



VeiligheidNL

VeiligheidNL (The Dutch Consumer Safety Institute) strives to empower and strengthen participation in sustainable sports by providing athletes, coaches, physical therapists and physicians with an insight into healthy- and safe behaviour to prevent sports injuries.

veiligheid  nl

Shares knowledge and data on sports injury prevention



VeiligheidNL gathers yearly epidemiological data on injuries sustained across all sports in the Netherlands. Subsequently, we develop and implement evidence- and practice-based interventions for athletes, coaches, physical therapists and physicians in order to prevent sports injuries. We report the results through scientific publications and campaigns. The effective interventions of VeiligheidNL can be adapted for a specific context in a given country, whilst collaboration with international partners would facilitate thorough evaluation and implementation.

Results

VeiligheidNL has a significant track record of grants for sports injury research. Examples of interventions developed by us are: the interactive App, 'Strengthen your ankles'; the e-Health intervention, 'Prevent Injuries'; and the warming-up protocol for field hockey players. Independent research showed that up to 85% of the athletes exposed to these interventions changed their behaviour towards injury prevention.

More about VeiligheidNL

VeiligheidNL has been collecting and monitoring data on sports injuries in the Netherlands since 1986. Based on these data, VeiligheidNL provides the Dutch Ministry of Health, Welfare and Sport and national sports federations with advice and strategies for the prevention of sports injuries. VeiligheidNL collaborates with universities and sports federations, and experts from VeiligheidNL are involved in international projects related to sports injuries.

We would be delighted to share our knowledge and our 'big data' on sports injuries for comparison across countries. Please contact us for more information.

CONTACT VeiligheidNL



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