Appendix A – Supplementary data

**Pubmed Search Strategy:**

(((((((((((((((((((((((((((((((((((((((Disabled persons) OR (Para-Athletes)) OR (Paralysis)) OR (Paraplegia)) OR (Spinal cord injuries)) OR ("Spinal injur\*" [TIAB])) OR ("Back injur\*" [TIAB])) OR (Quadriplegia)) OR (Wheelchairs)) OR ("Wheelchair sport\*" [TIAB])) OR ("Wheelchair basketball" [TIAB])) OR ("Wheelchair rugby" [TIAB])) OR ("Wheelchair hockey")) OR ("Wheelchair soccer")) OR ("Wheelchair tennis" [TIAB])) OR ("Athletes with disabilities" [TIAB])) OR ("Vertebrae injur\*" [TIAB])) OR (Spinal cord diseases)) OR (Central cord syndrome)) OR (Brown-Sequard syndrome)) OR (Myelitis)) OR ("Wheelchair athlete\*" [TIAB])) OR ("Paralymp\*" [TIAB])) OR ("Spinal cord laceration\*" [TIAB])) OR ("Spinal cord trauma\*" [TIAB])) OR ("Spinal cord contusion\*" [TIAB])) OR ("Tetraplegi\*" [TIAB])) OR ("Para sport\*" [TIAB])) OR ("Wheelchair racing" [TIAB])) OR ("Handcycli\*" [TIAB])) OR ("Hand biking")) OR ("Wheelchair court sports" [TIAB])) OR ("Paratriathlon" [TIAB])) OR ("Spinal cord dysfunction" [TIAB])) OR ("Spinal cord fracture\*")) OR ("Spinal cord disorder\*" [TIAB])) OR ("Spinal impairment\*" [TIAB])) OR ("Spinal cord lesion" [TIAB])) AND ((((((((((((((((((((((((((((((((((((((((((((((Beverages) OR (Clothing)) OR (Cryotherapy)) OR (Hypothermia, induced)) OR ("Cold therap\*" [TIAB])) OR (Immersion)) OR (Cold temperature)) OR (Hyperthermia, induced)) OR (Ice)) OR (Menthol)) OR ("Cooling intervention\*" [TIAB])) OR ("Ice slu\*" [TIAB])) OR ("Iced towels" [TIAB])) OR ("Ice vest\*" [TIAB])) OR ("Cold water ingestion" [TIAB])) OR ("Cold fluid ingestion" [TIAB])) OR ("Cold water immersion" [TIAB])) OR ("Hand cooling" [TIAB])) OR ("Foot cooling" [TIAB])) OR ("Water spray" [TIAB])) OR ("Cooling vest" [TIAB])) OR ("Head cooling" [TIAB])) OR ("Precooling" [TIAB])) OR ("Pre cooling" [TIAB])) OR ("Per cooling" [TIAB])) OR ("Percooling" [TIAB])) OR ("Mid cooling" [TIAB])) OR ("Midcooling" [TIAB])) OR ("Mixed methods cooling")) OR ("Cooling during exercise" [TIAB])) OR ("Cooling before exercise")) OR ("Neck cooling" [TIAB])) OR ("Cooling jacket" [TIAB])) OR ("Cold jacket")) OR ("Cooling garment" [TIAB])) OR ("Cooling headpiece")) OR ("Neck collar" [TIAB])) OR ("Extremity cooling" [TIAB])) OR ("Ice pack\*" [TIAB])) OR ("Artificial sweat" [TIAB])) OR ("External cooling" [TIAB])) OR ("Internal cooling" [TIAB])) OR ("Body cooling" [TIAB])) OR ("Cold air" [TIAB])) OR ("Drink temperature" [TIAB])) OR ("Forearm cooling" [TIAB]))) AND ((((((((((((((((((((((((((((((((((((((((((((((((((((((((((((((Body temperature) OR (Skin temperature)) OR (Body temperature regulation)) OR (Body temperature changes)) OR ("Tympanic temperature" [TIAB])) OR (Telemetry)) OR ("Physiological effects of temperature")) OR ("Core temperature" [TIAB])) OR ("Thermoreg\*" [TIAB])) OR ("Heat loss" [TIAB])) OR ("Heat balance" [TIAB])) OR ("Gastrointestinal temperature" [TIAB])) OR ("Rectal temperature" [TIAB])) OR ("Oesophageal temperature" [TIAB])) OR ("Wet heat loss" [TIAB])) OR ("Dry heat loss" [TIAB])) OR ("Evaporative cooling" [TIAB])) OR ("Brain temperature" [TIAB])) OR ("Heat gain" [TIAB])) OR ("Conductive heat loss" [TIAB])) OR ("Convective heat loss" [TIAB])) OR ("iButton\*" [TIAB])) OR (Thermosensing)) OR (Thermoreceptors)) OR ("Thermal sensation" [TIAB])) OR ("Thermal comfort" [TIAB])) OR ("Thermal perception" [TIAB])) OR (Physical exertion)) OR (Perception)) OR ("Perceived exertion" [TIAB])) OR ("Ratings of perceived exertion" [TIAB])) OR ("RPE" [TIAB])) OR ("Perceived effort" [TIAB])) OR ("Subjective effort" [TIAB])) OR (Athletic performance)) OR (cardiorespiratory fitness)) OR ("Cardiovascular fitness" [TIAB])) OR (Physical endurance)) OR (Physical fitness)) OR (Exercise tolerance)) OR (Exercise)) OR ("Time trial\*" [TIAB])) OR ("Racing" [TIAB])) OR ("Arm exercise\*" [TIAB])) OR ("Aerobic capacity" [TIAB])) OR ("Sports performance\*" [TIAB])) OR ("Exercise performance\*" [TIAB])) OR ("Time to exhaustion" [TIAB])) OR ("Intermittent sprint protocol" [TIAB])) OR ("Wheelchair ergometer" [TIAB])) OR ("Simulated match\*" [TIAB])) OR ("Arm crank\*" [TIAB])) OR ("Simulated race" [TIAB])) OR ("Power output" [TIAB])) OR ("Mean power output" [TIAB])) OR ("Exercise in the heat" [TIAB])) OR ("Oxygen uptake" [TIAB])) OR ("VO2" [TIAB])) OR ("Self paced exercise" [TIAB])) OR ("Endurance performance" [TIAB])) OR ("Intermittent sprint performance" [TIAB])) OR ("Repeated sprint performance" [TIAB]))

