

Table 2

Perceptions of the 71 included participants about injuries and injury risk reduction.

	TOTAL (N=71)		ATHLETES (N=30)		COACHES (N=10)		HEALTH PROFESSIONALS (N=28)		TEAM LEADERS (N=3)	
<b>INJURY</b>										
<b>Injury is part of sport</b>	80.0	21.5	83.0	18.6	77.7	18.8	76.7	25.7	87.6	17.5
Risking injury is necessary to achieve peak performance	53.4	32.0	50.7	34.6	47.1	34.1	58.9	29.4	51.2	28.5
I (an athlete) take into account the risk of injury in my (their) life choices (school choices, professional choices, etc.)	75.2	23.2	71.7	22.5	84.8	17.9	76.1	25.9	69.8	18.0
If I manage an injury poorly (an injury is poorly managed), I expose myself (it ex-poses the athlete) to a higher risk of recur-rence or re-injury	81.9	26.9	72.6	35.2	80.5	24.6	92.2	8.5	83.3	28.9
<b>INJURY PREVENTION</b>										
Preventing injuries seems relevant to me?	90.2	17.4	91.4	13.6	77.0	31.8	94.3	9.7	83.3	28.9
I think that it is relevant to add some strategies (such as examples mentioned above) in my (athletes') daily life in order to try to reduce the risk of injuries	90.3	16.7	90.5	13.0	81.9	32.4	93.7	10.5	86.2	24.0
Working beside my sport is a risk factor for injury	67.4	25.0	70.0	23.4	79.3	18.1	64.1	25.6	32.9	28.5
The mental load of work/study beside my (the) sport-life affects my (athlete's) health and increases my injury risk	75.6	21.6	70.5	25.4	85.3	17.3	78.2	17.7	70.0	19.0
Some strategies (e.g., appropriate life-style, exercise, equipment) can reduce the risk of injuries	87.8	17.9	88.1	16.2	77.0	32.0	92.5	8.7	76.4	25.1
Most of the athletes in my sport and that I respect and admire are adopt-ing strate-gies to reduce injury risk	76.6	22.5	79.3	22.0	69.3	28.5	75.7	20.8	83.3	28.9
If I want I can adopt (suggest) strategies to reduce injury risk (e.g., appropriate life-style, exercise, equipment) in my practice	83.9	18.1	82.1	22.7	84.7	17.6	86.7	11.0	73.3	25.2
I think that I will add some strategies (e.g., appropriate lifestyle, exercise, equipment) in my (athletes') daily life in order to try to reduce the risk of injuries	85.3	14.5	83.8	16.1	82.1	18.6	87.8	10.4	87.7	21.3
Are you adopting (suggesting) injury risk reduction measures or strategies in your daily life/practice?	81.9	19.2	73.9	22.8	84.9	17.7	89.8	10.3	77.2	25.3

Table 3

Reports on injury risk reduction behaviours among the 71 included participants. <sup>a</sup>=significant difference between athletes and coaches (p<0.05); <sup>b</sup>=significant difference between athletes and health professionals (p<0.05); <sup>c</sup>=significant difference between coaches and team leaders (p<0.05); <sup>d</sup>=significant difference between health professionals and team leaders (p<0.05).

