

# IOC WORLD CONFERENCE PREVENTION OF INJURY & ILLNESS IN SPORT



## MONACO 12 - 14 MARCH 2020

### Second Announcement and Call for Abstracts & Workshops

IN COLLABORATION WITH



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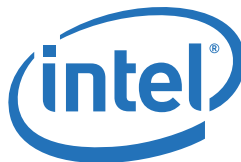
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THE WORLDWIDE OLYMPIC PARTNERS





## IMPORTANT DATES

### 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

### 2020

#### 28 January 2020

Deadline for guaranteed hotel reservations

#### After 2 March 2020

Only on-site registration will be available

▶ (Starting from 12 March)



#IOCprev2020

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





# PROGRAMME AT A GLANCE

## Wednesday 11 March

**16.00** Registration

**18.30** Welcome Reception at the Grimaldi Forum

## Thursday 12 March

**08.00** Registration

**09.00-09.30** **OPENING CEREMONY**  
Room Salle des Princes

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

**10.30-11.00** Coffee Break

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

**12.30-14.00** Lunch

**Session A**  
**HEAD-TO-HEAD DEBATE 1**  
**14.00-15.00** Room Salle des Princes  
**Is it time to stop recommending cardiac screening in athletes and focus on reactive care?**  
Chair: Kimberly HARMON - USA

**Session B • SYMPOSIUM 4**  
**14.00-15.00** Room Prince Pierre  
**Injury prevention programmes in Rugby Union: across countries and into communities**  
Chair: Jon PATRICIOS - South Africa

**Session C • SYMPOSIUM 5**  
**14.00-15.00** Room Camille Blanc  
**Contact sports on artificial grass pitches: Getting beneath the surface of injury risk – How important is the divot?**  
Chair: Keith STOKES - United Kingdom

**Session D • SYMPOSIUM 6**  
**14.00-15.00** Room Auric  
**Do the three E's of injury prevention (education, enforcement, engineering) work in alpine skiing and snowboarding?**  
Chair: Claude GOULET - Canada

**Session E • SYMPOSIUM 7**  
**14.00-15.00** Room Van Dongen  
**Innovations to prevent running injuries**  
Chair: Leonardo METSAVAHT - Brazil

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

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

**Session C • SYMPOSIUM 10**  
**15.00-16.00** Room Camille Blanc  
**Towards new horizons in injury prevention for Big Air and Slopestyle events in Beijing 2022 Winter Olympics**  
Chair: Torbjørn SOLIGARD - Norway/Switzerland

**Session D • SYMPOSIUM 11**  
**15.00-16.00** Room Auric  
**Preventing overuse injuries in team sports – Yes we can! As evidenced by the hit sport – volleyball!**  
Chairs:  
Natalia BITTENCOURT - Brazil  
Christopher SKAZALSKI - Qatar

**16.00-16.30** Coffee Break

**Session A • SYMPOSIUM 12**  
**16.30-17.30** Room Salle des Princes  
**Injury prevention in women's football: Difficult but not impossible!**  
Chair: Andrea MOSLER - Australia

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

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

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

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

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

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

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

**Session D • SYMPOSIUM 20**  
**17.30-18.30** Room Auric  
**Sports injury prevention and harm reduction in the global south: Socioecological considerations for contextualised research, policy, and practice**  
Chair: Sheree BEKKER - South Africa/United Kingdom

