

UNIVERSITY OF WOLLONGONG

Consent form

Examining the health benefits associated with participation in the Global Corporate Challenge

John Sampson / Cathie Andrew

I have been given information about this research investigating the health benefits associated with participation in the Global Corporate Challenge (GCC). I have received a participant information package and I am aware of the assessments that I am required to participate in. I have been given the opportunity to discuss this research project with John Sampson and I understand that I am assisting with a research investigation within the School of Health Science at the University of Wollongong.

I understand that, if I consent to participate in this project I will be asked to:

- Participate in a familiarisation session to ensure I have full understanding of the test protocol and its procedures. (Approximately 30 mins).
- Complete a health screening questionnaire prior to participation (approx 15 minutes)
- Complete a health assessment questionnaire detailing my lifestyle, exercise and dietary habits (approx 15 minutes)
- Participate in pre, mid and postexperimental health assessments. In this session the experimenters will measure my resting blood pressure, resting heart rate, waist circumference, and body mass index (requiring assessment of height and weight). In addition I am aware that I will be required to complete a 12 minute walk / run fitness assessment and record the distance covered (Approximately 1.5 hours per session).
- Agree to the total time commitment associated with this research of approximately 6hoursincluding the pre-intervention assessments, the 16 week period of the GCC and post intervention review.
- Record my patterns of physical activity throughout the 16 week Global Corporate Challenge as outlined in the participant information package.
- Refrain from excessive or vigorous activity 48 hours prior to each test session.
- Refrain from alcohol and caffeine consumption in the immediate 12 hours prior to each test session.

I have had an opportunity to ask the research team including Mr John Sampson any questions I may have about the research and my participation.

All questions, answers and results associated with this study will be treated with absolute confidentiality. All experimental data, including information collected on the pre-screening health questionnaire will be stored in locked cabinets for a minimum of five years and my will never be identified within reports or manuscripts using either my name or initials.

I understand that my participation in this research is voluntary, I am free to refuse to participate and I am free to withdraw from the research at any time. My refusal to participate or withdrawal of consent will not affect my registration in the Global Corporate Challenge, nor my treatment or relationship with the School of Health Science, or relationship or employment with University of Wollongong.

If I have any enquiries about the research, I can contact Mr John Sampson on (02) 42 215597, or if I have any concerns or complaints regarding the way the research is or has been conducted, I can contact the Complaints Officer, Human Research Ethics Committee, Research Services Office, University of Wollongong on 4221 4457.

By signing below I am indicating my consent to participate in the research entitled "Examining the health benefits associated with participation in the Global Corporate Challenge" as it has been described to me in the participant information package and in discussion with Mr John Sampson. I understand that the data collected from my participation will be used journal publications and scientific presentations.

Signed

Date

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Name (please print)

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