

**Supplementary Table 3: Diagnostic categories of illness-related medical encounters by main organ system and more common specific types / diagnosis of medical encounters (modified from OSCIS 10.1)**

Main organ system	Illness type / diagnosis	
Multiple organ systems	Heat Illness	
	Hypothermia	
	Hyperthermia / exertional heat stroke	
	Sunburn	
	Rhabdomyolysis	
	Fluid and electrolyte disorders	
	Dehydration (mild: <5% body weight loss)	
	(moderate: >5% to <7 % body weight loss)	
	(severe: >7% body weight loss)	
	Hyponatraemia	
	Acid-base disorders	
	Other electrolyte disorders	
	Infection	
Systemic Infection (excluding pathogens localised to one area)		
Cardiovascular system	Exercise Associated Postural Hypotension (EAPH)	
	Syncope (non-specific)	
	Chest pain (non-specific)	
	Ischaemic heart disease	
	Acute coronary syndrome (myocardial infarction, angina)	
	Stable angina	
	Cardiac arrest	
	Sudden cardiac death	
	Cardiac arrest (successfully resuscitated)	
	Conduction abnormality including arrhythmias	
	Supraventricular tachycardia	
	Ventricular tachycardia	
	Frequent ventricular extra-systoles	
	Other significant arrhythmia	
	Other abnormality on ECG (including non-specific)	
	Congestive heart failure	
	Hypertrophic cardiomyopathy and other cardiomyopathies	
	Other congenital/inherited cardiovascular disease	
	Murmurs/ Valvular disease	
	Acute myocarditis (viral)	
	Acute pericarditis	
	Venous disease	
	Deep venous thrombosis	
	Other venous disease including calf / ankle oedema, cause unknown	
	Peripheral vascular disease	
	Other cardiovascular disease	
	Respiratory disease and ENT (ear, nose / throat) systems	Respiratory tract infection (bacterial or viral)
		Other upper respiratory tract infection
		Other lower respiratory tract infection
		Asthma and/or allergy
Allergy - rhinitis/ sinusitis/ hay fever (for urticaria see MDUX)		
Asthma - allergic		
Asthma - exercise induced only		
Pneumothorax		
Acute pulmonary embolus		
Vocal cord dysfunction		
Other respiratory illness not otherwise specified		
Central nervous system (CNS)		Exercise Associated Muscle Cramps (EAMC)
		Mild EAMC (localised, no altered mental status, no systemic symptoms)
	Severe EAMC (generalized, altered mental status or with systemic symptoms)	
	Dizziness/nausea (non-specific)	
	Coma (cause unknown)	
	Confusion (non-specific)	
	Stroke / Cerebrovascular Accident (CVA)	
Epilepsy		

	Headaches
	Exercise related headache
	Migraine
	Cluster headaches
	Headache not otherwise specified
	Other neurological problem
	Generalised tight muscles/ spasticity
Rheumatological system	
	Joint pain (non-specific)
	Joint infection - septic arthritis (excluding complications of surgery or perforating lacerations)
	Infection of bone - osteomyelitis
	Osteoarthritis (OA) - generalised (not isolated to one joint)
	Gout
	Pseudogout
	Seronegative arthritis
	Rheumatoid arthritis
	Fibromyalgia/ multiple sore muscle areas
	Rheumatological disease other/ undiagnosed
Gastrointestinal system	
	Nausea / vomiting (non-specific)
	Abdominal pain (non-specific)
	Gastrointestinal infection
	Gastroenteritis (including food poisoning)
	Other gastrointestinal infection
	Gastritis
	Exercise associated gastritis/ reflux
	Non-steroidal anti-inflammatory drug (NSAID) associated gastritis/ peptic ulceration
	Gastritis/ peptic ulceration - non exercise/ NSAID related
	Diarrhoea
	Runner's diarrhoea
	Gastrointestinal bleeding (upper gastrointestinal tract) including hematemesis
	Gastrointestinal bleeding (lower gastrointestinal tract) including melena
	Surgical bowel problem (acute bowel)
	Other gastrointestinal illness
Genitourinary system (excluding infections)	
	Genitourinary infection
	Cystitis
	Other genitourinary infection
	Acute kidney injury
	Acute renal failure
	Other urinary illness
	Haematuria
	Pregnancy
Haematological system and Nutritional Deficiencies	
	Anaemia
	Sickle-cell trait
Endocrine / Metabolic system	
	Thyroid disorder
	Hypothyroid
	Hyperthyroid
	Hypoglycaemia (non-specific)
	Diabetes mellitus
	Type I (insulin dependent)
	Type II (non-insulin dependent)
	Other endocrine disorder
Dermatological system (excluding infections, skin lesions/ tumours and sunburn MVHX)	
	Sunburn
	Skin Infection/ Cellulitis/ Abscess/ Infected Bursa
	Skin chafing / blister
	Abrasion
	Laceration
	Urticaria
	Dermatitis
	Other rash not otherwise mentioned or undiagnosed
Ophthalmological system (excluding trauma)	
Dental illness	
Psychological / psychiatric illness	
	Anxiety/ panic disorder, including hyperventilation

	Other psychological/ psychiatric disorder not otherwise specified
Tumours / malignancies	
Drug use/ Overdose/ Poisoning	
Medical Illness (Other or undiagnosed)	
	Tired athlete (non-specific)
	Other medical illness