Note: English language filter was applied on the final search.

**Chochrane Search Strategy:**

ID Search

#1 MeSH descriptor: [Disabled Persons] explode all trees

#2 MeSH descriptor: [Para-Athletes] explode all trees

#3 MeSH descriptor: [Paralysis] explode all trees

#4 MeSH descriptor: [Paraplegia] explode all trees

#5 MeSH descriptor: [Spinal Cord Injuries] explode all trees

#6 Spinal Injur\*

#7 Back Injur\*

#8 MeSH descriptor: [Quadriplegia] explode all trees

#9 MeSH descriptor: [Wheelchairs] explode all trees

#10 Wheelchair sport\*

#11 "Wheelchair basketball"

#12 "Wheelchair hockey"

#13 "Wheelchair soccer"

#14 "Wheelchair Tennis"

#15 "Wheelchair Rugby"

#16 "Athletes with disabilities"

#17 Vertebrae injur\*

#18 MeSH descriptor: [Spinal Cord Diseases] explode all trees

#19 MeSH descriptor: [Central Cord Syndrome] explode all trees

#20 MeSH descriptor: [Brown-Sequard Syndrome] explode all trees

#21 MeSH descriptor: [Myelitis] explode all trees

#22 Wheelchair athlete\*

#23 Paralymp\*

#24 Spinal cord laceration\*

#25 Spinal cord Trauma\*

#26 Spinal cord Contusion\*

#27 Tetraplegi\*

#28 Para sport\*

#29 "Wheelchair racing"

#30 Handcycli\*

#31 "Hand biking"

#32 "Wheelchair court sports"

#33 "Paratriathlon"

#34 "Spinal cord dysfunction"

#35 Spinal cord fracture\*

#36 Spinal cord disorder\*

#37 Spinal impairment\*

#38 "Spinal cord lesion"

