



Mountain Sports Activities: Injuries and Prevention

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Message from the Guest Editor

Millions of people are practicing one or more recreational sports like downhill or cross-country skiing, ski mountaineering, mountain hiking, rock or ice climbing, high-altitude mountaineering, mountain biking, paragliding, etc. Although it is indisputable that leisure-time exercise is generally associated with health benefits, especially outdoor activities also bear an inherent risk of injury due to both objective and subjective risk factors. Whereas many epidemiological data are available on the prevalence of injuries during different recreational mountain sports activities, much less is known on risk factors, causes and mechanisms of such injuries and even less on the outcomes of targeted preventive measures.

This Special Issue seeks research papers on injuries occurring during various types of recreational mountain sport activities, focusing on risk factors, underlying causes and mechanisms, outcomes of and/or suggestions for prevention studies. We especially encourage the submission of interdisciplinary work and multi-country collaborative research. We welcome original research papers as well as systematic reviews and meta-analysis.





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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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