IOC WORLD CONFERENCE
PREVENTION OF INJURY & ILLNESS IN SPORT

MONACO
10-12 APRIL 2014
Second Announcement
& Call for Abstracts

IN COLLABORATION WITH

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Oslo Sports Trauma
RESEARCH CENTER

The IOC World Conference on Prevention of Injury and Illness in Sport is a continuation of the 1st and 2nd World Congress on Sports Injury Prevention, organised by the Oslo Sports Trauma Research Center in 2005 and 2008.

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Monte-Carlo, 10-12 April 2014

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Foreword by HSH Albert II

HSH Prince Albert II
of Monaco

I am particularly pleased to host in the Principality the «IOC World Conference on Prevention of Injury & Illness in Sport» from 10 to 12 April 2014.

Let me express my thanks to the organizers who have considered once again Monaco as the venue for this Conference addressing issues of upmost importance for the Olympic movement and the NOC that I preside.

Protecting athletes from injury and illness must be a priority in order to guarantee a safe sport practice. This Conference represents a valuable platform of exchanges to achieve this objective with the presence of high-level specialists and physicians. It is essential, not only to build awareness on the necessity of injury prevention strategies, but also to develop scientific research that will enable to minimise these risks for both recreational and top athletes.

The benefits of this World Conference are multiple, from sharing information to defining appropriate clinical protocols in the fight of prevention which leads ultimately to enhancing the athlete's performance. The diversity of the scientific program combined with the level of the speakers is a guarantee of outstanding contributions and success for the event.

I would like to wish all participants a very warm welcome and a productive Conference.

HSH Prince Albert II

Foreword by the IOC President

Jacques ROGGE
IOC President

While sport improves health and well-being, it also entails a risk of injury and disease. This is why protecting the health of the athlete is a key task for the International Olympic Committee (IOC).

Through its Medical Commission, the IOC has, throughout the years, looked at whether the health benefits of sports participation outweigh the risks of injury and long-term disability, especially for high-level athletes, as well as concentrating in recent years on many prevention issues.

After a first successful edition already held in Monaco in 2011, the IOC World Conference on Prevention of Injury & Illness in Sport is more than ever the ideal platform for a thorough and constructive exchange of views, taking into consideration the latest research on illnesses and injuries in sport.

I wish here to thank HSH Sovereign Prince Albert II and the whole Principality of Monaco for welcoming the second edition in April 2014.

My thanks go also to our partners and all contributing authors and speakers for their support and involvement in the Conference.

Through such a Conference, our objective remains to take concrete measures to implement new and improved injury prevention strategies, and thus maximise safe sports participation for high-level and recreational athletes alike.

Jacques ROGGE

Welcome to Monaco 2014

Lars Engebretsen, MD PhD
IOC Medical & Scientific Department
Head of Scientific Activities

Fredrik S. Bendiksen, MD
President
Organising Committee

Roald Bahr, MD PhD
Chair
Scientific Committee

Dear colleagues,

Based on the success of the inaugural 1st World Congress on Sports Injury Prevention in 2005 in Oslo and the subsequent 2nd World Congress in 2008, where 700 participants from 80 countries participated, the International Olympic Committee decided to accept the invitation to take over responsibility for the congress from the founders at the Oslo Sports Trauma Research Center.

The third edition was the IOC World Conference on Prevention of Injury and Illness in Sport, held in Monaco in April 2011.

As reflected by the change in title in 2011, the scope of the conference was expanded from sports injury prevention, to also include the prevention of other health problems associated with sports participation. With participation of 1000 delegates from 80 countries, this was conference represents a milestone in injury and illness prevention.

As during the last congresses, the aim is to present evidence-based information on methods to prevent injuries, illness and other health problems associated with sports participation, using a multidisciplinary perspective. Invited lectures, panel discussions, symposia, workshops, free communications and posters will form the programme. We have invited a number of recognised experts in the area of injury and illness prevention to become members of the scientific committee.

Monaco has again been chosen as the venue, and will serve as a perfect setting for this event.

The scientific committee has received more than 200 submissions for symposia and keynote lectures, and have had a difficult task in choosing between the many excellent submissions. However, with the interest thus shown by clinicians and scientists from scientific groups around the world we believe that the 4th IOC World Conference on Prevention of Injury & Illness in Sport in Monaco in 2014 will be the place to be. You do not want to miss this opportunity, if you are involved caring for the health of the athlete.

A warm welcome to Monaco in April 2014!

Lars Engebretsen, MD PhD

Fredrik S. Bendiksen, MD

Roald Bahr, MD PhD

Organising Committee

President

Fredrik S. BENDIKSEN, *MD*
Chair, Organising Committee

Members

Lars ENGEBRETSEN, *MD PhD*
IOC Medical & Scientific Department
Head of Scientific Activities

Cherine FAHMY, *Project Officer*
IOC Medical & Scientific Department
Head of logistics and social events

Benedetta BOARETTO
Account Manager
Publi Créations, SAM-Monaco

Scientific Committee

Chair

Roald BAHR, *MD, PhD*
Professor & Chair, Oslo Sports Trauma Research Center, Department of Sports Medicine, Norwegian School of Sport Sciences, Oslo, Norway

Members

Cindy CHANG, *MD*
Chief Medical Officer, US Olympic Team 2012 Immediate Past President, American Medical Society for Sports Medicine (AMSSM); Co-Chair, California Concussion Coalition, Northern Chapter; Family Medicine/Sports Medicine Specialist and Team Physician, UC-Berkeley, USA

Jonathan DREZNER, *MD Professor*
Department of Family Medicine
University of Washington, Seattle, USA

Jiri DVORAK, *MD*
Professor of Neurology, Schulthess Clinic Zurich, Switzerland; FIFA Chief Medical Officer, Chairman, FIFA Medical Assessment and Research Centre (F-MARC); Deputy Editor, Spine

Lars ENGEBRETSEN, *MD PhD,*
Professor and Co-Chair, Oslo Sports Trauma Research Centre, Oslo, Norway; Chair, Division of Neuroscience and Musculoskeletal Medicine, Orthopaedic Centre, Ullevål University Hospital, Oslo, Norway

Caroline F FINCH, *PhD Professor*
Professor NHMRC Principal Research Fellow Australian Centre for Research into Sports Injury and its Prevention (ACRISP) Monash Injury Research Institute (MIRI), Professor, School of Primary Health Care, Faculty of Medicine, Nursing and Health Sciences - Australia

João GRANGEIRO NETO, *MD, MS*
Brazilian Olympic Committee Chief Medical officer Rio 2016, Medical Director and Medical Delegation Chief for the Beijing 2008, Athens 2004 and Sydney 2000 Olympic Games, and the Torino 2006 and Salt Lake City 2002Olympic Winter Games, and Rio 2007 Medical Manager

Per HÖLMICH, *MD, Associate Professor*
Arthroscopic Center Amager
Copenhagen University Hospital, Hvidovre
Copenhagen S, Denmark

Karim KHAN, *MD PhD*
Professor, Centre for Hip Health and Musculoskeletal Research, University of British Columbia, Vancouver, Canada; Editor-In-Chief, British Journal of Sports Medicine

Michael KJÆR, *MD PhD*
Professor & Head, Institute of Sports Medicine, Sports Medicine Research Centre, University of Copenhagen, Bispebjerg Hospital, Copenhagen, Denmark; Editor-In-Chief, Scandinavian Journal of Medicine & Science in Sports

Willem MEEUWISSE, *MD PhD*
Professor, Chair, Sport Injury Prevention Research Group, University of Calgary, Sport Medicine Centre, Calgary, Canada; Editor-In-Chief, Clinical Journal of Sports Medicine

Margo Lynn MOUNTJOY, *MD CCFP FCFP*
Assistant Clinical Professor, McMaster University of School of Medicine, Guelph, Ontario, Canada; IOC Medical Commission; FINA Bureau - Sports Medicine

Erich MÜLLER, *PhD Professor*
Vice Rector for Teaching
University of Salzburg
Salzburg, Austria

Ian NEEDLEMAN
BDS MSc PhD MRDRCS(Eng) FDSRCS(Eng) FFPH FHEA Professor of Restorative Dentistry and Evidence-Based Healthcare - Honorary Consultant and Specialist in Periodontology - Director, International Centre for Evidence-Based Oral Health (ICEBOH), UK

Antonio PELLICCIA, *MD Professor*
Post-Graduate School of Sports Medicine
Scientific Director, Institute of Sport Medicine and Science; Italian National Olympic Committee, Rome, Italy

Paul PICCININI
Dental Director IOC Medical Commission Games Group, College Park, Toronto, Canada

Martin SCHWELLNUS, *MBBCh, MSc(Med) MD FACSM, FFIMS, Professor*
UCT/MRC Research Unit for Excercise Science and Sports Medicine, Department Human Biology, Faculty of Health Sciences, University of Cape Town, South Africa

Evert VERHAGEN
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Markus WALDEN, *MD PhD*
Orthopaedic Surgeon & Senior Researcher
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International Olympic Committee

Medical and Scientific Department

Director in charge:
Richard BUDGETT

www.olympic.org/medical

Important Dates

March 2013

Second Announcement
Call For Abstracts & 2nd Call for Workshop
Opening of registrations

1 September 2013

Deadline for submission of Workshop proposals

1 November 2013

Deadline for submission of Abstracts
Notification to the authors of the decisions of the Scientific Committee regarding acceptance / rejection of Workshops

January 2014

Notification to the authors of the decisions of the Scientific Committee regarding acceptance / rejection for Abstracts

21 February 2014

Deadline for guaranteed hotel reservations

20 March 2014

Closing of advance registrations

After 20 March 2014

Only on-site registrations will be available (Starting from 9 April)

Conference Objectives

The IOC World Conference on Prevention of Injury & Illness in Sport will provide the world's leading sports medicine experts with an opportunity to present their work to an international audience of physicians, therapists, scientists and coaches.

