



IOC WORLD CONFERENCE PREVENTION OF INJURY & ILLNESS IN SPORT



MONACO 12 - 14 MARCH 2020

Second Announcement and Call for Abstracts & Workshops

IN COLLABORATION WITH



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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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THE WORLDWIDE OLYMPIC PARTNERS





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)



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 www.ioc-preventionconference.org





PROGRAMME AT A GLANCE

Wednesday 11 March

16.00 Registration

18.30 Welcome Reception at the Grimaldi Forum

Thursday 12 March

08.00 Registration

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

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

10.30-11.00 Coffee Break

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

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

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

12.30-14.00 Lunch

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

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

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

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

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

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

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

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

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

16.00-16.30 Coffee Break

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

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

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

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

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

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

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

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

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

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



PROGRAMME AT A GLANCE

Friday **13 March**

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

Session A • SYMPOSIUM 22

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

Session B • SYMPOSIUM 23

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

Session C • SYMPOSIUM 24

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

11.00-11.30 Coffee Break

Session A • SYMPOSIUM 25

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

Session B • SYMPOSIUM 26

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

Session C • SYMPOSIUM 27

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

13.00-14.30 Lunch

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

15.30-16.30 THEMATIC POSTER SESSION Exhibition Hall – Poster Area

16.30-17.00 Coffee Break

Session A • SYMPOSIUM 28

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

Session B • SYMPOSIUM 29

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

Session C • SYMPOSIUM 30

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

Session D • SYMPOSIUM 31

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

Session E • SYMPOSIUM 32

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

Session A HEAD-TO-HEAD DEBATE 2

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

Session B • SYMPOSIUM 33

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

Session C • SYMPOSIUM 34

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

Session D • SYMPOSIUM 35

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

20.00 SPORTS CELEBRATION NIGHT



PROGRAMME AT A GLANCE

Saturday 14 March

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

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

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

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

11.00-11.30 Coffee Break

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

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

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

13.00-14.30 Lunch

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

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

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

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

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

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

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

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

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

16.30-17.00 Coffee Break

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

17.45-18.00 CLOSING CEREMONY

20.00 FACULTY DINNER (by invitation)

Wednesday 11 March

16.00 **Registration**

18.30 **Welcome Reception at the Grimaldi Forum**

Thursday 12 March

08.00 **Registration**

OPENING CEREMONY

09.00-09.30 Room Salle des Princes

KEYNOTE 1

09.30-10.30 Room Salle des Princes

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

Speaker: **Willem MEEUWISSE** - Canada

10.30-11.00 Coffee Break

Session A • SYMPOSIUM 1

11.00-12.30 Room Salle des Princes

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

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

- 11.00-11.05 | Load management: The hottest topic in injury prevention
Thor Einar Andersen - Norway
- 11.05-11.20 | Load management in a professional club: Ideal conditions *versus* reality
Alan McCall - Scotland
- 11.20-11.35 | Managing workload in a national team: Like a box of chocolates?
Gregory Dupont - France
- 11.35-11.50 | Managing load in an elite youth academy: A fine line
Michel S. Brink - The Netherlands
- 11.50-12.05 | What's the evidence? The first RCT of load management as prevention
Torstein Dalen-Lorentsen - Norway
- 12.05-12.15 | The future of load management in injury prevention: Where to now?
Benjamin Clarsen - Norway
- 12.15-12.30 | Panel discussion
Andersen, McCall, Dupont, Brink, Dalen-Lorentsen, Clarsen



Session B • SYMPOSIUM 2**11.00-12.30**

Room Prince Pierre

PROTECTING THE OLYMPIANS OF TOMORROW; SHOULD WE BE CARDIAC SCREENING THE ELITE PAEDIATRIC ATHLETE? [497]**Chair: Sanjay SHARMA** - United Kingdom

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

Session C • SYMPOSIUM 3**11.00-12.30**

Room Camille Blanc

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

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



SCIENTIFIC PROGRAMME

Thursday 12 March

12.30-14.00 Lunch

Session A • HEAD-TO-HEAD DEBATE 1

14.00-15.00 Room Salle des Princes

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

Chair: Kimberly HARMON - USA

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

Session B • SYMPOSIUM 4

14.00-15.00 Room Prince Pierre

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

Chair: Jon PATRICIOS - United Kingdom

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



Session C • SYMPOSIUM 5

14.00-15.00 Room Camille Blanc

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

Chair: Keith STOKES - United Kingdom

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

Session D • SYMPOSIUM 6

14.00-15.00 Room Auric

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

Chair: Claude GOULET - Canada

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



Session E • SYMPOSIUM 7

14.00-15.00

Room Van Dongen

INNOVATIONS TO PREVENT RUNNING INJURIES [319]

