



**24<sup>th</sup> International Congress on Snow Sports Trauma and Safety**  
**37<sup>th</sup> Congress of the International Society for Snowsports Medicine**  
*27<sup>th</sup> March - 2<sup>nd</sup> April 2022*



**Serre  
Chevalier  
Vallée**

*Join the experience*



# 24<sup>th</sup> International Congress on Snow Sports Trauma and Safety



*The International Society of Skiing Safety was founded with the primary purpose of providing a forum for discussion and education concerning skiing safety. The Ski Trauma and Ski Safety Congresses have brought together a wide variety of individuals interested in all aspects of skiing safety. These meetings have served as a format for the presentation of a multitude of subjects concerning snow sports, including the means to reduce the risk of injury, improve various aspects of the sport, and treat injuries. Initially the prime subjects of interest revolved around snow skiing including alpine skiing and many variations of cross-country skiing. In recent years the interest of the Society has widened considerably with the development of other sports such as snowboarding, freestyle skiing, alpine touring, and other hybrid activities.*

## **Attendees of the symposia on skiing trauma and safety have included:**

- Medical doctors that work with snow sport injuries,
- Representatives of the skiing industry (such as binding, boot, and ski manufacturers)
- Engineers from industry, universities, and technical institutions
- Skiing professionals such as ski instructors and patrolmen
- Lawyers
- Ski-area managers
- Participants in recreational and professional skiing and riding activities.

***Interchange of ideas***, comments, and critiques are encouraged in formal discussion of the papers. Many of the individuals who attend these meetings are involved in ASTM International and International Organization for Standardization (ISO) standards processes. All interested individuals are encouraged to participate

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## Past congresses:

- 1974: Riksgränsen, Sweden
- 1977: Sierra Nevada, Spain
- 1979: Queenstown, New Zealand
- 1981: Bormio, Italy
- 1983: Keystone, Colorado, USA
- 1985: Naeba, Japan
- **1987: Chamonix, France**
- 1989: Riksgränsen, Sweden
- 1991: Thredbo, Australia
- 1993: Zellam Zee, Austria
- 1995: Voss, Norway
- 1997: Whistler/Blackcomb, Canada
- 1999: Breuil Cervinia, Italy
- 2001: Queenstown, New Zealand
- 2003: St. Moritz/Pontresina, Switzerland
- 2005: Arai, Niigata, Japan
- 2007: Aviemore, Scotland
- 2009: Garmisch-Partenkirchen, Germany
- 2011: Keystone, Colorado, USA
- 2013: San Carlos de Bariloche, Argentina
- 2015: Cortina-San Vitodi Cadore, Italy
- 2017: Innsbruck, Austria
- 2019: Squaw Valley, California, USA

**2022: Serre Chevalier Valley, Région Sud, France**

*Last French conference 34 years ago*

# 37<sup>th</sup> Congress of the International Society for Snowsports Medicine



It is the oldest European Scientific Society that is concerned with the study of winter sports pathologies, their treatment and prevention. The history of SITEMSH started in the 50's, when a group of experts from Alpine Countries (Austria, France, Germany, Italy and Switzerland) began to observe, collect and study the injuries occurring after winter sport accidents. They decided to meet every two years on behalf of a new Society named **SITEMSH** (Société Internationale de Médecine des Sports d'Hiver).

The 1st SITEMSH meeting took place in 1954 in Chambéry-Courchevel in France. Ligaments lesions of the knee, both with tibia fractures, were the most frequent ski injuries. Knee surgery was not so efficient in these years, and the typical knee lesion meant no more ski activity and chronic invalidity. The history of SITEMSH goes parallel to the evolution of ski injuries. In the next 20 years, the evolution of equipment and especially the safety ski bindings brought a big improvement in tibia fractures prevention that resulted to an 80% decrease of this kind of injuries. Furthermore, the improvement in ski design, the lower release settings, the improved boot design and fitting, the better equipment maintenance, the increasing skier experience and the improved trail grooming, resulted to a 50% decline in all injuries. However, the knee joint is still the most involved in ski injuries. The severity of the lesions has not changed but fortunately knee arthroscopic surgery made a huge improvement in the same period. Lower leg fractures are firmly under 10%, but have not disappeared and unusual types of fractures have appeared in the last years. Upper limb, spine, abdominal and thoracic injuries are more common, due to the increase of snowboarding practice, collisions and average speed on slopes.

