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. Especially children and youth are at high risk.

DEVELOPMENT
The aim of the program is to increase safety of sports and exercise in a nationwide setting by applying research evidence and expert knowledge into the practice.
LiVE research projects focus on sports injury epidemiology, mechanisms and prevention. Results are spread to the field by two implementation programs:
• Healthy Athlete (TU 2006–)
• Safety in School Sports (TEKO 2010–)
The frameworks of TU and TEKO are presented in Figure 1 and 2.

CONCLUSION
Implementation of preventive strategies against sports injuries will result in a reduction of the number of health problems and work or school absenteeism, as well as a clear decrease in the medical costs. The effects of the LiVE programme will be seen within five to ten years.

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REFERENCES