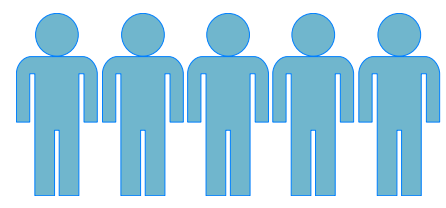


CURRENT PRACTICES, NEEDS, RESPONSIBILITIES AND PREFERENCES FOR KNOWLEDGE DISSEMINATION ON INJURY AND ILLNESS PREVENTION IN CROSS-COUNTRY SKIING

Oriol Bonell Monsonís, Jörg Spörri, Vincent Goutteborge, Caroline Bolling, Evert Verhagen



85 RESPONDENTS

MEN: 57.7%
WOMEN: 42.3%

59% ATHLETES
15% COACHES
21% TEAM STAFF
1% SKI RACING SUPPLIERS
4% FIS REPRESENTATIVES

47% SPRINT
53% DISTANCE

25% YOUTH COMPETITIONS
33% FIS COMPETITIONS
16% CONTINENT CUPS
14% WORLD CUP
2% MASTER COMPETITIONS
4% MASS EVENTS
6% NOT RULED BY FIS

CURRENT PREVENTION PRACTICES

INJ

SHOULDER, UPPER ARM AND ELBOW INJURIES
KNEE INJURIES
ANKLE, FOOT AND TOE INJURIES

1st RESPIRATORY ILLNESSES
2nd CARDIOVASCULAR ILLNESSES
3rd ENDOCRINOLOGICAL ILLNESSES

ILL

AREAS

1st PHYSICAL ASPECTS
2nd COURSE DESIGN
3rd MENTAL ASPECTS
3rd TEMPERATURE
5th SNOW SURFACE

NEEDS FOR INFORMATION

INJ

SHOULDER, UPPER ARM AND ELBOW INJURIES
KNEE INJURIES
HEAD INJURIES AND CONCUSSIONS

1st RESPIRATORY ILLNESSES
2nd THERMOREGULATORY ILLNESSES
3rd ENDOCRINOLOGICAL ILLNESSES

ILL

AREAS

1st PHYSICAL ASPECTS
2nd MENTAL ASPECTS
3rd SNOW SURFACE
4th TEMPERATURE
5th COURSE DESIGN

PERCEIVED RESPONSIBILITIES FOR PREVENTION

DVP

TEAM STAFF
MEDICAL DOCTOR, PHYSIOTHERAPIST, S&C COACH
COACHES
NSSA
FIS
ATHLETES

DISS

COACHES
FIS
NSSA
TEAM STAFF
MEDICAL DOCTOR, PHYSIOTHERAPIST, S&C COACH
ATHLETES

IMPL

COACHES
ATHLETES
TEAM STAFF
PHYSIOTHERAPIST, MEDICAL DOCTOR, S&C COACH
NSSA
FIS

DEVELOPMENT

DISSEMINATION

IMPLEMENTATION

KNOWLEDGE DISSEMINATION PREFERENCES

1st WEBSITE
2nd NEWSLETTER BY E-MAIL
3rd SOCIAL MEDIA

4th PODCASTS (AUDIO & VIDEO)
5th WEBINARS & SEMINARS
6th E-BOOK

