

1 Appendix A

1. I have read and understood the plain language information statement for the FootyWISE project and I am happy to proceed.

Yes

No (if you answer no, you will be unable to proceed) *(excluded)*

2. Are you female or male?

Female

Male *(excluded)*

3. How old are you?

16 years or younger *(excluded)*

17 — 18 years

19 — 20 years

21 — 22 years

23 — 24 years

25 — 29 years

30 — 34 years

35 — 44 years

45 years or older

4. I am a

Football player

Football coach, trainer or manager only. I do not train or play in games *(excluded)*

5. How many seasons have you been playing Australian football?

1st season

2 — 3 seasons

4 — 5 seasons

6 seasons or more

6. Please choose the main reason why you play Australian football

I like the social side of the game. I want to have fun with my friends.

I like being part of a team and working together.

I am a serious football player. I am training and competing to become the best I can be.

I want to improve my fitness and health.

I just love footy — it's a great game to play.

Others in my family play, so I do.

Other (please specify)

7. In which state/territory does your regular team compete? Please answer for your local competitive team, do not select any

ACT

NSW

NT

QLD

SA

TAS

VIC

WA

8. In which of the following competitions or divisions did you participate in the 2014 season? Select all options that you played at least one game in.

Players selected from a State/Territory list specific to their region indicated in their response to question 7.

Other (please specify)

9. In which of the following Divisions did you play MOST of your 2014 season? Select the team that you most often participated in.

Players selected from State/Territory specific list

Other (please specify)

10. In 2014, how many games do you think you played in total?

1—10 games

10—20 games

More than 20 games

I don't remember

Other (please specify)

11. Did you participate in any pre-season football training before the start of the 2014 playing season?

Yes

No

I don't remember

Other (please specify)

12. In a typical week during the 2014 playing season, how many football-training sessions did you participate in?

More than 3

3

2

1

I didn't train

13. Did you have any injuries from playing Australian football in the 2014 football season? An injury includes any physical problem that may have caused you pain, bleeding, loss of movement or loss of function in a part of your body. Some common injuries include sprains, strains, fractures, wounds, ligament tears, cuts, dislocations, concussions or bruising. You may or may not have left the field or missed a game. You may or may not have needed treatment from a trainer, physio or doctor.

No, I did not have any injuries

I don't remember if I had an injury

Yes, I had an injury

Other (please specify)

14. In total, how many injuries from Australian football do you think you had in 2014?

1

2

3

4

5

6

7

8

9

10 or more

I don't remember

15. Think about your worst injury from Australian football for 2014. This was the worst injury for you because...(please choose the
the injury meant that I missed a lot of games
the injury caused me to have a lot of pain
the injury meant that I could not play at my best
the injury needed medical treatment
Other (please tell us why this was the worst injury)

16. Still thinking of your worst injury for 2014, when did the injury occur?
at a pre-season training session
at a regular training session
at a regular club game or final
Other (please describe when the injury occurred)

17. Still thinking of your most severe injury for 2014, what sort of injury did you have?
Scratch, abrasion or graze
Cut or laceration
Cork or bruise
Ligament tear or joint sprain (e.g. twisted ankle)
Dislocation
Concussion
Broken bone/fracture (not a stress fracture)
Cartilage injury
Stress fracture
Dental
Rupture
Muscle strain
I don't know what it was called
Other (please specify)

18. Still thinking of your most severe injury for 2014, what part of the body did you injure?
Head & Neck
Face/teeth/mouth
Shoulder
Upper arm
Elbow
Forearm
Wrist
Hand/fingers/thumb
Chest
Trunk/abdomen
Back
Backside/gluteal
Hip/groin
Upper leg/thigh
Knee
Lower leg/shin/calf
Ankle
Foot/toes
I don't remember

Other (please specify)

19. Still thinking of your most severe injury for 2014, did you need to have any treatment? Please choose as many as apply.

None, I didn't need any treatment

I treated the injury myself

From the club sports trainer or team physiotherapist

From my GP, family doctor

From my local physiotherapist

I went to hospital

Other (please specify)

20. Still thinking of your most severe injury for 2014, did you have to miss any games?

Yes

No

21. How many games did you have to miss?

I missed one game

I missed 2—3 games

I missed 4—6 games

I missed 6+ games

Other (please specify)

22. Still thinking of your most severe injury for 2014, did you have to miss any training?

Yes

No

23. How many training weeks did you have to miss?

I missed one week

I missed 2—3 weeks

I missed 4—6 weeks

I missed 6+ weeks

Other (please specify)

2

3