## Aspetar IP<sup>2</sup> NetWork QSL Clubs Baseline Situation Survey

## Addressed group:

1. Whole team staff

## Introduction:

The Aspetar IP<sup>2</sup> NetWork is developed as a Prevention for Performance program. The components of the IP<sup>2</sup> (23 items) have been identified and developed by you. These items have been developed based on risk management principles to be implemented as preventive items selected as focus areas by each team.

To learn more about your team's practices during the past season (2021-2022), after the basic IP<sup>2</sup> components were made available, please answer the following questions.

All data you share will be anonymized and treated fully confidentially; only one researcher (Dr. Bahar Hassanmirzaei) will have access to names and club identities.

Survey question:

1	Name:							
2	Contact number:							
3	Club: (drop list of the 18 QSL clubs)							
	Did you implement any prevention strategy based on the Aspetar IP <sup>2</sup> NetWork booklet provided to you by email in 2021 during the 2021-2022 season?							
4	$\Box$ No (Please go to question number 5)							
	□ Yes (Please go to question number 6)							
5	Did you implement any prevention strategy other than those covered in the Aspetar IP <sup>2</sup> NetWorl during the 2021-2022 season?	k booklet						
5								
	Yes (please provide more information):							
6	Which of the following new preventive items from the IP <sup>2</sup> NetWork booklet were implemented i during the 2021-22 season – beyond your previous, normal day-to-day team routines?	n your club						
7	Sleep         (IP <sup>2</sup> recommendations on sleep for injury prevention)         1. Who was the main responsible person (the lead) to implement this item?         □ Team Doctor       □ Physiotherapist       □ Fitness Coach       □ I don't know       ○ Other (mention:)         2. At which level has this item been implemented?       □ It was introduced to the entire team, and:       □ All the players adopted it.         □ The majority of the players adopted it.       □ The majority of the players adopted it.         □ I don't know.       □ Other (please mention):         □ It was introduced to players believed to be at risk, and:         □ All the players at risk adopted it.         □ I don't know.         □ Other (please mention):         □ It was introduced to players believed to be at risk, and:         □ All the players at risk adopted it.         □ The majority of these players adopted it.         □ All the players at risk adopted it.         □ The majority of these players adopted it.         □ A few of these players adopted it.         □ I don't know.         □ I don't know.         □ I don't know.         □ Other (please mention):							

	Nutrition for football – preparing for match day(IP2 recommendations on nutrition preparation for match day for injury prevention)1. Who was the main responsible person (the lead) to implement this item?	
0	<ul> <li>Team Doctor  <ul> <li>Physiotherapist</li> <li>Fitness Coach</li> <li>I don't know</li> <li>Other (mention:)</li> </ul> </li> <li>At which level has this item been implemented? <ul> <li>It was introduced to the entire team, and:</li> <li>All the players adopted it.</li> <li>The majority of the players adopted it.</li> <li>A few players adopted it.</li> </ul> </li> </ul>	
8	<ul> <li>None of the players adopted it.</li> <li>I don't know.</li> <li>Other (please mention):</li> <li>It was introduced to players believed to be at risk, and:</li> <li>All the players at risk adopted it.</li> <li>The majority of these players adopted it.</li> <li>A few of these players adopted it.</li> <li>None of these players adopted it.</li> </ul>	
	□ I don't know. □ Other (please mention):	
	Hydration	
	<ul> <li>(IP<sup>2</sup> recommendations on hydration for injury prevention)</li> <li>1. Who was the main responsible person (the lead) to implement this item?</li> <li>□ Team Doctor</li> <li>□ Physiotherapist</li> <li>□ Fitness Coach</li> <li>□ I don't know</li> <li>□ Other (mention:)</li> </ul>	
9	<ul> <li>At which level has this item been implemented?</li> <li>It was introduced to the entire team, and: <ul> <li>All the players adopted it.</li> <li>The majority of the players adopted it.</li> <li>A few players adopted it.</li> <li>None of the players adopted it.</li> <li>I don't know.</li> <li>Other (please mention):</li> </ul> </li> <li>It was introduced to players believed to be at risk, and: <ul> <li>All the players at risk adopted it.</li> <li>The majority of these players adopted it.</li> </ul> </li> </ul>	
	<ul> <li>None of these players adopted it.</li> <li>I don't know.</li> <li>Other (please mention):</li> </ul>	
	Nutritional supplements (IP <sup>2</sup> recommendations on nutritional supplements for injury prevention)	
10	<ol> <li>Who was the main responsible person (the lead) to implement this item?         <ul> <li>Team Doctor</li> <li>Physiotherapist</li> <li>Fitness Coach</li> <li>I don't know</li> <li>Other (mention:)</li> </ul> </li> <li>At which level has this item been implemented?         <ul> <li>It was introduced to the entire team, and:</li> <li>All the players adopted it.</li> <li>The majority of the players adopted it.</li> <li>A few players adopted it.</li> <li>It on't know.</li> <li>Other (please mention):</li> </ul> </li> </ol>	
	<ul> <li>It was introduced to players believed to be at risk, and:</li> <li>All the players at risk adopted it.</li> <li>The majority of these players adopted it.</li> <li>A few of these players adopted it.</li> <li>None of these players adopted it.</li> <li>I don't know.</li> <li>Other (please mention):</li> </ul>	

