

# Appendix 1

## Coach survey

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Thank you for taking a few minutes to tell us what you think about injuries in female Australian football. Before participating in the survey please download and read the **Participant Information Statement** for this project [here](#)

You will not be able to complete the survey unless you have indicated that you have read and understood the Participant Information Statement. I (the participant) have read understood the Participant Information Statement, and any questions have been answered to my satisfaction. I agree information provided by me or with my permission during the project may be included in a thesis, presentation, and published in journals on the condition that I cannot be identified.

**I HAVE READ AND UNDERSTOOD THE PARTICIPANT INFORMATION STATEMENT FOR THIS PROJECT AND AM HAPPY TO PROCEED**

- ☐ Yes (4)
- ☐ No (5) (END SURVEY)

I would like my information collected for this research study to be:

- ☐ Used for future projects related to this topic, on the condition that I cannot be identified (2)
- ☐ Only used for this specific study (1)

Prior to this survey, were you **aware** of the Prep-to-Play program developed to reduce injuries and enhance performance of women playing community level Australian Football?

☐ Yes (1)

☐ No (2)

*Skip To: End of Block If Are you aware of the Prep-to-Play program developed to reduce injuries and enhance performance of... = No*



How did you **FIRST** become aware of the Prep-to-Play program developed for women playing community level Australian Football?

☐ Via an email from the AFL (1)

☐ Through the media (2)

☐ From another coach (3)

☐ From a health professional involved at our club (4)

☐ Other. Please specify: (5) \_\_\_\_\_

How confident are you that you understand the Prep-to-Play program well enough to use it with the female team(s) you are coaching?

	Extremely	Quite	Slightly	Neutral	Slightly	Quite	Extremely	
	1 (1)	2 (2)	3 (3)	4 (4)	5 (5)	6 (6)	7 (7)	
Not confident	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Confident

How confident are you that you have the ability to use the Prep-to-Play program with the female team(s) you are coaching?

	Extremely	Quite	Slightly	Neutral	Slightly	Quite	Extremely	
	1 (1)	2 (2)	3 (3)	4 (4)	5 (5)	6 (6)	7 (7)	
Not confident	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Confident

What would happen to a female football player's overall risk of injury if she participated in the Prep-to-Play program?

	Extremely	Moderately	Slightly	Neutral	Slightly	Moderately	Extremely	
	1 (1)	2 (2)	3 (3)	4 (4)	5 (5)	6 (6)	7 (7)	
Decrease	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Increase

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**End of Block: Awareness**

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**Start of Block: Viewed resources***Display This Question:**If Are you aware of the Prep-to-Play program developed to reduce injuries and enhance performance of... = Yes*

Q Have you viewed any of the Prep-to-Play resources on CoachAFL?

☐ Yes (1)☐ No (2)

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*Display This Question:**If Have you viewed any of the Prep-to-Play resources on CoachAFL? = Yes*Q Please indicate which resources you **viewed** (tick all relevant)

- ☐ Warm-up videos (1)
  - ☐ Football skills videos (2)
  - ☐ Duty of care video (3)
  - ☐ Warm-up posters (4)
  - ☐ Football skills posters (5)
  - ☐ Coaching manual (6)
-

Display This Question:

If Have you viewed any of the Prep-to-Play resources on CoachAFL? = Yes

Q Have you **used** any of the Prep-to-Play program or resources with the female team(s) you are coaching? (please tick all relevant)

Please note "**used**" may include:

- performing warm ups, drills or skills at training
- distributing posters or videos to players or staff
- educating players or staff after viewing the resources yourself

- ☐ Performing warm-up drills at training and/or matches (15)
- ☐ Performing football skills drills (outlined in the Prep-to-Play resources) (17)
- ☐ Distributed the warm-up videos to players or staff (8)
- ☐ Distributed the warm-up posters to players or staff (9)
- ☐ Distributed the football skills videos to players or staff (10)
- ☐ Distributed the football skills posters to players or staff (11)
- ☐ Distributed the coaching manual to players or staff (12)
- ☐ Distributed the duty of care video to players or staff (13)
- ☐ Educating players or staff on Prep-to-Play concepts (rationale for the program, technique, duty of care) (18)
- ☐ I have not used any of the Prep-to-Play program with my female team(s) (19)

Display This Question:

If Have you viewed any of the Prep-to-Play resources on CoachAFL? = No

Display This Question:

*If Have you used any of the Prep-to-Play program or resources with the female team(s) you are coachi... = Performing warm-up drills at training and/or matches*

**Q How often are you performing the Prep-to-Play warm-up drills with your team?**

- ☐ Less than once per week (5)
- ☐ Once per week (1)
- ☐ 2 times per week (2)
- ☐ 3 times per week (3)
- ☐ Greater than 3 times per week (4)

Display This Question:

*If How often are you performing the Prep-to-Play warm-up drills with your team? = Less than once per week*

*Or How often are you performing the Prep-to-Play warm-up drills with your team? = Once per week*  
*Or If*

*Have you used any of the Prep-to-Play program or resources with the female team(s) you are coachi... = I have not used any of the Prep-to-Play program with my female team(s)*



**Q: I intend to use the Prep to Play Program in 2020**

- ☐ Yes (1)
- ☐ No (2)

Q

Although you aren't aware of the 'Prep to Play' program specifically, we are still **interested in your thoughts** around injury prevention programs for females playing Australian Football.

