INTERNATIONAL SKATING UNION

# ISU Injury and Illness Survey Report

## 2025/26 Season

## July 2026

ISU MEDICAL

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# 1. Introduction

This report aims to identify the statistics and trends of injuries and illnesses reported to the ISU during 2025/26 season. It also aims to identify patterns and risk factors contributing to the cases by analysing the data. The insights gained through the survey will be valuable for developing medical measures and preventive strategies to improve skaters' health and welfare, leading to enhance their performance. In this report, all statistics were categorised by male, female and under 20 years old (U20 hereunder, which includes both male and female) to identify differences between gender and age groups. In addition, potential differences were assessed by comparing 95% confidence intervals (CIs) to observe the statistical significances.

DISCLAIMER:

- These injury statistics are based **solely on data collected via the ISU online medical form during 2025/26 season**. It is the responsibility of the skater's medical staff or chief medical officer to complete it. These data may not reflect a complete picture of injuries and illnesses.
- A widely accepted definition of sport-related injury considers a concept of an athlete-exposure (AE). An injury, for example, may be reported as rate per 1,000 athlete-exposures. This is considered to be a more accurate measure to define an injury. An athlete-exposure is defined as one skater participating in one practice or competition segment, in which there is the possibility of sustaining an injury. However, since it is not realistic to track participation in all the practices, only participation in the competitions was considered. In this report, the AE in each discipline was calculated based on the average number of races/programmes that one skater competed in Milano Cortina 2026 Winter Olympic Games and the World Championships.

    - FS: 1.65 - 2.40 programs per skater per event
    - SS: 2.30 - 3.20 races per skater per event
    - ST: 5.70 - 6.93 races per skater per event

    **The Incidence Rate (IR)** is calculated as follows: The number of injuries (diagnosis) multiplied by 1,000 and then divided by the estimated athlete-exposures (AEs), which means **the number of injuries expected to develop if the skater would have competed in 1,000 practices or competitions**. **The Injury Proportion (IP)** is calculated as follows: The number of injured skaters divided by the total number of skaters participating in the event, which means **the risk of a sport injury per participating athlete**. Then when we know the numbers of the participating skaters in each event, we assume we can estimate the relative risk of injury of skaters.

# 2. Figure Skating (FS)

## 2.1. Overview

Table 1 illustrates the total number of reported injuries and illnesses in and out of the competitions in FS during 2025/26 season.

*Table 1. Reported cases and frequencies*

| | All | Male | Female | U20 |
|---|---|---|---|---|
| Injuries | 48 | 18 | 30 | 23 |
| Illnesses | 14 | 8 | 6 | 3 |
| **Total Cases** | **62** | **26** | **36** | **26** |
| **IP** | **4.7%** | **6.3%** | **9.4%** | **5.5%** |

There was no statistically significant difference between the number of cases reported by male and female. U20 skaters accounted for 26 cases, representing approximately 42% of all reported cases. When estimated athlete-exposures were calculated using the total number of entries and the expected number of programs per skater per event, the injury incidence rate ranged from 9.0 to 13.1 injuries per 1,000 programs.

Figure 1 illustrates the number of reported cases over the past four seasons.

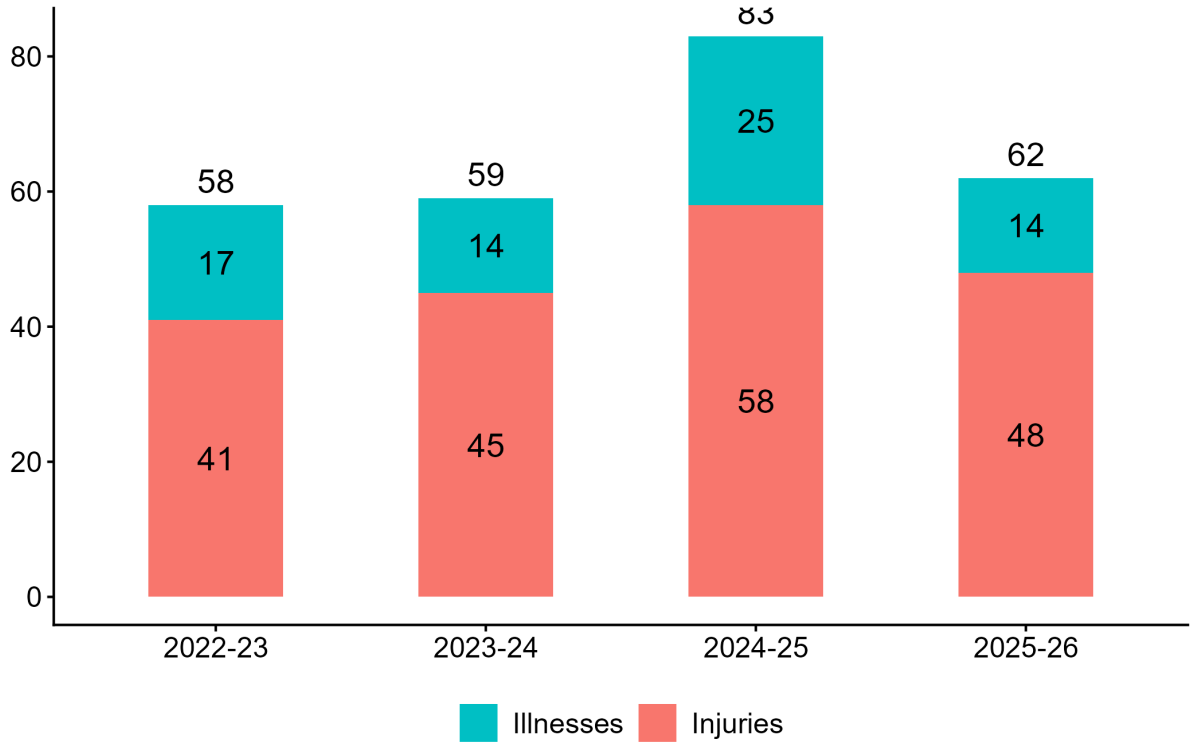



*Figure 1. Reported cases of injury and illness from the 2022/23 to 2025/26 seasons*

## 2.2. Injury

### 2.2.1. Demography of injuries

Figure 2, 3 and table 2 and 3 illustrate the demography of injuries by gender and age groups.

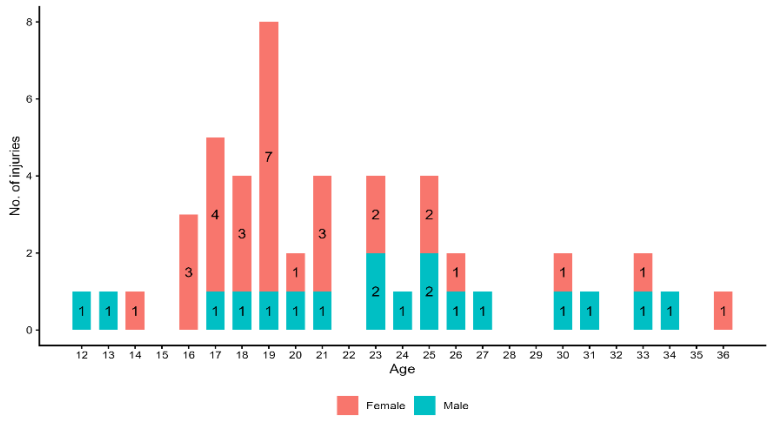



*Figure 2. Demography by age*

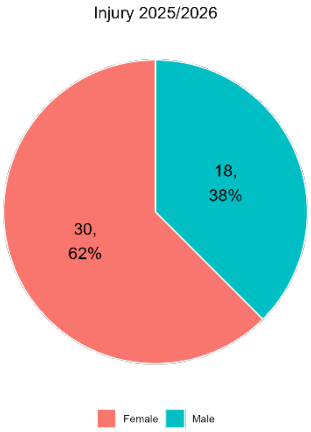



*Figure 3. Demography by gender*

*Table 2. Proportion of injury cases in each age group*

| Gender / Age group | Proportion, % (95% Confidence Interval) | | |
|---|---|---|---|
| | Male | Female | All |
| Under 20 | 27.8 (7.1 - 48.5) | 60 (42.5 - 77.5) | 47.9 (33.8 - 62) |
| 20 - 24 | 27.8 (7.1 - 48.5) | 20 (5.7 - 34.3) | 22.9 (11 - 34.8) |
| 25 - 29 | 22.2 (3 - 41.4) | 10 (0 - 20.7) | 14.6 (4.6 - 24.6) |
| 30 and above | 22.2 (3 - 41.4) | 10 (0 - 20.7) | 14.6 (4.6 - 24.6) |
| Not Recorded | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) |

*Table 3. Proportion of each discipline*

| Discipline | Proportion, % (95% Confidence Interval) | | | |
|---|---|---|---|---|
| | Male | Female | U20 | All |
| Singles | 50 (26.9 - 73.1) | 53.3 (35.5 - 71.2) | 69.6 (50.8 - 88.4) | 52.1 (38 - 66.2) |
| Pairs | 33.3 (11.6 - 55.1) | 30.0 (13.6 - 46.4) | 26.1 (8.1 - 44) | 31.2 (18.1 - 44.4) |
| Ice Dance | 16.7 (0 - 33.9) | 16.7 (3.3 – 30.0) | 4.3 (0 - 12.7) | 16.7 (6.1 - 27.2) |

Injuries were more frequently reported among younger skaters in both genders. Among female skaters, U20 athletes accounted for the largest proportion of reported injuries. More than half of all injuries occurred in Singles skaters, with the proportion exceeding 60% among U20 skaters. These findings highlight U20 female and Singles skaters as important groups for injury surveillance and prevention.

### 2.2.2. Regions of body parts

Table 4 illustrates the main anatomic regions and sub-regions (body parts) of injuries.

