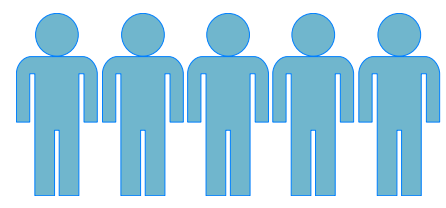


CURRENT PRACTICES, NEEDS, RESPONSIBILITIES AND PREFERENCES FOR KNOWLEDGE DISSEMINATION ON INJURY AND ILLNESS PREVENTION

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



436 RESPONDENTS

MEN: 60.6%
WOMEN: 38.5%
NON-BINARY: 0.7%

56% ATHLETES
25% COACHES
15% TEAM STAFF
1% SKI RACING SUPPLIERS
3% FIS REPRESENTATIVES

41% ALPINE SKIING
19% FREESTYLE SKIING
14% SNOWBOARDING
17% CROSS-COUNTRY SKIING
2% SKI JUMPING
7% NORDIC COMBINED

20% YOUTH COMPETITIONS
32% FIS COMPETITIONS
19% CONTINENT CUPS
19% WORLD CUP
3% MASS EVENTS
2% MASTER COMPETITIONS
5% NOT RULED BY FIS

CURRENT PREVENTION PRACTICES

INJ

KNEE INJURIES

1st

RESPIRATORY ILLNESSES

ILL

HEAD INJURIES AND CONCUSSIONS

2nd

NO ILLNESSES

ANKLE, FOOT AND TOE INJURIES

3rd

CARDIOVASCULAR ILLNESSES

AREAS

1st

PHYSICAL ASPECTS

2nd

SNOW SURFACE

3rd

PROTECTORS & HELMET

4th

MENTAL ASPECTS

5th

VISIBILITY ISSUES

NEEDS FOR INFORMATION

INJ

KNEE INJURIES

1st

RESPIRATORY ILLNESSES

ILL

HEAD INJURIES AND CONCUSSIONS

2nd

CARDIOVASCULAR ILLNESSES

SPINAL INJURIES

3rd

ENDOCRINOLOGICAL ILLNESSES
THERMOREGULATORY ILLNESSES

AREAS

1st

MENTAL ASPECTS

2nd

PHYSICAL ASPECTS

3rd

SNOW SURFACE

4th

COURSE DESIGN

5th

SKI/BOARD (INCL. PREPARATION)

PERCEIVED RESPONSIBILITIES FOR PREVENTION

DVP

COACHES

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

KNOWLEDGE DISSEMINATION PREFERENCES

1st WEBSITE

2nd PODCASTS (AUDIO & VIDEO)

3rd NEWSLETTER BY E-MAIL

4th E-BOOK

5th WEBINARS & SEMINARS

6th SOCIAL MEDIA

