

# Supplemental file 3

## *Hydration plans and strategy development in Tokyo*

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### **Article title**

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

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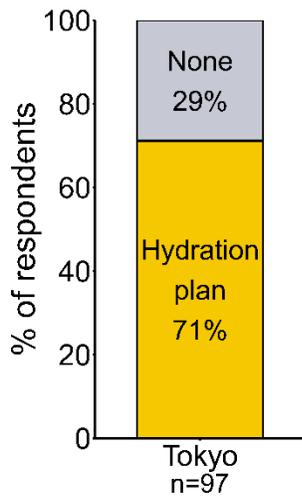
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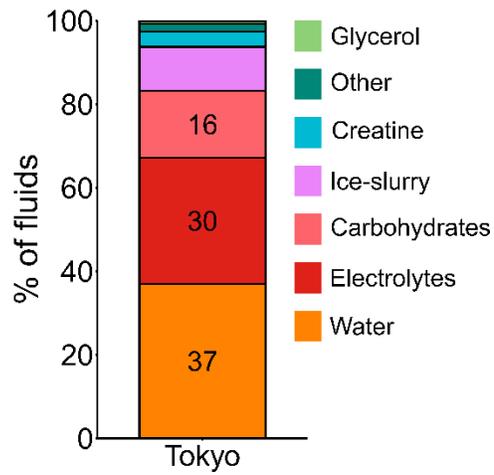
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### A. Hydration plan use

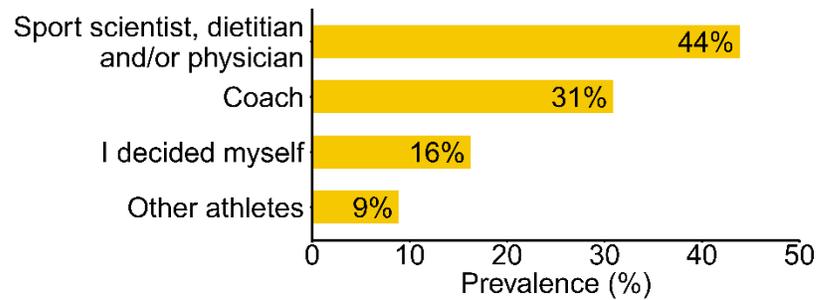


### B. Fluids in hydration plan

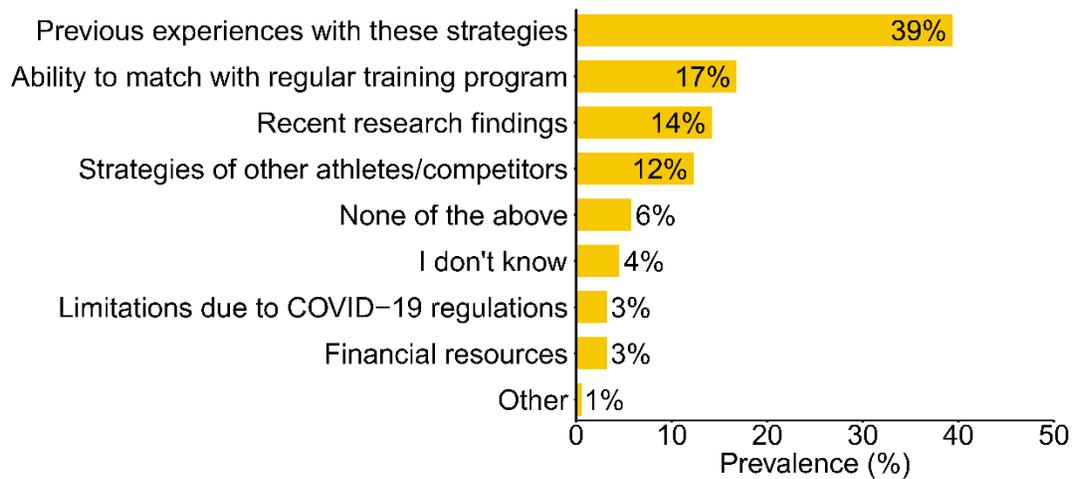


**Fig. 1 A;** Percentage of respondents with an hydration plan in Tokyo, either pre- or during competition. **B;** Prevalence of fluids used in hydration plans in Tokyo. Percentages >10% are displayed in the appropriate bars.

### 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.