

S1 Table. Summarized Responses to the Orienteering Experience Questionnaire

| | <i>Intermediate</i> | <i>Advanced</i> | <i>Elite</i> |
|---|---------------------|-----------------|--------------|
| <i>n</i> | 42 | 41 | 31 |
| Q1. Years of Orienteering Experience (%) | | | |
| 0-5 years | 24% | 10% | 0% |
| 6-10 | 29% | 17% | 6% |
| 11-15 | 19% | 12% | 26% |
| 16-20 | 12% | 15% | 19% |
| 20+ | 17% | 46% | 48% |
| Q3. Weekly Orienteering Training Frequency (%) | | | |
| 0 times per week | 55% | 12% | 0% |
| 1-2 times per week | 45% | 59% | 61% |
| 3-4 times per week | 0% | 27% | 26% |
| 5-6 times per week | 0% | 2% | 0% |
| 7 times per week | 0% | 0% | 13% |
| Q4. Monthly Orienteering Racing Frequency (%) | | | |
| 0-2 times per month | 64% | 39% | 6% |
| 3-5 times per month | 36% | 44% | 74% |
| 6-10 times per month | 0% | 12% | 19% |
| 11-15 times per month | 0% | 5% | 0% |
| Q5. Weekly Virtual Reality, Mapping or Sedentary Map Study (%) | | | |
| 0-1 hours | 93% | 76% | 65% |
| 2-4 hours | 7% | 20% | 35% |
| 5-7 hours | 0% | 5% | 0% |

| | | | |
|---|------------|------------|------------|
| Q6. National Team Membership (%) | | | |
| No, never | 93% | 80% | 26% |
| Previously | 5% | 12% | 29% |
| Yes, currently | 2% | 7% | 45% |
| Q7. Highest Competition Level (%) | | | |
| < International | 88% | 61% | 16% |
| International | 12% | 39% | 84% |
| Q8. Participation in Orienteering Disciplines (% Endorsed) | | | |
| Sprint | 79% | 88% | 100% |
| Middle | 90% | 100% | 97% |
| Long | 60% | 95% | 97% |
| Forest Relay | 7% | 54% | 87% |
| Sprint Relay | 21% | 51% | 84% |
| Ultra-Long | 7% | 37% | 71% |
| Rogaine | 38% | 66% | 32% |
| Q9. Use of Compass (%) | | | |
| Sometimes or never | 29% | 10% | 3% |
| Yes, always | 71% | 90% | 97% |
| Q10. Adventure Race Participation (%) | | | |
| No, never | 69% | 61% | 65% |
| Yes, at least once | 31% | 39% | 35% |
| Q11. Map and Compass Use Outside of Orienteering (i.e., Work, etc.) (%) | | | |
| No, never | 38% | 24% | 29% |
| Yes, daily or weekly | 0% | 17% | 10% |
| Yes, monthly | 62% | 59% | 61% |