



14 October 2021

## **INFORMATION TO PARTICIPANTS**

**Research Title:** Overcoming the Injury Boulder in Sports Climbing – Phase 2

### **Principal Researcher:**

Ms Katie Kaminsky, Australian Youth Climbing Team Physiotherapist, Sport Climbing Australia

We would like to invite you to participate in this original research project. You should only participate if you want to; choosing not to take part will not disadvantage you in any way. Before you decide whether you want to take part, it is important for you to understand why the research is being done and what your participation will involve. Please take time to read the following information carefully and discuss it with others if you wish. Ask us if there is anything that is not clear or if you would like more information.

### **Aim:**

The aim of this research project is to determine how often and the reasons why competitive Australian rock climbers become injured, and to understand the relationship between these injuries, training loads and recovery measures.

This study will inform us about injury risk and injury rates in Elite Australian competitive climbers, which will help us strategise ways to reduce the risk of injury. This study therefore also aims to maximise your capacity for competitive performance.

### **Benefits:**

This study will provide information regarding how often Australian competitive climbers sustain injuries and how these injuries affect overall wellbeing and training participation. It will also help us to develop an understanding of the relationship between training load, recovery status and injuries. This information will contribute to long-term research on how to reduce the risk of injuries in high-level competitive climbers, and will help us to develop our understanding of how you can stay healthy and in peak performance throughout the year.

You will have access to your training logs through the Athlete Management System throughout the course of the study.

### **What is involved?**

This study relies on you and your input. You will be asked to complete a weekly form via the Athlete Management System, including

- An estimate of how much and how hard you train per week (e.g. duration, type and how hard sessions were)
- A short questionnaire on any new injuries
- A short questionnaire on your overall wellbeing

This should take, on average, no more than five minutes a week. This data will be collected over the course of twelve months. When you haven't entered your weekly data, a member of the research team will call or text you to remind you to complete data entry.

In the event that you sustain an injury, either Ms Justine Walker, Sport Climbing Australia Head Physiotherapist, or Ms Kathryn Kaminsky, Sport Climbing Australia Youth Climbing Team Physiotherapist, will contact you to



offer support such as suggesting a health care professional / clinician qualified to help you with your injury, regardless of your location within Australia.

**Who we are recruiting?**

Anyone who is over the age of 14 and is a member of the Australian Open, Youth International or Youth Development team/s is eligible to participate, including Paraclimbing, Lead, Speed and Boulder teams. Those who are not on a National team and those under the age of 14 are not eligible to participate.

**Adverse Effects and Withdrawal:**

There are no predicted or projected adverse or detrimental effects due to participation in this research project. You have the right to withdraw from this research project at any point in time without any disadvantage.

**Confidentiality:**

Your information will be kept confidential through limited-access user accounts accessible to a small number of the research team (Ms Justine Walker and Ms Kathryn Kaminsky). All non-identifiable results will be kept on a secure, password-protected laptop computer accessible to Ms Kathryn Kaminsky and Dr Michael Drew for the duration of the research project in accordance with Australian Institute of Sport requirements and government privacy principles.

After 12 months of data collection, your results will be analysed without using your name to identify you. Your overall results, without your name will be combined into the national database. No one will be able to tell what your results are in the dataset. These general findings will be shared with you, all participants and National and State coaching staff. They may be published in a research paper and / or conference presentation. Your name will never be used. Should you wish, you will be provided with an electronic summary report of your personal results on completion of the project. This will not be shared with anyone other than yourself.

Any injury-specific information discussed with either Ms Justine Walker or Ms Katie Kaminsky will be treated as confidential in keeping with the Australian Health Practitioner Regulation Agency requirements and therefore will not be shared with any persons without your direct consent.

No X-Rays or CT scans will be collected as part of this study. However, you may report an injury to the study's database that was diagnosed via X-Rays or CT scans previously requested by your doctor in the normal course of treatment of that injury. Also, while participating in this study, you may report a new injury and be referred for further medical care by the study researchers. The doctor you see may request an X-Ray or CT scan to diagnose that injury. In the case where your doctor requests X-Rays or CT scans, these diagnostic scans involve exposure to radiation. In the event that this is recommended by your doctor, your doctor will provide you an opportunity in which to provide informed consent to undergoing any scans that they request.

**Ethics Approval:**

This project has been approved by the Australian Institute of Sport ethics committee (Ethics number: 20190801). If you have any concerns as a participant or a participant's guardian, please contact the Secretary of the AIS Ethics Committee via phone on (02) 6214 1577.

**Further information:**

Should you require any further information regarding any aspect of participating in this research project, please contact Dr Michael Drew on (02) 62 14 1766 or [mick.drew@ausport.gov.au](mailto:mick.drew@ausport.gov.au)

