International Olympic Committee

IOC ADVANCED COURSES FOR NOC TEAM PHYSICIANS

30 November — 5 December 2026
Sepang / Malaysia

Foreword

It gives me great pleasure to extend warm greetings to all participants attending the 2026 IOC Advanced Courses for NOC Team Physicians in Malaysia.

I wish to congratulate and sincerely thank the Olympic Council of Asia (OCA), under the leadership of Director General Mr Husain Al Musallam, for convening this important initiative in partnership with the International Olympic Committee (IOC) Medical and Scientific Commission.

This collaboration reflects our shared commitment to advancing athlete health, safety and wellbeing across the Olympic Movement.

It also demonstrates the value of strengthening cooperation between Asia and Oceania, particularly in building the capacity of our National Olympic Committees and the medical professionals who support our athletes.

For Oceania, where our NOCs operate across vast geographical distances and with varying levels of medical resources, opportunities such as these are especially valuable.

The knowledge gained, experiences shared and professional networks established will contribute significantly to improving the standard of medical care available to our athletes.

ONOC is pleased to support this important initiative and looks forward to continued collaboration with the OCA and IOC in strengthening sports medicine across our regions.

I wish all participants a productive and rewarding experience in Malaysia.

Ms Baklai Temengil
President,
Oceania National Olympic Committees

On behalf of the Olympic Council of Asia, it gives me great pleasure to welcome you all to the IOC Advanced Courses for NOC Team Physicians, supported by the OCA, here in Malaysia.

These courses hold special significance for the OCA and all our National Olympic Committees as they will increase the knowledge and experience of our participants and lead to enhanced medical services for our athletes.

They are also a continuation of the work being undertaken on a daily basis by our OCA Medical Committee, under the leadership of Dr. Sultan Al Busaidi of Oman. Supported by a team of dedicated staff at the OCA HQ, we feel that our constant attention to medical matters keeps the OCA at the forefront of this field in the Olympic Movement.

We also work closely with the various Local Organizing Committees for our five multi-sport games: Asian Games, Asian Winter Games, Asian Indoor & Martial Arts Games, Asian Beach Games and Asian Youth Games.

This joint cooperation creates established and systematic preparation and management, and brings uniformity to all our major events in terms of medical services provided.

The OCA would like to thank and praise the IOC for taking this big step forward in presenting these different courses under one banner and for creating a platform for knowledge-sharing and networking, which are so important for the participants.

Finally, the OCA would like to wish all our representatives from the National Olympic Committess a successful and fruitful mission. Thank you for your dedication and professionalism.

Mr Husain Al Musallam
Director General,
Olympic Council of Asia

Welcome

Welcome to Malaysia and the 2026 IOC Advanced Courses for NOC Team Physicians

It is a sincere pleasure for us to welcome the delegates of the IOC Advanced Courses for NOC Team Physicians in Dakar!

We have a stellar line-up of experienced speakers committed to ensuring that this 6-day event, now including four separate courses, the 3-day IOC Advanced Team Physician Course and the three 1-day satellite courses, the IOC Course on Safeguarding, the IOC Course on Respiratory Care of Olympic Athletes and the IOC Course on Cardiovascular Evaluation of Olympic Athletes, will be at least as successful as the previous memorable IOC courses since the start in Svolvær, Norway in 2008, and the most recent edition last year, in Dakar, Senegal.

The IOC Advanced Team Physician Course builds on 15 years of excellence in educating healthcare professionals who work with elite athletes. This intensive three-day program brings together 23 world-renowned expert speakers and 90 team physicians representing NOCs from Asia and Oceania to tackle the most challenging aspects of sports medicine through 13 comprehensive sessions, covering the most relevant and pressing clinical scenarios challenging the team physician.

The course on Safeguarding Essentials is designed specifically for NOC Team Physicians, recognising their critical frontline role in protecting athlete wellbeing, both during Games time and across the Olympiad.

The IOC Course on Respiratory Care of Olympic Athletes is designed to master the complexities of respiratory health in elite athletes and is led by world-renowned experts in sports pulmonology and sports and exercise medicine.

The IOC Course on Cardiovascular Evaluation of Olympic Athletes is developed to prevent sudden cardiac death and master cardiovascular assessment in athletes, designed specifically for sports medicine physicians from Asia and Oceania.

The courses are interactive, with small-group discussions addressing controversial topics and discussing relevant cases. Our aim is to bring team physicians together to share their experiences, examine new knowledge and challenge each other in open discussions.

The social programme will also foster discussion and create an excellent possibility for to establish a first-class network within the region and internationally.

A warm welcome to IOC Advanced Courses for NOC Team Physicians! Together we will leave a legacy serving to protect and promote the health of our athletes.