Chair: Leonardo METSAVAHT - Brazil

14.00-14.10

I Problem overview: epidemiology
Mansueto Gomes-Neto - Brazil

14.10-14.20

I The complexity of running injuries and their risk factors
Leonardo Metsavaht - Brazil

14.20-14.30

I Costs for identifying running-related injury risks
Gustavo Leporace - Brazil

14.30-14.40

I Neuromuscular training to prevent running-related injuries
Fábio Arcanjo - Brazil

14.40-15.00

I Panel Discussion: Implementation of running-related injury prevention programs in clinical practice
Metsavaht, Gomes-Neto, Leporace, Arcanjo

Session A • SYMPOSIUM 8

15.00-16.00

Room Salle des Princes

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

Chair: Carolyn EMERY - Canada

15.00-15.05

I Keeping our girls on the field of play: The importance of injury prevention in youth female sports
Carolyn Emery - Canada, **Grethe Myklebust** - Norway

15.05-15.15

I Preventing concussions in female youth sport
Carolyn Emery - Canada

15.15-15.25

I Preventing shoulder injuries in overhead female youth sports
Martin Asker - Sweden

15.25-15.35

I Preventing knee injuries in female youth team sports
Grethe Myklebust - Norway

15.35-15.45

I Preventing ankle injuries in female youth team sports
Kati Pasanen - Canada/Finland

15.45-16.00

I Panel discussion: Is it possible to protect our female youth sport athletes head to toe?
Emery, Asker, Myklebust, Pasanen



Session B • SYMPOSIUM 9

15.00-16.00

Room Prince Pierre

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

Chair: Caroline FINCH - Australia

- 15.00-15.15 | Reflecting on two decades of the TRIPP model – what is it and how has it been used to make an impact?
Caroline Finch - Australia
- 15.15-15.25 | Implementing injury prevention in sports - are we winning?
James O'Brien - Austria
- 15.25-15.35 | Behavioural approaches to enhance implementation
Carly McKay - United Kingdom
- 15.35-15.45 | Implementation is more than an afterthought to your RCT
Evert Verhagen - The Netherlands
- 15.45-16.00 | Panel discussion: Where do we go next if we want to increase the impact of our preventive efforts
Finch, O'Brien, McKay, Verhagen

Session C • SYMPOSIUM 10

15.00-16.00

Room Camille Blanc

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

Chair: Torbjørn SOLIGARD - Norway/Switzerland

- 15.00-15.12 | The epidemiology of injuries in snowboarding and freestyle skiing in the Olympic Games
Torbjørn Soligard - Norway/Switzerland
- 15.12-15.24 | Biomechanical evaluation of Big Air Jumps: Analysis of on-slope measurements to reduce injuries
Irving Scher - USA
- 15.24-15.36 | IOC project Big Air / Slopestyle: Harnessing injury risk in the Beijing Winter Olympics with novel course design tools
Matthias Gilgien - Norway/Switzerland
- 15.36-15.48 | IOC project Big Air / Slopestyle: The link between jump design, injury risk and user satisfaction
Claes Högström - Norway
- 15.48-16.00 | Panel discussion: Injury prevention for Big Air and Slopestyle events in Beijing 2022 Winter Olympics
Soligard, Gilgien, Scher, Högström



Session D • SYMPOSIUM 11

15.00-16.00

Room Auric

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

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

16.00-16.30

Coffee Break

Session A • SYMPOSIUM 12

16.30-17.30

Room Salle des Princes

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

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



Session B • SYMPOSIUM 13

16.30-17.30

Room Prince Pierre

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

16.30-16.42

| Overview: Why sleep is integral to performance
Peter Fowler - Australia

16.42-16.54

| Sleep to prevent injury and illness
Kieran O'Sullivan - Qatar

16.54-17.06

| Athlete-specific challenges to sleep: An applied perspective
Christa Janse van Rensburg - South Africa

17.06-17.18

| A 'Sleep Toolbox' for practitioners: How to identify and target poor sleep in athletes
Amy Bender - Canada

