



SPEED SKATING CANADA INJURY REPORTING FORM

Members must use this form to report all serious injuries sustained in a training environment and all injuries sustained in a competition environment within 10 days of the incident, as per SSC's Injury Reporting Policy (Section 7 of SSC's Safe Sport Policy Manual).

The information collected in this form will be used for injury follow-up and to analyze incident trends related to speed skating training and competition environments with the purpose of implementing preventive measures pertaining to safety of the sport.

Competition Information

Name of Competition: Short Track Long Track

Date of Competition: Location:

Sanction Type:

- SSC Championship Ability Age Class
 Canada Cup/International Festival Marathon

Skater Information

Full Name: Age:

Email Contact as Listed on IceReg:

Ability Level: New to Speed Skating Limited Experience
 Experienced Speed Skater

Race Information

Skater's Category: Male Female Open

Did the condition of the ice play a role in the injury? Yes No



Did the skater's equipment contribute to the injury? Yes No

Did the skater hit the protective padding? Yes No

Protective Padding Level: 1 2 3 4 5

Injury Description

Accident/Injury Occurred in: Training Competition

Accident/Injury Occurred: Off-Ice On-Ice

Cause:

- Contact with Person Contact with Equipment Contact with Boards/Pads
 Contact with Ice Non-Contact Injury

Injury Severity:

- Resumed Activity Withdrew from Activity Transported to Hospital

Body Part:

- Face Head Neck
 Upper Back Sternum/Ribs Lower Back
 Abdomen/Pelvis/Buttock Shoulder/Clavicle/Upper Arm
 Elbow/Forearm Wrist/Hand/Fingers
 Hip/Groin Thigh Knee
 Lower Leg/Achilles Tendon Ankle/Foot

Type of Injury:

- Concussion Fracture Stress Fracture
 Dislocation/Subluxation Lesion of Meniscus or Cartilage
 Tendon/Rupture Ligaments (Sprain) Muscle Strain/Tear
 Contusion/Bruise Chronic Tendinopathy Nerve/Spinal Cord
 Arthritis/Synovitis/Bursitis Laceration/Abrasion
 Muscle Cramps/Spasm Other:



Description of Injury:

Description of Accident / How the Injury was Sustained:

On-site Medical Attention:

Signature:

Full Name:

Date:

This form shall be submitted by a club official, competition Event Coordinator, competition Medical Coordinator, or their designee to safesport@speedskating.ca.