Jane Thornton MD PhD OLY
Director, IOC Health, Medicine & Science Department
Course Director

Pr Roald Bahr MD PhD
Senior Advisor, IOC Health, Medicine & Science Department
Scientific Committee Chair

Programme

30 November — 2 December

IOC ADVANCED TEAM PHYSICIAN COURSE 7

3 December

IOC COURSE ON SAFEGUARDING 25

4 & 5 December

IOC COURSE ON CARDIOVASCULAR EVALUATION OF OLYMPIC ATHLETES 29

4 & 5 December

IOC COURSE ON RESPIRATORY CARE OF OLYMPIC ATHLETES 37

30 November — 2 December

IOC ADVANCED TEAM PHYSICIAN COURSE

IOC ADVANCED TEAM PHYSICIAN COURSE

Scientific Committee

Sultan Ya'rub Qahtan al Busaidi / Oman (OCA)
Chris Milne / New Zealand (ONOC)
Anita Jain / India
Michiko Dohi / Japan
Celeste Geertsema / New Zealand · Qatar
Antonio Pelliccia / Italy
Martin Schwellnus/ South Africa

Chair
Roald Bahr / Norway · Switzerland · Qatar
Director
Jane Thornton / Canada · Switzerland

Faculty

Kathryn Ackerman / USA
Roald Bahr / Norway · Switzerland · Qatar
Alan Currie / United Kingdom
Wayne Derman / South Africa
Michiko Dohi / Japan
Celeste Geertsema / New Zealand · Qatar
Per Hölmich / Denmark
Anita Jain / India
Simon Kemp / United Kingdom
Gino Kerkhoffs / The Netherlands
Margo Mountjoy / Canada
Belladonna Potoi / Samoa
Christa Janse van Rensburg / South Africa
Olaf Schumacher / Germany · Qatar
Kathryn Schneider / Canada
Martin Schwellnus / South Africa
Nicola Sewry / South Africa · Switzerland
Torbjørn Soligard / Norway · Switzerland
Jane Thornton / Canada · Switzerland
Johannes Tol / The Netherlands
Adam Weir / The Netherlands
Rod Whiteley / Australia · Qatar
Phathokuhle Zondi / South Africa

30 November

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1 December

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2 December

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30 November / 08:00 — 10:15 / Session 1

WORKING AS A TEAM PHYSICIAN — CHALLENGES AND STRATEGIES

Chair
Jane Thornton / Canada · Switzerland
Roald Bahr /Norway · Switzerland · Qatar

Speakers
Jane Thornton / Canada · Switzerland 1
Roald Bahr / Norway · Switzerland · Qatar 2
Torbjørn Soligard / Norway · Switzerland 3
Anita Jain / India 4
Michiko Dohi / Japan 5
Olaf Schumacher / Germany · Qatar 6
Phathokuhle Zondi / South Africa 7

08:00 — 08:15 1
Welcome from the IOC Health, Medicine and Science Department Director

08:15 — 08:25 2
Course introduction

08:25 — 08:40 2
The programs and activities of the IOC Health, Medicine and Science Department — how can they assist you?

08:40 — 08:55 3
Illness and injury in Olympic athletes — the reality we need to prepare for?

08:55 — 09:15 4
From guidelines to the field: Delivering athlete-centred sports medicine in South Asia

09:15 — 09:35 5
Foreseen 30 years ago: Carving a path for conditioning and female physicians in orthopaedics-dominated elite sports environment

09:35 — 09:55 6
Understanding the Prohibited List and dietary supplements — keeping you and your athletes out of trouble

09:55 — 10:15 7
Working as a team physician — what they don't teach you in medical school

10:15 — 11:00 **Coffee break**

30 November / 11:00 — 12:30 / Session 2

ACUTE MUSCLE INJURIES — OPTIMAL TREATMENT, MINIMAL RISK OF REINJURY

Learning objectives
Participants will be able to:

— Discuss the prognostic value of muscle injury classification systems.
— Describe an evidence-based rehabilitation programme.
— Discuss possible passive treatment strategies.
— Describe when surgical treatment is indicated for acute muscle strain injuries.

Chair
Adam Weir / The Netherlands

Speakers
Johannes Tol / The Netherlands 1
Rod Whiteley / Australia · Qatar 2
Gino Kerkhoffs / The Netherlands 3

11:00 — 11:05
Introduction of two cases illustrating key issues

11:05 — 11:15
Small-group discussions

11:15 — 11:30 1
Clinical assessment and classification of muscle injuries — what you can do and how it will help you

11:30 — 11:50 2
What are the keys to rehabilitation success?

11:50 — 12:00 1
Do passive treatments have a role — cortisone, NSAIDS, shock wave therapy, platelet-rich plasma or others?

12:00 — 12:10 3
Does surgery have a role in acute muscle strain injuries?

12:10 — 12:30
Panel: Review of cases and learning objectives

12:30 — 13:30 **Lunch**

30 November / 13:30 — 15:00 / Session 3

MENTAL HEALTH SYMPTOMS AND DISORDERS — A CLINICAL APPROACH FOR THE TEAM PHYSICIAN

Learning objectives
Participants will be able to:

— Understand the nature, extent and impact of mental health symptoms and disorders in elite sport.
— Identify key factors within and outside of sport that contribute to mental health issues.
— Recognise how to identify early concerns through observable changes in thoughts, feelings, behaviour and physical signs.
— Apply a practical clinical approach to supporting, managing and referring athletes — including culturally sensitive strategies in the relevant context.

Chair
Alan Currie / United Kingdom

Speakers
Margo Mountjoy / Canada 1
Phathokuhle Zondi / South Africa 2
Belladonna Potoi / Samoa 3
Alan Currie / United Kingdom 4

13:30 — 13:40 1
Mental health symptoms and disorders in elite athletes: The science base

13:40 — 13:50 2
Mental health in the elite athlete: what's the role of the team physician?

