**CONSENT FORM**

**Title**

The effect of individualised post-exercise blood flow restriction on recovery following strenuous resistance exercise: A randomised controlled trial

**Author**

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| --- | --- | --- |
|  | **YES** | **NO** |
| I have read the Participant Information Sheet and the nature and purpose of the research project has been explained to me. I understand and agree to take part. | □ | □ |
| I am a male or female between the age of 18 and 35 years. | □ | □ |
| I understand the purpose of the research project and my involvement in it. | □ | □ |
| I understand that I may withdraw from the research project at any stage and that this will not affect my status now or in the future. | □ | □ |
| I understand that I can withdraw my consent following completion of the study. | □ | □ |
| I understand that if I do withdraw from the study prior to its completion, my data will not be used. | □ | □ |
| I understand that while information gained during the study may be published, I will not be identified and my personal results will remain confidential. | □ | □ |
| I understand that I will receive a copy of my personal results and a summary of the project findings. | □ | □ |
| I give consent to be contacted for future trials that I may be suitable for. | □ | □ |
| I understand that all data stored as computer files will be kept on the University of South Australia’s network, and will be password accessible exclusively to the study investigators. Hard­copy data will be stored in a locked filing cabinet in the office of the principal investigator. All data will be kept securely for 5 years, after which it will be deleted. | □ | □ |
| I give consent for my data obtained during this trial to be used in future studies. | □ | □ |

**Name of participant**……………………………………………………………….......

**Signed**…………………………………………………….**Date**……………………….

I have provided information about the research to the research participant and believe that he/she understands what is involved.

**Researcher’s signature and date**……………………………………………………...