



## Supplemental Material S2

### UVPC Structured Handout

**Note: This is an informal translation of the original German document.**

The answer options are listed in parentheses.

#### Online survey

##### Personal data

- Age (number)
- Gender (male/ female/ diverse)
- How many years have you been conducting preparticipation physical evaluations? (number)

##### Experience with the topic of UV protection within PPE

- How many PPEs did you conduct between February and June 2025? (1-10, 11-25, 16-50, 51-100, > 100, none)
- How many of those PPEs did you perform on adults? (percentage / only kids and/or adolescents)
- How many of those PPEs did you perform on (state and national) squad/ cadre athletes ? (percentage / none)
- Has the topic of UV protection been of significant relevance to you in PPEs in recent years? (yes, partly, no, other: ...)
- Did you offer advice on UV protection on your own initiative before the study? (yes, no)
- Over the past two years, have there been frequent inquiries about UV protection in sports? (no, yes, namely: ...)
- When you think back to the period from February 1st to June 30th, 2025: in how many medical examinations were the UV questionnaire and the resulting consultation part of the medical discussion? (number / I did not review the questionnaire, nor did i provide UV protection consultation)

##### Feasibility and acceptance – questionnaire (fully agree, tend to agree, tend to not agree, do not agree at all)

- The questionnaire was easy to understand
- The questionnaire was easy to use
- The questionnaire was helpful for the subsequent consultation
- The questionnaire was well accepted by athletes

**Feasibility and acceptance – consultation (fully agree, tend to agree, tend to not agree, do not agree at all)**

- The time required for the advice was appropriate
- I felt confident with the advice
- The advice was well accepted by athletes
- I had the impression that athletes would follow the advice

**Future integration of consultation (and questionnaire) into PPE (fully agree, tend to agree, tend to not agree, do not agree at all)**

- I would recommend using the questionnaire
- I will more strongly consider UV protection in future PPEs
- The UV protection advice should become an integral part of the PPE

**Additional information concerning the questionnaire and the consultation**

- Were there any questions that were frequently answered incorrectly or not at all? (no, yes, namely: ...)
- Were there any implementation issues with the questionnaire? (no, yes, namely: ...)
- From your perspective, are there any aspects that should be included in the questionnaire? (no, yes, namely: ...)
- Did you modify the criterion for the consultation on your own? (no, yes, namely: ...)
- Were there any persons who decided not to fill in the questionnaire? (no, yes, for the following reasons: ..., i don't know)
- On average, how many minutes did the UV protection consultation take? (number)
- Were there a lot of questions about specific aspects of UV protection? (no, yes, namely: ...)
- Were there any specific questions you couldn't answer? (no, yes, namely: ...)
- Were there any critical comments from athletes regarding the UV protection advice? (no, yes, namely: ...)
- Is there anything else you'd like to share with us regarding the questionnaire or the consultation? Have you noticed anything that we could improve? (no, yes, namely: ...)

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## UV protection consultation within PPE

- During training and competitions (and depending on the sport), you are heavily exposed to the sun's harmful ultraviolet radiation.
- This increases your risk of skin cancer and can also limit your physical performance.
- Even tanning is simply the skin's reaction to too much UV radiation—so the idea that “tanned skin = healthy skin” is not true.
- From a medical standpoint, we recommend that you take precautions to protect yourself from the sun:
  - 1) Seek shade during training and during breaks
  - 2) Wear protective clothing, a hat, and (if possible) sunglasses
  - 3) Use sunscreen with an SPF of 30 or higher (apply generously and reapply regularly)
  - 4) It's best to work out in the morning or in the evening
- We know that's not always possible, but try to incorporate it into your exercise routine as often as you can.
- Heat protection is also becoming increasingly important—I'm sure you've already noticed that yourself

If at hand:

- I'm giving you this checklist, which includes the tips again—you can find a video on UV protection during sports by scanning this QR code:

