

*Supplementary Table 1 OSTRC Questionnaire on health problems 2***Question 1 -Participation**

Have you had any difficulties participating in normal training and competition due to injury, illness or other health problems during the past week?

1. Full participation without health problems
2. Full participation, but with injury/illness
3. Reduced participation due to injury/illness
4. Cannot participate due to injury/illness

Question 2 - Training volume

To what extent have you reduced your training volume due to injury, illness or other health problems during the past week?

1. No reduction
2. To a minor extent
3. To a moderate extent
4. To a major extent
5. Cannot participate at all

Question 3- Performance

To what extent has injury, illness or other health problems affected your performance during the past week?

1. No reduction
2. To a minor extent
3. To a moderate extent
4. To a major extent
5. Cannot participate at all

Question 4 - Symptoms

To what extent have you experienced symptoms/health complaints during the past week?

1. No symptoms/health complaints
2. To a mild extent
3. To a moderate extent
4. To a severe extent