The conference will present evidence-based information on how to prevent injuries and other health problems in sport.

This includes a multidisciplinary perspective on epidemiology, risk factors, pathophysiology and injury mechanisms.

The IOC World Conference on Prevention of Injury & Illness in sport will be 2014's premier international conference for those interested in clinical aspects of sports and exercise medicine. The diverse faculty represent the pre-eminent international authorities in injury and illness prevention. Over 120 leaders in their fields are lined up as speakers. One of many highlights promises be the opening lecture by the dynamic tandem, Prof Dohmnall Macauley and Prof Karim Khan, BMJ/BJSM editors.
Other keynote speakers and topics include Paul McCrory on concussion, Benno Nigg on running injuries, Evert Verhagen on how digital and mobile platforms will influence athlete care, Andrew McIntosh on technology and equipment in sport, Juan Manuel Alonso on hamstring injury prevention, Caroline Finch on injury surveillance and rule changes.

This triennial conference is a unique opportunity for the global sport and exercise medicine community to meet face to face in the ideal environment that Monaco provides.

Programme at a Glance

Wednesday 9 April

16.00
Registrations

18.30
WELCOME RECEPTION

Thursday 10 April

08.00
Registrations

09.00
OPENING CEREMONY

09.30
Keynote 1:
Speakers: Karim KHAN (Canada)
Domhnall MACAULEY (Great Britain)
Has sports injury and illness prevention research delivered?
A vigorous debate

10.30 Coffee Break

11.00
Session A *Symposium 1*
Chair: Anthony BEUTLER (USA)
The role of human movement patterns in predicting and preventing ACL and other common injuries

Session B *Symposium 2*
Chair: Caroline FINCH (Australia)
Making a noise about sports injury prevention – the power of social media

Session C/D/E *Workshops & abstracts*

12.30 Lunch

14.00
Session A *Symposium 3*
Chairs: Roald BAHR (Norway)
Eero HYVÄRINEN (Finland)
Preventing injuries in World Cup alpine skiing – research and implementation hand in hand

Session B *Symposium 4*
Chairs: Greg WHYTE (UK)
Hakim CHALABI (Qatar)
Is it really possible to prevent sudden cardiac death in sport?

Session C/D/E *Workshops & abstracts*

16.00 Coffee Break

16.30
Session A *Symposium 5*
Chairs: Sébastien RACINAIS (Qatar)
Ron MAUGHAN (UK)
Preventing heat-related problems in athletes

Session B *Symposium 6*
Chair: Johannes ZWERVER (Netherlands)
Prevention of the jumper's knee: Jumping to conclusions or not?

Session C *Symposium 7*
Chairs: Kevin GUSKIEWICZ (USA)
Jon PATRICIOS (South Africa)
International perspectives on prevention of sport-related concussion: Are we gaining ground?

Session D/E *Workshops & abstracts*

18.30 Poster discussions

Friday 11 April

08.30
Keynote 2:
Speaker: Paul McCRORY (Australia)
TOMBER DANS LES POMMES – 'Zero tolerance' and the fear of chronic traumatic encephalopathy – the role of evidence based concussion prevention

09.30
Session A *Symposium 8*
Chairs: Juan Manuel ALONSO (Spain)
Simon S. YEUNG (Hong Kong)
Prevention of hamstring injuries in competitive athletes – translating research into evidence-based practice

Session B *Symposium 9*
Chair: Scott McLEAN (USA)
Taking the lab to the game: Towards innovative field-based injury screening and prevention

Session C *Symposium 10*
Chair: Michael TURNER (UK)
Only mad dogs and Englishmen go out in the midday sun; the prevention of injuries and illness in elite tennis players

Session D/E *Workshops & abstracts*

11.00 Coffee Break

11.30
Session A *Symposium 11*
Chair: Hugh SEWARD (Australia)
Can rule and regulation changes be used to prevent injuries in football codes?

Session B *Symposium 12*
Chair: Erik WITVROUW (Belgium)
Preventing Achilles tendon problems

Session C/D/E *Workshops & abstracts*

13.00 Lunch

14.30
Keynote 3:
Speaker: Benno NIGG (Canada)
The evolution of footwear and its role in prevention of running injuries

15.30
Thematic Poster Session

16.30 Coffee Break

17.00
Session A *Symposium 13*
Chair: Thor Einar ANDERSEN (Norway)
Prevention of football injuries at the elite level

Session B *Symposium 14*
Chairs: Stephen TARGETT (Qatar)
Lars ENGEBRETSEN (Norway)
To screen or not to screen? An international perspective on the IOC consensus statement on Periodic Health Evaluation (PHE) of elite athletes

Session C *Symposium 15*
Chair: Margo MOUNTJOY (Canada)
Female athlete triad coalition consensus statement: New guidelines for prevention, screening, treatment, and return to play

Session D/E *Workshops & abstracts*

20.00 Sports Medecine Celebration Night

Saturday 12 April

08.30
Keynote 4:
Speaker: Evert VERHAGEN (Netherlands)
Protecting the health of the @hlete - how online technology may aid our common goal to prevent injury and illness in sport

09.30
Session A *Symposium 16*
Chair: Tron KROSSHAUG (Norway)
Screening for ACL injury risk using drop jump tasks – does it work?

Session B *Symposium 17*
Chair: Evert VERHAGEN (Netherlands)
Maximising sports injury prevention program impact – issues of implementation, context and compliance across the sports delivery system

Session C *Symposium 18*
Chairs: Per HÖLMICH (Denmark/Qatar)
Bert MANDELBAUM (USA)
The groin-injury iceberg – looking beneath the surface

Session D/E *Workshops & abstracts*

11.00 Coffee Break

11.30
Session A *Symposium 19*
Chairs: Per HÖLMICH (Denmark)
Michael KJÆR (Denmark)
Prevention – why eccentric?

Session B *Symposium 20*
Chair: Margo MOUNTJOY (Canada)
Staying out of hot water: Reducing hyperthermic illness and injury risk in aquatic endurance athletes

Session C *Symposium 21*
Chair: Urban JOHNSON (Sweden)
Ahead of injuries; sports injury prevention from a psychological point of view

Session D/E *Workshops & abstracts*

13.00 Lunch

14.30
Session A *Symposium 22*
Chair: Grethe MYKLEBUST (Norway)
ACL prevention in female handball and football – any specific considerations?

Session B *Symposium 23*
Chair: Martin RAFTERY (Australia)
Rugby Sevens World Series – implementing a series-wide injury and illness prevention programme to minimise the impact of the inter-continental travel requirements

Session C *Symposium 24*
Chairs: John DIFIORI (USA)
Margo MOUNTJOY (Canada)
Current concepts in injury prevention for young athletes: Do we have solutions?

Session D/E *Workshops & abstracts*

16.30 Coffee Break

17.00
Keynote 5:
Speaker: Andrew McINTOSH (Australia)
Are we getting the same performance from our equipment as we expect from our athletes? Technology and equipment in sports injury prevention

17.45 Closing ceremony

Scientific programme

Wednesday 9 April

16.00 **Registrations**

18.30 **WELCOME RECEPTION**

Thursday 10 April

08.00 **Registrations**

09.00 **OPENING CEREMONY**

09.30 **Keynote 1: HAS SPORTS INJURY AND ILLNESS PREVENTION RESEARCH DELIVERED? A VIGOROUS DEBATE**

Speakers: **Karim Khan,** *Canada &* **Domhnall MacAuley,** *Great Britain*

- **Karim Khan MD PhD Professor**,
  Department of Family Practice, University of British Columbia, Canada
- **Domhnall MacAuley MD FRCGP FFPHMI FFSEM Professor**,
  Institute of Postgraduate Medicine and Health Science University of Ulster Northern Ireland, Great Britain

10.30 ***Coffee Break***

11.00 **Session A** **Symposium 1**

THE ROLE OF HUMAN MOVEMENT PATTERNS IN PREDICTING AND PREVENTING ACL AND OTHER COMMON INJURIES

Chair: **Anthony BEUTLER,** *USA*

- Prospective risk factors and anterior cruciate ligament injury: Results from the JUMP-ACL cohort and beyond
  Anthony Beutler, *USA* **20 min**
- Movement pattern risk factors for patellofemoral pain and stress fracture: A new solution to some old problems
  Stephen Marshall, *USA* **20 min**
- Can movement pattern change result in decreased injury? Effect of a 10-minute movement retraining program on subsequent lower extremity injury risk
  Kenneth Cameron, *USA* **15 min**
- Optimizing movement pattern re-training programs: Lessons learned about supervision, retention, and acceptance
  Darin Padua, *USA* **20 min**
- Panel discussion: What we know, what we don't, and what we need to know next about movement patterns and musculoskeletal injury?
  Marshall, Padua, Beutler, Cameron, **15 min**

