IOC WORLD CONFERENCE
PREVENTION OF INJURY & ILLNESS IN SPORT

MONACO
12 - 14 MARCH 2020
Second Announcement
and Call for Abstracts & Workshops
# IOC World Conference on Prevention of Injury & Illness in Sport

**Monaco, 12-14 March 2020**

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Organising Committee

President
Fredrik S. BENDIKSEN, MD

Members

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

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

International Olympic Committee

IOC Medical & Scientific Department

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

Director in charge:
Richard BUDGETT, MD, OBE

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

Monaco Olympic Committee

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

Organising Partner

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

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

**Members**

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

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

Elizabeth A. ARENDT, MD  
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SPINE Unit - Swiss Concussion Center - Schulthess Clinic  
Lengghalde 2CH - 8008 Zurich

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Chair Sport Injury Prevention Research Centre  
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Australian Centre for Research into Injury in Sport and its Prevention, School of Medical and Health Sciences, Edith Cowan University  
Perth, Western Australia, Australia

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

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

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

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

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Institute of Sports Medicine, Bispebjerg Hospital  
University of Copenhagen, Denmark  
IOC Sports Medicine Copenhagen

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Department of Joint Surgery and Sports Medicine,  
Tokyo Medical and Dental University, Tokyo, Japan

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

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

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Professor of Sports Physiotherapy, Cardiff University, Cardiff, UK

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

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

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Professor of Sport and Exercise Medicine  
Director: Institute for Sport, Exercise Medicine and Lifestyle Research  
Faculty of Health Sciences  
University of Pretoria, South Africa  
Director: IOC Research Centre  
Director: FIFA Medical Centre of Excellence

Jane THORNTON, MD PhD CCFP  
Clinician Researcher  
Fowler Kennedy Sport Medicine Clinic, Western University  
Senior Associate Editor for the British Journal of Sports Medicine  
Expert Advisor for the IOC-supported Active Well-being Initiative  
World Champion and Olympic Rowor

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

Markus WALDÉN MD, PhD  
Football Research Group  
Division of Community Medicine  
Department of Medical and Health Sciences  
Linköping University  
581 83 Linköping, Sweden
THE WORLDWIDE OLYMPIC PARTNERS

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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
### 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**

**11.00-12.30 Session A • SYMPOSIUM 1**

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

**Chairs:**
- Thor Einar ANDERSEN - Norway
- Benjamin CLARSEN - Norway

**12.30-14.00 Lunch**

**14.00-15.00 Session A • SYMPOSIUM 2**

**Protecting the Olympians of Tomorrow: Should we be cardiac screening the elite paediatric athlete?**

**Chairs:**
- Sanjay SHARMA - United Kingdom
- Eamonn DELAHUNT - Ireland

**15.00-16.00 Session A • SYMPOSIUM 3**

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

**Chairs:**
- Evert VERHAGEN - The Netherlands

**16.30-17.30 Session A • SYMPOSIUM 4**

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

**Chairs:**
- Keith STOKES - United Kingdom
- Caroline FINCH - Australia

**17.30-18.30 Session A • SYMPOSIUM 5**

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

**Chairs:**
- Natalia BITTENCOURT - Brazil
- Christopher SKAZALSKI - Qatar

**18.30 Coffee Break**

**19.00 Welcome Reception at the Grimaldi Forum**
**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

### 11.00-11.30  **Coffee Break**

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

### 11.30-13.00  **Session B • SYMPOSIUM 25**  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

### 13.00-14.30  **Lunch**

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

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

### 16.30-17.00  **Coffee Break**

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

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

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<th>Time</th>
<th>Session A • SYMPOSIUM 36</th>
<th>Session B • SYMPOSIUM 37</th>
<th>Session C • SYMPOSIUM 38</th>
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<tr>
<td>08.30-09.15</td>
<td>Room Salle des Princes</td>
<td>Room Prince Pierre</td>
<td>Room Camille Blanc</td>
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<td></td>
<td>Tokyo 2020: Protecting the athlete from environmental and logistical challenges</td>
<td>Concussion prevention in youth team sports: Evidence informing best practice and policy across five high risk sports</td>
<td>Never mention prevention!</td>
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<td>Chair: Lee TAYLOR - Qatar</td>
<td>Chair: Carolyn EMERY - Canada</td>
<td>Chair: Martin ASKER - Sweden, Rodney WHITELEY - Qatar</td>
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<tr>
<td>11.00-11.30</td>
<td>Coffee Break</td>
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<td></td>
<td>Session A • SYMPOSIUM 39</td>
<td>Session B • SYMPOSIUM 40</td>
<td>Session C • SYMPOSIUM 41</td>
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<tr>
<td>11.30-13.00</td>
<td>Room Salle des Princes</td>
<td>Room Prince Pierre</td>
<td>Room Camille Blanc</td>
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<td></td>
<td>Training load and injury</td>
<td>The injury prevention (r)evolution - a primer for tomorrow</td>
<td>Injury prevention – what can you learn from our biggest mistakes?</td>
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<td>Chair: Karim CHAMARI - Qatar</td>
<td>Chairs: Nicol VAN DYK - Qatar, Johann WINDT - USA</td>
<td>Chair: Michael TURNER - United Kingdom</td>
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<tr>
<td>13.00-14.30</td>
<td>Lunch</td>
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<td></td>
<td>Session A • SYMPOSIUM 42</td>
<td>Session B • SYMPOSIUM 43</td>
<td>Session C • SYMPOSIUM 44</td>
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<td>14.30-15.30</td>
<td>Room Salle des Princes</td>
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<td>Room Camille Blanc</td>
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<td></td>
<td>Heat injury and illness prevention for Tokyo 2020: What is the IOC doing?</td>
<td>Implementing change in performance and prevention: Persuasion, Perseverance, Passion</td>
<td>Injury prevention in handball: What have we learned and where are we going?</td>
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<td>Chair: Yannis PITSILADIS - United Kingdom</td>
<td>Chairs: Nicola PHILLIPS - United Kingdom, Mario BIZZINI - Switzerland</td>
<td>Chairs: Lior LAVER - United Kingdom, Grethe MYKLEBUST - Norway</td>
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<td>Session B • SYMPOSIUM 48</td>
<td>Session C • SYMPOSIUM 49</td>
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<td>15.30-16.30</td>
<td>Room Salle des Princes</td>
<td>Room Prince Pierre</td>
<td>Room Camille Blanc</td>
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<td></td>
<td>Injury prevention apps – clap or scrap?</td>
<td>Protecting respiratory health in athletes: What can we do better?</td>
<td>Preventing primary cam morphology and femoroacetabular impingement syndrome in the young athlete: Is the ‘hop’ really the hip’s demise?</td>
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<td>Chair: Tron KROSSHAUG - Norway</td>
<td>Chairs: Michael LOOSEMORE - United Kingdom, James HULL - United Kingdom</td>
<td>Chairs: Paul DUKSTRA - Qatar, Andrea MOSLER - Australia</td>
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<td>16.30-17.00</td>
<td>Coffee Break</td>
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<td>17.00-17.45</td>
<td>Room Salle des Princes</td>
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<td>KEYNOTE 5</td>
<td>Understanding the basis of success: How fewer injuries will help you win trophies</td>
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<td>Speaker: Martin HÄGGLUND - Sweden</td>
<td>Speaker: Michael TURNER - United Kingdom</td>
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<tr>
<td>17.45-18.00</td>
<td>CLOSING CEREMONY</td>
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<td>20.00</td>
<td>FACULTY DINNER (by invitation)</td>
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**SCIENTIFIC PROGRAMME**

