

Precourses & Registration • Wednesday 5 April

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	Socorrismo para surfistas; Surfers as lifeguards Jonan Etxebarria
9.30 – 10.00h	Global burden of drowning and successful preventive interventions; What can the surf community learn from global lessons? Ana Catarina Queiroga
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 & board rescue Jet Ski & Boat CPR workshop Scenario training rescue, trauma care & resuscitation Roberto Barcala Furelos, Santiago Martinez, Joel de Oliveira, Hans van de Broek, Ingvar Berg, Amrita Schäffler, Dion van de Schoot, Hylmar Elsenga, Bob Verweij, Johann Klasen, Pedro Reimunde

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 Ogi Markovic
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

