

## HEALTH, INJURIES AND ILLNESSES IN PARACANOE ATHLETES

*This is an announcement to athletes, team leaders, coaches and medical teams about a new study on “Health, Injuries and Illnesses in Paracanoe athletes”. The study will be conducted by the Swedish School of Sport and Health Sciences (GIH) in collaboration with ICF. The study will start in August 2020 and continue to September 2021.*

In order to be able to compete and perform on an international level, the athlete needs to be healthy and free from injury. There is very little research about health, illnesses and injuries among internationally competing paracanoe athletes. We are therefore conducting a study where the aim is to find out more about health, illnesses and injuries, as well as pre-participation health evaluations among paracanoe athletes worldwide. The goal is to look for injury and illness prevalence patterns in paracanoe athletes in order to develop prevention strategies.

The information will be gathered through electronically provided questionnaires sent out to internationally competing paracanoe athletes and to physicians caring for paracanoe athletes. All shared/gathered information will be anonymous and confidential. The information will only be used for the study by ICF and GIH and not for any other purpose.

More information about the study will be sent out to all National Federations in August/September 2020.

*If you have any questions, please do not hesitate to contact us:*

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