

Enrolment

Assessed for eligibility



Baseline assessment



Randomisation



Allocated to intervention group  
(coaches, n= 4  
athletes, n =  
40)



Allocated to control group  
(coaches, n= 4  
athletes, n =  
40)



Intervention coach education/control



Post-intervention assessment

Allocation

Intervention

Follow up

Ineligible:

- Do not meet inclusion criteria
- Fail to return informed consent/assent