

# FEATURE LIST - ATHLETEMONITORING.COM

| WELLNESS, TRAINING & PERFORMANCE              | AVAILABILITY | DETAILS  |
|---|--------------|--|
| Risk assessment and alerts                    | Yes          |  |
| Wellness monitoring                           | Yes          | Customizable daily/weekly wellness questionnaire   |
| Sleep monitoring                              | Yes          | Via data integration or manual input   |
| Menstrual cycle tracking                      | Yes          | Integrated within the wellness questionnaire, alerts and recommendations                     |
| Menstrual symptoms tracker                    | Yes          |  |
| Daily Pain and Stiffness tracker              | Yes          |  |
| Appointment scheduling                        | Yes          |  |
| Program design                                | Yes          |  |
| Activity scheduling                           | Yes          |  |
| Training monitoring                           | Yes          | Monitor objective and subjective load  |
| Periodization                                 | Yes          |  |
| Annual planning                               | Yes          |  |
| Customizable intensity zones                  | Yes          | Customizable RPE scale, HR, Power training zones   |
| Recording of multiple activities per session  | Yes          |  |
| Customizable activities                       | Yes          | Sport-specific activities preloaded by default   |
| Evidence-based Workload management            | Yes          | Customizable load management with evidence-based metrics and actionable alerts               |
| Real-time alerts                              | Yes          | Customizable with actionable recommendations   |
| Reminders and notifications                   | Yes          | 13 customizable reminders delivered via SMS, push notification or email                      |
| Exercise programming                          | Yes          | Preloaded with 600 exercises   |
| Strength programming                          | Yes          | Track sets, reps, volume, intensity  |
| Testing & assessments                         | Yes          | Unlimited tests, batteries, custom standards, etc  |
| Standard-based assessments                    | Yes          |  |
| Individual and team reports                   | Yes          |  |
| Customizable forms questionnaires             | Yes          | Medical history, nutrition, mental health, etc   |
| Team and individual dashboards                | Yes          | Customizable, with wellness, training, testing, questionnaire and health alerts and measures |
| Team and individual graphs                    | Yes          | Customizable, with wellness, training, testing, questionnaire and health alerts and measures |
| Customizable alert logic, formulas and colors | Yes          |  |
| COMMUNICATION                                 | AVAILABILITY | DETAILS  |
| Individual and team messaging                 | Yes          | SMS, email, push notification  |

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| File and video sharing                     | Yes                 | Free 500Mb of storage. Additional storage capacity available.  |
| <b>SPORTS MEDICINE</b>                     | <b>AVAILABILITY</b> | <b>DETAILS</b>   |
| Electronic medical records                 | Yes                 |  |
| Treatment recording and documentation      | Yes                 | Customizable list of treatments, tasks, injury mechanisms  |
| SOAP Notes                                 | Yes                 |  |
| Medication tracking                        | Yes                 |  |
| Management of training restrictions        | Yes                 |  |
| Validated diagnoses coding systems         | Yes                 | SMDCS, OSIICS, Custom  |
| Injury and illness surveillance            | Yes                 | Customizable OSTRC Questionnaire compatible with IOC sport-specific consensus statements   |
| Mental health monitoring                   | Yes                 |  |
| Customizable health questionnaires         | Yes                 |  |
| Epidemiological statistics                 | Yes                 | Incidence, prevalence, burden  |
| <b>DATA EXCHANGE</b>                       | <b>AVAILABILITY</b> | <b>DETAILS</b>   |
| Single sign-on                             | Yes                 |  |
| Raw data export                            | Yes                 | Available for all modules and for staff and athletes   |
| Data export API                            | Yes                 | Export data to external databases via CRON JOB and ReST API  |
| Data import API                            | Yes                 | Import athlete, staff and subgroup data from external information systems  |
| Batch data import                          | Yes                 | Staff, subgroups, athletes, standards, exercises, test results, etc.   |
| Third-party integrations (API and/or CSV ) | Yes                 | Curently available: Oura Ring, Polar Flow, Garmin Connect, Playertek, STATSports, Hawkin Dynamics, VALD ForceDecks, VALDNordBord, VALD Dynamo, InBody, Catapult, VX Sport, GPSports, VERT, FieldWiz, onFORM, universal importer. Integrations are being regularly added. |
| <b>DATA PRIVACY AND SECURITY</b>           | <b>AVAILABILITY</b> | <b>DETAILS</b>   |
| Data storage                               | Dedicated server    |  |
| Data location                              | EU, CAN, IN, client | Option to setup system and data on client's own server   |
| File and data encryption                   | Yes                 |  |
| Encryption at rest                         | Yes                 |  |
| Protection from Cloud Act (US)             | Yes                 |  |
| Privacy policy                             | Yes                 | <a href="https://www.athletemonitoring.com/privacy-policy/">https://www.athletemonitoring.com/privacy-policy/</a>  |
| Data security policy                       | Yes                 | <a href="https://www.athletemonitoring.com/security/">https://www.athletemonitoring.com/security/</a>  |

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| 2 factor authentication                | Yes                 |  |
| Role-based access                      | Yes                 | 11 preset roles, unlimited custom roles  |
| My Data                                | Yes                 | Athletes can select who can/cannot access their data (optional)  |
| Vulnerability testing                  | Yes                 | Monthly  |
| <b>TRAINING</b>                        | <b>AVAILABILITY</b> | <b>DETAILS</b>   |
| Free training to system administrators | Yes                 | Provided via Zoom  |
| Onsite training                        | Yes, optional       |  |
| Video tutorials                        | Yes                 | <a href="https://www.athletemonitoring.com/video-tutorials/">https://www.athletemonitoring.com/video-tutorials/</a>                  |
| <b>SUPPORT</b>                         | <b>AVAILABILITY</b> | <b>DETAILS</b>   |
| Support and assistance                 | Unlimited           |  |
| Support database/FAQ                   | Yes                 | <a href="https://support.en.athletemonitoring.com/support/solutions">https://support.en.athletemonitoring.com/support/solutions</a>  |
| <b>OTHER FEATURES</b>                  | <b>AVAILABILITY</b> | <b>DETAILS</b>   |
| Languages                              | 15                  | English, Français, Deutsch, Español, Português, ภาษาไทย, 汉语, Norsk, Suomi, Dansk, الْعَرَبِيَّةُ, Nederlands, ελληνικά, 日本語, Svenska |
| Web application                        | Yes                 |  |
| Android & iOS app                      | Yes                 |  |
| Custom branding                        | Yes                 |  |