

Supplementary File 1. Survey questions and responses completed by study participants

Question/ Statement	RE-AIM Dimension	Responses	Coaches		Players	
			Baseline	Post-season	Baseline	Post-season
What is your role?	-	Select One: Director of Sport Head coach Assistant coach Team manager Conditioning Coach Medical practitioner Other	A			
If coaching, how many years coaching experience do you have?	-	Select One: Never Less than 2 years 2-3 years 4-5 years 6 years+	A			
- What is the highest level you have coached?	-	Select One: School/club Regional academy County/constituent body Divisional Professional International	A			
- What is the highest coaching qualification you hold?	-	Select One: RFU Level 1 RFU Level 2 RFU Level 3 RFU Level 4 Other	A			
- When was this coaching qualification attained (please tick 1 answer)?	-	Select One: Less than 2 years 2-3 years 4-5 years More than 5 years ago	A			
- What age group do you coach/play in?	-	Select One: Under-12 - Under-19 Various	A		A	
When was the last time you completed an official RFU course?	-	Select One: Less than 2 years ago 2-3 years 4-5 years 6+ years ago	A			
Have you previously played competitive rugby?	-	Select One: No Yes	A			
- If yes, what is the highest level you have played?	-	Select One: School Age group community Junior academy University Adult community Professional International	A			
Do you have a current medical or first aid qualification?	-		A			
Have you ever used a specific programme to reduce your/players injury risk?	-	Select One:	A		A	
In the past 12 months, have you experienced a rugby injury that caused you to miss a game or training session?	-	No Yes			A	
- If yes, did it cause you to miss school or work for at least 1 day?	-				A	
In your opinion, how serious are the following types of Rugby injuries? - Ankle sprain - Knee ligament sprain - Muscle strain - Concussion - Bone/fracture - Bruise/contusion - Shoulder injury	-	7-point Likert Scale: 1. Not serious - 7. Very Serious				
Rugby injuries can shorten a player's career	-		B			
Rugby injuries can cause physical problems later in life	-		B			
Rugby injuries have a negative impact on team performance	-		B			
Rugby injuries have a negative impact on a player's quality of life	-		B			
Rugby players are at high risk of suffering an injury	-		B		B	
I expect a player I coach to sustain a Rugby injury sometime during the next	-		B		B	

season					
It is possible to prevent some Rugby injuries	-		C		C
Exercises which have been shown to prevent injuries should be performed by Rugby players	A, M		C		C
Exercises to prevent injuries should be varied and progressed over time	A, I, M		C		
Exercises which have been shown to prevent injuries should be incorporated into Schools Rugby training	M		C		
Completing a Rugby specific warm-up programme prior to every game and training session will reduce the risk of players sustaining an injury	E, A, I		C		C
Completing a Rugby specific warm-up programme prior to every game and training session will improve physical characteristics such as balance, agility and strength	E, A, I		C		
Balance exercises can prevent Rugby injuries	E, A, I				
Controlled jumping/landing exercises can prevent Rugby injuries	E, A, I				
A warm-up jog/run can prevent Rugby injuries	E, A, I				
Cutting exercises can prevent Rugby injuries	E, A, I				
Cool-down jog/run can prevent Rugby injuries	E, A, I				
Resisted shoulder exercises can prevent shoulder injuries in Rugby	E, A, I				
Neck muscle strengthening can prevent concussion in Rugby	E, A, I				
I would like my team to complete a Rugby specific warm-up programme prior to every game and training session next season	A, I, M				
Who is responsible for Rugby injury prevention? - Head coach - Assistant coach - Team manager - Strength and conditioning/ fitness coach - School medical practitioner - Player - Parent/guardian	A, I, M	Tick all that apply	C		C
Had you heard of 'Activate' before taking part in this survey?	R	Select One: Yes No Unsure	D		D
- If yes, where did you heard about it? - RFU Website - Community Rugby Coaches - Peers - Social media	R	Tick all that apply	D		D
Have you ever used 'Activate'?	R, A, M	Select One: Yes No Unsure	D		D
Does your team currently use 'Activate'?	R, A	Select One: Yes No Unsure	D	E	D
Does 'Activate' need to be improved for use in your team?	A, I, M	Select One: Yes No Unsure		E	
Should your school develop its own version of 'Activate'?	A, I, M	Select One: Yes No Unsure		E	
'Activate' can prevent Rugby injuries in your team	E, A	7-point Likert Scale: 1. Strongly Agree - 7. Strongly Disagree		E	
'Activate' is Rugby specific	A, I, M	7-point Likert Scale: 1. Strongly Agree - 7. Strongly Disagree		E	E
'Activate' is too long	A, I, M	7-point Likert Scale: 1. Strongly Agree - 7. Strongly Disagree		E	E
'Activate' contains adequate variation and progression for our team	A, I, M	7-point Likert Scale: 1. Strongly Agree - 7. Strongly Disagree		E	
'Activate' could be maintained over multiple seasons by our team	A, I, M	7-point Likert Scale: 1. Strongly Agree - 7. Strongly Disagree		E	
'Activate' was fun to do	A, I, M	7-point Likert Scale: 1. Strongly Agree - 7. Strongly Disagree			E
In your opinion, what happened to your players' overall risk of injury as they completed 'Activate' in training or prior to match play playing this season?	E, A, I, M	7-point Likert Scale: 1. Extremely Increase - 7. Extremely Decreased		E	E
How confident are you that you understand 'Activate' well enough to use it with the School team(s) you are coaching for the upcoming season?	-	7-point Likert Scale: 1. Extremely Confident - 7. Extremely Unconfident			
How confident are you that you have the ability to use 'Activate' with the School team(s) you are coaching for the upcoming season?	-	7-point Likert Scale: 1. Extremely Confident - 7. Extremely Unconfident			
What resources were available to help you complete 'Activate' with your team at every game and training session during the upcoming season?	-	Free Text Box			
What barriers prevented or impeded you from the completing 'Activate' with your team at every game and training session during the upcoming season?	-	Free Text Box			
If there was limited space at your practice or game venue, how confident were you that your team could complete 'Activate'?	-	7-point Likert Scale: 1. Extremely Confident - 7. Extremely Unconfident			
If the players on your team did not enjoy performing 'Activate', how confident were you that you could still have them complete it at every game and training session?	-	7-point Likert Scale: 1. Extremely Confident - 7. Extremely Unconfident			
If you were to start the season by completing 'Activate' with your team at every game and training session, how confident are you that you could continue to do	-	7-point Likert Scale: 1. Extremely Confident - 7. Extremely Unconfident			

