKSHOPS • 09.30-10.30
Session J Room Poulenc 1
The important piece of the puzzle – end-users' perspectives in injury prevention training
Session K Room Genevoix 1
Physical literacy for sport injury prevention – Addressing sport injury as a public health issue

WORKSHOPS • 09.30-10.30
Session L Room Genevoix 2-3
Making it stick: adherence research in sports injury prevention

11.00-11.30 Coffee Break

WORKSHOPS • 11.30-12.30
Session F Room Bosio 1
Monitoring loads to prevent injuries in team sports. Is it worth the effort?

WORKSHOPS • 11.30-12.30
Session G Room Bosio 2
How wearables can protect the health of athletes during sporting competitions in the heat
Session H Room Lifar
Preventing low back pain in sports – should we image, and how do we interpret images?

WORKSHOPS • 11.30-12.30
Session I Room Scotto
Health & wellbeing of performance staff: building a resource to support your performance team
Session J Room Poulenc 1
Uncensored: the sensible use of head-impact sensors in sports

WORKSHOPS • 11.30-12.30
Session K Room Genevoix 1
Knowledge translation in injury and concussion prevention: Interdisciplinary perspectives to inform prevention in youth volleyball – an applied example

WORKSHOPS • 11.30-12.30
Session L Room Genevoix 2-3
The effect of injury on performance: the gold medal analytical strategy

13.00-14.30 Lunch

16.30-17.00 Coffee Break

WORKSHOPS • 17.00-18.00
Session F Room Bosio 1
Shining on centre stage: does sport injury prevention translate to dance?
Session G Room Bosio 2
Prevention is better than cure: the role of psychological interventions in sports injury risk reduction

WORKSHOPS • 17.00-18.00
Session H Room Lifar
Looking to the past for the future of harm reduction in sport: a call for meaningful informed consent and health literacy initiatives in elite athlete development

WORKSHOPS • 17.00-18.00
Session I Room Scotto
Heat illness in sport – prevention and management strategies
Session J Room Poulenc 1
Top down or bottom up – Which way forward for youth sports health and safety

WORKSHOPS • 17.00-18.00
Session K Room Genevoix 1
Peak performance without doping: using the innovations in anti doping, sport science and sport medicine for the illness and prevention and protection of the clean athlete

WORKSHOPS • 17.00-18.00
Session L Room Genevoix 2-3
Time to ditch the planks, listen to what athletes really need and want... and other useful strategies for preventing athlete low back pain

WORKSHOPS • 18.00-19.00
Session F Room Bosio 1
"Take my breath away": asthma in female athletes, effects of reproductive hormones and strategies for screening and management

WORKSHOPS • 18.00-19.00
Session G Room Bosio 2
Hamstring injury prevention: why can't we all get along?
Session H Room Lifar
Modern day observations of golf injury etiology and physical assessment

WORKSHOPS • 18.00-19.00
Session I Room Scotto
Neuromuscular training vs. movement re-education for prevention of running related-injuries

WORKSHOPS • 18.00-19.00
Session J Room Poulenc 1
EAT, SLEEP, SWIM, REPEAT: how to implement prevention strategies for overuse injuries in elite/competitive swimmers ? – An integrated approach

WORKSHOPS • 18.00-19.00
Session K Room Genevoix 1
The missing link: what to do when reality causes imperfect data collection
Session L Room Genevoix 2-3
Taping and bracing for injury prevention: a help, habit or hazard?

PROGRAMME AT A GLANCE

Saturday 14 March

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

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

Session B • SYMPOSIUM 37
09.30-11.00 Room Prince Pierre
Concussion prevention in youth team sports: Evidence informing best practice and policy across five high risk concussion sports
Chair: Carolyn EMERY - Canada

Session C • SYMPOSIUM 38
09.30-11.00 Room Camille Blanc
Never mention prevention!
Chair: Martin ASKER - Sweden

Session D
FREE COMMUNICATIONS
09.30-11.00 Room Auric
Injury Prevention II
Chairs:
Jonathan DREZNER - USA,
Erich MÜLLER - Austria

Session E
FREE COMMUNICATIONS
09.30-11.00 Room Van Dongen
Illness/injury epidemiology
Chairs:
Nicola PHILLIPS - United Kingdom,
Yorck Olaf SCHUMACHER - Qatar

11.00-11.30 Coffee Break

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

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

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

Session D
FREE COMMUNICATIONS
11.30-13.00 Room Auric
Distance running
Chairs:
Caroline FINCH - Australia,
Kathryn ACKERMAN, USA

Session E
FREE COMMUNICATIONS
11.30-13.00 Room Van Dongen
Para-athletes & special conditions
Chairs:
Christa JANSE VAN RENSBURG - South Africa,
Yannis PITSILADIS - United Kingdom

