



Please record all sport-related accidents or injuries during handball matches or training.

Send a clear photo, scanned pdf or electronic copy to:  injuryreport@olympichandball.org 

Incident

Injury

Exposure

Follow Up

Reporter Name:	Reporter Role:			Reporter Affiliation:			
Country:	Venue:			Incident Date:			
Event Type:	Match [Fixture: vs] Training Other:						
Player Name:	Player Team:			Player Sex:		Player Age:	
Position:	Left Wing	Pivot	Right Wing	Left Back	Centre Back	Right Back	
Action: (Injury cause)	Jump shot	Shooting	Passing/receiving		Fast Break/running		
	Direction Change	Blocking		Goalkeeper action (save, dive, block)			
Match Time:	1st Half:	00-10	10-20	20-30	Warm-up	Cool-down/	
OR	2nd Half:	30-40	40-50	50-60	Extra Time	Post-match	
Training Context:	Match Simulation			Game-based drills		Warm-up	
	Cool-down			General Conditioning		Strength	
Consequence:	Continued play		Returned to play	Time-loss (≥1 day)			
Body Region: L(left) R(right) B(both))	Head	Neck	Shoulder	Upper arm	Elbow	Forearm	Wrist
	Hand	Fingers:	Thoracic spine		Lower back	Chest	Abdomen
	Hip/groin	Thigh	Knee	Lower leg	Ankle	Foot/toes	
Concussion?	Suspected concussion			Medically diagnosed concussion			
Mechanism:	Contact - player	Contact - ball/object		Non-contact Acute	Non-contact Overuse		
Unsure? Detail:							
Injury History:	New	Exacerbation		Recurrent:	(No. of previous occurrences)		
Dominant side:	Left arm	Right arm	Bilateral arms		Left leg	Right leg	Bilateral legs
Player Experience:	<1 month	<3 months	<1 year	+2 years			
Match Exposure:	Avg. minutes play/match:		<15	15-30	30-45	>45	
	No. of Matches played this season:						
Training Exposure:	Avg sessions/ week:						
	Avg. training duration:		<60	60-89	90-119	120+	
Follow Up Reporter Name:				Follow Up Date:			
Time-return to play:	Continued play (0 days)		1-7 days	8-28 days	>28 days		
Current symptoms:	None	Minor	Continued treatment		No return to play		
Level of medical consultation:	None	Physio	Doctor	Other:			
Consultant's description of injury:							
No. of treatments:				Estimated financial cost (€):			
Mental state during time-loss:	Normal	Mild Stress	Significant Distress		Severe Distress		

This injury report forms part of a Sport Ireland-led injury surveillance program delivered by Olympic Handball Ireland to support player welfare and injury prevention. Personal data is handled accordance with GDPR and the Olympic Handball Ireland Privacy Policy. By signing below, the athlete consents to this use. Research data are anonymised.

Athlete signature:

Date: