

Preventing injuries of horse racing jockeys and upgrading the prehospital services

Introduction The Mongolian national celebration Naadam is inscribed on the Representative List of Intangible Cultural Heritage of Humanity of UNESCO. Wrestling, archery, and horse racing are the main games of the festival. As the celebration is held more frequently in past years, the number of injuries arises considerably in horse racing.

Methods This study, used the cross-section study design to analyze 669 2 to 16-year-old jockeys who got injured by falling from a horse in the Mongolian National Injury and Trauma center from 2016 to 2020.

Findings 92.6% of the injured jockeys were male, and when taking subjective questionnaires for emergency treatment, only 22.6% of children got treated at the hospital after incidents. In addition, 68% of the injuries occurred when racing without a protective helmet, and intracranial, upper extremities injuries were the most recurrent.

Proposed Solutions

- Supervise, inform the safety rules before and after the race, strictly monitor the age limit, and have health, safety specialists on the field.
- Have a person who can give paramedical help in the preparation team.
- Adding traffic law that states the only ambulance, news media, police, and organizers must be a horse racetrack.
- Have emergency camps every 6 kilometers to show medical support for injured people.

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Conclusion Jockeys usually race in their immature, early adolescent years (7-13 years old), hence, they are more vulnerable to physical and mental damage.

The fundamental cause for why cranial and upper extremities injuries were the most frequent was due to jockeys landing with their heads or by their hands after the fall, aggravated with a deficiency in personal protective equipment. Therefore, making sure every jockey wears protective gear, learns safe falling techniques, and gets medical treatment without losing time is important.