

UNIVERSITY OF LIMERICK EHS RESEARCH ETHICS COMMITTEE

PROCEDURES INVOLVING HUMAN SUBJECTS

Procedure No

Title of Procedure

Name of Assessor Assessment date

Does this procedure already have ethical approval ?

If so, enter ethical number and expiry date

1

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.

Volunteers will receive instruction on how to raise or lower the saddle height to achieve a comfortable and safe position on the ergometer.

2

Others, please specify

3

Others, please specify

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

Low risk

All exercise carries risk of cardiovascular 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 lower limb musculoskeletal injury 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. 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**

PESS lecturing, research staff and teaching assistants

PESS postgraduate researcher

Others, please specify

Trained PESS postgraduate students

Trained PESS UG student

7

Other documentation required for this assessment ?

Pre-test subject questionnaire

Participant Information Sheet

Others, please specify

Participant Consent Form

For office use only

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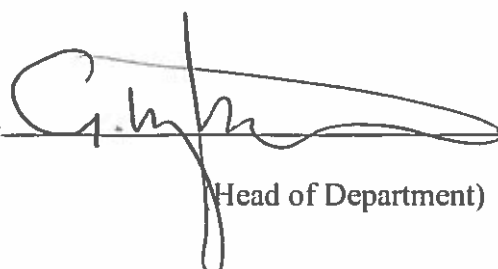
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Others, please specify

Comments/conditions

Signed 
(Head of Department)

Date 11/11/19