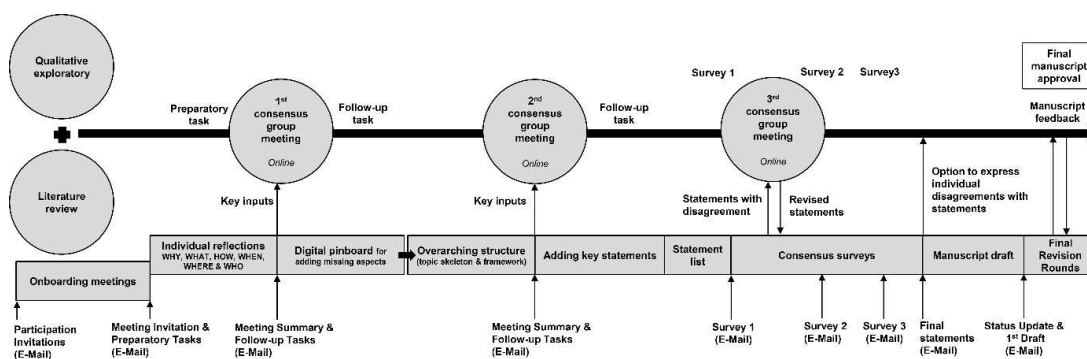


FIS Consensus Warm-up & Cool-down – Detailed Consensus Process Description

The detailed consensus process is outlined in the following figure.



The panel was formed through several virtual onboarding sessions following an initial e-mail inviting potential members to participate in the consensus process. Before the first consensus meeting, all panelists were offered a collection of selected scientific articles on a digital repository (as described above), and the key findings of a qualitative interview study to describe WUP practices in high-performance snow sports from a stakeholder perspective were presented.⁹ Following a preparatory task in which the panelists were asked to think individually about the WHY, WHAT, HOW, WHEN, WHERE and WHO of WUP&CD in snow sports, the first consensus meeting served to discuss the topics and questions to be answered in the current consensus initiative. In addition, the panelists could add any important points that were not mentioned during the meeting as part of a follow-up task on a digital pinboard. On the basis of this information, JSP and EV developed an overarching structure of topics and questions, presented it to the panel at a second meeting, and then discussed and refined it together with the entire panel.

As part of a follow-up task, all panelists were then asked to provide key input on all topics and questions of the overarching structure in the form of short and concise 1-sentence statements. OBM derived further statements based on the current literature,⁸ and LB based on qualitative interview study results.⁹ Finally, based on these key inputs from the panelists and the additional statements by OBM and LB,

JSP and EV then created a list of merged statements, which all panelists voted on in a total of three rounds of online survey with seven choices [I do not know; strongly disagree; disagree; undecided; slightly agree; agree; strongly agree]. The online surveys were programmed and managed using the *REDCap*[®] electronic data capture tool. *MS Excel* software was used for the online survey evaluation.

After each survey round, the vote was analysed quantitatively, and all statements were categorised as *agreement* (no 'disagree'), *dissent* ($\geq 80\%$ agree, but some 'disagree') or *disagreement* ($< 80\%$ 'agree'). All statements with disagreements were revised and re-voted on until an agreement or at least a dissent vote was reached. In addition, all panelists could suggest alternative formulations in the event of linguistic ambiguity, grammatical or spelling errors or statements merging during the voting process. A third consensus meeting took place between the first and second rounds of surveys to discuss alternative formulations of some statements in detail and clarify any disagreements.

After three rounds of voting, a final list of statements was established, which, together with the previously developed overarching structure, formed the basis for the first manuscript version drafted by JSP and critically revised by LB, OBM, CB and EV. In the two subsequent rounds of final manuscript revision, all panelists provided written feedback until everyone approved the version of the manuscript to be submitted.