



SURFING MEDICINE  
INTERNATIONAL



BOND  
UNIVERSITY

# Surfer Health Symposium

SURFING FOR LONGEVITY: DISSECTING THE HEALTH OF SURFERS

2 MAY, 2023

This event is proudly co-sponsored by

DESTINATION  
**GOLDCOAST.**



# Program

Location: Gregor Heiner Theatre, Building 5 (Health), Level 3

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08:30 - 08:50    **Registration**

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08:50 - 0900    **Welcome/ Acknowledgment to Country**

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09:00-09:25    **Injury Epidemiology: history and future directions**  
James Furness (Assist Professor, Physiotherapist, Australia)

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09:25- 9:50    **Research update on shoulder biomechanics and muscular EMG profiles in surfing**  
Jeff Nessler (Professor, Biomechanist, USA)

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09:50 - 10:15    **Activity profile and VO2 max across surfing lifespan, Thermoregulation and Hydration, and product design**  
Sean Newcomer (Professor, Exercise Scientist, USA)

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10:15 - 10:40    **Short Break**

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10:40 - 11:05    **Surfer's Eye: Vision and Injury Prevention**  
Ognjen Markovic (Ophthalmologist, Occupational Medicine Specialist, Austria)

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11:05 - 11:40    **Drowning & Bystander Rescue: A personal story**  
Will Allen (Rural Medicine Registrar, New Zealand)

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11:40 - 12:05    **Review of 16-year data on mortality among surfers**  
Dion van de Schoot (Emergency Medicine Specialist, New Zealand)

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12:05 - 12:20    **Panel discussion on Drowning Resuscitation**  
Lead by Dion van de Schoot

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12:20 - 1:20    **Lunch**

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13:20 - 13:45    **Head injuries in surfers**  
Adrian Owen (Emergency Medicine Specialist, New Zealand)

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13:45 - 14:10    **Case Series from World Surf League**  
Allan Mackillop (Anaesthesiologist, Medical Lead WSL, Australia)

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14:10 - 14:35    **Code Red: Haemorrhage control in Surfing Environment**  
Kim Bruce (Emergency Medicine Specialist, Australia)

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14:35 - 15:00    **Skin Cancer in Aquatic enthusiasts and / or Skin Cancer detection incorporating artificial intelligence**  
Mike Climstein (Assoc/Prof, Exercise Physiologist, Australia)

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15:00 - 15:10    **Symposium Close**

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15:10 - 17:00    **Networking Reception**

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# Speakers



**Sean Newcomer**  
Professor, Exercise Scientist, USA

Sean is Department Chair and Professor in the Department of Kinesiology at California State University San Marcos. He conducts research on the role that equipment and apparel plays on surf performance. Specifically, he is interested in the impact that wetsuit design and materials have on thermoregulation.



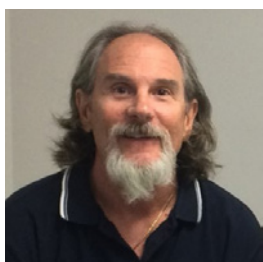
**James Furness**  
Assist/Professor, Physiotherapist, Australia

James is an assistant professor at Bond University and lead researcher within the Water based research unit. James has combined his passions of surfing and musculoskeletal physiotherapy together performing research on injury epidemiology and musculoskeletal assessment within the surfing community.



**Kim Bruce**  
Emergency Medicine Specialist, Australia

Kim is an emergency physician based at the Gold Coast University Hospital. His experience working in aeromedical retrieval and trauma centres across Australia have led to an ongoing interest in adult/paediatric resuscitation. He is a passionate educator in life support skills through ALS/APLS, especially at a community level. Having discovered surfing later in life, he now spends an irrational amount of time in the water and watching surfcams.