17.18-17.30

| Panel discussion

Session C • SYMPOSIUM 14

16.30-17.30

Room Camille Blanc

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

16.30-16.35

| Can you hear me? The true stories that numbers won't tell
Caroline Bolling - Brazil

16.35-16.45

| Step 1 – "As long as I can perform I am not injured"
Kristina Fagher - Sweden

16.45-16.55

| Step 2 – "It is not just me!"
Caroline Bolling - Brazil

16.55-17.05

| Step 3 – "One exercise won't change my life"
Sheree Bekker - South Africa/United Kingdom

17.05-17.15

| Step 4 – "Yes, your intervention works. So what?!"
Evert Verhagen - The Netherlands

17.15-17.30

| Panel discussion: Making words *and* numbers count: the value of mixed-methods approaches in improving athlete health protection
Bolling, Verhagen, Fagher, Bekker



Session D • SYMPOSIUM 15

16.30-17.30 Room Auric

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

Chair: Brian HAINLINE - USA

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

Session E • SYMPOSIUM 16

16.30-17.30 Room Van Dongen

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

Chair: Patrick SHU-HANG YUNG - Hong Kong

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



Session A • SYMPOSIUM 17

17.30-18.30

Room Salle des Princes

BIG COMPUTERS, BIG DATA, BIG GAINS IN INJURY PREVENTION? [336]**Chair: Evert VERHAGEN** - The Netherlands

17.30-17.34

| Introduction

Evert Verhagen - The Netherlands

17.34-17.46

| Is it possible to predict injury risk and performance in complex systems?

Adam Hulme - Australia

17.46-17.58

| Artificial Intelligence: What computers can see that humans cannot

Tyrel Stokes - Canada

17.58-18.10

| Decision-making: What humans know that computers do not

Ian Shrier - Canada

18.10-18.30

| Panel discussion: What is the role of artificial intelligence in sport medicine research?

Verhagen, Hulme, Stokes, Shrier**Session B • SYMPOSIUM 18**

17.30-18.30

Room Prince Pierre

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

17.30-17.32

| Introduction - From scientist to coach perspective

Jesper Bencke - Denmark

17.32-17.44

| The importance of trunk stability as a risk factor for ACL injuries – and how to measure it

Ajit Chaudhari - USA

17.44-17.54

| Hip and knee strength as a risk factor for ACL injuries – is it important?

Jesper Bencke - Denmark

17.54-18.06

| Taking knee and hip biomechanics measurements from the lab to the field: Is it possible?

Tron Krosshaug - Norway

18.06-18.18

| Neuromuscular activation as a risk factor for ACL injuries: Importance for exercise selection

Mette Kreutzfeldt Zebis - Denmark

18.18-18.30

| Panel discussion: How can science help coaches optimising and individualising injury prevention?

