

Supplemental Table 1. Women's Sports Breast Injuries baseline information

1) With which football code are you currently involved with?*

Women's Football Women's Rugby League Women's Rugby Union

2) What level of participation are you currently undertaking (tick all that apply)*

Representative Women's Regional Women's Premier Women's
 Senior Women's Age-Grade Women's Other - Write In:

4) Please enter your date of birth (dd/mm/yyyy)*

5) Have you ever had a breast injury during training or competition (e.g. a bruise to your breast from a direct blow, a cut from a piece of sporting equipment, a scrape, chafing of the nipples, etc.)?*

Yes No

6) Which best describes the cause of the most severe breast injury you have ever had? Select one response.

Direct blow from another athlete (e.g. elbowed/kicked in the chest)
 Direct blow from sporting equipment (e.g. soccer ball, hockey stick, etc.)
 Direct contact with a surface (e.g. falling onto chest)
 Contact from my sports bra/uniform (e.g. chafing of nipples, cut from underwire, etc.)

7) What was the cause of the most severe breast injury you have experienced?

Direct blow from another athlete (e.g. elbowed/kicked in the chest)
 Direct blow from sporting equipment (e.g. soccer ball, hockey stick, etc.)
 Direct contact with a surface (e.g. falling onto chest)
 Contact from my sports bra/uniform (e.g. chafing of nipples, cut from underwire, etc.)

8) What was the type of your most severe breast injury?

Bruise for a week Bruise for a few weeks Cut/abrasion for a week
 Cut/abrasion for a few weeks Winded

9) Approximately how frequently do you experience breast injuries?

Every match Most matches Some matches Very few matches

10) What was the most common cause for your breast injuries?

Contact with another player Contact with sporting equipment
 Direct contact with a surface Unsure

11) Did you report the breast injury?

Yes No

12) If you did report the breast injury, who did you report it too?

Parent teammate Team coach GP (general doctor) Physiotherapist
 I did not seek any advice about the injury Other - Write In:

13) Did your most severe breast injury affect your performance in training or competition?

yes No

14) What strategies do you personally use to prevent breast injury during training or competition?

- Wear a padded sports bra
- Wear a protective bra with hard cups
- Strap my breasts to my chest using tape or bandages
- Modify my movements to prevent breast injury
- Limit activities that might cause breast injury
- Protect my breasts with my hands during sport
- Do not use any strategies to prevent breast injury
- Other - Write In: _____

15) In regard to all of your breast injuries what was the most common cause?

- Direct blow from another athlete (e.g. elbowed/kicked in the chest)
- Direct blow from sporting equipment (e.g. soccer ball, hockey stick, etc.)
- Direct contact with a surface (e.g. falling onto chest)
- Contact from my sports bra/uniform (e.g. chafing of nipples, cut from underwire, etc.)

16) Do you feel that breast injuries affect your athletic performance? Tick all that apply

- Yes, I am distracted by the pain from a breast injury
- Yes, I am less likely to dive or tackle when I have a breast injury
- Yes, I am hesitant to dive or tackle because I might get a breast injury
- Yes, I am unable to run comfortably when I have a breast injury
- Yes, I am less confident when I have a breast injury
- Yes, other: _____
- No, breast injuries do not affect my performance in any way