

CASE STUDY



BACKGROUND:



The Enduro Mountain Bike Association (EMBA) was born in October 2012 with the aim to bring together the world's enduro community. As organisers of the Enduro World Series, EMBA will link the largest mountain bike enduro events in the world with the best trails possible in a series of events existing to deliver the most exciting racing, most relaxed atmosphere and rider-focused organisation possible. The team behind the Enduro Mountain Bike Association have one goal - to globally develop and progress the discipline of enduro for the riders, the sport and the industry.



COLLABORATION:

An Olympic level medical tracking programme in conjunction with Edinburgh Napier University to monitor and analyse injuries at all EWS and affiliated events

SOLUTION:

EWS will continue to grow their rider injury database, currently managed by Edinburgh Napier University and track athlete injuries throughout their career. At the same time they will begin to carry out athlete injury and illness surveys over the winter months to help us understand the pressures of international competition on the rider out with an event week and allow them to develop screening protocols for helping ews riders and teams to spot potential medical issues before it's too late.

CHALLENGE:

Currently there are no detailed, prospective injury surveillance studies in Enduro mountain biking.

Therefore, the aims of the collaboration are to generate new knowledge on the magnitude of Enduro rider injury and illness events during the Enduro World Series (EWS) and qualifier events organised by the Enduro Mountain Bike Association (EMBA). To objectively and accurately identify the risk factors associated with the most prominent issues. The data gathered across the races and series will be used in an evidence based way to help inform and direct risk reduction strategies and recommendations for the organisers of the EWS and EWS qualifier events. There is an inherent risk to participants competing in EWS races, but this collaboration is designed to minimize those risks whilst still providing a challenging professional racing environment or series.

Objectives:

- to identify the incidence, severity and types of injury and illness issues in current EWS riders.
- to identify the mechanisms and risk factors for injury and illness occurrence, to help inform injury and illness reduction strategies, in current EWS riders

Benefits of academic collaboration -

“Using the deep knowledge base, experience and ethical processes in place at Edinburgh Napier has allowed us to quickly gain some key insights into the injuries sustained in the EWS and receive advice on the medical implications of various scenarios. We have also been able to write best practice and begin to roll out a strategy for developing, monitoring and dealing with head injury protocols.”

Chris Ball
Managing Director Enduro World Series

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