### 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

#### Session A • SYMPOSIUM 1
**11.00-12.30**

**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

**Room Prince Pierre**

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

**Chair: Sanjay SHARMA** - United Kingdom

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<th>Time</th>
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<th>Speaker</th>
<th>Country</th>
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<tr>
<td>11.00-11.15</td>
<td>Introduction: Sudden death in paediatric athletes; Magnitude of the problem</td>
<td>Demitri Constantinou</td>
<td>South Africa</td>
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<tr>
<td>11.15-11.30</td>
<td>Are we pushing kids too hard, too early? Physiological responses to training in elite paediatric athletes</td>
<td>Craig Williams</td>
<td>United Kingdom</td>
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<tr>
<td>11.30-11.45</td>
<td>Can we cardiologically evaluate kids using the tools made for adults?</td>
<td>Maria-Carmen Adamuz</td>
<td>Qatar</td>
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<tr>
<td>11.45-12.00</td>
<td>What to do with the elite paediatric athlete with suspected heart disease? Appraisal of current international guidelines</td>
<td>Guido Pieles</td>
<td>United Kingdom</td>
</tr>
<tr>
<td>12.00-12.15</td>
<td>Future strategies of cardiac care in elite paediatric athletes</td>
<td>Mathew Wilson</td>
<td>Qatar</td>
</tr>
<tr>
<td>12.15-12.30</td>
<td>Panel discussion: Striking a balance between child protection and developing the future Olympic superstars: Role of international sporting organisations</td>
<td>Sharma, Constantinou, Williams, Adamuz, Pieles, Wilson</td>
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## Session C • SYMPOSIUM 3

**Room Camille Blanc**

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

**Chair: Eamonn DELAHUNT** - Ireland

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<tbody>
<tr>
<td>11.00-11.15</td>
<td>The results of epidemiological and injury mechanism research are integral to the planning of effective ankle sprain injury prevention strategies</td>
<td>Eamonn Delahunt</td>
<td>Ireland</td>
</tr>
<tr>
<td>11.30-11.45</td>
<td>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</td>
<td>Claire Hiller</td>
<td>Australia</td>
</tr>
<tr>
<td>11.45-12.00</td>
<td>A guide to implementing effective therapeutic interventions to prevent ankle sprain injury recurrence and chronic ankle instability in field- and court-sport athletes</td>
<td>Phillip Gribble</td>
<td>USA</td>
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<tr>
<td>12.00-12.15</td>
<td>Managing the difficult ankle: optimal surgical approaches to prevent ongoing impairments following ankle sprain injury</td>
<td>Gino Kerkhoffs</td>
<td>The Netherlands</td>
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<td>12.30-14.00</td>
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<td>14.00-15.00</td>
<td><strong>Session A • HEAD-TO-HEAD DEBATE 1</strong></td>
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<td>Room Salle des Princes</td>
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<td></td>
<td><strong>IS IT TIME TO STOP RECOMMENDING CARDIAC SCREENING IN ATHLETES AND FOCUS ON REACTIVE CARE? [243]</strong></td>
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<td>Chair: Kimberly Harmon - USA</td>
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<td>14.00-14.05</td>
<td>Setting the scene - pre-debate audience vote</td>
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<td>Kimberly Harmon - USA</td>
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<td>14.05-14.20</td>
<td>Speaker for the affirmative: Cardiac screening – end of an error. Long live reactive care</td>
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<td>Mathew Wilson - Qatar</td>
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<td>14.20-14.35</td>
<td>Speaker for the negative: Cardiac screening is essential and must go hand-in-hand with reactive care</td>
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<td>Sanjay Sharma - United Kingdom</td>
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<td>14.35-14.47</td>
<td>Rebuttals (3 minutes each)</td>
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<td>Mathew Wilson - Qatar, Sanjay Sharma - United Kingdom</td>
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<td>14.47-14.50</td>
<td>Chair’s sum-up and post-debate audience vote</td>
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<td></td>
<td>Kimberly Harmon - USA</td>
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<tr>
<td>14.50-15.00</td>
<td>Audience discussion</td>
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**Session B • SYMPOSIUM 4**

