football leagues. Return to football after such a long break without organized team training might increase the rate of injuries.

**Objective** To investigate the effectiveness of a home-based injury prevention program (IPP) on reducing injuries in semi-professional football players.

**Design** Prospective cohort study based on a randomized controlled trial.

**Setting** Iranian semi-professional male football players.

**Participants** A total of 178 players from 11 clubs participated in study. From the total of 178 subjects (90 subjects in the intervention group and 88 in control group), 10 subjects dropped out due to a positive Covid-19 test, leaving 87 subjects in the intervention group and 81 in the control group for the final analysis.

**Interventions** The IPP consisted of 8 weeks home training program with focus on the most common injury locations. The IPP was addressed strength, mobility and balance via neuromuscular and body-weight training with no equipment.

**Main Outcome Measurements** Non-contact injury rate in the remaining season(8 weeks), training and competition exposure, compliance with the IPP.

**Results** Player compliance with the IPP was very good (94%). Exposure data were comparable between groups. Pooled estimates for total (training and match) incidence per 1000 h was 7.8 for the intervention group and 15.9 for control group. A lower proportion of players in the intervention group experienced injuries (29% [27 of 87]) compared with the control group (75% [61 of 81]); relative risk [RR], 0.41; 95% confidence interval [CI], 0.29–0.61; p<0.001).

**Conclusions** A home-based, unsupervised IPP was shown to be effective in reducing the number of injuries in semi-professional male football players after the Covid-19 break. This indicates that going back to training and match play without accompanying IPP cannot be regarded optimal.

### Abstracts

**Does a Peer to Peer Learning Technology Integrated Workshop Facilitate Neuromuscular Training Injury Prevention Program Coach Learning?**

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**Background** Workshops are used to educate coaches on Neuromuscular Training (NMT) warm-ups to reduce the risk of youth sport injury. Currently, there is no research assessing different learning strategies and its influence on coaches’ self-efficacy and knowledge after attending a workshop.

**Objective** To evaluate whether a peer-to-peer (P2P) learning technology integrated workshop, improved coaches’ self-efficacy and ability to identify NMT exercise errors compared to a standard workshop.

**Design** Randomized controlled trial.

**Setting** Eighty-five recreational youth soccer coaches.

**Participants** Eighty-five recreational youth soccer coaches. All coaches were recruited from across Alberta and were randomly allocated to one condition (n=43) or control (n=42). All coaches attended two workshops (one standard workshop and one technology integrated workshop).

**Intervention** Coaches within each club randomly attended one of two workshops offered to learn a NMT warm-up: the technology-integrated instruction, or control workshop (standard instruction).

**Main Outcome Measures** At the end of the workshop, coaches were asked to complete a NMT warm-up exercise test, a video-based test where coaches identify common NMT exercise errors, was completed. At the beginning and end of the workshop, coaches’ self-efficacy scale was completed to assess coaches’ self-efficacy change in their ability to identify NMT exercises errors on a 7-point Likert scale.