



Traumatic Injuries Questionnaire

In order to gain a better idea about the incidence of bicycling-related injuries, I'd appreciate it if you'd fill out the following questionnaire.

To improve the meaning of this survey, it is important that I get as many responses as possible.

There are just 23 questions.

I'll publish a report on this survey and send you a copy.

I'll also send you a free copy of my report on bicycling-related injuries in the Tour de France.

Return results to info@arniebakercycling.com.

Thank you.



**CYCLE
HANDOUT**

Name	
Best way to contact you: E-mail or telephone number:	
Would you prefer that your identifying information be kept confidential and used for group analysis only, or are you agreeable to your name being used to identify those who have sustained traumatic injuries.	Confidential / Name use okay
1. For how many years have you been cycling regularly?	
2. How many miles (hours) do you ride a year?	
3. Estimate lifetime miles ridden.	
4. Percentage miles on road / on mountain bike.	% / %
5. What is your sex?	M / F
6. What is your age?	
7. If you race, how many years have you been racing?	
8. Current race category?	5 4 3 2 1 Pro
9. Lifetime number of races.	
10. Have you ever been to a doctor's office or had an urgent care visit (not including follow-up for the hospital care) for a bicycling-related accident?	Yes / No
How many times?	
What happened?	



Copyright Arnie Baker, MD, 1989-2003. Revised 3/24/2003. This training handout may be photocopied for distribution only if used in its entirety; and only with written permission. Electronic transmission is expressly prohibited. Copyright notice and permission must accompany use.

Distribution after December 2003 is unlicensed and prohibited. Please report unlicensed use.

<http://arniebakercycling.com/>

11. Have you ever been to an Emergency Room for a bicycling-related accident?	Yes / No
How many times?	
What happened?	
12. Have you ever been admitted to hospital for a bicycling-related accident?	Yes / No
How many times?	
What happened?	
13. Have you ever been admitted to intensive care for a bicycling-related accident?	Yes / No
How many times?	
What happened?	
14. Have you ever had a bicycling-related broken bone?	Yes / No
Which bone(s)?	
What happened? (Each time.)	
15. Have you ever had a head injury related to bicycling (including concussion, memory-loss, seizures)?	Yes / No
Were you wearing a helmet?	
Did you break it?	
What happened? (Each time.)	
16. Have you ever broken your bicycling helmet?	Yes / No
How many times?	
What happened? (Each time.)	

17. Have you ever missed work or riding because of a bicycling-related injury?	Yes / No
How many times?	
What happened? (Each time.)	
18. Have you ever had a potentially life-threatening accident?	Yes / No
What happened? (Each time.)	
19. Even though nothing may have happened, how many times have you been involved in a bicycling situation where you said to yourself: "That was close. I could have been killed or seriously injured?" For example, a car served in front of you and you didn't fall, but it was close.	
What happened? (Each time.)	
20. How many times have you fallen off your bicycle and had road rash (abrasions)?	0 1-3 4-7 8-12 13-20 >20
Any comments?	
21. Apart from famous racers killed in bicycling-related accidents, have you had any friends or riders within your club or riding group killed while riding a bicycle?	
How many?	
What happened? (Each time.)	
22. In a well-attended criterium event with 500-entries in all racing categories, would you be surprised that during the event there were crashes and that two riders broke their collarbones?	Yes / No

23. In terms of accidental injuries (not overuse injuries) do you consider bicycling more dangerous than other aerobic sports?	
More dangerous than running	More / Less
More or less dangerous than swimming	More / Less
More or less dangerous than aerobics	More / Less
More or less dangerous than weight lifting	More / Less
More or less dangerous than soccer	More / Less
More or less dangerous than football	More / Less
More or less dangerous than baseball	More / Less
More or less dangerous than hiking	More / Less
More or less dangerous than mountaineering	More / Less
Please use this space for additional information or comments.	

Thank you. 