*Table 4. Regions of injuries*

| Body parts (Main/Sub) | Proportion, % (95% Confidence Interval) | | | |
|---|---|---|---|---|
| | Male | Female | U20 | All |
| **Head/neck** | **9.5 (0 - 22.1)** | **11.1 (0.8 - 21.4)** | **7.4 (0 - 17.3)** | **10.5 (2.6 - 18.5)** |
| Head | 4.8 (0 - 13.9) | 5.6 (0 - 13) | 3.7 (0 - 10.8) | 5.3 (0 - 11.1) |
| Face | 4.8 (0 - 13.9) | 2.8 (0 - 8.1) | 0.0 ( - ) | 3.5 (0 - 8.3) |
| Neck | 0.0 ( - ) | 2.8 (0 - 8.1) | 3.7 (0 - 10.8) | 1.8 (0 - 5.2) |
| **Upper limbs** | **28.6 (9.2 - 47.9)** | **11.1 (0.8 - 21.4)** | **11.1 (0 - 23)** | **17.5 (7.7 - 27.4)** |
| Shoulder/clavicle/upper arm | 14.3 (0 - 29.3) | 5.6 (0 - 13) | 0.0 ( - ) | 8.8 (1.4 - 16.1) |
| Sternum/ribs | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) |
| Elbow/forearm | 4.8 (0 - 13.9) | 2.8 (0 - 8.1) | 7.4 (0 - 17.3) | 3.5 (0 - 8.3) |
| Wrist/hand/fingers | 9.5 (0 - 22.1) | 2.8 (0 - 8.1) | 3.7 (0 - 10.8) | 5.3 (0 - 11.1) |
| **Trunk** | **33.3 (13.2 - 53.5)** | **8.3 (0 - 17.4)** | **14.8 (1.4 - 28.2)** | **17.5 (7.7 - 27.4)** |
| Abdomen/pelvis/buttock | 4.8 (0 - 13.9) | 8.3 (0 - 17.4) | 7.4 (0 - 17.3) | 7 (0.4 - 13.6) |
| Lower back | 23.8 (5.6 - 42) | 0.0 ( - ) | 3.7 (0 - 10.8) | 8.8 (1.4 - 16.1) |
| Upper back | 4.8 (0 - 13.9) | 0.0 ( - ) | 3.7 (0 - 10.8) | 1.8 (0 - 5.2) |
| **Lower limbs** | **28.6 (9.2 - 47.9)** | **63.9 (48.2 - 79.6)** | **66.7 (48.9 - 84.4)** | **50.9 (37.9 - 63.9)** |
| Hip/groin | 9.5 (0 - 22.1) | 5.6 (0 - 13) | 7.4 (0 - 17.3) | 7 (0.4 - 13.6) |
| Thigh | 4.8 (0 - 13.9) | 2.8 (0 - 8.1) | 0.0 ( - ) | 3.5 (0 - 8.3) |
| Knee | 4.8 (0 - 13.9) | 16.7 (4.5 - 28.8) | 14.8 (1.4 - 28.2) | 12.3 (3.8 - 20.8) |
| Lower leg/Achilles tendon | 4.8 (0 - 13.9) | 5.6 (0 - 13) | 11.1 (0 - 23) | 5.3 (0 - 11.1) |
| Ankle/foot | 4.8 (0 - 13.9) | 33.3 (17.9 - 48.7) | 33.3 (15.6 - 51.1) | 22.8 (11.9 - 33.7) |
| **Not Recorded/Other** | **0.0 ( - )** | **5.6 (0 - 13)** | **0.0 ( - )** | **3.5 (0 - 8.3)** |

Lower limb injuries remained the predominant injury region in the 2025/26 season, particularly among female and U20 skaters. Although ankle/foot injuries decreased compared with previous seasons, they remained the most common specific injury site. In contrast, male skaters showed a relatively higher proportion of trunk and lower back injuries.

### 2.2.3. Types of injuries

Table 5 illustrates the proportion of main types and sub-types of injuries.

*Table 5. Reported types of injuries*

| Diagnosis | Proportion, % (95% Confidence Interval) | | | |
|---|---|---|---|---|
| | Male | Female | U20 | All |
| **Brain/nerve** | **9.5 (0 - 22.1)** | **2.9 (0 - 8.4)** | **3.6 (0 - 10.4)** | **5.4 (0 - 11.3)** |
| Concussion | 0.0 ( - ) | 2.9 (0 - 8.4) | 3.6 (0 - 10.4) | 1.8 (0 - 5.3) |
| Nerve/spinal chord | 9.5 (0 - 22.1) | 0.0 ( - ) | 0.0 ( - ) | 3.6 (0 - 8.4) |
| **Bone** | **4.8 (0 - 13.9)** | **2.9 (0 - 8.4)** | **7.1 (0 - 16.7)** | **3.6 (0 - 8.4)** |
| Fracture | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) |
| Stress fracture | 4.8 (0 - 13.9) | 2.9 (0 - 8.4) | 7.1 (0 - 16.7) | 3.6 (0 - 8.4) |
| **Joint/ligament** | **19 (2.3 - 35.8)** | **22.9 (8.9 - 36.8)** | **21.4 (6.2 - 36.6)** | **21.4 (10.7 - 32.2)** |
| Dislocation, subluxation | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) |
| Lesion of meniscus/cartilage | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) |
| Ligaments (sprain) | 14.3 (0 - 29.3) | 22.9 (8.9 - 36.8) | 21.4 (6.2 - 36.6) | 19.6 (9.2 - 30) |
| Arthritis/synovitis/bursitis | 4.8 (0 - 13.9) | 0.0 ( - ) | 0.0 ( - ) | 1.8 (0 - 5.3) |
| **Muscle/tendon** | **38.1 (17.3 - 58.9)** | **40 (23.8 - 56.2)** | **42.9 (24.5 - 61.2)** | **39.3 (26.5 - 52.1)** |
| Muscle strain/tear | 19 (2.3 - 35.8) | 14.3 (2.7 - 25.9) | 17.9 (3.7 - 32) | 16.1 (6.5 - 25.7) |
| Tendon rupture | 0.0 ( - ) | 2.9 (0 - 8.4) | 3.6 (0 - 10.4) | 1.8 (0 - 5.3) |
| Contusion/bruise | 14.3 (0 - 29.3) | 17.1 (4.7 - 29.6) | 21.4 (6.2 - 36.6) | 16.1 (6.5 - 25.7) |
| Chronic tendinopathy | 0.0 ( - ) | 5.7 (0 - 13.4) | 0.0 ( - ) | 3.6 (0 - 8.4) |
| Muscle cramp/spasm | 4.8 (0 - 13.9) | 0.0 ( - ) | 0.0 ( - ) | 1.8 (0 - 5.3) |
| **Skin** | **9.5 (0 - 22.1)** | **5.7 (0 - 13.4)** | **3.6 (0 - 10.4)** | **7.1 (0.4 - 13.9)** |
| Laceration/abrasion | 9.5 (0 - 22.1) | 5.7 (0 - 13.4) | 3.6 (0 - 10.4) | 7.1 (0.4 - 13.9) |
| **Other** | **19 (2.3 - 35.8)** | **20 (6.7 - 33.3)** | **21.4 (6.2 - 36.6)** | **19.6 (9.2 - 30)** |
| **Not Recorded** | **0.0 ( - )** | **5.7 (0 - 13.4)** | **0.0 ( - )** | **3.6 (0 - 8.4)** |

Muscle/tendon injuries were the predominant injury type in the 2025/26 season, followed by joint/ligament injuries. Compared with previous seasons, ligament sprain remained a consistently common diagnosis. These findings suggest that soft tissue injuries, including muscle strain/tear, contusion/bruise, and ligament sprain, were the main injury types in Figure Skating during the 2025/26 season.

### 2.2.4. Causes of injuries

Table 6 illustrates the causes of injuries.

*Table 6. Causes of injuries*

| Contact with: | Proportion, % (95% Confidence Interval) | | | |
|---|---|---|---|---|
| | Male | Female | U20 | All |
| Equipment | 11.1 (0 - 25.6) | 6.7 (0 - 15.6) | 0.0 ( - ) | 8.3 (0.5 - 16.2) |
| Ice | 38.9 (16.4 - 61.4) | 36.7 (19.4 - 53.9) | 56.5 (36.3 - 76.8) | 37.5 (23.8 - 51.2) |
| Boards/Pads | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) |
| Person | 5.6 (0 - 16.1) | 3.3 (0 - 9.8) | 0.0 ( - ) | 4.2 (0 - 9.8) |
| Non-Contact | 44.4 (21.5 - 67.4) | 46.7 (28.8 - 64.5) | 43.5 (23.2 - 63.7) | 45.8 (31.7 - 59.9) |
| Not-Recorded/Other | 0.0 ( - ) | 6.7 (0 - 15.6) | 0.0 ( - ) | 4.2 (0 - 9.8) |

Non-contact injuries remained the most common cause of injury in the 2025/26 season, followed by contact with ice. No significant difference was observed between male and female skaters (p=0.886), whereas injury causes differed significantly between U20 and older skaters(p=0.011). In particular, U20 skaters showed a higher proportion of ice-contact injuries. Compared with 2024/25, non-contact injuries decreased, while ice-contact injuries increased.

### 2.2.5. Characteristics of injuries

Table 7 illustrates the characteristics of injuries by acute, recurrent or chronic.

*Table 7. Characteristics of injuries*

| Characteristics | Proportion, % (95% Confidence Interval) | | | |
|---|---|---|---|---|
| | Male | Female | U20 | All |
| Acute (new onset) | 61.1 (38.6 - 83.6) | 71.9 (56.3 - 87.5) | 76 (59.3 - 92.7) | 68 (55.1 - 80.9) |
| Recurrent (upon previous injury) | 38.9 (16.4 - 61.4) | 15.6 (3 - 28.2) | 20 (4.3 - 35.7) | 24 (12.2 - 35.8) |
| Chronic | 0.0 ( - ) | 6.2 (0 - 14.6) | 4 (0 - 11.7) | 4 (0 - 9.4) |
| Not Recorded | 0.0 ( - ) | 6.2 (0 - 14.6) | 0.0 ( - ) | 4 (0 - 9.4) |

Acute injuries remained the predominant injury characteristic in the 2025/26 season, accounting for 68.0% of all injuries. This was comparable to the 2024/25 season and higher than in the 2022/23 & 2023/24 seasons. Recurrent injuries were less common than in previous seasons, although they were relatively more frequent among male skaters.

### 2.2.6. Time of injury occurrence

Table 8 illustrates the time of injury occurrence.

*Table 8. Time of injury occurrence*

| Time of injury occurrence | Proportion, % (95% Confidence Interval) | | | |
|---|---|---|---|---|
| | Male | Female | U20 | All |
| Practice/Training | 61.1 (38.6 - 83.6) | 64.5 (47.7 - 81.4) | 75 (57.7 - 92.3) | 63.3 (49.8 - 76.8) |
| Competition | 33.3 (11.6 - 55.1) | 22.6 (7.9 - 37.3) | 20.8 (4.6 - 37.1) | 26.5 (14.2 - 38.9) |
| Other (specify) | 5.6 (0 - 16.1) | 6.5 (0 - 15.1) | 4.2 (0 - 12.2) | 6.1 (0 - 12.8) |
| Not Recorded | 0.0 ( - ) | 6.5 (0 - 15.1) | 0.0 ( - ) | 4.1 (0 - 9.6) |

Practice/training remained the most common time of injury occurrence in the 2025/26 season, particularly among U20 skaters. However, compared with the 2024/25 season, the proportion of practice/training injuries decreased, while competition-related injuries increased. This suggests that although training remains the primary setting for injury occurrence, competition-related injuries were relatively more prominent in 2025/26.

