

## **Appendix 2. Topics to be discussed**

### **Injury definition**

The IOC defines an athletic health problem as any condition that affects an athlete's normal state of full health, irrespective of its consequences on the athlete's sports participation or performance, or whether the athlete sought medical attention.

Proposal: to follow this IOC definition for cycling-related injury and illness episodes and record all complaints raised by the cyclist, irrespective of the need for medical attention or time loss of training and competition.

### **Mode of onset**

The IOC consensus statement recommends implementing methods that capture relevant subtleties of injury onset, rather than using sudden and gradual onset only.

Proposal: a more sophisticated classification that includes four primary categories, combining the mechanism (acute or repetitive) and the mode of onset (sudden or gradual) (Table 2).

### **Subsequent health problems, recurrent health problems, and exacerbation of health problems**

IOC consensus statement:

Subsequent injuries to the same location and tissue as the index injury are recurrences if the index injury was healed/fully recovered; they are exacerbations if the index injury was not fully healed/recovered.

Injuries are defined as subsequent new injuries if they i) affect the same site but other tissues or ii) affect other sites.

Subsequent illnesses to the same system and types of the index illness are recurrences if the individual has fully recovered from the index illness, and exacerbations if the individual has not yet recovered from the index illness.

Illnesses are defined as subsequent new illnesses if they i) affect the same system but other diagnosis or ii) affect other systems.

Proposal: to follow the terminology of the IOC Consensus Statement for subsequent and recurrent health problems and exacerbation of health problems:

### **Classifying sports injury and illness diagnoses**

IOC consensus statement: see Table 5 on page 378 and Table 9 on page 380 of the IOC consensus statement.

Proposal: to follow the categories of tissue and pathology types for injuries and illnesses as recommended by the IOC consensus statement.

#### **Severity of health problems: time-loss**

IOC consensus statement: The number of days that the athlete is unavailable for training and competition, from the date of onset until the athlete is fully available for training and competition.

Proposal: to follow the terminology of the IOC Consensus Statement on the severity of health problems

#### **Capturing and reporting athlete exposure**

Proposal: to record and report injuries and illnesses specific to each discipline

#### **Expressing risk**

Proposal: to calculate incidence separately for training and competition and to express risk as injuries per 1000 h of either cycling training or competition.

#### **Injury and illness report forms**

Proposal: To include cycling-specific forms

#### **Cycling event groups**

Proposal: to use the categories presented in Table 1.