# 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