13:50 — 14:05 3
Mental health: Context, culture and complexities

14:05 — 14:20 4
Treatment and return to play: A practical clinical approach

14:20 — 14:50 4
Case studies and small-group discussions

14:50 — 15:00
Panel: Wrap-Up and Reflections

15:00 — 15:30 **Coffee break**

30 November / 15:30 — 17:00 / Session 4

KEEPING ELITE ATHLETES HEALTHY — THE MODEL, THE TOOLS AND HOW TO MAKE IT HAPPEN!

Learning objectives
Participants will be able to:

— Articulate the key elements of risk management in a team sport context.
— Use Periodic Health Evaluations and Team Injury Surveillance in risk management planning.
— Assess and prioritize injury risks and develop a strategy to mitigate risk.
— Discuss lessons learned about these instruments shared by experienced clinicians working in the elite athlete setting

Chair
Celeste Geertsema / New Zealand · Qatar

Speakers
Roald Bahr / Norway · Switzerland · Qatar 1
Olaf Schumacher / Germany · Qatar 2

15:30 — 15:50 1
A model to apply the principles of risk management in elite sports

15:50 — 16:50 1·2
Workshop: Risk management planning in practice — the tools to identify, assess and mitigate the risk of injury and illness in your team

16:50 — 17:00
Plenary discussion

1 December / 09:00 — 10:30 / Session 5

ANKLE INJURIES — WHEN ARE THEY SIMPLE, AND WHEN ARE THEY NOT?

Learning objectives
Participants will be able to:

- Describe the differential diagnoses after an ankle sprain, and their typical mechanisms and likelihood.
- Perform a quick but precise sideline assessment of an acute ankle injury.
- Distinguish a lateral ligament injury from a syndesmotic injury.
- Recognise the serious midfoot sprain mechanism and understand the principles of management.
- Deliver an effective and safe return-to-play programme after an ankle injury.

Chair
Simon Kemp / United Kingdom

Speakers
Roald Bahr / Norway · Switzerland · Qatar — 1
Gino Kerkhoffs / The Netherlands — 2
Rod Whiteley / Australia · Qatar — 3

09:00 — 09:20 — 1
Sideline management of ankle sprains — initial assessment and treatment

09:20 — 09:40 — 2
Complex ankle and midfoot injuries — recognizing and managing syndesmotic and midfoot sprains

09:40 — 10:00 — 3
How to return the elite athlete to play after an ankle sprain

10:00 — 10:10 — 1
Preventing recurrent ankle sprains — do exercises, taping or bracing work?

10:10 — 10:30 — 1·2·3
Group practical exercise: Applying the principles of sideline management

10:30 — 11:00 **Coffee break**

1 December / 11:00 — 12:30 / Session 6

MANAGING CONCUSSIONS IN THE TEAM SETTING

Learning objectives
Participants will be able to:

- Understand how evidence has informed the concussion consensus process and its key messages for the medical team.
- Be able to assess the player who has sustained a head impact with the potential to result in concussion in game.
- Feel confident in using the SCAT6 and integrating it into clinical decision-making.
- Understand evidence-informed management, treatment and decisions to return to sport.

Chair
Christa Janse van Rensburg / South Africa

Speakers
Kathryn Schneider / Canada — 1
Simon Kemp / United Kingdom — 2

11:00 — 11:05
Introduction of two cases illustrating key issues

11:05 — 11:15
Small-group discussions

11:15 — 11:30 — 1
The Concussion Consensus Statement and the key practical messages

11:30 — 11:45 — 2
How do you assess the player who has sustained a head impact?

11:45 — 12:05 — 1·2
Hands on with the SCAT6 — workshop participation

12:05 — 12:20 — 1
Management, rehabilitation and return to sport

12:20 — 12:30 — 2
Panel: review of cases

12:30 — 13:30 **Lunch**

1 December / 13:30 — 15:00 / Session 7

RETURN TO SPORT — HOW DO WE BEST MAKE RETURN TO PLAY DECISIONS FOLLOWING INJURY AND ILLNESS?

Learning objectives
Participants will be able to:

— Design and implement a 3-step model for return-to-play that optimizes the medical decision-making process.
— Explain the principles underpinning shared decision-making.
— Cite the non-medical factors that are part of decision making for return to play.

Chair
Wayne Derman / South Africa

Speakers
Roald Bahr / Norway · Switzerland · Qatar — 1
Martin Schwellnus / South Africa — 2
Adam Weir / The Netherlands — 3
Rod Whiteley / Australia · Qatar — 4

13:30 — 13:35
Introduction of two cases illustrating key issues

13:35 — 13:45
Small-group discussions

13:45 — 14:05 1
A model to help make shared return to play decisions in sport

14:05 — 14:20 2
What is the best practice for medical decision making in return to play following acute illness?

14:20 — 14:30 3
Will imaging (MRI or ultrasound) help you make better decisions?

14:30 — 14:45 4
How can functional testing help make return to play decisions?

14:45 — 15:00
Panel discussion: Clearance for sports — ethical dilemmas illustrated by cases

15:00 — 15:30 **Coffee break**

1 December / 15:30 — 16:45 / Session 8

KEEPING YOUR ATHLETES FIT ON THE ROAD

Learning objectives
Participants will be able to:

— Design a plan to reduce the negative effects of travel fatigue and jet lag when travelling to foreign destinations.
— Recognise and plan for environmental issues related to travel.
— Determine risk and formulate a clinical approach to common infective illnesses related to travel.
— Develop a comprehensive pre-travel strategy and medical kit for a team.

