

# AGENDA

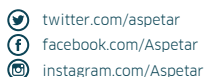
## The Health of the Paralympic Athlete

24<sup>th</sup> October 2015

Organised by Aspetar, in collaboration with:  
the International Paralympic Committee and  
the International Sports Medicine Federation



Orthopaedic & Sports Medicine Hospital  
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# Programme

Time	Subject	Speaker
8:00-8:45	Registration	
8:45- 9:00	Opening	Aspetar / IPC officials
9:00-9:20	The IPC's Vision of Para-Athlete Health	Peter Van de Vliet
9:20-9:40	Injuries in IPC Athletics - the London 2012 Paralympic Games Experience	Nick Webborn
9:40-10:00	Travel issues for the Para-Athlete	Wayne Derman
10:00-10:20	Boosting in IPC Athletics - Time for Change?	Nick Webborn
10:20-10:40	Panel Discussion	All speakers and audience
10:40-11:10	Coffee Break	
11:10-11:30	Residual Limb Care in Amputee Athletes	Wayne Derman
11:30-11:50	Thermoregulation in Para-Athletes - Challenges and Solutions	Nick Webborn, Sebastien Racinais
11:50- 12:10	Illness and Prevention in Para-Athletes - Do we need Different Strategies than in Olympic Athletes?	Wayne Derman
12:10-12:30	Anti-Doping Issues for the Para-Athlete	Nicki Vance
12:30-12:50	Panel Discussion	All speakers and audience

# Biographies

## Wayne Derman

IPC Medical Delegate at the IPC Athletics World Championships Doha 2015; Member IPC Medical Committee; Director Institute of Sports and Exercise Medicine, University of Stellenbosch, South Africa

Professor Wayne Derman is the Director of the Institute for Sport and Exercise Medicine (SEM) within the Faculty of Medicine & Health Sciences at the University of Stellenbosch. Prof. Derman is a past president of the South African Sports Medicine Association and is Co-director of the IOC research Center in South Africa. He has had a long and productive career at the University of Cape Town where he has played an important role in the training of sports physicians, exercise scientists and biokineticists. His research has focused on secondary prevention of chronic disease of lifestyle, and injury and illness prevention in athletes, especially those with disabilities.

Prof. Derman has played an important role in clinical support for South Africa's athletes at international level, fulfilling the position of Chief Medical Officer for the South African team during the Sydney 2000 and Athens 2004 Olympic Games, and as Medical Officer for the South African Paralympic team at the Beijing 2008 and London 2012 Games. He currently serves on the International Paralympic Committee Medical Commission and represents South Africa on the International Council of Cardiovascular Prevention and Rehabilitation.



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## Sebastien Racinais

Head of Research Operations, Athlete Health and Performance Research Centre, Aspetar, Qatar

Sébastien Racinais obtained a PhD in Exercise Physiology in the French West Indies in 2004, for which he worked on the effect of a warm humid environment, and the circadian rhythm in core body temperature, on muscle function. After lecturing for two years at the French West Indies University, he lectured at the University of Montpellier, France on training adaptations, and



conducted research on the neural factors limiting performance. Since joining Aspetar in 2007, Sébastien has developed a research programme on the adaptations of the human body to hot ambient conditions and their repercussions on sport performance. He created and runs a Special Interest Group (SIG) of physiologists with a strong interest in environmental physiology. This SIG aims to provide scientific support, educational resources and occupational health and safety guidelines on exercising in hot environments. Sébastien has also been collaborating with various national and international sports federations on consensus on exercising in hot ambient conditions. Within Aspetar, Dr Racinais is the Head of Research Operations within the 'Athlete Health & Performance' research pillar.

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### **Nicki Vance**

**Member IPC Anti-Doping Committee; Director Nicki Vance Consulting, Australia**

Nicki Vance has worked for 26 years in the field of anti-doping, setting up the testing and international programmes for the Australian Sports Drug Agency (ASDA). ASDA was the initial Australian National Anti-Doping Organisation prior to the evolution to the Australian Sports Anti-Doping Authority (ASADA). Nicki headed the anti-doping programme for the Sydney 2000 Olympic and Paralympic Games and worked as a Director for the World Anti-Doping Agency WADA during its start-up year in 2001.



In 2002, she established Nicki Vance Consulting, primarily providing services to major games organising committees, national anti-doping organisations, international sports federations, and private independent sample collection companies. Nicki is a member of the International Paralympic Committee (IPC) Anti-Doping Commission.

## Peter Van de Vliet

**Medical and Scientific Director IPC, IPC, Bonn, Germany**

Dr Peter Van de Vliet is Medical & Scientific Director of the International Paralympic Committee (IPC), with office in Bonn, Germany, since October 2006. His portfolio includes classification, anti-doping, medical services, and sports sciences. Dr Van de Vliet holds a PhD in Physiotherapy and Motor Rehabilitation. Prior to taking the current position, he worked as researcher at the Leuven University (Belgium) with particular interest in Paralympic classification and psychosocial determinants of sports participation in athletes with an impairment. He was Athletics Coach for the Belgian Paralympic team for Atlanta 2006, and was the Wheelchair Rugby team Manager during Athens 2004. He is also a member of the Belgian Paralympic Committee Elite Athlete Sport Counseling Group. Dr. Van de Vliet regularly speaks and publishes on Paralympic sport classification, anti-doping and medical care and acts as occasional reviewer for several international journals.



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## Nick Webborn

**Member IPC Medical Committee; Chief Medical Officer Paralympics GB at London 2012 Paralympic Games; Chair FIMS Scientific Commission; Sports & Exercise Medicine Lead, Centre for Sport and Exercise Science and Medicine (SESAME), University of Brighton, United Kingdom**

Professor Nick Webborn is currently Medical Director of the Sussex Centre for Sport and Exercise Medicine and Head of the Sports Medicine section of the Centre for Sport and Exercise Science and Medicine (SESAME) at the University of Brighton. He works with a variety of sports at elite level, but mostly with British Paralympic athletes. He has attended eight Paralympic Games either as GB Team Physician or as a member of the International Paralympic Committee (IPC)'s Medical Commission and the IPC Anti-Doping & Sport Subcommissions. His first IPC World Athletics Championships was in 1994 as Team Physician for Great Britain. He was involved in the bid for the London 2012 Olympic Games, and then worked for the London






Olympic Games Organising Committee (LOCOG) on the medical advisory group and as CMO for the British Paralympic team. Prof. Webbhorn has been broadly recognised for his research, winning the 1997 IOC World Congress on Sport Sciences award and being nominated twice for the Paralympic Scientific Award. His recognition of the thermoregulation issues in Paralympic athletes set off further research into cooling and pre-cooling methods. Prof. Webbhorn initiated the IPC Injury Surveillance Programme in Salt Lake City 2002. He has published 17 book chapters and over 20 articles on Paralympic sports in a desire to bring sports medicine to athletes with a disability. Nick is currently Chairman of the Scientific Commission of the International Federation of Sports Medicine (FIMS).

## NOTES



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