UNIVERSITY OF LIMERICK
OLLSCOIL LUIMNIGH

UNIVERSITY OF LIMERICK RESEARCH ETHICS COMMITTEE

RISK ASSESSMENT FORM – PROCEDURES INVOLVING HUMAN SUBJECTS

		Procedure No	**SS 005**
Title of Procedure	Submaximal Exercise on a cycle ergometer		
Name of Assessor	Alan Donnelly	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 005_RA** **End Date: December 2028**		

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

This involves cycling on a bicycle ergometer (Monarch) at workloads less than VO2 max. This procedure is undertaken as part of teaching classes in PESS or part of undergraduate and postgraduate research. Cycle ergometry allows the external workload to be controlled, so that comparisons can be made between individuals, and measurements of efficiency made.

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

x	PESS Teaching Facilities
x	PESS Research Facilities
Others, please specify	

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

☒	PESS student (U.G. or P.G.)
x	University of Limerick staff or campus personnel

Others, please specify

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 exercise carries risk of cardiovascular accident in those who are susceptible. The subjects will complete a standard pre-test questionnaire prior to participation, and no one with a history of cardiovascular disease would be asked to undertake this procedure. Additionally, all labs, Final Year Project research and other research would utilise an informed consent document prior to participation, which would explain the risks.

It should be noted that in teaching labs, bicycle ergometry is currently used by students of Sport and Exercise Sciences, PE and taught Masters students, who are usually exercise tolerant. In final year projects, all subjects would be healthy adults.

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. 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 UG student

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

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

For office use only

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Procedure No SS 005

Title of Procedure: Submaximal Exercise on a cycle ergometer

Name of Assessor: Alan Donnelly

Assessment date: November 2018

W **Committee approval for experiment**

[L] (Granted

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Others, plyse srcify

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Comments/conditions

Signed" 4 -¾Yh.c,,==-=:::::,

(Head of Department)

Date 1cc;