

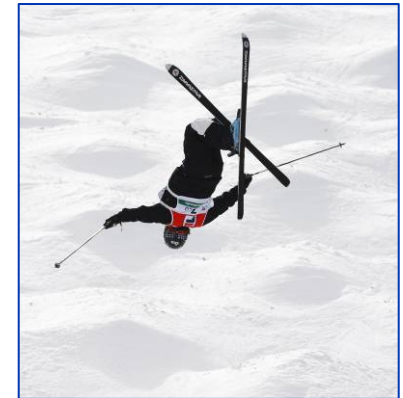
# FIS International Injury Surveillance System - FIS ISS



# Why the FIS ISS?



- Established to monitor injury risk and patterns in all FIS disciplines with the ultimate aim of trying to reduce the injury rates in the future
- Based on TD reports when an injury happens



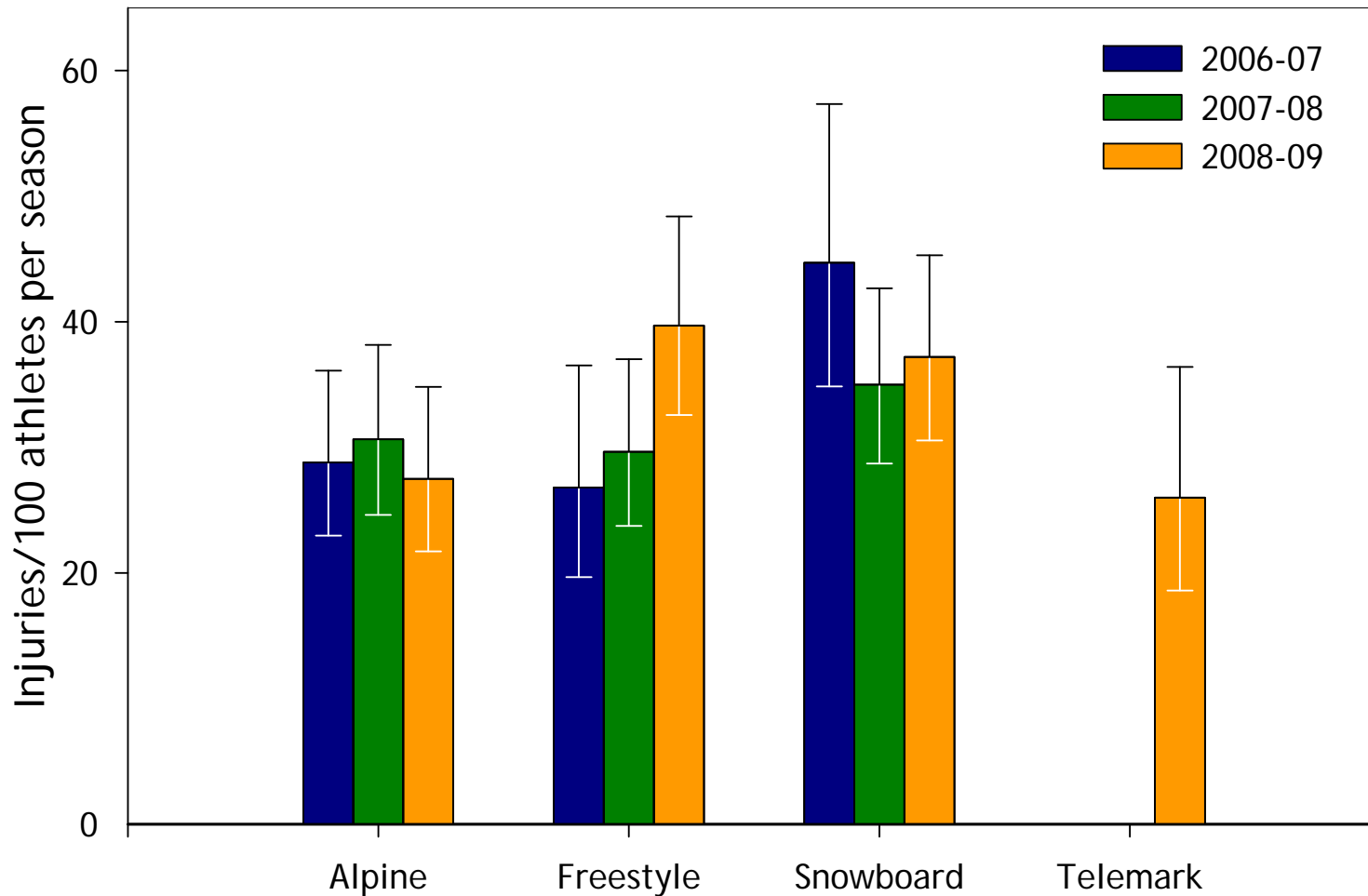
# Injury data from 3 seasons



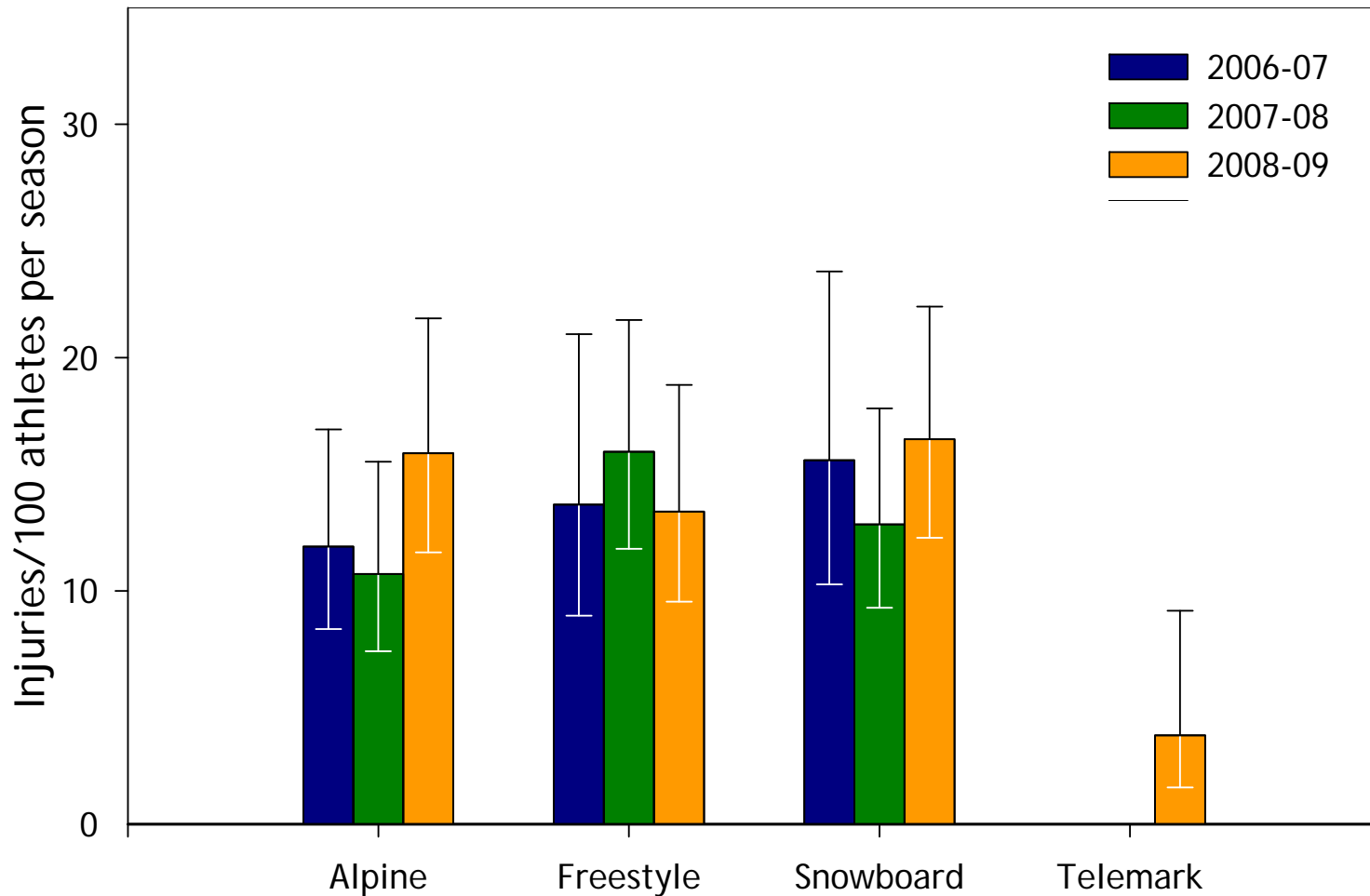
- Injury risk in alpine, freestyle and snowboard is high!
- Every third athlete injured each season
- Apx. 1/3 of all injuries are serious (absence >28 days)
  - **Knee injuries** dominate
    - also among the most serious injuries
  - **Concussions & fractures** also a concern



# Time loss injuries $\geq 1$ day



# Severe injuries >28 days



# TD reports

- Please send in the injury form if an injury occurs during official training or competition

The injury definition is:

**“All injuries that occur during official training or competition and require attention by medical personnel”**

- Recommendation: Involve the medical director!

