## Supplementary figure 1. Flowchart of the weekly survey. All players: End survey Stress, sleep, wellbeing No. other reason Participation in training or match last week No, illness Yes Illness info Exposure, hours of training and match - Symptom - Absence Perceived workload on training and match No, injury End survey (0 (none) - 10 (extremely high)) A) No, full participation without health problems **OSTRC 1**. Difficulties participating in End survey normal training/match due to injury, illness or other health problems. B) Full participation, but with health problems, injury/illness C) Reduced participation due to health problems, injury/illness D) Cannot participate due to health problems, injury/illness Was the health problem an injury or illness? Injury (new injury, reinjury or ongoing injury) OSTRC 2. To what extent have you reduced training volume due to injury? (no reduction – cannot participate) OSTRC 3. To what extent has injury affected performance? (no effect - cannot participate) OSTRC 4. To what extent have you experienced pain? (no pain - cannot participate) Absence from training/match due to injury? Medical attention due to the injury? Yes Details about caregiver Same injury as last week New injury/reinjury or same injury as last End survey week? New injury/reinjury

Injury details
- Activity
- Body location

- Injury side

End survey