

Consent Form – Training Study

Title of Research Project

The Effects of Age and Training on Fatigue, Pacing, and Thermoregulation

Investigators

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The purpose of the research has been explained to me, including the (potential) risks/discomforts associated with the research and I have been given the opportunity to ask questions about the research and received satisfactory answers. I understand that any information (including photographs) or personal details gathered in the course of this research about me are confidential and that neither my name nor any other identifying information will be used or published without my written permission. I understand that I am free to withdraw my participation in the research at any time, and that if I do, I will not be subjected to any penalty or discriminatory treatment.

I am aware that the DXA assessment involves exposure to a small amount of radiation. As part of everyday living, everyone is exposed to naturally occurring background radiation and receives a dose of about 2,000 microsieverts (uSv) each year. The effective dose from this DXA assessment is 1 uSv. At this dose level, no harmful effects of radiation have been demonstrated as any effect is too small to measure. Thus, according to the *Australia Radiation Protection and Nuclear Safety Agency* the level of risk in this project is considered minimal and is equivalent to Risk Category I (<1:100,000).

Charles Sturt University's Human Research Ethics Committee has approved this study.

Please read the following statements carefully and tick the boxes to agree:

- I voluntarily consent to take part in this research study and will attend the baseline, familiarisation, testing, and training sessions.
- I understand that due care is provided at all times and will not hold Charles Sturt University liable for any injuries sustained from my participation in this research.
- I have been advised to retain the information sheet about the procedures (including the radiation dose) for at least five years so that it can be provided to staff in any future activities involving exposure to ionizing radiation.
- I agree to have my photograph or video taken and understand that all photographs and videos will be used in a non-disclosing manner.
- I understand that if I have any complaints or concerns about this research I can contact:

Executive Officer
Human Research Ethics Committee
Office of Academic Governance
Charles Sturt University
Panorama Avenue
Bathurst NSW 2795

Tel: +612 6338 4628

Email: ethics@csu.edu.au

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Name of Participant

Signature of Participant

Date

Name of Investigator

Signature of Investigator

Date