

Appendix 5.1 – Study Information Sheets and Consent Form for chapter 5

EHSREC Approval Number: 2019_10_09_EHS

Practitioner Information Sheet

Please read the information below thoroughly before deciding whether or not to participate in this project.

Introduction

You have been invited to participate in a project entitled, “Practitioner evaluation of an **online injury/illness surveillance system** in a competitive swimming environment”. The project is being carried out by PhD researcher Lorna Barry (University of Limerick).

Aim of the project

The aim of this project is to evaluate Swim Ireland’s injury/illness surveillance project. This online platform is designed to improve the collection of athlete pain, injury and illness information. A swimmers training is typically high in session frequency and volume which can predispose swimmers to musculoskeletal injuries and illness. Training load injuries/illnesses are commonly viewed as preventable when careful training prescription and monitoring is implemented. The aim of this research is to evaluate the use of Swim Ireland’s injury/illness surveillance project which will aim to improve the accuracy and efficiency of athlete pain, injury and illness data collection and intervention strategies for future seasons.

Procedure

Once you have agreed to participate in the project, a hyperlink to an online survey platform will be emailed to you. You will be invited to fill out an electronically mailed survey which will take no longer than 10 minutes. The survey is made up of both closed and open questions.

You will then participate in an online data collectors focus group, which will take no longer than 30 minutes. The focus group will expand on the questions from the online survey. The online session will take place on the University of Limericks MS Teams portal., This online session will be video/audio recorded and notes will be taken by the researcher. To ensure anonymity, all recordings and notes will be labelled in such a way that no link can be made between any individual and the data.

Benefits

Elite swimmers training regimes are typically high in both volume and frequency with a high risk of over-training being associated with the sport. A plethora of training load and injury monitoring systems are being used in sport but the adherence to their usage and thus the efficacy of the data collect is often cause for concern. The aim of this project is to evaluate Swim Ireland’s injury/illness surveillance system, improving the data collection process improving injury prevention strategies in swimming.

What are the risks?

There are minimal to no risks involved with participating in this study. One major concern is the confidentiality of the practitioners’ information. Strict protocols are put in place (as outlined below) to prevent a breach of confidentiality. Every participant has the right to access their data, rectify any errors they may believe exists within their data, and have their data removed and deleted at any time.

Confidentiality

This project has been approved by the Education and Health Sciences Research Ethics Committee in the University of Limerick. All information gathered in this project will remain completely anonymous and strictly confidential., Standard operating procedures for GDPR compliance will be followed, as well as the University of Limericks “MS Teams Safe Meeting Guidelines” (<https://ulsites.ul.ie/itd/msteam-safe-meeting-guidelines>). Immediately upon completion of the online session the audio recording will be transcribed verbatim. The session transcripts will be shared with the participants for approval., Data gathered will be identified using a

code number and your name will not be recorded or used in any part of this project. In the event data are used for publication anonymity of individuals will be upheld. All data will be stored in a locked filing cabinet in the principal researcher's office or password protected/encrypted based on the data type.

Withdrawing from the project

Participation in this project is completely voluntary. You have the right to withdraw from the project at any time without any penalty.

If you would like to participate in this project or if you require further information, please contact:

Lorna Barry, University of Limerick, email: lorna.a.barry@ul.ie

Dr Tom Comyns, University of Limerick, email: tom.comyns@ul.ie

This research study has received Ethics approval from the Education and Health Sciences Research Ethics Committee (quote approval number). If you have any concerns about this study and wish to contact someone independent you may contact: Chairman Education and Health Sciences Research Ethics Committee EHS Faculty Office, University of Limerick, Tel (061) 234101, Email : ehsresearchethics@ul.ie

Practitioner Information Sheet

Please read the information below thoroughly before deciding whether or not to participate in this project.

Introduction

You have been invited to participate in a project entitled, "Practitioner evaluation of an **online training monitoring system (TMS)** in a competitive swimming environment" The project is being carried out by PhD student Lorna Barry (University of Limerick).

Aim of the project

The aim of this project is to evaluate Swim Ireland's TMS. This online platform is designed to improve the collection of athlete training/wellness information. A swimmers training is typically high in session frequency and volume which can predispose swimmers to musculoskeletal injuries and illness. Training load injuries/illnesses are commonly viewed as preventable when careful training prescription and monitoring is implemented. The aim of this research is to evaluate the use of Swim Ireland's TMS which will aim to improve the accuracy and efficiency of training/wellness data collection for future seasons.

