

INTERNATIONAL CONFERENCE FOR THE HEALTH SAFETY AND WELFARE OF RIDERS

At

HAPPY VALLEY RACECOURSE

ONE SPORTS ROAD

HONG KONG

On

Thursday 24th and Friday 25th September 2015

AGENDA

Thursday 24th September

9am: Welcome and Introduction – Denis Egan

Sports Science and Medical Support Services for Jockeys Session

9.10am: Current Sports Science Support for Hong Kong Jockeys – Dr. John O'Reilly

- Report on the effect of a 6-month nutritional and physical activity (PA) intervention on body composition, quality of life, attitudes towards PA & nutrition and markers for bone health.

9.50am: Sports Science and Medical Support Services for Irish Jockeys – Dr. Giles Warrington, Dr. SarahJane Cullen, Dr. Adrian McGoldrick, Mrs. Gillian O'Loughlin & Frank Moran

- Long Term Athlete Development Pathway for Jockeys
- Current Sports Science Support Services for Jockeys
- Standard physical assessment protocol for jockeys – “Fit to ride”
- Integrated care pathway for injured jockeys
- Update on medical issues – Concussion, helmets etc

10.45am: Coffee break

11.00am: Controlled trial of Calcium and Vitamin D supplementation in young male jockeys – Ms. Leslie Silk (School of Exercise Science – Australian Catholic University)

11.30am: Dietary intake, Energy expenditure and Lifestyle habits of apprentices at the South African Jockey Academy – Mrs. Kathy Krog

12 noon: Injury and illness surveillance in apprentice jockeys at the South African Jockey Academy– Ms. Tarryn Sneyd (Sports Scientist)

- 12.30pm: Update on the Irish research programme – Dr. Giles Warrington & Dr SarahJane Cullen
- Update on Publications
 - Body Composition and Bone Health in Apprentice Jockeys
 - Mental Health in Current and Retired Jockeys
 - An Analysis of the Incidence and Types of Falls and Injuries in Horse Racing in Ireland
 - Future Research Plans
- 1.15pm-2.15pm: Lunch
- 2.15pm: The Jockey Diet – Stephanie Preston and Mike Meuser
- 2.35pm: Racing and Training Minimum Venue and Equipment Guidelines – Kevin Ring (Australian Jockeys)
- 3.05pm: Country Updates
- France
 - Great Britain
 - Japan
- 3.35pm: Coffee Break
- 3.50pm: Presentations from Jockeys Associations
- 5pm: Introduction of a Jockey's Insurance Certificate for Jockeys riding abroad – K L Cheng
- 5.15pm: Conference finishes – Day 1

Friday 25th September

Weight Making and Minimum Riding Weights

9am: Weight making strategies in professional jockeys: an alternative approach to sweating and starving - Dr Graeme L. Close, Reader in Applied Physiology and Sports Nutrition, Dr James P. Morton, Reader in Exercise Metabolism and Nutrition and Dr George Wilson, Exercise Physiologist and Post-Doctoral Researcher.

10am: Individualised Minimum Riding Weights for Apprentice Jockeys in Ireland – Dr. SarahJane Cullen, Dr. Adrian McGoldrick & Mrs. Gillian O’Loughlin.

10.35am: Coffee break

Concussion and Helmets

10.50am: The long term effects of concussion – reality or exaggeration – Dr. Michael Turner

11.15am: "Concussion - Rehabilitation better than Just Rest?" – Emma Edwards

11.45am: Head impact conditions in case of equestrian accident – Dr. Benoit Le Masson

12.05pm: The new Australian racing helmets – Allen McMillen

12.30pm: Equestrian helmet standards across the world – Dr. Andrew McIntosh

12.55pm-1.55pm: Lunch

1.55pm: Helmet Testing and Design – Update on Jockeys Guild Work – Jeff Johnston

2.15pm: Helmets (update on European standard) – Dr. Adrian McGoldrick

2.30pm: Jack Berry House update and anonymised case study – Daloni Lucas (40 mins)

3.10pm: The life of a Racecourse Doctor/Spinal Injuries – Dr. Peter Wind & Priv.-Doz. Dr. Benjamin Kienast

3.30pm: Coffee break

- 3.45pm: Country updates
- Australia
 - Hong Kong
 - USA – Jockeys Guild
 - Ireland
 - South Africa
 - New Zealand
 - OSAF

4.50pm: Round up and discussions

5pm: Conference ends

(agenda as 9.40am on Thursday 3rd September 2015)