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<tr>
<td>14.00-15.00</td>
<td>Room Prince Pierre</td>
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<td></td>
<td><strong>INJURY PREVENTION PROGRAMMES IN RUGBY UNION: ACROSS COUNTRIES AND INTO COMMUNITIES [233]</strong></td>
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<td>Chair: Jon Patricios - United Kingdom</td>
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<tr>
<td>14.00-14.02</td>
<td>Introduction: Why rugby?</td>
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<td></td>
<td>Jon Patricios - South Africa</td>
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<tr>
<td>14.02-14.14</td>
<td>RugbySmart: Positively pioneering injury prevention</td>
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<td>Ken Quarrie - New Zealand</td>
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<td>14.14-14.26</td>
<td>From “the pitch” to the pitch: World Rugby’s approach to implementing the Activate Injury Prevention Programme</td>
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<td>Michael Hislop - Ireland</td>
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<td>14.26-14.38</td>
<td>BokSmart: Using a multipronged approach to develop targeted interventions for an ever-evolving game</td>
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<td>Wayne Viljoen - South Africa</td>
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<tr>
<td></td>
<td>Jon Patricios - South Africa</td>
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<tr>
<td>14.50-15.00</td>
<td>Questions and panel discussion</td>
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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

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Presenter</th>
<th>Country</th>
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</thead>
<tbody>
<tr>
<td>14.00-14.12</td>
<td>It's not just how common, but how severe: The burden of injuries on grass and artificial pitches in Rugby Union</td>
<td>Keith Stokes</td>
<td>United Kingdom</td>
</tr>
<tr>
<td>14.24-14.36</td>
<td>Biomechanical Testing of Shoe-Surface Interactions and Footwear Design Implications</td>
<td>Richard Kent</td>
<td>USA</td>
</tr>
<tr>
<td>14.36-14.48</td>
<td>Strategies for injury reduction on artificial turf pitches</td>
<td>Simon Kemp</td>
<td>United Kingdom</td>
</tr>
<tr>
<td>14.48-15.00</td>
<td>Questions and panel discussion</td>
<td>Stokes, Sills, Kent, Kemp</td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Presenter</th>
<th>Country</th>
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</thead>
<tbody>
<tr>
<td>14.00-14.02</td>
<td>Introduction of symposium and speakers</td>
<td>Claude Goulet</td>
<td>Canada</td>
</tr>
<tr>
<td>14.02-14.14</td>
<td>Does risk compensation undo the protection of ski helmet use?</td>
<td>Gerhard Ruedl</td>
<td>Austria</td>
</tr>
<tr>
<td>14.14-14.26</td>
<td>Educating for injury prevention: child and youth skiing and snowboarding</td>
<td>Brent E. Hagel</td>
<td>Canada</td>
</tr>
<tr>
<td>14.26-14.38</td>
<td>Using the biomechanics of injury to design safer snow sports equipment and on-slope injury prevention strategies</td>
<td>Irving Scher</td>
<td>USA</td>
</tr>
<tr>
<td>14.38-14.50</td>
<td>Sport injury epidemiology to support regulation implementation in alpine skiing and snowboarding</td>
<td>Claude Goulet</td>
<td>Canada</td>
</tr>
<tr>
<td>14.50-15.00</td>
<td>Panel Discussion: Future directions for research and informing best practice in the prevention of injuries for alpine skiers and snowboarders</td>
<td>Ruedl, Hagel, Scher, Goulet</td>
<td></td>
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</tbody>
</table>
### Session E • SYMPOSIUM 7

**Room Van Dongen**

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

**Chair:** Leonardo METSAVAHT - Brazil

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker</th>
<th>Country</th>
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</thead>
<tbody>
<tr>
<td>14.00-14.10</td>
<td>Problem overview: epidemiology</td>
<td>Mansueto Gomes-Neto</td>
<td>Brazil</td>
</tr>
<tr>
<td>14.10-14.20</td>
<td>The complexity of running injuries and their risk factors</td>
<td>Leonardo Metsavaht</td>
<td>Brazil</td>
</tr>
<tr>
<td>14.20-14.30</td>
<td>Costs for identifying running-related injury risks</td>
<td>Gustavo Leporace</td>
<td>Brazil</td>
</tr>
<tr>
<td>14.30-14.40</td>
<td>Neuromuscular training to prevent running-related injuries</td>
<td>Fábio Arcanjo</td>
<td>Brazil</td>
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</tbody>
</table>

### Session A • SYMPOSIUM 8

**Room Salle des Princes**

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

**Chair:** Carolyn EMERY - Canada

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker</th>
<th>Country</th>
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</thead>
<tbody>
<tr>
<td>15.00-15.05</td>
<td>Keeping our girls on the field of play: The importance of injury prevention in youth female sports</td>
<td>Carolyn Emery, Grethe Myklebust</td>
<td>Canada, Norway</td>
</tr>
<tr>
<td>15.05-15.15</td>
<td>Preventing concussions in female youth sport</td>
<td>Carolyn Emery</td>
<td>Canada</td>
</tr>
<tr>
<td>15.15-15.25</td>
<td>Preventing shoulder injuries in overhead female youth sports</td>
<td>Martin Asker</td>
<td>Sweden</td>
</tr>
<tr>
<td>15.25-15.35</td>
<td>Preventing knee injuries in female youth team sports</td>
<td>Grethe Myklebust</td>
<td>Norway</td>
</tr>
<tr>
<td>15.35-15.45</td>
<td>Preventing ankle injuries in female youth team sports</td>
<td>Kati Pasanen</td>
<td>Canada/Finland</td>
</tr>
<tr>
<td>15.45-16.00</td>
<td>Panel discussion: Is it possible to protect our female youth sport athletes head to toe?</td>
<td>Emery, Asker, Myklebust, Pasanen</td>
<td></td>
</tr>
</tbody>
</table>
### Session B • SYMPOSIUM 9

**Room Prince Pierre**

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

**Chair:** Caroline FINCH - Australia

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
</table>
| 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

**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

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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</thead>
</table>
| 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

