

Supplementary material. Survey questions.

Section 1: Sociographic data

How old are you?

- Less than 21
- 21 - 30 years of age
- 31 - 40 years of age
- 41 - 50 years of age
- 51 - 60 years of age
- More than 60 years of age

What's your gender?

- Female
- Male
- Prefer not to say

What is your role in the water polo team?

- Player
- Strength and conditioning coach
- Head of performance
- Sport scientist
- Data scientist
- Other:

How many years of experience do you have in this position?

If your position within the club involves more than one role (see the previous question), please refer to the position that you have been in the longest.

- Less than 5
- Between 5 and 10
- Between 11 and 15
- Between 16 and 20
- More than 20

What are your qualifications?

- No degree
- NSCA, CESS, other certification
- Bachelor in Sport Science or Physical Exercise
- Master degree in Sport Science or Physical Exercise
- PhD in Sport Science or Physical Exercise or similar
- Degrees in other disciplines
- Other:

What country were you working or playing in during your last season?

The survey is focused on the last season you were officially working or playing. It could refer to the current season or to a previous season depending on your most recent employment.

- Europe
- Africa
- North America
- South America
- Asia
- Oceania

Are/Were you working with male or female athletes?

- Female
- Male

Please, indicate the playing level of your team:

- First division club
- Second division club
- Third division club
- Territorial division club
- National senior team
- National team of different categories except senior
- Team of different categories except senior (U-18, U-16, U-14)

Section 2: Perceived usefulness

The following questions will focus on your perceived usefulness of recovery strategies.

Do you believe that recovery strategies are important in your context?

- Not important at all
- Of little importance
- Of average importance
- Very important
- Extremely important

If you believe that recovery strategies are important, why are they important? Maximum 3 answers

- To reduce the injury risk
- To decrease the cumulative fatigue
- To decrease the chance of overtraining
- To improve the performance capability in the following training sesión or competition
- To improve psychological wellbeing
- To induce placebo effect on the players
- Because of players like recovery strategies
- To improve social recovery
- Other:

Which of the following recovery strategies do you to you believe to have a beneficial effect, if any? Multiple answers

- Active recovery
- Cold baths
- Cryotherapy
- Cryogenic chambers
- Hot bath or sauna
- Contrast bath
- Pool recovery
- Foam Rolling
- Compression garment

- Stretching
- Massage
- Relaxation
- Social recovery
- Phsycological recovery
- Kinesio tape
- Electrostimulation
- Nutritional supplements
- Ergogenic aids
- Acupuncture
- Seeing an allied health professional
- Special chambers to recover (e.g. color therapy, etc)
- Recovery devices (Gameready, Normatech, Recovery Pump..)
- Sleep devices
- Hyperoxia
- Hydrogen therapy
- Spirological
- Whole body vibration
- Local vibration
- Combination of the above-selected strategies
- None of them
- Other:

Section 3: Actual use

The following questions will focus on your actual use of recovery strategies.

How often do you use recovery strategies in your team?

- Never
- Rarely, in less than 10% of the sessions
- Occasionally, in about 30% of the sessions
- Sometimes, in about 50% of the sessions
- Frequently, in about 70% of the sessions
- Usually, in about 90% of the sessions

- Every time

When do you apply recovery strategies? Multiple answers

- Pre-game
- Pre-training session
- Post-game
- Post-training session
- In separate sessions
- When travelling
- Never
- Other:

Where do you usually apply recovery strategies? Multiple answers

- In the sports hall or in the gym
- At home
- At hotel
- On the road (on the bus, on the plane, etc.)
- Other:

What prevents you from using the recovery strategies that you would like to adopt?

Maximum 3 answers

- They are too expensive
- They are too time-consuming
- They are not well accepted by players or coaches
- There are no available devices or facilities to implement those strategies
- Their effects are not sufficiently studied in the scientific literature
- Other:

Which of the following recovery strategies do you use? Multiple answers

- Active recovery
- Cold baths
- Cryotherapy
- Cryogenic chambers
- Hot bath or sauna

- Contrast bath
- Pool recovery
- Foam Rolling
- Compression garment
- Stretching
- Massage
- Relaxation
- Social recovery
- Psychological recovery
- Kinesio tape
- Electrostimulation
- Nutritional supplements
- Ergogenic aids
- Acupuncture
- Seeing an allied health professional
- Special chambers to recover (e.g. color therapy, etc)
- Recovery devices (Gameready, Normatech, Recovery Pump..)
- Sleep devices
- Hyperoxia
- Hydrogen therapy
- Spirological
- Whole body vibration
- Local vibration
- Combination of the above-selected strategies
- None of them
- Other: