

## Informed Consent Form

**Title:** Personal Informatics for Athletes

**Principle Investigator:** Dr. Carman Neustaedter, SIAT, Simon Fraser University  
778-782-9034, carman\_neustaedter@sfu.ca

The Simon Fraser University Research Ethics Board has approved this research study.

This consent form, a copy of which is made available to you, is part of the process of informed consent. It should give you the basic idea of what the research is about and what your participation will involve. If you would like more details about something mentioned here, or information not included here, you should feel free to ask the investigator(s). Please take the time to read this carefully and to understand the information.

**Purpose:** This research project will examine the increasing role that technology and personal informatics have in endurance sport planning, training, and monitoring. Furthermore this project aims to evaluate the current use of technology within this athletic community and develop an understanding of potential areas where these personal informatics and sport specific data can be better integrated with the athletic training process, and coaching communities.

**Participant Recruitment and Selection:** You must be over 18 years of age and have no major physical or cognitive disabilities.

**Study Method:** You will be asked to complete a semi-structured interview once about your practices of logging personal athletic data (e.g., number of runs, timing of runs), or receipt and viewing of this information from others (e.g., as an athletic coach).

**Benefits and Risks:** Participants will not benefit directly by participating in the study though they will contribute to broader scientific knowledge and understand. The risks of the study are expected to be none or minimal as all questions are about mundane details about personal informatics data collection.

**Data Collection:** Data will be collected in the form of interview responses, which will be audio recorded with the participants' permission. All data will be kept anonymous as participants will not be required to enter any personal identifying information. Data will be stored on a secure SFU server and kept for three years or until the study analysis is completed. At this point, it will be permanently destroyed.

Research results can be obtained by contacting the principle investigator:  
Dr. Carman Neustaedter, 778-782-9034, carman\_neustaedter@sfu.ca.

**Acceptance of this Form:** By completing this form you: 1) understand to your satisfaction the information provided to you about your participation in this research project, and 2) agree to participate as a research subject.

In no way does this waive your legal rights nor release the investigators, sponsors, or involved institutions from their legal and professional responsibilities. You are free to withdraw from this research project at any time. You should feel free to ask for clarification or new information throughout your participation.

To accept this form, please print your name below, sign, and date the form.

Participant's Name:

\_\_\_\_\_

Signature:

\_\_\_\_\_

Date: \_\_\_\_\_

### Questions/Concerns:

If you have any concerns about the way you've been treated as a participant or concerns with the research project, please contact Dr. Hal Weinberg, Director, Office of Research at: [hal\\_weinberg@sfu.ca](mailto:hal_weinberg@sfu.ca) or 778-782-6593.