

SYMPOSIUM PROGRAMME

Wednesday 8 November 2023

Morning session

1) Cycling medicine (2h)

- Concussion protocol in cycling (current protocol in force during the international events, rapid detection of concussion, how to improve head protection) – [Xavier Bigard](#)
- What cardiovascular examination should be recommended to determine the medical fitness of cyclists for competition – [TBD \(collègue colombien, cardiologue du sport\)](#)
- The role played by food supplements in cyclists' nutrition – [Xavier Bigard](#)
- Effectiveness and limits of physical training at altitude (training camps at moderate altitude) [TBD \(Colombian colleague, sport doctor/physiologists\)](#)

Coffee break (15 min)

2) Oral presentations

Afternoon sessions

1) Sport events in the heat (1h30)

- Exercise in the heat (climatic constraints and exercise, effects on health, heat-related accidents, treatment in the field) [TBD \(Colombian Colleague, sport physician/physiologist\)](#)
- Heat acclimatation (importance for the risk mitigation, effects on heat tolerance, on sports performance) [TBD \(Colombian colleague, sports doctor/physiologist\)](#)
- Organising sport events in the heat (how to characterise the hot environment, preventive measures for organisers and athletes) - [Xavier Bigard](#) - [TBD \(Colombian colleague, sports doctor/physiologist\)](#)

Coffee break (15 min)

2) Oral communications (1h30)