Image: Training load       (IP <sup>2</sup> recommendations on training load for injury prevention)         1       Who was the main responsible person (the lead) to implement this item?            Team Doctor          Physiotherapist          Fitness Coach          I don't know          Other (mention:)          2. At which level has this item been implemented?         It was introduced to the entire team, and:	
1. Who was the main responsible person (the lead) to implement this item?         □ Team Doctor       Physiotherapist       □ Fitness Coach       □ don't know       □ Other (mention:)         2. At which level has this item been implemented?       □ It was introduced to the entire team, and:       □ The majority of the players adopted it.       □         □ All the players adopted it.       □ Afew players adopted it.       □       □         □ All the players adopted it.       □ It was introduced to players believed to be at risk, and:       □         □ All the players at risk adopted it.       □ All the players at risk adopted it.       □         □ All the players at risk adopted it.       □ And the players adopted it.       □         □ All the players at risk adopted it.       □ And the players adopted it.       □         □ And the players adopted it.       □ And the players adopted it.       □         □ And the players adopted it.       □ And the players adopted it.       □         □ And the players adopted it.       □ And the company       □         (IP <sup>2</sup> recommendations on warm-up for injury prevention)       1.       Who was the main responsible person (the lead) to implement this item?         □ Team Doctor       □ Physiotherapist       □ Fitness Coach       □ don't know       □ Other (mention:)         2. At which level has this item been implemented?       □ It was in	
1. Who was the main responsible person (the lead) to implement this item?         □ Team Doctor       Physiotherapist       □ Fitness Coach       □ don't know       □ Other (mention:)         2. At which level has this item been implemented?       □ It was introduced to the entire team, and:       □ The majority of the players adopted it.       □         □ All the players adopted it.       □ Afew players adopted it.       □       □         □ All the players adopted it.       □ It was introduced to players believed to be at risk, and:       □         □ All the players at risk adopted it.       □ All the players at risk adopted it.       □         □ All the players at risk adopted it.       □ And the players adopted it.       □         □ All the players at risk adopted it.       □ And the players adopted it.       □         □ And the players adopted it.       □ And the players adopted it.       □         □ And the players adopted it.       □ And the players adopted it.       □         □ And the players adopted it.       □ And the company       □         (IP <sup>2</sup> recommendations on warm-up for injury prevention)       1.       Who was the main responsible person (the lead) to implement this item?         □ Team Doctor       □ Physiotherapist       □ Fitness Coach       □ don't know       □ Other (mention:)         2. At which level has this item been implemented?       □ It was in	
Image: Second	
2. At which level has this item been implemented?         It was introduced to the entire team, and:         It and the players adopted it.         It he players adopted it.         It on one of the players adopted it.         It don't know.         It other players adopted it.         It was introduced to players believed to be at risk, and:         It was introduced to players believed to be at risk, and:         It was introduced to players adopted it.         It he players at risk adopted it.         It was not the players adopted it.         It was not the players adopted it.         It on't know.         It don't know.         It was the main responsible person (the lead) to implement this item?         It was introduced to the entire team, and:         It was introduced to the players adopted it.         It was introduced to players believed to be at risk, and:         It was introduced to players adopted it.         It was introduced to players adopted it.         It was introduced to players adopted it.         It the players at risk	
Image: It was introduced to the entire team, and:       Image: It was introduced to the entire team, and:       Image: It was introduced to the entire team, and:         Image: It was introduced to the entire team, and:       Image: It was introduced to the entire team, and:       Image: It was introduced to players adopted it.         Image: It was introduced to players believed to be at risk, and:       Image: It was introduced to players adopted it.       Image: It was introduced to players adopted it.         Image: It was introduced to players adopted it.       Image: It was introduced to players adopted it.       Image: It was introduced to players adopted it.         Image: It was introduced to players adopted it.       Image: It was introduced to the entire team, and:       Image: It was introduced to the entire team, and:         Image: It was introduced to the entire team, and:       Image: It was introduced to the entire team, and:       Image: It was introduced to the entire team, and:         Image: It was introduced to the entire team, and:       Image: It was introduced to the entire team, and:       Image: It was introduced to players adopted it.         Image: It was introduced to players adopted it.       Image: It was introduced to players adopted it.       Image: It was introduced to players adopted it.         Image: It was introduced to players adopted it.       Image: It was introduced to players adopted it.       Image: It was introduced to players adopted it.         Image: It was introduced to players adopted it.       Image: It was introduced to players ado	
11 <ul> <li>All the players adopted it.</li> <li>The majority of the players adopted it.</li> <li>None of the players adopted it.</li> <li>I don't know.</li> <li>Other (please mention):</li> <li>It was introduced to players believed to be at risk, and:</li> <li>All the players at risk adopted it.</li> <li>The majority of these players adopted it.</li> <li>A few of these players adopted it.</li> <li>A few of these players adopted it.</li> <li>I don't know.</li> <li>Other (please mention):</li> <li>Warm-up</li> <li>(IP<sup>2</sup> recommendations on warm-up for injury prevention)</li> <li>Who was the main responsible person (the lead) to implement this item?</li> <li>Team Doctor = Physiotherapist = Fitness Coach = I don't know = Other (mention:)</li> </ul> <li>At which level has this item been implemented?</li> <li>It was introduced to the entire team, and:</li> <li>All the players adopted it.</li> <li>The majority of the players adopted it.</li> <li>One of the players adopted it.</li> <li>It was introduced to players believed to be at risk, and:</li> <li>All the players adopted it.</li> <li>It was introduced to the entire team, and:</li> <li>All the players adopted it.</li> <li>None of the players adopted it.</li> <li>It was introduced to players believed to be at risk, and:</li> <li>It was introduced to players adopted it.</li> <li>It was introduced to players adopted it.</li> <li>A few of these pla</li>	
11 <ul> <li>The majority of the players adopted it.</li> <li>A few players adopted it.</li> <li>I don't know.</li> <li>Other (please mention):</li> <li>It was introduced to players believed to be at risk, and:</li> <li>All the players at risk adopted it.</li> <li>The majority of these players adopted it.</li> <li>None of these players adopted it.</li> <li>I don't know.</li> <li>Other (please mention):</li> </ul> <li>Warm-up         <ul> <li>(IP<sup>2</sup> recommendations on warm-up for injury prevention)</li> <li>Who was the main responsible person (the lead) to implement this item?</li> <li>Team Doctor</li></ul></li>	
11 <ul> <li>A few players adopted it.</li> <li>Other (please mention):</li> <li>It was introduced to players believed to be at risk, and:</li> <li>All the players at risk adopted it.</li> <li>The majority of these players adopted it.</li> <li>A few of these players adopted it.</li> <li>Other (please mention):</li> </ul> <li>Warm-up         <ul> <li>(IP<sup>2</sup> recommendations on warm-up for injury prevention)</li> <li>Warm-up</li> <li>(IP<sup>2</sup> recommendations on the memory for injury prevention)</li> <li>Way a sthem bain responsible person (the lead) to implement this item?</li> <li>Team Doctor</li> <li>Physiotherapist</li> <li>Fitness Coach</li> <li>I don't know</li> <li>Other (please mention):</li> </ul> <ul> <li>All the players adopted it.</li> <li>All the players adopted it.</li> <li>A few players adopted it.</li> <li>None of the players adopted it.</li> <li>I don't know.</li> <li>Other (please mention):</li> <li>It was introduced to players believed to be at risk, and:</li> <li>All the players at risk adopted it.</li> <li>A few of these players adopted it.</li> <li>A few of these playe</li></ul></li>	
11 <ul> <li>None of the players adopted it.</li> <li>I don't know.</li> <li>Other (please mention):</li> <li>It was introduced to players believed to be at risk, and:</li> <li>All the players at risk adopted it.</li> <li>The majority of these players adopted it.</li> <li>I don't know.</li> <li>Other (please mention):</li> <li>It was introduced to players adopted it.</li> <li>I don't know.</li> <li>Other (please mention):</li> </ul> <li>Warm-up         <ul> <li>(IP<sup>2</sup> recommendations on warm-up for injury prevention)</li> <li>Who was the main responsible person (the lead) to implement this item?</li> <li>Team Doctor              <ul> <li>Physiotherapist I fitness Coach I don't know Other (mention:)</li> <li>At which level has this item been implemented?</li> <li>It was introduced to the entire team, and:</li> <li>All the players adopted it.</li> <li>A two fitne levers adopted it.</li> <li>A few players adopted it.</li> <li>A few players adopted it.</li> <li>I don't know.</li> <li>Other (please mention):</li> <li>It was introduced to players believed to be at risk, and:</li> <li>All the players adopted it.</li> <li>I don't know.</li> <li>Other (please mention):</li> <li>It was introduced to players believed to be at risk, and:</li> <li>A few players adopted it.</li> <li>A few of these players adopted it.</li> <li>A few players adopted it.</li> <li>A few of these players adopted it.</li> <li>A few of these playe</li></ul></li></ul></li>	
I don't know.       I don't know.         Other (please mention):       It was introduced to players believed to be at risk, and:         I t was introduced to players adopted it.       The majority of these players adopted it.         I don't know.       I don't know.         Other (please mention):       I don't know.         I don't know.       I don't know.         I don't know.       I don't know.         Other (please mention):       I don't know.         I don't know.       Other (please mention):         Warm-up       (IP <sup>2</sup> recommendations on warm-up for injury prevention)         1. Who was the main responsible person (the lead) to implement this item?         I Team Doctor       Physiotherapist         I t was introduced to the entire team, and:       I don't know.         I t was introduced to the players adopted it.       A few players adopted it.         I don't know.       Other (please mention):         I t was introduced to players believed to be at risk, and:       I don't know.         I don't know.       Other (please mention):       I twas introduced to players adopted it.         I don't know.       I don't know.       I don't know.         I don't know.       Other (please mention):       I twas introduced to players adopted it.         I don't know.       Other (please mention):	
Image: Context (please mention): <ul> <li>It was introduced to players believed to be at risk, and:</li> <li>All the players at risk adopted it.</li> <li>The majority of these players adopted it.</li> <li>I don't know.</li> <li>Other (please mention):</li> </ul> <li>Warm-up         <ul> <li>(IP<sup>2</sup> recommendations on warm-up for injury prevention)</li> <li>Who was the main responsible person (the lead) to implement this item?</li> <li>Team Doctor — Physiotherapist — Fitness Coach _ I don't know _ Other (mention:)</li> <li>At which level has this item been implemented?</li> <li>It was introduced to the entire team, and:</li> <li>All the players adopted it.</li> <li>A few players adopted it.</li> <li>A few players adopted it.</li> <li>I don't know.</li> <li>Other (please mention):</li> </ul> </li> <li>12         <ul> <li>In the majority of the players adopted it.</li> <li>I don't know.</li> <li>Other (please mention):</li> <li>It was introduced to players believed to be at risk, and:</li> <li>I don't know.</li> <li>Other (please mention):</li> <li>It was introduced to players adopted it.</li> <li>A few players adopted it.</li> <li>A few of these players adopted it.</li> <li>A few of these</li></ul></li>	
It was introduced to players believed to be at risk, and:       It was introduced to players at risk adopted it.         A few of these players adopted it.       A few of these players adopted it.         It was introduced to players adopted it.       Other (please mention):         Warm-up       (IP <sup>2</sup> recommendations on warm-up for injury prevention)         It was the main responsible person (the lead) to implement this item?         Team Doctor       Physiotherapist         Fitness Coach       I don't know         It was introduced to the entire team, and:       All the players adopted it.         It was introduced to the players adopted it.       All the players adopted it.         It was introduced to players believed to be at risk, and:       All the players adopted it.         It was introduced to players believed to be at risk, and:       Afew players adopted it.         It was introduced to players believed to be at risk, and:       Afew players adopted it.         It don't know.       Other (please mention):       It was introduced to players believed to be at risk, and:         A few of these players adopted it.       Afew of these players adopted it.       In the players adopted it.         It don't know.       Other (please mention):       It was introduced to players believed to be at risk, and:       Afew of these players adopted it.         It don't know.       Other (please mention):       It don't know.	
Image: Control of the set of the se	
Image: The majority of these players adopted it.         Image: A few of these players adopted it.         Image: None of these players adopted it.         Image: None of these players adopted it.         Image: Other (please mention):         Warm-up         (IP <sup>2</sup> recommendations on warm-up for injury prevention)         1. Who was the main responsible person (the lead) to implement this item?         Image: Team Doctor         Image: Team Doctor <th></th>	
Image: A few of these players adopted it.       None of these players adopted it.         Image:	
