**Appendix 1: Pre-Workshop Questionnaire**

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ID# \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Workshop location: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Workshop date (dd/mm/yy): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

This survey should take you approximately 15 minutes to complete. Please answer all questions thoughtfully and as accurately as possible. Please ask the researcher who gave you this survey to answer any questions you may have.

1. Club Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Team Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Province of Territory: Alberta / BC / Ontario / Quebec / Manitoba / Saskatchewan / Nova Scotia / Newfoundland and Labrador / PEI /New Brunswick / Nunavut / Northwest Territories / Yukon
4. City: Calgary / Edmonton / Toronto / Montreal / Ottawa / Winnipeg / Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Sex: Male/Female
2. Age (years): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Height: \_\_\_\_\_\_\_\_\_\_\_\_\_ inches/cm
4. Weight: \_\_\_\_\_\_\_\_\_\_\_ lbs/kg
5. Do you currently smoke? Yes / No
6. How many teams do you coach in a soccer season on average? 1 / 2 / 3 / 4 / 5 or more
7. What age group(s) do you coach? U13 / U14 / U16 / U18 / Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
8. What division(s) do you coach? Tier 1 / Tier 2 / Tier 3 / Tier 4 / Tier 5 / Other: \_\_\_\_\_\_\_\_\_\_\_\_\_
9. How many years have you coached organized soccer: \_\_\_\_\_\_\_\_\_\_\_\_\_
10. Do you coach any other sport(s) apart from soccer? Yes / No
11. If **yes**, please specify: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
12. What surface do you play on? Grass / Turf / Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
13. Where do you play? Indoor / Outdoor / Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
14. What type of soccer do you play? Futsal / 5 v 5 / 7 v 7 / Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
15. Please specify your highest level of academic and coaching education?

**Academic Education Coaching Education**

🞎 Less than Grade 7 🞎 Community Stream Trained/LTPD

🞎 Some High School 🞎 Provincial C License

🞎 Graduated from High School 🞎 Provincial B License – Pre-test

🞎 Trade school 🞎 Provincial B License

🞎 College diploma 🞎 National B License

🞎 University degree (Bachelors) 🞎 A License

🞎 University degree (Masters/PhD) 🞎 Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Do you have any specific athlete health or sport medicine-related certification (e.g. Sports first aid)? Yes / No
2. If **yes**, please describe: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. During the past soccer season, did you use a specific conditioning program with your team at training sessions to **improve the fitness** of your players?

Yes / No

1. Please describe which one: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. During the past soccer season, did you use a specific conditioning program with your team at training sessions to **reduce the risk of injuries** among your players? Yes / No
3. Please describe which one: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Have you learned about sport safety in the last 12 months? Yes / No
5. If **Yes**, where from? (Choose as many as you like)

🞎 Book, magazine, newspaper

🞎 Television

🞎 Fellow Coach

🞎 Fellow Colleague

🞎 Sports trainer

🞎 Parent

🞎 Friend

🞎 Other

1. If other, please describe: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Prior to knowledge of this workshop, were you aware of the FIFA 11+ warm-up program? Yes / No **(If no, proceed to question 32)**
3. If yes, how did you get to know about the FIFA 11+

🞎 Book, magazine, newspaper

🞎 Television

🞎 Fellow Coach

🞎 Fellow Colleague

🞎 Sports trainer

🞎 Parent

🞎 Friend

🞎 Other

1. If other, please describe: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please take a few minutes to tell us what you think about injury risk in youth soccer, and about completing **the FIFA 11+ warm-up program with your team at every game and training session during the present soccer season.** There are no right or wrong responses; we are merely interested in your personal opinions.

1. In your opinion, **overall injury risk** in youth soccer is:

**Extremely Extremely**

**Low Quite Slightly Neither Slightly Quite High**

1 2 3 4 5 6 7

1. In your opinion, how serious are the following types of soccer injury?

Please rate all from 1 “Not at all serious” to 7 “Very serious”

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Ankle sprain | **1** | **2** | **3** | **4** | **5** | **6** | **7** |
| Knee ligament | **1** | **2** | **3** | **4** | **5** | **6** | **7** |
| Muscle strain | **1** | **2** | **3** | **4** | **5** | **6** | **7** |
| Broken bone | **1** | **2** | **3** | **4** | **5** | **6** | **7** |
| Cut or scrape | **1** | **2** | **3** | **4** | **5** | **6** | **7** |
| Bruise | **1** | **2** | **3** | **4** | **5** | **6** | **7** |
| Concussion | **1** | **2** | **3** | **4** | **5** | **6** | **7** |

1. In general, how **preventable** do you think soccer injuries are (please circle one)?

**Extremely Not Extremely**

**Preventable Quite Slightly Neither Slightly Quite Preventable**

1 2 3 4 5 6 7

1. In your opinion, what would happen to a soccer player’s **overall risk of injury** if he or she participated in the FIFA 11+ warm-up program?

**Extremely Extremely**

**Decrease Quite Slightly Neither Slightly Quite Increase**

1 2 3 4 5 6 7

1. What **resources are available** to help you complete the FIFA 11+ warm-up program with your team at every game and training session during this soccer season?

i.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ii.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

iii.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

iv.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

v.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What **potential barriers** may prevent you from completing the FIFA 11+ warm-up program with your team at every game and training session during this soccer season?

i.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ii.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

iii.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

iv.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

v.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. How confident are you that you **understand** the FIFA 11+ warm-up program well enough to use it with the team(s) you are coaching in the upcoming season?

**Extremely Not Extremely**

**Confident Quite Slightly Neither Slightly Quite Confident**

1 2 3 4 5 6 7

1. How confident are you that you **have the ability** to usethe FIFA 11+ warm-up program with the team(s) you are coaching in the upcoming outdoor season?

**Extremely Not Extremely**

**Confident Quite Slightly Neither Slightly Quite Confident**

1 2 3 4 5 6 7

1. If there was **limited space** at your practice or game venue, how confident are you that your team could complete the FIFA 11+ warm-up program?

**Extremely Not Extremely**

**Confident Quite Slightly Neither Slightly Quite Confident**

1 2 3 4 5 6 7

1. If the **players** on your team **did not enjoy performing the FIFA 11+** warm-up program, how confident are you that you could still have them complete it at every game and training session?

**Extremely Not Extremely**

**Confident Quite Slightly Neither Slightly Quite Confident**

1 2 3 4 5 6 7

1. Do you **intend to make injury prevention a** **priority** for your team in this soccer season?

**Extremely Extremely**

**Not Likely Quite Slightly Neither Slightly Quite Likely**

1 2 3 4 5 6 7

1. Do you **intend** **to** **complete the FIFA 11+** warm-up program with your team at every game and training session during this soccer season?

**Extremely Extremely**

**Not Likely Quite Slightly Neither Slightly Quite Likely**

1 2 3 4 5 6 7