13.00-14.30 Lunch

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

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

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

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

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

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

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

Session C • SYMPOSIUM 49
15.30-16.30 Room Camille Blanc
Preventing primary cam morphology and femoroacetabular impingement syndrome in the young athlete: Is the 'hop' really the hip's demise?
Chairs:
Paul DIJKSTRA - Qatar,
Andrea MOSLER - Australia

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

Session E
FREE COMMUNICATIONS
15.30-16.30 Room Van Dongen
Injuries & load monitoring
Chairs: Lars ENGEBRETSEN - Norway/Switzerland,
Caroline FINCH - Australia

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
Speaker: **Martin HÄGGLUND** - Sweden

17.45-18.05 **HONORARY KEYNOTE LECTURE** Room Salle des Princes
Publishing in Exercise and Sport Science: 1790-2020
Speaker: **Howard G. KNUTTGEN** - USA

18.05-18.15 **CLOSING CEREMONY**

20.00 **FACULTY DINNER** (by invitation)

WORKSHOPS • 09.30-10.30
Session F Room Bosio 1
How can we prevent Exercise-Induced Laryngeal Obstruction (EILO) from obstructing the athletes' career?

WORKSHOPS • 09.30-10.30
Session G Room Bosio 2
Leadership for athlete health protection
Session H Room Lifar
Injury prevention: the role of video analysis

WORKSHOPS • 09.30-10.30
Session I Room Scotto
Mirror mirror on the wall.... What's the minimum machine learning I should know: a brief introduction to machine learning

WORKSHOPS • 09.30-10.30
Session J Room Poulenc 1
A practical guide to prevent injuries with load management in football
Session K Room Genevoix 1
Elite cycling: preventing injury and increasing rider safety

WORKSHOPS • 09.30-10.30
Session L Room Genevoix 2-3
Going from 2016 to 2020 and beyond: from "screening will never predict injuries" to "complex systems thinking", lessons learnt from big data collection, and how to keep it simple

11.00-11.30 Coffee Break

WORKSHOPS • 11.30-12.30
Session F Room Bosio 1
Stimulating talent development and preventing injuries simultaneously – bio-banded training in elite youth football

WORKSHOPS • 11.30-12.30
Session G Room Bosio 2
Performance driven injury prevention
Session H Room Lifar
The acute:chronic workload ratio: evolution or revolution?

WORKSHOPS • 11.30-12.30
Session I Room Scotto
Studying techniques to reduce the risk of injuries in contact sports - from the lab to the field
Session J Room Poulenc 1
Rugby-7s is fast, but are we running and about to knock-on! Evidence-based rugby-7s injury prevention concepts

WORKSHOPS • 11.30-12.30
Session K Room Genevoix 1
An innovative approach to increasing concussion reporting: pre-game safety huddles

WORKSHOPS • 11.30-12.30
Session L Room Genevoix 2-3
Sensorimotor education for the management of recurrent ankle instability

13.00-14.30 Lunch

WORKSHOPS • 14.30-15.30
Session F Room Bosio 1
Injury risk reduction in elite road cycling: shoulder performance matters!
Session G Room Bosio 2
Engaging with modern media: are sports medicine clinicians missing the mark for injury prevention?

WORKSHOPS • 14.30-15.30
Session H Room Lifar
#SoMe or Not #SoMe? How to turbocharge knowledge translation in sport and exercise medicine for real-world prevention impact

WORKSHOPS • 14.30-15.30
Session I Room Scotto
How hard do you have to be a hardened professional sportsperson? Lessons from England Cricket's lumbar spine stress fracture research program, exploring bone density, bone adaptation, injury resilience and readiness to perform

WORKSHOPS • 14.30-15.30
Session J Room Poulenc 1
Youth elite football: Attacking injuries from an epidemiological and clinical perspective
Session K Room Genevoix 1
TBA

WORKSHOPS • 14.30-15.30
Session L Room Genevoix 2-3
Are running mechanics limiting the development of the endurance athlete?

WORKSHOPS • 15.30-16.30
Session F Room Bosio 1
Bridging the gap to keep them in the game: sharing a successful knowledge translation initiative to upscale evidence-informed sport injury prevention programs

WORKSHOPS • 15.30-16.30
Session G Room Bosio 2
Gold standard with gold quality – tips on how to perform a randomized controlled trial (RCT) with high quality

WORKSHOPS • 15.30-16.30
Session H Room Lifar
Getting hip with injury prevention: how to perform an effective hip screening exam to identify the "hip at risk"
Session I Room Scotto
Behave yourself, and avoid overuse injuries

WORKSHOPS • 15.30-16.30
Session J Room Poulenc 1
Functional performance testing to assess injury risk in elite youth sport: the long and winding road from the lab to the field and back again

WORKSHOPS • 15.30-16.30
Session K Room Genevoix 1
Prevention of concussion in sport: cervical spine and vestibular considerations
Session L Room Genevoix 2-3
Sport related head injuries, "from the field-side whirlpool to recognize and remove"

16.30-17.00 Coffee Break