# FIS Injury Surveillance System



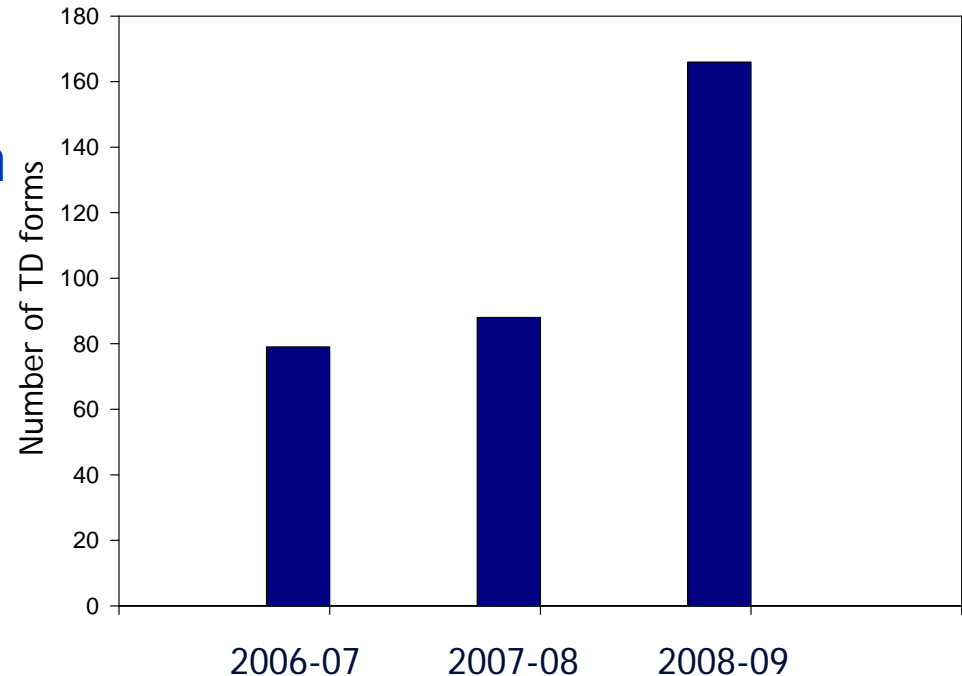
- Ask the medical director to complete the form for all injuries during the event
  - Meet with medical director prior to the event
  - Provide 10-15 paper forms before start
  - Collect forms at the end & submit to FIS
- Also try to involve team medical personnel, coaches and the athletes themselves to inform the TDs if an injury has happened
- New brochure is available describing the FIS ISS with information to all parties involved



# TD reports from World Cup



- We see an increase in the number of TD form sent in - BUT unfortunately the TD reports only capture 1/2 to 2/3 of all injuries happening in World Cup events





# Important!

- Challenge: Only about half of all injuries are reported
  - Half of all severe injuries are also missed
- Please complete the Injury Report - even if you do not have any medical information!

# The TD form



FÉDÉRATION INTERNATIONALE DE SKI  
INTERNATIONAL SKI FEDERATION  
INTERNATIONALER SKI VERBAND



## Injury report / Verletzungsmeldung / Rapport de blessure

All injuries that occur during official training or competition and require attention by medical personnel should be reported/ *Alle Verletzungen, die während des offiziellen Trainings oder des Wettkampfes auftreten und Betreuung durch medizinisches Personal erfordern, sollten gemeldet werden/Toutes les blessures qui se produisent pendant l'entraînement officiel ou la compétition et qui nécessitent l'attention du personnel médical doivent être rapportées*

### Event information/

#### Informationen zum Bewerb/Information sur l'évènement

Discipline/ Disziplin/Discipline:

Site/  
Ort/Lieu:

Country/  
Land/Pays:

Category/ Kategorie/Catégorie:

Codex:

Date (DD.MM.YYYY)/  
Datum/Date:

### Athlete information/

#### Informationen zum Athleten/Données sur l'athlète

Name/ Name/Nom:

FIS Code:

Country/  
Land/Pays:

Gender/  
Geschlecht/  
Sexe:  Male/ Mann/Homme  
 Female/ Frau/Femme

Birth date (DD.MM.YYYY)/  
Geburtsdatum/  
Date de naissance:

Event and athlete information as on the TD form

## Injury information/

### Information zur Verletzung/Information sur la blessure

To be completed in collaboration with event or team medical staff (if possible)/ Bitte in Zusammenarbeit mit den medizinisch Verantwortlichen der Veranstaltung oder des Teams ausfüllen (wenn möglich)/Svp remplir en collaboration avec le personnel médical de l'événement ou de l'équipe (si possible)

Body part injured/ Verletzter Körperteil/Partie du corps blessée:

- Head-face/ Kopf-Gesicht/Tête-Face
- Neck-cervical spine/ Nacken-Halswirbel/Nuque-Vertèbre cervicale
- Shoulder-clavicula/ Schulter-Schlüsselbein/Epaule-Clavicule
- Upper arm/ Oberarm/Bras
- Elbow/ Ellbogen/Coudes
- Forearm/ Unterarm/Avant-bras
- Wrist/ Handgelenk/Poignet
- Hand-finger-thumb/ Hand-Finger-Daumen/Main-Doigt-Pouce
- Chest (sternum-ribs-upper back)/ Brustkasten (Brustbein-Rippen-Brustwirbelsäule)/Thorax (Sternum-Côtes-Haut du dos)
- Abdomen/ Bauch/Abdomen
- Lower back-pelvis-sacrum/ Lendenwirbelsäule-Becken-Kreuzbein/Bas du dos-Pelvis-Sacrum
- Hip-groin/ Hüfte-Leiste/Hanche-Aine
- Thigh/ Oberschenkel/Cuisse
- Knee/ Knie/Genoux
- Lower leg-Achilles tendon/ Unterschenkel-Achillessehne/Jambe-Tendon d'Achille
- Ankle/ Fussgelenk/Cheville
- Foot-heel-toe/ Fuss-Ferse-Zehen/Pied-Talon-Orteils
- Information not available/ Information nicht verfügbar/Information non disponible

Side/  
Seite/Part:

- Right/ Rechts/Droite
- Left/ Links/Gauche
- Not applicable/ Nicht anwendbar/Non applicable

Note: Injuries occurring during warm-up, free skiing/snowboarding or between runs need NOT be recorded/ Anmerkung: Verletzungen die während des Aufwärmens, bei freien Skifahren/Snowboarden oder zwischen zwei Läufen passieren müssen NICHT gemeldet werden/Note: Des blessures se produisant pendant l'échauffement, le ski/snowboarding libre ou entre les manche/runs n'ont pas besoin d'être enregistrés

Injury type/ Art der Verletzung/Genre de la blessure:

- Fractures and bone stress/ Frakturen und Ermüdungsbrüche/Fracture et fracture de fatigue
- Joint (non-bone) and ligament/ Gelenke (nicht Knochen) und Bänder/Joint (articulation) et ligament
- Muscle and tendon/ Muskel und Sehnen/Muscle et tendon
- Contusions/ Quetschungen/Contusions
- Laceration and skin lesion/ Fleischwunden und Hautverletzung/Plaie et lésion de la peau
- Nervous system including concussion/ Nervensystem inkl. Gehirnerschütterung/Système nerveux y compris commotion cérébrale
- Other/ Andere/Autres
- Information not available/ Information nicht verfügbar/Information non disponible

Expected absence from training and competition/  
Voraussichtliche Abwesenheit von Training und Wettkämpfen/Prévision d'absence à l'entraînement et en compétitions:

- No absence/ Keine Absenz/Pas d'absence
- 1 to 3 days/ 1 bis 3 Tage/1 à 3 jours
- 4 to 7 days/ 4 bis 7 Tage/4 à 7 jours
- 8 to 28 days/ 8 bis 28 Tage/8 à 28 jours
- >28 days/ >28 Tage/>28 jours
- Information not available/ Information nicht verfügbar/Information non disponible

Injury information: To be completed by/with medical personell, if possible. If not, check "information not available"

Specific diagnosis (if available)/ *Genaue Diagnose (wenn verfügbar)/Diagnostic spécifique (si disponible):*