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





# PROGRAMME AT A GLANCE

Friday **13 March**

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

**Session A • SYMPOSIUM 22**

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

**Session B • SYMPOSIUM 23**

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

**Session C • SYMPOSIUM 24**

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

**11.00-11.30** Coffee Break

**Session A • SYMPOSIUM 25**

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

**13.00-14.30** Lunch

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

**15.30-16.30 THEMATIC POSTER SESSION** Exhibition Hall – Poster Area

**16.30-17.00** Coffee Break

**Session A • SYMPOSIUM 28**

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

**Session B • SYMPOSIUM 29**

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

**Session C • SYMPOSIUM 30**

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

**Session D • SYMPOSIUM 31**

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

**Session B • SYMPOSIUM 33**

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

**Session C • SYMPOSIUM 34**

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

**Session D • SYMPOSIUM 35**

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

**20.00 SPORTS CELEBRATION NIGHT**



# PROGRAMME AT A GLANCE

Saturday **14 March**

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

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

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

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

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

**13.00-14.30** Lunch

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

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

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

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

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

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

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

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

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

**16.30-17.00** Coffee Break

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

**17.45-18.00 CLOSING CEREMONY**

**20.00 FACULTY DINNER** (by invitation)

Wednesday  
11 March

16.00 **Registration**

18.30 **Welcome Reception at the Grimaldi Forum**

Thursday  
12 March

08.00 **Registration**

**OPENING CEREMONY**

09.00-09.30 Room Salle des Princes

**KEYNOTE 1**

09.30-10.30 Room Salle des Princes

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

Speaker: **Willem MEEUWISSE** - Canada

10.30-11.00 Coffee Break

**Session A • SYMPOSIUM 1**

11.00-12.30 Room Salle des Princes

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

**Chairs:** **Thor Einar ANDERSEN** - Norway, **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 McCall** - Scotland

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

**Gregory Dupont** - France

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

**Michel 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**

11.00-12.30

Room Prince Pierre

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

**Chair: Sanjay SHARMA** - United Kingdom

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

**Session C • SYMPOSIUM 3**

11.00-12.30

Room Camille Blanc

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

**Chair: Eamonn DELAHUNT** - Ireland

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



**12.30-14.00 Lunch**

**Session A • HEAD-TO-HEAD DEBATE 1**

**14.00-15.00** Room Salle des Princes

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

**Chair: Kimberly HARMON** - USA

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

**Session B • SYMPOSIUM 4**

**14.00-15.00** Room Prince Pierre

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

**Chair: Jon PATRICIOS** - United Kingdom

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



**Session C • SYMPOSIUM 5**

**14.00-15.00** Room Camille Blanc

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

**Chair: Keith STOKES** - United Kingdom

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

**Session D • SYMPOSIUM 6**

**14.00-15.00** Room Auric

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

**Chair: Claude GOULET** - Canada

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



**Session E • SYMPOSIUM 7**

14.00-15.00

Room Van Dongen

**INNOVATIONS TO PREVENT RUNNING INJURIES [319]**

**Chair: Leonardo METSAVAHT** - Brazil

- 14.00-14.10 | Problem overview: epidemiology  
**Mansueto Gomes-Neto** - Brazil
- 14.10-14.20 | The complexity of running injuries and their risk factors  
**Leonardo Metsavaht** - Brazil
- 14.20-14.30 | Costs for identifying running-related injury risks  
**Gustavo Leporace** - Brazil
- 14.30-14.40 | Neuromuscular training to prevent running-related injuries  
**Fábio Arcanjo** - Brazil
- 14.40-15.00 | Panel Discussion: Implementation of running-related injury prevention programs in clinical practice  
**Metsavaht, Gomes-Neto, Leporace, Arcanjo**

**Session A • SYMPOSIUM 8**

15.00-16.00

Room Salle des Princes

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

**Chair: Carolyn EMERY** - Canada

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



**Session B • SYMPOSIUM 9**

15.00-16.00

Room Prince Pierre

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

**Chair: Caroline FINCH** - Australia

15.00-15.15

Reflecting on two decades of the TRIPP model – what is it and how has it been used to make an impact?

**Caroline Finch** - Australia

15.15-15.25

Implementing injury prevention in sports - are we winning?

**James O'Brien** - Austria

15.25-15.35

Behavioural approaches to enhance implementation

**Carly McKay** - United Kingdom

15.35-15.45

Implementation is more than an afterthought to your RCT

**Evert Verhagen** - The Netherlands

15.45-16.00

Panel discussion: Where do we go next if we want to increase the impact of our preventive efforts

**Finch, O'Brien, McKay, Verhagen**

**Session C • SYMPOSIUM 10**

15.00-16.00

Room Camille Blanc

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

**Chair: Torbjørn SOLIGARD** - Norway/Switzerland

15.00-15.12

The epidemiology of injuries in snowboarding and freestyle skiing in the Olympic Games

**Torbjørn Soligard** - Norway/Switzerland

15.12-15.24

Biomechanical evaluation of Big Air Jumps: Analysis of on-slope measurements to reduce injuries

**Irving Scher** - USA

15.24-15.36

IOC project Big Air / Slopestyle: Harnessing injury risk in the Beijing Winter Olympics with novel course design tools

**Matthias Gilgien** - Norway/Switzerland

15.36-15.48

IOC project Big Air / Slopestyle: The link between jump design, injury risk and user satisfaction

