

Meydan Hotel - Dubai 2017

Thursday, 2<sup>nd</sup> November & Friday, 3<sup>rd</sup> November 2017

## AGENDA

### DAY 1 – Thursday, 2<sup>nd</sup> November

<b>TIME</b>	<b>TOPIC</b>	<b>SPEAKER(S)</b>
9.00am	Welcome and Introduction	Denis Egan (IRE)
<b>9.10am-11am</b>	<b>SESSION 1: MAKING WEIGHT AND RIDING PERFORMANCE</b>	
9.10am-9.40am	(a) The horseracing Industry's perception of jockeys nutrition and weight-making.	Dan Martin (UK)
	(b) Race-day catering in professional horseracing: does current provision facilitate weight management and riding performance?	Dan Martin (UK)
9.40am-10am	Energy expenditure in professional flat jockeys using doubly-labelled water during racing session: implications for body weight management.	George Wilson (UK)
10am-10.30am	Improving weight management, health and performance in jockeys	Dr Giles Warrington (IRE) Dr SarahJane Cullen (IRE)
10.30am-10.45am	The Brazilian Experience	Dr Mayra Frederico (BRZ)
10.45am-11am	Demands on physical tests and training for young riders	Helena Gartner (SWE)
11am-11.15am	<i>COFFEE BREAK</i>	
<b>11.15am-12.45pm</b>	<b>SESSION 2: IMPLICATIONS OF MAKING WEIGHT</b>	
11.15am-11.45am	Examining markers of immune function and management of long-term health of the jockeys	Dr John O'Reilly (HK)
11.45am-12.15pm	Relative Energy Deficiency in Sport (RED-S; A focus on the Male Athlete)	Dr James Morton (UK)
12.15pm-12.45pm	UK study on Bone Health of Apprentice Jockeys	Dr Jerry Hill (UK)
12.45pm-1.45pm	<i>LUNCH BREAK</i>	
<b>1.45pm-3.40pm</b>	<b>SESSION 3: CONCUSSION</b>	
1.45pm-2.45pm	On-track evaluation and updates on management of concussions/ Returning to Ride; Utilizing physical therapy for improved recovery	Dr Kelly Ryan (USA) Laura Long (USA)
2.45pm-3.00pm	Concussion – what to do on a racecourse	Dr Peter Wind (GER) Dr Benjamin Kienast (GER)
3.00pm-3.10pm	Personal Story of being Concussed. What is remembered and not, then and now	K. Ring (AUS)
3.10pm-3.40pm	The long-term implications/effects of concussion	Dr Michael Turner (UK)
3.40pm-3.55pm	<i>COFFEE BREAK</i>	
4.30pm	Trip to Dubai National Ambulance Centre	

## DAY 2 – Friday, 3<sup>rd</sup> November

<b>TIME</b>	<b>TOPIC</b>	<b>SPEAKER(S)</b>
<b>9.00am-11.25am</b>	<b>SESSION 5: INJURIES AND FALLS / STRATEGIES TO REDUCE</b>	
9.00am-9.30am	Updates on the French research project - helmets and epidemiological follow up of the falls from 2005 to 2015	Dr Benoit le Masson (FR)
9.30am-9.50am	Safety vests for jockeys: An investigation in to why product innovation is needed	Nicole Aimers (AUS)
9.50am-10.20am	Race Day Jockey Injuries & Falls in Ireland	Dr Giles Warrington (IRE) SarahJane Cullen (IRE)
10.20am-11.05am	Fall Safety Training : Reducing Injury Risk	Lindsay Nylund (AUS)
11.05am-11.25am	Data to inform decision making on the return to ride phase (pre / post injury)	Daloni Lucas (UK) Edward Stroud (UK)
11.25am-11.40am	<i>COFFEE BREAK</i>	
<b>11.40am-1.20pm</b>	<b>SESSION 6: MENTAL HEALTH</b>	
11.40am-12.25pm	Building resilience and promoting wellbeing with jockeys – lessons learned from an Irish context	Dr Ciara Losty (IRE)
12.25pm-12.55pm	The UK Experience	Paul Struthers (UK)
12.55pm-1.05pm	Through a Jockeys Eyes	TBC
1.05pm-1.20pm	The Future – general discussion on next steps including international collaboration	
1.20pm-2.15pm	<i>LUNCH BREAK</i>	
<b>2.15pm-5.30pm</b>	<b>SESSION 7: COUNTRY / MEETING UPDATES</b>	
2.15pm-2.35pm	<b>Japan</b> <ul style="list-style-type: none"> <li>Falls and Injuries in Professional Horseracing in JRA</li> <li>JRA's efforts for Jockeys' safety – Concussion</li> </ul>	Dr Akihiro Ito (JAP) Hideya Hashizume (JAP)
2.35pm-2.55pm	<b>South Africa</b> <ul style="list-style-type: none"> <li>The South African Jockey and Equestrian Research Institute, SAJERI, an update 2016 to 2017 and the future</li> </ul>	Kathleen Krog (SAF)
2.55pm – 3.10pm	<b>Ireland</b>	Dr Adrian McGoldrick (IRE)
3.10pm-3.25pm	<b>Hong Kong</b>	Steve Railton (HK) & John Fargher (AUS)
3.25pm-3.40pm	<b>USA</b>	Jeff Johnston (USA) Terry Meyocks (ISA)
3.40pm-3.50pm	<b>Germany</b>	Dr Peter Wind (GER)
3.50pm-4.00pm	<i>COFFEE BREAK</i>	
4.00pm-4.20pm	<b>Ireland</b> <ul style="list-style-type: none"> <li>Sports Tax Exemption</li> </ul>	Andrew Coonan (IRE)
4.20pm-4.35pm	<b>UK</b>	Dr Jerry Hill (UK)
4.35pm-4.50pm	<b>Jockeys Association Meetings</b>	Paul Innes (AUS)
4.50pm-5.05pm	<b>France</b>	Dr Benoit le Masson (FR)
5.05pm-5.20pm	<b>OSAF</b>	Dr Mayra Frederico (BRZ)
5.20pm-5.30pm	<b>Australia</b>	Paul Innes & Kevin Ring (AUS)
<b>5.30pm-5.45pm</b>	<b>SESSION 8: WRAP UP</b>	
<b>7.30pm</b>	<b>Conference Dinner</b>	