

## **Supplement 1**

### **Definition of illness**

The definition of an illness being reported was in accordance with the International Olympic Committee (IOC) consensus statement regarding injury and illness reporting in sport. An illness was defined as ‘a complaint or disorder experienced by an athlete, not related to injury. Illnesses include health-related problems in physical (e.g. flu), psychological (e.g. depression) or social well-being or removal or loss of vital elements (air, water, warmth).’ A new (index) illness was defined as ‘never been reported on the system before’, whilst subsequent illnesses occurred after an index illness in 1) ‘a different physiological system’, 2) ‘the same physiological system but different type/diagnosis’, or 3) ‘the same system, and the same type/diagnosis’.<sup>1,2</sup>