**Claes Högström** - Norway

15.48-16.00

Panel discussion: Injury prevention for Big Air and Slopestyle events in Beijing 2022 Winter Olympics

**Soligard, Gilgien, Scher, Högström**





**Session D • SYMPOSIUM 11**

15.00-16.00

Room Auric

**PREVENTING OVERUSE INJURIES IN TEAM SPORTS – YES WE CAN! AS EVIDENCED BY THE HIT SPORT – VOLLEYBALL! [453]****Chairs: Natalia BITTENCOURT** - Brazil & **Christopher SKAZALSKI** - Qatar

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

16.00-16.30

Coffee Break

**Session A • SYMPOSIUM 12**

16.30-17.30

Room Salle des Princes

**INJURY PREVENTION IN WOMEN'S FOOTBALL: DIFFICULT BUT NOT IMPOSSIBLE! [236]****Chair: Andrea MOSLER** - Australia

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



**Session B • SYMPOSIUM 13**

16.30-17.30

Room Prince Pierre

**SLEEPING FOR SUCCESS IN SPORT [295]****Chair: Peter FOWLER** - Australia

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

**Session C • SYMPOSIUM 14**

16.30-17.30

Room Camille Blanc

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

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



# SCIENTIFIC PROGRAMME

Thursday 12 March

## Session D • SYMPOSIUM 15

16.30-17.30

Room Auric

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

Chair: **Brian HAINLINE** - USA

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

## Session E • SYMPOSIUM 16

16.30-17.30

Room Van Dongen

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

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

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



**Session A • SYMPOSIUM 17**

**17.30-18.30** Room Salle des Princes

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

**Chair: Evert VERHAGEN** - The Netherlands

- 17.30-17.34 | Introduction  
**Evert Verhagen** - The Netherlands
- 17.34-17.46 | Is it possible to predict injury risk and performance in complex systems?  
**Adam Hulme** - Australia
- 17.46-17.58 | Artificial Intelligence: What computers can see that humans cannot  
**Tyrel Stokes** - Canada
- 17.58-18.10 | Decision-making: What humans know that computers do not  
**Ian Shrier** - Canada
- 18.10-18.30 | Panel discussion: What is the role of artificial intelligence in sport medicine research?  
**Verhagen, Hulme, Stokes, Shrier**

**Session B • SYMPOSIUM 18**

**17.30-18.30** Room Prince Pierre

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

**Chair: Jesper BENCKE** - Denmark

- 17.30-17.32 | Introduction - From scientist to coach perspective  
**Jesper Bencke** - Denmark
- 17.32-17.44 | The importance of trunk stability as a risk factor for ACL injuries – and how to measure it  
**Ajit Chaudhari** - USA
- 17.44-17.54 | Hip and knee strength as a risk factor for ACL injuries – is it important?  
**Jesper Bencke** - Denmark
- 17.54-18.06 | Taking knee and hip biomechanics measurements from the lab to the field: Is it possible?  
**Tron Krosshaug** - Norway
- 18.06-18.18 | Neuromuscular activation as a risk factor for ACL injuries: Importance for exercise selection  
**Mette Kreutzfeldt Zebis** - Denmark
- 18.18-18.30 | Panel discussion: How can science help coaches optimising and individualising injury prevention?  
**Chaudhari, Bencke, Krosshaug, Zebis**