### 2.2.7. Injury incidence by event during competition

Figure 4 illustrates the number of reported injuries during competition by event in the 2025/26 season. A total of 13 injuries were reported.

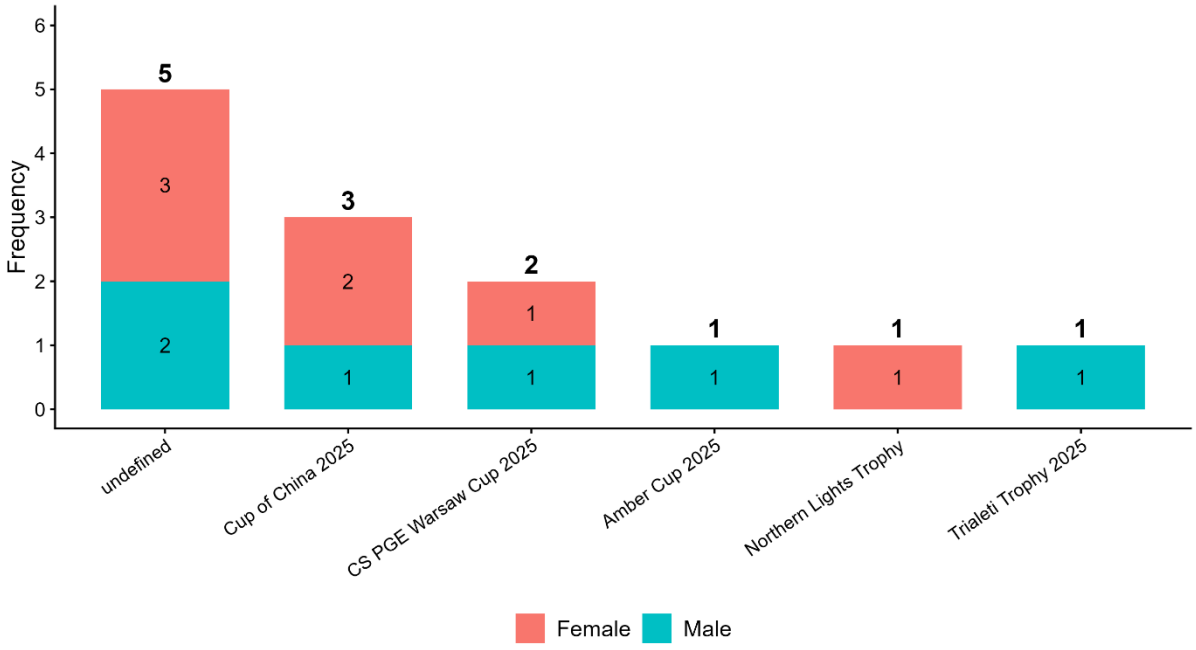



*Figure 4. Reported injuries by events 2025/26*

### 2.2.8. Severity of injuries

Table 9 and 10 illustrate the severity of injuries from disposition and lay-off time after injury.

*Table 9. Disposition after injury*

| Disposition | Proportion, % (95% Confidence Interval) | | | |
|---|---|---|---|---|
| | Male | Female | U20 | All |
| Resumed activity | 11.1 (0 - 25.6) | 16.7 (3.3 - 30) | 13 (0 - 26.8) | 14.6 (4.6 - 24.6) |
| Unable to train/compete | 83.3 (66.1 - 100) | 76.7 (61.5 - 91.8) | 87 (73.2 - 100) | 79.2 (67.7 - 90.7) |
| Transport to hospital | 5.6 (0 - 16.1) | 0.0 ( - ) | 0.0 ( - ) | 2.1 (0 - 6.1) |
| Not Recorded | 0.0 ( - ) | 6.7 (0 - 15.6) | 0.0 ( - ) | 4.2 (0 - 9.8) |

*Table 10. Lay-off time after injury*

| Lay-off time | Proportion, % (95% Confidence Interval) | | | |
|---|---|---|---|---|
| | Male | Female | U20 | All |
| Less than 1 day | 5.6 (0 - 16.1) | 13.3 (1.2 - 25.5) | 13 (0 - 26.8) | 10.4 (1.8 - 19.1) |
| 1 to 3 days | 22.2 (3 - 41.4) | 13.3 (1.2 - 25.5) | 4.3 (0 - 12.7) | 16.7 (6.1 - 27.2) |
| 4 to 7 days | 22.2 (3 - 41.4) | 20 (5.7 - 34.3) | 21.7 (4.9 - 38.6) | 20.8 (9.3 - 32.3) |
| Greater than 7 days | 50 (26.9 - 73.1) | 46.7 (28.8 - 64.5) | 60.9 (40.9 - 80.8) | 47.9 (33.8 - 62) |
| Not Recorded | 0.0 ( - ) | 6.7 (0 - 15.6) | 0.0 ( - ) | 4.2 (0 - 9.8) |

Most injuries in the 2025/26 season resulted in inability to train or compete, and nearly half required more than 7 days of lay-off. Compared with the 2024/25 season, inability to train/compete was more frequent, while long-term lay-off slightly decreased. U20 skaters continued to show a high proportion of injuries associated with prolonged absence from training or competition.

## 2.3. Illness

### 2.3.1. Illnesses during events

Figure 5 illustrates the number of reported illnesses by event in the 2025/26 season. A total of 14 illnesses were reported.

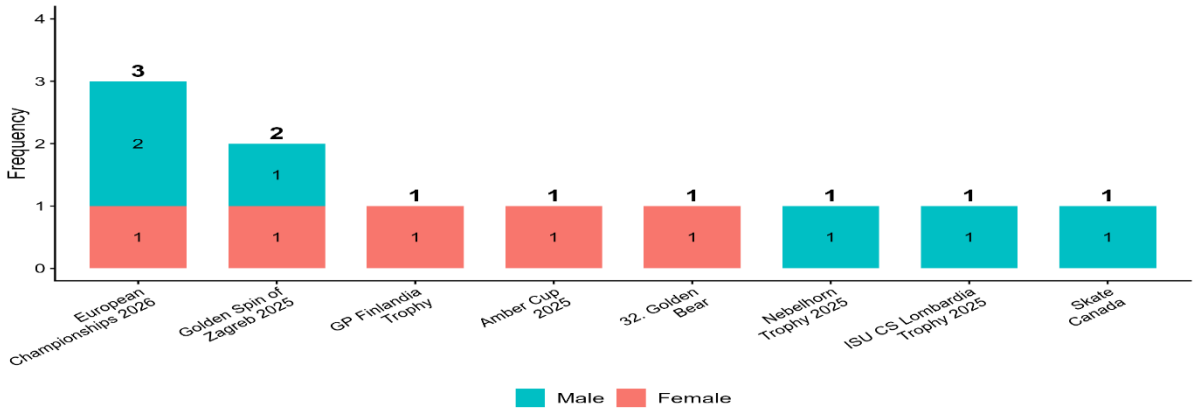



*Figure 5. Reported illnesses by events 2025/26*

### 2.3.2. Main symptoms and causes

Figure 6 illustrates the supposed causes and lay-off time of the illnesses.

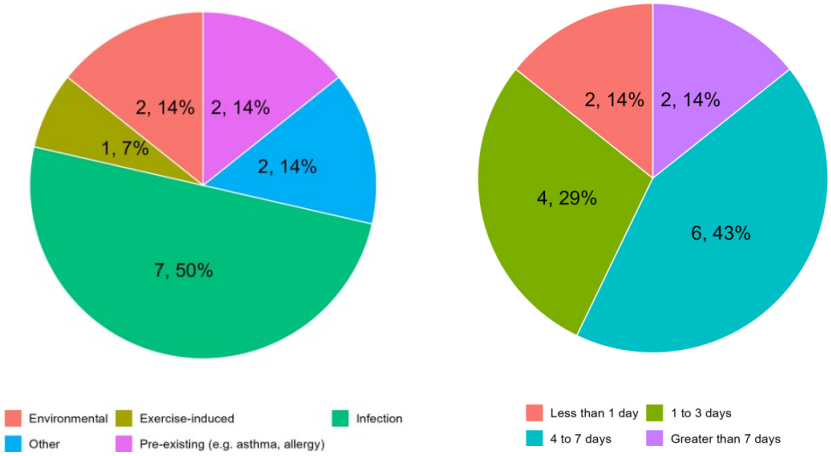



*Figure 6. Supposed causes and Lay-off time*

Infection was the most common supposed cause of illness in Figure Skating, accounting for half of all reported cases. Most illnesses resulted in a lay-off period of 4 to 7 days or 1 to 3 days, while only a small proportion required more than 7 days of absence.

## 2.4. Summary

In summary, Figure Skating injuries in the 2025/26 season were characterized by a predominance of acute, soft tissue injuries affecting the lower limbs, particularly the ankle/foot. Injuries were more frequently reported among U20 female and Singles skaters, highlighting these groups as key targets for injury surveillance and prevention. Although practice/training remained the main setting, competition-related injuries increased compared with the previous season. The high proportion of injuries resulting in inability to train or compete and prolonged lay-off indicates that injury severity remains an important concern in Figure Skating.

# 3. Speed Skating (SS)

## 3.1. Overview

Table 11 illustrates the total number of reported injuries and illnesses in and out of the competitions in SS during 2025/26 season.

*Table 11. Reported cases and frequencies*

| | All | Male | Female | U20 |
|---|---|---|---|---|
| Injuries | 44 | 19 | 25 | 20 |
| Illnesses | 7 | 2 | 5 | 2 |
| **Total Cases** | **51** | **21** | **30** | **22** |
| **IP** | **6.2%** | **6.7%** | **11.3%** | **9.5%** |

The overall injury proportion was approximately 6.2%. The injury proportion was higher in female skaters than in male skaters, with 11.3% and 6.7%, respectively. Among U20 skaters, the injury proportion was 9.5%. Using the estimated number of race exposures, the injury incidence rate ranged from 4.7 to 6.5 injuries per 1,000 races.

