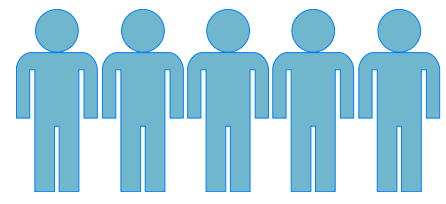


# CURRENT PRACTICES, NEEDS, RESPONSIBILITIES AND PREFERENCES FOR KNOWLEDGE DISSEMINATION ON INJURY AND ILLNESS PREVENTION IN ALPINE SKIING

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205 RESPONDENTS

MEN: 55%  
WOMEN: 45%

49% ATHLETES  
30% COACHES  
15% TEAM STAFF  
2% SKI RACING SUPPLIERS  
4% FIS REPRESENTATIVES

24% SLALOM  
25% GIANT SLALOM  
22% SUPER-G  
16% DOWNHILL  
12% ALPINE COMBINED

21% YOUTH COMPETITIONS  
35% FIS COMPETITIONS  
18% CONTINENT CUPS  
16% WORLD CUP  
5% MASTER COMPETITIONS  
1% MASS EVENTS  
4% NOT RULED BY FIS

## CURRENT PREVENTION PRACTICES

INJ

KNEE INJURIES

1<sup>st</sup>

NO ILLNESSES

ILL

HEAD INJURIES AND CONCUSSIONS

2<sup>nd</sup>

RESPIRATORY ILLNESSES

LOWER LEG AND TIBIA/SHIN INJURIES

3<sup>rd</sup>

CARDIOVASCULAR ILLNESSES

AREAS

1<sup>st</sup>  
PHYSICAL ASPECTS

2<sup>nd</sup>  
SNOW SURFACE

3<sup>rd</sup>  
VISIBILITY ISSUES

4<sup>th</sup>  
PROTECTORS & HELMET

5<sup>th</sup>  
SKI (INCL. PREPARATION)  
COURSE DESIGN

## NEEDS FOR INFORMATION

INJ

KNEE INJURIES

1<sup>st</sup>

RESPIRATORY ILLNESSES

ILL

HEAD INJURIES AND CONCUSSIONS

2<sup>nd</sup>

CARDIOVASCULAR ILLNESSES

SPINAL INJURIES

3<sup>rd</sup>

ENDOCRINOLOGICAL ILLNESSES

AREAS

1<sup>st</sup>  
MENTAL ASPECTS

2<sup>nd</sup>  
SNOW SURFACE

3<sup>rd</sup>  
PHYSICAL ASPECTS

4<sup>th</sup>  
COURSE DESIGN

5<sup>th</sup>  
PROTECTORS & HELMET

## PERCEIVED RESPONSIBILITIES FOR PREVENTION

DVP

COACHES AND TEAM STAFF

MEDICAL DOCTOR, PHYSIOTHERAPIST, S&C COACH

FIS

NSSA

ATHLETES

DISS

COACHES

FIS

NSSA

TEAM STAFF

MEDICAL DOCTOR, PHYSIOTHERAPIST, S&C COACH

ATHLETES

COACHES

ATHLETES

TEAM STAFF

PHYSIOTHERAPIST, MEDICAL DOCTOR, S&C COACH

FIS

NSSA

IMPL

DEVELOPMENT

DISSEMINATION

IMPLEMENTATION

## KNOWLEDGE DISSEMINATION PREFERENCES

1<sup>st</sup> WEBSITE

2<sup>nd</sup> PODCASTS (AUDIO & VIDEO)

3<sup>rd</sup> NEWSLETTER BY E-MAIL

4<sup>th</sup> E-BOOK

5<sup>th</sup> WEBINARS & SEMINARS

6<sup>th</sup> SOCIAL MEDIA

