



**IBU**

INVITATION  
**IBU TEAM PHYSICIAN  
WEBINAR 2021**

|                              |  |
|------------------------------|--|
| <b>DATE</b>                  | <b>04 - 05 September 2021</b>  |
| <b>TIME</b>                  | 04 September: 2:00 pm – 06:15 pm (CET)<br>05 September: 2:00 pm – 05:45 pm (CET)   |
| <b>PLACE</b>                 | Online via Zoom  |
| <b>REGISTRATION</b>          | Please register here:<br><a href="https://www.surveymonkey.com/r/IBUTeamPhysicianSeminar">https://www.surveymonkey.com/r/IBUTeamPhysicianSeminar</a> |
| <b>REGISTRATION DEADLINE</b> | <b>31 August 2021</b>  |
| <b>PARTICIPANTS</b>          | National Team Physicians, Coaches, Physiotherapists  |
| <b>LANGUAGE</b>              | English, Russian, (German)   |
| <b>CONTACT</b>               | Should you have any questions or concerns, please reach out to <a href="mailto:theresa.jost@ibu.at">theresa.jost@ibu.at</a>                          |



## **IBU TEAM PHYSICIAN WEBINAR 2021**

## **INTRODUCTION OF IBU PRESIDENT, OLLE DAHLIN**

**Dear Biathlon Friends, Dear Physicians and Coaches,**

We are delighted to once again organise the IBU Team Physician Seminar.

Since the last seminar was held in 2017, the world has changed dramatically. With the emergence of COVID-19, we have all become more aware of the need to protect our health and take greater precautions.

The COVID-19 pandemic of course presents additional complexities for you as physicians and will therefore be a key focus of this seminar.

On day one, our expert speakers will cover a number of important topics related to COVID-19 including the IBU's COVID-19 strategy and report, strategies for team illness prevention, medical preparation for athletes in the age of COVID-19, and return to play after COVID-19. There will also be a panel discussion at the end of the day on mental health management of elite athletes during COVID-19.

Day two of the seminar will cover subjects such as medical preparation of athletes from different countries, burnout and motivation of athletes, treatment of psychological issues and an overview of the Beijing 2022 Olympic Games medical services. Again, we will finish the day with a panel discussion, this time on elite athletes health problems from different perspectives.

Throughout the two-day seminar, we want it to be as interactive and informative as possible and so there will be opportunity for questions and answers after every presentation so you can share ideas and learn from each other.

We hope you find the seminar valuable and enjoyable and that it will further equip you with the knowledge and insight to support your teams.



Yours in friendship,

**Olle Dahlin**



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## AGENDA

| SATURDAY, 4 <sup>TH</sup> OF SEPTEMBER             |   |
|--|---|
| <b>Session 1</b><br>2:10 - 2:50 pm<br>(CET)        | <b>Lecturer:</b> Dr Katja Mjosund<br><b>Topic:</b> Strategies for team illness prevention in the age of COVID-19.   |
| <b>Session 2</b><br>2:55 - 3:25 pm<br>(CET)        | <b>Lecturer:</b> Dr Kathrin Steffen<br><b>Topic:</b> Injury and illness surveillance in elite athletes.   |
| <b>Session 3</b><br>3:35 - 4:05 pm<br>(CET)        | <b>Lecturer:</b> Prof. Dr Bernd Wolfarth<br><b>Topic:</b> Medical preparation of athletes from Germany in the age of COVID.   |
| <b>Session 4</b><br>4:25 - 4:55 pm<br>(CET)        | <b>Lecturer:</b> Dr Irina Zelenkova<br><b>Topic:</b> Return to play after COVID illness.  |
| <b>Session 5</b><br>5:05 - 5:35 pm<br>(CET)        | <b>Lecturer:</b> Prof. Dr Ansgar Thiel<br><b>Topic:</b> A biopsychosocial perspective on health-related issues in elite sports.   |
| <b>Panel discussion</b><br>5:45 - 6:15 pm<br>(CET) | <b>Moderator:</b> Jim Carrabre<br><b>Participants:</b> Katja Mjosund, Bernd Wolfarth, Irina Zelenkova, Kathrin Steffen, Ansgar Thiel<br><b>Topic:</b> Mental health management of elite athletes during COVID-19. |

