

## 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	<b>Name:</b>	
2	<b>Contact number:</b>	
3	<b>Club: (drop list of the 18 QSL clubs)</b>	
4	<b>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?</b> <input type="checkbox"/> No (Please go to question number 5) <input type="checkbox"/> Yes (Please go to question number 6)	
5	<b>Did you implement any prevention strategy other than those covered in the Aspetar IP<sup>2</sup> NetWork booklet during the 2021-2022 season?</b> <input type="checkbox"/> No <input type="checkbox"/> Yes (please provide more information):	
6	<b>Which of the following new preventive items from the IP<sup>2</sup> NetWork booklet were implemented in your club during the 2021-22 season – beyond your previous, normal day-to-day team routines?</b>	
7	<b>Sleep</b> (IP <sup>2</sup> recommendations on sleep for injury prevention) 1. Who was the main responsible person (the lead) to implement this item? <input type="checkbox"/> Team Doctor <input type="checkbox"/> Physiotherapist <input type="checkbox"/> Fitness Coach <input type="checkbox"/> I don't know <input type="checkbox"/> Other (mention): 2. At which level has this item been implemented? <input type="checkbox"/> It was introduced to the entire team, and: <input type="checkbox"/> All the players adopted it. <input type="checkbox"/> The majority of the players adopted it. <input type="checkbox"/> A few players adopted it. <input type="checkbox"/> None of the players adopted it. <input type="checkbox"/> I don't know. <input type="checkbox"/> Other (please mention): <input type="checkbox"/> It was introduced to players believed to be at risk, and: <input type="checkbox"/> All the players at risk adopted it. <input type="checkbox"/> The majority of these players adopted it. <input type="checkbox"/> A few of these players adopted it. <input type="checkbox"/> None of these players adopted it. <input type="checkbox"/> I don't know. <input type="checkbox"/> Other (please mention):	<input type="checkbox"/>

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

11	<p><b>Training load</b> (IP<sup>2</sup> recommendations on training load for injury prevention)</p> <ol style="list-style-type: none"> <li>Who was the main responsible person (the lead) to implement this item?  <input type="checkbox"/> Team Doctor   <input type="checkbox"/> Physiotherapist   <input type="checkbox"/> Fitness Coach   <input type="checkbox"/> I don't know   <input type="checkbox"/> Other (mention:)</li> <li>At which level has this item been implemented?  <input type="checkbox"/> It was introduced to the entire team, and:               <ul style="list-style-type: none"> <li><input type="checkbox"/> All the players adopted it.</li> <li><input type="checkbox"/> The majority of the players adopted it.</li> <li><input type="checkbox"/> A few players adopted it.</li> <li><input type="checkbox"/> None of the players adopted it.</li> <li><input type="checkbox"/> I don't know.</li> <li><input type="checkbox"/> Other (please mention):</li> </ul> <input type="checkbox"/> It was introduced to players believed to be at risk, and:               <ul style="list-style-type: none"> <li><input type="checkbox"/> All the players at risk adopted it.</li> <li><input type="checkbox"/> The majority of these players adopted it.</li> <li><input type="checkbox"/> A few of these players adopted it.</li> <li><input type="checkbox"/> None of these players adopted it.</li> <li><input type="checkbox"/> I don't know.</li> <li><input type="checkbox"/> Other (please mention):</li> </ul> </li> </ol>	<input type="checkbox"/>
12	<p><b>Warm-up</b> (IP<sup>2</sup> recommendations on warm-up for injury prevention)</p> <ol style="list-style-type: none"> <li>Who was the main responsible person (the lead) to implement this item?  <input type="checkbox"/> Team Doctor   <input type="checkbox"/> Physiotherapist   <input type="checkbox"/> Fitness Coach   <input type="checkbox"/> I don't know   <input type="checkbox"/> Other (mention:)</li> <li>At which level has this item been implemented?  <input type="checkbox"/> It was introduced to the entire team, and:               <ul style="list-style-type: none"> <li><input type="checkbox"/> All the players adopted it.</li> <li><input type="checkbox"/> The majority of the players adopted it.</li> <li><input type="checkbox"/> A few players adopted it.</li> <li><input type="checkbox"/> None of the players adopted it.</li> <li><input type="checkbox"/> I don't know.</li> <li><input type="checkbox"/> Other (please mention):</li> </ul> <input type="checkbox"/> It was introduced to players believed to be at risk, and:               <ul style="list-style-type: none"> <li><input type="checkbox"/> All the players at risk adopted it.</li> <li><input type="checkbox"/> The majority of these players adopted it.</li> <li><input type="checkbox"/> A few of these players adopted it.</li> <li><input type="checkbox"/> None of these players adopted it.</li> <li><input type="checkbox"/> I don't know.</li> <li><input type="checkbox"/> Other (please mention):</li> </ul> </li> </ol>	<input type="checkbox"/>
13	<p><b>The Nordic hamstring exercise (NHE)</b> (IP<sup>2</sup> recommendations on NHE for injury prevention)</p> <ol style="list-style-type: none"> <li>Who was the main responsible person (the lead) to implement this item?  <input type="checkbox"/> Team Doctor   <input type="checkbox"/> Physiotherapist   <input type="checkbox"/> Fitness Coach   <input type="checkbox"/> I don't know   <input type="checkbox"/> Other (mention:)</li> <li>At which level has this item been implemented?  <input type="checkbox"/> It was introduced to the entire team, and:               <ul style="list-style-type: none"> <li><input type="checkbox"/> All the players adopted it.</li> <li><input type="checkbox"/> The majority of the players adopted it.</li> <li><input type="checkbox"/> A few players adopted it.</li> <li><input type="checkbox"/> None of the players adopted it.</li> <li><input type="checkbox"/> I don't know.</li> <li><input type="checkbox"/> Other (please mention):</li> </ul> <input type="checkbox"/> It was introduced to players believed to be at risk, and:               <ul style="list-style-type: none"> <li><input type="checkbox"/> All the players at risk adopted it.</li> <li><input type="checkbox"/> The majority of these players adopted it.</li> <li><input type="checkbox"/> A few of these players adopted it.</li> <li><input type="checkbox"/> None of these players adopted it.</li> <li><input type="checkbox"/> I don't know.</li> <li><input type="checkbox"/> Other (please mention):</li> </ul> </li> </ol>	<input type="checkbox"/>

