

RESPIRATORY TRACT INFECTIONS HAMPER TRAINING AND COMPETING IN FINNISH CROSS-COUNTRY SKIERS

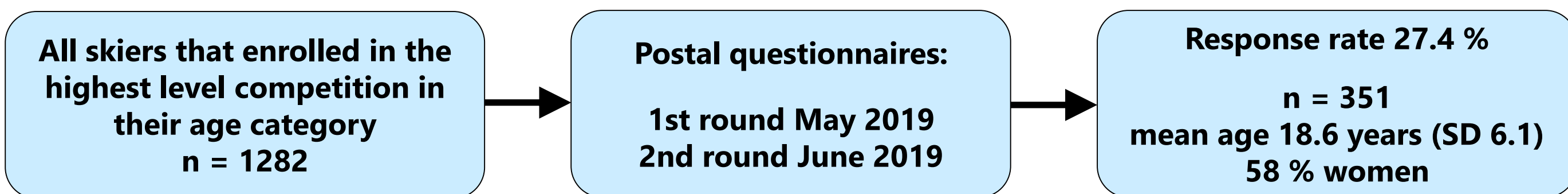
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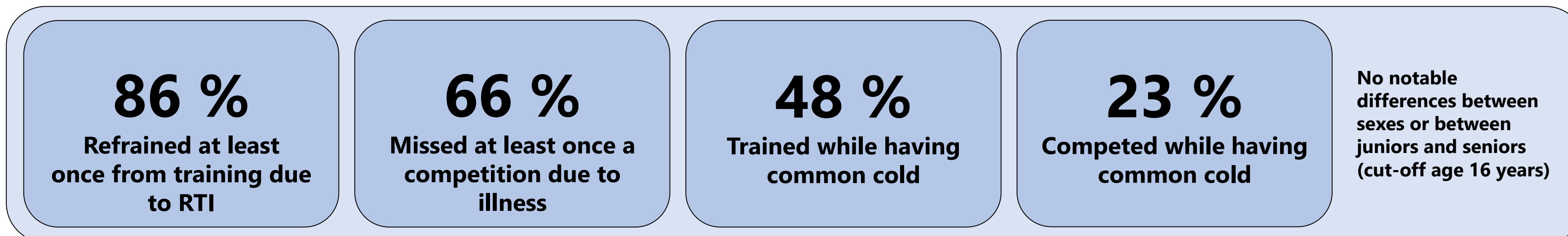
Background

Respiratory tract infections (RTI) are one of the main causes preventing athletes from training and competing. Training during RTI increases risk for major complications and longer breaks from training. The aim of this study was to investigate the burden of illnesses during one season in cross-country skiers.

Methods



Results



Association of asthma on training and competing during infections

	Asthma	No asthma	<i>p</i>
Refrained at least once from			
Training due to RTI	91 %	84 %	0.084
Competition due to illness	77 %	62 %	0.011
During common cold			
Training	59 %	53 %	0.391
Competing	28 %	21 %	0.188
Days of absence from training due to illness, days (SD)	19.0 (14.5)	14.7 (13.3)	0.014

Conclusions

- Respiratory tract infections cause a major burden on cross-country skiers and often prevent training and competing
- Skiers with asthma missed competition more often due to illness and had more days of illness
- Proper guidance for the risk of complications and avoiding RTIs in athletes should be considered

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