Image: None of these players adopted it.       Image:	
I don't know.         Other (please mention):         Warm-up         (IP <sup>2</sup> recommendations on warm-up for injury prevention)         1. Who was the main responsible person (the lead) to implement this item?         Team Doctor       Physiotherapist         Team Doctor       Physiotherapist         It was introduced to the entire team, and:         All the players adopted it.         The majority of the players adopted it.         A few players adopted it.         It was introduced to the entire team, and:         It was introduced to the entire team, and:         It was introduced to the entire team, and:         It was introduced to the players adopted it.         It was introduced to the players adopted it.         It was introduced to players believed to be at risk, and:         It was introduced to players adopted it.         It don't know.	
Other (please mention):       Warm-up         (IP <sup>2</sup> recommendations on warm-up for injury prevention)       1. Who was the main responsible person (the lead) to implement this item?         Team Doctor       Physiotherapist       Fitness Coach       I don't know       Other (mention:)         2. At which level has this item been implemented?       It was introduced to the entire team, and:       All the players adopted it.       It was introduced to the players adopted it.         Image: Interview of the players adopted it.       The majority of the players adopted it.       It was introduced to players adopted it.       It don't know.         Image: Other (please mention):       It was introduced to players believed to be at risk, and:       All the players at risk adopted it.       It was introduced to players adopted it.         Image: Interview of these players adopted it.       Image: Interview of these players adopted it.       Image: Interview of these players adopted it.         Image: Interview of these players adopted it.       Image: Interview of these players adopted it.       Image: Interview of these players adopted it.         Image: Interview of these players adopted it.       Image: Interview of these players adopted it.       Image: Interview of these players adopted it.         Image: Interview of these players adopted it.       Image: Interview of these players adopted it.       Image: Interview of these players adopted it.         Image: Interview of these players adopted it.       Image: Int	
Warm-up       (IP <sup>2</sup> recommendations on warm-up for injury prevention)         1. Who was the main responsible person (the lead) to implement this item?         □ Team Doctor       □ Physiotherapist       □ Fitness Coach       □ don't know       □ Other (mention:)         2. At which level has this item been implemented?       □ It was introduced to the entire team, and:       □ All the players adopted it.       □         □ The majority of the players adopted it.       □ A few players adopted it.       □       □         □ None of the players adopted it.       □ None of the players adopted it.       □         □ I don't know.       □ Other (please mention):       □         □ It was introduced to players believed to be at risk, and:       □ All the players at risk adopted it.         □ All the players at risk adopted it.       □ Af ew of these players adopted it.         □ All the players at risk adopted it.       □ Af ew of these players adopted it.         □ All the players at risk adopted it.       □ Af ew of these players adopted it.         □ Af ew of these players adopted it.       □ Af ew of these players adopted it.         □ Af ew of these players adopted it.       □ Af ew of these players adopted it.         □ Af ew of these players adopted it.       □ Af ew of these players adopted it.         □ Other (please mention):       □ Hon't know.         □ Other (please mention):	
IP <sup>2</sup> recommendations on warm-up for injury prevention)       1. Who was the main responsible person (the lead) to implement this item?          Team Doctor       Physiotherapist       Fitness Coach       I don't know       Other (mention:)         2. At which level has this item been implemented?        It was introduced to the entire team, and:        All the players adopted it.	
1. Who was the main responsible person (the lead) to implement this item?            Team Doctor          Physiotherapist          It was introduced to the entire team, and:         It was introduced to the entire team, and:         All the players adopted it.         The majority of the players adopted it.         It was introduced to the entire team, and:         It was introduced to the entire team, and:         It was introduced to the entire team, and:         It was introduced to the players adopted it.         It was introduced to players adopted it.         It on't know.         Other (please mention):         It was introduced to players believed to be at risk, and:         It was introduced to players adopted it.         It majority of these players adopted it.         It majority of these players adopted it.         It was introduced to players believed to be at risk, and:         It don't know.         It don't k	
Image: Team Doctor Image: Physiotherapist Image: Coach Image: Image: Other (mention:)         2. At which level has this item been implemented?         It was introduced to the entire team, and:         It was introduced to the entire team, and:         All the players adopted it.         The majority of the players adopted it.         A few players adopted it.         It don't know.         Other (please mention):         It was introduced to players believed to be at risk, and:         All the players adopted it.         It was introduced to players believed to be at risk, and:         It was introduced to players adopted it.         It was of these players adopted it.         It was of these players adopted it.         It he players at risk adopted it.         It he players adopted it.	
2. At which level has this item been implemented?         It was introduced to the entire team, and:         All the players adopted it.         The majority of the players adopted it.         A few players adopted it.         I don't know.         Other (please mention):         It was introduced to players adopted it.         All the players adopted it.         I don't know.         Other (please mention):         It was introduced to players believed to be at risk, and:         All the players at risk adopted it.         The majority of these players adopted it.         It he players at risk adopted it.         It he players at risk adopted it.         It he players adopted it.         It he players at risk adopted it.         It he players adopted it. </th <th></th>	
Image: It was introduced to the entire team, and:       Image: It was introduced to the entire team, and:         Image: It was introduced to the players adopted it.       Image: It was introduced to the players adopted it.         Image: It was introduced to players adopted it.       Image: It was introduced to players believed to be at risk, and:         Image: It was introduced to players believed to be at risk, and:       Image: It was introduced to players believed to be at risk, and:         Image: It was introduced to players believed to be at risk, and:       Image: It was introduced to players at risk adopted it.         Image: It was introduced to players at risk adopted it.       Image: It was introduced to players adopted it.         Image: It was introduced to players adopted it.       Image: It was introduced to players adopted it.         Image: It was introduced to players adopted it.       Image: It was introduced to players adopted it.         Image: It was introduced to the players adopted it.       Image: It was introduced to players adopted it.         Image: It was introduced to the players adopted it.       Image: It was introduced it.         Image: It was introduced to the players adopted it.       Image: It was introduced it.         Image: It was introduced to players adopted it.       Image: It was introduced it.         Image: It was introduced to players adopted it.       Image: It was introduced it.         Image: It was introduced to players it was introduced it.       Image: It was it was intr	
12       All the players adopted it.         The majority of the players adopted it.       A few players adopted it.         I don't know.       I don't know.         Other (please mention):       It was introduced to players believed to be at risk, and:         All the players at risk adopted it.       The majority of these players adopted it.         All the players at risk adopted it.       The majority of these players adopted it.         I don't know.       Other (please mention):         I t was introduced to players believed to be at risk, and:       All the players at risk adopted it.         I t was introduced to players adopted it.       The majority of these players adopted it.         I t was introduced to the players adopted it.       I don't know.         I don't know.       Other (please mention):         The Nordic hamstring exercise (NHE)       (IP <sup>2</sup> recommendations on NHE for injury prevention)	
Image: The majority of the players adopted it.       Image: A few players adopted it.         Image: A few players adopted it.       Image: A few players adopted it.         Image: Image: A few players adopted it.       Image: A few players believed to be at risk, and:         Image: Image: Image: A few players adopted it.       Image: A few players adopted it.         Image: Image: Image: Image: Image: A few players adopted it.       Image:	
Image: The majority of the players adopted it.       Image: A few players adopted it.         Image: A few players adopted it.       Image: A few players adopted it.         Image: Image: A few players adopted it.       Image: A few players believed to be at risk, and:         Image: Image: Image: A few players adopted it.       Image: A few players adopted it.         Image: Image: Image: Image: Image: A few players adopted it.       Image:	
12 <ul> <li>A few players adopted it.</li> <li>None of the players adopted it.</li> <li>I don't know.</li> <li>Other (please mention):</li> <li>It was introduced to players believed to be at risk, and:</li> <li>All the players at risk adopted it.</li> <li>The majority of these players adopted it.</li> <li>A few of these players adopted it.</li> <li>None of these players adopted it.</li> <li>I don't know.</li> <li>Other (please mention):</li> </ul> <li>The Nordic hamstring exercise (NHE)         <ul> <li>(IP<sup>2</sup> recommendations on NHE for injury prevention)</li> </ul> </li>	
12 <ul> <li>None of the players adopted it.</li> <li>I don't know.</li> <li>Other (please mention):</li> <li>It was introduced to players believed to be at risk, and:</li> <li>All the players at risk adopted it.</li> <li>The majority of these players adopted it.</li> <li>A few of these players adopted it.</li> <li>None of these players adopted it.</li> <li>I don't know.</li> <li>Other (please mention):</li> </ul> <li>The Nordic hamstring exercise (NHE)         <ul> <li>(IP<sup>2</sup> recommendations on NHE for injury prevention)</li> </ul> </li>	
<ul> <li>I don't know.</li> <li>Other (please mention):</li> <li>It was introduced to players believed to be at risk, and:</li> <li>All the players at risk adopted it.</li> <li>The majority of these players adopted it.</li> <li>A few of these players adopted it.</li> <li>None of these players adopted it.</li> <li>I don't know.</li> <li>Other (please mention):</li> </ul> The Nordic hamstring exercise (NHE) <ul> <li>(IP<sup>2</sup> recommendations on NHE for injury prevention)</li> </ul>	
<ul> <li>Other (please mention):</li> <li>It was introduced to players believed to be at risk, and:</li> <li>All the players at risk adopted it.</li> <li>The majority of these players adopted it.</li> <li>A few of these players adopted it.</li> <li>None of these players adopted it.</li> <li>I don't know.</li> <li>Other (please mention):</li> </ul> The Nordic hamstring exercise (NHE) (IP <sup>2</sup> recommendations on NHE for injury prevention)	
<ul> <li>It was introduced to players believed to be at risk, and:         <ul> <li>All the players at risk adopted it.</li> <li>The majority of these players adopted it.</li> <li>A few of these players adopted it.</li> <li>None of these players adopted it.</li> <li>I don't know.</li> <li>Other (please mention):</li> </ul> </li> <li>The Nordic hamstring exercise (NHE)         <ul> <li>(IP<sup>2</sup> recommendations on NHE for injury prevention)</li> </ul> </li> </ul>	
<ul> <li>All the players at risk adopted it.</li> <li>The majority of these players adopted it.</li> <li>A few of these players adopted it.</li> <li>None of these players adopted it.</li> <li>I don't know.</li> <li>Other (please mention):</li> </ul> The Nordic hamstring exercise (NHE) (IP <sup>2</sup> recommendations on NHE for injury prevention)	
<ul> <li>The majority of these players adopted it.</li> <li>A few of these players adopted it.</li> <li>None of these players adopted it.</li> <li>I don't know.</li> <li>Other (please mention):</li> </ul> The Nordic hamstring exercise (NHE) (IP <sup>2</sup> recommendations on NHE for injury prevention)	
<ul> <li>A few of these players adopted it.</li> <li>None of these players adopted it.</li> <li>I don't know.</li> <li>Other (please mention):</li> </ul> The Nordic hamstring exercise (NHE) (IP <sup>2</sup> recommendations on NHE for injury prevention)	
<ul> <li>None of these players adopted it.</li> <li>I don't know.</li> <li>Other (please mention):</li> </ul> The Nordic hamstring exercise (NHE) (IP <sup>2</sup> recommendations on NHE for injury prevention)	
□ I don't know. □ Other (please mention): The Nordic hamstring exercise (NHE) (IP <sup>2</sup> recommendations on NHE for injury prevention)	
Other (please mention):      The Nordic hamstring exercise (NHE)     (IP <sup>2</sup> recommendations on NHE for injury prevention)	
The Nordic hamstring exercise (NHE)           (IP <sup>2</sup> recommendations on NHE for injury prevention)	
(IP <sup>2</sup> recommendations on NHE for injury prevention)	
$\Box$ Team Doctor $\Box$ Physiotherapist $\Box$ Fitness Coach $\Box$ I don't know $\Box$ Other (mention:)	
<ol> <li>I ream Doctor Physiotherapist Phtness Coach I I don't know Dother (mention:)</li> <li>At which level has this item been implemented?</li> </ol>	
<ul> <li>At which level has this item been implemented?</li> <li>□ It was introduced to the entire team, and:</li> </ul>	
,	
<ul> <li>All the players adopted it.</li> <li>The majority of the players adopted it.</li> </ul>	
<ul> <li>The majority of the players adopted it.</li> <li>A four players adopted it.</li> </ul>	
□ A few players adopted it.	
13 • None of the players adopted it.	
□ I don't know.	
□ Other (please mention):	
It was introduced to players believed to be at risk, and:	
□ All the players at risk adopted it.	
The majority of these players adopted it.	
A few of these players adopted it.	
None of these players adopted it.	
□ I don't know.	
Other (please mention):	