#39 #1 OR #2 OR #3 OR #4 OR #5 OR #6 OR #7 OR #8 OR #9 OR #10 OR #11 OR #12 OR #13 OR #14 OR #15 OR #16 OR #17 OR #18 OR #19 OR #20 OR #21 OR #22 OR #23 OR #24 OR #25 OR #26 OR #27 OR #28 OR #29 OR #30 OR #31 OR #32 OR #33 OR #34 OR #35 OR #36 OR #37 OR #38

#40 MeSH descriptor: [Beverages] explode all trees

#41 MeSH descriptor: [Clothing] explode all trees

#42 MeSH descriptor: [Cryotherapy] explode all trees

#43 MeSH descriptor: [Hypothermia, Induced] explode all trees

#44 Cold Therap\*

#45 MeSH descriptor: [Immersion] explode all trees

#46 MeSH descriptor: [Cold Temperature] explode all trees

#47 MeSH descriptor: [Hyperthermia, Induced] explode all trees

#48 MeSH descriptor: [Ice] explode all trees

#49 MeSH descriptor: [Menthol] explode all trees

#50 Cooling intervention\*

#51 Ice slu\*

#52 "Iced towels"

#53 Ice vest\*

#54 "Cold water ingestion"

#55 "Cold fluid ingestion"

#56 "Cold water immersion"

#57 "Hand cooling"

#58 "Foot cooling"

#59 "Water spray"

#60 "Cooling vest"

#61 "Head cooling"

#62 "Precooling"

#63 "Pre cooling"

#64 "per cooling"

#65 "percooling"

#66 "mid cooling"

#67 "midcooling"

#68 "mixed methods cooling"

#69 "cooling during exercise"

#70 "cooling before exercise"

#71 "neck cooling"

#72 "cooling jacket"

#73 "Cold Jacket"

#74 "cooling garment"

#75 "cooling headpiece"

#76 "neck collar"

#77 "Extremity cooling"

#78 ice pack\*

#79 "Artificial sweat"

#80 "external cooling"

#81 "internal cooling"

#82 "body cooling"

#83 "cold air"

#84 "drink temperature"

#85 "forearm cooling"

#86 #40 OR #41 OR #42 OR #43 OR #44 OR #45 OR #46 OR #47 OR #48 OR #49 #50 OR #51 OR #52 OR #53 OR #54 OR #55 OR #56 OR #57 OR #58 OR #59 OR #60 OR #61 OR #62 OR #63 OR #64 OR #65 OR #66 OR #67 OR #68 OR #69 OR #70 OR #71 OR #72 OR #73 OR #74 OR #75 OR #76 OR #77 OR #78 OR #79 OR #80 OR #81 OR #82 OR #83 OR #84 OR #85

#87 MeSH descriptor: [Body Temperature] explode all trees

#88 MeSH descriptor: [Skin Temperature] explode all trees

#89 MeSH descriptor: [Body Temperature Regulation] explode all trees

#90 MeSH descriptor: [Body Temperature Changes] explode all trees

#91 "Tympanic temperature"

#92 MeSH descriptor: [Telemetry] explode all trees

#93 "Physiological effects of temperature"

#94 "Core temperature"

#95 Thermoreg\*

#96 "Heat loss"

#97 "Heat balance"

#98 "Gastrointestinal temperature"

#99 "Rectal temperature"

#100 "Oesophageal temperature"

#101 "Thermal strain"

#102 "Wet heat loss"

#103 "Dry heat loss"

#104 "Evaporative cooling"

#105 "Brain temperature"

#106 "Heat gain"

#107 "Conductive heat loss"

#108 "Convective heat loss"

#109 iButton\*

#110 MeSH descriptor: [Thermosensing] explode all trees

#111 MeSH descriptor: [Thermoreceptors] explode all trees

#112 "Thermal sensation"

#113 "Thermal comfort"

#114 "Thermal perception"

#115 MeSH descriptor: [Physical Exertion] explode all trees

#116 MeSH descriptor: [Perception] explode all trees

#117 "Perceived exertion"

#118 "Ratings of perceived exertion"

#119 "RPE"

#120 "Perceived effort"

