



INFORMATION TO PARTICIPANTS

Research Title: Improving athlete performance health across Australia's high-performance sport system.

Principal Researchers:

Dr Michael Drew, Athlete Performance Health Manager, mick.drew@ausport.gov.au, 0416 048 448

Project Lead: Erin Smyth, erin.smyth@ausport.gov.au, 0420 512 039

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.

What is the aim of this research?

This project has two main aims: (1) to understand what is required for athletes to achieve optimal performance health and (2) to understand the barriers to athlete performance health. The information collected will develop themes to be included in a National Athlete Performance Health Framework.

What are the benefits of this research study?

This study will provide information from Australia's High-performance Sport System to inform the development of an Athlete Performance Health Framework to assist sporting organisation to develop sport specific strategies to improve athlete health and performance. It will also help overcome barriers to athlete performance health.

What is involved?

You are being asked to participate in a research process called concept mapping. Concept mapping is a valid process to collect many people's perspective of a common issue. It allows participants to provide multiple inputs and perspectives simultaneously.

The study will be conducted over 1-2 months and consist of three online activities for two concept mapping projects.

Project 1 – gaining your perspectives on what is required for athletes to be in an optimal performance health state.

Activity 1: Brainstorm ideas about what is required to achieve athlete performance health to inform an Athlete Performance Health Framework. (15-30mins)

Activity 2: Sort these ideas into groups of related concepts. (15-30mins)

Activity 3: Rate the relative importance of these ideas, the difficulty of achieving these ideas and how well those ideas are currently being applied in Australia. (15-30mins)



Project 2 – gaining your perspectives on what barriers need to be overcome for athletes to be in an optimal performance health state.

Activity 1: Brainstorm ideas about what the barriers are to achieving athlete performance health. (15-30mins)

Activity 2: Sort these ideas into groups of related concepts. (15-30mins)

Activity 3: Rate the relative importance of these ideas, the difficulty of overcoming these barriers and the urgency of addressing these barriers. (15-30mins)

What is required to participate in this research?

Your participation will be spread over 1-2 months. After completing Activity, 1 it will be 1-2 months before you are invited to participate in Activities 2 and 3, which you will be asked to do at the same time.

You will be able to participate as an individual at a time convenient to you. You will not need to meet with others to participate.

Additionally, you may be invited to attend an online two-day workshop where you will be given an opportunity to add to your brainstorming contribution on Day 1 and perform the sorting and rating on Day 2. You should only participate if you wish to.

How will my privacy and anonymity be protected?

Participation is voluntary and anonymous. You will not be required to provide your name when you participate in the research. Other research participants will not be able to identify you or link any information or answers to you.

We will seek background information on you to assist in the analysis phase of this project. These data include role in your organisation, sport, level of engagement with your organisation, level of athlete you are or work with, type of training/work environment, NSO, SSO or NIN, gender, identify as Aboriginal or Torres Strait Islander, identify as LGBTQTI. The research will not combine these data in a way that you will be identifiable during analysis or reporting. Group trends will be used rather than individual responses.

We will require your email address to provide you access to the data collection tool. This email address will not be included in the data analysis and reporting. We will use this email address to follow up participation and to provide you with a report at the end of the project.

Who are we recruiting?

We are recruiting all socioecological levels of Australia's high-performance sport system. These levels broadly cover all role holders in the system including but not limited to athletes, coaches, health and medical staff, performance support, administrators, managers and leaders of the National Institute Network, National Sporting Organisations, and other sector partners. All participants must be over the age of 18 and have proficient use of the English language.

Are there any adverse effects of participating and how can I withdraw?

We do not anticipate any adverse effects of participating and you may withdraw at any time without penalty. Once your data has been entered into the collection tool, we will be unable to remove your responses. This is due to the tool collecting the responses in an anonymised format and once the 'sorting and rating' phase has started, brainstorming data cannot be removed.

How will confidentiality be maintained?

The confidentiality of your data will be always respected. Only researchers directly involved in this project will see your data which will be kept for minimum of 5 years. Data is stored electronically on a secure site and any hard copies will be stored in a locked filing cabinet. Participants' names or emails will not be associated with any aspect of this study; this will ensure anonymity during research and publication. Data will be collated so that an individual's information will not be able to be identifiable. Results will be disseminated in the form of scientific publications and AIS frameworks and policy documents.



Has this project obtained a research ethics approval?

This study has been approved by the Australian Institute of Sport Ethics Committee (Approval Number: 20211001).

Further information:

If you have any questions, or you would like further information regarding the project titled: 'Improving athlete performance health across Australia's high-performance sport system', please contact the Principal Researcher or Project Lead:

Erin Smyth, Project Lead

Phone: +61 420 512 039

Email: erin.smyth@ausport.gov.au

Dr Michael Drew, Supervising Researcher

Phone: +61 416 048 448

Email: mick.drew@ausport.gov.au

Concerns and Complaints:

If you have any concerns or complaints with respect to the conduct of this study, you may contact the Secretary of the AIS Ethics Committee by email to ethics@ausport.gov.au, by phone on (02) 6214 1791, or by mail to The Secretary AIS Ethics Committee PO Box 176 Belconnen ACT 2616.