	The Copenhagen adduction exercise	
	(IP <sup>2</sup> recommendations on Copenhagen adduction exercise for injury prevention)	
	1. Who was the main responsible person (the lead) to implement this item?	
	□ Team Doctor □ Physiotherapist □ Fitness Coach □ I don't know □ Other (mention:)	
	2. At which level has this item been implemented?	
	□ It was introduced to the entire team, and:	
	□ All the players adopted it.	
	□ The majority of the players adopted it.	
	□ A few players adopted it.	
14		
14	□ None of the players adopted it. □ I don't know.	
	□ Other (please mention):	
	It was introduced to players believed to be at risk, and:	
	□ All the players at risk adopted it.	
	The majority of these players adopted it.	
	□ A few of these players adopted it.	
	None of these players adopted it.	
	□ I don't know.	
	Other (please mention):	
	Core & dynamic stability	
	(IP <sup>2</sup> recommendations on core and dynamic stability for injury prevention)	
	1. Who was the main responsible person (the lead) to implement this item?	
	Team Doctor	
	2. At which level has this item been implemented?	
	□ It was introduced to the entire team, and:	
	□ All the players adopted it.	
	□ The majority of the players adopted it.	
	□ A few players adopted it.	
15	□ None of the players adopted it.	
13	$\Box$ l don't know.	
	□ Other (please mention):	
	It was introduced to players believed to be at risk, and:	
	□ All the players at risk adopted it.	
	□ The majority of these players adopted it.	
	□ A few of these players adopted it.	
	□ None of these players adopted it.	
	□ I don't know.	
	□ Other (please mention):	
	Balance	
	(IP <sup>2</sup> recommendations on balance for injury prevention)	
	1. Who was the main responsible person (the lead) to implement this item?	
	Team Doctor Deprivation Physiotherapist Deprivation Fitness Coach Deprivation I don't know Deprivation Other (mention:)	
	2. At which level has this item been implemented?	
	□ It was introduced to the entire team, and:	
	□ All the players adopted it.	
	□ The majority of the players adopted it.	
	□ A few players adopted it.	
16	□ None of the players adopted it.	
	$\Box$ I don't know.	
	□ Other (please mention):	
	□ It was introduced to players believed to be at risk, and:	
	□ All the players at risk adopted it.	
	□ The majority of these players adopted it.	
	$\Box$ A few of these players adopted it.	
	None of these players adopted it.	
	□ I don't know.	
	Other (please mention):	
17	Plyometrics	

