

**Supplemental Table 1.** A representation of the studies that investigated barriers and facilitators of evidence-based injury prevention training programs (listed alphabetically).

Study	Study Location	Study Methods		Injury Prevention Training Program Description	Findings on Barriers	Findings on Facilitators
		Study Design & Study Population	Implementation Evaluation Methods			
Dix et al. [32]	United States	Cross-sectional survey, n=29 coaches.  NCAA soccer coaches in the NCAA East Region.	Survey-combination of multiple choice and open-ended questions.	No specific injury prevention program was used in this study—the survey sought to understand the attitudes, beliefs, and behaviours of NCAA coaches around injury prevention training programs in general.	<ul style="list-style-type: none"> <li>- Potential cost of the program (i.e., cost of hiring additional staff to administer the program).</li> <li>- Coaches' lack of confidence in knowledge/ability to implement.</li> <li>- Program would be too time-intensive.</li> <li>-Potential lack of staff to assist in administering the program.</li> </ul>	N/A
Frank et al. [39]	United States	Qualitative study (pre- and	Workshop intervention included	The study evaluated the effects of an ACL injury	<ul style="list-style-type: none"> <li>- Workshop increased coaches' positive attitude</li> </ul>	N/A

		<p>post-intervention analysis), n=34 coaches of 15 elite female youth soccer clubs.</p> <p>Athletes on participating teams were under 18 years old.</p>	<p>RE-AIM framework aspects.</p>	<p>prevention training program workshop and informational packet on club coaches' behavioural determinants of program implementation. ACL injury prevention training program would take place 2 times per week and last 15-20 minutes.</p>	<p>and intent to implement the ACL injury prevention training programs (despite intent, adoption rates were still low, 53%).</p>	
Haroy et al. [30]	Norway	<p>Cross-sectional survey within a larger RCT, n=408 participants.</p> <p>Sub-elite male football players.</p>	<p>The survey was designed using the RE-AIM framework.</p>	<p>"Adductor Strengthening Programme:" designed to prevent groin-specific injuries among football players. The intervention was included in the regular warm-up routine 2-3 times per week during 6 weeks of pre-season and 1x per week</p>	<p>- Program was too time-intensive.</p>	<p>- Knowledge of injury risk and the need for proactive injury prevention exercises.</p>

				during the regular season. Athletes reported completing the program within 5 minutes.		
Mawson et al. [33]	Canada	Cross-sectional survey, n=101 coaches.  Youth soccer team coaches.	The survey was designed using the RE-AIM framework.	No specific injury prevention program was used in this study.	- Coaches' lack of confidence in knowledge/ability to implement.  - Perceived time required to complete the program.	N/A
McGlashan et al. [27]	Australia	Qualitative case study, n=3 community-level Australian Football coaches.  Coaches of adult male sub-elite football teams.	Qualitative analysis of coaches' perceived strategies to promote injury prevention implementation.	No specific injury prevention program was used in this study.	N/A	- Coaches are aware of the empirical data supporting the program's efficacy.  - Emphasis on collaboration between key stakeholders (coaches and players).  - Commitment from players encourages coaches to continue the program.

O'Brien & Finch [40]	N/A	Systematic Review, n=52 trials.  Team ball sport athletes.	Included literature evaluated programs using the RE-AIM framework	Injury prevention training programs included in the review required structured exercise programs to prevent musculoskeletal injuries.	<ul style="list-style-type: none"> <li>- Coaches feel satisfied with their current routine.</li> <li>- Coaches do not place importance on injury prevention needs.</li> <li>- Coaches feel sceptical about the program's effectiveness.</li> </ul>	<ul style="list-style-type: none"> <li>- Regular contact and interaction with researchers.</li> <li>- Program easily integrated into practice.</li> <li>- Educational materials designed for coaches.</li> <li>- Program had variation and allowed for progression throughout the season.</li> </ul>
Richmond et al.[34]	Canada	9 focus groups, 4 interviews.  11-15-year-old athletes.	Focus group discussions and interviews with stakeholders (including school principals, PE teachers, and students)	"iSprint:" an evidence-based neuromuscular training program, decreased the rate of sports-related injuries by 70%. The program is designed to take 15-minutes as part of the warm-up routine.	<ul style="list-style-type: none"> <li>- Program was too time-intensive.</li> <li>- Difficult/confusing exercises.</li> <li>- Perceived lack of knowledge to implement program correctly.</li> </ul>	N/A
Saunders et al. [28]	Australia	Qualitative study within a larger RCT,	RE-AIM framework to evaluate an end-of-season survey	"Down to Earth" (D2E) [40]: a netball-specific 6-week, 10-15 minute program	<ul style="list-style-type: none"> <li>- Program was too time-intensive.</li> <li>- Difficulty of the exercises</li> </ul>	N/A

		n=31 coaches from 31 different teams.  Community-level netball teams up to 15 years old.	completed by 24 coaches.	developed to specifically prevent lower-limb injuries. Included a 1hr educational workshop for coaches.	- Lack of motivation from athletes to complete the program.  - Difficult for athletes to complete the program if they miss practice.	
Abbreviation: RE-AIM framework = reach, effectiveness, adoption, implementation, maintenance framework; RCT = randomized clinical trial						