

Supplement file 1: Supplementary data table: Best practice recommendations derived and summarised from the three consensus and position statements under five main-topic and sub-topic areas. This was used to analyse the content of the selected sports-specific EHI documents.

Main-topic area	Sub-topic area	Description of content summarised from documents
1. Background knowledge^{a,b}	Definition and categorisation	Does the document provide information on what EHI is? Does the document present a full overview of included conditions (i.e. muscle cramps, heat syncope, heat exhaustion, heat injury, heat stroke)?
	Symptoms and signs	Does the document describe the symptoms and signs for early recognition of different types of EHI that should be looked for in participants? These include: - Headache - Light-headedness and dizziness - Nausea and vomiting - Fatigue - Change in personality (disorientation, confusion, irrational behaviour, irritability), - Change in performance (unsteadiness, loss of balance and coordination, loss of skills) - Seizures
2. Risk factors^{a,b}	Weather-related risks	Does the document describe relevant weather-related environmental risk factors for the sports setting? These should include: - Ambient temperature - Relative humidity - Wind Speed - Solar radiation - WBGT measurements - Other – Heat Stress Index
	Intrinsic risks ^d	Does the document describe risk factors relevant to the participant (intrinsic risk factors) for the sports setting that need to be considered when implementing a heat policy/plan? - Age - Gender - Motivation/behaviours - Poor physical condition - Inadequate acclimatization - Sleep loss - High BMI - Illness or medical conditions - History of EHI - Medications and drugs - Dehydration and electrolyte imbalances - High intensity of exercise
	Extrinsic risks ^e	Does the document describe relevant extrinsic risk factors (non-weather) for the sports setting that need to be considered when implementing a heat policy/plan? - Excessive clothing and athletic gear - Peer or organisational pressure - Increase workload with inadequate rest - Lack of awareness and education of EHI - Delay in recognising early warning signs - Playing surface - Venue and location (e.g. air flow, air conditioning) - Level of play - Time and duration of play
3. Preventive recommendations^{a,b,c}	Heat acclimatisation	Does the document consider whether participants are acclimatised to conditions (performing increased intensity exercise in the heat for a period of 10-14 days)? <i>An example could be a one-off event in a location with different weather that the participant is unfamiliar with (e.g. a sports event held in Mildura with participants from Melbourne.)</i>

	Hydration	Does the document consider pre-, during and post-event hydration strategies? Does the document consider hydration in terms of volume, type and timing of fluid intake? Does the document consider electrolyte replacement? Does the document consider hydration monitoring?
	Cooling strategies	Does the document present a range of strategies for externally cooling a participant (e.g. cold-water immersion, cooling garments, towels, fanning)? Does the document present a range of strategies for internal cooling of a participant (e.g. cold fluid, ice-slurry)?
	Other	A range of preventive strategies might be appropriate, depending on the sport and setting. Examples that might be addressed include: - Pre-participation screening - Modify the work-to-rest ratio - Provide additional shade and shelter - Monitor players closely and recognise signs/symptoms - Sun protection, encourage/allow players to wear hats, sunglasses, sunscreen - Appropriate clothing/uniform modifications where required - Alternate times and venues of the competition - Provide education for participants
4. Event organisation^{a,b,c}	Event modification strategies	Does the document present strategies for modification? Examples include: - Rescheduling - Rule changes - Additional breaks - Shorter duration of play Does the document present parameters (weather indices, scores) for this modification decision to be made that are clear and objective for event organisers? <i>Note, this evaluation does not include a determination on whether the parameters used are correct or evidence based – just that these parameters are well presented for an event organiser to make a decision.</i>
	Event cancellation strategies	Does the document present parameters (weather indices, scores) for cancellation that are clear and objective for event organisers? <i>Note, this evaluation does not include a determination on whether the parameters used are correct or evidence based – just that these parameters are well presented for an event organiser to make a decision.</i>
5. Emergency measures^{a,b}	First aid and treatment	Does the document describe the types of first aid measures and emergency action plans that should be in place for management of EHI? These include: - Lie in a cool shaded place - Rest and hydrate - Measuring rectal temperature - Body cooling strategies (e.g. cold-water immersion) - Service of qualified first aid personnel (e.g. athletic trainers) - Access to nearest medical facility (contact details, transport facilities) - Early body cooling before transport

^a Based on information in Armstrong et al. 2007

^b Based on information in Casa et al. 2015

^c Based in information in Racinais et al. 2015.

^d Risk factors within the body that related to the individual

^e Risk factors outside the body that not related to the individual

EHI = Exertional heat illness; WBGT = Wet-bulb globe temperature; BMI = Body mass index