Are you currently using an injury prevention program (e.g. FIFA 11+ or Footy First) or set of specific activities at every training and game to reduce players' risk of injury?

☐ Yes (1)

☐ No (2)

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*Display This Question:*

*If Although you aren't aware of the 'Prep to Play' program specifically, we are still interested in... = Yes*

Q If yes, please describe briefly the program or activities you are using at training/games:

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*Display This Question:*

*If Although you aren't aware of the 'Prep to Play' program specifically, we are still interested in... = No*

**Start of Block: Demographics**

Q Please state your gender:

- ☐ Woman (1)
- ☐ Man (2)
- ☐ Other (4)
- 

Q Please state your age:

- ☐ 18-24 (1)
- ☐ 25-34 (2)
- ☐ 35-44 (3)
- ☐ 45-54 (4)
- ☒ 55-64 (5)
- ☐ 65-74 (6)
- ☐ 75-84 (7)
- ☐ 85+ (8)



Q

What is the age group of the female team you currently coach?

*If you coach more than one female team, please choose the team you predominantly coach.*

*Answer all questions below in respect to this team.*

- ☐ Under 10s/11s (1)
- ☐ Under 12/13s (2)
- ☐ Under 13s/14s (3)
- ☐ Under 15s/16s (4)
- ☐ Under17s/U18s/Youth (5)
- ☐ Seniors (6)
- ☐ Masters (7)
- ☐ I do not coach a female team. Please specify if you are coaching a mixed or male team (e.g. Mixed U13s) (8) \_\_\_\_\_
- ☐ I do not currently coach any Australian football team (9)



Q What is your main coaching role?

- ☐ Head Coach (1)
- ☐ Assistant Coach (2)
- ☐ Other (3) \_\_\_\_\_
-

Q What level of competition does your team compete in?

- ☐ National (i.e. AFLW) (1)
- ☐ State (i.e. VFLW, NAB League, SANFLW) (2)
- ☐ Local / community (i.e. VAFA) (3)
- ☐ Social (4)
- 

Q **State** (where your team trains on a regular basis)

- ☐ VIC (1)
- ☐ SA (2)
- ☐ WA (3)
- ☐ NT (5)
- ☐ QLD (6)
- ☐ ACT (7)
- ☐ TAS (8)
- ☐ NSW (9)
- 

Q **Region** (where your team trains on a regular basis)

- ☐ Metropolitan (1)
- ☐ Regional (2)
- ☐ Rural (3)
-

Q What is your **current coaching accreditation level**?

- ☐ Foundation (formerly Level 1) (1)
- ☐ Level 2 (2)
- ☐ Level 3 (High Performance) (3)
- ☐ I do not currently hold accreditation as an Australian football coach (4)

Q How many years have you been coaching female teams?

▼ 1 year or less (1) ... 10 years or greater (5)

Q What additional qualifications do you have?

- ☐ Nil additional qualifications (9)
- ☐ Sports or exercise science degree (1)
- ☐ Medical degree (2)
- ☐ Physiotherapy degree (3)
- ☐ Personal training qualification (4)
- ☐ Education degree (5)
- ☐ Sports psychology degree (7)
- ☐ Other (8) \_\_\_\_\_

Q What is the highest degree or level of schooling you have completed?

- ☐ No schooling (11)
  - ☐ Primary school (10)
  - ☐ High school graduate (Year 10 or 12) (3)
  - ☐ Trade/technical/vocational training (5)
  - ☐ Bachelor degree (6)
  - ☐ Masters degree (7)
  - ☐ Doctorate degree (9)
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Q What experience do you have as an Australian football player?

- ☐ National (AFL or AFLW) (1)
  - ☐ State league (e.g. VFL, WAFL) (2)
  - ☐ State representative (i.e. Victorian u18) (3)
  - ☐ Local (i.e. Eastern Football League) (4)
  - ☐ Social (6)
  - ☐ No experience as a Australian football player (8)
-

End of Block: Demographics

Start of Block: Consent to be contacted for focus groups or interviews

Q23 Do you consent to be contacted for future projects to share your ideas and experiences?

This would include an interview or a focus group in 2019 (60 minutes duration), to further develop and improve resources and education, to minimise future injuries and their burden to female Australian football players.

You will receive a gift voucher to the value of \$40 for participation.

- ☐ Yes (1)
- ☐ No (2)

Display This Question:

If Do you consent to be contacted for future projects to share your ideas and experiences? This wou... = Yes

\*

Q24 If yes, please provide your contact details

- ☐ Phone number (4) \_\_\_\_\_
- ☐ Email (5) \_\_\_\_\_

End of Block: Consent to be contacted for focus groups or interviews