

PARTICIPANT INFORMATION SHEET

ETH24-9618 - The RUDDER Project: Return-to-Sport Using Decision Determinants to Evaluate Risk of Re-injury in Sport

WHO IS CONDUCTING THIS RESEARCH?

Our names are Franco Impellizzeri, Ian Shrier and Emma Petancevski. Franco (Professor) and Emma (Research Assistant) are academics at UTS, and Ian is a physician and academic at McGill University, Canada. The study is conducted in collaboration with the Australian Institute of Sport.

WHAT IS THE RESEARCH ABOUT?

The purpose of this research is to understand the factors considered in return-to-sport decisions, their perceived importance, and the estimated re-injury risk. This will allow to prevent potential conflict and, in case, to develop solution to improve the relationship between the professionals involved in this difficult decision. To achieve this, we will ask you to reflect on a recent return-to-sport decision in which you were involved. Your contribution is very important to improve the return-to-sport process and potentially reduce the risk of reinjury.

WHY HAVE I BEEN INVITED?

You have been invited to participate because you are either an athlete recently (within one week) **cleared** to return-to-sport (compete) or a professional (e.g. doctors, physiotherapists, coaches etc.) working in Australia involved in the return-to-sport decision of an athlete.

Before you decide to participate in this study, please check the following criteria:

- You are an adult (18+).
- You are an athlete or you work with athletes participating in sport at any level, however, must be a competitive sport (e.g. official events, tournaments, leagues, championships and not recreational level). Competitive sport includes:
 - International level (competing at the international level [individuals or team sport athletes on a national team])
 - National Level (competing at the national level or team-sport athletes competing in national and/or state competitions)
 - Developmental level (local-level representation, local competitions)
- You are an athlete or you work with athletes participating in any sport (team or individual), without or with disability,
- You are an athlete or you work with athletes who cannot compete due to a sport-related injury.
 - Athlete can be cleared to return-to-sport, but still be partially restricted (modified) with their *primary training mode* (e.g. court, field, pitch, but not gym), if the restriction is minor (e.g. missing 1x drill, or small sides games [e.g. 5v5]).
 - Athlete can also be cleared to return-to-sport, but play restricted minutes (e.g. playing half a game, restricted to 20 minutes).
- You understand and communicate in English.

FUNDING

Funding for this project has been received from the Australian Institute of Sport (AIS).

WHAT DOES MY PARTICIPATION INVOLVE?

There are two parts involved in your participation in this study.

Part one will be completed by anyone (professional or athlete) who has a role in the return-to-sport decision. Here we will ask you to complete a survey on your demographics and the factors you consider important when making a return-to sport decision (10 minutes).

Part two will be completed immediately (within 7 days) after you are involved in a return-to-sport decision. Here we will ask you to:

- Complete a case study form to collect information on the injury for which the athlete was cleared to return-to-sport (10 minutes)
- Utilise an online app (after receiving instructions and a 10-20-min training from the research assistant) that will ask you to estimate your perceived risk of reinjury over the upcoming 3 months (10 minutes to complete).
- Complete an additional questionnaire 3 months after being cleared to return-to-sport to understand some information about re-injury (if any) and your training (10 minutes to complete).

Support from the research assistant will be offered throughout the study. You will be also required to schedule in a time with the research assistant to complete the risk estimation. All activities can be completed from a location suitable for you using a smartphone or a computer.

You will receive a gift card to the value of \$40 following the completion of the project as a thank you for your participation. To be eligible, you must complete Part 1 and Part 2 of the study. Participants who only complete Part 1 will not receive a gift card. One gift card per participant will be distributed. Professionals will only be offered one gift card for their entire participation on the study, despite potentially complete Part 2 of the study for more than one athlete.

ARE THERE ANY RISKS/INCONVENIENCE?

Yes, there are some risks/inconvenience. These may include:

- **Privacy & Confidentiality** – while your data will be de-identified, replacing identifiable information with identification numbers, there is always a risk you will be identifiable. However, only the principal investigator and research assistant will have access to the identifiable data, stored and protected in the University server after study completion.
- **Burden of Commitment** – this study will require you to participate in aforementioned research activities. However, this can be completed at a time convenient for yourself and using various tools and with the support of a research assistant.

DO I HAVE TO TAKE PART IN THIS RESEARCH PROJECT?

Participation in this study is **voluntary**. It is completely up to you whether or not you decide to take part. If you decide not to participate, or to withdraw from the study, it will not affect your relationship with the researchers, the University of Technology Sydney or the Australian Institute of Sport.

If you are an athlete, you do not have to take part in this research. If you do not wish to participate, we ask for your permission to allow third parties (e.g. your physiotherapist, doctor, coach, etc.) to share your injury-related information for the purpose of this research.

If you are an athlete and you do wish to take part, by consenting to participate in this research you also consent to allowing third parties (e.g. your physiotherapist, doctor, coach etc.) to share your injury-related information for the purpose of this research.

WHAT IF I WITHDRAW FROM THIS RESEARCH PROJECT?

If you wish to withdraw from the study once it has started, you can do so at any time without having to give a reason, by eventually contacting the research assistant, Emma Petancevski (Emma.Petancevski@uts.edu.au).

If you decide to leave the research project, we will not collect additional personal information from you (e.g. name, address, date of birth etc.), although personal information already collected will be retained to ensure that the results of the research project can be measured properly and to comply with law. You should be aware that data collected up to the time you withdraw will form part of the research project results. If you do not want us to do this, you must tell us before you join the research project.

WHAT WILL HAPPEN TO INFORMATION ABOUT ME?

By signing the consent form you consent to the research team collecting and using personal information about you for the research project. All this information will be treated confidentially. All data will be stored on a password protected server. De-identified data may be shared in scientific databases to advance the knowledge of research in this area, according to open science and good research practices.

We would like to store your information for future use in research projects that are an extension of this research project. In all instances, your information will be treated as confidential and stored securely.

It is anticipated that the results of this research project will be published and/or presented in a variety of forums. In any publication and/or presentation, information will be provided in such a way that you cannot be identified, except with your permission.

In accordance with relevant Australian and/or NSW Privacy laws, you have the right to request access to the information about you that is collected and stored by the research team. You also have the right to request that any information with which you disagree be corrected. Please inform the research team member named at the end of this document if you would like to access your information.

WHAT IF I HAVE ANY QUERIES OR CONCERNS?

If you have queries or concerns about the research that you think we can help you with, please feel free to contact Emma Petancevski on Emma.Petancevski@uts.edu.au.

You will be given a copy of this form to keep.

CONSENT

Please select the checkbox below to indicate your consent to participate in this research.

- I agree to participate in this research (and for athletes, allow my injury-related information to be shared by third parties)
- I don't agree to participate in this research, but I agree to allow my injury-related information to be shared by third parties (for athletes)

Insert Name:

I don't agree to participate in this research, and I don't agree to allow my injury-related information to be shared by third parties (for athletes)

Insert Name:

NOTE:

This study has been approved in line with the University of Technology Sydney Human Research Ethics Committee [UTS HREC] guidelines. If you have any concerns or complaints about any aspect of the conduct of this research that you wish to raise independently of the research team, please contact the Ethics Secretariat on ph.: +61 2 9514 2478 or email: Research.Ethics@uts.edu.au], and quote the UTS HREC reference number. Any matter raised will be treated confidentially, investigated and you will be informed of the outcome.