



Winter Sport Injuries: Risk Factors and Preventive Measures

Guest Editors:

Dr. Gerhard Ruedl

Department of Sport Science,
University of Innsbruck,
Fürstenweg 185, A-6020
Innsbruck, Austria

Prof. Dr. Martin Bartscher

Department of Sport Science,
University of Innsbruck,
Fürstenweg 185, A-6020
Innsbruck, Austria

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).





an Open Access Journal by MDPI

Editor-in-Chief

Prof. Dr. Paul B. Tchounwou

RCMI Center for Urban Health
Disparities Research and
Innovation, Richard Dixon
Research Center, Morgan State
University, 1700 E. Cold Spring
Lane, Baltimore, MD 21251, USA

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.

Author Benefits

Open Access: free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility: indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPus / SciFinder, and other databases.

Journal Rank: CiteScore - Q1 (*Public Health, Environmental and Occupational Health*)

Contact Us

International Journal of
*Environmental Research and Public
Health* Editorial Office
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/ijerph
ijerph@mdpi.com
[X@IJERPH_MDPI](https://twitter.com/IJERPH_MDPI)