Speakers:

- **Anthony Beutler MD Lieutenant Colonel,**
  Uniformed Services University
  4301 Jones Bridge Road, Bethesda, MD 20814 USA
- **Stephen Marshall PhD Professor,**
  Department of Epidemiology Ste 500, Bank of America Bldg
  Chapel Hill, NC 27599 USA
- **Darin Padua PhD ATC Professor,**
  Department of Exercise and Sport Science, University of North Carolina
  Chapel Hill, NC 27599 USA
- **Kenneth L. Cameron PhD MPH ATC Director,**
  Keller Army Hospital, 900 Washington Road, West Point, NY 10996 USA

Session B **Symposium 2**

MAKING A NOISE ABOUT SPORTS INJURY PREVENTION – THE POWER OF SOCIAL MEDIA

Chair: **Caroline FINCH,** *Australia*

- Overview of the ever-changing barrage of 'social media' for sports injury prevention and program implementation. Can facebook replace textbook?
  Karim Khan, *Canada* **10 min**
- The clinician and team physician perspective on using social media for sports injury prevention
  John Orchard, *Australia* **10 min**
- Mobile apps for sports injury prevention and treatment; an essential tool in team physicians' and players' pockets!
  Evert Verhagen, *Netherlands* **15 min**
- Sports Medicine Australia perspective: How a sporting federation can use social media for social good to promote sports injury prevention
  Nello Marino, *Australia* **10 min**
- Embracing social media for research promotion and dissemination
  Caroline Finch, *Australia* **15 min**
- A 2014/2015 update: The newest social media tools and the science behind using them and analysing their effectiveness
  Claire Bower, *England* **15 min**
- Panel discussion
  Finch, Khan, Orchard, Marino, Bower, 15 min

Speakers:

- **Karim M Khan MD PhD Professor,**
  Centre for Hip Health and Mobility / BJSM
  University of British Columbia - Vancouver, BC, Canada V5Z 1M9
- **John Orchard MD PhD Associate Professor,**
  School of Public Health
  Western Ave Sports Clinic
  University of Sydney NSW Australia 2006
- **Evert Verhagen PhD,**
  Dept of Public and Occupational Health
  VU University Medical Center van der Boechorststraat 7
  1081BT, Amsterdam, Netherlands
- **Nello Marino BAppSci GradDipMarketing Chief Executive Officer,**
  Sports Medicine Australia
  Albert Park, Victoria, Australia
- **Caroline F Finch BSc(Hons) MSc PhD Professor,**
  Australian Centre for Research into Injury in Sport and its Prevention (ACRISP)
  Centre for Healthy and Safe Sport
  University of Ballarat, SMB Campus
  Lydiard Street South, Ballarat, Victoria, 3350, Australia
- **Claire Bower MA,**
  Digital Communications Manager, BMJ Journals
  BMA House, Tavistock Square, London, England. WC1H 9JP

Session C/D/E **Workshops & abstracts**

12.30 ***Lunch***

14.00 **Session A** **Symposium 3**

PREVENTING INJURIES IN WORLD CUP ALPINE SKIING – RESEARCH AND IMPLEMENTATION HAND IN HAND

Chairs: **Roald BAHR,** *Norway* **- Eero HYVÄRINEN,** *Finland*

- Introduction - the FIS Injury Surveillance Program (ISS)
  Roald Bahr, *Norway* **5 min**
- The risk of injury on the FIS World Cup: 8-year data from the FIS ISS
  Sophie Steenstrup, *Norway* **10 min**
- How injuries happen: Video analyses of injury mechanisms from World Cup races
  Tone Bere, *Norway* **20 min**
- Knee joint kinematics of ACL injuries
  Kam Ming Mok, *Norway* **10 min**
- Impact biomechanics of head injuries
  Svein Kleiven, *Sweden* **10 min**
- Risk factor analysis: Input from stakeholders
  Jörg Spörri, *Austria* **10 min**
- Effect of ski design on injury risks
  Erich Müller, *Austria* **15 min**
- Translating research to action: The FIS risk management program
  Eero Hyvärinen, *Finland* **20 min**
- Panel discussion
  Bahr, Steenstrup, Bere, Mok, Kleiven, Spörri, Müller, Hyvärinen, 20 min

Speakers:

- **Roald Bahr MD PhD Professor,**
  Oslo Sports Trauma Research Center
  Department of Sports Medicine, Norwegian School of Sports Sciences
  Postboks 4014 Ullevål Stadion
  0806 Oslo, Norway
- **Sophie Steenstrup PT MSc,**
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- **Svein Kleiven PhD Associate Professor,**
  Kungliga Tekniska högskolan Skolan för teknik och hälsa
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  141 52 Huddinge, Sweden
- **Eero Hyvärinen, MD Member, FIS Medical Commission,**
  Dextra Medical Center
  Department of Sports Traumatology
  Raumantie 1
  00350 Helsinki, Finland

Session B **Symposium 4**

IS IT REALLY POSSIBLE TO PREVENT SUDDEN CARDIAC DEATH IN SPORT?

Chairs: **Greg WHYTE,** *UK* - **Hakim CHALABI,** *Qatar*

- Overview of sudden cardiac death in young athletes
  Mathew Wilson, *Qatar* **20 min**
- Screening athletes for conditions predisposing to sudden cardiac death; current perspectives
  Mats Börjesson, *Sweden* **20 min**
- Impact of age, sex and ethnicity on the 12-lead ECG
  Michael Papadakis, *UK* **20 min**
- Differentiating athlete's heart from cardiomyopathy
  Sanjay Sharma, *UK* **20 min**
- Role of the automatic external defibrillator in preventing sudden cardiac death
  Jonathan Drezner, *USA* **20 min**
- Panel discussion: Should all athletes diagnosed with hypertrophic cardiomyopathy be restricted from competitive sport?
  Whyte, Chalabi, Wilson, Börjesson, Papadakis, Sharma, Drezner, 20 min

Speakers:

- **Mathew Wilson PhD Cardiovascular Physiologist,**
  Department of Sports Medicine
  ASPETAR – Qatar Orthopedic and Sports Medicine Hospital
  PO Box 29222 - Doha, Qatar
- **Mats Börjesson MD PhD Professor,**
  Åstrand laboratory
  Swedish School of Sports and Health Science (GIH)
  Lidingövägen 1 - Stockholm, Sweden
- **Michael Papadakis MD PhD Senior Lecturer,**
  Department of Cardiovascular Sciences
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  London, SW17 0RE, UK
- **Sanjay Sharma MD PhD Professor,**
  Department of Cardiovascular Sciences
  St George's University of London
  London, SW17 0RE, UK
- **Jonathan Drezner MD Professor,**
  Department of Family Medicine
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  Box 354410 - Seattle, WA 98195, USA
- **Greg Whyte PhD Professor,**
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  Tom Reilly Building
  Liverpool, L3 3AF, UK
- **Hakim Chalabi MD Assistant Chief Medical Officer,**
  ASPETAR – Qatar Orthopedic and Sports Medicine Hospital
  PO Box 29222 - Doha, Qatar

Session C/D/E **Workshops & abstracts**

16.00 ***Coffee Break***

16.30 **Session A** **Symposium 5**

PREVENTING HEAT-RELATED PROBLEMS IN ATHLETES

Chairs: **Sebastien RACINAIS,** *Qatar* **- Ron MAUGHAN,** *UK*

- Definition and clinical presentation of "heat illness" – what does it include?
  Martin Schwellnus, *South Africa* **20 min**
- New guidelines are needed to manage heat stress in elite sports – lessons from an international federation: The FIVB Heat Stress Monitoring Program
  Roald Bahr, *Norway/Qatar* **10 min**
- Playing football in a hot country – injury epidemiology of today and the road to Qatar 2022
  Cristiano Eirale, *Qatar* **10 min**
- Prevention – the role of the athlete: What should athletes do on the day of competition?
  Ron Maughan, *UK* **15 min**
- Prevention – the role of the coaches: Can training prevent heat-related problems?
  Sebastien Racinais, *Qatar* **15 min**
- Prevention – the role of technology: Which tools and techniques can maintain the physical integrity of the athlete?
  Christophe Hausswirth, *France* **15 min**
- Research – identifying athletes predisposed to exertional heat illness based on the heat-shock response
  Julien Periard, *Qatar* **15 min**
- Panel discussion
  Schwellnus, Bahr, Eirale, Maughan, Racinais, Hausswirth, Periard, **20 min**

Speakers:

- **Martin Schwellnus MBBCh MSc (Med) MD FACSM FFIMS Professor,**
  Department of Human Biology
  Faculty of Health Sciences
  University of Cape Town
  Cape Town 7700, South Africa
- **Roald Bahr MD PhD Professor,**
  Aspetar, Qatar Orthopaedic and Sports Medicine Hospital
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- **Cristiano Eirale MD Dr,**
  Aspetar, Qatar Orthopaedic and Sports Medicine Hospital
  PoBx 29222 - Doha, Qatar
- **Ron Maughan PhD Professor,**
  School of Sport, Exercise and Health Sciences
  Loughborough University
  Loughborough LE11 3TU, United Kingdom
- **Sebastien Racinais PhD,**
  Aspetar, Qatar Orthopaedic and Sports Medicine Hospital
  PoBx 29222 - Doha, Qatar
- **Christophe Hausswirth PhD,**
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  11, avenue du Tremblay - 75012 Paris, France
- **Julien Periard PhD,**
  Aspetar, Qatar Orthopaedic and Sports Medicine Hospital
  PoBx 29222 - Doha, Qatar

Session B **Symposium 6**

PREVENTION OF THE JUMPER'S KNEE: JUMPING TO CONCLUSIONS OR NOT?

