

Safety in Sports

A majority of European citizens regularly participates in physical activities, as a member of a sports organisation or on an individual basis.

There are many good reasons for sports to be popular. We all need regular physical activity in order to feel well and to prevent illnesses as lack of physical activity is a risk factor for the development of many chronic illnesses, including cardiovascular diseases. Sport has both a strong educational dimension and a social and cultural function.



But certainly sporting activities also hold a risk of injury due to accidents and overexertion. About one in five medically treated injuries is related to sporting activities. For the EU-27 region alone, the total number of sports related injuries that need to be treated in hospitals, is estimated at 12 million cases a year.



Fortunately, there are many possibilities to prevent sports injuries. Particularly sport specific training measures/programmes and coaches education, as well as political and technical strategies (e.g. Fair Play campaigns) and the development of appropriate (protective) equipment have already been proved to support injury prevention in sports.



In the light of the global dimension of sporting activities it is important to share good practices and knowledge in general and to assist European and national organisations in promoting sports injury prevention.

Less injuries – better performance

The European project "Safety in Sports", which is co-financed by the European Commission (Grant Agreement 2007329), aims at increasing the knowledge on the prevention of acute and



chronic injuries. The ultimate goal is to reduce the magnitude and severity of sports related injuries in Europe.

Given the specific character of each sport and related injury risks, there is a need for offering training methods which are tailored to the specific type of sport and to integrate these measures within currently accepted training practices. In addition, experience shows that compliance can be enhanced if sports participants recognise that these measures will also assist them in improving their own sports performance.

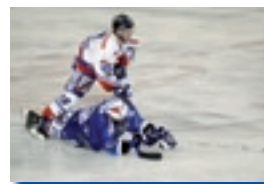


Project activities



Through the project 'Safety in Sports' we want to establish a sustainable European network of experts from science, sports clubs and sports associations as well as from other institutions that have a keen interest in preventing sports injuries.

With the help of this network we want to identify, evaluate and widely disseminate good practices in implementing safety promotion strategies for individual- and team sports. Furthermore, this network will be instrumental to gain knowledge on how to sustainably implement sports-specific prevention measures in countries.



For the mid-term, the project Safety in Sports will focus on the two chosen pilot sports handball and basketball which enjoy great, European-wide popularity. Additionally, knowledge and experience gained in other team sports, such as football, hockey, rugby, volleyball and icehockey, will be included. In close collaboration with the EHF (European Handball Federation) and FIBA Europe (Fédération Internationale de Basketball), National Sports Associations and a network of experts, the project team works on:

- an up-to-date inventory on the burden of sports injuries drawing attention to the importance of the issue and to convince stakeholders.



- identification of existing injury prevention measures in sports, especially in handball and basketball, as well as safety promotion strategies in Europe.

- consensus building on best practices in sports injury prevention and implementation strategies for handball and basketball with the help of selected experts.

- development of toolkits consisting of most promising preventive measures and their appropriate promotion strategies, always regarding the special demands of the collaborating sports federations, stakeholders and target groups in handball and basketball.



- pilot implementation of these toolkits in collaboration with EHF and FIBA Europe for handball and basketball as pilots in two national associations, respectively.
- elaboration of general guidelines on how to develop, implement and sustain safety management schemes in basketball and handball as well as in other team sports.

Target groups

The project results will be of interest for:

- sportsmen and -women
- experts (coaches, sports scientists, physiotherapists, sports medicine specialists etc.)
- representatives of sports associations (at European, national and local level) and other institutions (e.g. insurances, sports policy)
- policy makers working in national and local government with a keen interest in promoting safe sporting



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Ruhr-University Bochum, www.rub.eu



Consumer Safety Institute, Amsterdam, www.veiligheid.nl



EuroSafe
 European Association for
 Injury Prevention and Safety Promotion
 EuroSafe, Amsterdam, www.eurosafe.eu.com



ARAG Sports Insurance, www.ARAG-Sport.eu

Milestones

- Launch of Website www.safetyinsports.eu, including forum for experts 09/2009
- Inventory on the burden of sports injuries 01/2010
- Best injury prevention measures and implementation strategies in handball and basketball 01/2010
- Draft toolkits for injury prevention in handball and basketball 03/2010
- Safety management schemes in handball and basketball 03/2011
- General guidelines for development and implementation of sustainable safety management schemes in sports in Europe 10/2011
- Final report 11/2011



EHF
 European Handball
 Federation
www.eurohandball.com



Norwegian Handball
 Federation
www.handball.no

Oslo Sports Trauma
 RESEARCH CENTER
 Oslo Sports Trauma
 Research Center
www.ostrc.no



ČSH
 Český svaz házeně
 Czech Handball Federation
www.chf.cz



Charles University Prague
 Faculty of Physical
 Education and Sport
www.ftvs.cuni.cz



bfu – Swiss Council for
 Accident Prevention
www.bfu.ch



FIBA Europe
 Fédération Internationale de
 Basketball
www.fibaeurope.com



Slovak Basketball Association
www.ebasket.sk



Comenius University Bratislava
 Faculty of Physical
 Education and Sports
www.fsport.uniba.sk



Svensk Basket
 Swedish Basketball Federation
www.basket.se



Administrative Employers'
 Liability Insurance Association
www.vbg.de



WHO
 Regional Office for Europe
www.euro.who.int

www.safetyinsports.eu



European Network for Sports Injury Prevention

