



1st ACTION SPORTS & EXERCISE MEDICINE CONGRESS MALCESINE JULY 12-13 2019

Action sports are revolutionizing the sports world. Kitesurfing made its first appearance at the 2018 Youth Olympic Games in Buenos Aires, Argentina and will be included in the 2024 Paris Olympic games. Surfing, rock climbing and skateboarding will also be making their debut at the 2020 Olympic Games in Tokyo, Japan. Meanwhile, snowboarding, mountain biking and triathlon, by now, are mainstays included in the Olympic programs.

The high velocity, high altitude, strong accelerations and extreme physical precision required to perform these sports is exactly what characterizes them and what attracts the attention of the media and the world of fashion. Nearly all of them being born in the 70's, extreme sports are now practiced by millions of participants around the globe. With the continually rising participation in these activities, medicine and science need to focus on these sports with the same attention which is already given to more traditional sports. This must be done with the awareness that the world of action sports requires very specific considerations and a dedicated approach. This is exactly the goal of the International Scientific Association EXTREMESPORTMED.

The 1st Action Sports & Exercise Medicine Congress is organized by EXTREMESPORTMED in collaboration with Politecnico di Milano. It will be held in Malcesine, Italy at the distinguished venue of, Palazzo dei Capitani on the 12th and 13th of July 2019. It will host the first multidisciplinary group interested in developing specific skills for the action sector.

Nearly 40 experts from all over the world – including USA, Australia, Brazil, many European Universities, will come together in these two congressional days. The event is endorsed by ISMULT, AIFI and the Municipality of Malcesine. Many national and international sport federations will be participating: International Kiteboarding Association (IKA), World Skate, Federazione Italiana Sport Invernali (FISI), and European Hang Gliding and Paragliding Union (EHPU). In addition, there will be many respected scientific authorities in attendance: European Underwater and Baromedical Society (EUSB), the International Commission for Alpine Rescue (ICAR), the Group of Italian Sports Physical Therapist (GISPT), and the Australasian Society of Aerospace Medicine (ASAM)