

A list of Medical References on Sailing

Author	Title	Publication/Report and Year Published
Aagaard P, Beyer N, Simonsen EB, Larsson B, Magnusson SP, Kjaer M.	Isokinetic muscle strength and hiking performance in elite sailors.	Scand J Med Sci Sports. 1998;8(3):138-44.
Adami PE, Delussu AS, Rodio A, Squeo MR, Corsi L, Quattrini FM, Fattorini L, Bernardi M.	Upper limb aerobic training improves aerobic fitness and all-out performance of America's Cup grinders.	Eur J Sport Sci. 2014 Oct 30:1-7.
Allen GD, Locke S.	Physiological profiles of elite Australian board sailors.	NZ J Sports Med. 1992;20:2-4.
Allen GD, Locke S.	Training activities, competitive histories and injury profiles of elite boardsailing athletes.	Aust J Med Sci Sports. 1989;21:12-4.
Allen JB, De Jong MR.	Sailing and sports medicine: a literature review.	Br J Sports Med 2006;40:587-93.
Allen JB.	Sports medicine injuries in the America's Cup 2000.	NZ J Sports Med. 2006;33(2):43-7.
Allen JB.	Sports medicine and sailing.	Phys Med Rehabil Clin N Am. 1999;10:49-65.
Allen JB.	Sports injuries in disabled sailing.	Legg SJ, ed. Human performance in sailing conference proceedings: incorporating the 4th European Conference on Sailing Sports Science and Sports Medicine and the 3rd Australian Sailing Science Conference. Palmerston North, New Zealand: Massey University. 2003:58.
Allison RJ, Farooq A, Hamilton B, Close GL, Wilson MG.	No Association between Vitamin D Deficiency and Markers of Bone Health in Athletes.	Med Sci Sports Exerc. 2014 Jul 23.
Aprile I, Iacovelli C, Iuvone L, Imbimbo I, Cruciani A, Pecchioli C, Manozzi FM, Padua L.	Use of a Virtual-Technological Sailing Program to Prepare Children With Disabilities for a Real Sailing Course: Effects on Balance and Quality of Life.	J Child Neurol. 2016 Jul;31(8):1074-80. doi: 10.1177/0883073816638756. Epub 2016 Mar 28.
Araújo D, Davids K, Diniz A, Rocha L, Santos JC, Dias G, Fernandes O.	Ecological dynamics of continuous and categorical decision-making: The regatta start in sailing.	Eur J Sport Sci. 2014 Jun 17:1-8.
Bennet G.	Psychological breakdown at sea: hazards of single-handed ocean sailing.	Br J Med Psychol. 1974;47(3):189-210.
Berg RA.	Surgery and sailing.	Am J Surg. 2013 Mar;205(3):237-41. doi: 10.1016/j.amjsurg.2012.10.019. Epub 2013 Jan 28. No abstract available.
Bernardi E, Fontana G, Madaffari A, et al.	Nutritional requirements for an America's Cup crew.	Legg SJ, ed. Human performance in sailing conference proceedings: incorporating the 4th European Conference on Sailing Sports Science and Sports Medicine and the 3rd Australian Sailing Science

		Conference. Palmerston North, New Zealand: Massey University. 2003:31–5.
Bernardi M, Felici F, Marchetti M, Marchettoni P.	Cardiovascular load in off-shore sailing competition.	J Sports Med Phys Fitness. 1990;30:127-31.
Bernardi M, Quattrini FM, Rodio A, Fontana G, Madaffari A, Brugnoli M, Marchetti M.	Physiological characteristics of America's Cup sailors.	J Sports Sci. 2007;25(10):1141-52.
Blackburn M.	Physiological responses to 90 min of simulated dinghy sailing.	J Sports Sci. 1994;12(4):383-90.
Bojsen-Møller J, Larsson B, Aagaard P.	Physical requirements in Olympic sailing.	Eur J Sport Sci. 2014 Sep 18:1-8.
Bojsen-Møller J, Larsson B, Magnusson SP, Aagaard P.	Strength and endurance profiles of elite olympic class sailors.	J Sports Sci. 2007;25(10):1117-28.
Bornhauser M, Rieckert H.	Volume changes in forearm-muscles during static work: a study on training effects with windsurfers of the German olympic team.	Med Sci Res. 1993;21:881-3.
Bourgeois JG, Callewaert M, Celie B, De Clercq D, Boone J.	Isometric quadriceps strength determines sailing performance and neuromuscular fatigue during an upwind sailing emulation.	J Sports Sci. 2016;34(10):973-9. doi: 10.1080/02640414.2015.1082613. Epub 2015 Sep 1.
Bourgeois JG, Dumortier J, Callewaert M, Celie B, Capelli C, Sjøgaard G, De Clercq D, Boone J.	Tribute to Dr Jacques Rogge: muscle activity and fatigue during hiking in Olympic dinghy sailing.	Eur J Sport Sci. 2017 Jun;17(5):611-620. doi: 10.1080/17461391.2017.1300328. Epub 2017 Mar 19. Review.
