

Supplementary File 5 – The incidence and severity (Injury Severity Score >15) of all individual activities overall and incidence for male and female participants

Activities	Overall		Male		Female		Severity
	Cases	Incidence (95% CI)	Cases	Incidence	Cases	Incidence	
Abseiling	9	16.05 (8.35 to 30.85)		*		*	5 (55.6%)
Angling	*	*		*		*	*
Badminton	44	0.82 (0.61 to 1.10)	20	3.67 (2.37 to 5.69)	24	1.13 (0.76 to 1.69)	8 (18.2%)
Baseball or Softball	*	*		*		*	*
Basketball	29	1.54 (1.07 to 2.22)		*		*	5 (17.2%)
Bowls	9	0.43 (0.22 to 0.83)		*		*	*
Boxing (inclusive of boxing fitness classes)	74	1.59 (1.27 to 2.00)		*		*	53 (71.6%)
Canoeing	21	2.13 (1.39 to 3.27)	15	2.46 (2.48 to 4.08)	6	1.57 (0.71 to 3.49)	8 (38.1%)
Cheerleading	*	*		*		*	*
Climbing and bouldering	288	14.67 (13.07 to 16.47)	227	17.4 (15.28 to 19.82)	61	9.25 (7.20 to 11.89)	82 (28.5%)
Cricket	48	2.59 (1.95 to 3.44)		*		*	12 (25.0%)
Cycling	1339	2.81 (2.66 to 2.96)	1215	4.04 (3.82 to 4.27)	124	0.71 (0.60 to 0.85)	415 (31.0%)
Dodgeball	*	*		*		*	0
Equestrian	4303	235.28 (228.35 to 242.42)	768	292.79 (272.80 to 314.25)	3535	223.87 (216.61 to 231.37)	1229 (28.6%)
Exercise machines	27	0.11 (0.08 to 0.16)	17	0.13 (0.08 to 0.21)	10	0.09 (0.05 to 0.17)	8 (28.6%)
Fitness class	42	0.10 (0.07 to 0.14)	8	0.08 (0.04 to 0.16)	34	0.11 (0.08 to 0.15)	6 (14.3%)
Football	876	6.56 (6.14 to 7.01)	839	6.92 (6.47 to 7.40)	37	2.98 (2.16 to 4.11)	174 (19.9%)
Frisbee or ultimate frisbee	*	*		*		*	0
Garden trampolining	81	6.33 (5.09 to 7.87)	51	9.99 (7.59 to 13.14)	36	4.77 (3.44 to 6.61)	6 (7.4%)
Gliding, paragliding or hang gliding	107	190.81 (157.87 to 230.62)	97	**	10	**	53 (49.5%)
Golf	75	1.25 (1.00 to 1.57)	64	1.26 (0.99 to 1.61)	11	1.18 (0.65 to 2.13)	18 (24.0%)
Gym session	81	0.23 (0.18 to 0.29)	40	0.21 (0.15 to 0.29)	41	0.25 (0.18 to 0.34)	20 (24.7%)
Gymnastics excluding trampolining	21	1.15 (0.75 to 1.76)	12	1.73 (0.98 to 3.05)	9	0.79 (0.41 to 1.52)	*
Gymnastics inclusive of all trampolining	273	14.91 (13.24 to 16.79)	179	25.87 (22.34 to 29.95)	94	8.24 (6.73 to 10.09)	18 (6.6%)
Gymnastics inclusive of institutional (i.e., non-home based) trampolining	32	1.75 (1.24 to 2.47)		*		*	
Handball	*	*		*		*	*

Hockey	31	4.61 (3.24 to 6.56)	26	6.47 (4.41 to 9.50)	5	1.71 (0.71 to 4.11)	14 (45.2%)
Ice hockey	5	6.92 (2.88 to 16.63)		*		*	
Ice skating	113	31.74 (26.40 to 38.17)	52	34.93 (26.62 to 45.84)	61	29.32 (22.81 to 37.68)	15 (13.3%)
Judo	9	5.48 (2.85 to 10.53)		*		*	*
Lacrosse	5	4.46 (1.86 to 10.72)	5	**	0	**	*
Martial Arts	31	2.11 (1.48 to 3.00)	31	2.91 (2.05 to 4.14)	0	0	6 (19.4%)
Motor sports	597	532.31 (491.28 to 576.77)	555	506.30 (465.88 to 550.22)	42	**	254 (42.6%)
Netball	14	0.81 (0.48 to 1.37)		*		*	1 (7.1%)
Obstacle course	12	12.02 (6.83 to 21.17)		*		*	*
Parkour or free running	14	2.27 (1.34 to 3.83)		*		*	*
Roller skating, inline skating, rollerblading	59	22.11 (17.13 to 28.54)	30	26.78 (18.72 to 38.30)	29	16.37 (11.38 to 23.56)	*
Rounders	5	1.02 (0.42 to 2.45)		*		*	0
Rowing (inclusive of indoor rowing)	*	*		*		*	*
Rugby	490	25.01 (22.89 to 27.33)	462	28.14 (25.69 to 30.83)	28	8.88 (6.13 to 12.86)	88 (18.0%)
Running	301	0.7 (0.63 to 0.78)	187	0.80 (0.69 to 0.92)	114	0.58 (0.48 to 0.70)	65 (21.6%)
Sailing	15	1.89 (1.14 to 3.14)		*		*	7 (46.7%)
Scuba diving or snorkelling	*	*		*		*	*
Skateboarding	168	41.99 (36.10 to 48.84)	148	48.10 (40.94 to 56.51)	20	19.69 (12.70 to 30.52)	50 (29.8%)
Sledding, luge, tobogganing	28	19.97 (13.79 to 28.92)	13	-	15	14.95 (9.01 to 24.80)	*
Sledding, luge, tobogganing (excluding hill or park-based activities)	19	13.59 (8.67 to 21.31)		**		**	*
Snowsport	339	21.98 (19.76 to 24.45)	221	23.71 (20.78 to 27.05)	14	2.30 (1.36 to 3.88)	95 (28.0%)
Squash	8	0.37 (0.19 to 0.74)		*		*	*
Surfing, board surfing, body boarding, kite surfing	47	5.61 (4.22 to 7.47)		*		*	24 (51.1%)
Swimming	192	0.66 (0.57 to 0.76)	133	1.04 (0.88 to 1.23)	59	0.36 (0.28 to 0.46)	72 (37.5%)
Table Tennis	34	1.28 (0.91 to 1.79)	15	0.80 (0.48 to 1.33)	19	2.41 (1.54 to 3.78)	8 (23.5%)
Taekwondo	*	*		*		*	*
Tai Chi	*	*		*		*	*
Tennis	73	1.42 (1.13 to 1.79)	37	1.19 (0.86 to 1.64)	36	1.77 (1.28 to 2.45)	20 (27.4%)
Ten-pin bowling	5	5.94 (2.47 to 14.27)		*		*	
Track and field athletics	6	0.43 (0.19 to 0.96)		*		*	*

Triathlon	12	8.56 (4.86 to 15.07)		*		*	*
Volleyball	*	*		*		*	0
Walking	49	0.02 (0.02 to 0.03)	32	0.04 (0.03 to 0.06)	17	0.02 (0.01 to 0.03)	23 (46.9%)
Water-skiing	21	22.21 (14.48 to 34.06)	15	**	6	**	9 (42.9%)
Weights session	27	0.19 (0.13 to 0.28)	20	0.23 (0.15 to 0.36)	7	0.12 (0.06 to 0.25)	6 22.2%)
Wrestling	5	2.97 (1.24 to 7.14)		*		*	*