Chair
Margo Mountjoy / Canada

Speakers
Christa Janse van Rensburg / South Africa — 1
Olaf Schumacher / Germany · Qatar — 2
Wayne Derman / South Africa — 3
Celeste Geertsema / New Zealand · Qatar — 4

15:30 — 15:35
Introduction of session (poll)

15:35 — 15:50 1
Travel fatigue and "jet lag" — measures to prevent and manage?

15:50 — 16:10 2
Where you go determines what you get — and don't forget the environmental challenges

16:10 — 16:25 3
Planning is everything — control the (medical) controllables

16:25 — 16:35 4
What to bring when you travel: The team physician's medical bag

16:35 — 16:45
Questions & post-test (Quiz)

2 December / 08:30 — 10:00 / Session 9

FUELLING FOR HEALTH AND PERFORMANCE: ENERGY AVAILABILITY, FOOD SECURITY AND FOUNDATIONAL NUTRITION

Learning objectives
Participants will be able to:

— Describe the concept of energy availability and its relevance to athlete health and performance.
— Recognise how food insecurity and socio-economic factors can increase the risk of low energy availability in athletes.
— Identify the clinical signs and performance consequences of low energy availability and RED-S.
— Apply a culturally sensitive clinical approach to implementing REDs prevention, detection and treatment in the context of Asia and Oceania.

Chair
Phathokuhle Zondi / South Africa

Speakers
Margo Mountjoy / Canada 1
Kathryn Ackerman / USA 2
Anita Jain / India 3

08:30 — 08:45 1
Understanding energy availability and fuelling: The foundation of athlete health

08:45 — 09:15 2
A clinical approach to diagnosing and treating REDs for team docs

09:15 — 09:30 3
REDs: cultural nuances in the Asian context

09:30 — 10:00 1·2·3
Workshop: Using the RED-S CAT Tool in practice

10:00 — 10:30 **Coffee break**

2 December / 10:30 — 12:00 / Session 10

THE GROIN/HIP ENIGMA IN SPORTS

Learning objectives
Participants will be able to:

— Explain the clinical entities approach to groin pain.
— Discuss the rehabilitation approach to groin pain in athletes.
— Select options for additional treatments for groin pain in athletes.
— Outline a management plan for athletes presenting with hip pain.

Chair
Celeste Geertsema / New Zealand · Qatar

Speakers
Adam Weir / The Netherlands 1
Rod Whiteley / Australia · Qatar 2
Per Hölmich / Denmark 3

10:30 — 10:35
Introduction of two cases illustrating key issues

10:35 — 10:45
Small-group discussions

10:45 — 11:05 1
Groin pain: clinical approach to making a diagnosis in athletes

11:05 — 11:20 2
Rehabilitation of groin pain in athletes

11:20 — 11:30 1
Treatment of groin injuries: adjuncts

11:30 — 11:45 3
Hip related groin pain in athletes

11:45 — 12:00
Panel: Review of cases and learning objectives

2 December / 12:00 — 13:00 / Session 11

MEDICAL ISSUES — INFECTIONS, HEAT ILLNESS

Learning objectives
Participants will be able to:

— Develop a strategy for the diagnosis, treatment and safe return-to-sport decision in athletes presenting with acute gastroenteritis.
— Recognise, diagnose, treat and prevent common skin infections in athletes.
— Make informed return-to-sport decisions to prevent spread of skin infections, specifically in contact sport athletes.
— Recognise, diagnose and treat common heat-related illnesses in athletes.

Chair
Michiko Dohi / Japan

Speakers
Olaf Schumacher / Germany · Qatar — 1
Wayne Derman / South Africa — 2
Martin Schwellnus / South Africa — 3

12:00 — 12:05
Introduction of the session (poll)

12:05 — 12:20 — 1
Doc, I think I have a "stomach bug" — Acute gastroenteritis in athletes: causes, diagnosis, treatment and safe return-to-sport decision making

12:20 — 12:35 — 2
Skin infections in contact sport athletes — recognition, diagnosis, treatment and preventing spread...?

12:35 — 12:50 — 3
Be confident to recognise, diagnose and provide immediate treatment for common heat-related illnesses in athletes

12:50 — 13:00
Questions & Post-test (Quiz)

13:00 — 14:00 **Lunch**

2 December / 14:00 — 15:00 / Session 12

PROTECTING THE FEMALE CATEGORY: FROM POLICY TO PRACTICE FOR TEAM DOCTORS

Learning objectives
Participants will be able to:

— Describe the IOC Policy on the Protection of the Female Category — including its goals, guiding principles on an athlete-centred approach and the key implementation timelines.
— Explain the role of the team doctor in implementing the Policy and supporting their NOC athletes in practice.
— Apply practical solutions and key learnings to move from Policy to practice within their own clinical and NOC context.
— Navigate the management of a positive result, including appropriate touch points for mental health, safeguarding, and further medical evaluation.
— Identify the IOC resources available to support the implementation of the Policy and know how to access them.

