UNIVERSITY OF LIMERICK
OLLSCOIL LUIMNIGH

UNIVERSITY OF LIMERICK RESEARCH ETHICS COMMITTEE

RISK ASSESSMENT FORM – PROCEDURES INVOLVING HUMAN SUBJECTS

Procedure No	**SS 047**
Title of Procedure	Submaximal exercise on linked rowing ergometers
Name of Assessor	Ian Kenny
Assessment date	July 2019
Does this procedure already have ethical approval?	
If so, enter ethical number and expiry date	**Approval No: 2019_11_SS 047 _RA** **End Date: December 2028**

1 **Please provide a brief description of the procedure**

This involves healthy adult volunteers rowing on a pair of linked rowing ergometers (Concept or RowPerfect) at variable submaximal workloads and for variable durations. This procedure is undertaken as part of teaching classes in PESS or part of undergraduate and postgraduate research.

Linked rowing ergometry allows the researcher to simulate the effect of rowing in a pair (a boat with the two people) in the lab. Effect on various physiological and kinematic parameters (covered under separate Risk Assessments) can then be investigated. Rowing ergometry allows the external workload to be controlled, so that comparisons can be made between individual's technique, and measurements of efficiency made.

Where participants are not experienced in rowing technique, they will be instructed and familiarised with how to perform the correct rowing stroke technique by the experimenter. The participant will warm-up on the rowing
ergometer prior to completing the sub-maximal test, as advised by the experimenter. The resistance (drag) is set by the experimenter prior to the sub-maximal test. During the test, the effort of the participant changes, but the resistance remains constant. The experimenter will inform the participant when the effort must change, (e.g. at set intervals), prior to the test, and during the test. A brief cool down will be completed at the end of the sub-maximal test.

2	**Location in which the procedure may take place**

x	PESS Teaching Facilities e.g. PG040
X	PESS Research Facilities e.g. PG043
Others, please specify	

3	**Eligibility of subject(s) to be used**

x	PESS student (U.G. or P.G.)
x	University staff or campus personnel
Others, please specify	
x	Members of local rowing clubs

4	**Potential risks. To be explained before obtaining consent**

All exercise carries risk of cardio vascular accident in those who are susceptible. The participants will complete a standard pre-test questionnaire prior to participation, and no one with a history of cardiovascular disease, or a recent musculoskeletal injury would be asked to undertake this procedure. Additionally, all labs and all PESS research would utilise an informed consent document prior to participation, which would explain the risks to the participant.

Accidents on rowing ergometers are very rare and the warm-up, test protocol and cool-down will be explained in detail to the participants prior to the test.

It should be noted that in teaching labs, ergometer rowing is currently undertaken by students of Sport and Exercise Sciences and Physical Education UG programmes or students of the taught Master's programmes, who are usually exercise tolerant. In PESS research, participants will have no contraindications to safe participation in exercise / physical activity.

5	**Action to be taken in the event of a foreseeable emergency**

The procedure will be terminated if the volunteer shows any sign of distress.
Standard first aid procedures may be required depending on the severity of the situation. The following standard procedure should be followed in the event of an incident occurring in the PESS building / UL Facility:

1. Stop the procedure. Position the subject to prevent self-injury.
2. If appropriate, raise the subject's lower limbs to improve blood flow. Should the subject fail to respond summon help immediately.
3. Check vital signs airways, breathing and circulation (ABC)

4. If required attempt CPR as soon as possible.
5. Requesting Help: Emergency Contact telephone numbers are listed on laboratory door:
• During normal working hours 9am-5pm, use lab phone to contact the Student Health Centre on 061-202534
• Outside of normal working hours, or if the Student Health Centre number is engaged/busy, use the laboratory phone to dial 3333 for UL security personnel who will then contact the ambulance service. Contact one of the PESS First Aiders – names are listed on the PESS laboratory door.
6. When contacting the above clearly state: Location, Building, Room Number, Nature of Incident/Accident and provide a contact number.
7. Complete the UL 'Accident & Emergency' form (completed by the investigator, not the volunteer). Forms available on UL HR website: https://www.ul.ie/hr/hr-policies-procedures-and-forms-z

6	**Level of supervision required for procedure**

	x	PESS lecturing, research staff and teaching assistants
	x	PESS postgraduate researcher
Others, please specify	x	Trained PESS postgraduate students
	x	Trained PESS undergraduate students

7	**Other documentation required for this assessment?**

	x	Pre-test subject questionnaire
	x	Participant Information Sheet
Others, please specify	x	Participant Consent Form
	x	Detailed Protocol

PROCEDURES INVOLVING HUMAN SUBJECTS

Procedure No	**SS 047**

Title of Procedure	Submaximal exercise on a rowing ergometer		
Name of Assessor	Ian Kenny	Assessment date	July 2019

8 **Committee approval for experiment**

	X	Granted
Others, please specify		

Comments/conditions



Signed_____ Date 04/11/19

(Head of Department)