| SUNDAY, 5 <sup>TH</sup> OF SEPTEMBER               |  |
|--|--|
| <b>Session 1</b><br>2:05 - 2:35 pm<br>(CET)        | <b>Lecturer:</b> Dr Margo Mountjoy<br><b>Topic:</b> Relative energy deficiency in sport – practical implications for the youth and elite athletes.                               |
| <b>Session 2</b><br>2:45 - 3:15 pm<br>(CET)        | <b>Lecturer:</b> Dr Henrik Gustafsson<br><b>Topic:</b> Burnout, Motivation: the dark side and the bright side.   |
| <b>Session 3</b><br>3:25 - 3:55 pm<br>(CET)        | <b>Lecturer:</b> Dr Lykke Tamm<br><b>Topic:</b> The medical preparation of athletes from Sweden for Biathlon competitions  |
| <b>Session 4</b><br>4:05 - 4:35 pm<br>(CET)        | <b>Lecturer:</b> Dr Margo Mountjoy<br><b>Topic:</b> Treatment of psychological issues in athletes, an overview   |
| <b>Session 5</b><br>4:45 - 5:05 pm<br>(CET)        | <b>Lecturer:</b> Dr Huo Da & Dr Jiang Yang<br><b>Topic:</b> Countermeasure policies and requirements of COVID-19   |
| <b>Panel discussion</b><br>5:15 - 5:45 pm<br>(CET) | <b>Moderator:</b> Jim Carrabre<br><b>Participants:</b> Margo Mountjoy, Henrik Gustafsson, Lykke Tamm<br><b>Topic:</b> Elite athletes health problems from different perspectives |

**Please note:** Agenda can be subject to change, in case of presenters' sickness, unavailability etc.



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## **TEAM PHYSICIAN WEBINAR 2021**

## **LECTURER INFORMATION**



### **Dr. Katja Mjøsund**

Katja Mjøsund (MD, PhD) is a Finnish specialist physician in sports and exercise medicine and the team physician of Finnish biathlon and orienteering national teams. In addition to her clinical work with athletes, she is committed to promoting athletes' health and rights through her expert position in WADA, as a TUE committee member in International Testing Agency and as a board member of Finnish Olympic Committee. Her previous research activities focused on muscle energy metabolism, while she is now more involved in applied research on respiratory infections in athletes, and RED-S. She is a member of IOC consensus group in respiratory infections in athletes.

As a previous elite endurance athlete, Dr Mjøsund enjoys running and skiing in her free time. She likes international work collaboration and understands six languages.



### **Dr. Kathrin Steffen**

Kathrin is a senior researcher at the Oslo Sports Trauma Research Center at the Norwegian School of Sport Sciences. Besides her research interests in injury and illness epidemiology and prevention in the broader sports community, Kathrin is now working as a full-time researcher to support the health team of the Norwegian High Performance Center (Olympiatoppen) in their continuous health monitoring and screening program, with a special focus on the Paralympic athlete.

Until 2019, Kathrin has been the head of knowledge dissemination at the OSTRC and project leader for national and international multimedia projects to disseminate knowledge in sports medicine. This work included the project and content management for a multi-lingual "Skadefri/Get Set - webpage/mobile application" on injuries and injury prevention in Olympic sports and collaborations on coach education with the Norwegian Sport and National Sports Federations.

In addition, Kathrin serves as a research assistant at the Department of Medical & Scientific Activities in the International Olympic Committee (IOC). She is the assistant editor for the 4 annual issues of the IOC supported journal British Journal of Sports Medicine Injury Prevention & Health Protection, in addition to have responsibilities in other IOC driven research projects as the injury & illness surveillance projects during (Youth) Olympic Games.

Kathrin improves life quality by enjoying time as a re-activated tennis player.



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### **Prof. Dr. Bernd Wolfarth**

Univ. Prof. Dr. med. Bernd Wolfarth is director at the Department of Sports Medicine at the Humboldt University and the Charité University Medicine Berlin. He is specialized in internal medicine and sports medicine. After his medical studies in Freiburg, and 10 years as a deputy chief at the Department of Sports Medicine at the Technical University Munich he moved in 2014 to his current position in Berlin. His scientific interest is on genetics, performance and trainability. He was post-doc for one year in Prof. Bouchards lab in Quebec/Canada and in Baton Rouge/USA and published more than 100 original and review articles in the field of molecular genetics and sports medicine. Moreover, he is involved in teaching students in Prevention, Rehabilitation and Sports medicine. In addition, since 2019 he is elected President of the German Society of Sports Medicine and Prevention.

For the German ski association, he serves as the head physician over the last 15 years. In addition, he takes care of the German biathlon national team for more than 20 years. Since 2002 he worked with the German Olympic team. For the Olympic Games in Vancouver 2010, London 2012, Sochi 2014, Rio 2016, Pyeongchang 2018 and Tokyo 2020 he was the head physician for the German Olympic Team. Since 2011 he is chair of the medical expert committee of the German Olympic Sports Federation.



