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**

<table>
<thead>
<tr>
<th>Athlete's accreditation no.</th>
<th>Sport and event</th>
<th>Round/heat or training</th>
<th>Date &amp; time of injury</th>
</tr>
</thead>
<tbody>
<tr>
<td>1234567890</td>
<td>Athletics, 100m (women)</td>
<td>Quarter final/1st heat</td>
<td>24/07/19 14:00</td>
</tr>
</tbody>
</table>

Injured body part

<table>
<thead>
<tr>
<th>Code</th>
<th>Type of injury</th>
<th>Cause of injury</th>
<th>Absence in days</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Sprain</td>
<td>Strained ankle</td>
<td>10</td>
</tr>
</tbody>
</table>

**Illness**

<table>
<thead>
<tr>
<th>Athlete's accreditation no.</th>
<th>Sport and event</th>
<th>Diagnosis</th>
<th>Occurred on (date)</th>
</tr>
</thead>
<tbody>
<tr>
<td>12345678901</td>
<td>Football (men)</td>
<td>Tonsillitis/cold</td>
<td>24/07/19</td>
</tr>
</tbody>
</table>

Affected system

<table>
<thead>
<tr>
<th>Code</th>
<th>Main symptoms</th>
<th>Cause of illness</th>
<th>Absence in days</th>
</tr>
</thead>
<tbody>
<tr>
<td>R</td>
<td>Fever, pain</td>
<td>Infection</td>
<td>2</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Days</th>
<th>Weeks</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>7</td>
<td>1</td>
</tr>
<tr>
<td>14</td>
<td>2</td>
</tr>
<tr>
<td>21</td>
<td>3</td>
</tr>
<tr>
<td>&gt; 28</td>
<td>&gt; 4</td>
</tr>
<tr>
<td>&gt; 30</td>
<td>&gt; 4</td>
</tr>
<tr>
<td>&gt; 180</td>
<td>&gt; 6</td>
</tr>
</tbody>
</table>

**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)**

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

**Type of Injury (diagnosis)**

1. Concussion (regardless of loss of consciousness)
2. Fracture (traumatic)
3. Stress fracture (overuse)
4. Other bone injuries
5. Dislocation, subluxation
6. Tendon rupture
7. Ligamentous rupture
8. Sprain (injury to joint or ligaments)
9. Lesion of meniscus or cartilage
10. Strain / muscle rupture / tear
11. Contusion / haematoma / bruise
12. Tendinosis / tendinopathy
13. Arthritis / synovitis / bursitis
14. Fascitis / aponeurosis injury
15. Impingement
16. Laceration / abrasion / skin lesion
17. Dental injury / broken tooth
18. Nerve injury / spinal cord injury
19. Muscle cramps or spasm
20. Other – please describe

**Cause of Injury**

1. Overuse (gradual onset)
2. Overuse (sudden onset)
3. Non-contact trauma
4. Recurrence of previous injury
5. Contact with another athlete
6. Contact: moving object
7. Contact: stagnant object
8. Violation of rules (obstruction, pushing)
9. Field of play conditions
10. Weather conditions
11. Equipment failure
12. Tackler
13. One being tackled
14. Other – please describe

### For Illnesses

**Affected system**

1. Respiratory / ear, nose, throat
2. Gastro-intestinal
3. Uro-gynaecological
4. Cardio-vascular
5. Allergic / immunological
6. Metabolic / endocrinological
7. Haematological
8. Neurological / psychiatric
9. Dermatologic
10. Musculo-skeletal
11. Dental
12. Other – please describe

**Main symptom(s)**

1. Fever
2. Pain
3. Diarrhoea, vomiting
4. Dyspnoea, cough
5. Palpitations
6. Hyperthermia
7. Hypo-thermia
8. Dehydration
9. Syncope, collapse
10. Anaphylaxis
11. Lethargy, dizziness
12. Other – please describe

**Cause of illness / symptom(s)**

1. Pre-existing (e.g. asthma, allergy)
2. Infection
3. Exercise-induced
4. Environmental
5. Reaction to medication
6. Other – please describe