**Note:** If there are multiple injuries resulting from the same accident, please describe the most serious injury above and the less serious injuries here/ *Anmerkung: Wenn aus dem gleichen Unfall mehrere Verletzungen resultieren, bitte beschreiben sie die schwereren Verletzungen oben und die leichteren Verletzungen hier/Note: S'il y a des blessures multiples résultant du même accident, veuillez décrire les blessures les plus sérieuses ci-dessus et les blessures moins sérieuses ci-dessous:*

Contact information to obtain further medical information/ *Kontakt für weitere medizinische Informationen/Contact pour obtenir des informations médicales supplémentaires:*

Name/  
Name/Nom:

Mobile telephone/  
Mobiltelefonnummer/  
Numéro mobile:

E-mail:

Please complete page 2/ *Bitte vervollständigen Sie Seite 2/Svp remplir page 2*

If possible, provide contact information so that we can obtain missing medical information

Technical information about the race!

Multiple choices for course & weather conditions



### Injury circumstances/

*Umstände der Verletzung/Circonstances de la blessure:*

- Competition/ *Wettkampf/Compétition*
- Official training/ *Offizielles Training/Entraînement officiel*

Type of snow/ *Schneeart/Genre du neige:*

- Natural snow/ *Naturschnee/Neige naturelle*
- Artificial snow/ *Kunstschnee/Neige artificiel*
- Plastic/ *Plastik/Plastique*

Course conditions (multiple choices possible)/ *Streckenzustand (mehrere Antworten möglich)/Condition de la piste (choix multiples possibles):*

- Ice/ *Eis/Glace*
- Soft/ *Weich/Doux*
- Compact/ *Kompakt/Compact*
- Injected snow/ *Wasserbehandelter Schnee/Neige traitée par l'eau*
- Chemicals used(salt, snow solidifier, others)/ *Gebrauchte Chemikalien(Salz, Schneeverfestiger, andere)/Produit chimique utilisé (sel, solidification de neige, autres)*

Weather conditions (multiple choices possible)/ *Wetterbedingen (mehrere Antworten möglich)/Conditions météorologiques (choix multiples possibles):*

- Sunny-clear/ *Sonnig-klar/Beau temps-clair*
- Cloudy/ *Bewölkt/Couvert*
- Raining/ *Regnerisch/Pluvieux*
- Snowing/ *Schneefall/Chute de neige*
- Foggy/ *Nebel/Brouillard*
- Flat light/ *Diffuses Licht/Mauvaise visibilité*
- Artificial light/ *Künstliche Beleuchtung/Illumination artificielle*

Wind conditions/ *Windkonditionen/Condition de vent:*

- No wind/ *Kein Wind/Pas de vent*
- Some wind/ *Etwas Wind/Peu de vent*
- High wind/ *Starker Wind/Vent fort*

### Video/ Video/Vidéo:

Video available from accident (multiple choices possible)/ Video vom Unfall verfügbar (mehrere Antworten möglich)/ Vidéo de l'accident disponible (choix multiples possibles):

- No/ Keines/No
- TV broadcast/ Fernsehanstalt/Chaines TV
- Other video/ Anderes Video/Autres video:

Explain/ Erklärung/Expliquez:

Contact information to obtain copy of video/ Kontakt um das Video zu erhalten/Contact pour obtenir une copie de la vidéo:

Name/  
Name/Nom:

E-mail:

Mobile telephone/  
Mobiltelefonnummer/  
Numéro mobile:

### Other comments/

Weitere Bemerkungen/Autres commentaires:

**Please send this injury report as soon as possible to/**

*Bitte schicken Sie diese Verletzungsmeldung so rasch als möglich an/*

*Veillez envoyer ce rapport de blessure le plus vite possible à la:*

**FIS, Blochstrasse 2, CH-3653 Oberhofen, SUI**

**Fax: +41 33 244 61 71**

**E-mail: Alpine: [luessy@fisski.ch](mailto:luessy@fisski.ch)**

**Freestyle/Snowboard: [hostettler@fisski.ch](mailto:hostettler@fisski.ch)**

**Cross Country/Telemark: [lessing@fisski.ch](mailto:lessing@fisski.ch)**

**Ski Jumping/Nordic Combined: [friedrich@fisski.ch](mailto:friedrich@fisski.ch)**

Please indicate if a video is available of the injury & contact information



Covers all FIS races,  
but main focus so far:  
World Cup



DJO is generously supporting the International Ski Federation Injury Surveillance System



Oslo Sports Trauma  
RESEARCH CENTER

