



## Baseline Injury Form - For athletes

This form cover former and current injuries. Please fill in below.

**National team:** \_\_\_\_\_

**Athlete code:** \_\_\_\_\_

**Age(X):** Under 20 years: \_\_\_\_\_ Over 20 years: \_\_\_\_\_

**Height (cm):** \_\_\_\_\_

**Weight (kg):** \_\_\_\_\_

**Years as an active ski jumper:** \_\_\_\_\_

**Injuries last season (X):** Yes: \_\_\_\_\_ No: \_\_\_\_\_

If Yes, please fill in below

Type of injury: \_\_\_\_\_

Days away from full training (approx.): \_\_\_\_\_

**Current injuries:** \_\_\_\_\_

Type of injury: \_\_\_\_\_

Debut: \_\_\_\_\_

Cause: \_\_\_\_\_

Activity at injury moment (ski jumping /other training):

\_\_\_\_\_

Days away from full training: \_\_\_\_\_