

# INJURY AND ACCIDENT PREVENTION



Fédération Suisse de Ski nautique et Wake  
Federazione Svizzera di Sci nautico e Wake  
Schweizerischer Wasserski und Wake Verband  
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## Swiss Waterski & Wake

*people on the water since 1947*



## INJURY AND ACCIDENT PREVENTION

# Injury Risks in Watersports

- Watersports such as waterskiing, wakeboarding, and wakesurfing are physically demanding.

## Common injuries:

- Knees (sprains, ACL tears)
- Shoulders (dislocation, tendinitis)
- Back (strain)
- Ankles and wrists (sprains, twists, fractures, bruises)

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# Injury Risks in Watersports

Main causes of accidents and injuries:

- Poor technique
- Fatigue
- Improper equipment
- Insufficient warm-up
- High-speed falls

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# Prevention & Warm-up

Before each session:

- 10–15 minutes warm-up
- Hydration
- Mobility exercises and dynamic stretching
- Muscle activation
- Proper technique under supervision

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# Prevention & Warm-up

During training:

- Gradual increase of intensity
- Progressive learning of tricks and moves
- Adequate rest

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# Protective Gear

Recommended protective equipment:

- Helmet
  - Knee pads
  - Back belt
  - Life jacket
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- Always check the condition of your equipment before each session.

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# Return to Sport After Injury

Key steps:

1. Medical clearance
  2. Complete rehabilitation
  3. Strength training
  4. Gradual return to training
  5. Full protective gear
- Listen to your body and progress gradually.

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# Winter Preparation / Off-Season

## Cardio training:

- Running
- Cycling
- Swimming
- Rowing

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# Winter Preparation / Off-Season

## Strength training:

- Legs
- Core
- Arms and shoulders
  
- Regular mobility and stretching exercises

# Questions & Discussion

