



Mighty River Power

**Karapiro Crew**

2010 World Rowing Championships



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# Injury & Illness Surveillance Study Karapiro WRCH 2010

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# IOC Injury and Illness Surveillance System:

- Developed 2008
- Modified 2009 to include illness

2009 FINA World Championships

2010 Vancouver Winter Olympic Games



# Daily Report on Injuries and Illnesses



NOC \_\_\_\_\_ Report by (name) \_\_\_\_\_ Date of report /Feb./2010

## Contact details (e-mail/tel.) \_\_\_\_\_

Please report: (1) All injuries (traumatic and overuse) and (2) all illnesses newly incurred in competition or training during the XXI Olympic Winter Games regardless of the consequences with respect to absence from competition or training. The information provided is for medical and research purposes and will be treated confidentially.

## 1. Injury – Example

Definitions and codes of 1 to 9 see reverse

athlete's accreditation no. 123456789	sport and event ice hockey (men)	2	round, heat or training preliminary	3	date and time of injury 14.02 – 14.24		
injured body part, side head	code 2	type of injury concussion	code 1	cause of injury contact with another player	code 11	absence in days 7	1

athlete's accreditation no.	sport and event	round, heat or training	date and time of injury			
injured body part	code	type of injury	code	cause of injury	code	absence in days

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injured body part	code	type of injury	code	cause of injury	code	absence in days

## 2. Illness – Example

Definitions and codes of 1 to 9 see reverse

athlete's accreditation no. 1564579587979	sport and event luge, single (women)	2	diagnosis tonsillitis, cold	occurred on (date) 21.02			
affected system respiratory	code 1	main symptom(s) fever, pain	code 1, 2	cause of illness infection	code 2	absence in days 2	1

athlete's accreditation no.	sport and event	diagnosis	occurred on (date)			
affected system	code	main symptom(s)	code	cause of illness	code	absence in days

athlete's accreditation no.	sport and event	diagnosis	occurred on (date)			
affected system	code	main symptom(s)	code	cause of illness	code	absence in days

No injury or illness in any athlete of our team today

Please use additional forms if needed.

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## Codes and classifications

- 1 Estimated duration of absence from training or competition (in days)  
Please provide an estimate of the number of days that the athlete will not be able to undertake his/her normal training programme or will not be able to compete.

0 = 0 days  
1 = 1 day  
2 = 2 days  
7 = 1 week  
14 = 2 weeks  
21 = 3 weeks  
28 = 4 weeks  
> 30 = more than 4 weeks  
> 180 = 6 months or more

- 2 Sport and event

Please state the event (e.g. Short Track – Men's 1500 m; Cross-Country Skiing – Ladies' 10 km Free; Luge – Women's Singles)

## For Injuries

- 3 Round, heat or training

If the injury occurred during competition, please state the round (e.g. heats, qualification B, final).  
If the injury occurred at another occasion, please specify whether it was training, warm-up or others.

- 4 Injured body part (location of injury)

### Head and trunk

- face (incl. eye, ear, nose)
- head
- neck / cervical spine
- thoracic spine / upper back
- sternum / ribs
- lumbar spine / lower back
- abdomen
- pelvis / sacrum / buttock

### Upper extremity

- shoulder / clavicle
- upper arm
- elbow
- forearm
- wrist
- hand
- finger
- thumb

### Lower extremity

- hip
- groin
- thigh (a: anterior / p: posterior)
- knee (m: medial / l: lateral)
- lower leg (a: anterior / p: posterior)
- Achilles tendon
- ankle (m: medial / l: lateral)
- foot / toe

- 5 Type of injury (diagnosis)

- concussion (regardless of loss of consciousness)
- fracture (traumatic)
- stress fracture (overuse)
- other bone injuries
- dislocation, subluxation
- tendon rupture
- ligamentous rupture
- sprain (injury of joint and/or ligaments)
- lesion of meniscus or cartilage
- strain / muscle rupture / tear
- contusion / haematoma / bruise
- tendinosis / tendinopathy
- arthritis / synovitis / bursitis
- fasciitis / aponeurosis injury

- impingement
- laceration / abrasion / skin lesion
- dental injury / broken tooth
- nerve injury / spinal cord injury
- muscle cramps or spasm
- other

- 6 Cause of injury

- overuse (gradual onset)
- overuse (sudden onset)
- non-contact trauma
- recurrence of previous injury
- contact with another athlete
- contact: moving object (e.g. puck)
- contact: stagnant object (e.g. pole)
- violation of rules (obstruction, pushing)

- field of play conditions
- weather condition
- equipment failure
- other

## For Illnesses

- 7 Affected system

- respiratory / ear, nose, throat
- gastro-intestinal
- uro-genital / gynaecological
- cardio-vascular

- allergic / immunological
- metabolic / endocrinological
- haematological
- neurological / psychiatric

- dermatologic
- musculo-skeletal
- dental
- other

- 8 Main symptom(s)

- fever
- pain
- diarrhoea, vomiting
- dyspnoea, cough

- palpitations
- hyper-thermia
- hypo-thermia
- dehydration

- syncope, collapse
- anaphylaxis
- lethargy, dizziness
- other

- 9 Cause of illness / symptom(s)

- pre-existing (e.g. asthma, allergy)
- infection

- exercise-induced
- environmental

- reaction to medication
- other

- **Aims:**

- Provide data on incidence to assist medical planning
- Identify areas for injury and illness prevention

- **How to use:**
  - New injury or illness DURING regatta
  - First presentation only
  - Daily reporting:
    - » Collection box (next to mail boxes)
    - » Athlete Medical Centre

- **Medical information:**
  - De-identified
  - Compiled for medical report
  - Written paper for journal submission
  - Distributed to FISA countries

# Thank You