**Session C • SYMPOSIUM 19**

**17.30-18.30** Room Camille Blanc

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

**Chair: Simon KEMP** - United Kingdom

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

**Session D • SYMPOSIUM 20**

**17.30-18.30** Room Auric

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

**Chair: Sheree BEKKER** - South Africa/United Kingdom

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



**Session E • SYMPOSIUM 21**

**17.30-18.30**

Room Van Dongen

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

**Chair: Margo MOUNTJOY** - Canada

17.30-17.35

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

17.35-17.45

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

17.45-17.55

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

17.55-18.05

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

18.05-18.15

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

18.15-18.30

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



Friday  
13 March

**KEYNOTE 2**

**08.30-09.15** Room Salle des Princes

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

Speaker: **Carolyn EMERY** - Canada

**Session A • SYMPOSIUM 22**

**09.30-11.00** Room Salle des Princes

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

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

- 09.30-09.35 | Introduction
- 09.35-09.47 | Agreement and disagreement in terminology: How to move forward?  
**Andrew Franklyn Miller** - Ireland
- 09.47-09.59 | What are the symptoms and impairments?  
**Thor Einar Andersen** - Norway
- 09.59-10.11 | Primary prevention: Is strengthening of the adductors enough?  
**Joar Harøy** - Norway
- 10.11-10.23 | Screening for secondary prevention: What are the options?  
**Kristian Thorborg** - Denmark
- 10.23-10.35 | What is the role of movement control and 3D-biomechanics in secondary prevention?  
**Enda King** - Ireland
- 10.35-10.45 | Tertiary prevention: Conservative or surgical?  
**Per Hölmich** - Denmark
- 10.45-11.00 | Panel discussion: Future directions for research informing best practice in the prevention of groin pain in athletes (GPA)  
**Miller, Andersen, Harøy, Thorborg, King, Hölmich**



**Session B • SYMPOSIUM 23****09.30-11.00**

Room Prince Pierre

**PREVENTION OF SUDDEN CARDIAC DEATH: CROSSING THE IMPLEMENTATION GAP [136]****Chair: Jonathan DREZNER** - USA

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

**Session C • SYMPOSIUM 24****09.30-11.00**

Room Camille Blanc

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

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

**11.00-11.30**

Coffee Break





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

Room Salle des Princes

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

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

**Session B • SYMPOSIUM 26****11.30-13.00**

Room Prince Pierre

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

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



**Session C • SYMPOSIUM 27**

**11.30-13.00** Room Camille Blanc

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

**Chair: Carolyn EMERY** - Canada

- 11.30-11.35 | Laying the framework for discussion of approaches to injury prevention in youth sport  
**Carolyn Emery** - Canada
- 11.35-11.47 | Training strategies: The key to injury prevention in youth  
**Kati Pasanen** - Canada/Finland
- 11.47-11.59 | Targeting sport specialization in youth sport: Isn't it clear?  
**Chris Whatman** - New Zealand
- 11.59-12.11 | Protective equipment in youth sport: Issues and recommendations  
**Brent 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**

**14.30-15.30** Room Salle des Princes

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

Speaker: **Sébastien RACINAIS** - Qatar

**THEMATIC POSTERS SESSION**

**15.30-16.30** Exhibition hall – Poster Area

**16.30-17.00** Coffee Break



# SCIENTIFIC PROGRAMME

Friday 13 March

## 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**

**17.00-18.00** Room Camille Blanc

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

**Chair: Kathrin STEFFEN** - Norway

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

**Session D • SYMPOSIUM 31**

**17.00-18.00** Room Auric

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

**Chair: Jason L. ZAREMSKI** - USA

- 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



# SCIENTIFIC PROGRAMME

Friday 13 March

## Session B • SYMPOSIUM 33

18.00-19.00

Room Prince Pierre

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

**Chair:** Owen CRONIN - Ireland/United Kingdom

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

## Session C • SYMPOSIUM 34

18.00-19.00

Room Camille Blanc

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

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

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

## Session D • SYMPOSIUM 35

18.00-19.00

Room Auric

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

20.00

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



Saturday  
14 March

**KEYNOTE 4**

08.30-09.15

Room Salle des Princes

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

Speaker: **Michael TURNER** - United Kingdom

**Session A • SYMPOSIUM 36**

09.30-11.00

Room Salle des Princes

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

**Chair: Lee TAYLOR** - Qatar

09.30-09.33

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

09.33-09.45

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

09.45-09.57

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

09.57-10.09

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

10.09-10.21

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

10.21-10.33

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

10.33-10.45

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

10.45-11.00

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



**Session B • SYMPOSIUM 37**

**09.30-11.00**

Room Prince Pierre

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

**Chair: Carolyn EMERY** - Canada

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





# SCIENTIFIC PROGRAMME

Saturday 14 March

## Session C • SYMPOSIUM 38

09.30-11.00

Room Camille Blanc

### NEVER MENTION PREVENTION! [371]

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

09.30-09.42

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

**Rodney Whiteley** - Qatar

09.42-09.54

| Injury prevention programmes are bargains, but very few are buying them: Why?

**Merete Møller** - Denmark

09.54-10.06

| I choose a throwing performance programme over injury prevention training every day of the week!

**Martin Asker** - Sweden

10.06-10.18

| Don't do hamstring injury prevention training, it will just decrease your performance!

**Tania Pizzari** - Australia

10.18-10.30

| If I do the Copenhagen Adduction Exercise, I'll be sore for a week, so no thank you!

