

Meydan Hotel - Dubai 2019

DAY 1	AGENDA Thursday, 7 th November 2019	
TIME	TOPIC	SPEAKER(S)
9.00am	Welcome and Introduction by Chairman	Denis Egan
9.15am-10.35am	SESSION 1: BONE HEALTH (Chair - Dr Jerry Hill)	
9.15am-9.35am	<ul style="list-style-type: none"> Bone health and body composition in jockeys along with associated nutrition and exercise practices. 	Arthur Dunne
9.35am-9.55am	<ul style="list-style-type: none"> DEXA Scanning of jockeys – a review 	Dr Adrian McGoldrick
9.55am-10.25am	<ul style="list-style-type: none"> Current GB Apprentice Do Not Have A Body Composition to Make Minimum Weights: - Time to change the Weights or change the Jockeys 	Dr George Wilson
10.25am-10.35am	<ul style="list-style-type: none"> Panel Discussion 	Arthur Dunne, Dr Adrian McGoldrick and Dr George Wilson.
10.35am-11.05am	SESSION 2: OPEN SESSION (Chair - Denis Egan)	
10.35am-10.50am	<ul style="list-style-type: none"> Care of paralysed jockey 	Bereneice O'Rourke
10.50am-11.05am	<ul style="list-style-type: none"> HKJC – Developing partnerships to enhance safety 	Steve Railton John Fargher Dr Johnson Chu
11.05am-11.20am	COFFEE BREAK	
11.20am-1pm	SESSION 3: PHYSIOLOGICAL DEMANDS (Chair - Dr Giles Warrington)	
11.20am-11.40am	<ul style="list-style-type: none"> Effect of a Competitive Racing Season on Markers of Immune Function in Hong Kong Jockeys 	Dr John O'Reilly Dr Sinead Sheridan
11.40am-12 noon	<ul style="list-style-type: none"> Use of salivary biomarkers in athletes 	Joe Dunbar
12 noon -12.20pm	<ul style="list-style-type: none"> Physiological demands on Flat and Jump Racing – implications for training 	Mikey Kiely
12.20pm-12.40pm	<ul style="list-style-type: none"> The physical profile of the jockey athlete – the story so far 	Ed Stroud Danny Hague
12.40pm-1pm	<ul style="list-style-type: none"> Developing a holistic training model for jockey apprenticeship 	Debbie Butt
1pm-2pm	LUNCH	
2pm-2.10pm	SESSION 6: COUNTRY UPDATES	
2pm-2.10pm	<ul style="list-style-type: none"> Country Update from UAE 	Samuel Shinsky
2.10pm-3.20pm	SESSION 4: CONCUSSION (Chair - Dr Kelly Ryan)	
2.10pm-2.30pm	<ul style="list-style-type: none"> Concussion 	Dr Kelly Ryan
2.30pm-2.50pm	<ul style="list-style-type: none"> Concussion Protocols re race day assessment, stand down period through to Baseline Test with a clearance to ride 	Kevin Ring
2.50pm-3.10pm	<ul style="list-style-type: none"> Concussion Update 	Dr Michael Turner
3.10pm-3.20pm	<ul style="list-style-type: none"> Panel Discussion 	Dr Adrian McGoldrick Kevin Ring Dr Michael Turner

3.20pm-3.55pm	SESSION 5: NUTRITION (Chair - Dr SarahJane Cullen)	
3.20pm-3.35pm	• Racecourse Catering Study in Ireland	Gillian O'Loughlin
3.35pm-3.55pm	• The Development, Implementation and Evaluation of an industry specific nutrition Education and Behaviour Change Platform in Professional Horseracing	Dr Dan Martin
3.55pm-4.10pm	COFFEE BREAK	
4.10pm-5.00pm	SESSION 6: COUNTRY UPDATES (Max 10mins)	
	• Australia	Martin Talty
	• France	Dr Benoit le Masson
	• Ireland	Dr Jennifer Pugh
	• Germany	Dr Peter Wind
	• Japan	Hideto Umemura

DAY 2	AGENDA Friday, 8 th November 2019
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Friday, 8th November
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<u>TIME</u>	<u>TOPIC</u>	<u>SPEAKER(S)</u>
9.00am-9.40am	SESSION 1: INJURY SURVEILLANCE/PREVENTION AND RETURN TO RIDE (Chair - Dr Kelly Ryan)	
9.00am-9.20am	• How to practically conduct or introduce an injury surveillance system	Dr Siobhan O'Connor
9.20am-9.40am	• Role of the Athletic Trainer & Policies and Procedures implemented at Delaware Park to protect the health and safety of the Jockey	Mandy Minutola Sam Cutrone
9.40am-10.05am	SESSION 2: OPEN SESSION (Chair - Dr Jerry Hill)	
9.40am-9.50am	• Update on Helmet Standards	Dr Adrian McGoldrick
9.50am-10.05am	• New helmet test method for comparative evolution of protection capability	Dr Benoit le Masson
10.05am-10.55am	SESSION 5: COUNTRY UPDATES (Max 10mins)	
	• Hong Kong	Steve Railton and Dr Clara Wu
	• Belgium	Marcel de Bruyne
	• Norway	Dr Ole Reigstad
	• Great Britain	Dr Jerry Hill
10.55am-11.15am	COFFEE BREAK	
11.15am-1pm	SESSION 3: MENTAL HEALTH (Chair – Paul Struthers)	
11.15am-11.40am	• Athlete burnout in professional jockeys in the UK	Aodhagan Conlon
11.40am-12 noon	• Exploring Jockey Mental Health – Lifestyle Challenges and Associated Risk Factors	Lewis King
12 noon -12.20pm	• Waking from the Dream: preparing for life after racing	Dr Kirsten Van Heerden
12.20pm-12.45pm	• Case Studies in Sports Psychology	Dr Ciara Losty
12.45pm-1pm	• Panel Discussion	All presenters
1pm-2pm	LUNCH	

2pm-3.20pm	SESSION 4: INJURIES AND FALLS (Chair – Dr Peta Hitchens)	
2pm-2.20pm	<ul style="list-style-type: none"> A sustainable structure for jockey injury data management for the North American horse racing industry 	Dr Peta Hitchens
2.20pm-2.50pm	<ul style="list-style-type: none"> An analysis of jockey falls in flat and jumps racing: a video observational study. 	Lindsay Nylund
2.50pm-3.10pm	<ul style="list-style-type: none"> Falls and Injuries in Professional Horseracing in JRA (2016-2018) 	Dr. Akihiro Ito
3.10pm-3.20pm	<ul style="list-style-type: none"> Panel Discussion 	All presenters
3.20pm-3.50pm	SESSION 5: JOCKEYS ASSOCIATION PRESENTATION (Chair – Denis Egan)	
3.20pm-3.40pm	<ul style="list-style-type: none"> Presentation on behalf of International Jockeys Associations 	Andrew Coonan
3.40pm-3.50pm	<ul style="list-style-type: none"> Discussion on points raised 	
3.50pm-4.05pm	COFFEE BREAK	
4.05pm-4.50pm	SESSION 5: COUNTRY UPDATES (Max 10mins)	
	<ul style="list-style-type: none"> USA 	Dr Kelly Ryan
	<ul style="list-style-type: none"> USA (Jockeys) 	Jeff Johnston
	<ul style="list-style-type: none"> New Zealand 	Dr Margaret Parle
	<ul style="list-style-type: none"> OSAF 	Dr Mayra Frederico
4.50pm-5pm	SESSION 6: WRAP UP	Denis Egan