Figure 8 illustrates the number of reported cases over the past four seasons.

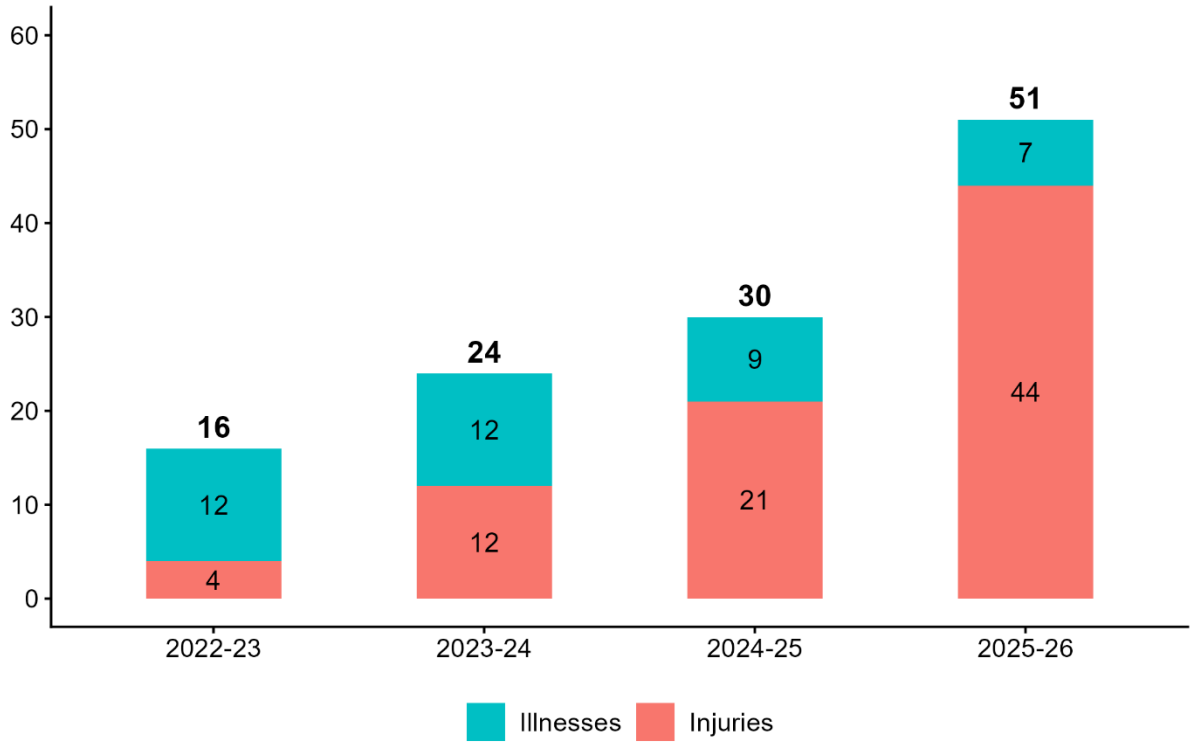



*Figure 7. Reported cases of injury and illness from the 2022/23 to 2025/26 seasons*

## 3.2. Injury

### 3.2.1. Demography of injuries

Figure 9,10 and Table 12 illustrate the demography of injuries by age groups and gender.

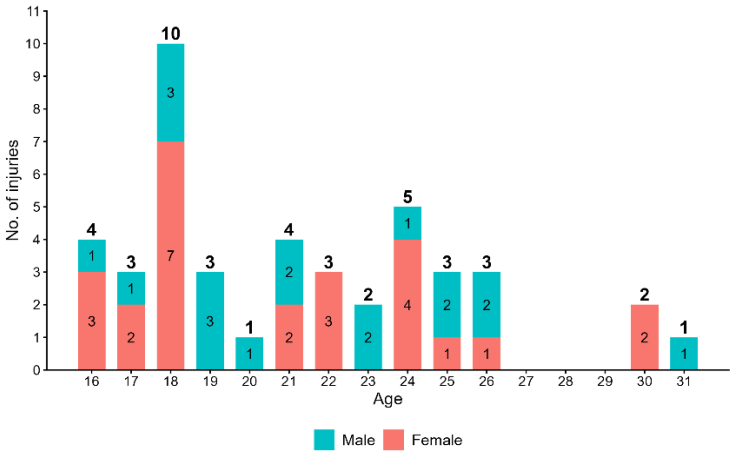



*Figure 8. Demography by age*

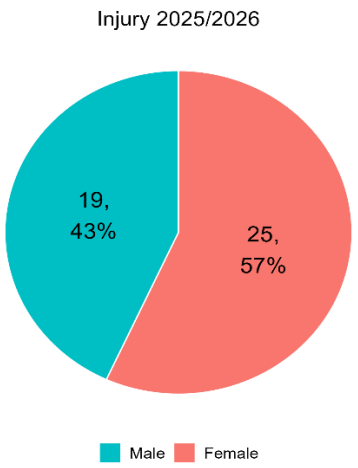



*Figure 9. Demography by gender*

*Table 12. Proportion of each age group*

| Gender / Age group | Proportion, % (95% Confidence Interval) | | |
|---|---|---|---|
| | Male | Female | All |
| Under 20 | 42.1 (19.9 - 64.3) | 48 (28.4 - 67.6) | 45.5 (30.7 - 60.2) |
| 20 - 24 | 31.6 (10.7 - 52.5) | 36 (17.2 - 54.8) | 34.1 (20.1 - 48.1) |
| 25 - 29 | 21.1 (2.7 - 39.4) | 8 (0 - 18.6) | 13.6 (3.5 - 23.8) |
| 30 and above | 5.3 (0 - 15.3) | 8 (0 - 18.6) | 6.8 (0 - 14.3) |
| Not Recorded | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) |

In the 2025/26 season, Speed Skating injuries were more frequently reported among female skaters and younger age groups. U20 skaters accounted for the largest proportion of injuries, followed by skaters aged 20–24 years. Compared with the 2024/25 season, injuries were more concentrated among younger skaters, whereas previous seasons showed no consistent gender-related trend.

### 3.2.2. Regions of body parts

Table 13 illustrates the main and sub regions (body parts) of injuries.

*Table 13. Regions of injuries*

| Body parts (Main/Sub) | Proportion, % (95% Confidence Interval) | | | |
|---|---|---|---|---|
| | Male | Female | U20 | All |
| **Head/neck** | **37.5 (18.1 - 56.9)** | **14.8 (1.4 - 28.2)** | **36 (17.2 - 54.8)** | **25.5 (13.5 - 37.5)** |
| Head | 20.8 (4.6 - 37.1) | 7.4 (0 - 17.3) | 20 (4.3 - 35.7) | 13.7 (4.3 - 23.2) |
| Face | 12.5 (0 - 25.7) | 3.7 (0 - 10.8) | 8 (0 - 18.6) | 7.8 (0.5 - 15.2) |
| Neck | 4.2 (0 - 12.2) | 3.7 (0 - 10.8) | 8 (0 - 18.6) | 3.9 (0 - 9.2) |
| **Upper limbs** | **8.3 (0 - 19.4)** | **3.7 (0 - 10.8)** | **8 (0 - 18.6)** | **5.9 (0 - 12.3)** |
| Shoulder/clavicle/upper arm | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) |
| Sternum/ribs | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) |
| Elbow/forearm | 4.2 (0 - 12.2) | 3.7 (0 - 10.8) | 8 (0 - 18.6) | 3.9 (0 - 9.2) |
| Wrist/hand/fingers | 4.2 (0 - 12.2) | 0.0 ( - ) | 0.0 ( - ) | 2 (0 - 5.8) |
| **Trunk** | **8.3 (0 - 19.4)** | **7.4 (0 - 17.3)** | **4 (0 - 11.7)** | **7.8 (0.5 - 15.2)** |
| Abdomen/pelvis/buttock | 0.0 ( - ) | 3.7 (0 - 10.8) | 4 (0 - 11.7) | 2 (0 - 5.8) |
| Lower back | 8.3 (0 - 19.4) | 3.7 (0 - 10.8) | 0.0 ( - ) | 5.9 (0 - 12.3) |
| **Lower limbs** | **20.8 (4.6 - 37.1)** | **40.7 (22.2 - 59.3)** | **24 (7.3 - 40.7)** | **31.4 (18.6 - 44.1)** |
| Hip/groin | 8.3 (0 - 19.4) | 14.8 (1.4 - 28.2) | 4 (0 - 11.7) | 11.8 (2.9 - 20.6) |
| Thigh | 0.0 ( - ) | 11.1 (0 - 23) | 8 (0 - 18.6) | 5.9 (0 - 12.3) |
| Knee | 12.5 (0 - 25.7) | 7.4 (0 - 17.3) | 8 (0 - 18.6) | 9.8 (1.6 - 18) |
| Lower leg/Achilles tendon | 0.0 ( - ) | 3.7 (0 - 10.8) | 0.0 ( - ) | 2 (0 - 5.8) |
| Ankle/foot | 0.0 ( - ) | 3.7 (0 - 10.8) | 4 (0 - 11.7) | 2 (0 - 5.8) |
| **Not Recorded/Other** | **25 (7.7 - 42.3)** | **33.3 (15.6 - 51.1)** | **28 (10.4 - 45.6)** | **29.4 (16.9 - 41.9)** |

Lower limb injuries were still the most common body region in the 2025/26 season, but their proportion decreased compared with the 2024/25 season. Head/neck injuries were relatively more frequent, particularly among male and U20 skaters. Female skaters continued to show a predominance of lower limb injuries.

### 3.2.3. Types of injuries

Table 14 illustrates the proportion of main and sub types of injuries.