Knee injuries remain a serious unsolved problem difficult to accept after 50 years of incredible technologic improvement. Probably today the best prevention comes from safety campaigns on media and press that were proved to be successful in many countries as Sweden, Spain and France. Particular studies on this problem must be the next goal of **SITEMSH** and **ISSS** (International Society for Skiing Safety), the only two Societies concerned with ski injuries prevention



# 37<sup>th</sup> Congress of the International Society for Snowsports Medicine



## Past congresses:

- 1954: Chambéry- Courchevel, France
- 1956: Sestriere, Italy
- 1958: Davos – Parsenn, Switzerland
- 1960: Garmish Partenkirchen, Germany
- 1962: Obergurgl, Austria
- 1964: Chamonix, France
- 1966: Cortina d'Ampezzo, Italy
- 1968: Saint Moritz, Switzerland
- 1970: Garmisch Partenkirchen, Germany
- 1972: Obergurgl, Austria
- 1974: Val d'Isère, France
- 1976: Breuil Cervinia, Italy
- 1978: Arosa, Switzerland
- 1980: Garmisch Partenkirchen, Germany
- 1982: Obergurgl, Austria
- 1984: Val d'Isère, France
- 1986: Saas Fee, Switzerland
- 1988: Courmayeur, Italy
- 1990: Garmisch Partenkirchen, Germany
- 1991: Pas de La Casa, Andorra
- 1992: Obergurgl, Austria
- 1993: Baqueira Beret, Spain
- 1996: La Plagne, France
- 1998: Zermatt, Switzerland
- 2000: Bormio, Italy
- 2002: Andorra, Andorra
- 2004: Neustift, Austria
- 2006: Baqueira Beret, Spain
- 2008: Delphi, Greece
- 2009: Termas de Chillan, Chile
- 2010: Avoriaz, France
- 2013: Bariloche, Argentina
- 2014: Flachau, Austria
- 2015: Tehran, Iran
- 2016: Inawashiro, Japan
- 2018: Arosa, Switzerland

**2022: Serre Chevalier Valley, Région Sud, France**

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### ***Expected impacts***

Highlight of international community of mountain safety

*30 countries over the world*  
*Last french conf : 34 years ago*

*Spotlight on Serre Chevalier Valley and French South Alps*  
*One week events + economical incomes for french professionnals*



### **A strategic events**

*Opportunity to show French expertise (workers associations / companies...)*  
*Opportunity to set ours institutions as major players for research around sports mountains safety*

**ISSS 2019**

Lectures. Networking. Workshops. Parties.

### **Sizing the conference !!**

**6**

Days filled with presentations, networking, and social activities

**15**

Thematic sessions

**100**

Individual sessions

**30+**

Countries represented

Projection for 2022  
(+ additional people participating to the conf.)  
→ 100-200 people



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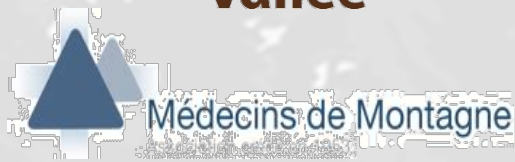
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### Organisation :



**Serre  
Chevalier  
Vallée**



### Research Laboratory supporting conférence organisation:



INSTITUT  
DES SCIENCES  
DU MOUVEMENT  
ETIENNE  
JULES  
MAREY





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*Location of the meeting room:*



**Monetier**



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*Location: Monetier les bains*



A meeting room closed to lifts  
5 minutes walk to residences... hotels





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*Conference topics first draft and brainstorming*



Sport Biomechanics

New technologies for snows sports

Epidemiology and accident data monitoring

Snow sport medicine & trauma management

Global safety and healthcare management

Safety: equipment's, prevention and mountain workers

Snow race Safety and performance

On the spot sessions (testing...)





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An opportunity to have a global vision about new technologies and recent researches on these topics

An opportunity to meet : {  
Researchers and Engineers from university & Research centers  
Physician and safety workers from ski resorts  
Ski, Medical, Equipement industrial representatives  
Mountains workers  
Ski training and racers coach / managers

**Organisation of networking events focused on new technologies & industrial partners**

**Organisation of a scientific vulgarisation event & conference on Snow sport safety**

*open to a large public of and organized on the 2<sup>nd</sup> of april 2022*

*open to all contribution (from industrial partners to researchers...)*

Several social events to promote networking : {  
*Ski race / ski day and material session*  
*Cheese and wine session / Friday evening banquet*  
***Keynote of a snowsport champion (ambassador of Serre chevalier Valley)***





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[www.iss2022.com](http://www.iss2022.com)

mail : [info@iss2022.com](mailto:info@iss2022.com)





# Village Innovation - Entreprise

*Jeudi 31 mars et vendredi 1er avril 2022*  
*Sport de neige et montagne*

## 2 journées dédiées aux thématiques :

- ➡ **Equipement individuel :**  
Textile connecté, fixation de ski, casque, protections, airbag, ...)
- ➡ **Sécurisation des activités de montagne et de neige :**  
Protection des pratiquants (dispositifs de balisage, prévention avalanche, mobilier, sécurité des activités ludiques, ...)

## Conférences & Village innovation-entreprise

Présentation innovation : poster, produit et / ou savoir-faire

Un espace d'échange

Des rendez-vous Be to Be



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# Partenaires :



**UNION SPORT & CYCLE**  
UNION DES ENTREPRISES DE LA FILIÈRE DU SPORT, DES LOISIRS,  
DU CYCLE ET DE LA MOBILITÉ ACTIVE

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