Procedure

Once you have agreed to participate in the project, a hyperlink to an online survey platform will be emailed to you. You will be invited to fill out an electronically mailed survey which will take no longer than 10 minutes. The survey is made up of both closed and open questions.

You will then participate in an online one to one semi-structured interview, which will take no longer than 30 minutes. The one to one semi-structured interview will expand on the questions from the online survey. The interview will take place on the University of Limericks MS Teams portal., This online session will be video/audio recorded and notes will be taken by the researcher. To ensure anonymity, all recordings and notes will be labelled in such a way that no link can be made between any individual and the data.

Benefits

Elite swimmers training regimes are typically high in both volume and frequency with a high risk of over-training being associated with the sport. A plethora of training load and injury monitoring systems are being

used in sport but the adherence to their usage and thus the efficacy of the data collect is often cause for concern. This evaluation of an online monitoring system will aid in the development of Swim Ireland's TMS, increasing the adherence of data input thus improving injury prevention strategies in swimming.

What are the risks?

There are minimal to no risks involved with participating in this study. One major concern is the confidentiality of the practitioner's information. Strict protocols are put in place (as outlined below) to prevent a breach of confidentiality. Every participant has the right to access their data, rectify any errors they may believe exists within their data, and have their data removed and deleted at any time.

Confidentiality

This project has been approved by the Education and Health Sciences Research Ethics Committee in the University of Limerick. All information gathered in this project will remain completely anonymous and strictly confidential. Standard operating procedures for GDPR compliance will be followed, as well as the University of Limerick's "MS Teams Safe Meeting Guidelines" (<https://ulsites.ul.ie/itd/msteam-safe-meeting-guidelines>). Immediately upon completion of the online session the audio recording will be transcribed verbatim. The session transcripts will be shared with the participants for approval. Data gathered will be identified using a code number and your name will not be recorded or used in any part of this project. In the event data are used for publication anonymity of individuals will be upheld. All data will be stored in a locked filing cabinet in the principal researcher's office or password protected/encrypted based on the data type.

Withdrawing from the project

Participation in this project is completely voluntary. You have the right to withdraw from the project at any time without any penalty.

If you would like to participate in this project or if you require further information, please contact:

Lorna Barry, University of Limerick, email: lorna.a.barry@ul.ie

Dr. Tom Comyns, University of Limerick, email: tom.comyns@ul.ie

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Athlete Information Sheet

EHSREC Approval Number: 2019_10_09_EHS

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Introduction

You have been invited to participate in a project entitled, "Athlete evaluation of an **online training monitoring system (TMS)** in a competitive swimming environment" The project is being carried out by PhD researcher Lorna Barry (University of Limerick).

Aim of the project

The aim of this project is to evaluate Swim Ireland's TMS. This online platform is designed to improve the collection of athlete training/wellness information. A swimmers training is typically high in session frequency and volume which can predispose swimmers to musculoskeletal injuries and illness. Training load injuries/illnesses are commonly viewed as preventable when careful training prescription and monitoring is implemented. The aim of this research is to evaluate the use of Swim Ireland's TMS which will aim to improve the accuracy and efficiency of training/wellness data collection for future seasons.

Procedure

Once you have agreed to participate in the project, a hyperlink to an online survey platform will be emailed to you. You will be invited to fill out an electronically mailed survey which will take no longer than 10 minutes. The survey is made up of both closed and open questions.

Benefits

Elite swimmers training regimes are typically high in both volume and frequency with a high risk of over-training being associated with the sport. A plethora of training load and injury monitoring systems are being used in sport but the adherence to their usage and thus the efficacy of the data collect is often cause for concern. This evaluation of an online monitoring system will aid in the development of Swim Ireland's TMS, increasing the adherence of data input thus improving injury prevention strategies in swimming.

What are the risks?

There are minimal to no risks involved with participating in this study. One major concern is the confidentiality of the athletes' information. Strict protocols are put in place (as outlined below) to prevent a breach of confidentiality.

