



IOC WORLD CONFERENCE PREVENTION OF INJURY & ILLNESS IN SPORT



MONACO 12 - 14 MARCH 2020

Preliminary Programme Overview

IN COLLABORATION WITH



ORGANISED BY



Publi Créations

WITH THE SUPPORT OF





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 • 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

Session E • SYMPOSIUM 7

14.00-15.00 Room Van Dongen

Innovations to prevent running injuries

Chair: Leonardo METSAVAHT -
Brazil

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)



50 symposia

5 keynote lectures

2 head-to-head debates

162 speakers

25 scientific committee members

29 countries

Kathryn Ackerman	Grégory Dupont	Gustavo Leporace	Sanjay Sharma
Maria-Carmen Adamuz	Carolyn Emery	Michael Loosemore	Ian Shrier
Thor Einar Andersen	Kristina Fagher	Kerry MacDonald	Patrick Shu-Hang
Stig Andersson	Caroline Finch	Laurent Malisoux	Allen Sills
Fabio Arcanjo	Peter Fowler	Steve Marshall	Holly Silvers-Granelli
Clare Ardern	Andrew Franklyn-Miller	Susan Mayes	Christopher Skazalski
Amelia Arundale	Matthias Gilgien	Alan McCall	Andrew Smith
Martin Asker	Sion Glyn-Jones	Carly McKay	Lynn Sneyder-Mackler
Victoriya Badtieva	Mo Gimpel	Willem Meeuwisse	Torbjørn Soligard
Ummukulthoum Bakare	Mansueto Gomes-Neto	Leonardo Metsavaht	Kathrin Steffen
Sheree Bekker	Claude Goulet	Tim Meyer	Emma Stokes
Jesper Bencke	Vincent Gouttebarga	Kam Ming Mok	Keith Stokes
Amy Bender	Susan Greinig	Merete Møller	Tyrel Stokes
Stéphane Berron	Phillip Gribble	Andrea Mosler	Jorunn Sundgot Borgen
James Bilzon	Kevin Guskiewicz	Margo Mountjoy	Jeroen Swart
Natalia Bittencourt	Brent E. Hagel	Grethe Myklebust	Lee Taylor
Mario Bizzini	Martin Hägglund	Rasmus Nielsen	Kristian Thorborg
Caroline Bolling	Brian Hainline	Sadao Niga	Toomas Timpka
Mats Börjesson	Kimberly Harmon	James O'Brien	Johannes Tol
Valérie Bougault	Joar Harøy	Orla O'Sullivan	Lorena Torres Ronda
Michel S. Brink	Mark Harrington	Kieran O'Sullivan	Yetsa A. Tuakli-Wosornu
Louise Burke	Luiz Hespanhol Jr	Kati Pasanen	Michael Turner
Douglas Casa	Claire Hiller	Jon Patricios	Nicol van Dyk
Karim Chamari	Michael Hislop	Nirmala Perera	Evert Verhagen
Ajit Chaudhari	Claes Höglström	Nicola Phillips	Wayne Viljoen
Lucy Clarke	Per Hölmich	Guido Piesles	Marcus Waldén
Benjamin Clarsen	James Hull	Yannis Pitsiladis	Arnlaug Wangensteen
Dawn Comstock	Christa Janse van Rensburg	Tania Pizzari	Nick Webborn
Dimitri Constantinou	Mitsunori Kaya	Babette Pluim	Niels Wedderkopp
Jill Cook	Simon Kemp	Noel Pollock	Chris Whatman
Jeff Crandall	Richard Kent	Alexander E. Poor	Rodney Whiteley
Owen Cronin	Gino Kerkhoffs	Jamie Pugh	Craig Williams
Kay M. Crossley	Karim Khan	Rosemary Purcell	Neil C. Williams
Torstein Dalen-Lorentsen	Jin-Goo Kim	Ken Quarrie	Mathew Wilson
Luciana De Michelis	Yuka Kimura	Sébastien Racinais	Johann Windt
Mendonça	Enda King	Roland Rössler	Erik Witvrouw
Eamonn Delahunty	Michael Koehle	Gerhard Ruedl	Martin Wollin
Wayne Derman	Hideyuki Koga	Irving Scher	Mutsuo Yamada
Paul Dijkstra	Mette Kreutzfeldt Zebis	Kathryn Schneider	Jason L. Zaremski
Michiko Dohi	Tron Krosshaug	Martin Schwellnus	Johannes Zwerver
Jonathan Drezner	Lior Laver	Andreas Serner	

**Call for abstracts & workshops
is now open**

**Submission
deadline**



Conference Venue

Grimaldi Forum

10, Avenue Princesse Grace - 98000 Monaco

Registration, hotel booking available on the website:

www.ioc-preventionconference.org





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