Bøymo-Having L, Gråvare M, Silbernagel KG.	A prospective study on dinghy sailors' training habits and injury incidence with a comparison between elite sailor and club sailor during a 12-month period.	Br J Sports Med. 2013 Sep;47(13):826-31.
Branth S, Hambraeus L, Westertorp K, Andersson A, Edsgren R, Mustelin M, Nilsson R.	Energy turnover in a sailing crew during offshore racing around the world.	Med Sci Sports Exerc. 1996;28(10):1272-6.
Buchanan M, Cunningham P, Dyson RJ, Hurron PD.	Electromyographic activity of beating and reaching during simulated boardsailing.	J Sports Sci. 1996;14(2):131-7.
Buchardt R, Bay J, Bojsen-Møller J, Nordsborg NB.	Hiking strap force decreases during sustained upwind sailing.	Eur J Sport Sci. 2017 May;17(4):393-399. doi: 10.1080/17461391.2016.1268210. Epub 2016 Dec 30.
Callewaert M, Boone J, Celie B, De Clercq D, Bourgeois JG.	Indicators of sailing performance in youth dinghy sailing.	Eur J Sport Sci. 2014 Apr 10.
Callewaert M, Boone J, Celie B, De Clercq D, Bourgeois JG.	Cardiorespiratory and muscular responses to simulated upwind sailing exercise in optimist sailors.	Pediatr Exerc Sci. 2014 Feb;26(1):56-63.
Callewaert M, Boone J, Celie B, De Clercq D, Bourgeois JG.	Indicators of sailing performance in youth dinghy sailing.	Eur J Sport Sci. 2015;15(3):213-9. doi: 10.1080/17461391.2014.905984. Epub 2014 Apr 10.
Callewaert M, Boone J, Celie B, De Clercq D, Bourgeois JG.	Cardiorespiratory and muscular responses to simulated upwind sailing exercise in Optimist sailors.	Pediatr Exerc Sci. 2014 Feb;26(1):56-63. doi: 10.1123/pes.2012-0203. Epub 2013 Aug 29.
Callewaert M, Geerts S, Lataire E, Boone J, Vantorre M, Bourgeois J.	Development of an upwind sailing ergometer.	Int J Sports Physiol Perform. 2013 Nov;8(6):663-70.

Carta MG, Maggiani F, Pilutzu L, Moro MF, Mura G, Cadoni F, Sancassiani F, Vellante M, Machado S, Preti A.	Sailing for rehabilitation of patients with severe mental disorders: results of a cross over randomized controlled trial.	Clin Pract Epidemiol Ment Health. 2014 Jul 23;10:73-9.
Carta MG, Maggiani F, Pilutzu L, Moro MF, Mura G, Sancassiani F, Vellante V, Migliaccio GM, Machado S, Nardi AE, Preti A.	Sailing can improve quality of life of people with severe mental disorders: results of a cross over randomized controlled trial.	Clin Pract Epidemiol Ment Health. 2014 Jul 23;10:80-6.
Castagna O, Brisswalter J, Lacour JR, Vogiatzis I.	Physiological demands of different sailing techniques of the new olympic windsurfing class.	Eur J Appl Physiol. 2008;104(6):1061-7.
Castagna O, Brisswalter J.	Assessment of energy demands in Laser sailing: influences of exercise duration and performance level.	Eur J Appl Physiol. 2007;99(2):95-101.
Castagna O, Vaz Pardal C, Brisswalter J.	The assessment of energy demand in the new olympic windsurf board: Neilpryde RS:X.	Eur J Appl Physiol. 2007;100(2):247-52.
Chamari K, Moussa-Chamari I, Galy O, Chaouachi M, Koubaa D, Hassen CB, Hue O.	Correlation between heart rate and performance during Olympic windsurfing competition.	Eur J Appl Physiol. 2003;89(3-4):387-92.
Cook K.	United States Coast guard: Marine safety assesment.	http://www.uscgboating.org/statistics/accident_stats.htm (accessed February 17, 2010).
Cunningham P, Hale T.	Physiological responses of elite Laser sailors to 30 minutes of simulated upwind sailing.	J Sport Sci. 2007;25(10):1109-16.
De Vito G, Di Filippo L, Felici F, Marchetti M.	Hiking mechanics in Laser athletes.	Med Sci Res. 1993;21(23):859-60.
De Vito G, Di Filippo L, Rodio A, Felici F, Madaffari A.	Is the Olympic board sailor an endurance athlete?	Int J Sports Med. 1997;18(4):281-4.
Duarte T, Culver DM.	Becoming a Coach in Developmental Adaptive Sailing: A Lifelong Learning Perspective.	J Appl Sport Psychol. 2014 Oct 2;26(4):441-456.
Dyson RJ, Buchanan M, Farrington TA, Hurion PD.	Electromyographic activity during windsurfing on water.	J Sports Sci. 1996;14(2):125-30.
