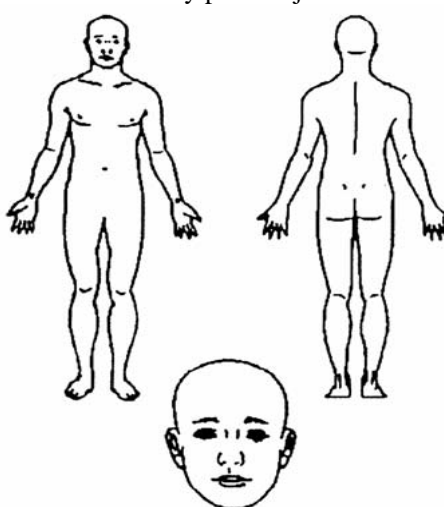


## SKIING INJURY REPORTING FORM

Name: \_\_\_\_\_ Initials: \_\_\_\_\_ Position: \_\_\_\_\_ **Circle** Player/Referee/Coach/Spectator  
 Team : \_\_\_\_\_ Grade: \_\_\_\_\_ DOB: \_\_/\_\_/\_\_ Gender: M  F  Venue/area at which injury occurred: \_\_\_\_\_

<p><b>Date of Injury</b>    __/__/__</p> <p><b>Type of activity at time of injury</b></p> <p><input type="checkbox"/> training/practice</p> <p><input type="checkbox"/> competition</p> <p><input type="checkbox"/> recreational</p> <p><input type="checkbox"/> other _____</p> <p><b>Reason for Presentation</b></p> <p><input type="checkbox"/> new injury</p> <p><input type="checkbox"/> exacerbated/aggravated injury</p> <p><input type="checkbox"/> recurrent injury</p> <p><input type="checkbox"/> illness</p> <p><input type="checkbox"/> other _____</p> <p><b>Body Region Injured</b></p> <p>Tick or circle body part/s injured &amp; name</p> <div style="text-align: center;">  </div> <p><b>Body part/s</b></p> <p>_____</p> <p>_____</p>	<p><b>Nature of Injury/Illness</b></p> <p><input type="checkbox"/> abrasion/graze</p> <p><input type="checkbox"/> sprain eg ligament tear</p> <p><input type="checkbox"/> strain eg muscle tear</p> <p><input type="checkbox"/> open wound/laceration/cut</p> <p><input type="checkbox"/> bruise/contusion</p> <p><input type="checkbox"/> inflammation/swelling</p> <p><input type="checkbox"/> fracture (including suspected)</p> <p><input type="checkbox"/> dislocation/subluxation</p> <p><input type="checkbox"/> overuse injury to muscle or tendon</p> <p><input type="checkbox"/> blisters</p> <p><input type="checkbox"/> concussion</p> <p><input type="checkbox"/> cardiac problem</p> <p><input type="checkbox"/> respiratory problem</p> <p><input type="checkbox"/> loss of consciousness</p> <p><input type="checkbox"/> unspecified medical condition</p> <p><input type="checkbox"/> other _____</p> <p><b>Provisional diagnosis/es</b> _____</p> <p>_____</p> <p style="text-align: center;"><b>CAUSE OF INJURY</b></p> <p><b>Mechanism of Injury</b></p> <p><input type="checkbox"/> collision with other skier</p> <p><input type="checkbox"/> collision with fixed object or tree</p> <p><input type="checkbox"/> fall/stumble on same level</p> <p><input type="checkbox"/> fall from height/awkward landing</p> <p><input type="checkbox"/> overexertion (eg muscle tear)</p> <p><input type="checkbox"/> crossed tips</p> <p><input type="checkbox"/> twisted on skis</p> <p><input type="checkbox"/> fatigue</p> <p><input type="checkbox"/> overuse</p> <p><input type="checkbox"/> slip/trip</p> <p><input type="checkbox"/> temperature related eg hyperthermia</p> <p><input type="checkbox"/> other _____</p>	<p>Explain exactly how the incident occurred</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Were there any contributing factors to the incident, ski boots or bindings, skiing conditions?</p> <p>_____</p> <p>_____</p> <p>_____</p> <p><b>Protective Equipment</b></p> <p>Was protective equipment worn on the injured body part? <input type="checkbox"/> yes <input type="checkbox"/> no</p> <p>If yes, what type eg gloves, arm padding.</p> <p>_____</p> <p><b>Initial Treatment</b></p> <p><input type="checkbox"/> none given (not required)</p> <p><input type="checkbox"/> RICER                      <input type="checkbox"/> dressing</p> <p><input type="checkbox"/> sling, splint              <input type="checkbox"/> crutches</p> <p><input type="checkbox"/> massage                    <input type="checkbox"/> manual therapy</p> <p><input type="checkbox"/> CPR                          <input type="checkbox"/> stretch/exercises</p> <p><input type="checkbox"/> strapping/taping only</p> <p><input type="checkbox"/> none given - referred elsewhere</p> <p><input type="checkbox"/> other _____</p>	<p><b>Advice Given</b></p> <p><input type="checkbox"/> immediate return unrestricted activity</p> <p><input type="checkbox"/> able to return with restriction</p> <p><input type="checkbox"/> unable to return at present time</p> <p><b>Referral</b></p> <p><input type="checkbox"/> no referral</p> <p><input type="checkbox"/> medical practitioner</p> <p><input type="checkbox"/> physiotherapist</p> <p><input type="checkbox"/> chiropractor or other professional</p> <p><input type="checkbox"/> ambulance transport</p> <p><input type="checkbox"/> hospital</p> <p><input type="checkbox"/> other _____</p> <p><b>Provisional severity assessment</b></p> <p><input type="checkbox"/> mild (1-7 days modified activity)</p> <p><input type="checkbox"/> moderate (8-21 days modified activity)</p> <p><input type="checkbox"/> severe (&gt;21 days modified or lost)</p> <p><b>Treating person</b></p> <p><input type="checkbox"/> medical practitioner</p> <p><input type="checkbox"/> physiotherapist</p> <p><input type="checkbox"/> nurse</p> <p><input type="checkbox"/> sports trainer</p> <p><input type="checkbox"/> ski patroller</p> <p><input type="checkbox"/> other _____</p> <p><b>Signature of treating person</b></p> <p>_____</p> <p>_____</p> <p><b>Today's Date:</b>    __/__/__</p>
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