

Informed Consent

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

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• **Purpose and Procedure**

- The purpose of this study is to determine the effect of different types of sleeping strategies on sleep performance.
- My participation will involve seven warm-up tests, all of which will be very fatiguing. These will involve both progressive (increasingly harder), and 3 km time trials (competitive simulations).
- The total time requirement is seven hours over a three-week period.
- Testing will take place in room 225 Mitchell Hall, UW-L.
- During all tests, I will wear a snorkel-like device to analyze by breathing and a heart monitor, strapped around my chest, to monitor my heart rate.
- 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 substantial fatigue.
- Individuals trained in CPR, Advanced Cardiac Life Support and First Aid will be in the laboratory, and the test will be terminated if complications occur.
- The risk of serious or life-threatening complications, for healthy individuals, like myself, is near zero.

• **Rights & Confidentiality**

- My participation is voluntary. I can withdraw or refuse to answer any question without consequences at any time.
- I can withdraw from the study at any time for any reason without penalty.
- The results of this study may be published in scientific literature or presented at professional meetings using grouped data only.
- All information will kept confidential through the use of number codes. My data will not be linked with personally identifiable information.

• **Possible benefits** (for use if there are any direct benefits to the participant)

- I and other athletes may benefit by understanding how warm-up impacts performance.

Questions regarding study procedures may be directed to Student AJ (608-796-1234), the principal investigator, or the study advisor Dr. Faculty Member, Department of Exercise and Sport Science, UW-L (608-785-4321). Questions regarding the protection of human subjects may be addressed to the UW-La

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Crosse Institutional Review Board for the Protection of Human Subjects, (608-785-8044 or irb@uwlax.edu).

Participant _____

Date _____

Researcher _____

Date _____