

Kiku. International. Mountain. Summit.



| Willenskraft / Forza di Volontà / Willpower

Clean and Honest Mountaineering: Reality or Illusion?



© Pavel Balazov for the IMS Photo Contest 2014

IMS CONGRESS

Saturday, October 18th, 2014
Forum Brixen

Time 09.00-18.00

🎧 Deutsch / Italiano / English

Clean and Honest Mountaineering - Reality or Illusion?

The IMS Congress which is taking place on Saturday, October, 18th at the Kiku. International Mountain Summit in Bressanone/Brixen (Italy) will take up the controversial topic “Doping in Mountain and Mass Sports” and analyze it critically.

The aim of this long overdue discussion at international level is to find a definition of Doping in Mountaineering and mass sports, to establish policies and therefore to improve the safety in mountain sport and to guarantee the freedom of Mountaineering.

The first part of the congress will focus mainly on the medical aspect of high altitude mountaineering. The introduction to this topic will be conducted by Dr. Luigi Festi, Head of the International Master in Mountain Medicine, in cooperation with the Italian Alpine Club CAI and the Institute of Mountain Emergency Medicine/EURAC directed by Hermann Brugger, who will moderate the conference. The second part of the congress in the afternoon will be dedicated to the social point of view and will be conducted by the German, Austrian and South Tyrolean Alpine Clubs DAV, OeAV and AVS.



The end of the congress will take place on the big IMS stage in form of a discussion around the central theme of “doping in Mountaineering and Mass Sport” with all protagonists and experts of the congress day. The discussion will be moderated by Vinicio Stefanello, famous editor of the mountain platform www.planetmountain.com.

The opportunity to push the limits of the own physical performance in an artificial way, by taking medicines, is considered an appealing solution for many human beings. Is the fact that the Mount Everest has been climbed up with artificial Oxygen also to consider Doping? Is it a fraud? Should the usage of acetazolamide and phosphodiesterase-inhibitors intended to improve acclimatization, also be considered as Doping? What are the effects on the organism? Is it fair to use analgesics or anti-inflammatory medicines, to complete inter alia a trail-competition or to win?

Taking medicines to improve the performance in sports is generally considered Doping and as an illegal measure it is not accepted on the whole neither by society nor by athletes. Does it also apply to mountain sports?

In mountaineering, as well as in mass sports, medicines are more often used to prevent altitude sickness, as a pain therapy or for the physical well-being. The aim is usually to achieve an improvement of the physical performance. The reasons for this development are various: the timing needed and the financial costs, the personal and the mental performance pressure, the fear of failure. The personal environments, media and sponsors play an important role and can affect considerably decisions. Side effects and adverse health effects are often not considered or underestimated.

Mountaineers, representatives of Alpine Clubs, athletes, journalists, ethicists, anti-doping and High Altitude Medicine experts, officials of Sport clubs, coaches and all interested parties are invited to participate at this International Congress.

Participation only upon registration via mail ticket@ims.bz – free entry

Partners:



Detailed Program:

- 09.15 Conference presentation and authority greetings
- 09.30 Peter Bartsch
Lectio Magistralis: Maladaptation to acute high altitude exposure
- 10.00 Marco Maggiorini
Treatment and prevention of altitude sickness
- 10.20 Martin Burtscher
Drugs for the prevention of musculoskeletal pain, headache and AMS at high altitude: doping or justified precaution?
- 10.40 Urs Hefti
Prevention and pharmacological prophylaxis of AMS in high-altitude expeditions, necessity and abuse
- 11.00 – 11.15 COFFEE BREAK
- 11.15 Gian Franco Parati
The heart: prophylaxis and prevention of oxygen deficiency is always a benefit?
- 11.30 Ben Levine
The training methods for endurance sports in the mountain: what is the line between lawful and unlawful?
- 11.45 Guido Giardini
The drugs at high altitude in endurance sports: the experience of Tor de Geants
- 12.00 Waldemaro Flick
Medico-legal aspects related to the pharmacological improvement of performance in the mountain sport and mountaineering
- 12.15 Maria Antonia Nerin
Himalayan Climbing: faster, higher, stronger ... at any price?
- 12.45 Michele Signorini
The CONI and Antidoping Committee
- 13.00 – 14.00 LUNCH BREAK
- 14.00 Georg Simeoni representing the Alpine Clubs, then moderator
Opening and Introduction

- 14.05 Toni Lamprecht
How clean and honest can mountain sports be?
- 14.20 Martin Burtscher
From the medical point of view
- 14.40 Jörg Jaksche
Doping in top-class sports - A career in a doping-polluted-sports discipline

15.00 – 15.20 BREAK

- 15.20 Giulio Sergio Roi
The anti-doping activity of the International Skyrunning Federation
- 15.35 Renato Jorioz and Francesca Canepa
Drug Free – a self-sufficient winner
- 16.20 Marlies Prinzing
Mountain medications: a long overdue topic for (medial) debate
- 16.35 Panel discussion with questions from the audience moderated by Vinicio Stefanello
- 18.00 Conclusion by moderator

www.IMS.bz