*Table 14. Reported types of injuries*

| Diagnosis | Proportion, % (95% Confidence Interval) | | | |
|---|---|---|---|---|
| | Male | Female | U20 | All |
| **Brain/nerve** | **16.7 (1.8 - 31.6)** | **3.7 (0 - 10.8)** | **12 (0 - 24.7)** | **9.8 (1.6 - 18)** |
| Concussion | 12.5 (0 - 25.7) | 3.7 (0 - 10.8) | 12 (0 - 24.7) | 7.8 (0.5 - 15.2) |
| Nerve/spinal chord | 4.2 (0 - 12.2) | 0.0 ( - ) | 0.0 ( - ) | 2 (0 - 5.8) |
| **Bone** | **4.2 (0 - 12.2)** | **3.7 (0 - 10.8)** | **8 (0 - 18.6)** | **3.9 (0 - 9.2)** |
| Fracture | 4.2 (0 - 12.2) | 3.7 (0 - 10.8) | 8 (0 - 18.6) | 3.9 (0 - 9.2) |
| Stress fracture | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) |
| **Joint/ligament** | **4.2 (0 - 12.2)** | **14.8 (1.4 - 28.2)** | **4 (0 - 11.7)** | **9.8 (1.6 - 18)** |
| Dislocation, subluxation | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) |
| Lesion of meniscus/cartilage | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) |
| Ligaments (sprain) | 0.0 ( - ) | 14.8 (1.4 - 28.2) | 4 (0 - 11.7) | 7.8 (0.5 - 15.2) |
| Arthritis/synovitis/bursitis | 4.2 (0 - 12.2) | 0.0 ( - ) | 0.0 ( - ) | 2 (0 - 5.8) |
| **Muscle/tendon** | **25 (7.7 - 42.3)** | **29.6 (12.4 - 46.9)** | **28 (10.4 - 45.6)** | **27.5 (15.2 - 39.7)** |
| Muscle strain/tear | 0.0 ( - ) | 14.8 (1.4 - 28.2) | 4 (0 - 11.7) | 7.8 (0.5 - 15.2) |
| Tendon rupture | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) |
| Contusion/bruise | 12.5 (0 - 25.7) | 7.4 (0 - 17.3) | 16 (1.6 - 30.4) | 9.8 (1.6 - 18) |
| Chronic tendinopathy | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) |
| Muscle cramp/spasm | 12.5 (0 - 25.7) | 7.4 (0 - 17.3) | 8 (0 - 18.6) | 9.8 (1.6 - 18) |
| **Skin** | **25 (7.7 - 42.3)** | **7.4 (0 - 17.3)** | **16 (1.6 - 30.4)** | **15.7 (5.7 - 25.7)** |
| Laceration/abrasion | 25 (7.7 - 42.3) | 7.4 (0 - 17.3) | 16 (1.6 - 30.4) | 15.7 (5.7 - 25.7) |
| **Other** | **0.0 ( - )** | **7.4 (0 - 17.3)** | **4 (0 - 11.7)** | **3.9 (0 - 9.2)** |
| **Not Recorded** | **25 (7.7 - 42.3)** | **33.3 (15.6 - 51.1)** | **28 (10.4 - 45.6)** | **29.4 (16.9 - 41.9)** |

Muscle/tendon injuries remained the most common injury type in the 2025/26 season, although their proportion decreased compared with 2024/25. Skin injuries increased, while ligament sprain was less frequently reported than in the previous season. Concussion remained present at a similar level to recent seasons.

### 3.2.4. Causes of injuries

Table 15 illustrates the causes of injuries.

*Table 15. Causes of injuries*

| Contact with: | Proportion, % (95% Confidence Interval) | | | |
|---|---|---|---|---|
| | Male | Female | U20 | All |
| Equipment | 14.8 (1.4 - 28.2) | 3.8 (0 - 11.2) | 11.5 (0 - 23.8) | 9.4 (1.6 - 17.3) |
| Ice | 25.9 (9.4 - 42.5) | 7.7 (0 - 17.9) | 19.2 (4.1 - 34.4) | 17 (6.9 - 27.1) |
| Boards/Pads | 18.5 (3.9 - 33.2) | 3.8 (0 - 11.2) | 11.5 (0 - 23.8) | 11.3 (2.8 - 19.9) |
| Person | 7.4 (0 - 17.3) | 7.7 (0 - 17.9) | 15.4 (1.5 - 29.3) | 7.5 (0.4 - 14.7) |
| Non-Contact | 11.1 (0 - 23) | 42.3 (23.3 - 61.3) | 15.4 (1.5 - 29.3) | 26.4 (14.5 - 38.3) |
| Not-Recorded/Other | 22.2 (6.5 - 37.9) | 34.6 (16.3 - 52.9) | 26.9 (9.9 - 44) | 28.3 (16.2 - 40.4) |

Non-contact injuries remained one of the main causes of injury in the 2025/26 season, but their proportion decreased compared with previous seasons. Ice-contact injuries were relatively more frequent, particularly among male and U20 skaters. Female skaters showed a higher proportion of non-contact injuries.

### 3.2.5. Characteristics of injuries

Table 16 illustrates the characteristics of injuries by acute, recurrent or chronic.

*Table 16. Characteristics of injuries*

| Characteristics | Proportion, % (95% Confidence Interval) | | | |
|---|---|---|---|---|
| | Male | Female | U20 | All |
| Acute (new onset) | 57.9 (35.7 - 80.1) | 52 (32.4 - 71.6) | 55 (33.2 - 76.8) | 54.5 (39.8 - 69.3) |
| Recurrent (upon previous injury) | 10.5 (0 - 24.3) | 12 (0 - 24.7) | 10 (0 - 23.1) | 11.4 (2 - 20.7) |
| Chronic | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) |
| Not Recorded | 31.6 (10.7 - 52.5) | 36 (17.2 - 54.8) | 35 (14.1 - 55.9) | 34.1 (20.1 - 48.1) |

Acute/new onset injuries were the predominant injury characteristic in the 2025/26 season, accounting for 76.2% of all injuries. This was similar to the 2022/23 and 2023/24 seasons.

### 3.2.6. Time of injury occurrence

Table 17 illustrates the time of injury occurrence.

*Table 17. Time of injury occurrence*

| Time of injury occurrence | Proportion, % (95% Confidence Interval) | | | |
|---|---|---|---|---|
| | Male | Female | U20 | All |
| Practice/Training | 31.6 (10.7 - 52.5) | 24 (7.3 - 40.7) | 5 (0 - 14.6) | 27.3 (14.1 - 40.4) |
| Competition | 36.8 (15.2 - 58.5) | 40 (20.8 - 59.2) | 60 (38.5 - 81.5) | 38.6 (24.2 - 53) |
| Other (specify) | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) |
| Not Recorded | 31.6 (10.7 - 52.5) | 36 (17.2 - 54.8) | 35 (14.1 - 55.9) | 34.1 (20.1 - 48.1) |

Competition was the most common reported time of injury occurrence in the 2025/26 season, particularly among U20 skaters.

### 3.2.7. Injury incidence by event during competition

Figure 11 illustrates the number of reported injuries during competition by event in the 2025/26 season. A total of 17 injuries were reported.

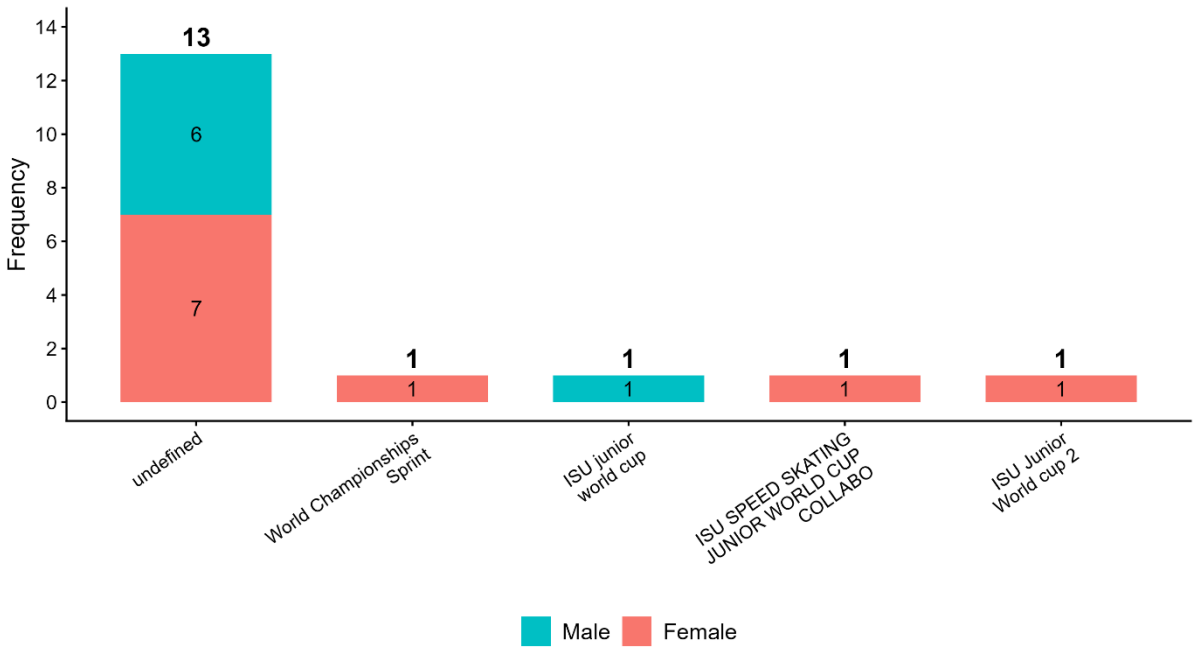



*Figure 10. Reported injuries by events 2025/26*

### 3.2.8. Severity of injuries

Table 18 and 19 illustrate the severity of injuries from disposition and lay-off time after injury.

*Table 18. Disposition after injury*

| Disposition | Proportion, % (95% Confidence Interval) | | | |
|---|---|---|---|---|
| | Male | Female | U20 | All |
| Resumed activity | 15.8 (0 - 32.2) | 12 (0 - 24.7) | 0.0 ( - ) | 13.6 (3.5 - 23.8) |
| Unable to train/compete | 31.6 (10.7 - 52.5) | 40 (20.8 - 59.2) | 40 (18.5 - 61.5) | 36.4 (22.1 - 50.6) |
| Transport to hospital | 21.1 (2.7 - 39.4) | 12 (0 - 24.7) | 25 (6 - 44) | 15.9 (5.1 - 26.7) |
| Not Recorded | 31.6 (10.7 - 52.5) | 36 (17.2 - 54.8) | 35 (14.1 - 55.9) | 34.1 (20.1 - 48.1) |

*Table 19. Lay-off time after injury*

| Lay-off time | Proportion, % (95% Confidence Interval) | | | |
|---|---|---|---|---|
| | Male | Female | U20 | All |
| Less than 1 day | 15.8 (0 - 32.2) | 24 (7.3 - 40.7) | 25 (6 - 44) | 20.5 (8.5 - 32.4) |
| 1 to 3 days | 31.6 (10.7 - 52.5) | 20 (4.3 - 35.7) | 30 (9.9 - 50.1) | 25 (12.2 - 37.8) |
| 4 to 7 days | 5.3 (0 - 15.3) | 8 (0 - 18.6) | 5 (0 - 14.6) | 6.8 (0 - 14.3) |
| Greater than 7 days | 15.8 (0 - 32.2) | 12 (0 - 24.7) | 5 (0 - 14.6) | 13.6 (3.5 - 23.8) |
| Not Recorded | 31.6 (10.7 - 52.5) | 36 (17.2 - 54.8) | 35 (14.1 - 55.9) | 34.1 (20.1 - 48.1) |

In the 2025/26 season, approximately one third of Speed Skating injuries resulted in inability to train or compete, and the most common lay-off duration was 1 to 3 days. Compared with the 2024/25 season, both inability to train/compete and lay-off greater than 7 days were less frequent, suggesting a lower proportion of severe injuries.