Chair: **Johannes (Hans) ZWERVER,** *Netherlands*

- What is the extent of the problem?
  Johannes Zwerver, *Netherlands* **10 min**
- Patellar tendinopathy – continuum of tendon pathology
  Jill Cook, *Australia* **15 min**
- Risk factors for the jumper's knee
  Håvard Visnes, *Norway* **15 min**
- Jumper's knee or lander's knee? Biomechanical aspects
  Henk van der Worp, *Netherlands* **15 min**
- Ultrasound Tissue Characterization; a new method to visualize and monitor tendon pathology
  Hans van Schie, *Netherlands* **15 min**
- Use of UTC in prevention of patellar tendon problems
  Sam Rosengarten, *Australia* **15 min**
- Prevention of the jumper's knee? Evidence and practical aspects
  Jill Cook, *Australia* **15 min**
- Panel discussion: How can we reduce the incidence of the jumper's knee; future directions for prevention research and implementation?
  Cook, Visnes, van der Worp, van Schie, Rosengarten, Zwerver, 20 min

Speakers:

- **Johannes Zwerver MD PhD,**
  Centre for Sports Medicine
  University Medical Center Groningen
  PO Box 300001, The Netherlands
- **Jill Cook PT PhD Professor,**
  Department of Physiotherapy, School of Primary Health Care, Faculty of Medicine, Nursing and Health Sciences
  Monash University - Peninsula Campus
  PO Box 527, Frankston, Victoria, 3199, Australia
- **Håvard Visnes MD PT,**
  Oslo Sports Trauma Research Center,
  Postbox 4014 – Ullevål Stadion - 0806 Oslo, Norway
- **Henk van der Worp PhD,**
  Centre for Sports Medicine
  University Medical Center Groningen
  PO Box 300001, The Netherlands
- **Hans van Schie PhD Professor,**
  UTCimaging Research
  Raaphorstlaan 18 B
  2245 BG Wassenaar, The Netherlands
- **Sam Rosengarten BPhty, M Sports physio,**
  Carlton Football Club
  PO Box 83, Carlton North Vic 3054, Australia

Session C **Symposium 7**

INTERNATIONAL PERSPECTIVES ON PREVENTION OF SPORT-RELATED CONCUSSION: ARE WE GAINING GROUND?

Chairs: **Kevin GUSKIEWICZ,** *USA* - **Jon PATRICIOS,** *South Africa*

- Building an effective public health framework for concussion prevention: Is it possible?
  Kevin Guskiewicz, *USA* **3 min**
- Influence of athlete attitudes and awareness in concussion prevention: What are we up against?
  Michael McCrea, *USA* **17 min**
- Game changing policy geared toward concussion prevention: The NFL experience
  Richard Ellenbogen, *USA* **17 min**
- Necks, nuts and 'nocks': How South African rugby plays smart
  Jon Patricios, *South Africa* **17 min**
- Concussion prevention models and outcomes in Olympic sports and Australian rules football
  Ryan Kohler, *Australia* **17 min**
- The science and technology of sport concussion: Translating data collection into concussion prevention
  Kevin Guskiewicz, *USA* **12 min**
- The media's role in concussion prevention: Putting an invisible injury into print
  David Epstein, *USA* **17 min**
- Panel Discussion
  20 min

Speakers:

- **Kevin Guskiewicz PhD ATC FACSM Professor,**
  Department of Exercise and Sport Science
  University of North Carolina at Chapel Hill
  204 Fetzer Hall CB# 8700
  Chapel Hill, North Carolina 27599 USA
- **Michael McCrea PhD ABPP Professor,**
  Departments of Neurosurgery and Neurology
  Medical College of Wisconsin
  9200 W. Wisconsin Avenue
  Milwaukee, WI 53226
- **Richard G. Ellenbogen MD FACS Professor,**
  Department of Neurological Surgery
  University of Washington
  Co-Chair, Head Neck and Spine Medical Committee, National Football League
- **Jon Patricios MBBCh MMedSci FACSM FFSEM,**
  The Centre for Sports Medicine & Orthopedics
  Johannesburg, South Africa
- **Ryan Kohler MBChB MPhil (Sports Medicine) FACSM, FFSEM,**
  Australian Sports Commission
  Leverrier Street Bruce ACT 2617, Australia
- **David Epstein Senior Writer,**
  Sports Illustrated
  New York, NY, USA

Session D/E **Workshops & abstracts**

18.30 ***Poster discussions***

Friday 11 April

08.30 **Keynote 2: TOMBER DANS LES POMMES – 'ZERO TOLERANCE' AND THE FEAR OF CHRONIC TRAUMATIC ENCEPHALOPATHY – THE ROLE OF EVIDENCE BASED CONCUSSION PREVENTION**

Speaker: **Paul McCrory,** *Australia*

- **Paul McCrory MBBS PhD FRACP FACSP FFSEM FASCM FASMF**
  Associate Professor,
  The Florey Institute of Neuroscience and Mental Health
  Melbourne Brain Centre
  245 Burgundy Street - Heidelberg Vic 3084, Australia

09.30 **Session A** **Symposium 8**

PREVENTION OF HAMSTRING INJURIES IN COMPETITIVE ATHLETES – TRANSLATING RESEARCH INTO EVIDENCE-BASED PRACTICE

Chairs: **Juan Manuel ALONSO,** *Spain* - **Simon S. YEUNG,** *Hong Kong*

- What is the current incident rate of hamstring injuries in elite athletes?
  Juan Manuel Alonso, *Spain* **10 min**
- Injury mechanism of acute hamstring injuries makes a difference to treatment and prognosis
  Carl Askling, *Sweden* **15 min**
- The pathophysiology of hamstring injuries, what we can learn from basic science research
  Ella Yeung, *Hong Kong* **10 min**
- Which screening tools can predict hamstring injuries in competitive athletes?
  Simon S. Yeung, *Hong Kong* **10 min**
- Can MRI predict the prognosis and return to sports following hamstring injuries?
  Jan Ekstrand, *Sweden* **15 min**
- What are the evidences to guide and support the prevention and rehabilitation of hamstring injuries?
  Nikolas Malliaropoulos, *Greece* **15 min**
- Panel discussion: An integrated approach to hamstring injury prevention: The challenges ahead
  Alonso, Askling, Yeung, Yeung, Ekstrand, Malliaropoulos, 15 min

Speakers:

- **Juan Manuel Alonso MD PhD,**
  Chair, IAAF Medical and Anti-doping Commission
  Monaco Medical Dept
  Royal Spanish Athletics Federation
  Spain
- **Carl Askling PT PhD,**
  The Swedish School of Sport and Health Sciences and the Section of Orthopaedics and Sports Medicine, Department of Molecular Medicine and Surgery, Karolinska Institutet
  Stockholm, Sweden
- **Ella W. Yeung PT PhD Associate Professor,**
  Invited medical expert for the China National Teams to London Olympic Games
  Associate Professor, Department of Rehabilitation Sciences
  The Hong Kong Polytechnic University
  Hung Hom, Hong Kong

- **Simon S. Yeung PT PhD Associate Professor,**
  Chief Physiotherapist, Hong Kong Delegation to London Olympics Games
  Senior Vice Chairman, Hong Kong Amateur Athletics Association
  Associate Professor, Department of Rehabilitation Sciences
  The Hong Kong Polytechnic University
  Hung Hom, Hong Kong
- **Jan Ekstrand MD PhD Professor,**
  Department of Medical and Health Sciences, Linköping University
  Linkoping, Sweden
- **Nikolaos G. Malliaropoulos MD, Msc, PhD, FFSEM(UK),**
  Sports Medicine Physician-EJU Medical Committee Member
  General Secretary ECOSEP
  Sports Medicine Clinic of S.E.G.A.S.
  Thessaloniki, Greece

Session B **Symposium 9**

TAKING THE LAB TO THE GAME: TOWARDS INNOVATIVE FIELD-BASED INJURY SCREENING AND PREVENTION

Chair: **Scott McLEAN,** *USA*

- Introduction- Moving from the lab to the field: A timely and critical step in effective sports injury risk screening and prevention
  Scott McLean, *USA* **5 min**
- Integrated video and computational analysis of injury situations in naturalistic game setting – potential for moving beyond the lab
  Tron Krosshaug, *Norway* **15 min**
- Modeling-based estimation of true joint contact forces – perspectives for injury risk estimations in real competitions
  Uwe Kersting, *Denmark* **15 min**
- Novel field-based athlete performance and injury risk assessment via integrated body-worn inertial motion and pressure sensor technologies
  Grant Goulet, *USA* **15 min**
- On slope injury risk assessment in alpine ski racing – a combined GPS and inertial sensor approach
  Matthias Gilgien, *Norway* **15 min**
- Where to from here? The next steps in successfully achieving real-time field based athlete risk assessment
  Scott McLean, *USA* **10 min**
- Panel discussion: Taking the lab to the game: Benefits, pitfalls and future directions?
  McLean, Krosshaug, Kersting, Goulet, Gilgien, 15 min

