

APPENDIX A
*****SUPPLEMENTAL ONLINE MATERIAL*****

Interview Guide

- A. Thank you for giving up the time needed to help with this study.
- B. Why you were selected (Participant credentials / point of view):
- Member vs instructor vs owner
 - Gender
 - Competitor vs non-competitor
 - Age
 - Participation duration (new to it, done long time)
 - Identified as mentally tough in this context
 - Improved
 - Identified as impressive in regards to non-performance-based characteristics
 - High performance
 - Quit program
 - Injury experience
 - Observed using poor form or non-compliance with injury prevention recommendations
 - Other:
- C. Review informed consent form
- D. Demographics:
- Gender:
 - Role: Member (Past, Current), Trainer, Owner, Medical Staff
 - Email address / Phone #:
 - Age:
 - How long participated / When did you start CrossFit®:
 - How often do you participate in CrossFit®?
 - How long (time / miles) does it take you to get to CrossFit® gym?
- E. Questions:
- 1. Please tell me your personal history in regards to sport and exercise, and how you came to be involved in CrossFit®.**
- [POSITIVE DISTINCTIVENESS]
- You could do other exercise programs. What made you choose CF instead of other types of physical training?
 - What made you want to try CrossFit®?
 - How did you hear of it?
 - What reactions did others give about your decision to start CrossFit®?

2. What do you like about CrossFit®, and what do you dislike about CrossFit®?

[POSITIVE DISTINCTIVENESS]

- How is that different from what you like/dislike about other exercise activity you've been involved in?
- What has made you continue being involved in CrossFit® (What made you decide to quit?)
How is that different from people who try CrossFit® but decide to quit?
- When deciding whether to quit or keep going, what moments, if any, were key, leading up to that decision? What happened and what were your thoughts?
- Based on ____, CrossFit® seems to be important to you. If it is, what makes being a CrossFit®ter important to you? [If being a CrossFit®ter is not important to you, we can discuss reasons for participation despite its unimportance.]
- In other programs you could get the same benefits like fitness. What specifically about CrossFit® makes you use it for exercise rather than other exercise programs?

3. How would you describe CrossFit®ters to someone who is not involved in CrossFit®?

[IN-GROUP HOMOGENEITY]

- What, if anything, do you have in common with other CrossFit®ters?
- How is that different from what you have in common generally with people in other exercise programs or people who stay in shape in general?
- How is that different from CrossFit®ters at the other gyms in *city name*?

4. What, if any, criticisms have you heard about CrossFit®ters?

[SOCIAL THREATS]

- If none: Examples of criticisms I've seen in articles I've read about CrossFit® imply that it's a cult, or that it's dangerous.
- How do you respond to those criticisms?
- Despite them, what makes you remain committed to being a CrossFit®ter?

5. Who at your CrossFit® gym impresses you most? Please describe that person.

[PROTOTYPICAL GROUP MEMBERS; SOURCES OF IN-GROUP STATUS]

- What about them impresses you? What do they do that impresses you?
- If you want to be perceived favorably by other CrossFit®ters, what do you need to do during a WOD? Please describe something you can actually do, not an ideal.
- What makes you think this is what is needed to be perceived favorably?
- If numerous cited: What is the one thing you could do to gain the most approval?
- If you want to be perceived favorably by the *CrossFit® trainers*, what do you need to do during a WOD?
- How does whether or not you can meet the prescribed weights in the WODs figure into this?
- How does whether or not you participate in competitions figure into this?

6. Imagine that CrossFit® shirts had to be earned. You couldn't just buy one. You couldn't just be a member of CrossFit® gym. What do you think would be the criteria to be allowed to own and wear the shirt?

[SOURCES OF IN-GROUP STATUS]

- What's something you have to *do* to earn it?
- I'm wondering if you have ever been praised in regard to a WOD. If so, what are things you've been praised for about what you did during a WOD? By a trainer? By other CrossFit®ers? By non-CrossFit®ers? Are these actions worthy of a shirt? Why or why not?

7. How does pain figure into CrossFit® participation?

[PAIN REPORTS]

- If you have any personal experiences, please describe them, and also feel free to describe your observations of others' experiences with pain.
- When you started CrossFit®, if you experienced pain, what was the pain you experienced like, and how did you cope with it?
- In regards to pain during CrossFit® workouts, how did you decide whether to stop or keep going?
- When you're doing an AMRAP that you've done before, you know what your past number of repetitions was. So imagine the situation where you are now at the number you got last time. If you get one more repetition, you'll beat your max. Assuming you have to strain to get one more repetition: how do you know whether to keep trying or to stop?
- When you're doing a WOD, at what point, if any, do you take a rest break?
- There is pain and fatigue that comes with hard exercise, but there's the pain that may indicate the onset of injury. How do you distinguish between the two in relation to your CrossFit® participation?
- If you stopped in a WOD due to pain, how do you think your trainer and classmates perceived you?
- When observing, I often hear CrossFit® members talking about how sore they are. It almost sounds like they're proud of that. What is your take on this?
- Two CrossFit®ers do a WOD. Immediately afterwards, one is lying on the ground, breathing heavily, apparently unable to move. The other remains standing, walks around to other people, talking and joking. How do you explain the difference?

8. What is your take on the occurrence of injury in relation to CrossFit®?

[INJURY]

- If you've had any experiences with injury related to CrossFit® participation, please describe those experiences. You can also discuss examples you've heard of others' injury experiences with CrossFit®.
- What is the longest amount of time you've missed CrossFit® workouts because of pain or injury? In general, how much have you missed because of pain or injury?
- What, if anything, do you think is done in the CrossFit® environment to prevent injury?
- What have been your observations regarding form? How do you explain the use of poor form? How do you think other members and the trainers should respond when they see poor form?

- Imagine today's WOD is an AMRAP. The person you're counting reps for does 20. The last two were very poor form. Should 18 be recorded on their daily results, or should 20? What is your reason for the number you select?
- If you have expressed concern about injury to other CrossFit® class members, how did they respond? If you haven't expressed concern about injury to other CrossFit® class members, how do you think they would respond if you did?
- If you have gone to CrossFit® trainers expressing concern about injury, how did they respond? If you haven't expressed concern about injury to CrossFit® trainers expressing concern about injury, how do you think they would respond if you did? What would they say/do? How would they treat you afterwards?
- Some CrossFit® athletes who have experienced chronic or overuse injury might think it was their own fault. Some might think CrossFit®—whether the trainers, or atmosphere, or gym—didn't do enough to prevent or help with injury. What are your thoughts on this?

G. Thinking over everything we've talked about, are there any questions you want to ask? Are there any comments you want to make about anything we've discussed? If you think of anything after we leave, you're welcome to call or email with any more thoughts you have that you think would help with this study.

H. Who do you think I should talk to to learn more about the topics we covered today?

I. Next: I'll transcribe the interview and email the transcript to you. You can look it over and tell me if you agree with your statements or wish to add anything or clarify what you said.

J. As study progresses, I may develop more questions. Would you be willing to participate in another interview if needed?

K. I cannot limit or restrict you in any way. I request that you not discuss the content of this interview in depth with other CrossFit® members until after the interview portion of this study is over. This way, other members can be interviewed without being biased by what they hear from you. If you provided your email address, I will email you to let you know when the interview portion is over so you'd know you're free to discuss this interview with others without affecting the study.

L. Thank you for helping with this study.