Chair
Anita Jain / India

Speakers
Jane Thornton / Canada · Switzerland — 1
Phathokuhle Zondi / South Africa — 2
Nicola Sewry / South Africa · Switzerland — 3

14:00 — 14:15 — 1
The IOC Policy on the Protection of the Female Category: the Background and the Policy

14:15 — 14:35 — 2
From Policy to Practice: implementing the Policy, key learnings and practical solutions

14:35 — 14:45 — 3
The role of the IOC in supporting the implementation of the Policy

14:45 — 14:55 — 2
Case discussion: Management of an unexpected positive result

14:55 — 15:00 — 1·2·3
Questions

15:00 — 15:30 **Coffee break**

2 December / 15:30 — 17:00 / Session 13

TREATING TENDINOPATHY IN THE ELITE ATHLETE

Learning objectives
Participants will be able to:

— Understand the causes of tendinopathy.
— Describe and interpret the key featurwes of clinical examination in tendinopathy.
— Be able to prescribe appropriate exercise-based treatment programmes for tendinopathy.
— Develop a clinical reasoning process that identifies those who should undertake exercise based treatment, those who need further intervention(s) and those who require surgical treatment.

Chair
Simon Kemp / United Kingdom

Speakers
Roald Bahr / Norway · Switzerland · Qatar — 1
Rod Whiteley / Australia · Qatar — 2
Johannes Tol / The Netherlands — 3
Gino Kerkhoffs / The Netherlands — 4

15:30 — 15:35
Introduction of two cases illustrating key issues

15:35 — 15:45
Small-group discussions

15:45 — 16:00 1
What is tendinopathy and why does it happen?

16:00 — 16:15 2
The clinical assessment: history, past load assessment, physical examination, ultrasound, demands of sport

16:15 — 16:30 1
Treating tendinopathy: Exercise or rest? Or both?

16:30 — 16:40 3
Is there a place for adjuvant treatment modalities — NSAIDs, cortisone, platelet-rich plasma, other injection therapies or shock wave therapy?

16:40 — 16:50 4
Where is the place for surgery?

16:50 — 17:00
Panel: Case discussions: which is the first treatment option, and which the last line of defence?

3 December

IOC COURSE ON SAFEGUARDING

IOC COURSE ON SAFEGUARDING

Learning objectives

Participants will be able to:

— Explain the concept of safeguarding and the relevance of safeguarding to the role and duty of care of team physicians.

— Describe the nature, prevalence and impact of interpersonal violence in sport, including key risk factors, barriers to reporting and the particular safeguarding needs of children and other people made more vulnerable in sporting environments.

— Apply public-health, evidence-informed, person-centred and trauma-informed approaches to safeguarding in sport.

— Recognise physical, emotional and behavioural indicators that may raise a safeguarding concern during clinical practice or within the sporting environment.

— Respond appropriately to safeguarding concerns and disclosures using a trauma-informed and athlete-centred approach, while understanding the boundaries of the physician's role.

— Identify when and how to refer or report safeguarding concerns to safeguarding professionals, other relevant professionals, sports organisations and/or competent authorities.

— Apply appropriate principles of confidentiality and information sharing, balancing the duty of confidentiality under the Hippocratic Oath with safeguarding obligations and the need to reach out to stakeholders in other fields where necessary to prevent or respond to harm.

— Use multidisciplinary and multi-agency approaches to support athletes affected by safeguarding concerns.

— Recognise and maintain appropriate professional boundaries and apply practices that protect both athletes and sports medicine professionals.

— Apply safeguarding principles to realistic clinical and sporting scenarios and identify appropriate courses of action.

Programme

Faculty

Gloria Viseras / Switzerland · Spain — 1
Catia Giannotta / Switzerland — 2
Jane Thornton / Canada · Switzerland — 3

08:45 — 09:00 3
Welcome, course introduction and objectives

09:00 — 11:00 1·2
A public health approach to safe sport

Why safeguarding matters for team physicians / Concepts and definitions: safeguarding and interpersonal violence / Safeguarding principles and overarching approaches / Forms and prevalence data of interpersonal violence in sport / Factors contributing to an increased risk of abuse and harm to athletes / Impact of interpersonal violence on victims / Barriers for disclosing and reporting concerns / Safeguarding children and other people made vulnerable in the context of sport / Perpetrators, bystanders and whistleblowers / Athlete voice and lived experience / Q&A

11:00 — 11:30 **Coffee break**

11:30 — 13:00 1·2
The safeguarding role of sports medicine and health professionals

The safeguarding role of team doctors / Recognise: identifying physical, emotional and behavioural indicators / Respond: responding appropriately to concerns and disclosures as a team physician / Ensure: multidisciplinary support and holistic care / Refer: reporting and referral pathways / Confidentiality, the Hippocratic oath, information sharing and safeguarding / Professional boundaries and good practice to protect athletes and health professionals

13:00 — 14:00 **Lunch**

14:00 — 17:00 1·2
Case studies (work in groups)

Participants will work through realistic safeguarding scenarios relevant to team physicians, applying the principles and practical approaches covered during the morning sessions. Through facilitated group discussion, participants will identify safeguarding concerns, consider appropriate responses and referral pathways, and explore ethical, professional and contextual considerations. Groups will share their conclusions and discuss alternative approaches in plenary.

There will be a coffee break at approximately 15:30.