Chaudhari, Bencke, Krosshaug, Zebis

Session C • SYMPOSIUM 19

17.30-18.30 Room Camille Blanc

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

Chair: Simon KEMP - United Kingdom

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

Session D • SYMPOSIUM 20

17.30-18.30 Room Auric

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

Chair: Sheree BEKKER - South Africa/United Kingdom

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



Session E • SYMPOSIUM 21

17.30-18.30

Room Van Dongen

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

Chair: Margo MOUNTJOY - Canada

17.30-17.35

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

17.35-17.45

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

17.45-17.55

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

17.55-18.05

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

18.05-18.15

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

18.15-18.30

I Discussion
Mountjoy, Burke, Ackerman, Sundgot-Borgen

Friday
13 March

KEYNOTE 2

08.30-09.15 Room Salle des Princes

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

Speaker: **Carolyn EMERY** - Canada

Session A • SYMPOSIUM 22

09.30-11.00 Room Salle des Princes

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

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

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



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

Room Prince Pierre

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

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

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

Room Camille Blanc

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

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

11.00-11.30

Coffee Break



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

Room Salle des Princes

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

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

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

Room Prince Pierre

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

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



Session C • SYMPOSIUM 27

11.30-13.00 Room Camille Blanc

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

Chair: Carolyn EMERY - Canada

- 11.30-11.35 | Laying the framework for discussion of approaches to injury prevention in youth sport
Carolyn Emery - Canada
- 11.35-11.47 | Training strategies: The key to injury prevention in youth
Kati Pasanen - Canada/Finland
- 11.47-11.59 | Targeting sport specialization in youth sport: Isn't it clear?
Chris Whatman - New Zealand
- 11.59-12.11 | Protective equipment in youth sport: Issues and recommendations
Brent E. Hagel - Canada
- 12.11-12.23 | Apps and social media are the ticket to changing the culture for injury prevention in youth sport
Evert Verhagen - The Netherlands
- 12.23-12.35 | Rule changes in youth sport: Evidence informing policy
Carolyn Emery - Canada
- 12.35-12.40 | 5 minutes 5 slides: Highlighting 5 targets in injury prevention in youth sport
Carolyn Emery - Canada
- 12.40-13.00 | Panel discussion: Where does the future lie in injury prevention in youth sport?
Emery, Pasanen, Hagel, Whatman, Verhagen

13.00-14.30 Lunch

KEYNOTE 3

14.30-15.30 Room Salle des Princes

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

Speaker: **Sébastien RACINAIS** - Qatar

THEMATIC POSTERS SESSION

15.30-16.30 Exhibition hall – Poster Area

16.30-17.00 Coffee Break



SCIENTIFIC PROGRAMME

Friday 13 March

Session A • SYMPOSIUM 28

17.00-18.00

Room Salle des Princes

THE VALUE OF LONGITUDINAL DATA FOR THE PREVENTION OF INJURY AND ILLNESS. LESSONS LEARNED FROM INTERNATIONAL SURVEILLANCE PROGRAMS [105]

Chair: Ian **SHRIER** - Canada

17.00-17.04

Introduction
Ian Shrier - Canada

17.04-17.16

Evaluating the implementation and results from prevention programs in Danish children age 6-11 years over 5.5 years
Niels Wedderkopp - Denmark

17.16-17.28

Keeping your athletes available throughout a season: The value and benefits of timely feedback informed by injury and illness monitoring
Evert Verhagen - The Netherlands

17.28-17.40

Informing and maintaining policy change through research findings: Experiences with body checking in Canadian youth hockey
Carolyn Emery - Canada

17.40-18.00

Panel discussion: How to reap athlete benefits from longitudinal data

Session B • SYMPOSIUM 29

17.00-18.00

Room Prince Pierre

#METOOSPORT – THE PREVENTION OF NON-ACCIDENTAL VIOLENCE IN SPORT SETTINGS: IT'S NOT JUST ABOUT ONE BAD APPLE [219]

Chairs: Sheree **BEKKER** - South Africa/United Kingdom,
Margo **MOUNTJOY** - Canada

17.00-17.05

Introduction: #MeTooSport: The contemporary cultural context of the prevention of non-accidental violence in sport settings
Sheree Bekker - South Africa/United Kingdom

17.05-17.15

The vulnerability of disability: Prevalence and prevention of harassment and abuse in athletes with impairment
Yetsa A. Tuakli-Wosornu - Ghana/USA

17.15-17.25

Injury prevention through safeguarding: The work of the International Olympic Committee
Susan Greinig - Switzerland

17.25-17.35

The imperative for systemic change: understanding, contextualising, and influencing a culture of safeguarding in sport settings
Sheree Bekker - South Africa/United Kingdom

17.35-17.45

“Only by speaking out can we create lasting change”: Lessons from the Nassar tragedy for sports medicine
Margo Mountjoy - Canada

17.45-18.00

Discussion



Session C • SYMPOSIUM 30

17.00-18.00 Room Camille Blanc

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

Chair: Kathrin STEFFEN - Norway

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

Session D • SYMPOSIUM 31

17.00-18.00 Room Auric

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

Chair: Jason L. ZAREMSKI - USA

- 17.00-17.04 | Epidemiology of injury in the overhead throwing athlete
Jason L. Zaremski - USA
- 17.04-17.16 | The etiology of throwing injury in an overhead throwing athlete: What are the contributing factors?
Merete Møller - Denmark
- 17.16-17.26 | Measuring true volume of workload in baseball pitchers and applications to workload in overhead throwing athletes
Jason L. Zaremski - USA
- 17.26-17.38 | Shoulder throwing injury prevention in handball players: The Oslo Sports Trauma Research Center experience
Stig Andersson - Norway
- 17.38-17.50 | Factors that may predict injury in overhead throwing athletes: the range of motion debate
Rodney Whiteley - Qatar
- 17.50-18.00 | Panel discussion: Future directions for research and implementation for best practice in the prevention of overuse throwing injury in sport
Møller, Zaremski, Andersson, Whiteley



