

UW-La Crosse Informed Consent Form

Protocol Title: Effect of Warm-up Strategy on Walking Performance

Principal Investigator: Student PI name, email address or Faculty/Staff PI name, dept., phone, email address

Faculty Mentor: Faculty PI name, department, phone, email address

- **Purpose and Procedure**

- This study examines the effect of different warm-up strategies on walking performance.
- My participation will involve completing three different sessions, once a week over a three-week period. Each session will include a different 15-minute set of warm-up exercises and a 3 km (1.86 miles) walking time trial on a treadmill.
- Each session will last about 1 hour. The total time requirement is three hours over a three-week period. Testing will take place in room 225 Mitchell Hall, UWL.
- During all tests, I will wear a snorkel-like device to analyze my breathing. I will also have a heart rate monitor strapped around my chest under my shirt.
- Blood will be taken from my fingertip every few minutes during testing to measure blood lactate.

- **Potential Risks**

- I may experience finger and muscle soreness and general fatigue. There is also a possibility of injury when exercising.
- Individuals trained in CPR, Advanced Cardiac Life Support and First Aid will be in the laboratory during all sessions. The test will be terminated if complications occur.
- The risk of serious complications for healthy individuals, like me, is near zero.

- **Rights & Confidentiality**

- My participation is voluntary. I can refuse to participate, withdraw from the study at any time, or refuse to answer any questions without penalty or loss of benefits.
- All data will be kept confidential to the extent legally allowable. Although no data can be 100% securely stored, several precautions will be taken to maintain data confidentiality and protect privacy. A number code, rather than my name, will be used when collecting data. My identifying information (e.g., name, email) will be stored separately from the rest of my study data. Data will be stored on password protected devices or in locked UWL offices.

- **Data Use and Sharing**

- The results of this study may be published in scientific literature or presented at professional meetings using grouped data only.
- Deidentified data may be used in future studies, shared with other researchers, or provided to research journals and/or data sharing sites. Deidentified data has personally identifying information permanently removed from the data file.

- **Possible benefits**

- I and other athletes may benefit by understanding how different types of warm-ups impact performance.

Commented [KK1]: Only include this if the PI is a student.

Commented [KK2]: Describe in detail what participation entails, how long it will take, and where it will take place.

Commented [KK3]: Indicate any potential risks or discomforts of study participation and what is being done to mitigate risks. Rarely are there no risks of research studies. If no specific risks have been identified by the researchers, a general statement can say that no more than minimal risk is expected from participation (minimal risk means that the risks aren't greater than those ordinarily encountered in daily life)

Commented [KK4]: This statement should be included for most projects, followed by steps you are taking to maintain confidentiality/privacy.

Commented [KK5]: If your project involves collecting qualitative data and you may share quotes when publishing/presenting, do not include this phrase. Instead you can say that any results shared will not include identifying information.

Commented [KK6]: If you know for certain that you will not be sharing the data with anyone else or using it for other purposes, you can instead include here that the data will only be used by the study researchers for the purposes described here.

Commented [KK7]: If there are no direct benefits to the participants, say that here.

- **Incentives**

- I will receive a \$10 Visa gift card after completing each study session. My name and email will be recorded to indicate payment receipt.
- If I choose to discontinue a study session, I will not receive this incentive. However, if a complication arises outside of my control that prevents me from finishing a study session I've started, I will still receive the incentive for this session.

- **Where to Direct Questions**

- If I have questions regarding this study, I should contact the principal investigator or faculty mentor (see contact information at top of form).
- Questions regarding my rights as a research participant may be addressed to the UWL Institutional Review Board (irb@uwlax.edu).

Commented [KK8]: Leave this section off if there are no study incentives. For incentives, include specifics about how and when they will be awarded. For course credit/extra credit incentives, there must be a non-research alternative available to students to receive this credit, which should be explained here.

Commented [KK9]: For studies that take multiple days, incentives should be prorated so subjects who withdraw receive an incentive proportional to the time they spent in the study.

I have reviewed this form and give my consent to participate in this research.

Participant signature: _____ Date: _____

Researcher signature: _____ Date: _____