UNIVERSITY OF LIMERICK
OLLSCOIL LUIMNIGH

UNIVERSITY OF LIMERICK RESEARCH ETHICS COMMITTEE

RISK ASSESSMENT FORM – PROCEDURES INVOLVING HUMAN SUBJECTS

Procedure No	**SS 017**
Title of Procedure	Analysis of Weightlifting Exercises
Name of Assessor(s)	Mark Lyons
Assessment Date	November 2018
Does this procedure already have ethical approval?	**Yes**
If so, enter ethical number and expiry date	**Approval No: 2019_11_SS 017 _RA** **End Date: December 2028**

1 Please provide a brief description of the procedure

Normal healthy adult subjects will be video recorded during several weightlifting procedures. All lifters will either be experienced or be trained by the investigator as to the proper technique to be used. The subjects may also be located on a force plate to measure ground reaction forces during the lift.

Prior to recording, the subject will complete a warm-up routine as devised by the researcher. Appropriately qualified spotters will be used depending on the weightlifting exercise. When spotters are used, they will communicate at all times with the subject. A clear command will be agreed prior to testing between the spotters and subject (e.g. 'my bar' command by subject when they are ready to commence the lift; a simple 'no' command when the subject feels they are unable to complete a lift at which point the spotters will immediately spot the weight of the bar again).

2 Location in which the procedure may take place

x	PESS Teaching Laboratory (Room No: PG040)
x	PESS Research Laboratory (Room No: PG043)

Others, please specify

x	PESS Anatomy & Kinesiology Lab PG039

x	Weight Training Rooms UL Arena (Arena Gym, Elite Gym)

3 Eligibility of subject(s) to be used	
x	PESS student (U.G. or P.G.)
x	University of Limerick staff or campus personnel
x	Members of the general public engaged in research projects granted ethical approval.

4	Potential risks. To be explained before obtaining consent

x	None, or minimal discomfort only

All weightlifting carries risk of muscular strain in those who are susceptible. The subjects will complete a standard pre-test questionnaire prior to participation, and anyone with a history of musculoskeletal injuries will not undertake this procedure. Additionally, all labs and PESS research utilise an informed consent document prior to participation, which explains the risks in full to the subject. The risk of muscular or connective tissue injury during this procedure is minimal. Participants will undergo a thorough and specific warm-up routine devised by the researcher. No subject will be required to lift a load in excess of their 1 rep max value. The subjects 1 rep max will be calculated in the lab using a standardised 1RM procedure.

It should be noted that in teaching labs, resistance training is currently undertaken by PESS students of Physical Education, Sport and Exercise Sciences, Masters in Sports Performance, and Masters in Applied Sports Coaching, who are usually exercise tolerant. In final year projects and dissertations, all participants would be healthy adults with no musculoskeletal or connective tissue injuries.

Video recordings will be kept safe and secure and destroyed if necessary at the end of the teaching programme or research project

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 **061-20**2534
   - 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. If in PESS, 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

If an emergency or incident occurs offsite, follow the local procedures for dealing with such an event. **Ensure you are aware of the offsite local safety procedures in the event of a foreseeable emergency.**

6	Level of supervision required for procedure

x	PESS lecturing, research staff and teaching assistants (with resistance training, weightlifting or equivalent qualifications or experience)
x	PESS postgraduate researcher (with resistance training, weightlifting or equivalent qualifications or experience)

Others, please specify

7	Other documentation required for this assessment ?

x	Pre-test subject questionnaire (PAR-Q)
x	Detailed protocol

Others, please specify

x	Participant Information Sheet
x	Participant Consent Form

PRO_CEDURE FOR ANALYSIS OF WEIGHTLIFTING EXERCISES UNIVERSITY OF LIMERICK RESEARCH ETHICS COMMITTEE

RISK ASSESSMEJ".IJ' FORM - PROCEDURES INVOLVING HUMAN SUBJECTS

Procedure No SS 017

Title of Procedure Analysis of Weightlifting Exercises

Name of Assessor(s) Mark Lyons

Assessment Date November 2018

End Date: December 2028

S **Approval of procedure**

[D Granted

D

Others, please specify

D

D

Comments/conditions

Signed: (Head of Department)

Date: '9 0ilJ?