AUT UNIVERSITY

SPORT PERFORMANCE RESEARCH INSTITUTE NEW ZEALAND

SnowSmart 2010 – 2011: an overview for SAANZ

* new zealand snowsports council

Key findings in 2010 and 2011 NID-ski data:

- Shoulder injuries in male snowboarders increased 200% in 2011.
- Head injury in skiers and snowboarders wearing helmets (206) remains higher than those not wearing helmets (178).
- Wrist injuries in snowboarders were lower for those wearing wrist guards (59) than those not wearing wrist guards (448).
- Knee injury in female skiers is 3.5 x higher than males.
- Lower leg injury in female skiers is 2 x higher than males.
- Overall incidence rate increased from 3.1 / 1000 skier days in 2010 to 3.2 / 1000 skier days in 2011.
- 47.2% of injuries in 2011 occurred in alpine skiers versus 52.8% snowboarders.

Key findings in 2010/11 ACC data:

- Skiing and snowboarding cost ACC $18 million.
- 4th highest cost across all sport and recreational activities (7th highest in 2008).
- Knee, shoulder, back and wrist injuries are most claims and half of the total costs.

Research to inform practice:

- ACC have funded $312,000 for SnowSmart phase 7:
  - Torque testing case control study. To be completed by 29 June 2013.
  - SnowSmart website update. To be completed by 31 May 2012. Ski Areas to provide hyperlinks.
  - NID-ski incident form to be updated. To be completed by 27 April 2012.
- AUT SPRINZ have funded $20,000 for the helmet case control study. To be completed by 29 June 2013.
- Both studies will be carried out this winter at Whakapapa and Turoa Ski Areas.

SnowSmart injury prevention target areas:

- Equipment related injury.
- Protective equipment.
- Environmental risk management.
- Risk behaviour.
- Physical conditioning.

Recommendations:

1. Individual Ski Area reports to be provided to allow comparison to national data to more effectively inform targeted injury prevention strategies.
2. Lift the embargo of confidentiality to enable shared problem solving and best injury prevention practice.
3. All SAANZ members to participate in NID-ski data collection (presently only 10 ski areas entering data) to provide greater accuracy.