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>
</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>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>injury mechanism</th>
<th>code</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>slipped and fell</td>
<td>5</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>

<table>
<thead>
<tr>
<th>aetiology</th>
<th>code</th>
<th>time-loss</th>
<th>duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Environmental - not exercise related</td>
<td>3</td>
<td>no / yes</td>
<td>2 days</td>
</tr>
</tbody>
</table>

<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></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>aetiology</th>
<th>code</th>
<th>time-loss</th>
<th>duration</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Supplementary material

Br J Sports Med

doi: 10.1136/bjsports-2019-101969

–18.

2020;
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)

<table>
<thead>
<tr>
<th>Competition or training</th>
<th>Competition, please specify event</th>
<th>Training</th>
<th>Peri-competition activities (e.g. warm-up, cool-down)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mode of onset</td>
<td>Sudden after acute trauma</td>
<td>Sudden but no acute trauma</td>
<td>Gradual</td>
</tr>
<tr>
<td>Injury mechanism</td>
<td>No identifiable single event</td>
<td>Direct contact with another athlete</td>
<td>Direct contact with an object (e.g. ball, wall, ground, i.e. slipped and fell)</td>
</tr>
<tr>
<td></td>
<td>Acute non-contact trauma</td>
<td>Gradual</td>
<td>Mixed</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Organ system</th>
<th>Cardiovascular</th>
<th>Dermatological</th>
<th>Dental</th>
<th>Endocrinology</th>
<th>Gastrointestinal</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Aetiology</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>Allergic</td>
<td>Environmental - exercise-related</td>
<td>Environmental - non-exercise</td>
<td>Immunological/inflammatory</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>Infection</td>
<td>Neoplasm</td>
<td>Metabolic/nutritional</td>
<td>Thrombotic/haemorrhagic</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>Degenerative or chronic condition</td>
<td>Developmental anomaly</td>
<td>Drug-related/poisoning</td>
<td>Unknown, or not specified</td>
<td></td>
</tr>
</tbody>
</table>

For injuries and illnesses

<table>
<thead>
<tr>
<th>Sport and event</th>
<th>Please report the sport (e.g. athletics) AND specify the event (e.g. pole vault) if applicable.</th>
</tr>
</thead>
<tbody>
<tr>
<td>New, recurrent or exacerbation</td>
<td>1 newly incurred during the championships</td>
</tr>
</tbody>
</table>

Time-loss in sport due to injury or illness

<table>
<thead>
<tr>
<th>No</th>
<th>Yes</th>
<th>Athlete continues to train or compete, even if not at usual level (duration, intensity, performance)</th>
<th>Athlete did not finish the training or competition when the injury occurred OR could not participate in sport later</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></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: ___________
| 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**
- [ ] 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**
- 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
- spinal cord injury
- peripheral nerve injury
- bone fracture
- bone stress injury
- bone contusion
- avascular necrosis
- physio injury
- cartilage injury
- joint sprain / ligament tear
- chronic instability
- tendon rupture
- tendinopathy
- muscle strain / rupture / tear
- muscle contusion
- muscle compartment syndrome
- laceration
- abrasion
- contusion / bruise (superficial)
- 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 ______________