



3rd International Football Medicine Conference

19-21 February 2010 | Sun City | South Africa



WIN IN AFRICA WITH AFRICA FROM MEDICINE FOR FOOTBALL TO FOOTBALL FOR HEALTH THIRD ANNOUNCEMENT

The FIFA Medical Committee and the FIFA Medical Assessment and Research Centre (F-MARC) will host a conference prior to the 2010 FIFA World Cup South Africa at the Lost City Conference Centre at Sun City in South Africa. The objective is to define an “African approach” to football medicine and health. The first day “Medicine for Football” aims at improving standards of care and prevention for players at all levels. The second day’s “Football for Health” explores the use of football as a means to improve the mental and physical health of players and their communities. Anti-doping issues are discussed on the third day.

ACADEMIC PROGRAMME

Friday, 19 February - Medicine for Football

Time	Subject	Speaker
07.30 - 08.30	Registration	
08.30 - 09.00	Opening ceremony and welcome	J. S. Blatter / D. Jordaan
09.00 - 09.30	<i>Key note lecture - Medicine for Football</i>	Michel D’Hooghe
09.30 - 10.00	Pre-Competition Medical Assessment	Jiri Dvorak/Thomas Lüscher
10.00 - 10.30	On-pitch treatment of football injuries	Sello Motaung
10.30 - 11.00	Head injuries and concussion	Paul McCrory
11.00 - 11.30	Break	
11.30 - 12.00	Minimising debilitating consequences of injuries	Demitri Constantinou
12.00 - 12.30	The child player	Bert Mandelbaum
12.30 - 12.50	The 11+ warm-up programme to prevent injuries	Astrid Junge
12.50 - 13.20	Nutrition for football	Ron Maughan
13.20 - 13.50	The “Big Three” and the team	James Sekajugo
13.50 - 15.00	Lunch break	
15.00 - 16.30	Workshop I <u>Cardiac risk assessment</u> Thomas Lüscher/ Christian Schmied	All workshops are simultaneously conducted.
	Workshop II <u>Hip and groin examination and injuries</u> Mark Ferguson/Terence Babwah	
	Workshop III <u>Head and spine injury assessment and emergency care</u> Jiri Dvorak/ Paul Mc Crory	
	Workshop IV <u>The 11+ - a complete warm-up programme to prevent injuries</u> Mario Bizzini/ Enos Karani	
	Workshop V <u>Ankle examination and injuries</u> Yacine Zerguini/ Tony Edwards/Masoud Al Riyami	
	Workshop VI <u>Knee examination and injuries</u> Bert Mandelbaum/ Sello Motaung/ Christa Janse van Rensburg	
	Workshop VII <u>Implementing The 11 for Health</u> Colin Fuller/ Ryan Jankelowitz	
	Workshop VIII <u>Emergency situations in football medicine</u> Demitri Constantinou/ Efraim Kramer	
16.30 - 17.00	Break	
17.00 - 18.30	Workshops I-VIII repeats	



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Saturday, 20 February - Football for Health

Time	Subject	Speaker
09.00 - 09.30	Key note lecture - Football for Health	Jiri Dvorak
09.30 - 10.00	The 11 for Health in Africa	Colin Fuller
10.00 - 10.15	Respect for women through the game	Souadou Diabaté/ AMPJF
10.15 - 10.30	Promoting hygiene through football	Henry Majale/ MYSA
10.30 - 10.45	Football in preventing chronic disease	Karim Khan
10.45 - 11.15	Break	
11.15 - 12.30	Medicine for football – the African perspective	Free papers
12.30 - 13.45	Football for Health – the African perspective	Free papers
13:45 - 14.45	Lunch break	
14.45 - 16.15	Workshop I <u>Cardiac risk assessment</u> Thomas Lüscher/Christian Schmied	All workshops are simultaneously conducted.
	Workshop II <u>How to conduct a scientific study</u> Astrid Junge	
	Workshop III <u>Management of acute soft tissue injuries</u> Martin Schwellnus/ Louis Holtzhausen	
	Workshop IV <u>The 11+ - a complete warm-up programme to prevent injuries</u> Mario Bizzini/ Enos Karani	
	Workshop V <u>Ankle examination and injuries</u> Yacine Zerguini/ Tony Edwards/ Masoud Al Riyami	
	Workshop VI <u>Knee examination and injuries</u> Sello Motaung/ Terence Babwah/ Christa Janse van Rensburg	
	Workshop VII <u>Implementing The 11 for Health</u> Colin Fuller/ Ryan Jankelowitz	
	Workshop VIII <u>How to treat asthma in football</u> Demitri Constantinou/ Wayne Derman	
16.15 - 16.45	Break	
16.45 - 18.15	Workshops I-VIII repeats	
18.15 - 18.45	Conclusions – Football for Health beyond 2010 Presentation of Football for Health award	Joseph S. Blatter