**Room Auric**

**15.00-16.00**

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

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

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>15.00</td>
<td>Introduction – The all too common state of overuse problems in volleyball</td>
</tr>
</tbody>
</table>
| 15.02  | Patellar tendinopathy: can we block the spike of jumper’s knees in volleyball?  
**Johannes Zwerver** - The Netherlands |
| 15.14  | Navigating the risk factor identification minefield and implementing a tailored prevention program to decrease patellar tendinopathy that works!  
**Natalia Bittencourt** - Brazil |
| 15.26  | Monitoring training and competition load in volleyball…can we really prevent these overuse injuries?  
**Christopher Skazalski** - Qatar |
| 15.38  | Injury prevention from the coach’s point of view, a real-world example of injury prevention and championship results  
**Kerry MacDonald** - Canada |
| 15.50  | 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

**Room Salle des Princes**

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

**Chair:** Andrea MOSLER - Australia

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<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
</table>
| 16.30  | Preventing injury in women’s football, a global problem  
**Andrea Mosler** - Australia |
| 16.42  | What really works to reduce injury risk in women’s football?  
**Markus Waldén** - Sweden |
| 16.54  | Prevention programmes only work if you do them; implementation strategies to reduce injury risk  
**Amelia Arundale** - USA |
| 17.06  | Mars vs Venus, how injury prevention strategies for women’s football embrace the differences  
**Martin Hägglund** - Sweden |
| 17.18  | Panel discussion: Future directions for researching the unresolved questions, and optimising injury prevention implementation by clinicians and stakeholders involved in elite women’s football  
**Mosler, Waldén, Arundale, Hägglund** |
Session B • SYMPOSIUM 13
Room Prince Pierre

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

*Chair: Peter FOWLER - Australia*

16.30-16.42  I Overview: Why sleep is integral to performance  
**Peter Fowler** - Australia

16.42-16.54  I Sleep to prevent injury and illness  
**Kieran O'Sullivan** - Qatar

16.54-17.06  I Athlete-specific challenges to sleep: An applied perspective  
**Christa Janse van Rensburg** - South Africa

17.06-17.18  I A ‘Sleep Toolbox’ for practitioners: How to identify and target poor sleep in athletes  
**Amy Bender** - Canada

17.18-17.30  I Panel discussion

Session C • SYMPOSIUM 14
Room Camille Blanc

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

*Chair: Evert VERHAGEN - The Netherlands*

16.30-16.35  I Can you hear me? The true stories that numbers won’t tell  
**Caroline Bolling** - Brazil

16.35-16.45  I Step 1 – “As long as I can perform I am not injured”  
**Kristina Fagher** - Sweden

16.45-16.55  I Step 2 – “It is not just me!”  
**Caroline Bolling** - Brazil

16.55-17.05  I Step 3 – “One exercise won’t change my life”  
**Sheree Bekker** - South Africa/United Kingdom

17.05-17.15  I Step 4 – “Yes, your intervention works. So what?!”  
**Evert Verhagen** - The Netherlands

17.15-17.30  I Panel discussion: Making words and numbers count: the value of mixed-methods approaches in improving athlete health protection  
**Bolling, Verhagen, Fagher, Bekker**
Session D • SYMPOSIUM 15
Room Auric

16.30-17.30
PRIMARY PREVENTION OF MENTAL HEALTH SYMPTOMS AND DISORDERS IN ELITE ATHLETES [572]

Chair: Brian HAINLINE - USA

16.30-16.42  I Overview – The incidence and prevalence of mental health symptoms and disorders in elite athletes
   Vincent Gouttebarge - The Netherlands

16.42-16.54  I Primary Prevention – Creating an environment that supports mental wellness in sport
   Brian Hainline - USA

16.54-17.06  I Primary Prevention – Addressing toxic environments in sport
   Margo Mountjoy - Canada

17.06-17.18  I Primary Prevention – Managing transition from sport: from injury to retirement
   Rosemary Purcell - Australia

17.18-17.30  I 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
Room Van Dongen

16.30-17.30
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  I Sport-specific injury mechanism of ACL – Studies from Japan
   Yuka Kimura - Japan

16.40-16.50  I Prevention of ACL injuries in Asia – Community Outreach
   Kam-Ming Mok - Hong Kong

16.50-17.00  I Clinical examination of ACL – Bridging knee instability with player perceptions
   Hideyuki Koga - Japan

17.00-17.10  I Treatment of ACL injuries – the Korea Experience
   Jin-Goo Kim - Korea

17.10-17.20  I Return-to-play decisions after rehabilitation – What is missing to prevent injuries?
   Patrick Shu-Hang Yung - Hong Kong

17.20-17.30  I Panel Discussion: How to synthesize of East and West in ACL research
   Kimura, Mok, Koga, Shu-Hang Yung

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SCIENTIFIC PROGRAMME
Thursday 12 March
Session A • SYMPOSIUM 17
Room Salle des Princes

17.30-18.30
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
Room Prince Pierre

17.30-18.30
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

**Room Camille Blanc**

**17.30-18.30**

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

**Chair:** Simon KEMP - United Kingdom

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

## Session D • SYMPOSIUM 20

**Room Auric**

**17.30-18.30**

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

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

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<tr>
<th>Time</th>
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<tbody>
<tr>
<td>17.30-17.32</td>
<td>Introduction Sheree Bekker - South Africa/United Kingdom</td>
</tr>
<tr>
<td>17.32-17.40</td>
<td>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</td>
</tr>
<tr>
<td>17.40-17.50</td>
<td>Overcoming cultural stigma to promote safety and fair play for recreational athletes with impairment in sub-Saharan Africa: the Ghanaian and Kenyan experience Yetsa A. Tuakli-Wosornu - Ghana/USA</td>
</tr>
<tr>
<td>17.50-18.00</td>
<td>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</td>
</tr>
<tr>
<td>18.00-18.10</td>
<td>The complexity of injury prevention: The Brazilian experience Luciana De Michelis Mendonça - Brazil</td>
</tr>
<tr>
<td>18.10-18.30</td>
<td>Discussion Bekker, Tuakli-Wosornu, Bakare, De Michelis Mendonça</td>
</tr>
</tbody>
</table>
### Session E • SYMPOSIUM 21

