



ULTRA SPORTS SCIENCE

Musculoskeletal injuries of athletes

Event Organizers & Health Professionals

- Diffusion of prevention messages by the organizers, on the nature of the possible injuries and treatment

For race organizers, it is a question of respecting clear objectives:

- Being able to provide first aid in the event of musculoskeletal injuries on site
- Carry out a medical transfer to a specialized center if necessary
- Musculoskeletal injuries are not generally medical emergencies, but sometimes fractures or dislocation may require immediate evacuation

For this it is necessary to set up:

- A good distribution of the first aid teams on the race to carry out first aid and inform the accident site medical team.

- To have the necessary treatments and equipment (cold, immobilizing splints, analgesics ...)

Have analgesics available (avoid non-steroidal anti-inflammatory drugs such as ibuprofen or diclofenac in ultra-endurance events). Paracetamol is generally safe and for severe trauma opioid analgesic should be considered by the medical team.

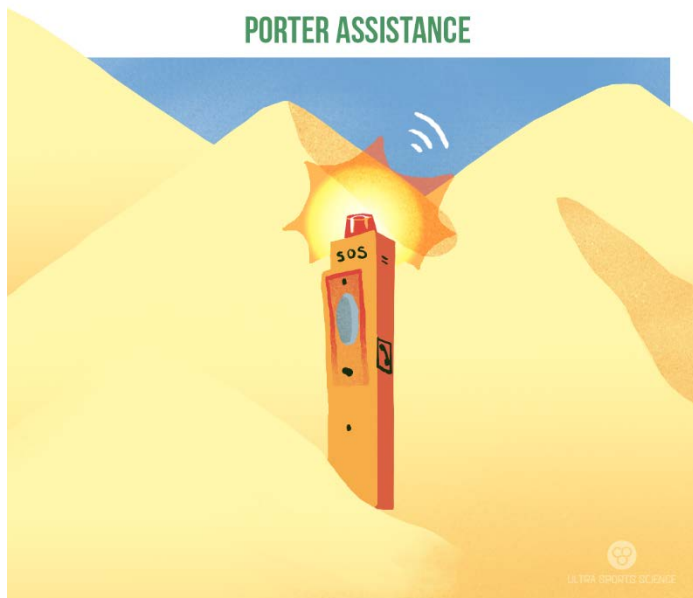
- Very good mobility of the emergency medical team with vehicles adapted to the terrain (motorbike, quad, etc.) to administer vital first aid on site.

- To have transfer vehicles.

- To have appropriate means of communication for the organization of relief for the various responders (organizers, rescuers, medical teams, hospital services, etc.)

It is therefore essential for race organizers to plan for the management of musculoskeletal injuries of athletes in their overall health coverage of their sporting event.

PORTER ASSISTANCE



Je porte assistance à tout autre compétiteur en difficulté qui aurait besoin de mon aide.

SOUSCRIRE À UNE ASSURANCE



Je souscris à une assurance adaptée aux risques de la pratique de mon sport (Couverture des frais d'hélicoptère).