**Study Information & Consent Form**

**Consent Form**

**INTRODUCTION**

If you are a participant of one of the running groups of the SportMedBC Vancouver Sun Run InTraining Program (LearnToRun10K, WalkRunK, or Run10KStronger), you are invited to participate in this study on the prevention of running injuries.

**STUDY TEAM**

Principal Investigator:

Dr. Alexander Scott, PT, PhD, Associate Professor, UBC Department of Physical Therapy, contact number: 604-875-4111 ext. 21810

Co-investigators:

Heather Hollman, DC, BSc, Primary Contact, graduate student in the UBC Master of Rehabilitation Science program, contact number: 604-862-1051

Allison Ezzat, PT, MSc, PhD candidate, School of Population & Public Health, UBC, Sport Injury Research and Prevention Centre, University of Calgary, contact number: 604-317-4595

Jean-Francois Esculier, PT, PhD, Postdoctoral Fellow, UBC Department of Physical Therapy, contact number: 604-822-7948

The results of this study will contribute to a graduating paper by Heather Hollman and be published in a peer-reviewed journal that has public access.

**PURPOSE**

The research study is being performed to determine whether online running injury prevention advice is effective for reducing running injuries sustained by runners in the SportMed BC Vancouver Sun Run InTraining Program. We want to know if the advice will lead to a change in perceptions and behaviours towards running injury prevention and whether barriers exist that prevent runners from participating in the recommendations. The results from this study will help us identify effective injury prevention interventions for runners and design future studies.

**STUDY PROCEDURE**

The study will take place for the 13-week duration of the SportMedBC Vancouver Sun Run InTraining Program. If you decide to take part in this research study, here are the procedures we will do:

* The 57 Clinics of the InTraining Program will be randomly and blindly allocated using sealed envelopes, into 2 different groups, control or intervention group.
* You will be asked to provide your email address to enable us to send online questionnaires and online evidence-based advice for the prevention of running injuries.

**Questionnaires**

Your participation will involve completing 7 online questionnaires that are sent to your email address. These questionnaires should each take approximately 10 minutes and you will be given 1 week to complete each one.

* 1 online Baseline Questionnaire on Week 1 or 2, sent immediately upon agreeing to participate in the study
* 5 bi-weekly online Follow-Up Questionnaires on Weeks 3, 5, 7, 9, and 11
* 1 online Final Questionnaire on Week 13 **Online Running Injury Prevention Advice**

You will be asked to read and follow online running injury prevention advice that is attached at the end of the questionnaires. The advice should take approximately 5-10 minutes to read. All online running injury prevention advice provided in this study is supported by the most recent up-to-date research on the prevention of running injuries.

* On Week 1 or 2, after filling out the Baseline Questionnaire, all participants will be given general running injury prevention advice
* On Weeks, 3, 5, 7, 9, and 11, after the Follow-Up Questionnaires, participants that are randomly assigned to the intervention group will also receive additional tailored running injury prevention advice. This advice will be tailored based on responses to the Follow-Up Questionnaires.

Please consider undertaking participation in the study even if this is your first time ever running.

**POTENTIAL RISKS OF THE STUDY**

We do not think there is anything in this study that could harm you or be bad for you. There is a risk of injury associated with running but we have no reason to think that the running injury prevention advice will increase this risk. It is important to acknowledge the advice received in this study is not a substitute for professional medical assistance and the researchers will not undertake to provide medical care or advice.

**POTENTIAL BENEFITS OF THE STUDY**

It is possible that your participation in this study will reduce your risk of sustaining a running injury. Your participation will also aid in a better understanding of tailored online running injury prevention advice and its association with running injuries and inform the development and implementation of future running injury prevention studies.

**CONFIDENTIALITY**

All online questionnaires and running injury prevention advice will be delivered to your email address using the REDCap electronic data capture tools hosted and supported by the Vancouver Coastal Health Research Institute at UBC and responses will have IP addresses removed. The data record that includes your personal identifying information (name and email) will be stored on an encrypted computer hard disc with privacy protection in a locked filing cabinet at the Centre for Hip Health and Mobility in Vancouver that is only available to the Principal Investigator and Co-Investigators of this study.

Collected results will be analyzed with all personal identifying information removed. All personal information will be kept strictly confidential and will be destroyed 5 years after the data analysis has been conducted.

**CONTACT**

Who can you contact if you have questions about the study?

If you have any questions about what we are asking of you, please contact the primary contact or one of the study team. The names and telephone numbers are listed at the top of this form.

Who can you contact if you have complaints or concerns about the study?

If you have any concerns or complaints about your rights as a research participant and/or your experiences while participating in this study, contact the Research Participants Complaint Line in the UBC Office of Research Ethics at 604-822-8598 or if long distance e-mail at [RSIL@ors.ubc.ca](mailto:RSIL@ors.ubc.ca) or call toll free 1-877-822-8598.

**PARTICIPANT CONSENT**

Taking part in this study is entirely up to you. You have the right to refuse to participate in this study. If you decide to take part, you may choose to pull out of the study at any time without giving a reason and without any negative impact.

By providing your name and email, you are indicating you have read and understood the information in this consent form and consent to participate in this study.

1. Please provide your full name.
2. Please provide your email address.
3. Please provide today's date.