Speakers:

- **Scott McLean PhD,**
  School of Kinesiology - University of Michigan
  401 Washtenaw Ave
  Ann Arbor, MI, USA, 48109
- **Tron Krosshaug PhD,**
  Oslo Sports Trauma Research Center
  Department of Sports Medicine, Norwegian School of Sport Sciences
  PO Box 4014 Ullevål stadion - 0806 Oslo, Norway

- **Uwe Kersting PhD,**
Aalborg University
Center for Sensory-Motor Interaction
Fredrik Bajers Vej 7D3
9220 Aalborg, Denmark
- **Grant Goulet PhD,**
School of Kinesiology
University of Michigan
401 Washtenaw Ave
Ann Arbor, MI, USA, 48109
- **Matthias Gilgien MsC,**
Department of Physical Performance
Norwegian School of Sport Sciences
PO Box 4014 Ullevål stadion
0806 Oslo, Norway

Session C **Symposium 10**

ONLY MAD DOGS AND ENGLISHMEN GO OUT IN THE MIDDAY SUN; THE PREVENTION OF INJURIES AND ILLNESS IN ELITE TENNIS PLAYERS

Chair: **Michael TURNER,** *UK*

- Braces or Aces - a risk benefits analysis of tennis; what is the extent of the problem?
Babette Pluim, *Netherlands* **15 min**
- Baseline basics - a year in the life of 75 elite junior tennis players; risk factors for injuries and illness
Evert Verhagen, *Netherlands* **15 min**
- Serve and volley in the sun - the prevention of heat illness in elite tennis players at 40°C
Julien Périard, *Qatar* **15 min**
- Game, set and match - achieving population change by the development of healthy tennis clubs
Babette Pluim, *Netherlands* **15 min**
- Panel discussion: What more can tennis do to protect the players?
Turner, Pluim, Verhagen, Periard, 30 min

Speakers:

- **Michael Turner MB BS FFSEM Chief Medical Adviser,**
Lawn Tennis Association
100 Priory Lane
London SW15 5JQ, United Kingdom
- **Babette Pluim MD PhD Chief Medical Adviser,**
Royal Netherlands Lawn Tennis Association (KNLTB)
Displayweg 4
Amersfoort 3821 BT, Netherlands
- **Evert Verhagen PhD Assistant Professor,**
Department of Public and Occupational Health
EMGO Institute, VU University Medical Centre
Van de Boechorststraat 7
Amsterdam 1081 BT, Netherlands
- **Julien Périard PhD Research Scientist,**
Research and Education Centre
ASPETAR, Qatar Orthopaedic and Sports Medicine Hospital
P.O. Box 29222, Doha, Qatar

Session D/E **Workshops & abstracts**

11.00 ***Coffee Break***

11.30 **Session A** **Symposium 11**

CAN RULE AND REGULATION CHANGES BE USED TO PREVENT INJURIES IN FOOTBALL CODES?

Chair: **Hugh SEWARD,** *Australia*

- Overview of rule changes to prevent injury (Australian Football, NFL, Rugby, Football)
  Hugh Seward, *Australia* **15 min**
- Using injury surveillance to identify potential for rule change and monitor outcomes
  Caroline Finch, *Australia* **15 min**
- Rules to reduce concussion incidence
  Paul McCrory, *Australia* **15 min**
- Rules to reduce musculoskeletal injuries (e.g. ACL, hamstrings etc)
  Michael Makdissi, *Australia* **15 min**
- Case studies
  John Orchard, *Australia* - **Martin Raftery,** *Australia* - **Jeff Steinweg,** *Australia* **15 min**
- Panel discussion
  Seward, Finch, McCrory, Makdissi, Orchard, Raftery, Steinweg, 15 min

Speakers:

- **Hugh Seward MBBS DObst RCOG Adjunct Senior Research Fellow,**
  Executive Officer AFL Medical Officers Association
  24 Buckland Ave, Newtown, Victoria, 3220, Australia
- **Caroline F Finch PhD Professor,**
  Centre for Healthy and Safe Sport
  University of Ballarat, SMB Campus
  Lydiard Street South, Ballarat, Victoria, 3350, Australia
- **Paul McCrory MBBS PhD Associate Professor,**
  The Florey Institute of Neuroscience and Mental Health
  Melbourne Brain Centre - Austin Campus
  245 Burgundy Street
  Heidelberg Vic 3084 Australia
- **Michael Makdissi MBBS PhD,**
  Olympic Park Sports Medicine Centre
  Olympic Bvd, AAMI Park
  Melbourne, Australia 3004
- **John Orchard MD PhD Associate Professor,**
  School of Public Health, University of Sydney,
  Sydney NSW, Australia 2006
- **Martin Raftery MBBS Chief Medical Officer,**
  International Rugby Board
  249 Woolooware Rd
  Cronulla 2230, Australia
- **Jeff Steinweg MBBS,**
  Chief Medical Officer, Football Federation of Australia
  82 Alt St, Queens Park
  NSW 2022 Australia

Session B **Symposium 12**

PREVENTING ACHILLES TENDON PROBLEMS

Chair: **Erik WITVROUW,** *Belgium*

- What is the extent of the problem?
  Nele Mahieu, *Belgium* **10 min**
- Risk factors for achilles tendon problems
  Erik Witvrouw, *Belgium* **10 min**
- Role of tendon blood flow?
  Alexander Scott, *Canada* **15 min**
- Role of eccentric training?
  Nele Mahieu, *Denmark* **15 min**
- Role of stretching?
  Duncan Reid, *New Zealand* **15 min**
- Future directions for achilles tendon injury prevention research?
  Erik Witvrouw, *Belgium* **10 min**
- Panel discussion
  Mahieu, Witvrouw, Scott, Mahieu, Reid, 15 min

Speakers:

- **Nele Mahieu PT, PHD,**
  Ghent University
  De Pintelaan 185,3B3
  9000 Gent, Belgium
- **Erik Witvrouw,**
  Ghent University
  De Pintelaan 185, 3B3
  9000 Gent, Belgium
- **Alexander Scott,**
  University of British Columbia
  2177 Wesbrook Mall
  Vancouver, Canada
- **Duncan Reid,**
  Auckland University of Technology
  0627 Auckland, New Zealand

Session C/D/E **Workshops & abstracts**

13.00 ***Lunch***

14.30 **Keynote 3: THE EVOLUTION OF FOOTWEAR AND ITS ROLE IN PREVENTION OF RUNNING INJURIES**

Speaker: **Benno Nigg,** *Canada*

- **Benno Nigg PhD**,
  Human Performance Laboratory, Faculty of Kinesiology
  University of Calgary
  2500 University Dr. NW
  Calgary, Alberta
  T2N 1N4, Canada

15.30 **THEMATIC POSTER SESSION**

16.30 ***Coffee Break***

17.00 **Session A** **Symposium 13**

PREVENTION OF FOOTBALL INJURIES AT THE ELITE LEVEL

Chair: **Thor Einar ANDERSEN,** *Norway*

- The extent of the problem
  Jan Ekstrand, *Sweden* **10 min**
- The mechanisms and risk factors
  Thor Einar Andersen, *Norway* **10 min**
- The challenge of recording overuse injuries
  Ben Clarsen, *Australia/Norway* **10 min**
- Periodization in football
  Raymond Verheijen, *Holland* **10 min**
- Rule change can reduce potential injuries
  John Bjørneboe, *Norway* **10 min**
- Coach-directed injury prevention in football
  Torbjørn Soligard, *Norway/Switzerland* **10 min**
- Worldwide implementation of The 11+
  Mario Bizzini, *Switzerland* **10 min**
- Panel discussion
  Ekstrand, Andersen, Clarsen, Verheijen, Bjørneboe, Soligard, Bizzini, 20 min

Speakers:

- **Jan Ekstrand MD PhD Professor,**
  Linköping University, Sweden
  1st vice Chairman of UEFA Medical Committee
  Solstigen 3
  58943 Linköping, Sweden
- **Thor Einar Andersen MD PhD Associate Professor,**
  Oslo Sports Trauma Research Center
  Department of Sports Medicine
  Norwegian School of Sport Sciences,
  PO Box 4014, Ullevaal Stadion - 0806 Oslo, Norway
- **Ben Clarsen PT Research Fellow,**
  Oslo Sports Trauma Research Center
  Department of Sports Medicine
  Norwegian School of Sport Sciences,
  PO Box 4014 Ullevål Stadion - 0806 Oslo, Norway

- **John Bjørneboe MD PhD Research Fellow,**
Oslo Sports Trauma Research Center
Department of Sports Medicine
Norwegian School of Sport Sciences,
PO Box 4014 Ullevål Stadion - 0806 Oslo, Norway
- **Torbjørn Soligard PhD Research Scientist,**
Medical & Scientific department
International Olympic Committee
Château de Vidy
1007 Lausanne, Switzerland
- **Mario Bizzini PT PhD Research Scientist,**
Schulthess Klinik
Lenggalde 2,
8008, Zürich, Switzerland