**Andreas Serner** - Denmark/Qatar

10.30-10.42

| 30 years of research and clinical experience on the bumpy road of injury prevention - what do we see on the horizon

**Rodney Whiteley** - Qatar

10.42-11.00

| Panel discussion: Adherence to injury prevention strategies that have proven efficacy is a challenge for sports medicine practitioners. How can we improve the practical translation from research to real world settings? How can we enhance implementation of injury prevention in sport?

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

11.00-11.30

Coffee Break

## Session A • SYMPOSIUM 39

11.30-13.00

Room Salle des Princes

### TRAINING LOAD AND INJURY [146]

**Chair: Karim CHAMARI** - Qatar

11.30-11.33

| Introduction

**Karim Chamari** - Qatar

11.33-11.45

| Training load monitoring: Objective and subjective tools – feasibility in the field

**Karim Chamari** - Qatar

11.45-11.57

| Training load data analysis: What variables, what stats, what tools? What does it all mean when I just want to prevent injuries?

**Rod Whiteley** - Qatar

11.57-12.09

| From research to the football World Cup: lessons learned from implementing training load monitoring in elite football players

**Greg Dupont** - France

12.09-12.21

| Navigating the complex relationship between training load and groin injury in professional male football players

**Andrea Mosler** - Australia

12.21-12.33

| Training load specifics for tendons – prevention of injuries and re-injuries when there is 'pathology', pain, or a 'normal' tendon?

**Jill Cook** - Australia

12.33-12.45

| Modifying training loads to reduce the risk of further injury for athletes following knee surgery

**Kay M. Crossley** - Australia

12.45-13.00

| Discussion



# SCIENTIFIC PROGRAMME

Saturday 14 March

## Session B • SYMPOSIUM 40

11.30-13.00 Room Prince Pierre

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

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

- 11.30-11.35 | Introduction: Back to the future for prevention?  
**Nicol van Dyk** - Qatar
- 11.35-11.45 | Injury surveillance has changed dramatically: What will it look like in 2024?  
**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

11.30-13.00 Room Camille Blanc

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

**Chair:** Michael TURNER - United Kingdom

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

13.00-14.30 Lunch



**Session A • SYMPOSIUM 42****14.30-15.30**

Room Salle des Princes

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

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

**Session B • SYMPOSIUM 43****14.30-15.30**

Room Prince Pierre

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

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



**Session C • SYMPOSIUM 44**

**14.30-15.30**

Room Camille Blanc

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

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

14.30-14.42

**I** Laying the ground for the next step in injury prevention in Handball – The Handball Consensus statement on injury and illness data collection

**Lior Laver** - United Kingdom/Israel

14.42-14.54

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

**Grethe Myklebust** - Norway

14.54-15.06

**I** Risk factors and injury prevention for the upper extremities in handball

**Martin Asker** - Sweden

15.06-15.18

**I** The role of load management in injury prevention in handball

**Merete Møller** - Denmark

15.18-15.30

**I** Discussion

**Session D • SYMPOSIUM 45**

**14.30-15.30**

Room Auric

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

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

14.30-14.35

**I** Introduction

**Nicol van Dyk** - Qatar

14.35-14.45

**I** The evolution of injury prevention models in the past 30 years

**Willem Meeuwisse** - Canada

14.45-14.55

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

**Natalia Bittencourt** - Brazil

14.55-15.05

**I** Small big data - How to apply complex approaches at an individual level

**Nicol van Dyk** - Qatar

15.05-15.15

**I** What works in Melbourne on a muggy Monday won't work in Soweto on a sunny Saturday: considerations for successful implementation in complex settings

**Sheree Bekker** - South Africa/United Kingdom

15.15-15.30

**I** Panel discussion

**Meeuwisse, Bittencourt, van Dyk, Bekker**



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

Room Van Dongen

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

- 14.30-14.42 | Prevention with athletic exercise based on pathology  
**Sadao Niga** - Japan
- 14.42-14.54 | Prevention of core muscle injuries in athletes  
**Alexander 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****15.30-16.30**

Room Salle des Princes

**INJURY PREVENTION APPS – CLAP OR SCRAP? [467]****Chair: Tron KROSSHAUG** - Norway

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



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

Room Prince Pierre

**PROTECTING RESPIRATORY HEALTH IN ATHLETES: WHAT CAN WE DO BETTER?** [174]**Chairs: 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 Schwelnus** - 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, Schwelnus****Session C • SYMPOSIUM 49****15.30-16.30**

