Dear Athlete,

FINA would like to learn more about injuries or physical complaints such as pain, ache, stiffness, swelling, instability/giving way, locking or other symptoms, you had in the 4 weeks prior to this championship, regardless of whether or not they have had major consequences for your participation in normal training and/or competition. Please answer the following questions. The results will help to improve the care for aquatic athlete and to prevent injury.

1. Did you have any injury/physical complaints in the 4 weeks prior to this championship?
   - no (you do not need to answer further questions)
   - yes, full participation, but with injury/physical complaints
   - yes, reduced participation due to injury/physical complaints
   - yes, Cannot participate due to injury/physical complaints

   If you had several injuries/physical complaints, please begin with your worst problem, and describe the other problems separately on extra forms.

2. Please tick the location of injury/physical complaint referred to above
   - Head/face
   - Neck
   - Shoulder (including clavicle)
   - Upper arm
   - Elbow
   - Forearm
   - Wrist
   - Hand/fingers
   - Chest/ribs
   - Abdomen
   - Thoracic spine
   - Lumbar spine
   - Pelvis and buttock
   - Hip and groin
   - Thigh
   - Knee
   - Lower leg
   - Ankle
   - Foot/toes
   - Other (Specify ___________)

3. How did this injury/physical complaint first occur?
   - Due to a clearly identifiable injury event, e.g. a collision or a fall
   - Suddenly while performing normal training or competition (no obvious trauma)
   - Gradual onset, no single event
   - Other, not related to training or competing in aquatics

4. For how long have you been suffering from this injury/complaint?
   - ___ years
   - ___ months ___ weeks
5. In the 4 weeks prior to this championship, …

<table>
<thead>
<tr>
<th>Question</th>
<th>Options</th>
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| …how much did you reduce your training volume due to this injury/physical complaint? | ☐ ☐ ☐ ☐ ☐  
not at all minor moderate major no training |
| …how much did you modify the content / intensity of training due to this injury/physical complaint? | ☐ ☐ ☐ ☐ ☐  
not at all minor moderate major no training |
| …how much did this injury/physical complaint affect your performance during training or competition? | ☐ ☐ ☐ ☐ ☐  
not at all minor moderate major no participation |
| …how severe was this complaint during training or competition? | ☐ ☐ ☐ ☐ ☐  
none minor moderate major no participation |
| …on how many days was your performance affected by this injury /complaint? | ______ days in the past 4 weeks |

6. At the start of your competition at this championship …

<table>
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<th>Question</th>
<th>Options</th>
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| …how severe was this complaint during training or competition? | ☐ ☐ ☐ ☐ ☐  
none minor moderate major no participation |
| …how much was your performance affected due to this injury/physical complaint? | ☐ ☐ ☐ ☐ ☐  
not at all minor moderate major no participation |

Please ask the FINA researcher for additional forms, if needed, and return the filled in forms to the FINA research assistant or in the research drop box in the medical stations.

Thank you very much for your participation in this survey!