



Safety Study



Safety Study Welcome Email

Dear Coaches and Volunteers,

Welcome to the NICA Safety Study. This study is replacing the previous process for incident reporting and improving it with the support of The University of Utah. Your involvement makes NICA safer for student athletes and coaches!

Listed below are the key changes you should know about, including the introduction of the NICA Injury Definition, designated reporters submitting incident reports for all student athlete and coach injuries (include those at races) and exposure reporting. I've gone into detail on these changes below:

- For the purposes of the NICA safety study and incidents relating to NICA, injury is defined as any physical event that occurs during a NICA team practice, race, coaches training or camp that results in physical harm to participant significant enough to:
 - 1) Warrant referral to a medical provider;
or
 - 2) Lose time from training or competition;
or
 - 3) Miss school or work.

- Your team's designated reporter is your team director unless your team is in NorCal or Utah where the designated reporter is the Head Coach. Any coach on your team may become the designated reporter (see below for instructions on changing the designator reporter for your team).

- All incidents whether at practice or races should be filled-out on this paper safety study form and given to the designated reporter or directly submitted into the online Safety Study Incident Report form.

- The exposure report tracks how many athletes are riding in comparison to athlete injuries. This data is extremely useful for improving our program and comparing NICA injury rates with other school sports.

For more information and to download the new incident form please visit <http://www.nationalmtb.org/nica-safety-study/>.

Wishing you a FUN season with minimal injuries. Keep the rubber-side of your bike down :)

Chris Spencer

Director, Risk Management and Training

Instructions on NICA Incident and Exposure Reporting for Coaches

Coaches Role in Reporting Exposure:

Only Designated Reporters will report exposure. Sit back and relax on this one - you do not have to do a thing. If you are interested in how exposure is tracked, the exposure report questions and examples are below:

Exposure Question 1: On average, approximately how many student-athletes (of all levels) did you have participating this last week at each practice or competition?

(For example, if there were an average of 5 freshman, 10 sophomore, 10 junior varsity (JV), and 20 varsity athletes at each practice, that would be $5 + 10 + 10 + 20 = 45$ athletes.)

Exposure Question 2: Approximately how many TOTAL cumulative hours of time on the bike did your student-athletes have this week, during NICA-sanctioned practices, skills training and races?

For example, if there was a 2 hour Tuesday practice, a 1 hour skills training on Wednesday, and a 1 hour race on Saturday, this would add up to $2 + 1 + 1 = 4$ hours.

Coach's Role in Incident Reporting:

Step 1: Fill out Paper Incident Report:

Paper Incident Reports are available on [NICA Coach Resources](#). As a Coach, you are responsible to fill out a Paper Incident Report when an incident occurs. Sometimes an injury may not be fully realized until an athlete returns home from practice. If either of these scenarios occurs, at the incident or after the incident, you would fill out a "Paper Incident Report." We encourage you to gather as much information as possible and if possible, share medical diagnosis a parent may have received from a medical provider. Medically-verified injury data is the most valid.

Paper Incident Reports are filled-out anytime an injury may meet the NICA Injury Definition (defined above) by the person most familiar with the incident.

Step 2: Give Report to Designated Reporter: Paper Incident Reports are given to the Designated Reporter to ensure the injury meets the definition. You may physically hand the Paper Report to the Designated Reporter, e-mail a copy, or call the Designated Reporter. You must do this the day of the incident.

Note- If part of a team practice, injuries sustained during the following activities WOULD be reportable: Yoga, Stretching, Core, Running

Submitting Incident Reports from Races: Chief Course Marshals will also be sharing with Designates Reporters Incident Reports for any injuries occurring at races.

Non-Reportable Injuries: Please do not report injuries that do not meet the NICA Injury Definition OR occur outside of NICA activities. An injury where the rider didn't receive referral to a doctor and did not keep the rider from practicing would not meet the Injury Definition. As commuting to or from practice or riding with friends outside of practice are not NICA activities injuries occurring in either circumstance would also not be reportable.

Other Resources

NICA Safety Study Brochures for each main constituency, FAQs, paper forms and other information is all available via the [NICA Safety Study Webpage](#).

Questions? Email safetystudy@nationalmtb.org

