

1 **Increased number of symptoms during the acute phase of SARS-CoV-2 infection in**
2 **athletes is associated with prolonged time to return to full sports performance—**

3 **AWARE VIII**

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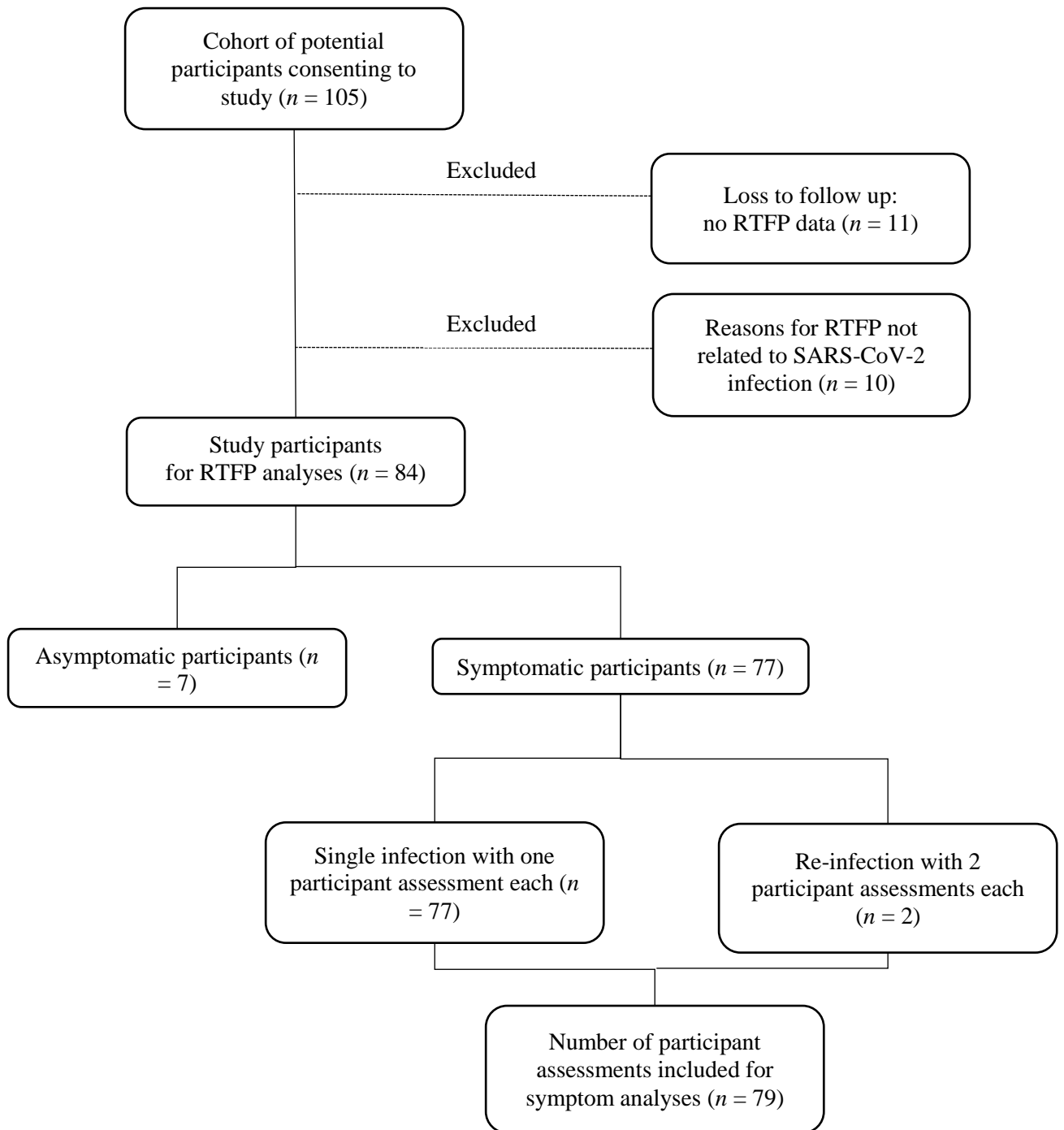
Supplementary materials

Supplementary figures

Supplementary Fig. 1: Study participants and number of participant assessments.
Supplementary Fig. 2: Duration days from onset of symptoms or positive test to RTT and RTFP.