	(IP <sup>2</sup> recommendations on plyometric exercises for injury prevention)	
	1. Who was the main responsible person (the lead) to implement this item?	
	Team Doctor Physiotherapist Fitness Coach I don't know Other (mention:)	
	<ol><li>At which level has this item been implemented?</li></ol>	
	It was introduced to the entire team, and:	
	All the players adopted it.	
	$\Box$ The majority of the players adopted it.	
	A few players adopted it.	
	None of the players adopted it.	
	🗆 l don't know.	
	Other (please mention):	
	It was introduced to players believed to be at risk, and:	
	□ All the players at risk adopted it.	
	□ The majority of these players adopted it.	
	□ A few of these players adopted it.	
	□ None of these players adopted it.	
	□ I don't know.	
	Other (please mention):	
	The 11+ program	
	(IP <sup>2</sup> recommendations on the 11+ program for injury prevention)	
	1. Who was the main responsible person (the lead) to implement this item?	
	Team Doctor Physiotherapist Fitness Coach I don't know Other (mention:)	
	2. At which level has this item been implemented?	
	It was introduced to the entire team, and:	
	□ All the players adopted it.	
	□ The majority of the players adopted it.	
	□ A few players adopted it.	
18	□ None of the players adopted it.	
	□ I don't know.	
	□ Other (please mention):	
	□ It was introduced to players believed to be at risk, and:	
	□ All the players at risk adopted it.	
	□ The majority of these players adopted it.	
	□ A few of these players adopted it.	
	None of these players adopted it.	
	□ I don't know.	
	Other (please mention):	
	Flexibility training & stretching	
	(IP <sup>2</sup> recommendations on Flexibility training & stretching for injury prevention)	
	1. Who was the main responsible person (the lead) to implement this item?	
	Team Doctor Physiotherapist Fitness Coach I don't know Other (mention:)	
	2. At which level has this item been implemented?	
	□ It was introduced to the entire team, and:	
	□ All the players adopted it.	
	The majority of the players adopted it.	
	□ A few players adopted it.	
19	□ None of the players adopted it.	
-	$\Box$ I don't know.	
	□ Other (please mention):	
	□ It was introduced to players believed to be at risk, and:	
	All the players at risk adopted it.	
	□ The majority of these players adopted it.	
	□ A few of these players adopted it.	
	None of these players adopted it.	
	🗆 l don't know.	
	Other (please mention):	
	Recovery strategies	
20	(IP <sup>2</sup> recommendations on Recovery strategies for injury prevention)	