Engebretsen L, Soligard T, Steffen K, Alonso JM, Aubry M, Budgett R, Dvorak J, Jegathesan M, Meeuwisse WH, Mountjoy M, Palmer-Green D, Vanhegan I, Renström PA.	Sports injuries and illnesses during the London Summer Olympic Games 2012.	Br J Sports Med. 2013 May;47(7):407-14.
Fearnley D, Sutton L, O'Hara J, Brightmore A, King R, Cooke C.	Case study of a female ocean racer: prerace preparation and nutritional intake during the Vendée Globe 2008.	Int J Sport Nutr Exerc Metab. 2012 Jun;22(3):212-9. Epub 2012 Feb 15.
Gallozzi C, Fanton F, De Angelis M, Dal Monte A.	The energetic cost of sailing.	Med Sci Res. 1993;21:851-3.
Galvani C, Ardigo LP, Alberti M, Daniele F, Capelli C.	Physical activity, sleep pattern and energy expenditure in double-handed offshore sailing.	J Sports Med Phys Fitness. 2014 Oct 17.
Gentile DA, Auerbach PS.	The sun and water sports.	Clin Sports Med. 1987;6(3):669-84.
Guével A, Maïsetti O, Prou E, Dubois JJ, Marini JF.	Heart rate and blood lactate response during competitive Olympic boardsailing.	J Sports Sci. 1999;17(2):135-41.

Hadala M, Barrios C	Sports injuries in an America's Cup yachting crew: A 4-year epidemiological study covering the 2007 challenge.	J Sports Sci. 2009;27(7):711-7.
Hadala M, Barrios C.	Different strategies for sports injury prevention in an America's Cup yachting crew.	Med Sci Sports Exerc. 2009;41(8):1587-96.
Hadala M, Cebolla A, Baños R, Barrios C.	Mood profile of an America's Cup team: Relationship with muscle damage and injuries.	Med Sci Sports Exerc. 2009 [Epub ahead of print]
Hagin V, Gonzales BR, Candau RB, Gros Lambert A.	Influence of a conservative sleep management strategy during a solo Pacific Ocean crossing on anxiety and perceived fatigue: a case study.	J Sports Sci. 2012;30(4):395-402.
Howland J, Rohsenow DJ, Cote J, Gomez B, Mangione TW, Laramie AK.	Effects of low-dose alcohol exposure on simulated merchant ship piloting by maritime cadets.	Accid Anal Prev. 2001;33(2):257-65.
Hurdie R, Van Dongen HP, Aron C, McCauley P, Jacolot L, Theunynck D.	Sleep restriction and degraded reaction-time performance in Figaro solo sailing races.	J Sports Sci. 2014;32(2):172-4.
Larsson B, Beyer N, Bay P, Biond L, Aagaard P, Kjaer M.	Exercise performance in elite male and female sailors.	Int J Sports Med. 1996;17:504-8.
Legg S, Mackie H, Smith P.	Temporal patterns of activity in Olympic dinghy racing.	J Sports Med Phys Fitness. 1999;38:315-20.
Legg SJ, Mackie HW, Slyfield DA.	Changes in physical characteristics and performance of elite sailors following introduction of a sport science program prior to the 1996 Olympic games.	Appl Human Sci. 1999;18(6):211-7.
Legg SJ, Mackie HW.	Change in knowledge and reported use of sport science by elite New Zealand Olympic class sailors.	J Physiol Anthropol Appl Human Sci. 2000;19(2):83-92.
Legg SJ, Miller AB, Slyfield D, Smith P, Gilberd C, Wilcox H, Tate C.	Physical performance of elite New Zealand Olympic class sailors.	J Sport Med Phys Fit. 1997;37(1):41-9.
Legg SJ, Smith P, Slyfield D, Miller A, Wilcox H, Gilberd C.	Knowledge and reported use of sport science by elite New Zealand Olympic sailors.	J Sport Med Phys Fit. 1997;37(3):213-7.
Lewis EJ, Fraser SJ, Thomas SG, Wells GD.	Changes in hydration status of elite Olympic class sailors in different climates and the effects of different fluid replacement beverages.	J Int Soc Sports Nutr. 2013 Feb 21;10(1):11.
Lignitz E, Lustig M, Scheibe E.	[Recreational boating accidents--Part 1: Catamnestic study].	Arch Kriminol. 2014 Jan-Feb;233(1-2):20-40. German.
Locke S, Allen GD.	Etiology of low back pain in elite board sailors.	Med Sci Sports Exerc. 1992;24(9):964-6.
Lopez S, Bourgois JG, Tam E, Bruseghini P, Capelli C.	Cardiovascular and Metabolic Responses to On-Water Upwind Sailing in Optimist Sailors.	Int J Sports Physiol Perform. 2016 Jul;11(5):615-22. doi: 10.1123/ijsp.2015-0380. Epub 2015 Oct 22.
Loquet H, Guilbert J, Jacquesson JM, Mibled G.	Etude electromyographique sur simulateur de la pratique de la planche a voile.	LARC Medical. 1984;4(5):306-12.