Room Camille Blanc

**PREVENTING PRIMARY CAM MORPHOLOGY AND FEMOROACETABULAR IMPINGEMENT SYNDROME IN THE YOUNG ATHLETE: IS THE 'HOP' REALLY THE HIP'S DEMISE?** [227]**Chairs: Paul DIJKSTRA** - Qatar, **Andrea MOSLER** - Australia

15.30-15.42

| Our confusing hip language is undermining prevention and protection

**Clare Ardern** - Sweden

15.42-15.54

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

**Paul Dijkstra** - Qatar

15.54-16.06

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

**Andrea Mosler** - Australia

16.06-16.18

| Protecting the athlete with primary cam morphology from developing femoroacetabular impingement syndrome and osteoarthritis

**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

## Session D • SYMPOSIUM 50

15.30-16.30

Room Auric

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

**Chair: Yannis PITSILADIS** - United Kingdom

15.30-15.42

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

**Jeroen Swart** - South Africa

15.42-15.54

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

**James Bilzon** - United Kingdom

15.54-16.06

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

**Michiko Dohi** - Japan

16.06-16.18

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

**Victoriya Badiyeva** - Russia

16.18-16.30

Questions and panel discussion

16.30-17.00

Coffee Break

## KEYNOTE 5

17.00-17.45

Room Salle des Princes

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

Speaker: **Martin HÄGGLUND** - Sweden

## CLOSING CEREMONY

17.45-18.15

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.

The submission deadline for abstracts and workshops is **September 15<sup>th</sup>, 2019**



# 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 Witwatersrand  
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 (IPR) Centre for the Analysis of Motion,  
Department for Health at the University of Bath, Bath, United  
Kingdom*

## **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*

## **Mario Bizzini, PhD, PT, Research Associate**

*Human Performance Lab  
Schulthess Clinic  
Lengghalde 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  
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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  
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## **Karim Chamari, PhD, Professor**

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# CALL OF WORKSHOPS

Workshops are **interactive discussions or demonstrations** on a topic or issue in **sports injury/illness prevention**. These could be related to **practical injury prevention** programmes (e.g. exercise programmes), **skills** (e.g. taping, bracing), or **methodological issues of particular relevance** to researchers in the area. Workshops are informal, intending to give a maximum of 25 attendees a chance to “meet the expert”.

Please visit the Conference website to submit your workshop [www.ioc-preventionconference.org](http://www.ioc-preventionconference.org)

## GENERAL INFORMATION

- The deadline for workshop submission is **15 September 2019**.
- Workshops will only be accepted via the Internet. NO exceptions will be made for late workshops.
- The workshop must be written in English. If English is not your first language, please have it reviewed by a language editor.
- Authors will be informed of the decision of the Scientific Committee by November 2019.

## WORKSHOP (40-50 minutes)

### ALL PROPOSALS MUST STRICTLY ADHERE TO THE FORMAT SPECIFIED

#### Mandatory Items:

##### 1. Title of the workshop

- Must be a specific title describing the workshop content precisely (catchy)

##### 2. Programme

- Duration: **40-50 minutes**
- Must include an introduction (Accepted even if there is no introductory lecture title)
- Include the title for each lecture as well as the related speaker and precise length
- Number of speakers: minimum 1 – maximum 2

##### 3. List of speakers

- Number of speakers: minimum 1 – maximum 2
- Each speaker must be listed as here below:
  - Name Surname, Title, Academic Degree
  - Email address
  - Mailing Address (Institution/Company, Department, City, Zip Code, Country)

##### 4. Value and significance of the topic

- Mandatory description of the value and significance of the topic and speaker(s) to enable the scientific committee to judge the merit of the proposal
- Length: maximum one page (accepted even if it flows over to next page)
- No CVs or publication lists for speakers

##### 5. Brief description of the contents/objective for your workshop

- Must not exceed 140 characters (think tweet)
- This will be included in the final programme in addition to the workshop title and name(s) of the speaker(s)



The **IOC World Conference on Prevention and Injury & Illness in Sport** will include poster sessions and free communications. The Conference is multidisciplinary, and we encourage abstracts to be submitted within all fields of **prevention research**. This includes studies on epidemiology, risk factors, injury mechanisms, pathophysiology, intervention studies, relevant biomechanical studies, studies on sports behavior and attitudes, and related research from other fields.