**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

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<th>Time</th>
<th>Topic</th>
<th>Speaker</th>
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</thead>
<tbody>
<tr>
<td>17:30-17:35</td>
<td><strong>Introduction: What is RED-S?</strong></td>
<td>Margo Mountjoy - Canada</td>
</tr>
<tr>
<td>17:35-17:45</td>
<td><strong>Primary prevention of low energy availability: Fueling + body composition management</strong></td>
<td>Louise Burke - Australia</td>
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<tr>
<td>17:45-17:55</td>
<td><strong>Primary prevention of eating disorders/ disordered eating</strong></td>
<td>Jorunn Sundgot-Borgen - Norway</td>
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<tr>
<td>17:55-18:05</td>
<td><strong>Primary prevention through athlete screening for RED-S</strong></td>
<td>Kathryn Ackerman - USA</td>
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<tr>
<td>18:05-18:15</td>
<td><strong>Primary prevention of RED-S through sport rule changes</strong></td>
<td>Margo Mountjoy - Canada</td>
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<tr>
<td>18:15-18:30</td>
<td><strong>Discussion</strong></td>
<td>Mountjoy, Burke, Ackerman, Sundgot-Borgen</td>
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</table>
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

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**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

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<tr>
<th>Time</th>
<th>Session</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>09.30-09.35</td>
<td>Introduction</td>
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<tr>
<td>09.35-09.47</td>
<td>Agreement and disagreement  in terminology: How to move forward?</td>
<td>Andrew Franklyn Miller - Ireland</td>
</tr>
<tr>
<td>09.47-09.59</td>
<td>What are the symptoms and impairments?</td>
<td>Thor Einar Andersen - Norway</td>
</tr>
<tr>
<td>09.59-10.11</td>
<td>Primary prevention: Is strengthening of the adductors enough?</td>
<td>Joar Harøy - Norway</td>
</tr>
<tr>
<td>10.11-10.23</td>
<td>Screening for secondary prevention: What are the options?</td>
<td>Kristian Thorborg - Denmark</td>
</tr>
<tr>
<td>10.23-10.35</td>
<td>What is the role of movement control and 3D-biomechanics in secondary prevention?</td>
<td>Enda King - Ireland</td>
</tr>
<tr>
<td>10.35-10.45</td>
<td>Tertiary prevention: Conservative or surgical?</td>
<td>Per Hölmich - Denmark</td>
</tr>
<tr>
<td>10.45-11.00</td>
<td>Panel discussion: Future directions for research informing best practice in the prevention of groin pain in athletes (GPA)</td>
<td>Miller, Andersen, Harøy, Thorborg, King, Hölmich</td>
</tr>
</tbody>
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Session B • SYMPOSIUM 23
Room Prince Pierre

09.30-11.00

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
Room Camille Blanc

09.30-11.00

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

**Room Salle des Princes**

**HAMSTRING INJURY PREVENTION IS POSSIBLE... MAYBE. KIND OF. ISH.**

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

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker 1</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>11.30-11.33</td>
<td>Introduction</td>
<td>Johannes Tol - The Netherlands/Qatar</td>
<td></td>
</tr>
<tr>
<td>11.33-11.43</td>
<td>Risk factors for hamstring injuries: Same old same old?</td>
<td>Tania Pizzari - Australia</td>
<td></td>
</tr>
<tr>
<td>11.43-11.58</td>
<td>When you can’t run slower: Can elite athlete monitoring prevent hamstring injuries in sprinters?</td>
<td>Noel Pollock - United Kingdom</td>
<td></td>
</tr>
<tr>
<td>11.58-12.10</td>
<td>Workload associated with risk of hamstring injury: Stating the obvious, but where’s the evidence?</td>
<td>Nicol van Dyk - Qatar</td>
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<tr>
<td>12.10-12.25</td>
<td>Implementation of successful prevention systems: Challenges and opportunities</td>
<td>Martin Wollin - Australia</td>
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<tr>
<td>12.25-12.40</td>
<td>&quot;Put me in coach, I’m ready!&quot; Refocusing return to sport and how prevention practices might influence our decision making</td>
<td>Arnlaug Wangensteen - Norway</td>
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</tr>
<tr>
<td>12.40-13.00</td>
<td>Can we prevent hamstring re-injuries?</td>
<td>Johannes Tol - The Netherlands/Qatar</td>
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</tr>
</tbody>
</table>

**Panel discussion: Future directions for hamstring injury prevention and implementation**

Pizzari, Tol, Pollock, van Dyk, Wangensteen, Wollin

### Session B • SYMPOSIUM 26

**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

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker 1</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>11.30-11.40</td>
<td>Introduction and overview</td>
<td>Wayne Derman - South Africa</td>
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</tr>
<tr>
<td>11.40-11.55</td>
<td>Evidence-based strategies for management and mitigation of long-haul jet lag in athletes</td>
<td>Christa Janse Van Rensburg - South Africa</td>
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<tr>
<td>11.55-12.10</td>
<td>Pharmacological and pharmaceutical approaches to illness prevention: From A to Zinc: The evidence base</td>
<td>Nick Webborn - United Kingdom</td>
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<tr>
<td>12.10-12.25</td>
<td>What the team physician needs to know about vaccination and illness prevention: an evidence based approach</td>
<td>Tim Meyer - Germany</td>
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<tr>
<td>12.25-12.40</td>
<td>How to fly long and stay healthy: The evidence from travel medicine research</td>
<td>Wayne Derman - South Africa</td>
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</tr>
<tr>
<td>12.40-13.00</td>
<td>Panel discussion/questions</td>
<td>Janse Van Rensburg, Webborn, Derman, Meyer</td>
<td></td>
</tr>
</tbody>
</table>
Session C • SYMPOSIUM 27

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

[271]

Chair: Carolyn EMERY - Canada

11.30-11.35  Laying the framework for discussion of approaches to injury prevention in youth sport  
Carolyn Emery - Canada

11.35-11.47  Training strategies: The key to injury prevention in youth  
Kati Pasanen - Canada/Finland