#121 "Subjective effort"

#122 MeSH descriptor: [Athletic Performance] explode all trees

#123 MeSH descriptor: [Cardiorespiratory Fitness] explode all trees

#124 "Cardiovascular fitness"

#125 MeSH descriptor: [Physical Endurance] explode all trees

#126 MeSH descriptor: [Physical Fitness] explode all trees

#127 MeSH descriptor: [Exercise Tolerance] explode all trees

#128 MeSH descriptor: [Exercise] explode all trees

#129 Time trial\*

#130 "Racing"

#131 Arm exercise\*

#132 "Aerobic capacity"

#133 Sports performance\*

#134 Exercise performance\*

#135 "Time to exhaustion"

#136 "Intermittent sprint protocol"

#137 "Wheelchair ergometer"

#138 Simulated match\*

#139 Arm crank\*

#140 "simulated race"

#141 "power output"

#142 "mean power output"

#143 "exercise in the heat"

#144 "oxygen uptake"

#145 "VO2"

#146 "Self paced exercise"

#147 "Endurance performance"

#148 "Intermittent sprint performance"

#149 "repeated sprint performance"

#150 #87 OR #88 OR #89 OR #90 O #91 OR #92 OR #93 OR #94 OR #95 OR #96 OR #97 OR #98 OR #99 OR #100 OR #101 OR #102 OR #103 OR #104 OR #105 OR #106 OR #107 OR #108 OR #109 OR #110 OR #111 OR #112 OR #113 OR #114 OR #115 OR #116 OR #117 OR #118 OR #119 OR #120 OR #121 OR #122 OR #123 OR #124 OR #125 OR #126 OR #127 OR #128 OR #129 OR #130 OR #131 OR #132 OR #133 OR #134 OR #135 OR #136 OR #137 OR #138 OR #139 OR #140 OR #141 OR #142 OR #143 OR #144 OR #145 OR #146 OR #147 OR #148 OR #149

#151 #39 AND #86 AND #150

Note: English Language filter was applied on the final search.

