

10-14h Precourses @ Casa Cultura
12-14h Registration @ Casa Cultura

18h Opening drinks & dinner

Day 1 • Thursday 6 April
Acute surf injuries; Rescue, Resuscitation & Trauma

8.30 – 9.00h	Opening Jennifer Straatman & Ingvar Berg
9.00 - 9.30h	Surf Rescues in Europe; Lessons learned
9.30 – 10.00h	Global burden of drowning and successful preventive interventions; What can the surf community learn from global lessons?
10.00 – 10.10h	Abstract: to be determined
10.10 – 10.30h	Search & rescue in extreme conditions; Risks and rewards of the rescue swimmer Bart Haveman
10.30 – 10.50h	BREAK
10.50 – 11.00h	Abstract: to be determined
11.00 – 11.30h	Surfers as bystander rescuers in Spain and Portugal Joel de Oliveira
11.30 – 12.00h	Priorities in the training of surfers as bystander rescuers Hylmar Elsenga + poll & panel discussion
12.00 – 12.30h	Drowning Resuscitation Ingvar Berg
12.30 – 13.30h	LUNCH + posters
13.30-14.00h	<i>Transfer to beach</i>
14.00 – 16.00h	Beach Workshops @Valdoviño beach Self rescue Board rescue Scenario training rescue, trauma care & resuscitation Team resuscitation competition

WORLD CONFERENCE SURFING MEDICINE

5-8 APRIL 2023
VALDOVIÑO • GALICIA • SPAIN



**SURFING MEDICINE
INTERNATIONAL**

Day 2 • Friday 7 April
Prevention, training & Performance

10.00 - 10.15h	Quiz Day 1
10.15 - 10.35h	Riding waves like a pro; the cocktail of surfing & medicine Guillermo Carracedo
10.35 – 10.55h	Surf injury prevention in young surfers and surf instructors João Moreira Pinto
10.55 – 11.05h	Abstract: Wave Garden Injury Survey Eline Thijsen
11.05 - 11.25h	Performance training and injury prevention in young surfers. An update from Portuguese research. Pedro Seixas
11.25– 11.45h	BREAK
11.45 – 11.55h	Abstract: River Surfing Injury Survey Constantin Reiber
11.55 – 12.15	Action fidelity as a key factor for dryland training, injury diagnostics and recovery Prof. Miguel Moreira
12.15 – 12.35	Surfer's Shoulder 2.0; In the hospital Lisette Langenberg
12.35 – 12.55h	Surfer's Shoulder 2.0; At the surf physio Sebastiaan Heitkamp
12.55 – 13.40h	LUNCH + posters
13.40 – 13.50h	Abstract: to be determined
13.50 – 14.10h	Spinal pathologies in surfers; from surgery to rehabilitation Pedro Reimunde Figueira
14.10 – 14.25h	Acute and chronic cervical spine injuries in surfers Johann Klasen
14.25 - 15.25h	Workshop 30 min workshop session 1 30 min workshop session 2

Day 3 • Saturday 8 April
The Impact Zone; Leadership, Education and Impact

10.00 – 10.15h	Quiz Day 2
10.15 – 10.35h	Sea foam accident 11 May 2020; From ambition to mission. Ingvar Berg & Hylmar Elsenga
10.35 – 10.55h	Leadership & teamwork without borders Prof. Vibeke Hjortdal
10.55 – 11.15h	BREAK
11.15 – 11.35h	Impact Factors 2.0; How to thrive and survive in research! Jennifer Straatman
11.35 – 11.55h	Drive. How to stay focused and motivated day & night. Dion van de Schoot
11.55 – 12.30h	Abstracts & best practices in Surfing Medicine
12.30 – 13.30h	LUNCH + posters
13.30 – 13.55	How to set up a post doc in surfing medicine Ogi Markovic, Miguel Moreira, Pedro Seixas & Pedro Reimunde
14.00 – 15.00h	Workshop 30 min workshop session 1 30 min workshop session 2
15.00 – 15.30	Closing & prizes abstracts & team competition

