**Daily Report on Injuries and Illnesses**

**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 Olympic 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

<table>
<thead>
<tr>
<th>athlete’s accreditation no.</th>
<th>sport and event</th>
<th>round, heat or training</th>
<th>date and time of injury</th>
</tr>
</thead>
<tbody>
<tr>
<td>123456789</td>
<td>athletics, 100m (women)</td>
<td>quarter final / 1st heat</td>
<td>7.8.2016 - 14:35</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>injured body part, side</th>
<th>code</th>
<th>type of injury</th>
<th>code</th>
<th>cause of injury</th>
<th>code</th>
<th>absence in days</th>
</tr>
</thead>
<tbody>
<tr>
<td>wrist, left</td>
<td>4</td>
<td>sprain</td>
<td>5</td>
<td>slipped and fell</td>
<td>8</td>
<td>10</td>
</tr>
</tbody>
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<tr>
<td>123456789</td>
<td>football (men)</td>
<td>round, heat or training</td>
<td>7.8.2016 - 14:35</td>
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</tbody>
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### 2. Illness – Example

<table>
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<tr>
<th>athlete’s accreditation no.</th>
<th>sport and event</th>
<th>diagnosis</th>
<th>occurred on (date)</th>
</tr>
</thead>
<tbody>
<tr>
<td>15645795879</td>
<td>football (men)</td>
<td>tonsillitis, ced</td>
<td>02.08.2016</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>affected system</th>
<th>code</th>
<th>main symptom(s)</th>
<th>code</th>
<th>cause of illness</th>
<th>code</th>
<th>absence in days</th>
</tr>
</thead>
<tbody>
<tr>
<td>respiratory</td>
<td>7</td>
<td>fever, pain</td>
<td>8</td>
<td>infection</td>
<td>9</td>
<td>2</td>
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☐ No injury or illness in any athlete of our team today

Please use additional forms if needed.
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. For example: swimming – 4x100m freestyle relay (women); track – 110m hurdles (men); taekwondo – under 58kg (men); cycling – team sprint (women)

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 on another occasion, please specify whether it was training, warm-up or other.

4. Injured body part (location of injury)
   Head and trunk
   1. face (incl. eye, ear, nose)
   2. head
   3. neck / cervical spine
   4. thoracic spine / upper back
   5. sternum / ribs
   6. lumbar spine / lower back
   7. abdomen
   8. pelvis / sacrum / buttock
   Upper extremity
   9. shoulder / clavicle
   10. upper arm
   11. elbow
   12. forearm
   13. wrist
   14. hand
   15. finger
   16. thumb
   Lower extremity
   17. hip
   18. groin
   19. thigh (a: anterior / p: posterior)
   20. knee (m: medial / l: lateral)
   21. lower leg (a: anterior / p: posterior)
   22. Achilles tendon
   23. ankle (m: medial / l: lateral)
   24. foot / toe

5. Type of injury (diagnosis)
   1. concussion (regardless of loss of consciousness)
   2. fracture (traumatic)
   3. stress fracture (overuse)
   4. other bone injuries
   5. dislocation, subluxation
   6. tendon rupture
   7. ligamentous rupture
   8. sprain (injury of joint and/or ligaments)
   9. lesion of meniscus or cartilage
   10. strain / muscle rupture / tear
   11. contusion / haematoma / bruise
   12. tendinosis / tendinopathy
   13. arthritis / synovitis / bursitis
   14. fasciitis / aponeurosis injury
   15. impingement
   16. laceration / abrasion / skin lesion
   17. dental injury / broken tooth
   18. nerve injury / spinal cord injury
   19. muscle cramps or spasm
   20. other

6. Cause of injury
   1. overuse (gradual onset)
   2. overuse (sudden onset)
   3. non-contact trauma
   4. recurrence of previous injury
   5. contact with another athlete
   6. contact: moving object (e.g. puck)
   7. contact: stagnant object (e.g. pole)
   8. violation of rules (obstruction, pushing)
   9. field of play conditions
   10. weather condition
   11. equipment failure
   12. other

For Illnesses

7. Affected system
   1. respiratory / ear, nose, throat
   2. gastro-intestinal
   3. uro-genital / gynaecological
   4. cardio-vascular
   5. allergic / immunological
   6. metabolic / endocrinological
   7. haematological
   8. neurological / psychiatric
   9. dermatologic
   10. musculo-skeletal
   11. dental
   12. other

8. Main symptom(s)
   1. fever
   2. pain
   3. diarrhoea, vomiting
   4. dyspnoea, cough
   5. palpitations
   6. hyper-thermia
   7. hypo-thermia
   8. dehydration
   9. syncope, collapse
   10. anaphylaxis
   11. lethargy, dizziness
   12. other

9. Cause of illness / symptom(s)
   1. pre-existing (e.g. asthma, allergy)
   2. infection
   3. exercise-induced
   4. environmental
   5. reaction to medication
   6. other