

Perceived Susceptibility to Swimming Injury

What do you believe is the chance that you will sustain an injury this swim season?

- 1 Very low chance
 2
 3
 4
 5 Very high chance

How susceptible do you feel you are to sustaining an injury this swim season?

- 1 Not at all susceptible
 2
 3
 4
 5 Very susceptible

What do you believe is the chance that you will sustain an injury this swim season in terms of percentages?

- 1 Less than 10% chance
 2
 3
 4
 5 100% chance

What do you believe your chances are of sustaining an injury this swim season compared with other swimmers on your team?

- 1 A lot lower
 2
 3
 4
 5 A lot higher

How much can you do to reduce your risk of sustaining an injury this swim season?

- 1 I can do nothing to reduce my risk
 2
 3
 4
 5 I can completely eliminate my risk