## 3.3. Illness

### 3.3.1. Illnesses during events

Figure 12 illustrates the number of reported illnesses by event in the 2025/26 season. A total of 7 illnesses were reported.

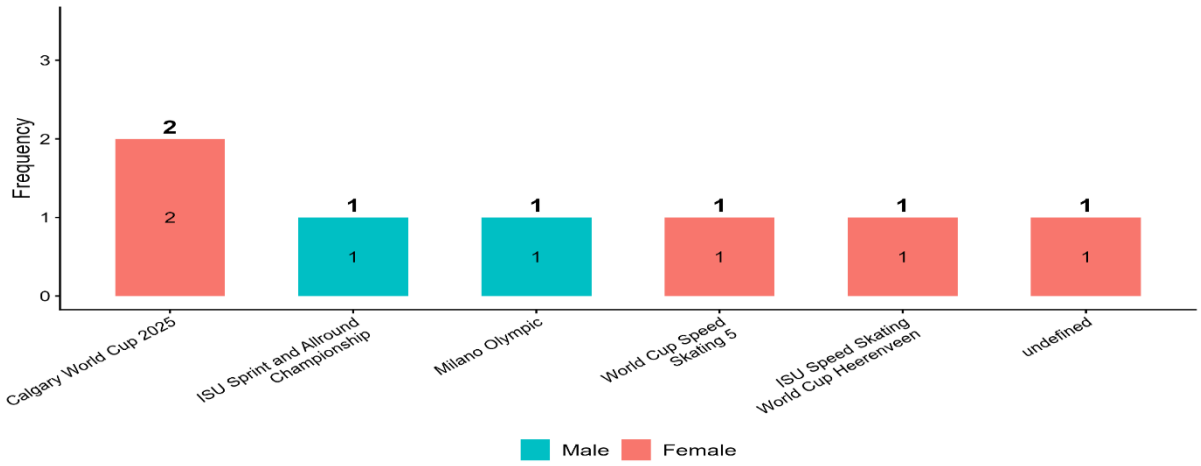



*Figure 11. Reported illnesses by events 2025/26*

Main symptoms and causes

Figure 13 illustrates the supposed causes and lay-off time of the illnesses.

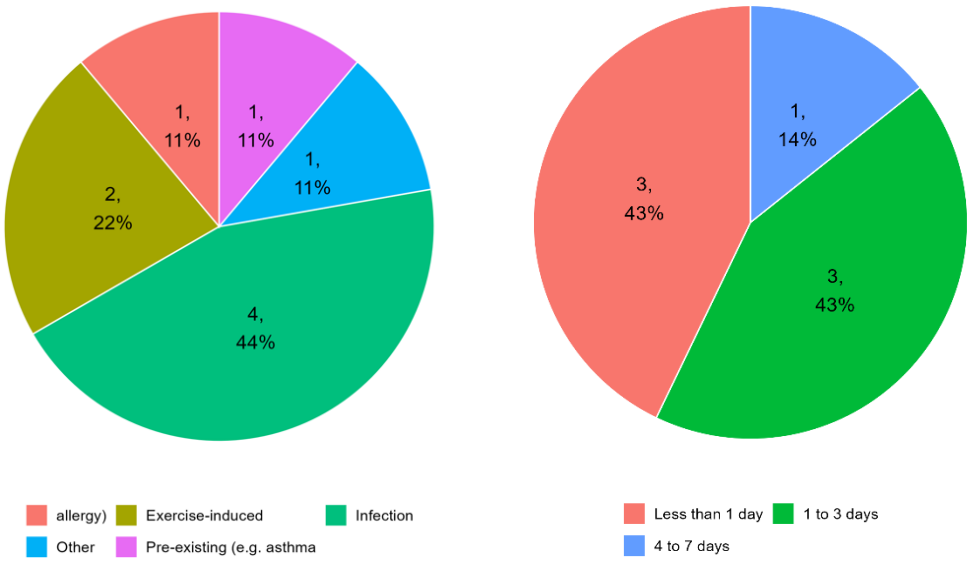



*Figure 12. Supposed causes and Lay-off time*

Infection was the most common supposed cause of illness in Speed Skating, followed by exercise-induced causes. Most illness cases resulted in a short lay-off period of less than 3 days, suggesting that reported illnesses were generally mild in terms of absence duration.

## 3.4. Summary

Overall, Speed Skating injuries in the 2025/26 season were more frequently reported among female and younger skaters, with U20 athletes representing the largest age group. Although lower limb injuries remained the most common injury region, head/neck injuries were relatively more frequent than in the previous season, particularly among male and U20 skaters. Muscle/tendon injuries remained the leading injury type, while skin injuries increased and ligament sprains decreased compared with 2024/25. Most injuries were acute and occurred during competition, with ice-contact injuries being relatively common among male and U20 skaters. Injury severity appeared lower than in the previous season, as both inabilities to train/compete and lay-off greater than 7 days were less frequent.

# 4. Short Track (ST)

## 4.1. Overview

Table 20 illustrates the total number of reported injuries and illnesses in and out of the competitions in ST during 2025/26 season.

*Table 20. Reported cases and frequencies*

| | All | Male | Female | U20 |
|---|---|---|---|---|
| Injuries | 25 | 19 | 6 | 13 |
| Illnesses | 1 | 1 | 0 | 1 |
| **Total Cases** | **26** | **20** | **6** | **14** |
| **IP** | **5.6%** | **12.0%** | **4.5%** | **8.1%** |

The overall injury proportion was approximately 5.6%. Male skaters showed a higher injury proportion than female skaters, with 12.0% and 4.5%, respectively. Among U20 skaters, the injury proportion was 8.1%. Using the estimated number of race exposures, the injury incidence rate ranged from 2.7 to 3.3 injuries per 1,000 races.

Figure 14 illustrates the number of reported cases over the past four seasons.

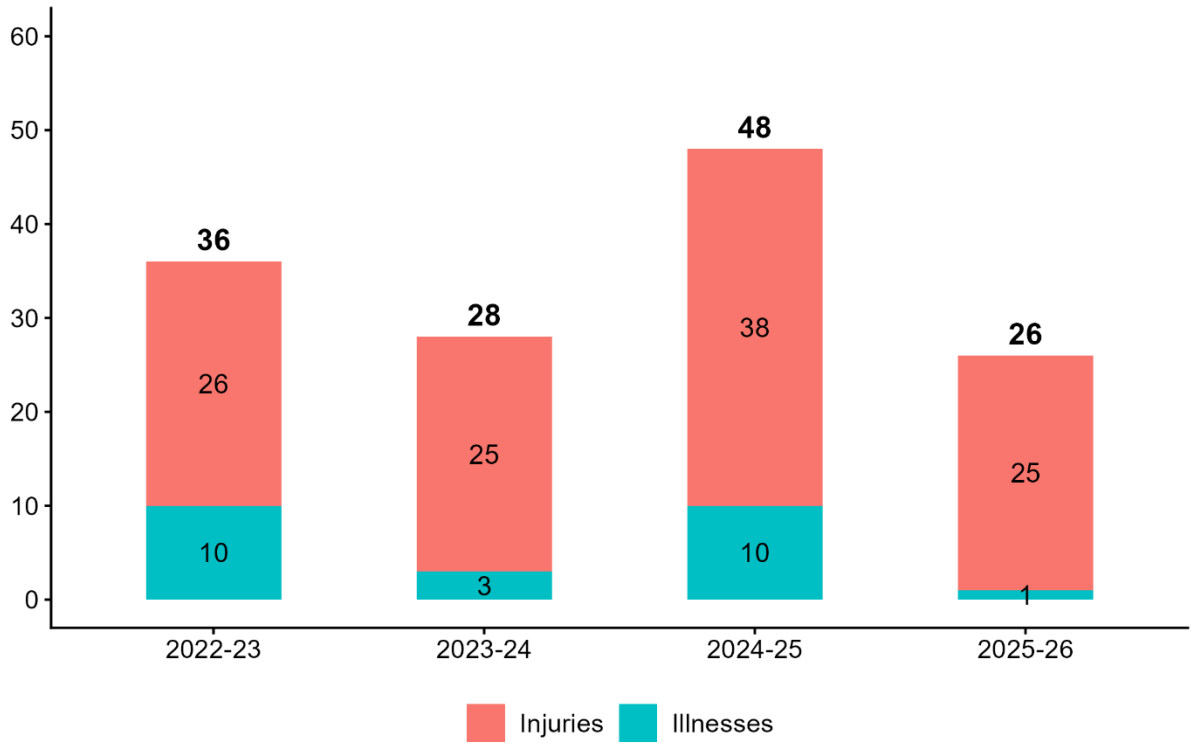
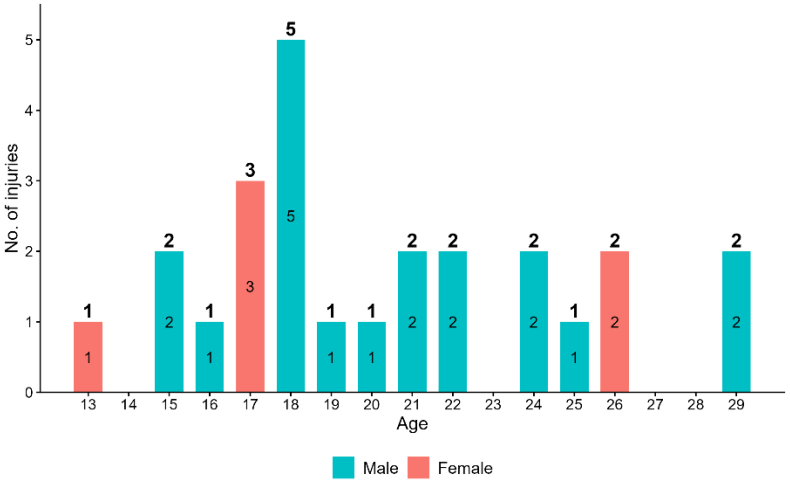



*Figure 13. Reported cases of injury and illness from the 2022/23 to 2025/26 seasons*

## 4.2. Injury

### 4.2.1. Demography of injuries

Figure 15,16 and Table 21 illustrate the demography of injuries by age groups and gender.



