**UNIVERSITY OF LIMERICK RESEARCH ETHICS COMMITTEE**

**RISK ASSESSMENT FORM – PROCEDURES INVOLVING HUMAN SUBJECTS**

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| **Procedure No** | **SS 057** |

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| **Title of Procedure** | Running Time Trial | | |
| **Name of Assessor(s)** | Drew Harrison | **Assessment Date** | February 2002 |

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| Does this procedure already have ethical approval? (Delete as appropriate) | **YES** |
| If **YES**, enter ethical number and expiry date | **Approval No:** |

## 1 Please provide a brief description of the procedure

This procedure involves a timed maximal run for a set distance between 30m and 5000m. PESS students and trained athletes will be used. Subjects will warm up using their normal routine, usually 15 to 20 minutes, after which they will be required to run the time trial. No more than two time trials will be conducted in any one session, with a minimum of 15 minutes recovery between trials. Time trials are commonly used in standard training sessions.

## 2 Location in which the procedure may take place

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| X | UL track and UL Arena |
| X | Other appropriate off campus sites, e.g. Nenagh indoor athletics track. |

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

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| X | PESS students |
| X | Trained athletes |

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

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| X | None, or minimal discomfort only |

Risks will be no greater than those risks already inherent with training sessions and running, for example, risk of pulled muscle, tendon or ligament strain, etc.

## 5 Action to be taken in the event of an foreseeable emergency

If the subject shows any signs of distress, the procedure will be terminated immediately.

In the case of dizziness or fainting, subjects will be placed in the supine position with legs raised.

If the subject feels nauseous, a suitable receptacle should be provided. The subject should be kept as comfortable as possible, until fully recovered.

If a minor physical injury occurs (e.g. minor cut, sprain, or strain), the subject will be kept comfortable and recommended to seek medical treatment as soon as possible.

In the case of more serious situations (e.g. fractures, dislocations), or should the subject fail to respond, help would be summoned immediately:

1. During normal working hours 9am-5pm, use nearest internal telephone to contact the Student Health Centre on extension **2534** (or **061 202534** if an external phone/mobile phone is used)
2. Outside of normal working hours, or if the Student Health Centre number is engaged/busy, use the nearest telephone to dial **3333** (or **061 213333** if an external phone/mobile phone is used) for UL security personnel who will then contact the ambulance service.
   When contacting the above clearly state the location of the incident, and briefly what happened.
3. If necessary, personnel should attempt CPR.

In the event of an emergency in another location, the venue's emergency procedure will then be put into effect. Appropriate emergency services should be contacted by dialling **999**.

## 6 Level of supervision required for procedure

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| **X** | Trained PESS lecturing or research staff |
| **X** | Trained PESS postgraduate researcher |
| **X** | Trained PESS undergraduate researcher |

## 7 Other documentation required for this assessment ?

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| **X** | Pre-test subject questionnaire |