# Table of Contents

Summary 9

Samenvatting 15

Introduction 21

Trends in time-loss injuries during the 2011-2016 South African rugby youth weeks. 35

Exercise-based interventions for injury prevention in tackle collision ball sports: a systematic review 53

Players’ and coaches’ knowledge and awareness of the BokSmart Safe Six injury prevention programme: an ecological cross-sectional questionnaire study 73

Efficacy of the BokSmart Safe Six injury prevention programme on injury risk profiles in healthy adults; a pilot study. 87

Evaluation of the effectiveness and implementation of the Boksmart Safe Six injury prevention program: a study protocol 101

Seasonal time-loss match injury rates and burden in South African under-16 rugby teams 123

Effectiveness of the BokSmart Safe Six exercise programme on injury rates and injury risk profiles of under-16 male rugby players 137