Session E • SYMPOSIUM 32

17.00-18.00

Room Van Dongen

THE EFFECT OF THE 'FACE TO FACE' EDUCATION PROGRAM TO RUGBY MEDICAL ON THE SEVERE HEAD INJURY [541]

Chair: Mutsuo YAMADA - Japan

17.00-17.12 | The outline of WR education system

Mark Harrington - Ireland

17.12-17.24 | Concussion education in prehospital immediate care in sports

Andrew Smith - England

17.24-17.36 | The effect of the concussion card on the number of severe head injuries

Lucy Clarke - Hong Kong

17.36-17.48 | The effect of concussion education on the number of severe head injuries

Mutsuo Yamada - Japan

17.48-18.00 | Panel discussion: The effect of concussion education and the risk of severe head injury in rugby

Harrington, Smith, Clarke, Yamada

Session A • HEAD-TO-HEAD DEBATE 2

18.00-19.00

Room Salle des Princes

KILL THE SACRED COW: RETURN TO PLAY CRITERIA SHOULD BE TRASHED IN FAVOUR OF TIME (BIOLOGY)-BASED CRITERIA [121]

Chair: Karim KHAN - Canada

18.00-18.05 | Setting the scene for the debate and introduction of speakers and debate format

Karim Khan - Canada

18.05-18.20 | Speaker for the affirmative: To improve our safe return to play we need to respect biological healing

Erik Witvrouw - Belgium

18.20-18.35 | Speaker for the negative: Studies show that the present RTP criteria are valid

Lynn Sneyder-Mackler - USA

18.35-18.47 | Rebuttals (3 minutes each)

Erik Witvrouw - Belgium, **Lynn Sneyder-Mackler** - USA

18.47-18.50 | Chair's sum-up and post-debate audience vote

Karim Khan - Canada

18.50-19.00 | Audience discussion



SCIENTIFIC PROGRAMME

Friday 13 March

Session B • SYMPOSIUM 33

18.00-19.00

Room Prince Pierre

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

Chair: Owen CRONIN - Ireland/United Kingdom

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

Session C • SYMPOSIUM 34

18.00-19.00

Room Camille Blanc

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

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

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

Session D • SYMPOSIUM 35

18.00-19.00

Room Auric

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

20.00

SPORTS CELEBRATION NIGHT (Possibility to purchase tickets online)



Saturday
14 March

KEYNOTE 4

08.30-09.15

Room Salle des Princes

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

Speaker: **Michael TURNER** - United Kingdom

Session A • SYMPOSIUM 36

09.30-11.00

Room Salle des Princes

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

Chair: **Lee TAYLOR** - Qatar

09.30-09.33

Introduction: Environmental and logistical challenges to athlete health

Lee Taylor - Qatar

09.33-09.45

Jetlag and travel fatigue prevention and treatment at the games

Christa Janse van Rensburg - South Africa

09.45-09.57

Illness during travel and at the games: how to prevent illness?

Martin Schwellnus - South Africa

09.57-10.09

Air quality/pollution challenges to athlete health at the games: Prevention and treatment

Valerie Bougault - France

10.09-10.21

Water quality/pollution challenges to athlete health at the games: Prevention and treatment

Margo Mountjoy - Canada

10.21-10.33

Challenges to athlete health at the hottest modern Olympics in history

Sébastien Racinais - Qatar

10.33-10.45

Countermeasures to prevent illness and preserve performance in hot and humid conditions

Lee Taylor - Qatar

10.45-11.00

Panel discussion

Taylor, Janse van Rensburg, Schwellnus, Bougault, Mountjoy, Racinais



Session B • SYMPOSIUM 37

09.30-11.00

Room Prince Pierre

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

Chair: Carolyn EMERY - Canada

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



SCIENTIFIC PROGRAMME

Saturday 14 March

Session C • SYMPOSIUM 38

09.30-11.00

Room Camille Blanc

NEVER MENTION PREVENTION! [371]