		Who was the main re Team Doctor P At which level has the It was introduced t	hysiotherapis is item been ir	t	h □Idon't k	now 🗆 Other		n:)	
			All the players adopted it.	The majority of the players adopted it.	A few players adopted it.	None of the players adopted it.	l don't know.	Other (please mention):	
		Massage							
		Self-myofascial release							
		Stretching							
		Compression garments							
		□ It was introduced t	o those player	s thought to be a	it risk, and:			·	
			All the players at risk adopted it.	The majority of these players adopted it.	A few of these players adopted it.	None of these players adopted it.	l don't know.	Other (please mention):	
		Massage							
		Self-myofascial release							
		Compression							
	Coldwa	garments					1	II	
21		At which level has thi It was introduced t All the playe The majority A few player None of the I don't know Other (pleas It was introduced t All the playe The majority A few of thes I don't know Other (pleas	o the entire te rs adopted it. o f the players s adopted it. players adopte : e mention): o players belie rs at risk adop o f these play se players ado se players ado	aam, and: adopted it. ed it. eved to be at risk, ted it. ers adopted it. pted it.	and:				
22	(IP <sup>2</sup> reco 1.	& Bracing mmendations on tapi Who was the main re Team Doctor P At which level has thi It was introduced t All the playe The majority A few player None of the I don't know Other (pleas It was introduced t All the playe The majority A few of the I don't know Other (blaye) A few of the Other (blaye) Other (blaye) Other (blaye) Other (blaye) D for (blaye) Other	esponsible per hysiotherapis is item been ir o the entire te rs adopted it. of the players s adopted it. players adopted it. o players adopted rs at risk adop of these players se players ado se players ado	son (the lead) to t □ Fitness Coad nplemented? (M aam, and: adopted it. ed it. eved to be at risk, ted it. ers adopted it. pted it.	implement th h □ I don't k ultiple choice	now 🗆 Other		n:)	
		🗆 Other (pleas	e mention):						

