

Appendix 3.3 - Study Information Sheets and Consent Form for chapters 3 and 4

EHSREC Approval Number: 2019_10_09

Recruitment Information

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, *“Training load monitoring and injury surveillance in high-performance swimming: A survey of current trends”*. The project is being carried out by PhD student Lorna Barry (University of Limerick).

Aim of the project

A swimmers training is typically high in session frequency and volume which can predispose swimmers to musculoskeletal injuries, with shoulder injuries being the most common. Training load injuries are commonly viewed as preventable when careful training prescription and monitoring is implemented. The aim of this research is to gather specific information surrounding the type of training and injury monitoring systems being implemented, methods being employed and their perceived effectiveness within the sport of competitive swimming.

Procedure

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

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 methods have been widely researched in a variety of sports. However, it has been suggested that these practices fluctuate considerably within swimming. Research into the current practices of monitoring for elite swimming is lacking, highlighting a gap between practice and scientific knowledge. The aim of this study is to establish the current methods used in high performance settings.

What are the risks?

There are minimal to no risks involved with participating in this study. One major concern is the confidentiality of the coaches training 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.

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 require further information please contact:

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

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 (2019_10_09). If you have any concerns about this study and wish to contact someone independent you may contact: Dr Ronni Greenwood

Chairman Education and Health Sciences Research Ethics Committee EHS Faculty Office, University of Limerick, Tel (061) 234101, Email : ehsresearchethics@ul.ie

Email

“Training load monitoring and injury surveillance in high-performance swimming: A survey of current trends”

To whom it may concern,

My name is Lorna Barry and I am a PhD student from the department of Physical Education and Sport Science department at the University of Limerick in Ireland. I am writing to invite you to participate in my research study; “Training load monitoring and injury surveillance in high performance swimming: A survey of current trends”.

I am circulating two surveys:

[Training Load Survey](#)

[Injury Surveillance Survey](#)

Each survey should be completed by the staff member who has primary responsibility for either training load monitoring or injury surveillance within your swimming programme. If the same person does both then please complete both surveys.

The survey lasts no more than 10 minutes.

Each survey contains both open and closed questions surrounding the topics of; your demographic and coaching experience, your swim programme method of training load monitoring or methods of injury surveillance and your perceived value of these systems.

This is completely voluntary. You can choose to be in the study or not. If you would like to participate please click on the relevant link:

[Training Load Survey](#)

[Injury Surveillance Survey](#)

If have any questions about the study or would like an extended copy of the study information sheet, please email me at: lorna.a.barry@ul.ie

Thank you very much.

Sincerely,

Lorna Barry

This research study has received Ethics approval from the Education and Health Sciences Research Ethics Committee (2019_10_09) If you have any concerns about this study and wish to contact someone independent you may contact: Dr. Ronni Greenwood

Chairman Education and Health Sciences Research Ethics Committee

EHS Faculty Office, University of Limerick, Tel (061) 234101, Email: ehsresearchethics@ul.ie