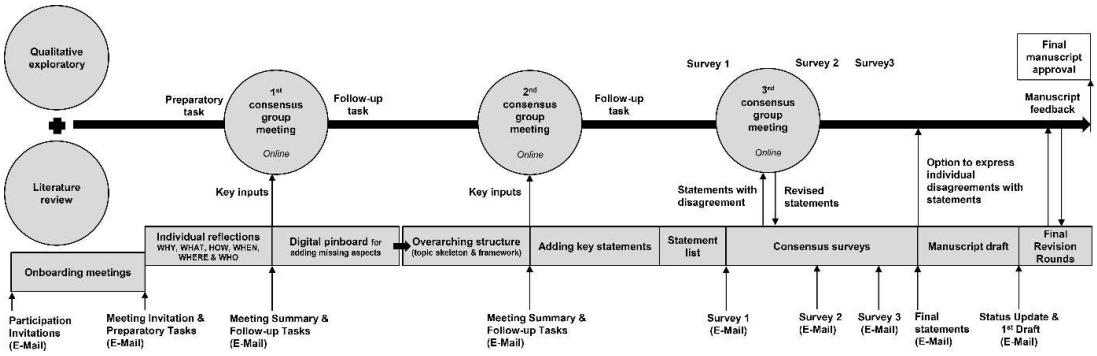
Supplemental Material File A –
Detailed Consensus Process Description

The detailed consensus process is outlined in the following figure. The process was based on three online consensus group meetings, while all other steps were administered via e-mail communication and digital platforms. The process began in July 2022. The three consensus meetings took place in September 2022, January 2023, and May 2023. The final statement list was completed in May 2024, and the final manuscript was submitted in March 2025.



Step 1: Panellist onboarding and baseline information

Panel formation was done via initial invitation e-mails and virtual onboarding sessions. As common ground to start the consensus process, the aforementioned literature respiratory was shared with all panellists.

Step 2: Definition of the scope of the consensus statement (1st consensus group meeting, incl. preparatory and follow-up tasks)

The most important results of a qualitative interview study on the perceptions of expert stakeholders, as well as on the current practices of T&T in competitive skiers and snowboarders, were presented at the first panel meeting.[1] Furthermore, as part of a preparatory task, all panellists were asked to individually reflect on the WHY, WHAT, HOW, WHEN, WHERE and WHO of T&T in snow sports. Based on this, the panel then jointly discussed the topics and questions planned to be answered in the consensus

statement, with the opportunity to individually add any further ideas they had in mind on a digital pinboard as part of a follow-up task after the first meeting.

Step 3: Elaboration of the key structure and content of the consensus statement (2nd consensus group meeting, incl. follow-up task)

In advance of a second meeting and based on the diverse inputs of the panel members by then, an overarching structure of topics and questions was elaborated by JSP and EV. During the second meeting, the panel then jointly discussed and refined this structure and topics until all panel members agreed. As part of a follow-up task after the second meeting, all panellists then individually provided their key inputs to the predefined topics and questions in the form of short and concise 1-sentence statements. In addition, further statements were derived by OBM based on the available literature and from his preceding qualitative interview study on the topic.[1]

Step 4: Consensus statement voting (3rd consensus group meeting, incl. online surveys)

This procedure then resulted in a list of merged statements, on which all panellists individually and anonymously voted online via the *REDCap®* electronic data capture tool. For each statement, seven different answer options were used [I do not know; strongly disagree; disagree; undecided; slightly agree; agree; strongly agree]. The corresponding votes were quantitatively analysed in *MS Excel* software, and the voting results were categorised as *agreement* (no 'disagree'), *dissent* (≥ 80% agree, but some 'disagree') or *disagreement* (< 80% 'agree').

All statements that were subject to disagreement were reworded and put to the individual vote again until agreement or at least a dissent vote was reached. For this purpose, panel members were given the option to provide free-text comments on their decisions, which would inform the rewording of subsequent survey rounds. If any revisions only involved the correction of grammatical errors or typos, the statements were not put to vote again. As part of the statement revision process, options included (i) merging multiple statements into one or (ii) splitting existing statements into two independent statements. Any remaining disagreements were jointly resolved in a final meeting with the panel.

After three rounds of voting and three panel meetings, the key outcome was a list of 234 statements. Panel consensus was defined as statements that received at least a *dissent* categorisation (≥ 80% agree, but some 'disagree') based on the voting results. In this case, corresponding statements were further

considered for manuscript writing. Those panel members who disagreed were allowed to express their individual disagreement, along with their reasoning, in the final statement list. However, none of the panel members made use of this option.

Step 5: Manuscript writing and revision

Together with the overarching structure developed by the panel as part of the consensus process described above, this statement list served as the basis for manuscript writing. After an initial manuscript draft by JSP, which was critically revised by OBM, VG, CB and EV, the final manuscript was written with two iterative feedback and revision rounds of all panellists.

References

1. Bonell Monsonis O, Balsiger P, Verhagen E, et al. "Health is Just the Basic Requirement for Optimal Performance and Winning": Stakeholders' Perceptions on Testing and Training in Competitive Alpine Skiing, Snowboarding and Freestyle Skiing. Sports Med 2025;55(1):221-39. doi: 10.1007/s40279-024-02106-0 [published Online First: 2024/09/14]