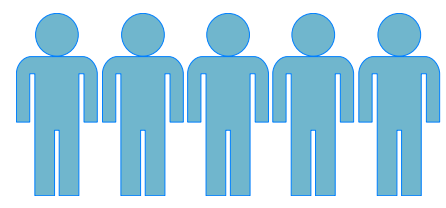


# CURRENT PRACTICES, NEEDS, RESPONSIBILITIES AND PREFERENCES FOR KNOWLEDGE DISSEMINATION ON INJURY AND ILLNESS PREVENTION IN SKI JUMPING

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11 RESPONDENTS

69% ATHLETES  
12% COACHES  
17% TEAM STAFF  
0% SKI RACING SUPPLIERS  
2% FIS REPRESENTATIVES

18% YOUTH COMPETITIONS  
32% FIS COMPETITIONS  
18% CONTINENT CUPS  
23% WORLD CUP

1% MASTER COMPETITIONS  
4% MASS EVENTS  
4% NOT RULED BY FIS

MEN: 56.9%  
WOMEN: 43.1%

## CURRENT PREVENTION PRACTICES

INJ

KNEE INJURIES

1<sup>st</sup>

NO ILLNESSES

ILL

ANKLE, FOOT AND TOE INJURIES

2<sup>nd</sup>

RESPIRATORY ILLNESSES

LOWER LEG AND TIBIA/SHIN INJURIES  
HIP AND GROIN INJURIES

3<sup>rd</sup>

THERMOREGULATORY ILLNESSES

1<sup>st</sup>

WIND ISSUES

2<sup>nd</sup>

SKILL, TECHNICAL, TACTICAL ASPECTS

3<sup>rd</sup>

MENTAL ASPECTS

4<sup>th</sup>

PHYSICAL ASPECTS

5<sup>th</sup>

BINDING

AREAS

## NEEDS FOR INFORMATION

INJ

KNEE INJURIES

1<sup>st</sup>

ENDOCRINOLOGICAL ILLNESSES

ILL

ANKLE, FOOT AND TOE INJURIES

2<sup>nd</sup>

THERMOREGULATORY ILLNESSES

LOWER LEG AND TIBIA/SHIN INJURIES

3<sup>rd</sup>

RESPIRATORY ILLNESSES

1<sup>st</sup>

MENTAL ASPECTS

2<sup>nd</sup>

BINDING

2<sup>nd</sup>

WIND ISSUES

4<sup>th</sup>

SKILL, TECHNICAL, TACTICAL ASPECTS

5<sup>th</sup>

SNOW SURFACE

AREAS

## PERCEIVED RESPONSIBILITIES FOR PREVENTION

DVP

COACHES

ATHLETES

FIS

TEAM STAFF

MEDICAL DOCTOR, PHYSIOTHERAPIST, S&C COACH

NSSA

DISS

COACHES

ATHLETES

FIS AND NSSA

TEAM STAFF

MEDICAL DOCTOR, PHYSIOTHERAPIST, S&C COACH

ATHLETES

COACHES

FIS

TEAM STAFF

PHYSIOTHERAPIST, MEDICAL DOCTOR, S&C COACH

NSSA

IMPL

DEVELOPMENT

DISSEMINATION

IMPLEMENTATION

## KNOWLEDGE DISSEMINATION PREFERENCES

1<sup>st</sup> WEBSITE

2<sup>nd</sup> WEBINARS & SEMINARS

3<sup>rd</sup> SOCIAL MEDIA    

4<sup>th</sup> NEWSLETTER BY E-MAIL

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

6<sup>th</sup> MAGAZINE DIGITAL