Mackie HW, Legg SJ	Development of Knowledge and Reported Use of Sport Science by Elite New Zealand Olympic Class Sailors.	Appl Human Sci. 1999;18(4):125-33.
Mackie HW, Legg SJ.	Preliminary assessment of force demands in laser racing.	J Sci Med Sport. 1999;2(1):78-85.
Mackie HW, Sanders R, Legg SJ.	The physical demands of Olympic yacht racing.	J Sci Med Sport. 1999;2(4):375-88.
Mackie HW.	Useful biomechanics for sailing – development of technique analysis Protocol for Europe and Laser Sailors.	Legg SJ, ed. Human performance in sailing conference proceedings: incorporating the 4th European Conference on Sailing Sports Science and Sports Medicine and the 3rd Australian Sailing Science Conference. Palmerston North, New Zealand: Massey University. 2003:71–5.
Maisetti O, Guével A, Iachkine P, Legros P, Briswalter J.	Sustained hiking position in dinghy sailing. Theoretical aspects and methodological considerations for muscle fatigue assessment.	Sci Sport. 2002;17:234-246
Manzanares A, Menayo R, Segado F, Salmerón D, Cano JA.	A probabilistic model for analysing the effect of performance levels on visual behaviour patterns of young sailors in simulated navigation.	Eur J Sport Sci. 2014 Oct 8:1-10.
Marchetti M, Figura F, Ricci B.	Biomechanics of two fundamental sailing postures.	J Sports Med Phys Fitness. 1980;20(3):325-32.
Mc Loughlin E, Hale T, Harrison JHH, Keen PA.	The effects of dietary manipulation on physiological responses to a 30 minute sailing task.	Med Sci Res. 1993;21:869-70.
McCormick DP, Davis AL.	Injuries in sailboard enthusiasts.	Br J Sports Med. 1988;22(3):95–7.
Meehan C, Hogan HA.	A Comparative Analysis of Recreational Boating Policies: “Quick Phase-In” Education vs. Other Education Policies.	http://www.uscgboating.org/statistics/pfd.htm (accessed February 17, 2010).
Metabolic muscle damage and oxidative stress markers in an America's Cup yachting crew.	Barrios C, Hadala M, Almansa I, Bosch-Morell F, Palanca JM, Romero FJ.	Eur J Appl Physiol. 2011 Jul;111(7):1341-50.
Moehrle M.	Outdoor sports and skin cancer.	Clin Dermatol. 2008;26(1):12-5.
Molloy J, Neville VJ, Wood I, Speedy D.	Posterior interosseous nerve entrapment.	NZ J Sports Med. 2005;33(2):48-51.
Moraes J, Nery C, Fontel E et al.	Multidisciplinary assessment of the Brazilian Olympic sailing team.	Legg SJ, ed. Human performance in sailing conference proceedings: incorporating the 4th European Conference on Sailing Sports Science and Sports Medicine and the 3rd Australian Sailing Science Conference. Palmerston North, New Zealand: Massey University. 2003:92–5.
Nathanson AT, Baird J, Mello M.	Sailing injury and illness: results of an online survey.	Wilderness Environ Med. 2010 Dec;21(4):291-7. doi: 10.1016/j.wem.2010.06.006. Epub 2010 Jun 11.
Nathanson AT, Fischer EG, Mello MJ, Baird J.	Injury and illness at the Newport-Bermuda race 1998-2006.	Wilderness Environ Med. 2008;19(2):129-32.
Nathanson AT, Reinert SE.	Windsurfing injuries: results of a paper and internet-based survey.	Wilderness Environ Med. 1999;10:218-25.

Neville V, Calefato J, Pérez-Encinas C, Rodilla-Sala E, Rada-Ruiz S, Dorochenko P, Folland JP.	America's Cup yacht racing: race analysis and physical characteristics of the athletes.	J Sports Sci 2009; 27(9): 915-923.
Neville V, Folland J.	The epidemiology and etiology of injuries in sailing.	Sports Med. 2009;39(2):129-45.
Neville V, Gant N, Folland JP.	Thermoregulatory demands of elite professional America's Cup yacht racing.	Scand J Med Sci Sports. 2009 Jun 23. [Epub ahead of print]
Neville V, Gleeson M, Folland JP.	Salivary IgA can help to predict upper respiratory infections in athletes.	Med Sci Sport Exerc. 2008;40(5)Suppl15:578.
Neville V, Gleeson M, Folland JP.	Salivary IgA as a risk factor for upper respiratory illness in elite professional athletes.	Med Sci Sports Exerc. 2008;40(7):1228-36.
Neville V, Molloy J, Wood I, Speedy D.	The pain of PIN. Forearm injuries in the America's Cup.	Legg SJ, ed. Human performance in sailing conference proceedings: incorporating the 4th European Conference on Sailing Sports Science and Sports Medicine and the 3rd Australian Sailing Science Conference. Palmerston North, New Zealand: Massey University. 2003:65-6.