4 & 5 December

IOC COURSE ON CARDIOVASCULAR EVALUATION OF OLYMPIC ATHLETES

IOC COURSE ON CARDIOVASCULAR EVALUATION OF OLYMPIC ATHLETES

One-day course run twice, on both dates, concurrent with the IOC Course on Respiratory Care of Olympic Athletes.

Faculty

Carmen Adamuz / Spain · Qatar
Mats Börjesson / Sweden
Michiko Dohi / Japan
Celeste Geertsema / New Zealand · Qatar
Anita Jain / India
Margo Mountjoy / Canada
Alessandro Zorzi / Italy

Chair
Antonio Pelliccia / Italy

4 & 5 December

08:45 — 09:00
Welcome, course introduction and objectives — Jane Thornton /Canada· Switzerland; Roald Bahr / Norway · Switzerland· Qatar; Antonio Pelliccia / Italy

Session 1	**Epidemiology and management of sudden cardiac arrest/death (SCA/D) in the athletic field**	31
Session 2	**Screening athletes for cardiovascular disease**	32
Session 3	**ECG Quiz**	33
Session 4	**Managing sport participation with cardiovascular disease — Learning through clinical cases**	34
Session 5	**Practical session of cardiac resuscitation**	35

4 & 5 December / 09:00 — 11:00 / Session 1

EPIDEMIOLOGY AND MANAGEMENT OF SUDDEN CARDIAC ARREST/DEATH (SCA/D) IN THE ATHLETIC FIELD

Learning objectives
Participants will be able to:

- Describe the incidence, causes and cardiac diseases responsible for sudden cardiac arrest/death in athletes.
- Recognise sudden cardiac arrest occurring on the field of play.
- Describe the components of an emergency action plan for cardiac emergencies in sport, including cardiopulmonary resuscitation.
- Explain the effect, types, use and implementation of automated external defibrillators at the sporting venue.
- Describe how to safely extricate an affected athlete from the field of play.

Chair
Antonio Pelliccia / Italy

Speakers
Alessandro Zorzi / Italy — 1
Mats Börjesson / Sweden — 2
Celeste Geertsema / New Zealand · Qatar — 3
Margo Mountjoy / Canada — 4

09:00 — 09:30 — 1·2
Prevalence, causes, diagnosis and strategies to prevent SCA/D in the athletic field

09:30 — 10:00 — 3
Emergency planning and preparedness

10:00 — 10:30 — 2
Automatic External Defibrillators: Effect, type, use, and implementation

10:30 — 10:50 — 4
Safe extrication from the field of play

10:50 — 11:00
Q&A

11:00 — 11:30 **Coffee break**

4 & 5 December / 11:30 — 13:00 / Session 2

SCREENING ATHLETES FOR CARDIOVASCULAR DISEASE

Learning objectives
Participants will be able to:

— Identify the red flags in the medical history and physical examination that should raise suspicion of underlying cardiac disease.
— Recognise the ECG patterns that reflect normal, training-related cardiac remodelling and do not require additional testing.
— Recognise the ECG abnormalities that require further diagnostic evaluation.
— Apply the international recommendations for ECG interpretation in athletes to the screening setting.

Chair
Alessandro Zorzi / Italy

Speakers
Carmen Adamuz / Spain · Qatar — 1
Mats Börjesson / Sweden — 2
Alessandro Zorzi / Italy — 3
Antonio Pelliccia / Italy — 4

11:30 — 12:00 — 1·2
The red flags of History and Physical Examination

12:00 — 12:30 — 1·3
Normal ECGs in athletes (that should not require additional testing)

12:30 — 12:50 — 3·4
Abnormal ECGs in athletes (recognition and management)

12:50 — 13:00
Q&A

13:00 — 14:00 **Lunch**

4 & 5 December / 14:00 — 14:30 / Session 3

ECG QUIZ

Learning objectives
Participants will be able to:

— Apply a systematic approach to the interpretation of the athlete's ECG.
— Distinguish training-related from abnormal ECG patterns in a series of real tracings.
— Decide, for a given tracing, whether additional diagnostic testing is indicated.

Chair
Antonio Pelliccia / Italy

Speaker
Alessandro Zorzi / Italy — 1

14:00 — 14:30 — 1
Presentation and guided interpretation of normal/abnormal ECG tracings in athletes

4 & 5 December / 14:30 — 17:00 / Session 4

MANAGING SPORT PARTICIPATION WITH CARDIOVASCULAR DISEASE — LEARNING THROUGH CLINICAL CASES

Learning objectives
Participants will be able to:

— Describe the diagnostic work-up for athletes presenting with cardiomyopathy, myocarditis/pericarditis, valvular heart disease and coronary artery disease.
— Select the appropriate diagnostic tests and interpret the basic information the imaging tests can offer.
— Apply the current recommendations on eligibility and sport participation for athletes with these conditions.
— Describe how to work with the cardiologist to plan a safe resumption of sport participation.
— Discuss risk and share decision-making with the athlete and the wider support team.

