



Consent Form for Participation in a Research Study

TITLE

Analysis of Athletic Performance and Energy Expenditures derived from Critical Power Curve Parameters in Rowers at different Competitive Levels

PRINCIPAL INVESTIGATOR

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CO-INVESTIGATORS

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INTRODUCTION

You are being asked to take part in a research study. Please read this explanation about the study and its risks and benefits before you decide if you would like to take part. You should take as much time as you need to make your decision. You should contact the study investigator to explain anything that you do not understand and make sure that all of your questions have been answered before signing this consent form. Before you make your decision, feel free to talk about this study with anyone you wish. Participation in this study is voluntary.

BACKGROUND/RATIONALE

Modeling athletic performance has been done for many years to better predict competition results based on routine testing data. In this study, the Critical Power model will be used to calculate aerobic and anaerobic capacity of each individual to allow more detailed investigation of the percentages of the anaerobic capacity utilized by that individual throughout a 2000m rowing ergometer test and a rowing race. Certain patterns of anaerobic system recruitment may be identified from these observations for different levels of athletes or for athletes with similar body composition. Coaches can potentially utilize this information to customize workouts to strengthen the energy system components of their athletes based on competitive level and body composition type, to decide an optimal boat category for an athlete, and to ultimately alter race strategies to improve performance.



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PURPOSE

- (i) Determine the energy expenditures (aerobic/anaerobic) throughout a rowing and ergometer race/test.
- (ii) To compare the usage of the anaerobic and aerobic energy systems in rowers at different competitive levels (senior national team, U23 national team, club, junior and novices).
- (iii) To compare aerobic and anaerobic energy expenditures to performance in rowers at different competitive levels

PROCEDURES

This research study will not interrupt with your training plan. Your ergometer test data (2k, 6k and other distances) will be submitted by you or collected by the investigator at the regatta (if you do intend to participate).

RISKS

There are no known risks involved in collecting test/race data from you and by the investigator.

BENEFITS

Your participation may help increase our understanding of patterns of anaerobic system recruitment in different level athletes. The information could be utilized by your coaches to customize workouts to improve performance if you choose to share the information with your coaches.

CONFIDENTIALITY

All information obtained during the study will be held in strict confidence. You will be identified with a study number only. No names or identifying information will be used in any publication or presentations. No information identifying you will be transferred outside the investigators in this study.

VOLUNTARY PARTICIPATION

Your participation in this study is voluntary. You may decide not to be in this study, or to be in the study now and then changing your mind later. You may leave the study at any time without consequence. You may refuse to answer any question you do not want to answer, or not answer an interview question by saying, "pass".

We will give you new information that is learned during the study that might affect your decision to stay in the study.



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QUESTIONS

If you have any questions, concerns or would like to speak to the study team for any reason, please call: Mr. Ming-Chang Tsai, (Study Coordinator) at 416-876-9774 or Dr. Scott Thomas at 416-978-6957.

If you have any questions about your rights as a research participant or have concerns about this study, call the Research Ethics Board (REB) office number at 416-586-4875. The REB is a group of people who oversee the ethical conduct of research studies. These people are not part of the study team. Everything that you discuss will be kept confidential.