Sunday, 21 February – Strategies in fighting doping in football

Time	Subject	Speaker
	FIFA strategies against doping in football Beyond sample collection... Doping control in countries with limited health resources Traditional medicine and potions Glucocorticosteroid overuse in football Performance enhancement by allowed means The player – victim, scapegoat or sinner?	Jiri Dvorak Gurcharan Singh / Bwalya Kalusha Martin Schwellnus Yacine Zerguini Mike Lambert tbc
11.30 - 12.00	WADA's view on controlling doping in Africa	Rodney Swigelaar
12.45 - 13.00	Official closure	Michel D'Hooghe / Jiri Dvorak



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Programme Committee

Honorary Chairman

Michel D'Hooghe, MD, Chairman, FIFA Medical Committee, Bruges, Belgium

Chairman

Prof. Jiri Dvorak, MD, Chairman FIFA Medical Assessment and Research Centre F-MARC, Zurich, Switzerland

Members

Victor Ramathesele, MD, LOC General Medical Officer 2010 FIFA World Cup South Africa™

Abdelmadjid Yacine Zerguini, MD, Member, FIFA Medical Committee, Alger, Algeria

Astrid Junge, PhD, Head of Research FIFA Medical Assessment and Research Centre F-MARC, Zurich, Switzerland

Demitri Constantinou, MD, FIFA Medical Centre of Excellence, University of Witwatersrand, Johannesburg, South Africa

Prof. Martin Schwellnus, MD, FIFA Medical Centre of Excellence, University of Cape Town, Cape Town, South Africa

James Sekajugo, MD, Ministry of Health, Uganda

Organising Committee

Prof. Jiri Dvorak, MD, Chairman F-MARC, Zurich, Switzerland

Astrid Junge, PhD, Head of Research F-MARC, Switzerland

Katharina Grimm, MD, Head of FIFA Medical Office, Zurich, Switzerland

Demitri Constantinou, MD, University of Witwatersrand, Johannesburg, South Africa

Conference office

Anja Koenig, Medical Coordinator, FIFA Medical Office; medicalconference2010@fifa.org

Conference address

FIFA - Fédération Internationale de Football Association; Medical Office, FIFA - Strasse 20; P. O. Box; 8044 Zurich, Switzerland

Conference venue

Lost City Conference Centre at Sun City Resort, Pilanesberg, North West, South Africa
http://suncity.hotel.co.za/Conference_venues-travel/sun-city-hotel-facilities.html

Conference language

The official conference language is English, with simultaneous translation into French provided (slides only in English).

Cost of attending the conference

There is no registration fee for the conference in order to allow broad participation.



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IMPORTANT INFORMATION

ACCREDITATION

Participation in the conference is for free. However, participation might be limited for certain categories of participants in order to enable proportionate participation of all African nationalities and all professions. Continuing Professional Development (CPD) accreditation points are currently being applied for, further information to follow.

ACCOMMODATION BOOKINGS

Block bookings have been reserved at the Cascades Hotel (*****), the Sun City Hotel (****) and the Cabanas Hotel (***) for delegates. Special congress rates have been negotiated with the hotels. Due to the FIFA Team Workshop taking place after the conference, it is imperative that delegates reserve their accommodation as soon as possible.

Cascades Hotel: (2 minutes walk from venue)

Sun City Resort, Pilanesberg, North West, South Africa

Rates: Double room (also for single occupancy): from ZAR 3560 B&B incl. VAT but excl. tourism levy.