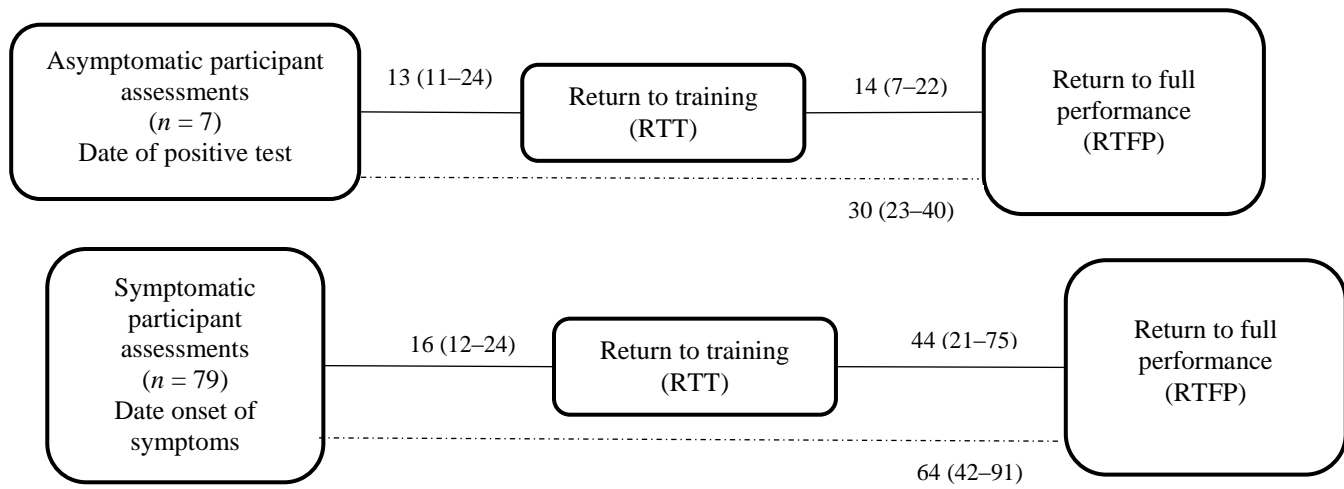
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Supplementary Table 1: Demographics, sport participation, history of co-morbidities, and pre-infection training of all study participants ($n = 84$) and symptomatic participants ($n = 77$).
Supplementary Table 2: The number (%), duration (days), and severity (mild or moderate/severe) of specific symptoms and symptoms by anatomical region in all symptomatic assessments ($n = 79$).
Supplementary Table 3: The HRs (95%CI) for RTFP and the presence of symptoms during the acute phase of infection by anatomical region and specific symptoms ($n = 79$) (univariate model).



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 41 **Supplementary Fig. 1: Study participants and number of participant assessments.** RTFP = return to
 42 full performance.
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47 **Supplementary Fig. 2. Duration days from onset of symptoms or positive test to RTT and RTFP.**

48 RTFP = return to full performance; RTT = return to training.

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51 **Supplementary Table 1: Demographics, sport participation, history of co-morbidities, and pre-**
 52 **infection training of all study participants (n = 84) and symptomatic participants (n = 77)**

Variable	All participants (n = 84)	Symptomatic participants (n = 77) ^β
Demographics		
Age (mean, SD)	24.5 (6.9)	24.8 (7.1)
Male sex (n, %)	53 (63.1)	47 (61.0)
BMI (kg/m ²)	24.4 (3.9)	23.9 (3.8)
Sport participation		
<i>Level of sport participation</i>		
Professional sports (n, %)	42 (50.0)	39 (50.6)
Amateurs (n, %)	42 (50.0)	38 (49.4)
<i>Type of sport^a</i>		
Endurance (n, %)	38 (45.8)	38 (50.0)
Mixed (including skills n = 1 and power n = 1) (n, %)	45 (54.2)	38 (50.0)
History of co-morbidities		
Number of co-morbidities per participant (mean, SD)	0.8 (1.0)	0.8 (1.0)
Any co-morbidity (yes) (n, %)	44 (52.4)	39 (50.7)
Respiratory	25 (29.8)	23 (29.9)
Asthma	17 (20.2)	15 (19.5)
Hay fever	13 (15.5)	12 (15.6)
Cardiovascular disease	8 (9.5)	7 (9.1)
Gastrointestinal	9 (10.7)	8 (10.4)
Nervous system	10 (11.9)	8 (10.4)
Allergies (yes) (n, %)	23 (27.4)	23 (29.9)
	All participant assessments (n = 86)	Symptomatic participant assessments (n = 79)
Pre-infection training history #		
Training 7 days prior to onset of symptoms (h/week) (mean, SD)	9.1 (6.8)	9.2 (6.8)
Weekly training 2–5 weeks prior to onset of symptoms (h/week) (mean, SD)	12.99 (8.6)	12.9 (8.7)
Days to RTT (mean, SD)	19 (12.4)	19.5 (12.8)

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54 ^β Symptomatic participants (without duplications of re-infection)

55 [#] Data on 2 symptomatic participants with re-infection are included

56 Missing data on participants: a = 1.

57 Abbreviations: BMI = body mass index; RTT = return to training.

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59 **Supplementary Table 2: The number (%), duration (days), and severity (mild or moderate/severe) of**
60 **specific symptoms and symptoms by anatomical region in all symptomatic assessments (n = 79)**

