

## Daily Medical Report on Injuries and Illnesses

Country:

Date of report:

Form completed by: Name:

Contact details:

Please report: (1) All sport injuries and (2) all illnesses of your athletes newly incurred, recurrent or an exacerbation of an underlying stable injury/illness during the <name of the championship> regardless of the consequences with respect to absence from competition or training. The information provided will be treated strictly confidential.

### 1. Injury – Example

Definitions and codes (see

reverse)

age 22	gender <i>male / female</i>	sport and event <i>decathlon</i>	date of injury <i>21. July</i>	competition / training <i>sprint competition</i>	code 2	onset code 1	new code 4		
injury mechanism <i>slipped and fell</i>		code 5	injured body region <i>ankle</i>	code 17	injury type <i>sprain</i>		code 10	time-loss <i>no / yes</i>	duration <i>28 days</i>
age	gender <i>male / female</i>	sport and event	date of injury	competition / training	code	onset code	new code		
injury mechanism		code	injured body region	code	injury type		code	time-loss <i>no / yes</i>	duration <i>days</i>
age	gender <i>male / female</i>	sport and event	date of injury	competition / training	code	onset code	new code		
injury mechanism		code	injured body region	code	injury type		code	time-loss <i>no / yes</i>	duration <i>days</i>
age	gender <i>male / female</i>	sport and event	date of injury	competition / training	code	onset code	new code		
injury mechanism		code	injured body region	code	injury type		code	time-loss <i>no / yes</i>	duration <i>days</i>
age	gender <i>male / female</i>	sport and event	date of injury	competition / training	code	onset code	new code		
injury mechanism		code	injured body region	code	injury type		code	time-loss <i>no / yes</i>	duration <i>days</i>

### 2. Illness – Example

Definitions and codes (see

reverse)

age 27	gender <i>male / female</i>	sport and event <i>athletics, pole vault</i>	date of onset <i>24<sup>th</sup> July</i>	organ system / region <i>respiratory system</i>	code 13	
aetiology <i>Environmental - not exercise related</i>			code 3	new, recurrent or exacerbation code 1	time-loss <i>no / yes</i>	duration <i>2 days</i>
age	gender <i>male / female</i>	sport and event	date of onset	organ system / region	code	
aetiology			code	new, recurrent or exacerbation code	time-loss <i>no / yes</i>	duration <i>days</i>
age	gender <i>male / female</i>	sport and event	date of onset	organ system / region	code	
aetiology			code	new, recurrent or exacerbation code	time-loss <i>no / yes</i>	duration <i>days</i>
age	gender <i>male / female</i>	sport and event	date of onset	organ system / region	code	
aetiology			code	new, recurrent or exacerbation code	time-loss <i>no / yes</i>	duration <i>days</i>
age	gender <i>male / female</i>	sport and event	date of onset	organ system / region	code	
aetiology			code	new, recurrent or exacerbation code	time-loss <i>no / yes</i>	duration <i>days</i>

no new injury or illness in any athlete of our team today

If space is not sufficient to report all injuries or illnesses, please use additional forms.

## Definitions and codes

**For injuries** (defined as tissue damage or other derangement of normal physical function due to participation in sports, resulting from rapid or repetitive transfer of kinetic energy)

### Competition or training

1 competition, please specify event      2 training      3 peri-competition activities (e.g. warm-up, cool-down)

### Mode of onset

1 sudden after acute trauma      2 sudden but no acute trauma      3 gradual      4 mixed

### Injury mechanism

1 no identifiable single event (repetitive transfer of energy, overuse)      3 direct contact with another athlete      5 direct contact with an object (e.g. ball, wall, ground, i.e. slipped and fell)  
2 acute non-contact trauma      4 following contact with another athlete (e.g. fall after a push)      6 following contact with an object

### Injured body region

1 head / face      7 shoulder      13 hip / groin  
2 neck / cervical spine      8 upper arm      14 thigh  
3 chest (incl. chest organs)      9 elbow      15 knee  
4 thoracic spine / upper back      10 forearm      16 lower leg / Achilles tendon  
5 lumbar-sacral spine / buttock      11 wrist      17 ankle  
6 abdomen (incl. abdominal organs)      12 hand      18 foot

