



Health and safety at FIFPro



Vision:

To be a centre of knowledge in football medicine in order to protect and promote the physical, mental and social health of professional footballers, both during and after their career.

Mission:

- Respond to the health care needs of professional footballers
- Educate and support our national players' unions on relevant health and safety domains
- Undertake relevant scientific research (up-to-date)
- Develop evidence- and practice-based interventions

Health and safety at FIFPro



Vision:

To be a centre of knowledge in football medicine in order to protect and promote the physical, mental and social health of professional footballers, both during and after their career.



Injuries



Concussions



Mental health



Sudden cardiac arrest

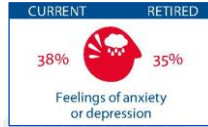


Osteoarthritis

Examples of recent research on health and safety



Mental health



Concussion

No	Yes
5%	45%
For players	For coaches
65%	50%

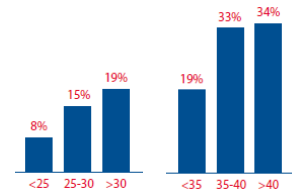
Improvement needed?

Education needed?



Osteoarthritis

	Current players	Retired players
Number of participants	964	396
Mean age	26 years	36 years
Mean duration of football career	7 years	11 years
Mean duration of retirement		5 years
Forced to retire		30%



The International Match Calendar



1. Serving and giving a voice to all players

Actions:

- Establish a Player's Council
- Establish a Player's Association
- Establish a Player's Union
- Establish a Player's Federation

2. Players at the core of football governance

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- Establish a Player's Council
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3. Strength in quality, then quantity

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4. Empowering the FIFPro brand

Actions:

- Establish a Player's Council
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5. Progressive and Inclusive operational structure

Actions:

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6. For our game and the community

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Actions:

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7. Strategic alliances and partnerships

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Health and safety of players – Sectoral Dialogue Committee Professional Football, Brussels, 27th September 2018

Kieran Trippier and Toby Alderweireld omitted from Tottenham squad

- Key defenders did not travel for Internazionale match
- Mauricio Pochettino said it was a 'technical decision'



Jose Mourinho makes surprising claims about post-World Cup fatigue

Date published: Saturday 22nd September 2018 8:45



Pochettino's Week Gets Worse Amid Reports Spurs Players Are Tired



Eden Hazard misses Chelsea's PAOK trip after complaining of tiredness

- Maurizio Sarri: 'I thought it was better for him to rest'
- David Luiz and Kovacic also out of Europa League opener



Why Tottenham and Manchester City have reason to fear World Cup fatigue



'Tired' Eden Hazard left at home for Chelsea's Europa League trip



Health and safety of players – Sectoral Dialogue Committee Professional Football, Brussels, 27th September 2018

FIFPro's recommendations



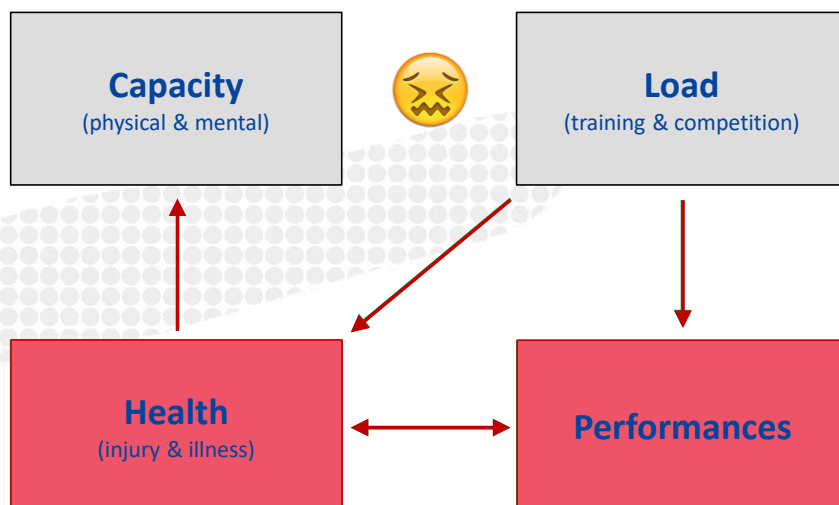
1. A minimum of 72 hours between the kick-off of two matches within a congested match week (typically midweek-weekend).
2. Additional recovery for professional footballers after long international flights (especially for those exposed to jet-lag).
3. In-season break (out of club's structure) lasting between 10 and 14 days within any typical professional football season.
4. Off-season break (out of club's structure) lasting between 4 and 6 weeks mandatory between two professional football seasons.