Symptoms (type)	Number		Duration Median (days) (IQR)	Severity #			
	<i>n</i>	%		Mild		Moderate/severe	
	<i>n</i>	%		<i>n</i>	%	<i>n</i>	%
Nose and throat	79	100					
Sore/scratchy throat	47	59.5	4 (4;5)	28	35.4	19	24.1
Hoarseness	13	16.5	4 (2;7)	3	4.2	2	2.8
Blocked/plugged nose	52	65.8	6 (5;7)	29	36.7	23	29.1
Runny nose	21	26.6	5 (4;10)	11	13.9	10	12.7
Sinus pressure	39	49.4	5 (4;8)	12	15.2	27	34.2
Sneezing	10	12.7	4 (3;6)	7	8.9	3	3.8
Altered/loss sense of smell	45	57.0	8 (6;10)	9	11.4	36	45.6
Altered/loss sense of taste	40	50.6	7 (6;9)	8	10.1	32	40.5
Chest and neck	68	86.1					
Dry cough	28	35.4	8 (4;9)	16	20.3	12	15.2
Wet cough	33	41.8	5 (5;8)	14	17.7	19	24.1
Difficulty breathing	18	22.8	5 (3;8)	11	13.9	7	8.9
Fast breathing/ shortness of breath	18	22.8	5 (3;7)	8	10.1	10	12.7
Chest pain	21	26.6	4 (2;6)	6	7.6	15	19.0
Chest tightness	14	17.7	6.5 (2;10)	8	10.1	6	7.6
Headache	47	59.5	4 (3;5)	13	16.5	34	43.0
Red/watery, scratchy/eyes	14	17.7	5 (4;9)	7	8.9	7	8.9
Whole body	63	79.7					
Fever	26	32.9	2.5 (2;3)	5	6.3	21	26.6
Chills	24	30.4	3 (2;3)	5	6.3	19	24.1
Excessive fatigue	49	62.0	7 (5;9)	7	8.9	42	53.2
Muscle aches/pains	41	51.9	4 (3;5)	16	20.3	25	31.7
Skin rash	1	1.3	-	-	-	-	-
Abdominal pain	8	10.1	4 (2;4)	4	5.1	4	5.1
Nausea	11	13.9	3 (2;5)	7	8.9	4	5.1
Vomiting	1	1.3	-	-	-	-	-
Diarrhea	6	7.6	3 (1;10)	2	2.5	4	5.1
Loss of appetite	22	27.9	4.5 (3;6)	8	10.1	14	17.7

61 # Those who did not report the symptom had a severity of 0, and the rest added up to 100.

62 - Numbers too few to do calculation.

63 Abbreviations: IQR = interquartile range.

64 **Supplementary Table 3: The HR (95%CI) for RTFP and the presence of symptoms during the acute**
65 **phase of infection by anatomical region and specific symptoms ($n = 79$) (univariate model).**

Anatomical region	Symptom	<i>n</i>	HR (95%CI) #	Chi-Square	<i>p</i> -value
Nose and throat	Any nose and throat	79	^	^	^
	Sore/scratchy throat	47	0.73 (0.45–1.18)	1.67	0.196
	Hoarseness	13	0.83 (0.52–1.33)	0.61	0.434
	Blocked/plugged nose	52	0.70 (0.43–1.13)	2.19	0.139
	Runny nose	21	0.70 (0.43–1.14)	2.07	0.150
	Sinus pressure	39	0.93 (0.59–1.46)	0.100	0.752
	Sneezing	10	-	-	-
	Altered/loss sense of smell	45	0.63 (0.38–1.02)	3.57	0.059
Chest and neck	Any chest and neck	68	0.35 (0.19–0.63)	11.95	0.0005
	Dry cough	28	0.76 (0.47–1.21)	1.35	0.246
	Wet cough	33	0.82 (0.52–1.29)	0.72	0.395
	Difficulty breathing	18	0.70 (0.46–1.07)	2.68	0.102
	Fast breathing/shortness of breath	18	0.65 (0.42–1.0)	3.78	0.052
	Chest pain/pressure	21	0.53 (0.33–0.84)	7.44	0.006
	Chest tightness	14	0.56 (0.31–0.95)	4.60	0.032
	Headache	47	0.54 (0.34–0.87)	6.62	0.010
Whole body	Red/watery/scratchy eyes	14	0.68 (0.43–1.06)	2.93	0.087
	Any whole body	63	0.40 (0.21–0.75)	8.18	0.004
	Fever	26	0.55 (0.35–0.88)	6.14	0.013
	Chills	24	0.55 (0.34–0.90)	5.67	0.017
	Excessive fatigue	49	0.32 (0.19–0.53)	20.00	<0.0001
	General muscle aches and pains	41	0.57 (0.37–0.89)	6.11	0.014
	Skin rash	1	-	-	-
	Abdominal pain	8	-	-	-
	Nausea	11	0.54 (0.31–0.94)	4.73	0.030
	Vomiting	1	-	-	-
	Diarrhea	6	-	-	-
Loss of appetite	22	0.49 (0.30–0.81)	7.63	0.006	

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67 # HR is the ratio of the hazard of RTFP for an individual with the symptom compared to the hazard of
68 RTFP for an individual without the symptom. An HR < 1 indicates a higher chance for prolonged RTFP
69 after the onset of infection for an individual with the symptom compared to an individual without the
70 symptom.

71 ^ All participants had at least 1 “nose and throat” symptom.

72 - Numbers too few to calculate Hazard Ratio.

73 Abbreviations: 95%CI = 95% confidence interval; HR = hazard ratio; RTFP = return to full performance.