**Mike Climstein**  
Assoc/Prof, Exercise Physiologist, Australia

Mike Climstein is an associate professor at Southern Cross University and director of Aquatic Based Research. He has published studies on surfing, stand up paddle boarding and skin cancer, the latter is one of his major research themes. Mike continues to surf Australia's epic surf breaks at Snapper, Dbah and Kirra. Mike also travels to Hawaii and Indonesia for surf adventures.



**Jeff Nessler**  
Professor, Biomechanist, USA

Jeff is a professor in the department of Kinesiology at California State University, San Marcos. Dr. Nessler's interdisciplinary background includes training in Mechanical and Aerospace Engineering, Biomechanics, and Sports Medicine. His research is focused on the control and mechanics of human movement, and he applies his background in movement analysis to paddling mechanics, balance, and wave riding in surfers. He currently lives and surfs in Southern California.

# Speakers

**Dion van de Schoot**  
Emergency Medicine Specialist, New Zealand



Dion van de Schoot works as an Emergency Physician in Te Whatu Ora Waikato, Hamilton New Zealand and has a special interest in Surfing Medicine, Human factors & Performance Psychology and Drowning.

He is the co-founder and COO of Surfing Medicine International, a globally active non-profit organisation that promotes health and water safety by connecting health professionals with a passion for surfing, conducts science and educates surfing health professionals as well as non-medically trained surfers.

Dion is active in development of educational content for healthcare professionals and Surfing community around Surfing Medicine. His research focus is around bystander rescue and drowning prevention in Surfing Community. He has chaired multiple conferences and is keen to bring all stakeholders around Surfing Health together to make positive impact on Surfers wellbeing worldwide.

**Adrian Owen**  
Emergency Medicine Specialist, New Zealand



Adrian graduated in the UK then travelled extensively. He worked in Malawi, Niger, South Africa and Pakistan, before ending up in New Zealand. He completed his Emergency Medicine Training in New Zealand and has worked as a specialist in both New South Wales and New Zealand. He is the current Paediatric Emergency Medicine clinical lead for Waikato Hospital, he has interest in Surfing Injury Prevention. He lives in Raglan, with his young family, and surfs whenever his wife let's him.

**Allan Mackillop**  
Anaesthesiologist, Medical lead WSL, Australia



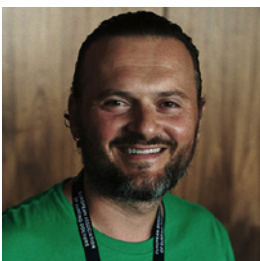
Dr. Allan MacKillop is a specialist in Retrieval Medicine, Anaesthesiology and Pain Medicine. Allan is the WSL Chief Medical Officer and was previously the Medical Director - Emergency Care for the ASP. He is also the Chief Medical Officer of LifeFlight Australia and was until recently an air-medical retrieval specialist with the Royal Australian Air Force. Allan is responsible for strategic development of and managing the medical services for all WSL Championship Tour, Challenger Series, Big Wave Tour and Longboard Tour events.

**Will Allen**  
Rural Medicine Registrar, New Zealand



Will is a rural medicine trainee currently based in the South Island of NZ. Will originally trained and worked in the UK and South Africa. Will is very interested in critical care and heli-medicine and is passionate about drowning prevention and in hospital treatment. Will continues to surf whenever he can and enjoys surfing the beachies way down in the depths of the south island.

**Ognjen Markovic**  
Ophthalmologist, Occupational Medicine Specialist, Austria



Ogi started surfing 1986 on the beaches of California and never stopped surfing since. Upon finishing his medical training he first worked in internal medicine and anaesthesiology before specializing in Ophthalmology, Optometry and Eye surgery. Later he widened his education in specializing in Occupational and Preventive Medicine with special interest in UV eye pathology. His love for surfing has lead him to become one of the founders of Surfing Medicine International, co-creator of the Surf firs Aid App and SMI coordinator of the HP Surf Coaching Uni Lisbon, all driven by the goal to: "Keep Surfers healthy and safe".