**Scopus Search Strategy:**

( TITLE-ABS-KEY ( "Body temperature"  OR  "Skin Temperature"  OR  "Body temperature regulation"  OR  "Body temperature changes"  OR  "Tympanic temperature"  OR  "Telemetry"  OR  "Physiological effects of temperature"  OR  "Core temperature"  OR  "Thermoreg\*"  OR  "Heat loss"  OR  "Heat balance"  OR  "Gastrointestinal temperature"  OR  "Rectal temperature"  OR  "Oesophageal temperature"  OR  "Thermal strain"  OR  "Wet heat loss"  OR  "Dry heat loss"  OR  "Evaporative cooling"  OR  "Brain temperature"  OR  "Heat gain"  OR  "Conductive heat loss"  OR  "Convective heat loss"  OR  "iButton"  OR  "Thermosensing"  OR  "Thermalrecpetors"  OR  "Thermal sensation"  OR  "Thermal comfort"  OR  "Thermal perception"  OR  "Physical exertion"  OR  "Ratings of perceived exertion"  OR  "RPE"  OR  "Perceived effort"  OR  "Subjective effort"  OR  "Athletic performance"  OR  "Cardiorespiratory fitness"  OR  "Cardiovascular fitness"  OR  "Physical endurance"  OR  "Physical fitness"  OR  "Exercise tolerance"  OR  "Exercise"  OR  "Time trial\*"  OR  "Racing"  OR  "Arm exercise\*"  OR  "Aerobic capacity"  OR  "Sports performance"  OR  "Exercise performance\*"  OR  "Time to exhaustion"  OR  "Intermittent sprint protocol"  OR  "Wheelchair ergometer"  OR  "Simulated match\*"  OR  "Arm crank\*"  OR  "Simulated race"  OR  "Power output"  OR  "Mean power output"  OR  "Exercise in the heat"  OR  "Oxygen uptake"  OR  "VO2"  OR  "Self paced exercise"  OR  "Endurance performance"  OR  "Intermittent sprint performance"  OR  "Perception"  OR  "Perceived exertion" ) )  AND  ( TITLE-ABS-KEY ( "Beverages"  OR  "Clothing"  OR  "Cryotherapy"  OR  "Hypothermia"  OR  "Cold therap\*"  OR  "Immersion"  OR  "Cold temperature"  OR  "Hyperthermia"  OR  "Ice"  OR  "Menthol"  OR  "Cooling intervention\*"  OR  "Ice slu\*"  OR  "Iced towels"  OR  "Ice vest\*"  OR  "Cold water ingestion"  OR  "Cold water immersion"  OR  "Cold fluid ingestion"  OR  "Hand cooling"  OR  "Foot cooling"  OR  "Water spray"  OR  "Cooling vest"  OR  "Head cooling"  OR  "Precooling"  OR  "Pre cooling"  OR  "Percooling"  OR  "Per cooling"  OR  "Midcooling"  OR  "Mid cooling"  OR  "Mixed methods cooling"  OR  "Cooling during exercise"  OR  "Cooling before exercise"  OR  "Neck cooling"  OR  "Cooling jacket"  OR  "Cold jacket"  OR  "Cooling garment"  OR  "Cooling headpiece"  OR  "Neck collar"  OR  "Extremity cooling"  OR  "Ice pack\*"  OR  "Artificial sweat"  OR  "External cooling"  OR  "Internal cooling"  OR  "Body cooling"  OR  "Cold air"  OR  "Drink temperature"  OR  "Forearm cooling" ) )  AND  ( TITLE-ABS-KEY ( "Disabled persons"  OR  "Para athlete\*"  OR  "Paralysis"  OR  "Paraplegi\*"  OR  "Spinal cord injur\*"  OR  "Spinal injur\*"  OR  "Back injur\*"  OR  "Quadrip\*"  OR  "Wheelchair\*"  OR  "Wheelchair sport\*"  OR  "Wheelchair basketball"  OR  "Wheelchair hockey"  OR  "Wheelchair soccer"  OR  "Wheelchair tennis"  OR  "Wheelchair rugby"  OR  "Athletes with disabilities"  OR  "Vertebrae injur\*"  OR  "Spinal cord disease\*"  OR  "Central cord syndrome"  OR  "Brown-Sequard syndrome"  OR  "Myelitis"  OR  "Wheelchair athlete\*"  OR  "Paralymp\*"  OR  "Spinal cord laceration\*"  OR  "Spinal cord trauma\*"  OR  "Spinal cord contusion\*"  OR  "Tetraplegi\*"  OR  "Para sport\*"  OR  "Wheelchair racing"  OR  "Handcycli\*"  OR  "Hand biking"  OR  "Wheelchair court sports"  OR  "Paratriathlon"  OR  "Spinal cord dysfunction"  OR  "spinal cord fracture\*"  OR  "Spinal cord disorder\*"  OR  "Spinal impairment\*"  OR  "Spinal cord lesion" ) )  AND  ( LIMIT-TO ( LANGUAGE ,  "English" ) )

**SPORTDiscus Search Strategy:**

Outcome:

