



Performance Medicine in Racing - Developing and Protecting the Jockey

Day 1			
Time	Session	Speakers and Facilitators	
08:00	Delegate Arrival		
08:45	Welcome Address	Andrew Harding, Executive Director IFHA Darragh O'Loughlin, CEO of IHRB and Chair of the IFHA Jockey Health and Wellbeing Committee	
09:15	Inside the Mind of the Jockey: Performance, Wellbeing, and Lessons from the Field	Facilitator: Tom Scudamore	Speakers: Ciara Losty - Ire Lisa Stevens - Australia Michael Caulfield - UK Karen Lo – Hong Kong
10:15	Entrapment Protocols	Suzannah Hoult - UK	
10:45	Refreshment 1		
11:00	Fuelling the Ride: Practical Insights and Evolving Strategies in Jockey Nutrition	Facilitator: Giles Warrington	Speakers: Dan Martin - UK Megan Roberts - Australia Gillian O'Loughlin - Ire John O'Reilly – Hong Kong
12:00	Poster Presentations: Developing and Protecting the Jockey	Open to all Delegates; featuring research insights, project outlines and country updates	
13:00	Lunch		
14:00	On the Turf: Live Outdoor Simulation of Raceday Medical Practice and Entrapment Protocols	Hong Kong Jockey Club Suzannah Hoult - UK	
15:15	Refreshment 2		
15:30	IFHA Chair's Address	Winfried Engelbrecht-Bresges	
15:45	Minimum Riding Weights: Towards a More Individualised and Evidence-Based Approach	Facilitator: Richard Pugh	Speakers: Rosy Hyman - UK Jennifer Pugh - Ire Peta Hitchens - Australia Andrew Coonan - Ire Paul Struthers - UK
16:45	Day 1 Close		

Day 2			
Time	Session	Speakers and Facilitators	
08:30	Delegate Arrival		
09:00	From Turf to Recovery: The Concussion Journey in Horse Racing	Facilitator: Jennifer Pugh	Speakers: Rosy Hyman - UK James Murray - UK Tom Scudamore - UK Siobhan O'Connor - Ire Tarryn Mason – South Africa
10:00	Fit to Ride: Physical Preparation and Rehabilitation for Jockey Performance	Facilitator: Giles Warrington	Speakers: Kylie Legg – New Zealand Danny Hague - UK Gavin Egan - Ire John O'Reilly – Hong Kong Michaela Keener - USA Tarryn Mason – South Africa
11:15	Refreshment 1		
11:30	Concussion litigation in England: the Going and the Odds <i>A review of the current state of the sports-related concussion litigation in England and the implications for the international horseracing community</i>	William Audland - UK	
12:15	Advancing Safety in the Saddle: Injury Surveillance, Prevention, and Protective Innovations	Facilitator: Richard Pugh	Speakers: Peta Hitchens - Australia Matt Stewart - UK Siobhan O'Connor - Ire Daroni Lucas - UK
13:15	Lunch		
14:15	Strong in the Saddle: Managing Jockey Performance, Injury, and Wellbeing in Hong Kong Racing	Facilitator: Richard Pugh	Speaker: Chris Kamper – Hong Kong
14:35	Beyond the Finish Line: Supporting Jockeys' Careers and Transitions into Retirement	Facilitator: Richard Pugh	Speakers: Bill Riddiford - Australia Phil Kinsella - UK Jeff Gomez - Ire Tom Scudamore - UK
15:35	Refreshment 2		
15:45	Themed Table Discussions: Cultivating Connections and Collaborations	Open to all Delegates; facilitated themed table discussions	
17:00	Conference Close		