11.47-11.59  Targeting sport specialization in youth sport: Isn’t it clear?  
Chris Whatman - New Zealand

11.59-12.11  Protective equipment in youth sport: Issues and recommendations  
Brent E. Hagel - Canada

12.11-12.23  Apps and social media are the ticket to changing the culture for injury prevention in youth sport  
Evert Verhagen - The Netherlands

12.23-12.35  Rule changes in youth sport: Evidence informing policy  
Carolyn Emery - Canada

12.35-12.40  5 minutes 5 slides: Highlighting 5 targets in injury prevention in youth sport  
Carolyn Emery - Canada

12.40-13.00  Panel discussion: Where does the future lie in injury prevention in youth sport?  
Emery, Pasanen, Hagel, Whatman, Verhagen

13.00-14.30  Lunch

KEYNOTE 3

Room Salle des Princes

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

Speaker: Sébastien RACINAIS - Qatar

THEMATIC POSTERS SESSION

15.30-16.30  Exhibition hall – Poster Area

16.30-17.00  Coffee Break
### Session A • SYMPOSIUM 28

17.00-18.00
Room Salle des Princes

**The Value of Longitudinal Data for the Prevention of Injury and Illness. Lessons Learned from International Surveillance Programs**

*Chair: Ian Shrier* - Canada

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>17.00-17.04</td>
<td>Introduction</td>
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<tr>
<td>17.04-17.16</td>
<td>Evaluating the implementation and results from prevention programs in Danish children age 6-11 years over 5.5 years</td>
</tr>
<tr>
<td>17.16-17.28</td>
<td>Keeping your athletes available throughout a season: The value and benefits of timely feedback informed by injury and illness monitoring</td>
</tr>
<tr>
<td>17.28-17.40</td>
<td>Informing and maintaining policy change through research findings: Experiences with body checking in Canadian youth hockey</td>
</tr>
<tr>
<td>17.40-18.00</td>
<td>Panel discussion: How to reap athlete benefits from longitudinal data</td>
</tr>
</tbody>
</table>

### 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

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>17.00-17.05</td>
<td>Introduction: #MeTooSport: The contemporary cultural context of the prevention of non-accidental violence in sport settings</td>
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<tr>
<td>17.05-17.15</td>
<td>The vulnerability of disability: Prevalence and prevention of harassment and abuse in athletes with impairment</td>
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<tr>
<td>17.15-17.25</td>
<td>Injury prevention through safeguarding: The work of the International Olympic Committee</td>
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<tr>
<td>17.25-17.35</td>
<td>The imperative for systemic change: understanding, contextualising, and influencing a culture of safeguarding in sport settings</td>
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<tr>
<td>17.35-17.45</td>
<td>“Only by speaking out can we create lasting change”: Lessons from the Nassar tragedy for sports medicine</td>
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<tr>
<td>17.45-18.00</td>
<td>Discussion</td>
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</tbody>
</table>
**Session C • SYMPOSIUM 30**

**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**

**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**

Chair: Mutsuo YAMADA - Japan

<table>
<thead>
<tr>
<th>Time</th>
<th>Presentation</th>
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</thead>
</table>
| 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**

Chair: Karim KHAN - Canada

<table>
<thead>
<tr>
<th>Time</th>
<th>Presentation</th>
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</table>
| 18.00-18.05 | Setting the scene for the debate and introduction of speakers and debate format  
Karim Khan - Canada |
| 18.05-18.20 | Speaker for the affirmative: To improve our safe return to play we need to respect biological healing  
Erik Witvrouw - Belgium |
| 18.20-18.35 | Speaker for the negative: Studies show that the present RTP criteria are valid  
Lynn Sneyder-Mackler - USA |
| 18.35-18.47 | Rebuttals (3 minutes each)  
Erik Witvrouw - Belgium, Lynn Sneyder-Mackler - USA |
| 18.47-18.50 | Chair’s sum-up and post-debate audience vote  
Karim Khan - Canada |
| 18.50-19.00 | Audience discussion |
Session B • SYMPOSIUM 33
Room Prince Pierre

18.00-19.00

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
Room Camille Blanc

18.00-19.00

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 looks 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
Room Auric

18.00-19.00

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)
### Session A • SYMPOSIUM 36

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

**Chair:** Lee TAYLOR - Qatar

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
</table>
| 09.30-09.33 | Introduction: Environmental and logistical challenges to athlete health  
Lee Taylor - Qatar |
| 09.33-09.45 | Jetlag and travel fatigue prevention and treatment at the games  
Christa Janse van Rensburg - South Africa |
| 09.45-09.57 | Illness during travel and at the games: how to prevent illness?  
Martin Schwellnus - South Africa |
| 09.57-10.09 | Air quality/pollution challenges to athlete health at the games: Prevention and treatment  
Valerie Bougault - France |
| 10.09-10.21 | Water quality/pollution challenges to athlete health at the games: Prevention and treatment  
Margo Mountjoy - Canada |
| 10.21-10.33 | Challenges to athlete health at the hottest modern Olympics in history  
Sébastien Racinais - Qatar |
| 10.33-10.45 | Countermeasures to prevent illness and preserve performance in hot and humid conditions  
Lee Taylor - Qatar |
| 10.45-11.00 | Panel discussion  
Taylor, Janse van Rensburg, Schwellnus, Bougault, Mountjoy, Racinais |
<table>
<thead>
<tr>
<th>Time</th>
<th>Session Title</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>09.30</td>
<td>The public health burden of concussion in youth team sport: Introduction of session and speakers</td>
<td>Carolyn Emery - Canada</td>
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<tr>
<td>09.35</td>
<td>Primary prevention of concussion in youth American Football: Tackle training, equipment, and rules</td>
<td>Kevin Guskiewicz - USA</td>
</tr>
<tr>
<td>09.47</td>
<td>A comprehensive approach to concussion prevention in youth ice hockey</td>
<td>Carolyn Emery - Canada</td>
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<tr>
<td>09.59</td>
<td>Preventing concussion in youth rugby: Dispelling the myths of tackle training, load modification, and neuromuscular training</td>
<td>Keith Stokes - United Kingdom</td>
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<tr>
<td>10.11</td>
<td>Best practice in concussion prevention in youth lacrosse</td>
<td>Dawn Comstock - USA</td>
</tr>
<tr>
<td>10.23</td>
<td>Targeting intrinsic and extrinsic risk factors for concussion in youth soccer</td>
<td>Kathryn Schneider - Canada</td>
</tr>
<tr>
<td>10.35</td>
<td>Highlights for best practice and policy across 5 team sports</td>
<td>Carolyn Emery - Canada</td>
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<tr>
<td>10.40</td>
<td>Panel discussion: Future directions in the prevention of concussion in youth sport. What evidence has potential for translation across sport-specific contexts?</td>
<td>Emery, Guskiewicz, Stokes, Comstock, Schneider</td>
</tr>
</tbody>
</table>
09.30-11.00  Room Camille Blanc