((((((((((DE "BODY temperature" OR DE "SKIN temperature" OR DE "TYMPANIC body temperature") OR (DE "BODY temperature regulation")) OR (DE "PHYSIOLOGICAL effects of temperature" OR DE "PHYSIOLOGICAL effects of cold temperatures" OR DE "PHYSIOLOGICAL effects of heat")) OR (DE "PERCEPTION" OR DE "HUMAN information processing" OR DE "MUSCULAR sense" OR DE "PERCEPTUAL-motor processes" OR DE "SELF-perception")) OR (DE "EXERCISE tolerance" OR DE "EXERCISE tests")) OR (DE "EXERCISE" OR DE "ABDOMINAL exercises" OR DE "AEROBIC exercises" OR DE "ANAEROBIC exercises" OR DE "AQUATIC exercises" OR DE "ARM exercises" OR DE "BACK exercises" OR DE "BREATHING exercises" OR DE "CALISTHENICS" OR DE "CHAIR exercises" OR DE "CHEST exercises" OR DE "CIRCUIT training" OR DE "COMPOUND exercises" OR DE "COOLDOWN" OR DE "EXERCISE adherence" OR DE "EXERCISE for girls" OR DE "EXERCISE for men" OR DE "EXERCISE for middle-aged persons" OR DE "EXERCISE for people with disabilities" OR DE "EXERCISE for women" OR DE "EXERCISE therapy" OR DE "GYMNASTICS" OR DE "HAND exercises" OR DE "HATHA yoga" OR DE "HIP exercises" OR DE "ISOKINETIC exercise" OR DE "ISOLATION exercises" OR DE "ISOMETRIC exercise" OR DE "ISOTONIC exercise" OR DE "LIANGONG" OR DE "METABOLIC equivalent" OR DE "MULAN quan" OR DE "MUSCLE strength" OR DE "PILATES method" OR DE "PLYOMETRICS" OR DE "QI gong" OR DE "REDUCING exercises" OR DE "SHOULDER exercises" OR DE "STRENGTH training" OR DE "TAI chi" OR DE "WHEELCHAIR workouts")) OR (DE "TIME trials")) OR (DE "RACING" OR DE "BICYCLE racing")) OR (DE "AEROBIC capacity")) OR (DE "PHYSICAL fitness" OR DE "CARDIOPULMONARY fitness" OR DE "CARDIOVASCULAR fitness" OR DE "EXERCISE tolerance" OR DE "ISOLATION exercises" OR DE "MUSCLE strength" OR DE "PHYSICAL fitness for girls" OR DE "PHYSICAL fitness for men" OR DE "PHYSICAL fitness for people with disabilities" OR DE "PHYSICAL fitness for women" OR DE "SPORT for all") OR "body temperature changes" OR "telemetr\*" OR "core temperature" OR "thermoreg\*" OR "heat loss" OR "heat balance" OR "gastrointestinal temperature" OR "rectal temperature" OR "oesophageal temperature" OR "thermal strain" OR "wet heat loss" OR "dry heat loss" OR "evaporative cooling" OR "brain temperature" OR "heat gain" OR "conductive heat loss" OR "convective heat loss" OR "iButton\*" OR "thermosensing" OR "thermoreceptors" OR "thermal sensation" OR "thermal comfort" OR "thermal perception" OR "physical exertion" OR "perceived exertion" OR "ratings of perceived exertion" OR "RPE" OR "perceived effort" OR "subjective effort" OR "athletic performance" OR "physical endurance" OR "sports performance\*" OR "exercise performance\*" OR "time to exhaustion" OR "intermittent sprint protocol" OR "wheelchair ergometer" OR "simulated match\*" OR "arm crank\*" OR "simulated race" OR "power output" OR "mean power output" OR "exercise in the heat" OR "oxygen uptake" OR "VO2" OR "self paced exercise" OR "endurance performance" OR "intermittent sprint performance" OR "repeated sprint performance"

Intervention:

(((DE "BEVERAGES" OR DE "DRINKING water" OR DE "SPORTS drinks") OR (DE "HYPOTHERMIA") OR (DE "COLD therapy") OR (DE "ICE"))) OR "immersion" OR "cold temperature" OR "hyperthermia, induced") OR "Clothing" OR "Cryotherapy" OR "menthol" OR "cooling intervention\*" OR "Ice slu\*" OR "iced towels" OR "ice vest\*" OR "cold water ingestion" OR "cold fluid ingestion" OR "cold water immersion" OR "hand cooling" OR "precooling" OR "pre cooling" OR "per cooling" OR "percooling" OR "mid cooling" OR "midcooling" OR "mixed methods cooling" OR "cooling during exercise" OR "cooling before exercise" OR "neck cooling" OR "cooling jacket" OR "cold jacket" OR "cooling garment" OR "cooling headpiece" OR "neck collar" OR "extremity cooling" OR "Ice pack\*" OR "artificial sweat" OR "external cooling" OR "internal cooling" OR "body cooling" OR "cold air" OR "drink temperature" OR "forearm cooling"

Population:

((((((DE "PEOPLE with disabilities" OR DE "ATHLETES with disabilities" OR DE "MEN with disabilities" OR DE "WOMEN with disabilities") OR (DE "PARALYSIS" OR DE "HEMIPLEGIA" OR DE "PARAPLEGIA" OR DE "QUADRIPLEGIA")) OR (DE "SPINAL cord injuries")) OR (DE "BACK injuries")) OR (DE "WHEELCHAIR sports" OR DE "BOCCIA (Game)" OR DE "MOTORSOCCER" OR DE "NATIONAL Veterans Wheelchair Games" OR DE "RUGBALL" OR DE "WHEELCHAIR basketball" OR DE "WHEELCHAIR bowling" OR DE "WHEELCHAIR dance sport" OR DE "WHEELCHAIR fencing" OR DE "WHEELCHAIR hockey" OR DE "WHEELCHAIR road racing" OR DE "WHEELCHAIR rugby" OR DE "WHEELCHAIR soccer" OR DE "WHEELCHAIR sports competitions" OR DE "WHEELCHAIR tennis" OR DE "WHEELCHAIR track & field" OR DE "WHEELCHAIR workouts")) OR (DE "VERTEBRAE injuries" OR DE "CERVICAL vertebrae injuries" OR DE "SACRUM injuries" OR DE "THORACIC vertebrae injuries")) OR (DE "SPINAL cord diseases" OR DE "POLIO" OR DE "SPINAL cord compression") OR"para athlete\*" OR "wheelchair\*" OR "central cord syndrome" OR "Brown-sequard syndrome" OR "Myelitis" OR "wheelchair athlete\*" OR "Paralymp\*" OR "Spinal cord laceration\*" OR "Spinal cord trauma" OR Spinal cord contusion" OR "tetraplegi\*" OR "Para sport\*" OR "wheelchair racing" OR "handcycli\*" OR "Handbiking" OR "wheelchair court sports" OR "paratriathlon" OR "spinal cord dysfunction" OR "spinal cord fracture\*" OR "spinal cord disorder\*" OR "spinal impairment\*" OR "spinal cord lesion"

NOTE: Outcome, Intervention and Population searches were combined with “AND”