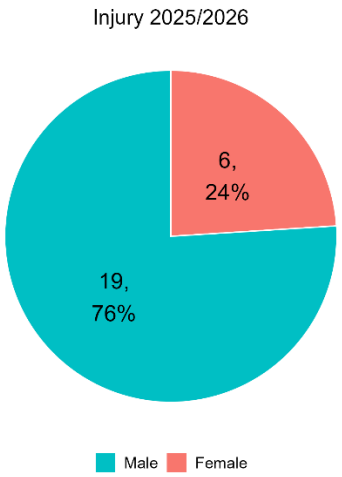




*Figure 14. Demography by age*

*Figure 15. Demography by gender*

*Table 21. Proportion of each age group*

| Gender / Age group | Proportion, % (95% Confidence Interval) | | |
|---|---|---|---|
| | Male | Female | All |
| Under 20 | 47.4 (24.9 - 69.8) | 66.7 (28.9 - 100) | 52 (32.4 - 71.6) |
| 20 - 24 | 36.8 (15.2 - 58.5) | 0.0 ( - ) | 28 (10.4 - 45.6) |
| 25 - 29 | 15.8 (0 - 32.2) | 33.3 (0 - 71.1) | 20 (4.3 - 35.7) |
| 30 and above | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) |
| Not Recorded | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) |

Short Track injuries in the 2025/26 season were characterized by a predominance among male and U20 skaters. Compared with the 2024/25 season, injuries shifted toward younger age groups, with U20 skaters accounting for more than half of all reported injuries. The male predominance was also more pronounced than in the previous three seasons.

### 4.2.2. Regions of body parts

Table 22 illustrates the main and sub regions (body parts) of injuries.

*Table 22. Regions of injuries*

| Body parts (Main/Sub) | Proportion, % (95% Confidence Interval) | | | |
|---|---|---|---|---|
| | Male | Female | U20 | All |
| **Head/neck** | **9.5 (0 - 22.1)** | **37.5 (4 - 71)** | **18.8 (0 - 37.9)** | **17.2 (3.5 - 31)** |
| Head | 4.8 (0 - 13.9) | 25 (0 - 55) | 6.2 (0 - 18.1) | 10.3 (0 - 21.4) |
| Face | 4.8 (0 - 13.9) | 0.0 ( - ) | 6.2 (0 - 18.1) | 3.4 (0 - 10.1) |
| Neck | 0.0 ( - ) | 12.5 (0 - 35.4) | 6.2 (0 - 18.1) | 3.4 (0 - 10.1) |
| **Upper limbs** | **14.3 (0 - 29.3)** | **12.5 (0 - 35.4)** | **12.5 (0 - 28.7)** | **13.8 (1.2 - 26.3)** |
| Shoulder/clavicle/upper arm | 0.0 ( - ) | 12.5 (0 - 35.4) | 0.0 ( - ) | 3.4 (0 - 10.1) |
| Sternum/ribs | 4.8 (0 - 13.9) | 0.0 ( - ) | 0.0 ( - ) | 3.4 (0 - 10.1) |
| Elbow/forearm | 9.5 (0 - 22.1) | 0.0 ( - ) | 12.5 (0 - 28.7) | 6.9 (0 - 16.1) |
| Wrist/hand/fingers | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) |
| **Trunk** | **19 (2.3 - 35.8)** | **12.5 (0 - 35.4)** | **6.2 (0 - 18.1)** | **17.2 (3.5 - 31)** |
| Abdomen/pelvis/buttock | 9.5 (0 - 22.1) | 0.0 ( - ) | 0.0 ( - ) | 6.9 (0 - 16.1) |
| Lower back | 9.5 (0 - 22.1) | 12.5 (0 - 35.4) | 6.2 (0 - 18.1) | 10.3 (0 - 21.4) |
| **Lower limbs** | **52.4 (31 - 73.7)** | **37.5 (4 - 71)** | **62.5 (38.8 - 86.2)** | **48.3 (30.1 - 66.5)** |
| Hip/groin | 14.3 (0 - 29.3) | 0.0 ( - ) | 12.5 (0 - 28.7) | 10.3 (0 - 21.4) |
| Thigh | 4.8 (0 - 13.9) | 0.0 ( - ) | 6.2 (0 - 18.1) | 3.4 (0 - 10.1) |
| Knee | 4.8 (0 - 13.9) | 25 (0 - 55) | 18.8 (0 - 37.9) | 10.3 (0 - 21.4) |
| Lower leg/Achilles tendon | 9.5 (0 - 22.1) | 0.0 ( - ) | 0.0 ( - ) | 6.9 (0 - 16.1) |
| Ankle/foot | 19 (2.3 - 35.8) | 12.5 (0 - 35.4) | 25 (3.8 - 46.2) | 17.2 (3.5 - 31) |
| **Not Recorded/Other** | **4.8 (0 - 13.9)** | **0.0 ( - )** | **0.0 ( - )** | **3.4 (0 - 10.1)** |

Lower limb injuries were the predominant injury region in the 2025/26 season, especially among male and U20 skaters. Compared with 2024/25, lower limb injuries increased, while head/neck and upper limb injuries decreased. Knee and ankle/foot injuries were the main specific sites, suggesting that lower limb injury prevention remains important in Short Track.

### 4.2.3. Types of injuries

Table 23 illustrates the proportion of main and sub types of injuries.

*Table 23. Reported types of injuries*

| Diagnosis | Proportion, % (95% Confidence Interval) | | | |
|---|---|---|---|---|
| | Male | Female | U20 | All |
| **Brain/nerve** | **5 (0 - 14.6)** | **25 (0 - 55)** | **6.2 (0 - 18.1)** | **10.7 (0 - 22.2)** |
| Concussion | 5 (0 - 14.6) | 25 (0 - 55) | 6.2 (0 - 18.1) | 10.7 (0 - 22.2) |
| Nerve/spinal chord | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) |
| **Bone** | **0.0 ( - )** | **0.0 ( - )** | **0.0 ( - )** | **0.0 ( - )** |
| Fracture | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) |
| Stress fracture | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) |
| **Joint/ligament** | **10 (0 - 23.1)** | **37.5 (4 - 71)** | **31.2 (8.5 - 54)** | **17.9 (3.7 - 32)** |
| Dislocation, subluxation | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) |
| Lesion of meniscus/cartilage | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) |
| Ligaments (sprain) | 10 (0 - 23.1) | 37.5 (4 - 71) | 31.2 (8.5 - 54) | 17.9 (3.7 - 32) |
| Arthritis/synovitis/bursitis | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) |
| **Muscle/tendon** | **50 (28.1 - 71.9)** | **25 (0 - 55)** | **37.5 (13.8 - 61.2)** | **42.9 (24.5 - 61.2)** |
| Muscle strain/tear | 10 (0 - 23.1) | 0.0 ( - ) | 12.5 (0 - 28.7) | 7.1 (0 - 16.7) |
| Tendon rupture | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) |
| Contusion/bruise | 40 (18.5 - 61.5) | 25 (0 - 55) | 25 (3.8 - 46.2) | 35.7 (18 - 53.5) |
| Chronic tendinopathy | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) |
| Muscle cramp/spasm | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) |
| **Skin** | **25 (6 - 44)** | **0.0 ( - )** | **18.8 (0 - 37.9)** | **17.9 (3.7 - 32)** |
| Laceration/abrasion | 25 (6 - 44) | 0.0 ( - ) | 18.8 (0 - 37.9) | 17.9 (3.7 - 32) |
| **Other** | **5 (0 - 14.6)** | **12.5 (0 - 35.4)** | **6.2 (0 - 18.1)** | **7.1 (0 - 16.7)** |
| **Not Recorded** | **5 (0 - 14.6)** | **0.0 ( - )** | **0.0 ( - )** | **3.6 (0 - 10.4)** |

*Other: Nose bleeding, numbness in hands and feet

Muscle/tendon injuries were the predominant injury type in the 2025/26 Short Track season, with contusion/bruise being the most common specific diagnosis. Ligament sprain remained important, particularly among female and U20 skaters. Compared with 2024/25, muscle/tendon injuries increased, while joint/ligament injuries decreased. Concussion remained similar to the previous season, and no bone injuries were reported.

### 4.2.4. Causes of injuries

Table 24 illustrates the causes of injuries.

*Table 24. Causes of injuries*

| Contact with: | Proportion, % (95% Confidence Interval) | | | |
|---|---|---|---|---|
| | Male | Female | U20 | All |
| Equipment | 14.8 (1.4 - 28.2) | 0.0 ( - ) | 11.1 (0 - 25.6) | 11.8 (0.9 - 22.6) |
| Ice | 29.6 (12.4 - 46.9) | 28.6 (0 - 62) | 27.8 (7.1 - 48.5) | 29.4 (14.1 - 44.7) |
| Boards/Pads | 22.2 (6.5 - 37.9) | 57.1 (20.5 - 93.8) | 44.4 (21.5 - 67.4) | 29.4 (14.1 - 44.7) |
| Person | 29.6 (12.4 - 46.9) | 14.3 (0 - 40.2) | 16.7 (0 - 33.9) | 26.5 (11.6 - 41.3) |
| Non-Contact | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) |
| Not-Recorded/Other | 3.7 (0 - 10.8) | 0.0 ( - ) | 0.0 ( - ) | 2.9 (0 - 8.6) |

Short Track injuries in the 2025/26 season were mainly contact-related, with ice and boards/pads being the most common causes. Compared with 2024/25, ice-contact and boards/pads injuries increased, while non-contact injuries were not reported. Boards/pads contact was particularly common among female and U20 skaters, suggesting that fall-related contact injuries were a key feature of this season.

### 4.2.5. Characteristics of injuries

Table 25 illustrates the characteristics of injuries by acute, recurrent or chronic.

