International Journal of
Environmental Research and Public Health

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Winter Sport Injuries: Risk Factors and Preventive Measures

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Deadline for manuscript submissions:
closed (31 May 2023)

Message from the Guest Editors

Winter sports activities, e.g., alpine skiing, snowboarding, ski touring, cross-country skiing, or sledging, are very popular and enjoyed annually by several hundred million people worldwide. Although some epidemiological data are available on the prevalence of injuries during different recreational and competitive winter sports, much less is known regarding the risk factors, causes, and mechanisms of such injuries, and even less regarding the outcomes of targeted preventive measures.

This Special Issue seeks research papers on injuries occurring during various types of recreational and competitive winter sports, focusing on individual risk factors (e.g., sex, age, risk-taking, fitness), equipment-related risk factors (e.g., gear used, ski bindings, ski geometric parameters, boots) and environmental risk factors (e.g., snow and weather conditions, temperature, altitude, slope steepness, snow parks), underlying causes and mechanisms (e.g., self-inflicted falls, collisions, jumps, high speed), and outcomes of and/or suggestions for prevention studies (e.g., use of ski helmet, back protector and wrist guards, warming-up, binding adjustment).

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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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