Session B **Symposium 14**

TO SCREEN OR NOT TO SCREEN? AN INTERNATIONAL PERSPECTIVE ON THE IOC CONSENSUS STATEMENT ON PERIODIC HEALTH EVALUATION (PHE) OF ELITE ATHLETES

Chairs: **Stephen TARGETT,** *Qatar* - **Lars ENGEBRETSEN,** *Norway*

- Introduction the IOC consensus statement on PHE, still valid 5 years on?
Lars Engebretsen, *Norway* **10 min**
- Screening from a North American perspective
Cindy Chang, *USA* **15 min**
- Screening of mass participation events the two oceans marathon experience
Martin Schwellnus, *South Africa* **20 min**
- Is there any role for routine blood tests in the PHE
Stephen Targett, *Qatar* **15 min**
- Screening in the Middle East the Aspetar experience
Bruce Hamilton, *New Zealand* **20 min**
- Why risk factor screening will not help us identify the at-risk athlete?
Roald Bahr, *Norway* **20 min**
- Panel discussion: To screen or not to screen?
Engebretsen, Chang, Schwellnus, Targett, Hamilton, Bahr, 20 min

Speakers:

- **Lars Engebretsen MD PhD Professor,**
  Oslo Sports Trauma Research Center
  Department of Sports Medicine
  Norwegian School of Sports Sciences
  PO Box 4014 Ullevål Stadion - 0806 Oslo, Norway
- **Roald Bahr MD PhD Professor,**
  Oslo Sports Trauma Research Center
  Department of Sports Medicine
  Norwegian School of Sports Sciences
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- **Martin Schwellnus MD PhD Professor,**
  Sport and Exercise Medicine, Department of Human Biology
  Faculty of Health Sciences, University of Cape Town
  Cape Town, South Africa
- **Cindy Chang MD Chief Medical Officer US Olympic Team 2012,**
  Family Medicine/Sports Medicine Specialist and Team Physician
  University of California at Berkeley
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  Berkeley, CA 94720, USA
- **Bruce Hamilton MB ChB Chief of Sports Medicine,**
  Medical Lead High Performance Sport NZ / NZ Olympic Committee
  Millennium Institute of Sport & Health,
  17 Antares Place, Mairangi Bay 0632
  PO Box 302 563, North Harbour, Auckland 0751, New Zealand.
- **Stephen Targett MB ChB Sports Medicine Physician,**
  Aspetar Orthopaedic and Sports Medicine Hospital
  PO Box 29222 - Doha, Qatar

Session C **Symposium 15**

FEMALE ATHLETE TRIAD COALITION CONSENSUS STATEMENT: NEW GUIDELINES FOR PREVENTION, SCREENING, TREATMENT, AND RETURN TO PLAY

Chair: **Margo MOUNTJOY,** *Canada*

- Introduction of new consensus guidelines for prevention, management and return to play for the female athlete triad
  Margo Mountjoy, *Canada* **5 min**
- Red light, yellow light, green light: A model for healthy changes in eating behaviors
  Jorunn Sundgot-Borgen, *Norway* **20 min**
- Early detection and prevention strategies of disordered eating in female athletes
  Elizabeth Joy, *USA* **20 min**
- Translating research into practice to prevent consequences of the female athlete triad
  Mary Jane De Souza, *USA* **20 min**
- Secondary prevention: Return to play guidelines for the female athlete triad
  Aurelia Nattiv, *USA* **20 min**
- Implementation of new guidelines for clearance and return to play: Call to action for rule change and dissemination
  Margo Mountjoy, *Canada* **15 min**
- Panel discussion
  Mountjoy, Sundgot-Borgen, Joy, De Souza, Nattiv, 20 min

Speakers:

- **Margo Mountjoy MD CCFP FCFP FACSM Dip Sport Med,**
  McMaster University School of Medicine
  570 Kortright Rd., W.
  Guelph, ON N1G3W8, Canada
- **Jorunn Sungot-Borgen PhD FACSM Professor,**
  Department of Sports Medicine
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- **Elizabeth Joy MD MPH FACSM Professor,**
  Intermountain Healthcare
  36 S. State St., 16th floor
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- **Mary Jane De Souza PhD FACSM Professor,**
  The Pennsylvania State University
  College of Health and Human Development
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  University Park, PA 16802, USA
- **Aurelia Nattiv MD FACSM Professor,**
  UCLA Departments of Family Medicine and Orthopaedic Surgery
  David Geffen School of Medicine at UCLA
  10833 Le Conte Avenue
  Room 50-080 Center for Health Sciences
  Los Angeles, CA 90095, USA

Session C/D/E **Workshops & abstracts**

20.00 ***Sports Medecine Celebration Night***

Saturday 12 April

08.30 **Keynote 4: PROTECTING THE HEALTH OF THE @HLETE - HOW ONLINE TECHNOLOGY MAY AID OUR COMMON GOAL TO PREVENT INJURY AND ILLNESS IN SPORT**

Speaker: **Evert Verhagen,** *Netherlands*

- **Evert Verhagen PhD**,
Dept of Public and Occupational Health
VU University Medical Center
van der Boechorststraat 7
1081BT, Amsterdam, Netherlands

09.30 **Session A** **Symposium 16**

SCREENING FOR ACL INJURY RISK USING DROP JUMP TASKS – DOES IT WORK?

Chair: **Tron KROSSHAUG,** *Norway*

- Introduction
  Tron Krosshaug, *Norway* **5 min**
- Knee valgus angles and abduction moments CAN predict ACL injuries
  Tim Hewett, *USA* **15 min**
- The Landing Error Scoring System (LESS) does NOT predict ACL injuries in high-scool and college athletes
  James Slauterbeck, *USA* **15 min**
- The JUMP ACL study – drop jump tasks CAN predict ACL injuries in US military cadets
  Darin Padua, *USA* **15 min**
- Can ACL injury risk be predicted through vertical drop jump screening in elite athlete handball and football players?
  Eirik Kristianslund, *Norway* **15 min**
- Panel discussion: Does screening for ACL injury risk using drop jump tasks work?
  Krosshaug, Hewett, Slauterbeck, Padua, Kristianslund, 25 min

Speakers:

- **Tron Krosshaug PhD Associate Professor,**
Oslo Sports Trauma Research Center
Department of Sports Medicine
Norwegian School of Sport Sciences
PO Box 4014 Ullevaal stadion - 0806 Oslo, Norway
- **Tim Hewett PhD Professor,**
The Sports Health & Performance Institute
Departments of Physiology & Cell Biology, Orthopaedic Surgery, Family Medicine and Biomedical Engineering
Department of Pediatrics, Cincinnati Children's Hospital
The Ohio State University, Columbus, Ohio
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- **James Slauterbeck MD PhD Associate Professor,**
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- **Darin Padua PhD ATC Professor,**
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- **Eirik Kristianslund MD Research Fellow,**
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PO Box 4014 Ullevaal stadion - 0806 Oslo, Norway

Session B **Symposium 17**

MAXIMISING SPORTS INJURY PREVENTION PROGRAM IMPACT – ISSUES OF IMPLEMENTATION, CONTEXT AND COMPLIANCE ACROSS THE SPORTS DELIVERY SYSTEM

Chair: **Evert VERHAGEN,** *Netherlands*

- Why implementation needs to have multiple targets and approaches
Caroline Finch, *Australia* **10 min**
- Fostering implementation of a lower limb injury prevention exercise training program among community Australian football coaches
Alex Donaldson, *Australia* **15 min**
- The challenge of culture change: Working toward body checking policy change in Canadian youth ice hockey
Carolyn Emery, *Canada* **15 min**
- Challenges of implementing the International Rugby Board safety and medical guidelines across international boundaries
Martin Raftery, *Ireland* **15 min**
- No need to reinvent the ball: Incorporating the learnings from implementation science into sports injury prevention research
Allison Metz, *USA* **15 min**
- Panel discussion: How can sports injury researchers work better with sporting bodies and government to improve the dissemination and implementation of safety policies and programs?
Verhagen, Finch, Donaldson, Emery, Raftery, Metz, 20 min

Speakers:

- **Evert Verhagen PhD Associate Professor,**
  Dept of Public and Occupational Health
  VU University Medical Center
  van der Boechorststraat 7
  1081BT, Amsterdam, Netherlands
- **Caroline F Finch PhD Professor,**
  Centre for Healthy and Safe Sport
  University of Ballarat, SMB Campus
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- **Alex Donaldson DHSc Research Fellow,**
  Australian Centre for Research into Injury in Sport and its Prevention (ACRISP)
  Monash Injury Research Institute (MIRI)
  Monash University
  Clayton 3800 VIC, Australia
- **Carolyn Emery PT PhD Professor,**
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- **Martin Raftery MBBS FACSP Chief Medical Officer,**
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- **Allison Metz PhD Associate Director,**
  National Implementation Research Network
  Frank Porter Graham Child Development Institute
  University of North Carolina at Chapel Hill
  521 S. Greensboro Street Carrboro
  NC 27510, USA

