

INJURY TERMINOLOGY

The NSAA reports only two categories of injuries, *catastrophic* and all others. It defines catastrophic injuries as those resulting in “paralysis, broken neck and back, and life-altering severe head injury”. This terminology does not recognize the much larger number of injuries with significant short and longer term impacts on peoples’ lives.

Therefore, the Snowsport Safety Foundation has adopted the terminology *serious* injuries. It includes the *catastrophic* injuries as defined by NSAA as well as the thousands of other significant injuries documented in the [Epicenter Data](#). SSF defines *serious* injuries as those resulting in several days or more of moderate to severe pain, disability and / or lost work as well as longer term disability and / or lifetime chronic pain and functional impairment.