members of the general population who had not competed at an Olympic Games.

**Interventions (or Assessment of Risk Factors)** Recruitment of participants took place over a 14-month period (Apr 2018-May 2019), during which an electronic survey was distributed, in eight languages, by email and social media through World Olympians Association and International Olympic Committee channels. Platforms included Olympians.org, National Olympians Associations, National Olympic Committees, International Federations, Athlete 365 and Olympic Studies Centre. Control recruitment also involved Olympian ‘buddies’, and regional leisure, medical and community centres.

**Main Outcome Measurements** Number and distribution of Olympian and control participants.

**Results** There were 4,745 Olympian and 2,462 control online survey entries. Data cleaning removed 1,388 Olympian and 727 control ineligible entries (e.g. blank, duplicate, incomplete, under-16 yrs) leaving 3,357 Olympian (age 16–97) and 1,735 control (age 16–88) completed questionnaires, from 131 and 73 Countries (respectively) eligible for data analysis.

**Conclusions** The distribution of Olympians and controls recruited to the study, and recording of lifetime injury history, sport and exercise exposure and general health measures, will allow analyses of risk factors associated with Olympic-career injury and current health status.

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**REFERRER CAN PREVENT INJURIES IN WRESTLING; AN EXPERIENCE FROM THE 2018 YOUTH OLYMPIC GAMES**

**Background** Olympic wrestling styles can result in various types of soft tissue and musculoskeletal injuries. Head and face skin contusions and lacerations were the most common type of injuries, followed by ligament sprains, muscle strains and upper limb joint subluxations and dislocations. The main mechanisms of injuries are direct trauma, using legs and arms as levers, falling, and twisting; most injuries happen during the standing position when two wrestlers engage for a takedown and collide with their heads and limbs. It’s while performing dangerous actions and some high-risk manoeuvres are forbidden based on current regulations of the United World Wrestling. Recognizing and stopping dangerous actions during wrestling competitions are the responsibility of the referee. We hypothesized that a prompt and proper action of referees to stop dangerous actions and faults could reduce the incidence and severity of wrestling injuries.

**Objective** To study the potential effect of a proactive and cautious referee practice on reducing the rate and severity of wrestling injuries during international level junior championships.

**Design** Prospective observational study.

**Setting** Competitive world-level junior wrestlers.

**Participants** 768 Junior wrestlers.

**Interventions** Wrestling referees of 2018 Youth Olympic Games that was held on October 2018 in Buenos Aires were instructed to be extremely careful, prompt and proactive in stopping high-risk and dangerous actions. Data and specifications of injuries among 110 participant wrestlers in 2018 Youth Olympic Games have compared with injuries occurred among 658 wrestlers who competed at 2018 Junior World Championships on September 2018 in Trnava/Slovakia governed by a routine referee practice.

**Main outcome measurements** Rate, severity, type, location and mechanism of injuries.

**Results** Rate of wrestling injuries during 2018 Junior world championships and the 2018 Youth Olympic Games were 10.64% and 4.54% respectively.

**Conclusions** Proactive and cautious actions of wrestling referees to promptly stop dangerous actions has the potential to significantly reduce the rate and severity of injuries in wrestling.