FIFPro's recommendations



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1. Minimum 72 hours between two matches





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Review

BMJ Open
Sport &
Exercise
Medicine

Postmatch recovery of physical performance and biochemical markers in team ball sports: a systematic review

Steven H Doeven,^{1,2} Michel S Brink,¹ Silke J Kosse,¹ Koen A P M Lemmink¹

To cite: Doeven SH, Brink MS, Kosse SJ, et al. Postmatch recovery of physical performance and biochemical markers in team ball sports: a systematic review. *BMJ Open Sport & Exercise Medicine* 2018;4:e000264. doi:10.1136/bmjsem-2017-000264

ABSTRACT

Background Insufficient postmatch recovery in elite players may cause an increased risk of injuries, illnesses and non-functional over-reaching.

Objective To evaluate postmatch recovery time courses of physical performance and biochemical markers in team ball sport players.

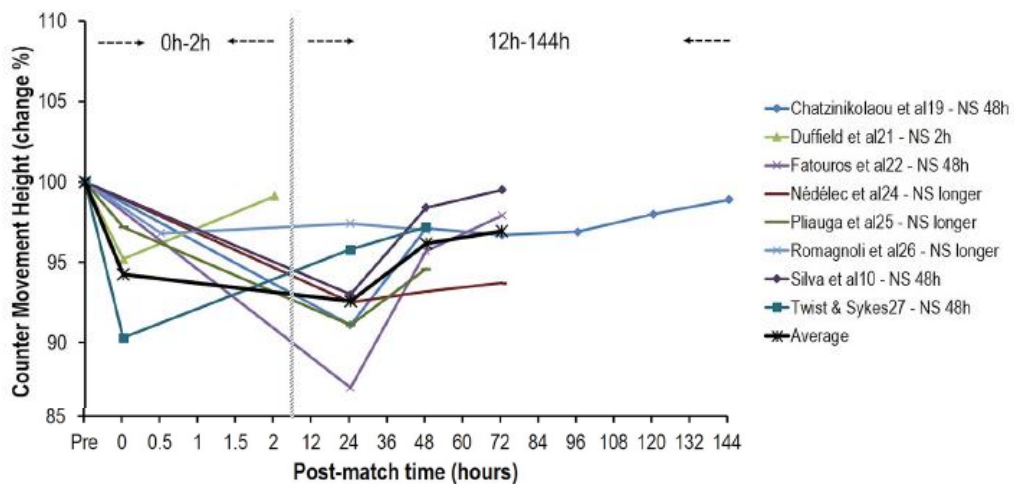
Study design Systematic review.

What is already known on this subject?

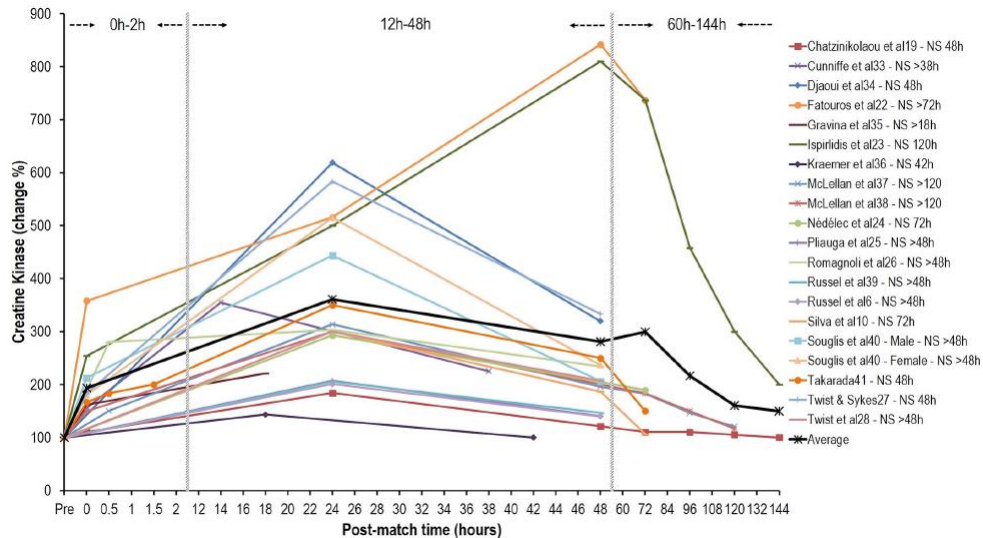
- ▶ The recovery process is challenging to manage in team ball sports and depends on several contextual factors.
- ▶ Multiple performance tests and biochemical markers are used to monitor the time course of recovery after training and matches.



