



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

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

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

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

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

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

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

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

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

16.00-16.30 Coffee Break

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

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

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

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

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

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

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

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

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

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



PROGRAMME AT A GLANCE

Friday 13 March

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

Session A • SYMPOSIUM 22

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

Session B • SYMPOSIUM 23

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

Session C • SYMPOSIUM 24

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

11.00-11.30 Coffee Break

Session A • SYMPOSIUM 25

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

Session B • SYMPOSIUM 26

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

Session C • SYMPOSIUM 27

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

13.00-14.30 Lunch

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

15.30-16.30 THEMATIC POSTER SESSION Exhibition Hall – Poster Area

16.30-17.00 Coffee Break

Session A • SYMPOSIUM 28

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

Session B • SYMPOSIUM 29

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

Session C • SYMPOSIUM 30

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

Session D • SYMPOSIUM 31

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

Session E • SYMPOSIUM 32

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

Session A

HEAD-TO-HEAD DEBATE 2

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

Session B • SYMPOSIUM 33

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

Session C • SYMPOSIUM 34

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

Session D • SYMPOSIUM 35

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

20.00 SPORTS CELEBRATION NIGHT



PROGRAMME AT A GLANCE

Saturday 14 March

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

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

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

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

11.00-11.30 Coffee Break

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

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

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

13.00-14.30 Lunch

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

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

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

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

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

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

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

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

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

16.30-17.00 Coffee Break

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

17.45-18.00 CLOSING CEREMONY

20.00 FACULTY DINNER (by invitation)



50 symposia

5 keynote lectures

2 head-to-head debates

162 speakers

25 scientific committee members

29 countries

- | | | | |
|--------------------------|----------------------------|--------------------|-------------------------|
| Kathryn Ackerman | Grégory Dupont | Lior Laver | Sanjay Sharma |
| Maria-Carmen Adamuz | Carolyn Emery | Gustavo Leporace | Ian Shrier |
| Thor Einar Andersen | Kristina Fagher | Michael Loosemore | Patrick Shu-Hang |
| Stig Andersson | Caroline Finch | Kerry MacDonald | Allen Sills |
| Fabio Arcanjo | Peter Fowler | Laurent Malisoux | Holly Silvers-Granelli |
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| 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 Gouttebauge | Kam Ming Mok | Keith Stokes |
| Amy Bender | Susan Greinig | Merete Møller | Tyrel Stokes |
| Stéphane Bermon | 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 Häggglund | 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 Högström | Nicola Phillips | Wayne Viljoen |
| Lucy Clarke | Per Hölmich | Guido Pieleas | Markus Waldén |
| Benjamin Clarsen | James Hull | Yannis Pitsiladis | Arnlaug Wangensteen |
| Dawn Comstock | Adam Hulme | Tania Pizzari | Nick Webborn |
| Demitri Constantinou | Christa Janse van Rensburg | Babette Pluim | Niels Wedderkopp |
| Jill Cook | Mitsunori Kaya | Noel Pollock | Chris Whatman |
| Jeff Crandall | Simon Kemp | Alexander E. Poor | Rodney Whiteley |
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| Wayne Derman | Michael Koehle | Irving Scher | Mutsuo Yamada |
| Paul Dijkstra | Hideyuki Koga | Kathryn Schneider | Jason L. Zaremski |
| Michiko Dohi | Mette Kreutzfeldt Zebis | Martin Schwellnus | Johannes Zwerver |
| Jonathan Drezner | Tron Krosshaug | 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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