Please visit the Conference website to submit your abstract [www.ioc-preventionconference.org](http://www.ioc-preventionconference.org)

## GENERAL INFORMATION

- The deadline for abstract submission is **15 September 2019**. Abstracts will only be accepted via the Internet. NO exceptions will be made for late abstracts.
- Abstracts will be published in a special themed issue of the British Journal of Sports Medicine.
- The abstract must be written in English. If English is not your first language, please have it reviewed by a language editor.
- The abstract must be written in English. If English is not your first language, please have it reviewed by a language editor.
- Authors will be informed of the decision of the Scientific Committee by November 2019. Abstracts will be accepted as oral presentations or posters (please indicate your preference when submitting the abstract online).
- Make the title brief, but informative, clearly indicating the nature of the investigation/presentation. Do not capitalise the title!
- Objective data **MUST** be included so that the reviewers can make a fair and meaningful appraisal.
- Abbreviations are allowed, but must be clearly defined.

## ABSTRACT BODY

- The abstract cannot be longer than **300 words** and must be structured, using the following headings and including the following information (hard return between each section):
  - **Background:** Provide the background for the study in one or two sentences.
  - **Objective:** State the main question or objective of the study and the major hypothesis tested, if any.
  - **Design:** Describe the design of the study, indicating, as appropriate, use of randomisation, blinding, criterion standards for diagnostic tests, temporal direction (retrospective or prospective), and so on.
  - **Setting:** Indicate the study setting, including the clinical setting or competitive level in sports if relevant (e.g. youth sports, high school league, elite division, World Cup team).
  - **Patients (or Participants):** State selection procedures, entry criteria, and numbers of participants entering and finishing the study.
  - **Interventions (or Assessment of Risk Factors):** Describe essential features of any interventions, including their method and duration of administration. For observational studies, clearly outline the independent variables.
  - **Main Outcome Measurements:** The primary study outcome measures (dependent variables) should be indicated as planned before data collection began. If the hypothesis being reported was formulated during or after data collection, this fact should be clearly stated.
  - **Results:** Report the main findings of the study.
  - **Conclusions:** State only those conclusions of the study that are directly supported by data, along with their clinical application (avoiding overgeneralisation) or whether additional study is required before the information should be used in usual clinical settings.
- **Please note:** Equal emphasis must be given to positive and negative findings of equal scientific merit.







## CONFERENCE VENUE



**GRIMALDI FORUM** : 10, Avenue Princesse Grace, 98000 Monaco – Phone number: +377 99 99 20 00

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.

A permanent team of 150 professionals, representing 46 different professions, accompanies event organizers in their projects, from the spaces-layout design to the construction of settings, as well as for logistics, catering, hospitality, communications, etc. The Grimaldi Forum Monaco can host all types of professional events: conventions,

seminars, product launches, exhibitions, fairs, congresses.

Ideally located in the heart of Monaco, the Grimaldi Forum Monaco is situated within walking distance of hotels, restaurants and other leisure activities.

The Grimaldi Forum Monaco is one of the first congress centres in Europe to have successfully obtained the ISO 14001: 2004 international standard in environmental management.

The staff and visitors are actively encouraged to follow its «Act Green» policy. Furthermore a «Green Event» offer is available and proposes tailor-made solutions for events' wishing to limit their environmental footprint. For more information, please visit their web site <http://www.grimaldiforum.com/en>





## REGISTRATION

REGISTRATION FEE	Before 18 November 2019	After 18 November 2019	On-site registration
Conference registration	€700	€800	€850
Accompanying person	€300	€350	€400
Student Conference registration*	€250	€300	€350

\*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.

### 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](http://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](mailto: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.



Rooms will be available in the following structures:

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

*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

Notification of cancellation of individual hotel reservations must be sent in writing to Publi Créations ([info@ioc-preventionconference.org](mailto:info@ioc-preventionconference.org) or to fax number **+377 97 97 35 50**) and will be subject to the following conditions:

- **Cancellations made before 12 November 2019:** the payment will be refunded after the Conference and after deduction of an administrative fee of €60.
- **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.

## Organising Partner



Publi Créations

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[www.publiccreations.com](http://www.publiccreations.com) - E-mail: [info@ioc-preventionconference.org](mailto:info@ioc-preventionconference.org)