

The epidemiology of injury and illness amongst athletes at the Indian Ocean Island Games, Mauritius, 2019

Appendix A



Daily Report on Injury & Illnesses

Report by (name) _____ Date _____

Please report (1) All injuries and (2) all illness newly incurred in competition or during training regardless of the consequences with respect to absence from competition or training. The information provided is for medical research purposes and will be treated confidentially.

Mauritius Seychelles Comoros Madagascar Mayotte Maldives Réunion Sri Lanka
See reverse for definitions and codes

Injury

No injury in any athlete of our team today

Athlete's accreditation no. <i>12345678910</i>		Sport and event <i>Athletics, 100m (women)</i>		Round/heat or training <i>Quarter final/1st heat</i>		Date & time of injury <i>24/07/19 14h30</i>
Injured body part <i>Wrist, left</i>	Code <i>15</i>	Type of injury <i>Sprain</i>	Code <i>8</i>	Cause of injury <i>Slipped and fell</i>	Code <i>3</i>	Absence in days <i>10</i>

Athlete's accreditation no.		Sport and event		Round/heat or training		Date & time of injury
Injured body part	Code	Type of injury	Code	Cause of injury	Code	Absence in days

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Injured body part	Code	Type of injury	Code	Cause of injury	Code	Absence in days

Illness

No illness in any athlete of our team today

Athlete's accreditation no. <i>12345678911</i>		Sport and event <i>Football (men)</i>		Diagnosis <i>Tonsillitis/cold</i>		Occurred on (date) <i>24/07/19</i>
Affected system <i>Respiratory</i>	Code <i>1</i>	Main symptoms <i>Fever, pain</i>	Code <i>1,2</i>	Cause of illness <i>infection</i>	Code <i>2</i>	Absence in days <i>2</i>

Athlete's accreditation no.		Sport and event		Diagnosis		Date & time of injury
Affected system	Code	Main symptoms	Code	Cause of illness	Code	Absence in days

Athlete's accreditation no.		Sport and event		Diagnosis		Date & time of injury
Affected system	Code	Main symptoms	Code	Cause of illness	Code	Absence in days

Please use additional forms if necessary.



Codes and classifications

Estimated duration of absence from training or competition (in days)

Please provide an estimate of the number of days that the athlete will not be able to undertake his/her normal training programme or will not be able to compete.

0 = 0 days	7 = 1 week	28 = 4 weeks
1 = 1 days	14 = 2 weeks	>30 = more than 4 weeks
2 = 2 days	21 = 3 weeks	>180 = 6 months or more

Sport and event: Please state the event of injury – For example: swimming – 4 x 100m freestyle relay(women)

For Injuries

Round, heat or training

If the injury occurred during competition, please state the round (e.g. heats, qualification B, final)
If the injury occurred on another occasion, please specify whether it was training, warm up or other.

Injured body part (location of injury)

Head and trunk	Upper extremity	Lower extremity
1 face	11 shoulder / clavicle	21 hip
2 head	12 upper arm	22 groin
3 neck / cervical spine	13 elbow	23 thigh (a: anterior / p: posterior)
4 thoracic spine / upper back	14 forearm	24 knee (m: medial / l: lateral)
5 sternum / ribs	15 wrist	25 lower leg (a: anterior / p: posterior)
6 lumbar spine / lower back	16 hand	26 Achilles tendon
7 abdomen	17 finger	27 ankle (m: medial / l: lateral)
8 pelvis / sacrum / buttock	18 thumb	28 foot/toe

Type of Injury (diagnosis)

1 Concussion (regardless of loss of consciousness)	8 sprain (injury of joint and or/ligaments)	15 impingement
2 fracture (traumatic)	9 lesion of meniscus or cartilage	16 laceration / abrasion /skin lesion
3 stress fracture (overuse)	10 strain / muscle rupture / tear	17 dental injury / broken tooth
4 other bone injuries	11 contusion / haematoma / bruise	18 nerve injury / spinal cord injury
5 dislocation, subluxation	12 tendinosis/ tendinopathy	19 muscle cramps or spasm
6 Tendon rupture	13 arthritis / synovitis / bursitis	20 other – please describe
7 Ligamentous rupture	14 fasciitis / aponeurosis injury	

Cause of Injury

1 overuse (gradual onset)	6 Contact: moving object	10 weather conditions
2 overuse (sudden onset)	7 Contact: stagnant object	11 equipment failure
3 non-contact trauma	8 Violation of rules (obstruction, pushing)	12 tackler
4 recurrence of previous injury	9 field of play conditions	13 one being tackled
5 contact with another athlete		14 other – please describe

For Illnesses

Affected system

1 respiratory / ear, nose, throat	5 allergic / immunological	9 dermatologic
2 gastro-intestinal	6 metabolic / endocrinological	10 musculo-skeletal
3 uro-genital / gynaecological	7 haematological	11 dental
4 cardio-vascular	8 neurological / psychiatric	12 other – please describe

Main symptom(s)

1 fever	5 palpitations	9 syncope, collapse
2 pain	6 hyper-thermia	10 anaphylaxis
3 diarrhoea, vomiting	7 hypo-thermia	11 lethargy, dizziness
4 dyspnoea, cough	8 dehydration	12 other – please describe

Cause of illness / symptom(s)

1 pre-existing (e.g. asthma, allergy)	3 exercise-induced	5 reaction to medication
2 infection	4 environmental	6 other – please describe