Chair
Mats Börjesson / Sweden

Speakers
Anita Jain / India — 1
Antonio Pelliccia / Italy — 2
Celeste Geertsema / New Zealand · Qatar — 3
Alessandro Zorzi / Italy — 4
Carmen Adamuz / Spain · Qatar — 5
Margo Mountjoy / Canada — 6
Mats Börjesson / Sweden — 7

Diagnosis and management of athletes with cardiomyopathy
14:30 — 14:35 Case presentation 1
14:35 — 14:50 The science background 2
14:50 — 15:00 Panel discussion & questions

Diagnosis and management of athletes with myocarditis/pericarditis
15:00 — 15:05 Case presentation 3
15:05 — 15:20 The science background 4
15:20 — 15:30 Panel discussion & questions

15:30 — 16:00 **Coffee break**

Diagnosis and management of athletes with valvopathy
16:00 — 16:05 Case presentation 1
16:05 — 16:20 The science background 5
16:20 — 16:30 Panel discussion & questions

Diagnosis and management of athletes with coronary artery disease
16:30 — 16:35 Case presentation 6
16:35 — 16:50 The science background 7
16:50 — 17:00 Panel discussion & questions

4 & 5 December / 17:00 — 18:00 / Session 5

PRACTICAL SESSION OF CARDIAC RESUSCITATION

Learning objectives
Participants will be able to:

— Explain the differences between cardiac arrest in an athlete on the field of play and out-of-hospital cardiac arrest in a patient with co-morbidities.
— Describe the steps required to manage cardiopulmonary resuscitation in an athlete on the field of play.
— Demonstrate cardiopulmonary resuscitation and the use of an AED on a mannequin.
— Develop an emergency action plan for managing cardiac arrest in an athlete.

Chair
Celeste Geertsema / New Zealand · Qatar

Speaker
Celeste Geertsema / New Zealand · Qatar — 1
Carmen Adamuz / Spain · Qatar — 2

17:00 — 17:15 1·2
Lecture session: Basic concepts of cardiopulmonary resuscitation

17:15 — 18:00
Practical session — Hands-on experience with mannequins and AED

4 & 5 December

IOC COURSE ON RESPIRATORY CARE OF OLYMPIC ATHLETES

IOC COURSE ON RESPIRATORY CARE OF OLYMPIC ATHLETES

One-day course run twice, both dates, concurrent with the IOC Course on Cardiovascular Evaluation of Olympic Athletes.

Faculty

Roald Bahr / Norway · Switzerland · Qatar
Hege Clemm / Norway
Wayne Derman / South Africa
James Hull / United Kingdom
Martin Schwellnus / South Africa
Jane Thornton / Canada · Switzerland
Maarit Valtonen / Finland

4 & 5 December

08:15 — 08:25
Welcome and introduction
Roald Bahr / Norway · Switzerland · Qatar
Jane Thornton /Canada· Switzerland

Session 1	**Respiratory health in the athlete**	39
Session 2	**Acute respiratory infections (ARinf) in the athlete**	40
Session 3	**Nasal conditions in the athlete**	41
Session 4	**Asthma and exercise-induced bronchoconstriction (EIB) in athletes (Lower airway dysfunction — LAD)**	42
Session 5	**The treatable trait approach to assessing respiratory issues in athletes: bringing it all together**	43
Session 6	**Summary & conclusion**	44

4 & 5 December / 08:25 — 09:00 / Session 1

RESPIRATORY HEALTH IN THE ATHLETE

Learning objectives
Participants will be able to:

— Describe the spectrum of respiratory problems affecting elite athletes and their impact on health, training and performance.
— Explain why respiratory conditions are among the most frequent medical presentations to the team physician.
— Describe the normal respiratory response to exercise and the physiological limits of the respiratory system.
— Distinguish normal exercise-related respiratory responses from findings that warrant further clinical assessment.

Chair
Martin Schwellnus / South Africa

Speakers
James Hull / United Kingdom 1
Hege Clemm / Norway 2

08:25 — 08:45 1
What is the spectrum of respiratory health problems and why it matters to the team physician?

08:45 — 09:00 1·2
Respiratory physiology in exercise — what every clinician must know

4 & 5 December / 09:00 — 10:45 / Session 2

ACUTE RESPIRATORY INFECTIONS (ARINF) IN THE ATHLETE

Learning objectives
Participants will be able to:

— Describe the epidemiology, risk factors and common causes of acute respiratory infection in athletes.
— Assess the severity of an acute respiratory infection and explain why severity matters in the athlete.
— Select appropriate non-pharmacological and pharmacological treatment, applying the principles of antibiotic stewardship.
— Apply an individualised, evidence-informed approach to return-to-full-performance decisions after acute respiratory infection.
— Develop a practical strategy to prevent acute respiratory infections in a team setting.

Chair
James Hull / United Kingdom

Speakers
Maarit Valtonen / Finland 1
Martin Schwellnus / South Africa 2
Wayne Derman / South Africa 3

09:00 — 09:15 1
Introduction to acute respiratory infection (ARinf): Epidemiology, risk factors and diagnosis

09:15 — 09:25 2
Assessing severity of ARinf in athletes — how, and why it matters?

09:25 — 09:40 3
Management of acute ARinf in my athletes: non-pharmacological and pharmacological options, including antibiotic stewardship

09:40 — 10:00 2
Individualized clinical decision making for return-to-full performance in athletes with ARinf

10:00 — 10:15 1
How to prevent ARinf in my team?