**NEVER MENTION PREVENTION!**

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

11.30-13.00  Room Salle des Princes

**TRAINING LOAD AND INJURY**

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
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
Room Salle des Princes

HEAT INJURY AND ILLNESS PREVENTION FOR TOKYO 2020: WHAT IS THE IOC DOING? [354]

Chair: Yannis PITSILADIS - United Kingdom

14.30-14.42
❙ From risk analyses to evidenced based practice
Sébastien Racinais - Qatar

14.42-14.54
❙ Timing analyses for appropriate scheduling
Stéphane Bermon - Monaco

14.54-15.06
❙ Anticipating the treatment needs
Douglas Casa - USA

15.06-15.18
❙ Wearable technologies: Future challenges and opportunities for implementation in athlete healthcare
Yannis Pitsiladis - United Kingdom

15.18-15.30
❙ Panel discussion: Success, challenge and legacy of the IOC adverse weather impact expert working group for the Olympics Games Tokyo 2020
Racinais, Bermon, Casa, Pitsiladis

Session B • SYMPOSIUM 43
Room Prince Pierre

IMPLEMENTING CHANGE IN PERFORMANCE AND PREVENTION: PERSUASION, PERSEVERANCE, PASSION [181]

Chairs: Nicola PHILLIPS - United Kingdom, Mario BIZZINI - Switzerland

14.30-14.35
❙ Setting the scene for leadership in practice change
Nicola Phillips - United Kingdom

14.35-14.45
❙ The 11+ story: how F-MARC changed practice on a global basis
Mario Bizzini - Switzerland

14.45-14.55
❙ Changing practice in a performance environment – Australian Ballet
Susan Mayes - Australia

14.55-15.05
❙ Leading a change in practice for reducing injuries in a team setting
Mo Gimpel - United Kingdom

15.05-15.15
❙ Increasing professional engagement in change – setting the tone
Emma Stokes - Qatar/Ireland

15.15-15.30
❙ Panel discussion: How do we change mindsets to adopt a different approach for injury prevention?
**Session C • SYMPOSIUM 44**

14.30-15.30  
Room Camille Blanc  

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

**Chairs:** Lior Laver - United Kingdom/Israel, Grethe Myklebust - Norway  

14.30-14.42  
**Laying the ground for the next step in injury prevention in Handball – The Handball Consensus statement on injury and illness data collection**  
Lior Laver - United Kingdom/Israel  

14.42-14.54  
**Injury prevention strategies for the lower extremities in handball: More than just a throwing sport!**  
Grethe Myklebust - Norway  

14.54-15.06  
**Risk factors and injury prevention for the upper extremities in handball**  
Martin Asker - Sweden  

15.06-15.18  
**The role of load management in injury prevention in handball**  
Merete Möller - Denmark  

15.18-15.30  
**Discussion**

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**Session D • SYMPOSIUM 45**

14.30-15.30  
Room Auric  

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

**Chairs:** Sheree Bekker - South Africa/United Kingdom & Nicol Van Dyk - Qatar  

14.30-14.35  
**Introduction**  
Nicol van Dyk - Qatar  

14.35-14.45  
**The evolution of injury prevention models in the past 30 years**  
Willem Meeuwisse - Canada  

14.45-14.55  
**Risk factor identification to injury pattern recognition – key principles in complex systems theory**  
Natalia Bittencourt - Brazil  

14.55-15.05  
**Small big data - How to apply complex approaches at an individual level**  
Nicol van Dyk - Qatar  

15.05-15.15  
**What works in Melbourne on a muggy Monday won’t work in Soweto on a sunny Saturday: considerations for successful implementation in complex settings**  
Sheree Bekker - South Africa/United Kingdom  

15.15-15.30  
**Panel discussion**  
Meeuwisse, Bittencourt, van Dyk, Bekker
Session E • SYMPOSIUM 46
Room Van Dongen

PREVENTION OF LONG-STANDING GROIN PAIN IN ATHLETES [361]

Chair: Per HÖLMICH - Denmark

14.30-14.42
Prevention with athletic exercise based on pathology
Sadao Niga - Japan

14.42-14.54
Prevention of core muscle injuries in athletes
Alexander E. Poor - USA

14.54-15.06
Cross-motion swing produces effective pelvic motion for prevention
by three-dimensional movement analysis
Mitsunori Kaya - Japan

15.06-15.18
Development of clinical entities, treatment, and prevention
Per Hölmich - Denmark

15.18-15.30
Panel discussion: Future strategies for long-standing groin pain prevention
Niga, Poor, Kaya, Hölmich

Session A • SYMPOSIUM 47
Room Salle des Princes

INJURY PREVENTION APPS – CLAP OR SCRAP? [467]

Chair: Tron KROSSHAUG - Norway

15.30-15.35
Introduction
Tron Krosshaug - Norway

15.35-15.45
GET SET – the IOC/OSTRC app: The importance of user involvement
Kathrin Steffen - Norway

15.45-15.55
Real-world injury reduction after implementation of the Knee Control exercise based
injury prevention programme: An app success story
Markus Waldén - Sweden