Confidentiality

This project has been approved by the Education and Health Sciences Research Ethics Committee in the University of Limerick. All information gathered in this project will remain completely anonymous and strictly confidential. Data gathered will be identified using a code number and your name will not be recorded or used in any part of this project. In the event data are used for publication anonymity of individuals will be upheld. All data will be stored in a locked filing cabinet in the principal researcher's office or password protected/encrypted based on the data type.

Withdrawing from the project

Participation in this project is completely voluntary. You have the right to withdraw from the project at any time without any penalty.

If you would like to participate in this project or if you require further information, please contact:

Lorna Barry, University of Limerick, email: lorna.a.barry@ul.ie

Dr Tom Comyns, University of Limerick, email: tom.comyns@ul.ie

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Parent/Carer Information Sheet

EHSREC Approval Number:

Please read the information below thoroughly before deciding whether or not to participate in this project.

Introduction

Your child has been invited to participate in a project entitled, “Athlete evaluation of an **online training monitoring system (TMS)** in a competitive swimming environment” The project is being carried out by PhD researcher Lorna Barry (University of Limerick).

Aim of the project

The aim of this project is to evaluate Swim Ireland’s TMS. This online platform is designed to improve the collection of athlete training/wellness information. A swimmers training is typically high in session frequency and volume which can predispose swimmers to musculoskeletal injuries and illness. Training load injuries/illnesses are commonly viewed as preventable when careful training prescription and monitoring is implemented. The aim of this research is to evaluate the use of Swim Ireland’s TMS which will aim to improve the accuracy and efficiency of training/wellness data collection for future seasons.

Procedure

Once you have agreed for your child to participate in the project, a hyperlink to an online survey platform will be emailed to your child. Your child will be invited to fill out an electronically mailed survey which will take no longer than 10 minutes. The survey is made up of both closed and open questions.

Benefits

Elite swimmers training regimes are typically high in both volume and frequency with a high risk of over-training being associated with the sport. A plethora of training load and injury monitoring systems are being used in sport but the adherence to their usage and thus the efficacy of the data collect is often cause for concern. This evaluation of an online monitoring system will aid in the development of Swim Ireland’s TMS, increasing the adherence of data input thus improving injury prevention strategies in swimming.

What are the risks?

There are minimal to no risks involved with participating in this study. One major concern is the confidentiality of the athletes’ information. Strict protocols are put in place (as outlined below) to prevent a breach of confidentiality.

Confidentiality

This project has been approved by the Education and Health Sciences Research Ethics Committee in the University of Limerick. All information gathered in this project will remain completely anonymous and strictly confidential. Data gathered will be identified using a code number and your name will not be recorded or used in any part of this project. In the event data are used for publication anonymity of individuals will be upheld. All data will be stored in a locked filing cabinet in the principal researcher’s office or password protected/encrypted based on the data type.

Withdrawing from the project

Participation in this project is completely voluntary. You and your child have the right to withdraw from the project at any time without any penalty.

If you would like to participate in this project or if you require further information, please contact:

Lorna Barry, University of Limerick, email: lorna.a.barry@ul.ie

Dr Tom Comyns, University of Limerick, email: tom.comyns@ul.ie

This research study has received Ethics approval from the Education and Health Sciences Research Ethics Committee (quote approval number). If you have any concerns about this study and wish to contact someone independent you may contact: Chairman Education and Health Sciences Research Ethics Committee EHS Faculty Office, University of Limerick, Tel (061) 234101, Email : ehsresearchethics@ul.ie

EHSREC Approval Number:

EHS RESEARCH ETHICS COMMITTEE

Participant Consent – Hardcopy Option

Title of Study: “Athlete evaluation of an online training monitoring system (TMS) in a competitive swimming environment”

Should you agree to participate in this study please read the statements below and if you agree to them, please sign the consent form.

I have read and understood the participant information sheet.

I understand what the project is about, and what the results will be used for.

I understand that what the researchers find out in this study may be shared with others but that my name will not be given to anyone in any written material developed.

I am fully aware of what I will have to do, and of any risks and benefits of the study.

I know that I am choosing to take part in the study and that I can stop taking part in the study at any stage without giving any reason to the researchers.

I agree to the statements above and I consent to taking part in this research study.

☐

Name of Child (please print): _____

Name of Parent/Carer (please print): _____

Signature Parent/Carer: _____ Date: _____

Investigator's Signature _____ Date: _____

