

Supplementary material

Female CrossFit Participants and Continence Survey

Q1 Are you a woman and do you currently compete in CrossFit at a local, national or international level?

Q2 Please nominate your year of birth

Q3 How many years have you participated in ANY type of strength/weight training?

Q4 How many years have you been participating in CrossFit?

Q5 How many hours do you usually train each week?

Q6 What is your current body weight in kg/pounds

Q7 What is your height in cm/feet and inches?

Q8 Have you ever given birth?

Q9 Number of births?

Q10 Did the births occur before or after participating in CrossFit?

Q11 Were your births vaginal or cesarean sections?

Q12 Were any of your vaginal births instrumental births?

Q13 What type of instrumental births were they? If you have had both types please select both.

Q14 Did your instrumental birth occur before or after commencing CrossFit?

Q15 Have you had any urogenital (reproductive organs or urinary system) surgery?

Q16 Did you have your surgery before or after commencing CrossFit?

Q17 Do you or have you ever suffered from urinary incontinence?

Q18 Did you suffer from any form of urinary incontinence before CrossFit?

Q19 Have your symptoms improved, stayed the same or gotten worse as your lifting age has increased?

Q20 When is your urinary incontinence worse?

Q21 Do you experience urinary incontinence during training?

Q22 Do you experience urinary incontinence outside training time?

Q23 Do you ever experience urinary incontinence when competing?

Q24 Do you ever experience incontinence during high repetition sets?

Q25 Is urine leakage more likely to occur at the end of the set?

Q26 Which activities cause urine leakage?

Q27 Does wearing a training belt make your incontinence worse?

Q28 Does anything else make your incontinence worse?

Q29 What practices do you engage in to control the possibility of urine leakage?

Q30 Have you experienced any urine leakage in the last three months?

Q31 How much urine do you lose each time?

Q32 Have you ever had a pelvic floor assessment?

Q33 How confident are you in your ability to perform pelvic floor exercises?

Q34 Are there any other comments you would like to make?