

Supplemental file 3

Hydration plans and strategy development in Tokyo

Article title

Heat preparedness and exertional heat illness in Paralympic athletes: A Tokyo 2020 survey

Authors

Puck Alkemade¹, Hein A. M. Daanen¹, Thomas W. J. Janssen¹, Elizabeth Broad², Victoria L. Goosey-Tolfrey³, Tatsuru Ibusuki⁴, Hiske Kneepkens⁵, Julien D. Périard⁶, Thijs M. H. Eijsvogels⁷

Corresponding author

Puck Alkemade, puckalkemade@gmail.com

Author affiliations

¹Faculty of Behavioural and Movement Sciences, Vrije Universiteit Amsterdam, Amsterdam Movement Sciences, Amsterdam, The Netherlands.

²Freelance Sports Dietitian, Huskisson, Australia.

³Peter Harrison Centre for Disability Sport, School of Sport, Exercise and Health Sciences, Loughborough University, Loughborough, Leicestershire LE11 3TU, UK.

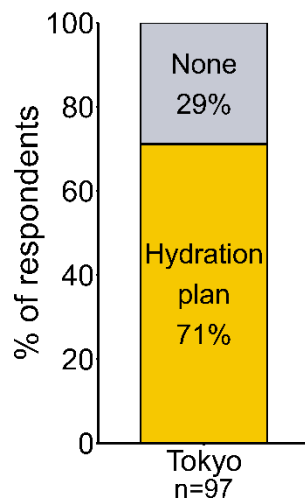
⁴Department of Rehabilitation Medicine, Akeno Central Hospital, Oita, Japan.

⁵Sport Medisch Centrum Papendal, NOC*NSF, Arnhem, The Netherlands.

⁶University of Canberra Research Institute for Sport and Exercise, Bruce, Australia.

⁷Radboud Institute for Health Sciences, Department of Physiology, Radboud University Medical Center, Nijmegen, The Netherlands.

A. Hydration plan use



B. Fluids in hydration plan

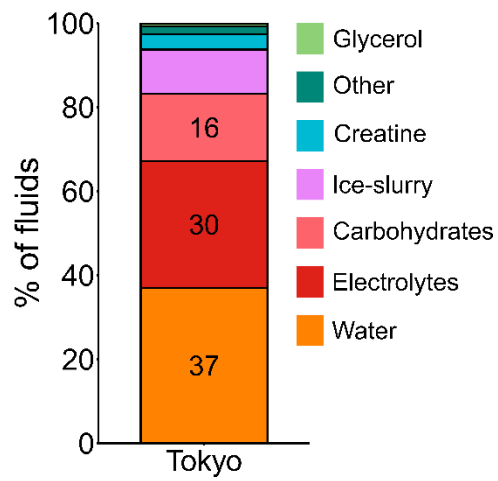
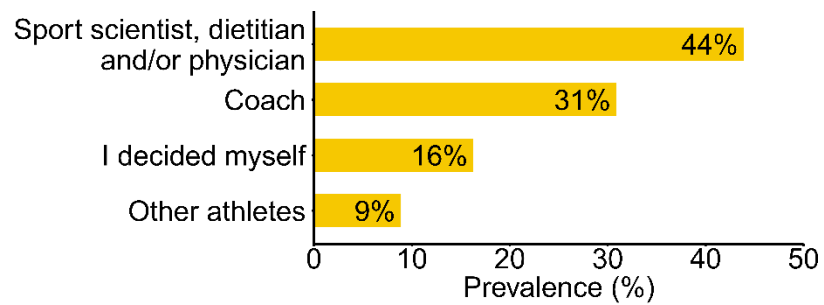


Fig. 1 A; Percentage of respondents with an hydration plan in Tokyo, either pre- or during competition. **B;** Prevalence of fluids used in hydration plans in Tokyo. Percentages >10% are displayed in the appropriate bars.

A. Support strategies Tokyo



B. Influential factors strategies Tokyo

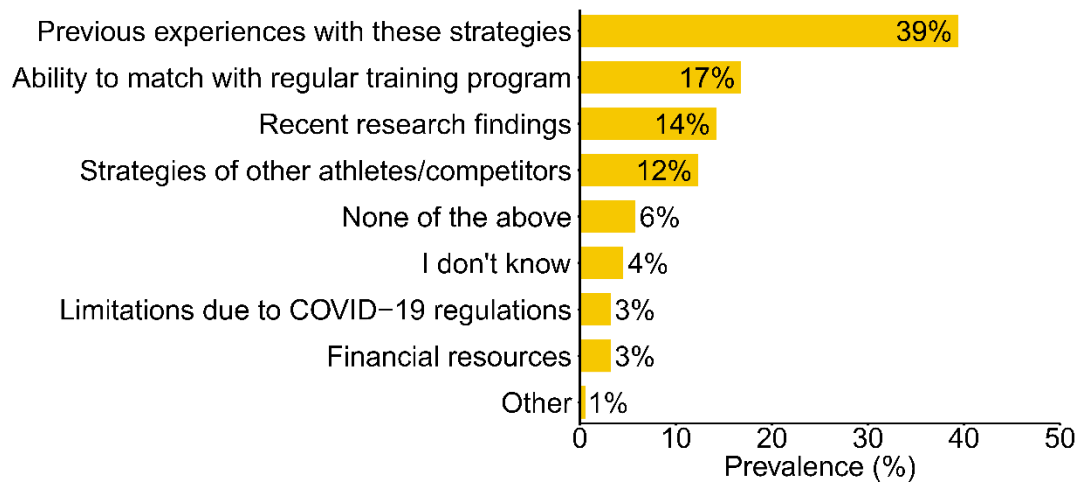


Fig. 2 A; Support received by athletes in developing heat mitigation strategies for the Tokyo 2020 Paralympic Games. **B;** Factors that influenced strategy development for Tokyo. Prevalence is expressed in percentage of total answers selected.