



NICA Safety Reporting



Overview

The Safety Study is designed to better understand the types and causes of injuries seen in mountain biking, and to pursue data-driven strategies to protect the safety of Student-Athletes, Coaches and the NICA Community.

NICA Safety Reporting is the integral component to the Safety Study. It is a requirement of participation in NICA that Student-Athletes and Coaches have their injuries reported by each team's Designated Reporter.



(Photo: Todd Bauer, TMBimages, tmbimages.com)

Q and A

What is NICA's injury rate?

Since 2015, NICA has had an injury rate between 2 and 4 students-athletes per 100 injured in a given year (based on NICA Injury Definition).

What can I do as Parent?

Be informed and talk to your student about training and racing. If you recognize an injury, report it to the coach.

What can I do as a Student-Athlete?

Talk to parents and coaches about any injuries that occur during NICA sanctioned activities. Provide details of when, how and where you were if an injury occurs, such as at practice or races.

Which injuries should be reported to our coaches (What is NICA's Injury Definition)?

Coaches will fill out an incident report form whenever a physical event occurs during a NICA sanctioned activity that results in physical harm to the participant significant enough to:

1) Warrant referral to a medical provider beyond on-site first-aid or EMS;

OR

2) Lose time from training or competition beyond day of injury;

OR

3) Miss school or work

(Note: Commuting to or from practices is not a NICA sanctioned activities or covered by NICA insurance. Commuting injuries should not be reported.)

Did you know?

With over 1,000 participating teams, NICA Safety Reporting drives the largest single-sport incident surveillance system in the world.

When should I report an injury to our coaches?

"I will inform my child's coach if it is suspected my athlete may be injured, after medical diagnoses are given, and when medical personnel approves my child to return to play."

Will our personal information be safe?

Safety Reporting Information is stored on a very secure, HIPAA-compliant server. NICA and its partners will never release anybody's personal health information. All injury data is anonymized and analyzed in aggregate so that no individual rider can be identified.

Who can see the full incident reports?

All incident reports are only visible to NICA national staff, league staff, vetted University of Utah study staff and NICA's insurance broker.

What if I'm the parent of an independent rider?

Please contact safetyreporting@nationalmtb.org to submit a report online.

For more information, please visit the [Safety Reporting Webpage](#).