**Web of Science search strategy:**

((ts="Disabled persons") OR (ts="Para athlete\*") OR (ts="Paralysis") OR (ts="Paraplegi\*") OR (ts="Spinal cord injur\*") OR (ts="Spinal injur\*") OR (ts="Back Injur\*") OR (ts="Quadrip\*") OR (ts="Wheelchair\*") OR (ts="Wheelchair sport\*") OR (ts="Wheelchair basketball") OR (ts="Wheelchair hockey") OR (ts="Wheelchair soccer") OR (ts="wheelchair tennis") OR (ts="Wheelchair rugby") OR (ts="Athletes with disabilities") OR (ts="Vertebrae injur\*") OR (ts="Spinal cord disease\*") OR (ts="Central cord syndrome") OR (ts="Brown-Sequard syndrome") OR (ts="Myelitis") OR (ts="Wheelchair athlete\*") OR (ts="Paralymp\*") OR (ts="Spinal cord laceration\*") OR (ts="Spinal cord trauma\*") OR (ts="Spinal cord contusion\*") OR (ts="Tetraplei\*") OR (ts="Para sport\*") OR (ts="Wheelchair racing") OR (ts="Handcycli\*") OR (ts="Hand biking") OR (ts="Wheelchair court sports") OR (ts="Paratriathlon") OR (ts="Spinal cord dysfunction") OR (ts="Spinal cord fracture\*") OR (ts="Spinal cord disorder\*") OR (ts="Spinal impairment\*") OR (ts="Spinal cord lesion")) AND ((ts="Beverages") OR (ts="Clothing") OR (ts="Cryotherapy") OR (ts="Hypothermia") OR (ts="Cold therap\*") OR (ts="Immersion") OR (ts="Cold temperature") OR (ts="Hyperthermia") OR (ts="Ice") OR (ts="Menthol") OR (ts="Cooling intervention\*") OR (ts="Ice slu\*") OR (ts="Iced towels") OR (ts="Ice vest\*") OR (ts="Cold water ingestion") OR (ts="Cold fluid ingestion") OR (ts="Cold water immersion") OR (ts="Hand cooling") OR (ts="Foot cooling") OR (ts="Water spray") OR (ts="Cooling vest") OR (ts="Head cooling") OR (ts="Precooling") OR (ts="Pre cooling") OR (ts="Per cooling") OR (ts="Percooling") OR (ts="Midcooling") OR (ts="Mid cooling") OR (ts="Mixed methods cooling") OR (ts="Cooling during exercise") OR (ts="Cooling before exercise") OR (ts="Neck cooling") OR (ts="Cooling jacket") OR (ts="Cold jacket") OR (ts="Cooling garment") OR (ts="Cooling headpiece") OR (ts="Neck colllar") OR (ts="Extremity cooling") OR (ts="Ice pack\*") OR (ts="Artificial sweat") OR (ts="External cooling") OR (ts="Internal cooling") OR (ts="Body cooling") OR (ts="Cold air") OR (ts="Drink temperature") OR (ts="Forearm cooling")) AND ((ts="Body temperature") OR (ts="Skin temperature") OR (ts="Body temperature regulation") OR (ts="Body temperature changes") OR (ts="Tympanic temperature") OR (ts="Telemetry") OR (ts="Physiological effects of temperature") OR (ts="Core temperature") OR (ts="Thermoreg\*") OR (ts="Heat loss") OR (ts="Heat balance") OR (ts="Gastrointestinal temperature") OR (ts="Rectal temperature") OR (ts="Oesophageal temperature") OR (ts="Thermal strain") OR (ts="Wet heat loss") OR (ts="Dry heat loss") OR (ts="Evaporative cooling") OR (ts="Brain temperature") OR (ts="Heat gain") OR (ts="Conductive heat loss") OR (ts="Convective heat loss") OR (ts="ibutton\*") OR (ts="Thermosensing") OR (ts="Thermoreceptors") OR (ts="Thermal sensation") OR (ts="Thermal comfort") OR (ts="Thermal perception") OR (ts="Physical exertion") OR (ts="Perception") OR (ts="Perceived exertion") OR (ts="Ratings of perceived exertion") OR (ts="RPE") OR (ts="Perceived effort") OR (ts="Subjective effort") OR (ts="Athletic performance") OR (ts="Cardiorespiratory fitness") OR (ts="Cardiovascular fitness") OR (ts="Physical endurance") OR (ts="Physical fitness") OR (ts="Exercise tolerance") OR (ts="Exercise") OR (ts="Time trial\*") OR (ts="Racing") OR (ts="Arm exercise\*") OR (ts="Aerobic capacity") OR (ts="Sports performance\*") OR (ts="Exercise performance\*") OR (ts="Time to exhaustion") OR (ts="Intermittent sprint protocol") OR (ts="Wheelchair ergometer") OR (ts="Simulated match\*") OR (ts="Arm crank\*") OR (ts="Simulated race") OR (ts="Power output") OR (ts="Mean power output") OR (ts="Exercise in the heat") OR (ts="Oxygen uptake") OR (ts="VO2") OR (ts="Self paced exercise") OR (ts="Endurance performance") OR (ts="Intermittent sprint performance") OR (ts="Repeated sprint performance"))

Note: English Language filter was applied on the final search.

**Figure S1. Database search.**

****

**Figure S2.** Squares indicate the individual study Hedges’ g and the lines represent 95% CIs. The diamond represents the overall Hedges’ g, with its width representing the 95% CIs. **A)** Forest plot illustrating the effect of cooling on skin temperature. Data is displayed in subgroups representing precooling (1.1.1: cooling/ice vest, hand cooling, water spray) and percooling (1.1.2: cooling/ice vest, water spray, head and neck cooling, foot cooling, *n* = 7). **B)** Forest plot illustrating the effect of cooling on thermal sensation. Data is displayed in subgroups representing precooling and combine pre and per cooling (1.1.1: cooling/ice vest, ice slurry, hand cooling, water spray) and percooling (1.1.2: cooling/ice vest, water spray, head and neck cooling, foot cooling, *n* = 7).

**Figure S3.** Funnel plot assessing publication bias of trials assessing the effects of cooling on (A) Core temperature, (B) Skin temperature and (C) Thermal sensation in Spinal Cord Injury.

**Figure S4.** A summary of the review authors judgements of each risk of bias item presented as a percentage across all included studies.