Sun City Hotel: (10 minutes walk from venue)

Sun City Resort, Pilanesberg, North West, South Africa

Rates: Double room (also for single occupancy): from ZAR 2264 B&B incl. VAT but excl. tourism levy.

Cabanas Hotel: (10 minutes walk from venue)

Sun City Resort, Pilanesberg, North West, South Africa

Rates: Double room (also for single occupancy): from ZAR 1880 B&B incl. VAT but excl. tourism levy.

For all booking inquiries, please contact the accommodation office: workshop-enquiries@fao.uk.com

Other accommodation in the vicinity:

Sundown Ranch Hotel: (10 minutes from Sun City)

Rates: Single room: from ZAR 530 double room from ZAR 457 (per person) B&B incl. tourism levy

Please note , that no block bookings have been made for the Sundown Ranch Hotel. Therefore, please make your reservation with the hotel (sundownranch@hotmail.com) as soon as possible.

SOCIAL PROGRAMME

All participants are invited to the official conference dinner on Friday, 19th February at 19.30hrs at the Valley of the Waves at Sun City. The dinner will provide ample opportunity to socialise and initiate an African football medicine network.

TRANSPORT

Bus shuttles from Oliver Tambo International Airport will be provided (details to follow)

IMPORTANT DATES

Closing date for submission of abstracts is **2 November 2009**.

Early registration closes on **2 November 2009**, with further deadlines being defined according to the number of applications received by that date.

Notice of cancellation must be received in writing no later than **10 January 2010**.



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CALL FOR ABSTRACTS

We invite abstracts for the 3rd International Football Medicine Conference. African colleagues in particular are encouraged to submit an abstract of original contribution for oral presentation. Once the programme committee has reviewed all abstracts, authors will be notified of the review decision no later than 31st December 2009. A “Football for Health” Award is offered to the best presenter.

Abstract submission must include the following information in the following order:

- Name of the person submitting the abstract; academic title (if applicable), affiliation
- Mailing address.
- Telephone, Fax number and E-mail address
- Abstract should be typed in the attached form using the following format:
 - Please type single spaced using Arial font 12 point size in English or French. English is the official language of the conference (French simultaneous translation).
 - Maximum abstract length of 300 words (not including author’s and institution names).
 - The abstract must relate to either of the 2 topics
Football medicine – the African perspective
Football for Health - the African perspective
 - The abstract title should be CAPITALIZED in bold, followed the author’s (authors’) names in underline. The presenting author's name should be indicated with an asterix (*). Each section heading should be in bold, with each section beginning on a new line. A line space is not required between each section. Abstracts will appear in print exactly as typed.
 - Abstracts presented elsewhere will be accepted. However, this work must not be published as a full paper in a journal by the time of the meeting.

ABSTRACTS THAT DO NOT FOLLOW THE ABOVE FORMAT WILL AUTOMATICALLY BE REJECTED WITHOUT REVIEW.

ABSTRACT FORM

Topic:

Football medicine – the African perspective

Football for Health – the African perspective

TITLE

Presenting author*, authors

Institution



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REGISTRATION FORM

CONTACT DETAILS

Last name: _____ First name: _____

Title: _____

Profession: _____ Institution: _____

Mailing Address: _____

City/Zip Code: _____ Country: _____

E-mail: _____

Mobile: _____ Daytime Tel: _____

Special dietary requirements: kosher halaal vegetarian Participation conference dinner

WORKSHOPS

We kindly ask you to register for the workshops:

- Cardiac risk assessment
- Hip and groin
- Head and spine injury assessment and emergency care
- The 11+ - a complete warm-up programme to prevent injuries
- Ankle examination and injuries
- Knee examination and injuries
- Implementing The 11 for Health
- Emergency situations in football medicine
- How to conduct a scientific study
- Management of acute soft tissue injuries
- How to treat asthma in football

BUS SHUTTLE

Required Date 18 Feb 19 Feb 21 Feb

Date: _____ Signature: _____

PLEASE SUBMIT THE COMPLETED FORM TO THE FIFA CONGRESS OFFICE:
E-MAIL: MEDICALCONFERENCE2010@FIFA.ORG – FAX: +41 43 222 75 03