

## **Participant Information sheet:**

**Researcher:** Christina Finlay

**Research Tutor:** Gareth Jones

**Research institute:** Leeds Beckett University

**Study title:** Epidemiology of injuries in adults rowing in England

### **Invitation:**

You are invited to take part in a research study investigating injuries experienced by rowers but before you decide whether or not you would like to take part it is important you understand the aim of the study and what it involves. Please take time to read the following information carefully. Do not hesitate to ask any questions or if you need clarification on anything contact me via my email located at the bottom of the page. It is important all questions are answered before you decide whether or not to take part.

### **What is the purpose of the study:**

This study will look at injuries within the adult rowing population in England. All British Rowing affiliated clubs in England have been contacted to request their participation. At present, there is minimal research into injuries in the general rowing population as the main focus has been on elite rowers and therefore it can't be assumed that this is representative of the general rowing population.

### **What does the study aim to show:**

The aims of the study are:

- To identify the injury risk and incidence within rowing
- To identify common sites of injury and what type of training this may be linked to
- To identify any trends in injury rates between different genders, weight-classes and ages
- To identify what months injuries are more likely to occur and if this links with any specific event/season in rowing calendars.

### **Am I a suitable participant for the study?**

We are seeking volunteers who are part of a British rowing affiliated club in England aged 19 or over. You must also have rowed for at least one full year and this must include last year as you will be asked to recall any injuries that have occurred over the past 12 months whilst rowing. The study will require access to the internet as you will be asked to complete a questionnaire online. It is important to stress you DO NOT have to have experienced injuries to complete the questionnaire, if you remained injury-free in the past 12 months your input is still valuable.

### **Do I have to take part?**

No. It is entirely your decision if you wish to participate. If you decide to take part please keep a copy of this form for your own reference. **You are free to withdraw from the study including during any experimental procedures. You do not have to give your reasons for withdrawal.**

**What happens if I agree to take part?**

You will be asked to follow a link to complete an online Google form consisting of 4 sections. The first section is to ask your consent to participate and the following 3 sections ask about your personal and rowing characteristics, your training schedule and any injuries you may have experienced in the past 12 months. The form will then be submitted and received by myself and coded onto data analysis software and stored on my private, password-locked computer. The form will be available online for 4 weeks before it is closed and no further submissions will be accepted.

**Will this benefit me?**

The study will not help you directly. The benefit of this study will be to provide a greater insight into injuries in rowing and allow possible preventative strategies to be implemented if common trends appear.

**What are the possible risks of taking part in the study?**

The experiment has been risk assessed and ethically approved by Leeds Beckett University, and proof of this is available on request. This study was categorised as low risk.

**What if there is a problem?**

If you have any concerns about any part of the study please do not hesitate to contact me on the below email address.

**What will happen to the results of the study?**

These results will form the basis of my Master's thesis. There is a possibility in future that this thesis may be presented at a scientific conference or published in a scientific journal but there are no immediate plans for this at present.

**Will taking part in this study be kept confidential?**

All information collected will be coded to maintain anonymity and kept strictly confidential. Any data gathered that leaves Leeds Beckett University will be coded to maintain your anonymity. Your name is asked in the study but only to identify you should you wish to be removed at a later date. You are free to leave the study at any time before completion, no reason necessary. The information will be kept confidential at all times and held securely on paper and electronically at Leeds Beckett University under the provision of the 1998 Data Protection Act.

**What do I do next?**

If you decide to take part, follow the link provided and complete the online form in full and press submit.

Thank you for taking the time to consider participating in my research project and please get in touch with any questions or queries.

**Contact:** [c.finlay3887@student.leedsbeckett.ac.uk](mailto:c.finlay3887@student.leedsbeckett.ac.uk)