### Injury type

1 concussion / brain injury      10 joint sprain / ligament tear      19 contusion / bruise (superficial)  
2 spinal cord injury      11 chronic instability      20 arthritis  
3 peripheral nerve injury      12 tendon rupture      21 bursitis  
4 bone fracture      13 tendinopathy      22 synovitis  
5 bone stress injury      14 muscle strain / rupture / tear      23 vascular damage  
6 bone contusion      15 muscle contusion      24 stump injury  
7 avascular necrosis      16 muscle compartment syndrome      25 internal organ trauma  
8 physis injury      17 laceration      26 unknown, or not specified  
9 cartilage injury      18 abrasion

**For illnesses** (defined as a complaint or disorder not related to injury)

### Organ system

1 cardiovascular      6 genitourinary      11 otological  
2 dermatological      7 hematologic      12 psychiatric/psychological  
3 dental      8 musculoskeletal      13 respiratory system  
4 endocrinology      9 neurological      14 thermoregulatory system  
5 gastrointestinal      10 ophthalmological      15 unknown, or not specified

### Aetiology

1 allergic      5 infection      9 degenerative or chronic condition  
2 environmental - exercise-related      6 neoplasm      10 developmental anomaly  
3 environmental - non-exercise      7 metabolic/nutritional      11 drug-related/poisoning  
4 immunological/inflammatory      8 thrombotic/haemorrhagic      12 unknown, or not specified

## For injuries and illnesses

### Sport and event

Please report the sport (e.g. athletics) *AND* specify the event (e.g. pole vault) if applicable.

### New, recurrent or exacerbation

1 newly incurred during the championships      3 exacerbation of a stable (not recovered) condition  
2 recurrent after full recovery and return-to-sport      4 unknown, or not specified

### Time-loss in sport due to injury or illness

**no** athlete continues to train or compete, even if not at usual level (duration, intensity, performance)  
**yes** athlete *did not finish* the training or competition when the injury occurred *OR* could not participate in sport later

### Duration of impaired participation/ limited performance in sport due to injury or illness (in days)

Please provide an estimate of the number of days that the athlete will not be able to undertake his/her *normal training* or will not be able to *compete as usual*, counting the day *after* the onset of the injury/illness as day 1.

## Medical Report of Injury or Illness

Date of report: \_\_\_\_\_

Team: \_\_\_\_\_ Athlete identification: \_\_\_\_\_ Date of onset: \_\_\_\_\_

## For injury

### Competition or training

- competition  training  peri-competition activities  
(e.g. warm-up, cool-down)

### Mode of onset

- sudden after acute trauma  sudden but no acute trauma  gradual  mixed

### Injury mechanism (each category might have subcategories based on the purpose of the surveillance)

- no identifiable single event  direct contact with another athlete  direct contact with an object  
 non-contact trauma  following contact with another athlete  following contact with an object

### Injured body region (each category might have subcategories based on the purpose of the surveillance)

- head  shoulder  hip / groin  
 neck / cervical spine  upper arm  thigh  
 chest (incl. chest organs)  elbow  knee  
 thoracic spine / upper back  forearm  lower leg / Achilles tendon  
 lumbar-sacral spine / buttock  wrist  ankle  
 abdomen (incl. abdominal organs)  hand  foot

### Injury type

- concussion / brain injury  joint sprain / ligament tear  contusion / bruise (superficial)  
 spinal cord injury  chronic instability  arthritis  
 peripheral nerve injury  tendon rupture  bursitis  
 bone fracture  tendinopathy  synovitis  
 bone stress injury  muscle strain / rupture / tear  vascular damage  
 bone contusion  muscle contusion  stump injury  
 avascular necrosis  muscle compartment syndrome  internal organ trauma  
 physis injury  laceration  unknown, or not specified  
 cartilage injury  abrasion

## For illness

### Organ system

- cardiovascular  genitourinary  otological  
 dermatological  hematologic  psychiatric / psychological  
 dental  musculoskeletal  respiratory system  
 endocrinology  neurological  thermoregulatory system  
 gastrointestinal  ophthalmological  unknown, or not specified

### Aetiology

- allergic  infectious disease  degenerative or chronic condition  
 environmental - exercise-related  neoplasm  developmental anomaly  
 environmental - non-exercise  metabolic / nutritional  drug-related / poisoning  
 immunological / inflammatory  vascular  unknown, or not specified

## For injury and illness

### New, recurrent or exacerbation

- new  recurrent after full recovery and return-to-sport  unknown, or not specified  
 exacerbation of a stable (not recovered) condition

### Time-loss in sport due to injury / illness

- no  yes

**Date of full return to normal training and competition** \_\_\_\_\_ (dd/mm/yy)

**No return to sport possible:**  fatality       permanent disability       other reasons \_\_\_\_\_