

Abstract

Author: Eliška Bartuňková

Title: Health risks and incidence of injuries in BMX racing

Objectives: The aim of this thesis is to investigate the frequency and prevalence of different types of injuries in BMX racing athletes of different ages and different levels. Furthermore, to determine the causes influencing the incidence of possible injuries or accidents and to compare the differences between athletes under 18 years of age and athletes over 18 years of age.

Methods: A questionnaire survey was used to collect data, containing both open and closed-ended questions regarding the prevalence, causes, frequency, severity and prevention of injuries in BMX racing. The survey was sent in electronic form to Czech and international BMX athletes and was completed by 222 respondents.

Results: The research showed that 94 % of respondents had been injured while riding BMX, confirming the claim that BMX is a high-risk sport. There was no evidence that the sport was more dangerous in competition or training, almost half (48 %) of the injuries were recorded in training and 53 % in competition. In addition, a total of 634 injuries were recorded, an average of 2.8 injuries per athlete. Minor injuries in the form of abrasions were the most common type of injury, while concussion was the predominant type of serious injury. Medical first aid was requested in more than 85 % of cases.

Conclusion: We can therefore conclude that BMX racing is a sport with a high incidence of injuries of varying severity. Despite the use of protective equipment, it is not always possible to prevent the most common injuries. The recovery time increases with the age of the athlete, although injuries are similar in all age categories. The frequency of injuries in training and competition is also similar. An individual approach to injury management and prevention may play a key role in minimising risk.

Keywords: BMX racing, injuries, causes of injuries, prevention