Session C **Symposium 18**

THE GROIN-INJURY ICEBERG – LOOKING BENEATH THE SURFACE

Chairs: **Per HÖLMICH,** *Denmark/Qatar* - **Bert MANDELBAUM,** *USA*

- Groin injury epidemiology across sports and gender
  Martin Hägglund, *Sweden* **15 min**
- Acute or chronic injuries – when to prevent
  Johannes Tol, *Qatar* **15 min**
- Diagnostic imaging – convincing or confusing!
  Bert Mandelbaum, *USA* **15 min**
- Clinical entities – focus of prevention?
  Per Hölmich, *Denmark* **15 min**
- What exercises is relevant for prevention
  Kristian Thorborg, *Denmark* **15 min**
- Panel discussion: Did we uncover the target for the next trial?
  Hägglund, Tol, Mandelbaum, Hölmich, Thorborg, 15 min

Speakers:

- **Martin Hägglund RPT PhD,**
  Football Research Group
  Department of Medical and Health Sciences
  Linköping University
  581 83 Linköping, Sweden
- **Per Hölmich MD Associate Professor,**
  Clinical Lead Aspetar Sports Groin Pain Center
  Aspetar, Qatar Orthopedic and Sports Medicine Hospital
  PO Box 29222, Doha, Qatar
  & Arthroscopic Centre Amager
  Copenhagen University Hospital, Hvidovre
  Italiensvej 1, 2300 Copenhagen S, Denmark
- **Bert R. Mandelbaum MD DHL (hon),**
  Santa Monica Orthopedic and Sports Medicine Group
  2020 Santa Monica Blvd
  Santa Monica, California, 90404, USA
- **Kristian Thorborg RPT PhD Associate Professor,**
  Arthroscopic Centre Amager
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  Italiensvej 1
  2300 Copenhagen S, Denmark
- **Johannes Tol MD PhD,**
  ASPETAR, Qatar Orthopedic and Sports Medicine Hospital
  PO Box 29222 - Doha, Qatar

Session D/E **Workshops & abstracts**

11.00 ***Coffee Break***

11.30 **Session A** **Symposium 19**

PREVENTION – WHY ECCENTRIC?

Chairs: **Per HÖLMICH,** *Denmark* - **Michael KJÆR,** *Denmark*

- Clinical evidence of eccentric exercise in injury-prevention
  Per Hölmich, *Denmark* **15 min**
- Muscle-tendon responses to specific loading in health and disease
  Michael Kjær, *Denmark* **15 min**
- The role of specific strength-deficits related to injury
  Kristian Thorborg, *Denmark* **15 min**
- Avoiding re-injury in muscle and tendon
  Carl Askling, *Sweden* **15 min**
- Exercise specificity in sports-injury prevention
  Mette Zebis, *Denmark* **15 min**
- Panel discussion: Is eccentric exercise essential for prevention?
  Hölmich, Kjær, Thorborg, Askling, Zebis, 15 min

Speakers:

- **Carl Askling PT PhD Professor,**
  The Swedish School of Sport and Health Sciences
  Section of Orthopaedics and Sports Medicine
  Department of Molecular Medicine and Surgery
  Karolinska Institute
  11486 Stockholm, Sweden
- **Per Hölmich MD Associate Professor,**
  Arthroscopic Center Amager
  Copenhagen University Hospital, Hvidovre
  Italiensvej 1
  2300 Copenhagen S, Denmark
- **Michael Kjær MD DMsci Professor,**
  Institute of Sports Medicine M81
  Bispebjerg Hospital
  University of Copenhagen
  Bispebjerg Bakke 23, 2400 NV, Denmark
- **Kristian Thorborg RPT PhD Associate Professor,**
  Arthroscopic Center Amager
  Copenhagen University Hospital, Hvidovre
  Italiensvej 1
  2300 Copenhagen S, Denmark
- **Mette Zebis MSc PhD Senior Researcher**
  Gait Analysis Laboratory
  Copenhagen University Hospital, Hvidovre
  Kettegaard Alle 30
  2650 Hvidovre, Denmark

Session B **Symposium 20**

STAYING OUT OF HOT WATER: REDUCING HYPERTHERMIC ILLNESS AND INJURY RISK IN AQUATIC ENDURANCE ATHLETES

Chair: **Margo MOUNTJOY,** *Canada*

- Introduction
  Margo Mountjoy, *Canada* **5 min**
- Energy exchange in swimmers – when heat transfer is not sufficient
  Michael Bergeron, *USA* **15 min**
- Competing in open water events: New findings to guide research-informed athlete safety
  David Gerrard, *New Zealand* **20 min**
- Prevention of hyperthermic illness and injury in triathlon: Challenges and practical solutions
  Sergio Migliorini, *Italy* **15 min**
- FINA, ITU and the IOC: Preventing hyperthermic health consequences – the way ahead
  Margo Mountjoy, *Canada* **20 min**
- Panel discussion and questions
  Mountjoy, Bergeron, Gerrard, Migliorini, 15 min

Speakers:

- **Margo Mountjoy MD CCFP FCFP FACSM Dip Sport Med,**
  FINA Bureau Sports Medicine Liaison
  Canada
- **Sergio Migliorini MD,**
  ITU Sports Medicine Chairman
  Italy
- **Michael Bergeron PhD FACSM,**
  Sanford School of Medicine
  USA
- **David Gerrard MD,**
  FINA Sports Medicine Vice Chairman
  New Zealand

Session C **Symposium 21**

AHEAD OF INJURIES; SPORTS INJURY PREVENTION FROM A PSYCHOLOGICAL POINT OF VIEW

Chair: **Urban JOHNSON,** *Sweden*

- Introduction and theoretical framework, pre-injury
  Urban Johnson, *Sweden* **20 min**
- Psychological predictors and risk factors for injuries among soccer players
  Andreas Ivarsson, *Sweden* **20 min**
- Psychological prevention intervention, a cluster RCT study among elite floorball players
  Ulrika Tranæus, *Sweden* **20 min**
- Future in the psychological field of sports injury prevention
  Urban Johnson, *Sweden* **15 min**
- Panel discussion: How can psychology contribute to sports injury prevention?
  Johnson, Ivarsson, Tranæus, 15 min

Speakers:

- **Urban Johnson PhD Professor,**
  Centre of Research on Welfare, Health and Sport, HOS
  Halmstad University
  Box 823 - SE-301 18 Halmstad, Sweden
- **Andreas Ivarsson MSc,**
  Centre of Research on Welfare, Health and Sport, HOS
  Halmstad University
  Box 823 - SE-301 18 Halmstad, Sweden
- **Ulrika Tranæus DN MSc,**
  Stockholm Sports Trauma Research Center
  Karolinska institutet
  Capio Artro Clinic
  Box 5605 - SE-114 86 Stockholm, Sweden

Session D/E **Workshops & abstracts**

13.00 ***Lunch***

14.30 **Session A** **Symposium 22**

ACL PREVENTION IN FEMALE HANDBALL AND FOOTBALL – ANY SPECIFIC CONSIDERATIONS?

Chair: **Grethe MYKLEBUST,** *Norway*

- Introduction and epidemiology
  Grethe Myklebust, *Norway* **5 min**
- ACL injury risk factors
  Agnethe Nilstad, *Norway* **15 min**
- What is the content of effective programs?
  Markus Waldén, *Sweden* **15 min**
- How does the prevention exercises work?
  Mette Zebis, *Denmark* **15 min**
- Coach directed injury prevention
  Torbjørn Soligard, *Switzerland* **15 min**
- Lessons learned from the 11+
  Mario Bizzini, *Switzerland* **10 min**
- Is there a safe cutting technique?
  Tron Krosshaug, *Norway* **10 min**
- The Norwegian ACL handball experience, how to prevent and keep the numbers low?
  Grethe Myklebust, *Norway* **10 min**
- Panel discussion: Future directions for ACL prevention among female handball and football players
  Myklebust, Nilstad, Waldén, Zebis, Soligard, Bizzini, Krosshaug, 25 min

Speakers:

- **Grethe Myklebust PT PhD,**
  Oslo Sports Trauma Research Center
  Department of Sports Medicine
  Norwegian School of Sports Sciences
  PO Box 4014 Ullevål Stadion
  0806 Oslo, Norway
- **Agnethe Nilstad,**
  Oslo Sports Trauma Research Center
  Department of Sports Medicine
  Norwegian School of Sports Sciences
  PO Box 4014 Ullevål Stadion
  0806 Oslo, Norway
- **Markus Waldén MD PhD,**
  Football Research Group
  Department of Medical and Health Sciences
  Linköping University
  581 83 Linköping, Sweden
- **Mette Kreutzfeldt Zebis MSc PhD,**
  Gait Analysis Laboratory
  Hvidovre Hospital
  Kettegaard Alle 30
  2650 Hvidovre, Denmark

- **Torbjørn Soligard PhD,**
International Olympic Committee
Château de Vidy
1007 Lausanne, Switzerland
- **Mario Bizzini PT PhD,**
FIFA - Medical Assessment & Research Centre
Schulthess Clinic
Lengghalde 2
8008 Zürich, Switzerland
- **Tron Krosshaug PhD,**
Oslo Sports Trauma Research Center
Department of Sports Medicine, Norwegian School of Sports Sciences
PO Box 4014 Ullevål Stadion
0806 Oslo, Norway