so for the <i>entire season</i> ?					
If you <i>missed completing the programme</i> at a game or training, how confident were you that you could start completing it again the next session?	-				
On average, how <i>many times a week</i> did your team complete 'Activate' <i>during this season</i> ?	A, I	Select One: Never <1 x per week 1 x per week 2 x per week 3 x per week		E	E
On average, <i>how long did it take</i> your team to complete 'Activate' <i>during training</i> ?	A, I	Select One: We didn't 5-10 minutes 10-15 minutes 15-20 minutes >20 minutes		E	
On average, <i>how long did it take</i> your team to complete 'Activate' <i>before matches</i> ?	A, I			E	
What are some of the things you <i>did like</i> about doing 'Activate' with your team before training or matches?	A, I, M	Tick all that apply: Various prefilled responses		E	E
What were some of the things you <i>did not</i> like about doing 'Activate' with your team before training or matches (<i>tick as many as appropriate</i>).	A, I, M			E	E
What <i>changes would you recommend</i> to 'Activate' in terms of content or delivery structure	A, I, M			E	
Do you intend to make <i>injury prevention a priority</i> for your team in the upcoming season?	-	7-point Likert Scale: 1. Extremely Likely - 7. Extremely Unlikely			
Do you <i>intend to complete</i> 'Activate' with your team at every game and training session in the upcoming season?	A, I, M			E	E
Next season, do you have concrete plans on how to <i>teach</i> 'Activate' to the players on your School team?	-	7-point Likert Scale: 1. Strongly Agree - 7. Strongly Disagree			
Next season, do you have concrete plans on <i>when</i> to have your team complete 'Activate'?	-				
Next season, do you have concrete plans on how to <i>deal with challenges</i> in order to stick to your intentions of completing 'Activate'?	-				
Next season, do you have concrete plans on how to <i>encourage your team</i> to perform 'Activate' to the best of their ability?	-				

Abbreviation Key:

- R = Reach
- E = Effectiveness
- A = Adoption
- I = Implementation
- M = Maintenance

Colour Key:

- Green signifies questions asked for this present study, labelled by section...
 - A = demographic
 - B = perceptions towards injury risk in rugby
 - C = perceptions towards injury prevention in rugby
 - D = baseline awareness and use of Activate
 - E = post-season use and perceptions of Activate
- Amber signifies questions asked for a sub-study, which were not included or analysed as part of this study.