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

- 09.30-09.42 | How would you train if you weren't governed by fear of injury?
Rodney Whiteley - Qatar
- 09.42-09.54 | Injury prevention programmes are bargains, but very few are buying them: Why?
Merete Møller - Denmark
- 09.54-10.06 | I choose a throwing performance programme over injury prevention training every day of the week!
Martin Asker - Sweden
- 10.06-10.18 | Don't do hamstring injury prevention training, it will just decrease your performance!
Tania Pizzari - Australia
- 10.18-10.30 | If I do the Copenhagen Adduction Exercise, I'll be sore for a week, so no thank you!
Andreas Serner - Denmark/Qatar
- 10.30-10.42 | 30 years of research and clinical experience on the bumpy road of injury prevention - what do we see on the horizon
Rodney Whiteley - Qatar
- 10.42-11.00 | Panel discussion: Adherence to injury prevention strategies that have proven efficacy is a challenge for sports medicine practitioners. How can we improve the practical translation from research to real world settings? How can we enhance implementation of injury prevention in sport?
Møller, Asker, Pizzari, Serner, Whiteley

11.00-11.30

Coffee Break

Session A • SYMPOSIUM 39

11.30-13.00

Room Salle des Princes

TRAINING LOAD AND INJURY [146]

Chair: Karim CHAMARI - Qatar

- 11.30-11.33 | Introduction
Karim Chamari - Qatar
- 11.33-11.45 | Training load monitoring: Objective and subjective tools – feasibility in the field
Karim Chamari - Qatar
- 11.45-11.57 | Training load data analysis: What variables, what stats, what tools? What does it all mean when I just want to prevent injuries?
Rod Whiteley - Qatar
- 11.57-12.09 | From research to the football World Cup: lessons learned from implementing training load monitoring in elite football players
Greg Dupont - France
- 12.09-12.21 | Navigating the complex relationship between training load and groin injury in professional male football players
Andrea Mosler - Australia
- 12.21-12.33 | Training load specifics for tendons – prevention of injuries and re-injuries when there is 'pathology', pain, or a 'normal' tendon?
Jill Cook - Australia
- 12.33-12.45 | Modifying training loads to reduce the risk of further injury for athletes following knee surgery
Kay M. Crossley - Australia
- 12.45-13.00 | Discussion



Session B • SYMPOSIUM 40

11.30-13.00 Room Prince Pierre

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

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

- 11.30-11.35 | Introduction: Back to the future for prevention?
Nicol van Dyk - Qatar
- 11.35-11.45 | Injury surveillance has changed dramatically: What will it look like in 2024?
Benjamin Clarsen - Norway
- 11.45-12.00 | Technology will change the game - and it already has
Lorena Torres Ronda - USA
- 12.00-12.15 | Don't bring your opinion to a data fight: Analytics will enhance our prevention strategies
Johann Windt - USA
- 12.15-12.30 | Scaling up our prevention capacity - the key is context
Carly McKay - United Kingdom
- 12.30-12.45 | Will future coaches be better partners to effectively drive injury prevention efforts?
5 ways you can make sure they are
Kerry MacDonald - Canada
- 12.45-13.00 | Panel discussion and case study: We will illustrate an injury prevention strategy/
intervention using a practical example
van Dyk, Clarsen, Torres Ronda, Windt, McKay, MacDonald

Session C • SYMPOSIUM 41

11.30-13.00 Room Camille Blanc

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

Chair: Michael TURNER - United Kingdom

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

13.00-14.30 Lunch



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

Room Salle des Princes

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

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

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

Room Prince Pierre

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

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



Session C • SYMPOSIUM 44

14.30-15.30 Room Camille Blanc

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

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

- 14.30-14.42 | 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 Møller - Denmark
- 15.18-15.30 | Discussion

Session D • SYMPOSIUM 45

14.30-15.30 Room Auric

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

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

- 14.30-14.35 | 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**14.30-15.30**

Room Van Dongen

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

- 14.30-14.42 | Prevention with athletic exercise based on pathology
Sadao Niga - Japan
- 14.42-14.54 | Prevention of core muscle injuries in athletes
Alexander E. Poor - USA
- 14.54-15.06 | Cross-motion swing produces effective pelvic motion for prevention by three-dimensional movement analysis
Mitsunori Kaya - Japan
- 15.06-15.18 | Development of clinical entities, treatment, and prevention
Per Hölmich - Denmark
- 15.18-15.30 | Panel discussion: Future strategies for long-standing groin pain prevention
Niga, Poor, Kaya, Hölmich