*Table 25. Characteristics of injuries*

| Characteristics | Proportion, % (95% Confidence Interval) | | | |
|---|---|---|---|---|
| | Male | Female | U20 | All |
| Acute (new onset) | 80 (62.5 - 97.5) | 100 (100 - 100) | 92.9 (79.4 - 100) | 84.6 (70.7 - 98.5) |
| Recurrent (upon previous injury) | 15 (0 - 30.6) | 0.0 ( - ) | 7.1 (0 - 20.6) | 11.5 (0 - 23.8) |
| Chronic | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) |
| Not Recorded | 5 (0 - 14.6) | 0.0 ( - ) | 0.0 ( - ) | 3.8 (0 - 11.2) |

Acute/new onset injuries remained the predominant injury characteristic in the 2025/26, accounting for 84.6% of all injuries. This was consistent with previous seasons, where acute injuries consistently represented more than 80% of cases. Recurrent injuries were uncommon, and no chronic injuries were reported.

### 4.2.6. Time of injury occurrence

Table 26 illustrates the time of injury occurrence.

*Table 26. Time of injury occurrence*

| Time of injury occurrence | Proportion, % (95% Confidence Interval) | | | |
|---|---|---|---|---|
| | Male | Female | U20 | All |
| Practice/Training | 26.3 (6.5 - 46.1) | 33.3 (0 - 71.1) | 7.7 (0 - 22.2) | 28 (10.4 - 45.6) |
| Competition | 68.4 (47.5 - 89.3) | 66.7 (28.9 - 100) | 92.3 (77.8 - 100) | 68 (49.7 - 86.3) |
| Other (specify) | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) | 0.0 ( - ) |
| Not Recorded | 5.3 (0 - 15.3) | 0.0 ( - ) | 0.0 ( - ) | 4 (0 - 11.7) |

Competition remained the predominant time of injury occurrence in the 2025/26, particularly among U20 skaters. Although the proportion of competition-related injuries was lower than in previous seasons, it still accounted for the majority of cases. Practice/training injuries increased compared with 2024/25 but remained less frequent than competition injuries.

### 4.2.7. Injury incidence by event during competition

Figure 17 illustrates the number of reported injuries during competition by event in the 2025/26 season. A total of 17 injuries were reported.

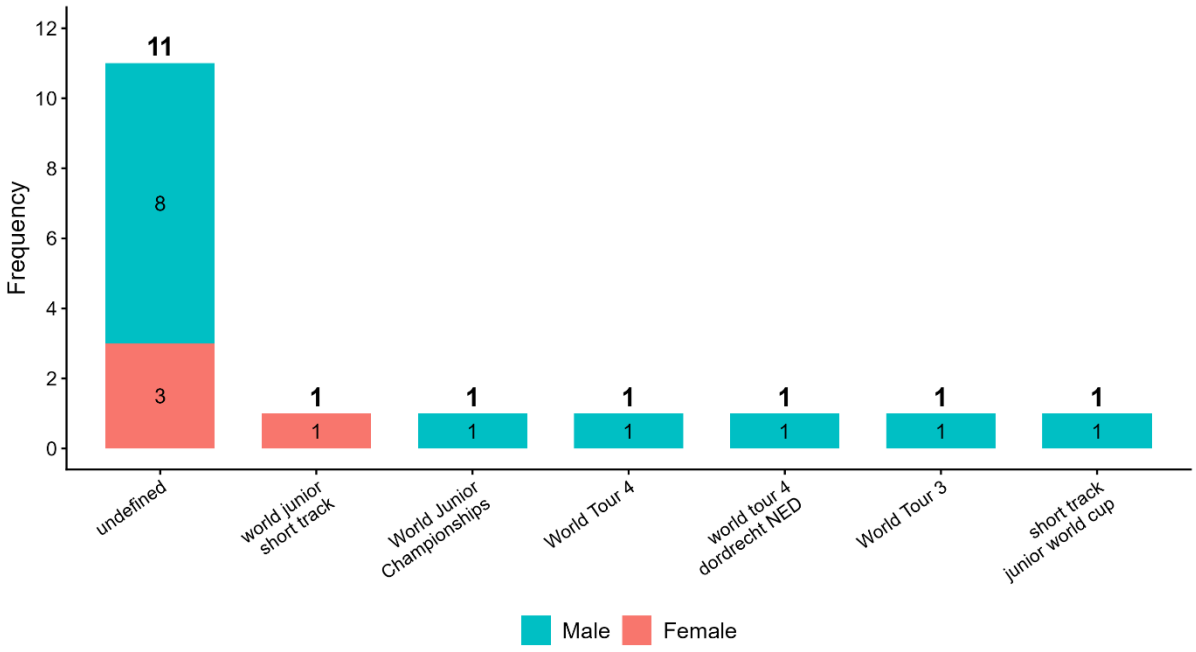



*Figure 16. Reported injuries by events 2025/26*

### 4.2.8. Severity of injuries

Table 27 and 28 illustrate the severity of injuries from disposition and lay-off time after injury.

*Table 27. Disposition after injury*

| Disposition | Proportion, % (95% Confidence Interval) | | | |
|---|---|---|---|---|
| | Male | Female | U20 | All |
| Resumed activity | 21.1 (2.7 - 39.4) | 16.7 (0 - 46.5) | 30.8 (5.7 - 55.9) | 20 (4.3 - 35.7) |
| Unable to train/compete | 52.6 (30.2 - 75.1) | 66.7 (28.9 - 100) | 38.5 (12 - 64.9) | 56 (36.5 - 75.5) |
| Transport to hospital | 21.1 (2.7 - 39.4) | 16.7 (0 - 46.5) | 30.8 (5.7 - 55.9) | 20 (4.3 - 35.7) |
| Not Recorded | 5.3 (0 - 15.3) | 0.0 ( - ) | 0.0 ( - ) | 4 (0 - 11.7) |

*Table 28. Lay-off time after injury*

| Lay-off time | Proportion, % (95% Confidence Interval) | | | |
|---|---|---|---|---|
| | Male | Female | U20 | All |
| Less than 1 day | 31.6 (10.7 - 52.5) | 0.0 ( - ) | 23.1 (0.2 - 46) | 24 (7.3 - 40.7) |
| 1 to 3 days | 31.6 (10.7 - 52.5) | 0.0 ( - ) | 30.8 (5.7 - 55.9) | 24 (7.3 - 40.7) |
| 4 to 7 days | 5.3 (0 - 15.3) | 16.7 (0 - 46.5) | 0.0 ( - ) | 8 (0 - 18.6) |
| Greater than 7 days | 26.3 (6.5 - 46.1) | 83.3 (53.5 - 100) | 46.2 (19.1 - 73.3) | 40 (20.8 - 59.2) |
| Not Recorded | 5.3 (0 - 15.3) | 0.0 ( - ) | 0.0 ( - ) | 4 (0 - 11.7) |

Inability to train/compete was the most common outcomes, and injuries in the 2025/26 season appeared severer than in the 2024/25 season since lay-off greater than 7 days increased compared with the previous season. Especially, female skaters still showed a relatively higher proportion of serious injuries.

## 4.3. Illness

### 4.3.1. Illnesses during events

A total of 1 illness was reported. The case occurred in a female U20 skater and was classified as an illness with less than 1 day of expected absence. Given the single reported case, no further proportional or comparative analysis was conducted.

## 4.4. Summary

Overall, Short Track injuries in the 2025/26 season were predominantly reported among male and U20 skaters. Injuries were mainly acute, contact-related, and occurred during competition. Lower limb injuries, particularly knee and ankle/foot injuries, were the most common injury regions, while muscle/tendon injuries and contusion/bruise were the leading injury types. Compared with the 2024/25 season, injuries shifted toward younger skaters, lower limb injuries increased, and ice- and boards/pads-contact injuries became more prominent than person-contacts. However, developed injuries appeared severer compared to the previous season, as lay-off greater than 7 days especially in female skaters.

# 5. Synchronized Skating (SYS)

## 5.1. Overview

Table 29 illustrates the total number of reported injuries and illnesses in and out of the competitions in SYS during 2025/26 season.

*Table 29. Reported cases and frequencies*

| | All | Male | Female | U20 |
|---|---|---|---|---|
| Injuries | 4 | 0 | 4 | 2 |
| Illnesses | 3 | 0 | 3 | 1 |
| **Total Cases** | **7** | **0** | **7** | **3** |

SYS reported 7 total cases, consisting of 4 injuries and 3 illnesses. All cases were reported among female skaters, while no injuries or illnesses were reported among male skaters. U20 skaters accounted for approximately 43% of all reported cases.

No further analysis on SYS was conducted.

# 6. Overall Summary

1. Table 30 illustrates the IR, IP and the proportion of reported injuries during competition of each discipline.

*Table 30. IR, IP and proportion of injuries during competition*

| | IR | IP | % of Injuries during Competitions |
|---|---|---|---|
| **FS** | **9.0 – 13.1** | **4.7%** | **26.5%** |
| **SS** | **4.7 – 6.5** | **6.2%** | **38.6%** |
| **ST** | **2.7 – 3.3** | **5.6%** | **68.0%** |

2. Figure Skating injuries in the 2025/26 season were characterized by a higher burden among U20 female and Singles skaters. Injuries mainly involved the lower limbs, particularly the ankle/foot, and were predominantly acute soft tissue injuries such as muscle/tendon injuries and ligament sprains.
3. In Figure Skating, most injuries occurred during practice/training rather than competition. A large proportion of injuries resulted in inability to train or compete, and nearly half required more than 7 days of lay-off, indicating that injury severity remained an important concern in this discipline.
4. In Speed Skating, the Injury Proportion (IP), which represents the ratio of injured athletes per participating athlete, was 6.2%, making it the highest among the three disciplines, with the incidence being particularly prominent among female skaters.
5. In Speed Skating, muscle/tendon injuries were the most common injury type, while skin injuries and concussion were also observed. While lower limb injuries generally remained the most common, a notable increase in head and neck injuries, as well as contact injuries, was observed predominantly among male and U20 skaters. This shift is a highly significant finding from both an injury prevention and a clinical perspective.
6. Short Track injuries were predominantly reported among male and U20 skaters. Injuries were mainly acute, contact-related, and occurred during competition, reflecting the high-speed and close-contact nature of the discipline.
7. In Short Track, lower limb injuries were the most common injury region, particularly involving the knee and ankle/foot. Muscle/tendon injuries, especially contusion/bruise, were the leading injury type, while ligament sprain remained important among female and U20 skaters.
8. Overall, each discipline showed a distinct injury profile: Figure Skating was characterized by training-related lower limb soft tissue injuries with relatively high severity; Speed Skating by injuries among younger and female skaters with lower limb and head/neck involvement; and Short Track by acute contact-related competition injuries, particularly among male and U20 skaters.