	TOTAL (N=71)		ATHLETES (N=30)		COACHES (N=10)		HEALTH PROFESSIONALS (N=28)		TEAM LEADERS (N=3)	
Sleep hygiene (Regular schedules, limiting screens, intense physical activities and stimulating substances near bedtime)	75.8	24.9	63.3 <sup>ab</sup>	30.4	83.7 <sup>ac</sup>	15.5	87.4 <sup>bd</sup>	12.9	65.0 <sup>cd</sup>	13.0
Digestive naps (After lunch)	63.7	29.3	62.2	31.1	70.6	30.4	62.9	29.2	62.6	12.3
Adapt food intake to effort (Before, during and after training or competition)	75.6	21.3	69.9	22.5	77.5	26.0	81.7	17.6	70.0	17.4
Adapt the level of hydration (Before, during and after training or competition)	83.0	17.8	76.4 <sup>ab</sup>	20.7	92.4 <sup>a</sup>	10.2	86.6 <sup>b</sup>	13.0	83.3	28.9
Adapt the equipment to the practice and the environment (Choice of shoes, clothes, strap, hours of training, ...)	79.6	21.4	81.3	22.6	83.6	13.3	77.8	22.9	66.8	15.0
Listening to your pain (During practice)	81.8	19.7	78.1	22.3	77.4	24.0	88.8	13.0	66.7	14.5
Listening to your state of fatigue (During practice)	79.1	19.4	72.5 <sup>a</sup>	21.2	77.5 <sup>ac</sup>	23.7	88.0	11.7	66.8 <sup>c</sup>	16.2
Warm up well before practice (Increase heart rate, prepare muscles for effort, increase body temperature, joint mobility, and intensity, gradually)	85.9	19.2	86.6	18.1	92.1	13.3	83.3	21.4	83.3	28.9
Adopt post-exercise recovery strategies (Cold or hot recovery, active recovery, stretching, massages, compression garments, electrostimulation, ...)	77.5	24.0	69.6	26.9	89.8	10.2	82.1	21.9	72.4	25.4
Muscle strengthening (physical preparation - Upper body, core, lower body)	77.8	23.6	68.5 <sup>ab</sup>	24.6	86.0 <sup>a</sup>	14.2	84.3 <sup>b</sup>	22.2	83.3	28.9
Flexibility and stretching (physical preparation)	70.3	27.1	58.0 <sup>ab</sup>	29.1	86.7 <sup>a</sup>	13.2	79.0 <sup>b</sup>	23.0	57.0	23.9
Balance and coordination (physical preparation)	68.9	27.9	54.7 <sup>ab</sup>	27.9	84.7 <sup>a</sup>	14.0	78.9 <sup>b</sup>	26.2	65.5	14.7
Follow-up in mental preparation (Performance optimization)	65.2	27.5	54.5 <sup>b</sup>	31.9	83.4	11.3	69.6 <sup>b</sup>	23.2	70.5	14.7
Follow-up in psychological support (Personal difficulties)	61.2	29.7	45.6 <sup>ab</sup>	33.5	77.2 <sup>a</sup>	14.6	71.8 <sup>b</sup>	22.4	65.2	16.5

Table 4

Importance of relationships perceived between stakeholders, by stakeholders.

	ATHLETE	ATHLETE	ATHLETE	ATHLETE	ATHLETE	ATHLETE	COACHES	COACHES	COACHES	COACHES	COACHES
	COACHES	TEAM LEADERS	FAMILY	HEALTH PROFESSIONALS	SOCIAL LIFE	WORK	TEAM LEADERS	FAMILY	HEALTH PROFESSIONALS	SOCIAL LIFE	WORK
Mean	87.5	58.9	73.1	87.1	66.8	61.8	69.3	63.1	81.3	59.2	59.3
Mean Athletes	86.7	52.7	70.1	82.7	63.9	56.4	66.2	53.6	76.3	54.9	56.3
Mean Coaches	79.7	65.9	76.3	81.8	64.8	66.2	77.5	72.3	79.1	64.1	76.5
Mean Health Professionals	91.5	60.8	75.2	93.0	71.8	67.1	67.5	68.1	85.6	61.5	55.3
Mean Team Leaders	83.9	79.3	73.3	93.0	55.7	51.7	90.1	80.3	98.7	64.5	70.0

	ADMIN LEAD	TEAM LEADERS	TEAM LEADERS	TEAM LEADERS	FAMILY	FAMILY	FAMILY	HEALTH PROFESSIONALS	HEALTH PROFESSIONALS	SOCIAL LIFE
	FAMILY	HEALTH PROFESSIONALS	SOCIAL LIFE	WORK	HEALTH PROFESSIONALS	SOCIAL LIFE	WORK	SOCIAL LIFE	WORK	WORK
Mean	51.0	75.7	54.8	55.8	62.8	66.4	62.0	57.9	58.6	60.0
Mean Athletes	46.6	70.4	54.7	51.1	60.0	69.5	68.5	62.8	60.4	62.0
Mean Coaches	52.4	61.9	57.4	64.5	57.3	64.6	63.1	61.0	63.9	69.4
Mean Health Professionals	53.3	85.7	52.6	54.9	68.5	64.1	54.2	52.2	55.6	56.7
Mean Team Leaders	68.7	80.8	68.1	82.9	55.3	63.6	67.0	51.6	51.7	40.3

