

*Youth athletes at Athletics (Track and Field) Swedish Sport High Schools emphasize the need for environmental support for injury risk management: a focus group study. Jenny Jacobsson, [jenny.jacobsson@friidrott.se](mailto:jenny.jacobsson@friidrott.se)*

Interview guide for focus group meetings at athletics national high sports schools

## **INTERVIEW GUIDE, 60 minutes**

### **Warm up**

Presentation of participants.

Reflections regarding the presentation of studies performed in Swedish Athletics and at the athletics national sport high schools. Is it a familiar situation described? Do the participants recognize a potential problem with injuries?

### **Part 1**

The students' experiences of what the relatively high incidence of injuries may be caused by and what can be done to reduce injuries among students at national high sport schools.

*Purpose:*

Catch the students' perceptions and experiences about the causes and measures to reduce injuries.

*Trigger questions:*

- Why do you think that there are so many injuries among students at national high sport schools?
- What do you think may be the cause? Reasons?

### **Part 2**

The students' thoughts on how a change will come about.

*Purpose:*

Catch the students' experiences about what can be done to bring about a change. How this will be done in practice.

*Trigger questions:*

- What do you think can be done to reduce injuries?
- How do you think this can best be achieved?
- What changes do you think we should make first?
- Can you give some concrete proposals on what should be done?