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Postmatch recovery of physical performance and biochemical markers in team ball sports: a systematic review

- From performance's perspective: team ball sports players need at least 48 recovery hours.
- From muscle fatigue's perspective: team ball sports players need more than 72 recovery hours.



1. Minimum 72 hours between two matches

- ≤ 72 hours recovery between matches ► more match lost.
- ≤ 96 hours recovery between matches ► higher injury risk.

Muscle injury rate in professional football is higher in matches played within 5 days since the previous match: a 14-year prospective study with more than 130 000 match observations

Håkan Bengtsson,^{1,2} Jan Ekstrand,^{2,3} Markus Waldén,^{2,3} Martin Hägglund^{1,2}



1. Minimum 72 hours between two matches

		Totally disagree	Disagree	Agree	Totally agree
N = 543	Too many official matches are played every season	15%	52%	25%	8%
	Number of matches has negative consequences for performance and/or health	14%	46%	31%	9%
	Number of rest days between matches enough to recover	7%	30%	53%	10%
N = 129	Too many official matches are played every season	12%	42%	32%	14%
	Number of matches has negative consequences for performance and/or health	10%	41%	37%	12%
	Number of rest days between matches enough to recover	9%	32%	49%	10%

FIFPro's recommendations



1. A minimum of 72 hours between the kick-off of two matches within a congested match week (typically midweek-weekend).

2. Additional recovery for professional footballers after long international flights (especially for those exposed to jet-lag).

3. In-season break (out of club's structure) lasting between 10 and 14 days within any typical professional football season.

4. Off-season break (out of club's structure) lasting between 4 and 6 weeks mandatory between two professional football seasons.

2. Additional recovery after long flights



- Travel fatigue as a consequence of short (international) flights:
 - ≤ 2 time zones ► temporary exhaustion (long journey).
 - Quick recovery but accumulation over a season.
- Jet-lag as a consequence of long (international) flights:
 - ≥ 3 time zones ► disruption of body clock and daily rhythm.
 - Resynchronization ► ± 1 day per time zone crossed.
 - Direction of travel influences the severity (east vs. west).



2. Additional recovery after long flights



	Totally disagree	Disagree	Agree	Totally agree
N = 543 Long-distance flights impact negatively recovery, performance and/or health	6%	33%	42%	19%
N = 129 Long-distance flights impact negatively recovery, performance and/or health	9%	34%	36%	21%
N = 11 Long-distance flights impact negatively recovery, performance and/or health	9%	9%	73%	9%

FIFPro's recommendations

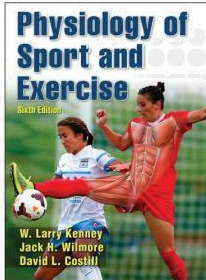


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3. In-season break: between 10 and 14 days



- In-season break: short period of complete cessation of (physical) activities enabling players to recover optimally within a football season.



- No guidelines available.
 - Not too short in order to provide players with sufficient time to recover and regenerate!
- ▶ Rational and practical = 10-12 days.

3. In-season break: between 10 and 14 days



N = 543	Mid-season break needed to recover from the first half of the season	85% ▶ yes
	Number of days as mid-season break needed to recover from the first half of the season	14
N = 129	Mid-season break needed to recover from the first half of the season	85% ▶ yes
	Number of weeks as mid-season break needed to recover from the first half of the season	13
N = 118	Mid-season break needed to recover from the first half of the season	89% ▶ yes
	Number of weeks as mid-season break needed to recover from the first half of the season	11

FIFPro's recommendations

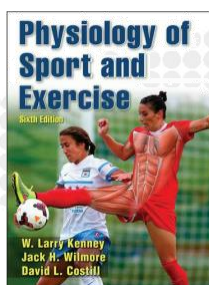


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4. Off-season break: between 4 and 6 weeks



- Off-season break: substantial period of complete / partial cessation of (physical) activities enabling players to recover optimally between two football seasons (physically and mentally).



- No guidelines available.
 - Not too long in order to avoid a too significant loss of key physiological capacities (e.g. endurance, strength)!
- ▶ Rational and practical = 4-6 weeks.

4. Off-season break: between 4 and 6 weeks



FIFPro's recommendations



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