14	<p><b>The Copenhagen adduction exercise</b> (IP<sup>2</sup> recommendations on Copenhagen adduction exercise for injury prevention)</p> <ol style="list-style-type: none"> <li>Who was the main responsible person (the lead) to implement this item?  <input type="checkbox"/> Team Doctor   <input type="checkbox"/> Physiotherapist   <input type="checkbox"/> Fitness Coach   <input type="checkbox"/> I don't know   <input type="checkbox"/> Other (mention:)</li> <li>At which level has this item been implemented?  <input type="checkbox"/> It was introduced to the entire team, and:               <ul style="list-style-type: none"> <li><input type="checkbox"/> All the players adopted it.</li> <li><input type="checkbox"/> The majority of the players adopted it.</li> <li><input type="checkbox"/> A few players adopted it.</li> <li><input type="checkbox"/> None of the players adopted it.</li> <li><input type="checkbox"/> I don't know.</li> <li><input type="checkbox"/> Other (please mention):</li> </ul> </li> <li><input type="checkbox"/> It was introduced to players believed to be at risk, and:               <ul style="list-style-type: none"> <li><input type="checkbox"/> All the players at risk adopted it.</li> <li><input type="checkbox"/> The majority of these players adopted it.</li> <li><input type="checkbox"/> A few of these players adopted it.</li> <li><input type="checkbox"/> None of these players adopted it.</li> <li><input type="checkbox"/> I don't know.</li> <li><input type="checkbox"/> Other (please mention):</li> </ul> </li> </ol>	<input type="checkbox"/>
15	<p><b>Core &amp; dynamic stability</b> (IP<sup>2</sup> recommendations on core and dynamic stability for injury prevention)</p> <ol style="list-style-type: none"> <li>Who was the main responsible person (the lead) to implement this item?  <input type="checkbox"/> Team Doctor   <input type="checkbox"/> Physiotherapist   <input type="checkbox"/> Fitness Coach   <input type="checkbox"/> I don't know   <input type="checkbox"/> Other (mention:)</li> <li>At which level has this item been implemented?  <input type="checkbox"/> It was introduced to the entire team, and:               <ul style="list-style-type: none"> <li><input type="checkbox"/> All the players adopted it.</li> <li><input type="checkbox"/> The majority of the players adopted it.</li> <li><input type="checkbox"/> A few players adopted it.</li> <li><input type="checkbox"/> None of the players adopted it.</li> <li><input type="checkbox"/> I don't know.</li> <li><input type="checkbox"/> Other (please mention):</li> </ul> </li> <li><input type="checkbox"/> It was introduced to players believed to be at risk, and:               <ul style="list-style-type: none"> <li><input type="checkbox"/> All the players at risk adopted it.</li> <li><input type="checkbox"/> The majority of these players adopted it.</li> <li><input type="checkbox"/> A few of these players adopted it.</li> <li><input type="checkbox"/> None of these players adopted it.</li> <li><input type="checkbox"/> I don't know.</li> <li><input type="checkbox"/> Other (please mention):</li> </ul> </li> </ol>	<input type="checkbox"/>
16	<p><b>Balance</b> (IP<sup>2</sup> recommendations on balance for injury prevention)</p> <ol style="list-style-type: none"> <li>Who was the main responsible person (the lead) to implement this item?  <input type="checkbox"/> Team Doctor   <input type="checkbox"/> Physiotherapist   <input type="checkbox"/> Fitness Coach   <input type="checkbox"/> I don't know   <input type="checkbox"/> Other (mention:)</li> <li>At which level has this item been implemented?  <input type="checkbox"/> It was introduced to the entire team, and:               <ul style="list-style-type: none"> <li><input type="checkbox"/> All the players adopted it.</li> <li><input type="checkbox"/> The majority of the players adopted it.</li> <li><input type="checkbox"/> A few players adopted it.</li> <li><input type="checkbox"/> None of the players adopted it.</li> <li><input type="checkbox"/> I don't know.</li> <li><input type="checkbox"/> Other (please mention):</li> </ul> </li> <li><input type="checkbox"/> It was introduced to players believed to be at risk, and:               <ul style="list-style-type: none"> <li><input type="checkbox"/> All the players at risk adopted it.</li> <li><input type="checkbox"/> The majority of these players adopted it.</li> <li><input type="checkbox"/> A few of these players adopted it.</li> <li><input type="checkbox"/> None of these players adopted it.</li> <li><input type="checkbox"/> I don't know.</li> <li><input type="checkbox"/> Other (please mention):</li> </ul> </li> </ol>	<input type="checkbox"/>
17	<b>Plyometrics</b>	<input type="checkbox"/>

