

**Supplementary Data File: Table 1.1.** Original data used to create risk matrix for male athletes, excluding means and 95% confidence intervals for health problems with less than three cases.

Outcome	Cases (n)	Incidence	95% CI (-)	95% CI (+)	TL	TL mean	95% CI (-)	95% CI (+)	CSS	CSS mean	95% CI (-)	95% CI (+)
Injury: Lower leg	29	1.2168	0.832	1.7212	170	5.86	2.17	11.1	2982	103.0	53.1	174.0
Injury: Knee	14	0.5876	0.338	0.962	116	8.29	1.29	17.7	2569	184.0	42.2	405.0
Illness: Upper respiratory	31	1.3	0.8996	1.82	80	2.58	1.52	3.81	1824	58.8	45.2	73.8
Injury: Ankle	12	0.5044	0.2756	0.8528	76	6.33	1.5	13.5	1323	110	42.3	216.0
Injury: Foot/toes	13	0.546	0.3068	0.9048	84	6.46	2.08	12.2	1224	94.2	39.5	173.0
Injury: Shoulder (including Clavicle)	2	0.0832	0.0156	0.2704	17				521			
Injury: Thigh	9	0.3796	0.1872	0.6916	27	3.0	1.0	5.67	520	57.8	32.9	87.4
Injury: Lumbar spine	6	0.2496	0.104	0.52	12	2.0	0.833	3.17	406	67.7	40.2	98.3
Injury: Hip and groin	5	0.208	0.078	0.4576	13	2.6	0.4	5.8	347	69.4	40.6	100.0
Injury: Pelvis/buttock	2	0.0832	0.0156	0.2704	6				205			
Injury: Wrist	1	0.0416	0.0052	0.1976	4				160			
Illness: Dermatological	1	0.0416	0.0052	0.1976	7				100			
Illness: Lower respiratory	3	0.1248	0.0364	0.338	2	0.667	0.0	2.0	92	30.7	16.0	60.0
Illness: Energy, load management, and nutrition	3	0.1248	0.0364	0.338	3	1.0	0.0	3.0	91	30.3	16.0	59.0
Illness: Non-specific illness	1	0.0416	0.0052	0.1976	1				86			
Injury: Chest/ribs	2	0.0832	0.0156	0.2704	0				79			
Illness: Gastrointestinal	1	0.0416	0.0052	0.1976	2				44			
Illness: Psychological	1	0.0416	0.0052	0.1976	0				22			

Abbreviations: n, number; %, percentage; CI, confidence interval; -, lower; +, upper; TL, time loss; CSS, cumulative severity score.

**Supplementary Data File: Table 1.2.** Original data used to create risk matrix for female athletes, excluding means and 95% confidence intervals for health problems with less than three cases.

Outcome	Cases (n)	Incidence	95% CI (-)	95% CI (+)	TL	TL mean	95% CI (-)	95% CI (+)	CSS	CSS mean	95% CI (-)	95% CI (+)
Injury: Lower leg	29	0.9828	0.6708	1.3884	226	7.79	1.48	17.8	3997	138.0	50.6	268.0
Illness: Upper respiratory	67	2.2672	1.7732	2.8652	142	2.12	1.33	3.04	3755	56.0	45.1	69.5
Injury: Foot/toes	14	0.4732	0.2704	0.7748	132	9.43	2.71	19.7	2163	154.0	60.0	300.0
Injury: Knee	26	0.8788	0.5876	1.2688	92	3.54	0.923	7.23	1850	71.2	36.7	118.0
Illness: Non-specific illness	14	0.4732	0.2704	0.7748	101	7.21	1.21	18.1	1372	98.0	37.9	208.0
Injury: Thigh	15	0.5096	0.2964	0.8164	20	1.33	0.467	2.47	738	49.2	33.5	69.1
Injury: Lumbar spine	6	0.2028	0.0832	0.4212	34	5.67	0.167	16.3	703	117.0	21.8	300.0
Illness: Energy, load management, and nutrition	5	0.1716	0.0624	0.3692	11	2.2	1.0	3.2	648	130.0	33.8	292.0
Injury: Hip and groin	9	0.3068	0.1508	0.5564	16	1.78	0.222	4.0	593	65.9	24.0	123.0
Illness: Lower respiratory	13	0.442	0.2444	0.7332	9	0.692	0.231	1.23	583	44.8	27.6	70.2
Injury: Ankle	8	0.2704	0.13	0.5096	6	0.75	0.125	1.75	406	50.8	28.4	87.2
Illness: Gastrointestinal	6	0.2028	0.0832	0.4212	7	1.17	0.5	1.83	251	41.8	32.7	51.7
Illness: Psychological	2	0.0676	0.0156	0.2184	9				169			
Injury: Pelvis/buttock	3	0.104	0.026	0.2704	2	0.667	0.0	1.0	120	40.0	28.0	47.0
Injury: Chest/ribs	2	0.0676	0.0156	0.2184	2				74			
Illness: Neurological	2	0.0676	0.0156	0.2184	1				60			
Injury: Shoulder (including Clavicle)	2	0.0676	0.0156	0.2184	1				50			
Injury: Thoracic spine	2	0.0676	0.0156	0.2184	0				44			
Injury: Abdomen	1	0.0364	0.0052	0.156	2				25			
Injury: Elbow	1	0.0364	0.0052	0.156	0				22			

Abbreviations: n, number; %, percentage; CI, confidence interval; -, lower; +, upper; TL, time loss; CSS, cumulative severity score.