10:15 — 10:45
Practical case discussions (delegates divided into 3 groups, 10 min for each station)
Station 1: Case 1 (Focus on diagnosis) 1
Station 2: Case 2 (Focus on treatment) 3
Station 3: Case 3 (Focus on return-to-sport decision) 2

10:45 — 11:15 **Coffee break**

4 & 5 December / 11:15 — 12:15 / Session 3

NASAL CONDITIONS IN THE ATHLETE

Learning objectives
Participants will be able to:

— Recognise and diagnose nasal obstruction in the athlete and describe the principles of management.
— Use screening tools to identify athletes with possible nasal obstruction.
— Distinguish allergic from non-allergic rhinitis and outline a clinical approach to diagnosis and management, including anti-doping considerations.
— Perform a basic clinical examination of the nose and interpret the findings in the athlete.

Chair
Hege Clemm / Norway

Speakers
Martin Schwellnus / South Africa 1
Wayne Derman / South Africa 2
Maarit Valtonen / Finland 3
Hege Clemm / Norway 4

11:15 — 11:30 1
Recognizing, diagnosis and principles of managing nasal obstruction in the athlete

11:30 — 11:45 2
Clinical approach to rhinitis (allergic and non-allergic) in the athlete — recognition, diagnosis and management

11:45 — 12:15
Practical tasks in groups (delegates divided into 4 stations, 15 min for each station)
Station 1+2: Using screening tools to assess for possible nasal obstruction 1·3
Station 3+4: Demonstration and hands-on practical clinical examination to assess nasal conditions in the athlete 2·4

12:15 — 13:15 **Lunch**

4 & 5 December / 13:15 — 14:45 / Session 4

ASTHMA AND EXERCISE-INDUCED BRONCHOCONSTRICTION (EIB) IN ATHLETES (LOWER AIRWAY DYSFUNCTION — LAD)

Learning objectives
Participants will be able to:

- Describe the epidemiology and risk factors for asthma and exercise-induced bronchoconstriction in athletes.
- Apply the IOC consensus algorithm to recognise athletes with suspected lower airway dysfunction.
- Explain the role of direct and indirect bronchoprovocation testing in confirming the diagnosis.
- Perform and interpret spirometry in the athlete using commonly available devices.
- Select therapeutic options for athletes with asthma/EIB that are effective and compliant with anti-doping regulations.

Chair
Maarit Valtonen / Finland

Speakers
Hege Clemm / Norway — 1
James Hull / United Kingdom — 2
Martin Schwellnus / South Africa — 3
Wayne Derman / South Africa — 4

13:15 — 13:25 — 1
Epidemiology and risk factors for asthma/EIB in athletes

13:25 — 13:40 — 2
Recognition of asthma/EIB in athletes using the IOC consensus algorithm

13:40 — 13:50 — 1
How can I confirm the diagnosis of asthma/EIB (direct and indirect provocation tests)?

13:50 — 14:05 — 2
Therapeutic options for athletes with asthma/EIB, including anti-doping regulations

14:05 — 14:45
Practical task in groups (delegates divided into 4 stations, 40 min)
Stations 1-4: Spirometry (hands on, using 4 devices) — 1·2·3·4

14:45 — 15:15 **Coffee break**

4 & 5 December / 15:15 — 16:45 / Session 5

THE TREATABLE TRAIT APPROACH TO ASSESSING RESPIRATORY ISSUES IN ATHLETES: BRINGING IT ALL TOGETHER

Learning objectives
Participants will be able to:

- Explain the treatable trait approach and apply it to the athlete presenting with unexplained breathlessness.
- Recognise, diagnose and manage exercise-induced laryngeal obstruction (EILO) in athletes.
- Screen for, diagnose and manage breathing pattern disorder, including practical use of the BPAT tool.
- Apply the IOC consensus diagnostic algorithm to complex clinical cases spanning the upper and lower airways.
- Interpret video findings in athletes with suspected EILO, breathing pattern disorder or asthma.

Chair
Wayne Derman / South Africa

Speakers
James Hull / United Kingdom — 1
Hege Clemm / Norway — 2
Martin Schwellnus / South Africa — 3

15:15 — 15:30 — 1
What is a treatable trait approach to respiratory issues in athletes and how can it help you with your athletes?

15:30 — 15:45 — 2
Epidemiology, risk factors, diagnosis and management of EILO in athletes

15:45 — 16:00 — 1·2
Breathing pattern dysfunction (BPD) in athletes: Screening, diagnosis and management

16:00 — 16:45
Practical task in groups (delegates divided into 3 groups rotating every 15 min)
Group 1: Cases to discuss using the diagnostic algorithm in the IOC consensus — 3
Group 2: Breathing exercises, practical use of the BPAT tool (or similar) to assess for BPD — 1
Group 3: Reviewing videos for suspected EILO / BPD / asthma — 2

4 & 5 December / 16:45 — 17:00 / Session 6

SUMMARY & CONCLUSION

Learning objectives
Participants will be able to:

— Self-assess their knowledge of the key clinical messages delivered across the course.
— Integrate the course content into a systematic approach to respiratory care of the athlete, from the nose to the lower airways.
— Identify the IOC consensus statements and resources available to support respiratory care in their own setting.

Chair
Hege Clemm / Norway

Speakers
Martin Schwellnus / South Africa 1
James Hull / United Kingdom 2

16:45 — 16:55
Online self-assessment (online Mentimeter quiz with prize)

16:55 — 17:00 1·2
Concluding remarks

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PROTECTING THE HEALTH OF THE ATHLETE