Session A • SYMPOSIUM 47**15.30-16.30**

Room Salle des Princes

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

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



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

Room Prince Pierre

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

- 15.30-15.35 | Introduction
Michael Loosemore - United Kingdom
- 15.35-15.45 | Respiratory problems in athletic individuals: What's hot and what's not?
James Hull - United Kingdom
- 15.45-15.55 | Allergy and pollution exposure when exercising: Can we do better to protect respiratory health?
Michael Koehle - Canada
- 15.55-16.05 | Respiratory tract infections: The good, the bad and the ugly
Martin Schwelnus - South Africa
- 16.05-16.15 | Delivery of optimal respiratory health in a world-class performance system: Can it be done?
Michael Loosemore - United Kingdom
- 16.15-16.30 | Panel discussion: Future directions in respiratory health: how can we help improve the most important medical problem in athletes
Loosemore, Hull, Koehle, Schwelnus

Session C • SYMPOSIUM 49**15.30-16.30**

Room Camille Blanc

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

- 15.30-15.42 | Our confusing hip language is undermining prevention and protection
Clare Ardern - Sweden
- 15.42-15.54 | To prevent and protect the hip, we have to understand primary cam morphology, its cause and prognosis – but can we yet?
Paul Dijkstra - Qatar
- 15.54-16.06 | Screening and intervention to prevent primary cam morphology – is too much sports medicine creating a mountain out of a molehill?
Andrea Mosler - Australia
- 16.06-16.18 | Protecting the athlete with primary cam morphology from developing femoroacetabular impingement syndrome and osteoarthritis
Sion Glyn-Jones - United Kingdom
- 16.18-16.30 | Panel Discussion : This discussion will focus on the current state of evidence on protecting athletes from developing cam morphology, femoroacetabular impingement syndrome and early hip osteoarthritis. The importance of multi-center collaboration for clinical research, to reach consensus on sharing data and experiences, and develop the foundations for a prospective Individual Patient Data Meta-analysis will also be discussed
Ardern, Dijkstra, Mosler, Glyn-Jones



SCIENTIFIC PROGRAMME

Saturday 14 March

Session D • SYMPOSIUM 50

15.30-16.30

Room Auric

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

Chair: Yannis PITSILADIS - United Kingdom

15.30-15.42

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

Jeroen Swart - South Africa

15.42-15.54

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

James Bilzon - United Kingdom

15.54-16.06

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

Michiko Dohi - Japan

16.06-16.18

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

Victoriya Badiyeva - Russia

16.18-16.30

Questions and panel discussion

16.30-17.00

Coffee Break

KEYNOTE 5

17.00-17.45

Room Salle des Princes

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

Speaker: **Martin HÄGGLUND** - Sweden

CLOSING CEREMONY

17.45-18.15

Room Salle des Princes

20.00

FACULTY DINNER (by invitation)

Please note that the programme of abstract presentations, poster presentations and workshops is not defined yet.

The submission deadline for abstracts and workshops is **September 15th, 2019**



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CALL OF WORKSHOPS

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

Please visit the Conference website to submit your workshop www.ioc-preventionconference.org

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.





CONFERENCE VENUE



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

With 35,000 sqm. of modular premises and state-of-the-art technologies, the Grimaldi Forum Monaco is a wonderful tool to build up events. Since its opening in 2000, about 100 events are organised each year. Many events management and international corporate companies are attracted by the glass and steel structure as well as its tailor-made services dedicated to the 3 auditoria, 22 breakout rooms, 2 interconnecting exhibitions halls and 2 banqueting areas.

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

seminars, product launches, exhibitions, fairs, congresses.

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REGISTRATION

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

*Copy of the student card with valid date and signed letter from department Chair at University to be provided upon registration. Approval will be given individually in writing

The above mentioned fees include VAT.

Please note that registration will only be confirmed once payment has been received.

The registration fee for the Conference includes:

- Participation in all scientific sessions
- Visit of the Exhibition area
- Welcome Reception (11 March)
- Opening Ceremony (12 March)
- Refreshments served during coffee breaks and lunches (12,13,14 March)
- Conference kit
- Certificate of attendance (to be downloaded after the Conference)
- Closing Lecture (14 March)

The registration fee for accompanying persons includes:

- Visit of the Exhibition area
- Welcome Reception (11 March)
- Refreshments served during coffee breaks and lunches (12,13,14 March)

How to register

To register for the IOC World Conference of Prevention of Injury & Illness in Sport, please visit the website

www.ioc-preventionconference.org

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:

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

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

Reservation deadline

28 January 2020 → After this date, reservations are not guaranteed.

How to make a hotel reservation

To book your hotel room in Monaco and benefit from the special Conference rates, please visit the website

www.ioc-preventionconference.org

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



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