Neville V, Pain MT Folland JP.	Elite America's Cup sailors are among the most powerful upper body trained athletes.	Med Sci Sport Exerc. 2009;41(5):Suppl1:224.
Neville V, Pain MT Folland JP.	Optimising arm-crank configurations: testing the most powerful upper-body athletes in sport.	British Association of Sports and Exercise Sciences Annual Conference Proceedings 2009.
Neville V, Pain MT, Folland JP.	Aerobic power and peak power of elite America's Cup sailors.	Eur J Appl Physiol. 2009;106(1):149-57.
Neville V, Pain MT, Kantor J, Folland JP.	Influence of crank length and crank-axle height on standing arm-crank (grinding) power.	Med Sci Sports Exerc. 2010;42(2):381-7.
Neville V, Zaher N, Pain MTG, Folland JP.	Lower limb influence on standing arm-cranking (grinding).	Int J Sports Med. 2009;30(10):713-8.
Neville V.	Sailing injuries.	Cain D, Harmer P, Schiff M eds. Epidemiology of Injuries in Olympic Sports In: The Encyclopedia of Sports Medicine, IOC Medical Commission and International Federation of Sports Medicine. 2009:191-203.
Neville V.	Salivary IgA response to exercise.	Rippe J ed. Encyclopedia of Lifestyle Medicine & Health. 2009[currently in print]
Neville V.	Sports science behind the oldest trophy in sports.	Book of Proceedings of the 6th European Sports Medicine Congress. Antalya, Turkey, 2009.
Neville V.	The America's Cup is not just about the boat: the sports science behind the America's Cup athlete.	The Sport and Exercise Scientist. 2008;15:26-27.
Neville VJ, Molloy J, Brooks JHM, Speedy DB, Atkinson G.	Epidemiology of injuries and illnesses in America's Cup yacht racing.	Br J Sports Med. 2006;40(4):304-12.
Newton F.	Dinghy sailing.	Practitioner. 1989;233:1032-5.
Nikolić N, Mavrić T	Program of medical training for the skippers nautical tourism	Travel Medicine International 1992; 10 (4): 162-64

Nikolić N, Vukelić M, Trošelj – Vukić B	Survey of sea accidents in nautical tourism in the northern area of the Adriatic sea over a five year period	Travel Medicine International 1998; 16 (1): 26-27
Nikolić N	Adriatic nautical academy- medical manual for nautical tourist	J Travel Med 1998; 5: 158
Nikolić N	Sailing safely	J Travel Med 2001; 8 (6): 309-318
Nikolić N	Travel by sea	In: Poumerol G and Wilder-Smith A Eds. International travel and Health Geneva: WHO, 2012: 26 – 31
Nikolić N	Yachting and sailing: “nautical tourism”	In: Dawood R ed. Travellers' Health – How to stay healthy abroad. Oxford: Oxford University Press, 2012: 282-287
Nikolić N, Denisenko I, Nilson, R, Briggs et al	Medical Support in Offshore Racing Workshop, 6 November 2015, Sanya, China	Int Marit Health 2016; 67, 4: 1–3 (Letter to the Editor)
Nikolić N, Horneland AM, Denissenko I, Thompson T et al	A Medical Support in Offshore Racing Workshop on Learning Competences/Outcomes,	Int Marit Health, 2017; 68, 3: 178–182
Nikolic N, Steffen R, Zule Bilić K	Epidemiology and impact of travellers' diarrhoea on participants in the pre-Olympic test event Aquec Rio 2015	Br J Sports Med November 2017 Vol 51 No 21
Nikolić N, Nilson R, Briggs S, Fimbault JC, et al.	A Medical Support in Offshore Racing — Workshop on Medical Kit Inventory in Offshore Yacht Racing, 12–13 May 2017, Lorient, France	Int Marit Health 2018; 69, 3: 1–9
Nilson R.	Whitbread round the world race. Medical readiness on board during the world's most difficult sailing.	Nord Med. 1994;109(1):28-31. [Article in Swedish]
Olesen CG, Larsen BH, Andresen EL, de Zee M.	Development of a grinding-specific performance test set-up.	Eur J Sport Sci. 2014 Nov 4:1-6.
Glidden LM, Bamberger KT, Draheim AR, Kersh J.	Parent and athlete perceptions of special olympics participation: utility and danger of proxy responding.	Intellect Dev Disabil. 2011 Feb;49(1):37-45.
Patel MK, Abbot RJ, Marshall WJ.	Spinal cord injury during windsurfing.	Paraplegia. 1985;24:191-93
Pearce J.	Just add water, sports nutrition in practice for offshore distance rowing and yachting events and related sports.	Proceedings of the Australian Conference of Science and Medicine in Sport: Sports Medicine and Science at the Extremes. Melbourne, Australia. 2002: 37.
Pearson SN, Hume PA, Cronin JB, Slyfield D.	Strength and power determinants of grinding performance in America's Cup sailors.	J Strength Cond Res. 2009;23(6):1883-9.