	(IP <sup>2</sup> recommendations on football shoes for injury prevention)	
	1. Who was the main responsible person (the lead) to implement this item?	
	□ Team Doctor □ Physiotherapist □ Fitness Coach □ I don't know □ Other (mention:)	
	2. At which level has this item been implemented?	
	□ It was introduced to the entire team, and:	
	□ All the players adopted it.	
	□ The majority of the players adopted it.	
	$\Box$ A few players adopted it.	
	□ None of the players adopted it.	
	□ I don't know.	
	□ Other (please mention):	
	It was introduced to players believed to be at risk, and:	
	All the players at risk adopted it.	
	The majority of these players adopted it.	
	□ A few of these players adopted it.	
	None of these players adopted it.	
	□ I don't know.	
	Other (please mention):	_
	Shin guards	
	(IP <sup>2</sup> recommendations on shin guards for injury prevention)	
	1. Who was the main responsible person (the lead) to implement this item?	
	Team Doctor Physiotherapist Fitness Coach I don't know Other (mention:)	
	2. At which level has this item been implemented?	
	□ It was introduced to the entire team, and:	
	$\Box$ All the players adopted it.	
	□ The majority of the players adopted it.	
	$\Box$ A few players adopted it.	
24	□ None of the players adopted it.	
	$\Box$ I don't know.	
	□ Other (please mention):	
	□ It was introduced to players believed to be at risk, and:	
	□ All the players at risk adopted it.	
	□ The majority of these players adopted it.	
	□ A few of these players adopted it.	
	None of these players adopted it.	
	□ I don't know.	
	Other (please mention):	_
	Tips for the off-season	
	(IP <sup>2</sup> Tips for the off-season period activities for injury prevention)	
	1. Who was the main responsible person (the lead) to implement this item?	
	Team Doctor Physiotherapist Fitness Coach I don't know Other (mention:)	
	1. At which level has this item been implemented? (Multiple choice selection is possible):	
	□ It was introduced to all the players, and:	
	□ All the players changed their off-season training program.	
	<ul> <li>The majority of the players changed their off-season training program.</li> </ul>	
	□ A few players changed their off-season training program.	
25	□ None of the players changed their off-season training program.	
	□ I don't know.	
	□ Other (please mention):	
	□ It was introduced to those players thought to be at risk, and:	
	□ All the players at risk changed their off-season training program.	
	□ The majority of these players changed their off-season training program.	
	A few of these players changed their off-season training program.	
	None of these players changed their off-season training program.	
	🗆 I don't know.	
	Other (please mention):	
26	Mental health & wellbeing	
26	(IP <sup>2</sup> Tips on mental health and wellbeing for injury prevention)	

