



**sems** SPORT & EXERCISE  
MEDICINE  
SWITZERLAND  
Schweiz • Suisse • Svizzera • Svizra

## SEMS online congress

29.10.2020, 14:00 – 17:30

Dear SEMS members, dear colleagues

Special times require special measures. The year 2020 has not been like any other before, neither for the SEMS, nor our members, nor for many of our family members.

We truly hope that you, your relatives and loved ones are staying healthy and safe during this difficult time.

Our activity in sports medicine has never really stopped, but our interaction with athletes, coaches and peers has been challenged in many ways, in terms of communication requiring online solutions, taking medical decisions by distance, defining return to sport protocol with uncertain outcome and many more.

This year's SEMS congress planned to take place in Magglingen had to be cancelled for sanitary reasons. However since exchanging knowledge and communication during the COVID-19 spread is more important than ever, a short update on sports medicine will take place online on Thursday 29<sup>th</sup> of October from 2 pm to 5.30pm.

How to proceed with an athlete that has been tested positive on COVID-19? Which tests and diagnostics are necessary for a safe return to sport? What if the athlete had mild or severe symptoms? **Dr Patrick Noack** and **Dr Christine Kissel** are the major architects of the Swiss **SARS-CoV-2 Return to training and competition guidelines** and will present and discuss them with you. **Prof Stephen Seiler** (Norway) will discuss how athletes had to cope and manage their training programs and their psychological readiness, and how well some surprisingly performed. Nutrition always plays a crucial role in physical and mental preparation for a big event. **Prof Graeme Close** (UK) will share his great experience with us by illustrating the preparation for the 2019 Rugby World Cup. Last but not least, **PD Pieter D'Hooghe** (Qatar) and **PD Norman Espinosa** will discuss two hot topics on frequent foot and ankle issues in athletes: the syndesmotic injury and its management and injuries to the greater toe.

We are confident that our online program will meet your expectations, and hope to find you safe and healthy again for the 2021 SEMS congress taking place in Magglingen.

Boris Gojanovic  
SEMS board member

Philippe Tscholl  
SEMS board member





# sems

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### Program:

- 14:00 **Welcome by congress organizing committee**  
*B. Gojanovic & P. Tscholl*
- 14:05 **Presidential address**  
*G.E. Cléin*
- 14:15 **SARS-CoV-2 Return to Training and Competition – Swiss guidelines**  
*C. Kissel & P. Noack*
- 14:45 **Sport Nutrition and Rugby: Reflections on The Rugby World Cup, Japan 2019**  
*G. Close*
- 15:45 Break
- 16:00 **CORONA: Reflections on an unplanned global training and performance experiment**  
*S. Seiler*
- 16:45 **Managing the athlete's ankle syndesmosis injury**  
*P. D'Hooghe*
- 17:00 **The hallux in athletes – from valgus to rigidus**  
*N. Espinosa*
- 17:30 Congress closing

### Speakers:

*Cléin German E., Ittigen*  
*Close Graeme, Liverpool (UK)*  
*D'Hooghe Pieter, Doha (Qatar)*  
*Espinosa Norman, Zürich*  
*Gojanovic Boris, Meyrin*  
*Kissel Christine, Zürich*  
*Noack Patrik, Abtwil*  
*Seiler Stephen, Agder (Norway)*  
*Tscholl Philippe, Genève*

### Credits:

5 SEMS Credits

### Registration:

[www.bbscongress.ch](http://www.bbscongress.ch)

### Registration fee:

SEMS member: CHF 50.-

SEMS non-member: CHF 75.-