15.55-16.00
Taking it to the next level. Sophisticated 3D animations for injury prevention delivery
Tron Krosshaug - Norway

16.00-16.10
Injury prevention through apps, how to reach our audience?
Evert Verhagen - The Netherlands

16.10-16.30
Panel discussion: Injury prevention through mobile apps – how can we improve?
Verhagen, Steffen, Waldén, Krosshaug
Session B • SYMPOSIUM 48
Room Prince Pierre

15.30-16.30
PROTECTING RESPIRATORY HEALTH IN ATHLETES: WHAT CAN WE DO BETTER? [174]
Chairs: Michael LOOSEMORE - United Kingdom, James HULL - United Kingdom

15.30-15.35
Introduction
Michael Loosemore - United Kingdom

15.35-15.45
Respiratory problems in athletic individuals: What’s hot and what's not?
James Hull - United Kingdom

15.45-15.55
Allergy and pollution exposure when exercising: Can we do better to protect respiratory health?
Michael Koehle - Canada

15.55-16.05
Respiratory tract infections: The good, the bad and the ugly
Martin Schwellnus - South Africa

16.05-16.15
Delivery of optimal respiratory health in a world-class performance system: Can it be done?
Michael Loosemore - United Kingdom

16.15-16.30
Panel discussion: Future directions in respiratory health: how can we help improve the most important medical problem in athletes
Loosemore, Hull, Koehle, Schwellnus

Session C • SYMPOSIUM 49
Room Camille Blanc

15.30-16.30
Chairs: Paul DIJKSTRA - Qatar, Andrea MOSLER - Australia

15.30-15.42
Our confusing hip language is undermining prevention and protection
Clare Ardern - Sweden

15.42-15.54
To prevent and protect the hip, we have to understand primary cam morphology, its cause and prognosis – but can we yet?
Paul Dijkstra - Qatar

15.54-16.06
Screening and intervention to prevent primary cam morphology – is too much sports medicine creating a mountain out of a molehill?
Andrea Mosler - Australia

16.06-16.18
Protecting the athlete with primary cam morphology from developing femoroacetabular impingement syndrome and osteoarthritis
Sion Glyn-Jones - United Kingdom

16.18-16.30
Panel Discussion: This discussion will focus on the current state of evidence on protecting athletes from developing cam morphology, femoroacetabular impingement syndrome and early hip osteoarthritis. The importance of multi-center collaboration for clinical research, to reach consensus on sharing data and experiences, and develop the foundations for a prospective Individual Patient Data Meta-analysis will also be discussed
Ardern, Dijkstra, Mosler, Glyn-Jones
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<tr>
<th>Time</th>
<th>Session</th>
<th>Location</th>
<th>Title</th>
<th>Chair</th>
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<tr>
<td>15.30-16.30</td>
<td>D • 50</td>
<td>Room Auric</td>
<td>HEALTH IMPACT OF LIFE-LONG PARTICIPATION IN OLYMPIC SPORT [574]</td>
<td>Yannis PITSILADIS - UK</td>
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<td>15.30-15.42</td>
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<td>Too much of good thing? The cardiovascular profile of older habitual high volume training</td>
<td>Jeroen Swart - South</td>
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<td>endurance athletes</td>
<td>Africa</td>
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<td>15.42-15.54</td>
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<td>The benefits and consequences of a life in competitive sport: A musculoskeletal perspective</td>
<td>James Bilzon - UK</td>
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<tr>
<td>15.54-16.06</td>
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<td>The health impact of life-long participation in Olympic sport: Lessons from Tokyo 1964</td>
<td>Michiko Dohi - Japan</td>
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<tr>
<td>16.06-16.18</td>
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<td>The legacy of the Olympic Games and major sporting events: new horizons for life expectancy</td>
<td>Victoriya Badtieva -</td>
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<td>and health</td>
<td>Russia</td>
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<td>16.18-16.30</td>
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<td>Questions and panel discussion</td>
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<td>16.30-17.00</td>
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<td>Coffee Break</td>
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<tr>
<td>17.00-17.45</td>
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<td>Room Salle des Princes</td>
<td>KEYNOTE 5</td>
<td>Martin HÄGGLUND - Sweden</td>
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<tr>
<td>17.45-18.15</td>
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<td>Room Salle des Princes</td>
<td>CLOSING CEREMONY</td>
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<td>20.00</td>
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<td>FACULTY DINNER (by invitation)</td>
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</tbody>
</table>

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 15th, 2019.
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<tr>
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Australian Institute of Sport

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World Rugby Immediate Pitch Side Care Working group member,
World Rugby Medical & Science research working group member,
Japan Rugby Football Union Medical committee member,
World Rugby Medical Trainer
RFU Immediate Care in Sport Instructor
Japan Sport Association official recognition Sport Doctor,
Japan Para-sport Association official recognition Sport Doctor,
Rehabilitation Medicine Specialist

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Associate Professor Divisions of PM&R, Sports Medicine, & Research
Department of Orthopaedics and Rehabilitation
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University of Florida College of Medicine
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Johannes Zwerver, MD, PhD, Professor
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PO Box 300001
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

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

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.
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

<table>
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<tr>
<th>REGISTRATION FEE</th>
<th>Before 18 November 2019</th>
<th>After 18 November 2019</th>
<th>On-site registration</th>
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<tr>
<td>Conference registration</td>
<td>€700</td>
<td>€800</td>
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<tr>
<td>Accompanying person</td>
<td>€300</td>
<td>€350</td>
<td>€400</td>
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<tr>
<td>Student Conference registration*</td>
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* 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

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

Cancellations and refunds:
Notification of cancellation of registration must be sent in writing to Publi Créations (info@ioc-preventionconference.org or to fax number +377 97 97 35 50) and will be subject to the following conditions:
- Cancellation received before 28 January 2020: the payment will be refunded after the Conference, less 30% of the amount paid.
- Cancellation received after 29 January 2020: no refund will be provided.
Rooms will be available in the following structures:

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

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

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

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

www.ioc-preventionconference.org

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 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 - E-mail: info@ioc-preventionconference.org