



We have a network of members throughout the world and invite interested researchers to join us. Students studying related topics and/or on elective projects are particularly encouraged to engage with the Society. Individual membership costs US\$150 for two years and includes discounts at ISSS congresses and free copies of our proceedings (currently published by ASTM).

We offer special membership and conference rates for bona fide students and are working towards scholarships to support students engaged in snow sports safety research. For up to date information, please visit our website or Facebook page.



**Skiing Trauma
and Safety**

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**International
Society for
Skiing Safety**



www.issweb.com

The History of the ISSS

Founded in 1974, the ISSS is the world's leading research organization dedicated to improving snow sports safety through research. Members include ski area physicians, equipment manufacturers, research engineers, ski area managers and ski patrollers.



Michael Berry, President of the National Ski Areas Association addressing the 2011 ISSS Conference in Keystone, Colorado.

The ISSS holds a week long international congress every two years when the latest research information is presented, debated and disseminated. The last meeting was in May 2011 in Keystone, Colorado, USA. The 20th ISSS congress will be held in Argentina in 2013.

ISSS members have a long history of involvement in advances in equipment design. These include releasable alpine ski bindings, helmets, snowboarding wrist guards and the design of terrain park features.

Facts about Ski and Snowboard Safety

Skiing and snowboarding are both popular outdoor activities. Current estimates suggest there are in excess of 200 million skiers and snowboarders worldwide. Very few other activities allow individuals of all ages and abilities to enjoy physical exercise in beautiful mountain settings, Unfortunately, in common with all Outdoor activities there is an associated risk of injury. This risk is however much smaller than most people imagine and currently stands at between 1 to 2 injuries per thousand skier days and 3 to 5 injuries per snowboarder days. The risk of death is also very low with a traumatic death occurring once every 1.85 million participant days on average.

Various studies have identified independent risk factors for injury. These include beginners and children.

The two sports have differing injury patterns which relate to differences in user populations, equipment design and activities undertaken.

Alpine skiers are prone to injuries of the lower limb and the knee in particular. The advent of release ski bindings has reduced the incidence of lower leg fractures by 70% since the early 1970s. ACL and MCL knee injuries now predominate and research efforts continue to try and reduce the risks of both.



Snowboarders are more likely to sustain injury to the upper limb and the wrist is the single commonest site of injury usually due to a fall onto an outstretched hand. Wrist guards have been shown to reduce this risk and work continues to identify the best design for such guards.



For both sports the use of an appropriately certified helmet is strongly recommended. Many studies have now shown that the use of a helmet reduces the risk of sustaining a head injury although the overall risk remains low and in the view of many experts not high enough to mandate the use of helmets.

Efforts continue to improve on slope safety through ski area design, equipment developments and instruction. Members of the ISSS have been at the forefront of the many of these initiatives over the years.



The International Society for Skiing Safety

The world's leading international organization for the promotion of snow sports safety.

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