Session B **Symposium 23**

RUGBY SEVENS WORLD SERIES – IMPLEMENTING A SERIES-WIDE INJURY AND ILLNESS PREVENTION PROGRAMME TO MINIMISE THE IMPACT OF THE INTER-CONTINENTAL TRAVEL REQUIREMENTS

Chair: **Martin RAFTERY,** *Australia*

- Introduction – prevention challenges in an international competition series
Martin Raftery, *Australia* **10 min**
- Injury surveillance – setting the injury prevention objectives
Colin Fuller, *England* **15 min**
- Injury causation clues – match and training load requirements in elite sevens rugby. A comparison with15 a side rugby
Simon Kemp, *England* **10 min**
- The impact of international frequent travel on injury and illness in sevens rugby
Martin Schwellnus, *South Africa* **15 min**
- Concussion assessment, management and prevention in sevens rugby. Specific issues – multiple games per day, impact of international travel and back to back tournaments
Philippe Decq, *France* **10 min**
- Preventing re-occurrence of injury using objective return to play strategies – global positioning systems
Garrett Coughlan, *Ireland* **10 min**
- Maximizing recovery to reduce the impact of international travel and repeated same day competition demands
Ross Tucker, *South Africa* **15 min**
- Preventing the negative impacts of travel and its potential to cause injury
Martin Schwellnus, *South Africa* **15 min**
- Panel discussion – What are the impacts of repetitive international travel on high intensity exercise, injury and illness?
Raftery, Fuller, Kemp, Schwellnus, Decq, Coughlan, Tucker, 20 min

Speakers:

- **Martin Raftery MBBS FACSP,**
  Chief Medical Officer
  International Rugby Board
  249 Woolooware Rd
  Cronulla 2230, Australia
- **Colin Fuller Professor BSc PhD FRSC FFSEM (Hon),**
  Risk Management Consultant
  International Rugby Board
  Huguenot House
  35 – 38 St Stephens Green
  Dublin 2, IRELAND
- **Professor Martin Schwellnus MBBCh MSc MD FACSM FFIMS,**
  Clinical Sport and Exercise Medicine Research Group,
  Department of Human Biology
  University of Cape Town
  Boundary Road
  Newlands, Cape Town, 7700, South Africa
- **Simon Kemp MB BS FFSEM,**
  Head of Sports Medicine
  Rugby Football Union
  Twickenham
  London TW2 7BA, England
- **Philippe Decq Professor,**
  Service de Neurochirurgie
  Hôpital Henri MONDOR
  F-94010 Creteil Cedex, France
- **Garrett Coughlan BSc Physio PhD,**
  Medical Coordinator
  IRFU Medical Department
  10-12 Lansdowne Road,
  Ballsbridge, Dublin 4, Ireland
- **Ross Tucker BSc PhD Sports Science,**
  MRC/UCT Research Unit for Exercise Science and Sports Medicine
  University of Cape Town
  Sports Science Institute of South Africa
  Boundary Road
  Newlands, South Africa

Session C **Symposium 24**

CURRENT CONCEPTS IN INJURY PREVENTION FOR YOUNG ATHLETES: DO WE HAVE SOLUTIONS?

Chairs: **John DIFIORI,** *USA* - **Margo MOUNTJOY,** *Canada*

- Introduction and background
  John DiFiori, *USA* **5 min**
- Prevention of abuse and harassment in youth sport – the silent injury
  Margo Mountjoy, *Canada* **20 min**
- New insights into injury prevention in elite youth tennis
  Neeru Jayanthi, *USA* **15 min**

- Integrative neuromuscular training in young athletes to reduce knee injury
  Greg Myer, *USA* **15 min**
- Functional movement screening: An effective approach for sport injury prevention?
  Thomas Best, *USA* **15 min**
- A "growing" problem: Risk factors and preventative measures for physeal stress injuries
  John DiFiori, *USA* **15 min**
- Hits, helmets, and behavior modification: Biomechanical considerations for preventing concussion in youth sport
  Kevin Guskiewicz, *USA* **15 min**
- Panel discussion: What are the target areas for future research, intervention and policy?
  Mountjoy, Jayanthi, Myer, Best, DiFiori, Guskiewicz, 20 min

Speakers:

- **John P. DiFiori MD FACSM Professor,**
  UCLA Division of Sports Medicine
  1920 Colorado Avenue
  Santa Monica, California 90404 USA
- **Margo Mountjoy MD CCFP FCFP FACSM Dip Sport Med,**
  McMaster University School of Medicine
  Hamilton, Ontario, Canada
- **Neeru Jayanthi MD Associate Professor,**
  Department of Family Medicine, Orthopaedic Surgery and Rehabilitation
  Loyola University
  2160 S. 1st Ave. - Bldg. 54, Room 260
  Maywood, Illinois 60153 USA
- **Greg Myer PhD Professor,**
  Cincinnati Children's Hospital, Department of Pediatrics and Orthopaedic Surgery
  3333 Burnet Avenue, MLC 10001
  Cincinnati, Ohio 45229 USA
- **Thomas M Best MD PhD FACSM Professor,**
  Department of Family Medicine
  The Ohio State University
  2050 Kenny Road, Suite 3100
  Columbus, Ohio 43221 USA
- **Kevin Guskiewicz PhD ATC FACSM Professor,**
  University of North Carolina, Department of Exercise and Sport Science
  204 Fetzer Hall CB# 8700
  Chapel Hill, North Carolina 27599 USA

Session D/E **Workshops & abstracts**

16.30 ***Coffee Break***

17.00 **Keynote 5: ARE WE GETTING THE SAME PERFORMANCE FROM OUR EQUIPMENT AS WE EXPECT FROM OUR ATHLETES? TECHNOLOGY AND EQUIPMENT IN SPORTS INJURY PREVENTION**

Speaker: **Andrew McIntosh,** *Australia*

- **Andrew McIntosh BAppSci (PT), MBiomedE, PhD, Adjunct Associate Professor,**
  PO Box 6209, UNSW, NSW Australia 1466

17.45 ***Closing Ceremony***

Call for Abstracts

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 behaviour and attitudes, and related research from other fields. Please visit the Conference web site at www.ioc-preventionconference.org to submit your abstract.

- The deadline for abstract submission is 1 November 2013. 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.
- Authors will be informed of the decision of the Scientific Committee by January 2014. 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.
- The abstract can not 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.

Congress Venue

GRIMALDI FORUM

22, Avenue Princesse Grace, 98000 Monaco - Phone number: +377 99 99 20 20

With 35,000 sqm. of modular premises and state-of-the-art technologies, the Grimaldi Forum Monaco is a wonderful tool to buildup 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 inter-connecting exhibitions halls and 2 banqueting areas.

A permanent team of 150 professionals, representing 46 different professions, accompanies event organisers 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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The Grimaldi Forum Monaco is one of the first congress centres in Europe to have successfully obtained the ISO 14001: 2004 international standard in environmental management.
The staff and visitors are actively encouraged to follow its «Act Green» policy. Furthermore a «Green Event» offer is available and proposes tailor-made solutions for events' wishing to limit their environmental footprint. For more information, please visit their website **www.grimaldiforum.mc** or contact **actgreen@grimaldiforum.mc**.

Registration

IOC World Conference on Prevention of Injury & Illness in Sport

Monte-Carlo, Principality of Monaco, 10-12 April 2014

REGISTRATION FEE	Before 15 December 2013	After 15 December 2013	On site registration
Conference registration	€ 600,00	€ 700,00	€ 750,00
Accompanying persons	€ 250,00	€ 300,00	€ 350,00
Bachelor or Master students	€ 200,00	€ 200,00	€ 200,00

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

The above mentioned fees include VAT.

The registration fee for the Conference in Monaco includes:

- Participation in all scientific sessions
- Visit of the Exhibition area
- Welcome Reception (9 April)
- Opening Ceremony (10 April)
- Buffet lunch and coffee breaks (10, 11, 12 April)
- Conference kit
- Certificate of attendance

The registration fee for accompanying persons includes:

- Welcome Reception (9 April)
- Buffet lunch and coffee breaks (10, 11 ,12 April)

How to register

To register for the IOC World Conference of Prevention of Injury & Illness in Sport, please visit the congress web site at **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 February 2014:** the payment will be refunded after the Conference, less 30% of the amount paid.
- **Cancellation received after 1 March 2014:** no refund will be provided.

Accommodation & Travel Information

IOC World Conference on Prevention of Injury & Illness in Sport

Monte-Carlo, Principality of Monaco, 10-12 April 2014

	Rate for a double room for single use or double use
Hotel Hermitage	€ **225,00**
Hotel Monte-Carlo Bay	€ **225,00**
Hotel Fairmont Monte-Carlo (IOC HQ)	**Upon Request**
Hotel Le Meridien Beach Plaza	€ **225,00**
Hotel Columbus	€ **190,00**
Hotel Novotel Monte-Carlo	€ **190,00**

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

Travel information

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 Cote d'Azur Airport to Monaco on Wednesday 9 April and back from Monaco to Nice Cote d'Azur Airport on Sunday 13 April.

Reservation deadline

28 February 2014: 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 conference website. Site at **www.ioc-preventionconference.org**

Cancellation policy

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 30 November 2013:**
  the payment will be refunded after the Conference and after deduction of an administrative fee of € 60.

For further detailed information, please visit the conference web site at:
www.ioc-preventionconference.org

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