

Supplemental file 2

Variable grouping (impairments, sports and cooling strategies)

Article title

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

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Table 1 Impairments of respondents, including categories.

Impairment ►	n	Category
Other (please specify)	30	Multiple
Spinal cord injury	17	SCI
Amputation resulting from trauma	13	Limb deficiency
Congenital limb deficiency (present at birth)	12	Limb deficiency
Intellectual retardation	7	Visual/Intellectual/Pilot
Brain injury	3	Other
Stroke	3	Other
Arthrogryposis	2	Other
Brachial plexus injury	2	Other
Cerebral palsy	2	Other
Macular degeneration	2	Visual/Intellectual/Pilot
Multiple sclerosis	2	Other
Tunnel vision	2	Visual/Intellectual/Pilot
Ankylosis	1	Other
Autism Spectrum Disorders	1	Visual/Intellectual/Pilot
Congenital cataract	1	Visual/Intellectual/Pilot
Guillain-Barré syndrome	1	Other
Muscular dystrophy	1	Other
Myopia	1	Visual/Intellectual/Pilot
Polio	1	Other
Retinitis pigmentosa	1	Visual/Intellectual/Pilot
Spina bifida	1	SCI

► Impairments selected from multiple-choice list

Table 2 Sports performed by respondents, including environment and category, and specific disciplines where appropriate.

Sports^a	n	Environment	Category	Disciplines
Athletics	29	Outdoor	Endurance (n=11) Power (n=18)	100m (n=8); 1500m (n=8); Long jump (n=7); Marathon (n=5); 400m (n=6); Javelin (n=3); 200m (n=3); 5000m (n=3); Universal relay 4x100m (n=2); Club throw (n=1); 800m (n=1).
Swimming	16	Indoor	Power	Distances (various strokes): 100m (n=23); 200m (n=8); 50m (n=6); 400m (n=4).
Wheelchair basketball	11	Indoor	Mixed	
Cycling	8	Indoor (n=1) Outdoor (n=7)	Endurance (n=7) Power (n=1)	Road race (n=7); Road time trial (n=7); Track 500m time trial (n=2); Track individual pursuit (n=2).
Rowing	7	Outdoor	Endurance	
Sitting volleyball	6	Indoor	Mixed	
Equestrian	4	Outdoor	Skill	
Wheelchair tennis	4	Outdoor [*]	Mixed	
Archery	3	Outdoor	Skill	
Football 5-a-side	3	Outdoor	Mixed	
Judo	3	Indoor	Power	
Canoe	2	Outdoor	Power	
Triathlon	2	Outdoor	Endurance	
Wheelchair rugby	2	Indoor	Mixed	
Athletics, Triathlon	1	Outdoor	Endurance	Athletics: marathon (n=1).
Cycling, Triathlon	1	Outdoor	Endurance	Cycling: road race (n=1), time trial (n=1).
Powerlifting	1	Indoor	Power	
Shooting	1	Outdoor	Skill	
Table tennis	1	Indoor	Skill	
Taekwondo	1	Indoor	Power	
Wheelchair fencing	1	Indoor	Mixed	

^aSports performed by respondents (n), with two respondents competing in two sports. ^{*}Tennis was played both indoor and outdoor; when WBGT limits were exceeded, matches on Center Court were played with retracted roof.

Table 3 Sex, continent and impairment of indoor and outdoor athletes.

		Indoor	Outdoor
Sex	Male	15 (29%)	36 (71%)
	Female	28 (50%)	28 (50%)
Continent	Africa	1 (50%)	1 (50%)
	Asia	12 (29%)	30 (71%)
	Europe	14 (36%)	25 (64%)
	North-America	6 (86%)	1 (14%)
	Oceania	3 (30%)	7 (70%)
	South-America	7 (100%)	0 (0%)
Impairment	SCI	6 (32%)	13 (68%)
	Limb deficiency	11 (41%)	16 (59%)
	Visual/Intellectual/None	7 (30%)	16 (70%)
	Other	19 (51%)	18 (49%)

Table 4 Cooling strategy questions strategies included 18 options (incl. “Other” to be specified), but strategies were later categorized into 7 main categories. A cooling category was selected when the participant used one or multiple strategies in that category.

Category	Strategies
Beverage	Ice-slurry ingestion Cold beverage ingestion
Cold towels/bags	Cold towel(s) Neck collar Ice bag(s)
Cold water immersion	Whole-body cold water immersion Cold water immersion of the hands Cold water immersion of the legs Cold water immersion of the feet
Cooling vest	Cold towel(s) Neck collar Ice bag(s)
Fanning	Fanning
Menthol	Menthol mouth rinse Ethanol/menthol on the skin of the face and/or neck Ethanol/menthol on the skin of the torso, arms and/or legs
Water spray	Water spray on the face and/or neck Water spray on the torso, arms and/or legs