

Appendix 5.5 – Coaches semi structured interview script and prompts for chapter 5.

A practitioners' evaluation of Swim Ireland's training monitoring system: a semi-structured interview

Semi-Structured Interview Guide

Preamble: The interviewer explains the purpose and rationale of the study and describes the interview process. The participant is informed that participation is completely voluntary and that all responses are completely confidential and governed by our institutional ethics and GDPR.

Survey Question	Answer	Follow Up	Prompts
Would you consider yourself to be technologically minded in the use of basic apps such as Kitman?	If No:	Do you feel this impacts your use of the TMS? How do you overcome this?	
	If Yes:	Do you feel this beneficial in your use of the TMS?	
How would you rate your athletes overall daily compliance to reporting:		Why is there a difference in compliance for different metrics?	Do the athletes/practitioners place a higher level of importance on certain metrics? Is this related to the app vs the athlete vs the monitoring process? How to safeguard against lack of compliance.
Primary role in the monitoring process		Tell me more about how you interact with the monitoring process.	Go through each selection and clarify what that means.
App ease of use and efficiency of analysis.		Explain the difference if any.	Analysis: which one do you spend the most time analyzing and is that because its important or troublesome?
Errors		Explain the difference if any.	Do you feel data errors are an issue?

			<p>Do you cross check your data's accuracy before making decisions?</p> <p>How do you know there is an error – made aware by: double checking, cross checking, athlete communication?</p>
		Recovering from errors	<p>How long does it take to discover there is an error.</p> <p>Are there any solutions to these issues?</p>
Overall satisfaction		Tell me more about why you are 'x' satisfied?	
Usefulness	Centre vs practitioner	<p>Why the difference?</p> <p>Why is it useful to the centre/practitioner?</p> <p>Do you think the athletes find it useful?</p>	How do you use the data?
Burdensome/Demanding	<p>Athlete liaising</p> <p>Analyzing</p> <p>disseminating</p>	Link to their role in the process. Is it not burdensome or is it because it's not a large aspect of their role?	<p>Large time commitment?</p> <p>Difficult process?</p> <p>Worthwhile information?</p> <p>Do you get buy-in from other practitioners in the process?</p>
Measures – best representation to train as planned - daily		Acute decisions on deck?	

		<p>Tell me why this measure?</p> <p>What is the red zone threshold for you?</p> <p>How do you modify the athlete based on this metric?</p> <p>Do you look at links between 2 metrics?</p>	<p>What is important about it?</p> <p>Set number?</p>
Measures – best representation to train as planned - longitudinally		<p>How is this information looked at?</p> <p>Staff meeting – by yourself.</p> <p>Review after a block? Or a week?</p> <p>What is the red zone threshold for you?</p> <p>How do you modify the athlete based on this metric?</p> <p>Do you look at links between 2 metrics?</p> <p>Visual representation of the data?</p>	

			Is it helpful. Would you like to see more?
Effectiveness	Enhancing performance Reducing injury Informing training	Why or why not is 'x' effective? How do you use TMS to:?	
Streamlined process		Why 'x' metrics.	
Missing data		Link to data errors.	
Open questions		Biggest issues - discuss	
		Additional feedback - discuss	

Medical data collectors focus group script and prompts for chapter 5.

A practitioners' evaluation of Swim Ireland's injury & illness surveillance project: focus group

Preamble: The interviewer explains the purpose and rationale of the study and describes the process. The participant is informed that participation is completely voluntary and that all responses are completely confidential and governed by our institutional ethics and GDPR.

Survey Question	Answer	Follow Up	Prompts
Please rate each of these aspects with respect to Swim Ireland's Injury/Illness Surveillance Project.	Ease of use Efficiency Visual Appeal Data fields	Good-bad – discuss and consensus.	How can we change this for the year ahead? Survey style? Excel data field entry?

Sufficient information	If no:	Additional information	Why is this important? How would this information be used?
Time spent on average		Do you think this is too time consuming?	
Accuracy of the information	Illness injuries	How can it be made more accurate?	Are we getting: Non-time loss illnesses. Are we tracking when they have a stuffy nose or a sick tummy that they can train with but may impact their performance? Do we know if these lead to bigger issues in time?
Barriers	Illness injuries	Solutions	
Worthwhile task Review the data Reports	Illness injuries	How do we best use this data? Would a monthly report be useful? What is included in that report? Yearly review? Intervention based?	Is this centre specific or do we combine? How do we convey the importance back to the coaches? Make a difference the daily training environment

Level of contact from me?		Needs to be more structured? Send a bimonthly reminder? Whatsapp group?	
Additional feedback		Discuss	
Could this be easily expanded and if so what information could be collected at domestic level?			
Injury detection		Time loss Non time loss	How do we track what will be a time loss? Non-time loss severity? How do we track the level of severity? Modification to training? OSTRC form – Norway?