**Questionnaire 1**

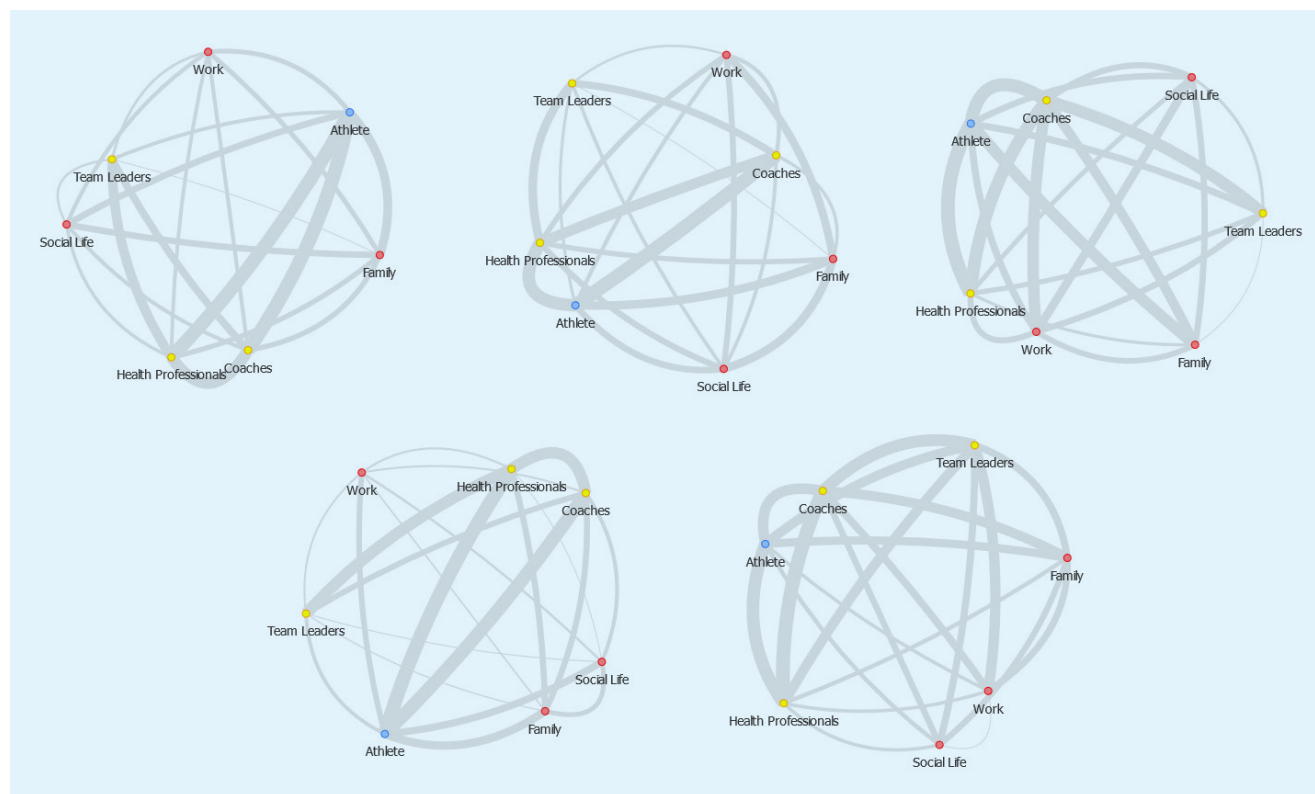
Injury prevention questionnaire for athletes.

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13	Are you adopting injury risk reduction measures or strategies in your daily life/practice? (a scale from never -0 to always -100)																																																																
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Questionnaire 2

Injury prevention questionnaire for coaches, health professionals and team leaders.

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**Figure 4**

Social Networks graphs representing relative importance of relationships between stakeholders in html versions so that the reader can try by her/him-self to move the different nodes and observe the links between them: a) when averaging all answers of all stakeholders, b) averaged answers from the athletes only, c) averaged answers from the coaches only, d) averaged answers from the health professionals, and e) averaged answers from the team leaders. Edge thicknesses are set proportionately to the values mentioned in Supplementary Table 4. Links to graphs: [https://www.emse.fr/~navarro/supmat/II-Munich2022\\_IPrev\\_Supplementary/Figure4-a.html](https://www.emse.fr/~navarro/supmat/II-Munich2022_IPrev_Supplementary/Figure4-a.html); [https://www.emse.fr/~navarro/supmat/II-Munich2022\\_IPrev\\_Supplementary/Figure4-b.html](https://www.emse.fr/~navarro/supmat/II-Munich2022_IPrev_Supplementary/Figure4-b.html); [https://www.emse.fr/~navarro/supmat/II-Munich2022\\_IPrev\\_Supplementary/Figure4-c.html](https://www.emse.fr/~navarro/supmat/II-Munich2022_IPrev_Supplementary/Figure4-c.html); [https://www.emse.fr/~navarro/supmat/II-Munich2022\\_IPrev\\_Supplementary/Figure4-d.html](https://www.emse.fr/~navarro/supmat/II-Munich2022_IPrev_Supplementary/Figure4-d.html); [https://www.emse.fr/~navarro/supmat/II-Munich2022\\_IPrev\\_Supplementary/Figure4-e.html](https://www.emse.fr/~navarro/supmat/II-Munich2022_IPrev_Supplementary/Figure4-e.html).