

RACE EMERGENCY MEDICINE COURSE SAO PAULO

Maratona Internacional de Sao Paulo 2026

LOCATION TBC

11-12 April 2026

[REGISTER](#)

Faculty

Stéphane Bermon, MD, PhD, Director of World Athletics Health & Science Department

Matthew Sedgley, Director of Emergency Action Planning, MedStar

Ana Paula Sierra, Medical Director Maratona Internacional de São Paulo

Saturday, 11 April

Workshops and Simulation Exercises

8:30 - 8:40

Welcome

8:40 - 10:30

Event Medical Planning Working Session:

- Map Distribution
- Medical Service Planning / Mass Casualty Prevention Planning / Rescue Procedures

Coffee break

11:00 - 12:00

Simulation with Select Scenarios and Case Studies

12:00 - 12:30

How to organise Medical Services for the Maratona Internacional de São Paulo

Lunch break

13:30 - 15:30

Practical Learning

- Round I: Exertional Heat Stroke & Heat-Related Illness
- Round II: Exercise-Associated Collapse & Cardiac Arrest
- Round III: Exertional Hyponatremia Management

15:30 - 16:00

Activity debrief and discussion

16:00 - 17:00

Evaluation of practical learning and preparation for Race Day

Sunday, 12 April

Race Day Observation

8:00 - 12:00

Schedule to be confirmed.

Course participants are invited to observe the Race Operations Center and the Medical Tents.

Special credentials will be provided.

This rotation will continue until each group has spent a total of three hours observing.

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FOR ENDURANCE MEDICINE



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