

Sports and Exercise Safety in Finland: LiVE - an Implementation Program to Sport Clubs and Schools

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INTRODUCTION

Today sports injuries are the most common injury type in Finland. Children, youth and especially young men are at high risk.

AIM AND METHODS

The aim of the LiVE-program is to increase safety of sports and exercise in a nationwide setting. Injuries are prevented by enhancing awareness of injury risks, improving quality and contents of physical activity sessions and sport training, and taking care of sports environment and equipment. The primary target groups are young athletes, their coaches and parents, elementary and vocational school pupils and their teachers.

RESULTS

Implementation of the national and international study findings are conducted in three projects:

- Healthy Athlete (2006–)
- Safety in School Sports, TEKO (2010–)
- Smart Moves (2014–).

The specific targets of the projects are presented in Figure 1., 2. and 3.

LiVE-program has educated over 80 tutors and 50 sport nutritionist and dietitians who work with athletes and coaches in different health and sports organisations. The program has also introduced itself to projects' target groups in numerous events and organized several seminars to improve safety in sports. LiVE-websites (www.terveurheilija.fi, www.tervekoululainen.fi and www.smartmoves.fi) and expert intranet offers a large source of information and practical tools.



Fig 1. The Ten-point-circle (Healthy Athlete)

CONCLUSION

Successful development and implementation of preventive strategies against sports injuries are likely to result in reduction in the number of health problems in sports, reduction in training, work and school absenteeism, and reduction in medical costs.

Funding

The Finnish Ministry of Education and Culture
The Finnish Ministry of Social Affairs and Health

References

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Fig 2. The Element-wall (TEKO)



Fig 3. The specific targets of Smart Moves