Pluijms JP, Cañal-Bruland R, Hoozemans MJ, Savelsbergh GJ.	Visual search, movement behaviour and boat control during the windward mark rounding in sailing.	J Sports Sci. 2014 Aug 8:1-13.
Pluijms JP, Cañal-Bruland R, Hoozemans MJ, Van Beek MW, Böcker K, Savelsbergh GJ.	Quantifying external focus of attention in sailing by means of action sport cameras.	J Sports Sci. 2016 Aug;34(16):1588-95. doi: 10.1080/02640414.2015.1124135. Epub 2015 Dec 14.
Plyley MJ, Davis GM, Shephard RJ.	Body profile of Olympic-class sailors.	Physician Sports Med. 1985;13:152-67.
Ponzin D, Fasolo A, Vidale E, Pozzi A, Bottignolo E, Calabrò F, Rupolo G.	Team-building through sailing: effects on health status, job satisfaction and work performance of health care	G Ital Med Lav Ergon. 2015 Jul-Sep;37(3):184-90.

	professionals involved in organ and tissue donation.	
Price C, Spalding T, McKenzie C., Farquharson-Rober M.	Patterns of illness and injury encountered in amateur ocean yacht racing: an analysis of the British Telecom Round the World Yacht Race 1996-97.	Br J Sports Med. 2002;36:475-62.
Putnam CA.	A mathematical model of hiking positions in a sailing dinghy.	Med Sci Sports. 1979;11(3):288-92.
Quadriceps muscle blood flow and oxygen availability during repetitive bouts of isometric exercise in simulated sailing.	Vogiatzis I, Andrianopoulos V, Louvaris Z, Cherouveim E, Spetsioti S, Vasilopoulou M, Athanasopoulos D.	J Sports Sci. 2011 Jul;29(10):1041-9.
Recio AC, Becker D, Morgan M, Saunders NR, Schramm LP, McDonald JW 3rd.	Use of a virtual reality physical ride-on sailing simulator as a rehabilitation tool for recreational sports and community reintegration: a pilot study.	Am J Phys Med Rehabil. 2013 Dec;92(12):1104-9.
Reimers S.	The BBC internet study: general methodology.	Arch Sex Behav. 2007;36:147-61.
Relloso S, Romano V, Landaburu MF, Herrera F, Smayevsky J, Veciño C, Mujica MT.	Saksenaerythraspora infection following a serious sailing accident.	J Med Microbiol. 2014 Feb;63(Pt 2):317-21. doi: 10.1099/jmm.0.062174-0. Epub 2013 Dec 2.
Resende NM, de Magalhães Neto AM, Bachini F, de Castro LE, Bassini A, Cameron LC.	Metabolic changes during a field experiment in a world-class windsurfing athlete: a trial with multivariate analyses.	OMICS. 2011 Oct;15(10):695-704.
Rodek J, Idrizović K, Zenić N, Perasović B, Kondric M.	Differential analysis of the doping behaviour templates in three types of sports.	Coll Antropol. 2013 May;37 Suppl 2:211-7.
Rodek J, Sekulic D, Kondric M.	Dietary supplementation and doping-related factors in high-level sailing.	J Int Soc Sports Nutr. 2012 Dec 7;9(1):51.
Sailing injury and illness: results of an online survey.	Nathanson AT, Baird J, Mello M.	Wilderness Environ Med. 2010 Dec;21(4):291-7.
Saury J, Durand M.	Practical knowledge in expert coaches: on-site study of coaching in sailing.	Res Q Exerc Sport. 1988;69(3):254-66.
Schaefer O.	Injuries in dinghy-sailing – An analysis of accidents among beginners.	Sportverletz Sportschaden. 2000;14:25-30. [Article in German]
Schönle C, Rieckert H.	Cardiovascular reactions during exhausting isometric exercise while windsurfing on a simulator or at sea.	Int J Sports Med. 1983;4:260-4.
Shephard RJ.	Biology and medicine of sailing. An update.	Sports Med. 1997;23(6):350-6.
Shoveller JA, Lovato CY.	Measuring self-reported sunburns: challenges and recommendations.	Chronic Dis Can. 2001;22(3-4):83-98.
Sjøgaard G, Inglés E, Narici M.	Science in sailing: interdisciplinary perspectives in optimizing sailing performance.	Eur J Sport Sci. 2015;15(3):191-4. doi: 10.1080/17461391.2015.1008583. No abstract available.
Slater G, Tan B.	Body mass changes and nutrient intake of dinghy sailors while racing.	J Sports Sci. 2007;25(10):1129-35.
So R, Chan K, Appel R, Yuan Y.	Aerobic and muscle characteristics of elite windsurfers.	NZ J Sports Med. 1961;30(3):74-9.

Spalding T, Malinen T, Tomson M, Goertzen M, Sinclair R, Allen JB.	Analysis of medical problems during the 2001-2002 Volvo ocean race.	NZ J Sports Med. 2006;33(2):38-42.