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

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Compression garments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																																																																		
21	<p><b>Coldwater immersion</b>  (IP<sup>2</sup> recommendations on cold water immersion for injury prevention)</p> <p>1. Who was the main responsible person (the lead) to implement this item?  <input type="checkbox"/> Team Doctor   <input type="checkbox"/> Physiotherapist   <input type="checkbox"/> Fitness Coach   <input type="checkbox"/> I don't know   <input type="checkbox"/> Other (mention:)</p> <p>2. At which level has this item been implemented?  <input type="checkbox"/> It was introduced to the entire team, and:  <input type="checkbox"/> All the players adopted it.  <input type="checkbox"/> The majority of the players adopted it.  <input type="checkbox"/> A few players adopted it.  <input type="checkbox"/> None of the players adopted it.  <input type="checkbox"/> I don't know.  <input type="checkbox"/> Other (please mention):</p> <p><input type="checkbox"/> It was introduced to players believed to be at risk, and:  <input type="checkbox"/> All the players at risk adopted it.  <input type="checkbox"/> The majority of these players adopted it.  <input type="checkbox"/> A few of these players adopted it.  <input type="checkbox"/> None of these players adopted it.  <input type="checkbox"/> I don't know.  <input type="checkbox"/> Other (please mention):</p>	<input type="checkbox"/>																																																																						
22	<p><b>Taping &amp; Bracing</b>  (IP<sup>2</sup> recommendations on taping and bracing for injury prevention)</p> <p>1. Who was the main responsible person (the lead) to implement this item?  <input type="checkbox"/> Team Doctor   <input type="checkbox"/> Physiotherapist   <input type="checkbox"/> Fitness Coach   <input type="checkbox"/> I don't know   <input type="checkbox"/> Other (mention:)</p> <p>2. At which level has this item been implemented? (Multiple choice selection is possible).  <input type="checkbox"/> It was introduced to the entire team, and:  <input type="checkbox"/> All the players adopted it.  <input type="checkbox"/> The majority of the players adopted it.  <input type="checkbox"/> A few players adopted it.  <input type="checkbox"/> None of the players adopted it.  <input type="checkbox"/> I don't know.  <input type="checkbox"/> Other (please mention):</p> <p><input type="checkbox"/> It was introduced to players believed to be at risk, and:  <input type="checkbox"/> All the players at risk adopted it.  <input type="checkbox"/> The majority of these players adopted it.  <input type="checkbox"/> A few of these players adopted it.  <input type="checkbox"/> None of these players adopted it.  <input type="checkbox"/> I don't know.  <input type="checkbox"/> Other (please mention):</p>	<input type="checkbox"/>																																																																						
23	<b>Football shoes</b>	<input type="checkbox"/>																																																																						

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

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



	<input type="checkbox"/> Team Doctor <input type="checkbox"/> Physiotherapist <input type="checkbox"/> Fitness Coach <input type="checkbox"/> I don't know <input type="checkbox"/> Other (mention:)	
	2. Please describe what did you do and how did you do to ensure effective communication for injury reduction?	