

# ASPETAR WORLD CONFERENCE 2025

09<sup>th</sup> - 11<sup>th</sup> October 2025, Aspire Zone

ASPETAR  
أسبیتار

## AGENDA

### INJURY AND ILLNESS PREVENTION FOR PERFORMANCE: HOW TO 'BUILD YOUR OWN' RISK MANAGEMENT PROGRAM

8 October 2025

#Aspetarcon25



**Target Audience:** Physicians, Allied Health Practitioners, Others (Sports Scientists, Coaches, Researchers)

**Activity code:** HGI-03-P168

**Venue:** Aspire, Olympia Conference Room

**Time:** 9:00 – 14:00

**Please note that this activity is offered as a part of the Aspetar World Conference 2025, therefore, you must be registered for the conference to be able to sign up for this workshop.**

**Overall Learning Objectives:**

On completion of this activity, participants will be able to:

1. Develop their knowledge and practical skills to formulate tailored and comprehensive injury and illness prevention programs
2. Examine and compare risk management principals to solve injury and illness prevention challenges

**This activity is an Accredited Group Learning Activity (Category 1) as defined by the Ministry of Public Health's Department of Healthcare Professions - Accreditation Section and is approved for a maximum of 3.75 hours.**

Date	Topic	Session Learning Objectives By the end of this session, participants will be able to:	Speaker/ Facilitator
09:30 - 10:00	Registration		
10:00 - 10:20	Introduction & group exercise	<ul style="list-style-type: none"> <li>Compare their own experiences, discuss commonalities and differences of their perspectives on injury risk management</li> </ul>	Roald Bahr
10:20 - 10:30	Lecture: The principles of risk management	<ul style="list-style-type: none"> <li>Describe the principles of risk management, its different aspects, and its application in a variety of sports settings</li> </ul>	Roald Bahr
10:30 - 10:50	Group activity: Describe & discuss team risks for their teams	<ul style="list-style-type: none"> <li>Identify injury risk within their current context</li> </ul>	Practical session: All Faculty
10:50 - 11:00	Lecture: Introduction to the risk Management Plan (RMP) tool: A practical approach	<ul style="list-style-type: none"> <li>Discuss the fundamentals of the Risk Management Plan (RMP)</li> </ul>	Bahar Hassanmirzaei
11:00 - 11:20	Activity: Build your own RMP - team risk identification	<ul style="list-style-type: none"> <li>Develop and construct their own RMP</li> </ul>	Practical session: All Faculty
11:20 - 11:30	Lecture: The importance of injury & illness surveillance	<ul style="list-style-type: none"> <li>Explain the basic principles of injury and illness surveillance for informed risk management</li> </ul>	Montassar Tabben
11:30 - 11:50	Activity: Build your own RMP - athlete risk identification	<ul style="list-style-type: none"> <li>Discuss athlete risk identification and application to their RMP</li> </ul>	Practical session: All Faculty
11:50 - 12:00	Lecture: The role of periodic health evaluations	<ul style="list-style-type: none"> <li>Develop their knowledge on the importance of screening and monitoring of risk management</li> </ul>	Stephen Targett
12:00 - 12:20	<b>BREAK</b>		
12:20 - 12:40	Activity: Build your own RMP	Group discussion: how to apply periodic health evaluations to their own RMP	Practical session: All Faculty

	-risk assessment (seasonal risks identification)		
12:40 - 12:50	Lecture: Load monitoring and risk change during the season	<ul style="list-style-type: none"> <li>Discuss how to monitor and manage the load during the season, and identify the change of the priority of the risks during the season</li> </ul>	Mokhtar Chaabane
12:50 - 13:00	Case study: Application of the Aspetar IP2 NetWork	<ul style="list-style-type: none"> <li>Discuss how the Aspetar IP2 was created and used in a real-world example</li> </ul>	Oussama Skhiri
13:00 - 13:20	Activity: Build your own RMP -Which risks will you address, how and who?	<ul style="list-style-type: none"> <li>Critically evaluate risk mitigation techniques, and apply evidence-based practice to their sporting population</li> </ul>	Practical session: All Faculty
13:20 - 13:30	Case study: Application of the Aspetar IP2 NetWork	<ul style="list-style-type: none"> <li>Apply a real-world IP2 example (hamstrings or groin examples)</li> </ul>	Souhail Chabbi & Raouf Rekik
13:30 - 13:40	Lecture: Youth athlete populations	<ul style="list-style-type: none"> <li>Evaluate the existing evidence on injury risk and mitigation in youth athlete populations</li> </ul>	Eirik Halvorsen Wik
13:40 - 14:00	Discussion: Reflections on your own RMP	Group discussion: how you will apply the day's collective learnings to enhance your organisation's RMP into the future	Roald Bahr

### **Scientific Planning Committee:**

Roald Bahr (Chair), Olaf Schumacher (Co-Chair), Montassar Tabben, Eirik Halvorsen Wik , Hugh Fullagar, Bahar Hassanmirzaei, Oussama Skhiri, Mokhtar Chaabane, Souhail Chabbi & Raouf Rekik

**The Scientific Planning Committee has reviewed all disclosed financial relationships of speakers, moderators, facilitators and/or authors in advance of the CPD activity and has implemented procedures to manage any potential or real conflicts of interest.**

Overall time: 220 minutes; lecture: 80 minutes; interactive: 140 minutes (64%)