

### Appendix 1- Interview guide

1. What do you consider an injury (injury definition)?
2. Which aspects do you consider to define an injury?
3. Which factors influence an injury?
4. How can these factors affect the injury?
5. Can injuries be prevented? How can injuries be prevented?
6. Which injury prevention strategies do you apply? Why?
7. What did you take in account when choose the injury prevention strategies that you currently use?
8. What motivates you to follow an injury prevention measure?
9. How the context of elite sports influences injury prevention (facilitators and barriers)?
10. Which factors in your daily routine support injury prevention? Which factors make injury prevention more difficult?