# Daily Medical Report on Injuries and Illnesses

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

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

## 2. Illness – Example

<table>
<thead>
<tr>
<th>age</th>
<th>gender</th>
<th>sport and event</th>
<th>date of onset</th>
<th>organ system / region</th>
<th>code</th>
<th>new, recurrent or exacerbation code</th>
<th>time-loss</th>
<th>duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>27</td>
<td>male / female</td>
<td>athletics, pole vault</td>
<td>24th July</td>
<td>respiratory system</td>
<td>3</td>
<td>1</td>
<td>no / yes</td>
<td>2 days</td>
</tr>
</tbody>
</table>

For definitions and codes, please see reverse.
If space is not sufficient to report all injuries or illnesses, please use additional forms.

- no new injury or illness in any athlete of our team today
## 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)
2. acute non-contact trauma
3. direct contact with another athlete (e.g. fall after a push)
4. following contact with another athlete (e.g. slipped and fell)
5. direct contact with an object (e.g. ball, wall, ground)
6. following contact with an object

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

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

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

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

#### Aetiology
1. allergic
2. environmental - exercise-related
3. environmental - non-exercise
4. immunological/inflammatory
5. infection
6. neoplasm
7. metabolic/nutritional
8. thrombotic/haemorrhagic
9. degenerative or chronic condition
10. developmental anomaly
11. drug-related/poisoning
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
2. recurrent after full recovery and return-to-sport
3. exacerbation of a stable (not recovered) condition
4. unknown, or not specified

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

<table>
<thead>
<tr>
<th>Description</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>no athlete continues to train or compete, even if not at usual level (duration, intensity, performance)</td>
<td>1</td>
</tr>
<tr>
<td>yes athlete did not finish the training or competition when the injury occurred</td>
<td>2</td>
</tr>
<tr>
<td>OR could not participate in sport later</td>
<td>3</td>
</tr>
</tbody>
</table>

#### 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: | |

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<table>
<thead>
<tr>
<th><strong>Team:</strong></th>
<th><strong>Athlete identification:</strong></th>
<th><strong>Date of onset:</strong></th>
</tr>
</thead>
</table>

### For injury

**Competition or training**
- [ ] competition
- [ ] training
- [x] 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
- [ ] following contact with another athlete
- [ ] direct contact with an object
- [ ] following contact with an object

**Injured body region** (each category might have subcategories based on the purpose of the surveillance)
- [ ] head
- [ ] neck / cervical spine
- [ ] chest (incl. chest organs)
- [ ] thoracic spine / upper back
- [ ] lumbar-sacral spine / buttock
- [ ] abdomen (incl. abdominal organs)
- [ ] shoulder
- [ ] upper arm
- [ ] elbow
- [ ] forearm
- [ ] wrist
- [ ] hand
- [ ] hip / groin
- [ ] thigh
- [ ] knee
- [ ] lower leg / Achilles tendon
- [ ] ankle
- [ ] foot

**Injury type**
- [ ] concussion / brain injury
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- [ ] bone fracture
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- [ ] arthritis
- [ ] bursitis
- [ ] synovitis
- [ ] vascular damage
- [ ] stump injury
- [ ] internal organ trauma
- [ ] unknown, or not specified

### For illness

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

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

### For injury and illness

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

**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 ____________