Spurway NC, Burns R.	Comparison of dynamic and static fitness-training programmes for dinghy sailors- and some questions concerning the physiology of hiking.	Med Sci Res. 1993;21:865-7
Spurway NC.	Editorial: they that go down to the sea in small boats, that take their leisure on great waters.	Med Sci Res. 1993;21:845-6.
Spurway NC.	The physiological challenge of hiking.	Legg SJ, Mackie H, Cochrane D eds. Human Performance in Sailing. Conference Proceedings, incorporating the 4th European Conference on Sailing Sports Science and Sports Medicine and the 3rd Australian Sailing Science Conference. Auckland, New Zealand. 2003:1-18.
Stein MT, O'Dea T, Snyder D, Dixon SD.	Sailing with young children: risk or adventure?	J Dev Behav Pediatr. 2014 Jul-Aug;35(6):408-9.
Stieglitz O.	Fatigue and serum potassium in high performance sailors.	Med Sci Res. 1993;21(23):855-8.
Tan B, Aziz AR, Spurway NC, Toh C, Mackie H, Wei X, Wong J, Fuss FK, Chuan TK.	Indicators of maximal hiking performance in Laser sailors.	Eur J Appl Physiol. 2006;9(2):169-76.
Tan B, Leong D, Vaz Pardal C, Lin CY, Kam JW.	Injury and illness surveillance at the International Sailing Federation Sailing World Championships 2014.	Br J Sports Med. 2016 Jun;50(11):673-981. doi: 10.1136/bjsports-2015-095748.
Tan B, Sunarja F.	Body mass changes and nutrient intake of Optimist class sailors on a race day.	J Sports Sci. 2007;25(10):1137-40.
Tan B.	Chapters on: Sailing fitness, Sailing nutrition, Practical sailing psychology, Essential sports medicine for sailors.	Tan B ed. The Complete Introduction to Laser Racing. Singapore Sports Council, Singapore 2000.
The effect of sport on computerized electrocardiogram measurements in college athletes.	Gademan MG, Uberoi A, Le VV, Mandic S, van Oort ER, Myers J, Froelicher VF.	Eur J Prev Cardiol. 2012 Feb;19(1):126-38.
Toze CL, Gerrie AS.	CLL-clear sailing ahead for many, while rough waters remain for some.	Leuk Res. 2014 Oct;38(10):1154-5. doi: 10.1016/j.leukres.2014.07.008. Epub 2014 Aug 12. No abstract available.
TVNViewer: an interactive visualization tool for exploring networks that change over time or space.	Curtis RE, Yuen A, Song L, Goyal A, Xing EP.	Bioinformatics. 2011 Jul 1;27(13):1880-1.
Ullis K, Anno K.	Injuries of competitive board sailors.	Phys Sports Med. 1984;12:86-93.
Van Gheluwe B, Huybrechts P, Deporte E.	Electromyographic evaluation of arm and torso muscles for different postures in windsurfing.	J Appl Biomech. 1988;4(2):156-65.
Vangelakoudi A, Vogiatzis I, Geladas N.	Anaerobic capacity, isometric endurance and performance, and Laser sailing performance.	J Sports Sci. 2007;25(10):1095-100.
Vogiatzis I, De Vito G, Rodio A, Madaffari A, Marchetti M.	The physiological demands of sail pumping in Olympic level windsurfers.	Eur J Appl Phys. 2002;86:450-4.

Vogiatzis I, De Vito G.	Physiological assessment of Olympic windsurfers.	Eur J Sport Sci. 2014 Jun 2:1-7.
Vogiatzis I, Roach NK, Trowbridge EA.	Cardiovascular, muscular and blood lactate responses during dinghy hiking.	Med Sci Res. 1993;21(23): 861-3.
Vogiatzis I, Spurway NC, Jennett S, Wilson J, Sinclair J.	Changes in ventilation related to changes in electromyograph activity during repetitive bouts of isometric exercise in simulated sailing.	Eur J Appl Physiol O. 1996;72(3):195-203.
Vogiatzis I, Spurway NC, Wilson J, Boreham C.	Assessment of aerobic and anaerobic demands of dinghy sailing at different wind velocities.	J Sport Med Phys Fitness. 1995;35(2):103-7.
Vogiatzis I, Tzineris D, Athanasopoulos D, Georgiadou O, Geladas N.	Quadriceps oxygenation during isometric exercise in sailing.	Int J Sports Med. 2008;29(1):11-5.
Walls J, Bertrand L, Gale T, Saunders N.	Assessment of upwind dinghy sailing performance using a virtual reality dinghy sailing simulator.	J Sci Med Sport. 1998;1(2):61-72.
Wilson S.	Influence of the international Classification of Functioning, Disability and Health on paralympic sports classification.	J Rehabil Med. 2009;41(13):1104.
Wilson SF, Vardy PH.	Analysis of functional sailing classification system	Int Council Sport Sci Phys Educ Bull. 2005;45.
