

Supplementary Content 2. Targeted Injuries

Descriptive statistics [frequency, incidence, 95% CI] are reported for targeted match injuries (upper and lower limb, contact and non-contact mechanisms, concussion diagnoses and soft-tissue injuries) by *Activate* adoption group and adherence levels. Targeted injuries were pre-identified based upon findings of the *Activate* efficacy study[1] and epidemiological literature in schoolboy rugby[2, 3].

Table 4. Unadjusted match injury incidence (per 1000 player match-hours) of targeted injuries by *Activate* adoption and adherence groups.

Sub-Group	<i>Activate</i> Adoption				Median Weekly <i>Activate</i> Adherence					
	Yes		No		Low		Medium		High	
	n	Incidence p/1000h	n	Incidence p/1000h	n	Incidence p/1000h	n	Incidence p/1000h	n	Incidence p/1000h
Lower Limb	23	7.4 (4.9-11.1)	17	11.2 (7.0-18.0)	17	11.1 (6.9-17.9)	8	11.4 (5.7-22.8)	15	6.2 (3.7-10.3)
Upper Limb	16	5.1 (3.1-8.3)	8	5.3 (2.7-10.6)	8	5.2 (2.6-10.4)	5	7.1 (3.0-17.1)	11	4.6 (2.5-8.3)
Contact	56	18.0 (13.9-23.4)	37	24.3 (17.6-33.5)	37	24.1 (17.5-33.3)	15	21.3 (12.8-35.3)	41	17.1 (12.6-23.2)
The Tackle	41	13.2 (9.7-17.9)	26	17.1 (11.6-25.1)	26	16.9 (11.5-24.8)	9	12.8 (6.7-24.6)	32	13.3 (9.4-18.8)
Concussion	24	7.7 (5.2-11.5)	13	8.5 (4.9-14.6)	13	8.5 (4.9-14.6)	3	4.3 (1.4-13.3)	21	8.7 (5.7-13.3)
Soft-Tissue	26	8.3 (5.7-12.2)	26	17.1 (11.6-25.1)	26	16.9 (11.5-24.8)	8	11.4 (5.7-22.8)	18	7.5 (4.7-11.9)

NOTE: n = total injuries per sub-group. Lower limb = hip/groin, thigh, knee, lower leg, ankle, foot; Upper limb = shoulder, elbow, forearm, hand/wrist; Contact = accidental collision, lineout, maul, ruck, scrum, tackled, tackling; Soft tissue = bruising/haematoma, cut/abrasion, ligament sprain, muscle injury, tendon injury.

References

1. Hislop MD, Stokes KA, Williams S, et al. Reducing musculoskeletal injury and concussion risk in schoolboy rugby players with a pre-activity movement control exercise programme: a cluster randomised controlled trial. *Br J Sports Med.* 2017;51(15):1140-6. DOI: 10.1136/bjsports-2016-097434.
2. England Rugby. Youth Rugby Injury Surveillance and Prevention Project. Season Report 2019-20. 2021. [22nd October 2021]. Available from: <https://www.englandrugby.com/dxdam/c0/c00b1760-d51a-4159-b815-f561f12f316d/YRISP%20Report%2019-20.pdf>.
3. Leahy TM, Kenny IC, Campbell MJ, et al. Injury surveillance in school Rugby: A systematic review of injury epidemiology & surveillance practices. *Phys Ther Sport.* 2019;38:170-8. DOI: 10.1016/j.ptsp.2019.05.005.