	1. Who was the main responsible person (the lead) to implement this item?	
	Team Doctor Physiotherapist Fitness Coach I don't know Other (mention:)	
	2. At which level has this item been implemented?	
	It was introduced to the entire team, and:	
	All the players adopted it.	
	The majority of the players adopted it.	
	A few players adopted it.	
	None of the players adopted it.	
	🗆 l don't know.	
	Other (please mention):	
	It was introduced to players believed to be at risk, and:	
	All the players at risk adopted it.	
	The majority of these players adopted it.	
	A few of these players adopted it.	
	None of these players adopted it.	
	□ I don't know.	
	Other (please mention):	
	Concussion	
	(IP <sup>2</sup> recommendations on concussion for injury prevention)	
	1. Who was the main responsible person (the lead) to implement this item?	
	□ Team Doctor □ Physiotherapist □ Fitness Coach □ I don't know □ Other (mention:)	
	2. At which level has this item been implemented?	
	□ It was introduced to the entire team, and:	
	□ All the players adopted it.	
	□ The majority of the players adopted it.	
	□ A few players adopted it.	
27	□ None of the players adopted it.	
	□ I don't know.	
	□ Other (please mention):	
	□ It was introduced to players believed to be at risk, and:	
	□ All the players at risk adopted it.	
	□ The majority of these players adopted it.	
	$\Box$ A few of these players adopted it.	
	□ None of these players adopted it.	
	$\Box$ l don't know.	
	□ Other (please mention):	
	Ramadan - fasting & sport	
	(IP <sup>2</sup> recommendations Ramadan and fasting for injury prevention)	
	1. Who was the main responsible person (the lead) to implement this item?	
	□ Team Doctor □ Physiotherapist □ Fitness Coach □ I don't know □ Other (mention:)	
	2. At which level has this item been implemented? (Multiple choice selection is possible):	
	It was introduced to all fasting players, and:	
	□ All the players adopted it.	
	The majority of the players adopted it.	
28	□ A few players adopted it.	
20	None of the players adopted it.	
	□ I don't know.	
	Other (please mention):	
	It was introduced to those fasting players thought to be at risk, and:	
	□ All the players at risk adopted it.	
	The majority of these players adopted it.	
	A few of these players adopted it.	
	None of these players adopted it.	
	🗆 l don't know.	
	Other (please mention):	
	Communication	
29	(IP <sup>2</sup> recommendations on communication for injury prevention)	
	1. Who was the main responsible person (the lead) to implement this item?	1

	□ Team Doctor □ Physiotherapist □ Fitness Coach □ I don't know □ Other (mention:)	
2.	Please describe what did you do and how did you do to ensure effective communication for injury	
	reduction?	