### **Dr Irina Zelenkova**

Irina Zelenkova, MD, PhD and IOC certified sport physician is working over 10 years in the field of professional sports in the laboratory field. Her main specialization is the detailed support of athletes and team preparation, often with deep complexity. This includes the highest level competitions (World Championships, World Cup Stages and Olympic Games). The main focus of her work is to improve the performance of athletes using innovative technologies without using prohibited substances and methods. She is currently working at the University of Zaragoza in the GENUD research laboratory which is the collaborating center of the International Federation of Sport Medicine (FIMS).



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### **Prof. Dr. Ansgar Thiel**

Ansgar Thiel is Director of the Institute of Sports Science at the Eberhard Karls University Tübingen and holds a Professorial Chair for Sport Sociology. Ansgar Thiel studied sports science, psychology, and psychogerontology. He completed his PhD and habilitation in sport sociology.

Ansgar Thiel's research interest comprise:

- Sociology of sport, health and the body,
- (In)activity and health biographies
- Biopsychosocial health in elite sports
- Impact of body-related stigmatization on health and activity

Ansgar Thiel has published more than 200 articles in refereed journals, volumes, and handbooks. Some of his key papers are published in the journals Sociology of Sport Journal, PLoS ONE, BMC Public Health, Psychology of Sport and Exercise, Biological Psychology, and Computers in Human Behavior. He also published 20 books (monographs) in the field of sociology, for example "Sportsoziologie [Sports Sociology] (2013; with K. Seiberth and J. Mayer); Soziologie des Sports [Sociology of Sport] (2000); with K. Cachay, and Soziale Konflikte [Social Conflicts] (2003) and edited several volumes in the areas of sociology, health, and education.



### **Dr. Henrik Gustafsson**

Dr. Gustafsson is professor in sport science at Karlstad University, Sweden and visiting professor at The Norwegian School of Sport Science. His research is focused on burnout in sport and performance psychology in elite sports with a special emphasis on the application of Cognitive Behavioral Therapy in Sport settings. Dr. Gustafsson also has extensive experience as sport psychology consultant with elite level athletes and is a former coach in cross-country skiing.



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### **Dr. Margo Mountjoy**

Dr. Mountjoy is an Associate Clinical Professor in the Department of Family Medicine and the Regional Assistant Dean of the Michael G. DeGroote School of Medicine, McMaster University.

She is also a clinician scientist. In addition to her research activity, she has a clinical practice as a sports medicine consultant at the Health + Performance Centre at the University of Guelph, where she holds the title of the Clinical + Academic Director.

Dr. Mountjoy works for several International Sports organizations in the field of sports medicine including the International Olympic Committee (Games Group), the International Federations of FIFA, FINA (aquatics), World Rugby, the Association of Summer Olympic International Federations (Chair- ASOIF Medical and Scientific Consultative Group) and for the World Anti-Doping Agency (Health Medicine and Research). She is a retired elite artistic swimmer.

Dr. Mountjoy has several areas of expertise in sport medicine. One in particular, is her academic and practical expertise in the development and implementation of health + safety protocols for elite international sport events. In addition, as a scientist, she is active as a researcher in the fields of Relative Energy Deficiency in sport (RED-S), athlete mental health, injury prevention, and the prevention of harassment and abuse in sport. She has also worked in the area of knowledge translation of these scientific areas with the production of related educational materials for athletes, coaches, sport medicine physicians and sport governing policy makers and politicians.



### **Dr. Lykke Tamm**

Lykke Tamm is a MD working in a Sports medicine department in the University hospital of Grenoble, France. She used to be Team physician of the French biathlon team and snowboard team. Since 2011 Lykke is Team physician for the Swedish biathlon team and also doctor of the Swedish Olympic Committee.





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**Dr. HUO Da**

Dr HUO Da has a PhD in Epidemiology from Capital Medical University of China. He holds a position as a senior epidemiologist in Beijing Centre for Disease Control and Prevention and currently serves in the team of public health of Beijing Organising Committee for 2022 Olympic & Paralympic Winter Games (BOCOG). He is experienced in the field of infectious disease control and is a group member of epidemiological investigation of China's National Health Commission.



**Dr. Jiang Yang**

Dr Jiang Yang is from the medical services division of the sports services department. He is in charge of the formulate medical guide and developed an electronic medical record system. Dr Jiang is also a project engineer.