Wright G, Clarke J, Niinimaa V, Shepard RJ.	Some reactions to a dry-land training programme for dinghy sailors.	Br J Sports Med. 1976;10(1):4-10.
Nathanson A,	Sailing Injuries: A Review of the Literature	Rhone Island Medical Journal. Feb 2019; 23-27
Nikolic N, Nilson R, Briggs S, Ulven AJ, Tveten A, Forbes S, Vaz Pardal C, Viruly L, Berbist R.	A Medical Support in Offshore Racing – Workshop on Medical Support for Offshore Yacht Races, Telemedical Advice Service (TMAS), 1-2 December 2018, London, UK	Int Marit Health. 2019;70, 1: 27-41
Zaladek I, Conforti C, Corneli P, Jurakic Toncic R, di Meo N, Antonietta Pizzichetta M, Fadel M, Mitija G, Curiel-Lewandrows	Sun-protection and sun-exposure habits among sailors: Results of the 2018 world sailing race “Barcolana” skin cancer prevention campaign.	J Eu Dermatol Venereol 2019 Aug 23
Bay J, Bojsen-Moller J, Nordsborg NB	Reliable and sensitive physical testing of elite trapeze sailors.	Scand J Med Sci Sports. 2018;28: 919-927
Van Delden M, Bongers CWG, Broekens D, Daanen HAM. Eljsovogels TMH	Thermoregulatory burden of elite sailing athletes during exercise in the heat: A pilot study.	Temperature (Austin). 2019; 6(1): 66-67
Marchand WR, Klinger W, Block K, VerMerris S, Hermann T, Johnson C, Paradiso N, Scott M, Yabko B.	Mindfulness Training plus Nature Exposure for Veterans with Psychiatric and Substance Use Disorders: A Model Intervention	Int J Environ Res Public Health. 2019 Dec; 16(23): 4726
Rojani S, Stiens S, Recio A	Independent sailing with high tetraplegia using sip and puff controls: integration into a community sailing center	J Spinal Cord Med. 2017Jul; 40(4): 471-480
Sancassiani F, Cocco A, Cossu G, Lorrain S, Trincas G, Floris F, Mellino G,	“VelaMente?!” - Sailing in a Crew to Improve Self-Efficacy in People with	Clin Pract Epidemiol Ment Health. 2017; 13: 200–212

Mechado S, Nardi AE, Pascolo Fabrice E, Preti A, Carta MG	Psychosocial Disabilities: A Randomized Controlled Trial	
Ham DW, Jee YS	Yachters in Korea suffer considerable injuries	J Exerc Rehabil. 2016 Jun; 12(3): 226–231
Sagayama H, Toguchi M, Yasukata J, Yonaha K, Higaki Y, Tanaka H	Total Energy Expenditure, Physical Activity Level, and Water Turnover of Collegiate Dinghy Sailors in a Training Camp	Int J Sport Nutr Exerc Metab. 2018 Oct 9: 1-14
Ghiani G, Magnani S, Doneddu A, Sainas G, Pinna V, Caboi M, et al.	Case Study: Physical Capacity and Nutritional Status Before and After a Single-Handed Yacht race.	Int J Sport Nutr Exerc Metab 2018:1-6
Bigard AX, Guillemot PY, Chauve JY, Duforez F, Portero P, Guezennec CY	Nutrient intake of elite sailors during a solitary long-distance offshore race.	Int J Sport Nutr. 1998;8(4):364-76
Portier H, Chatard JC, Filaire E, Jaunet-Devienne MF, Robert A, Guezennec CY	Effects of branched-chain amino acids supplementation on physiological and psychological performance during an offshore sailing race	Eur J Appl Physiol. 2008;104(5):787-94
Fearnley D, Sutton L, O'Hara J, Brightmore A, King R, Cooke C	Case study of a female ocean racer: prerace preparation and nutritional intake during the Vendee Globe 2008	Int J Sport Nutr Exerc Metab. 2012;22(3):212-9
. Hurdie R, Monaca C, Mauvieux B, McCauley P, Van Dongen HP, Theunynck D	Field study of sleep and functional impairments in solo sailing races.	Sleep and Biological Rythms. 2012;10(4):270-7
Galvani C, Ardigo LP, Alberti M, Daniele F, Capelli C	Physical activity, sleep pattern and energy expenditure in double-handed offshore sailing	J Sports Med Phys Fitness. 2015;55(12):1480-8
Lodde B, Mahe C, Jacolot L, Pougnet R, Lucas D, Jegaden D	Skin Diseases Affecting High-Level Competition Sailors: Descriptive Study Carried Out During the 2012 AG2R Transatlantic Boat Race	Wilderness Environ Med. 2016;27(1):39-45
Serrano AM, Segado FS, Antúnez RM	Decisive factors in sailing performance: literature review	Cultura, Ciencia y deporte. 2012;20(7):125-34
Myers SD, Leamon SM, Nevola VR, Llewellyn MG	Energy expenditure during a single-handed transatlantic yacht race.	Br J Sports Med. 2008;42(4):285-8