

Informed Consent Letter of Information for Participants

(to be completed by the researcher and distributed to participants before any data is collected)

Project Title: Energy Efficiency in Running

1. Who is conducting and supervising this research?

| | First Name | Last Name | Phone | Email |
|------------------------------------|---------------------------|------------|--------------|-----------------------|
| Student 1 | Arnold | Perelstein | 778-123-4567 | aperelstein@gmail.com |
| Student 2 (if applicable) | --- | --- | --- | --- |
| Adult Supervisor | Valerie | Frizzle | 604-713-1234 | vfrizz@vsb.bc.ca |
| Scientific Supervisor ¹ | --- | --- | --- | --- |
| School | Walkerville Middle School | | | |

2. What is the purpose of this research?

This experiment aimed to see if individuals who receive specific training for running run more efficiently (be closer to 180 strides per minute) than non-trained runners.

3. Are there any benefits to participating in this research? If so, what are they?

The participants were not told that their strides per minute were being counted as that could have affected how they ran, so there were no immediate benefits to participating.

4. What is the level of risk² to the participants in this research? What are the risks?

There was a very low risk of tripping or falling during the running. All participants were athletes who train at least 3 days a week so the running in the experiment was not beyond regular activity for them.

5. How much time are participants expected to contribute to the research?

Each participant ran three trials lasting one minute each. All trials were conducted on the same day. The total time commitment required from each participant was 15 minutes.

6. Will participants receive any remuneration or reward³ for being part of this research?

No remuneration or reward was paid to any participants. This is in keeping with the policy of Youth Science Canada

7. How will the data collected from participants be kept confidential⁴?

The participants were only identified Runner A, B, C and their names were never recorded with the data. The videos of the participants running did not show their faces and were deleted as they were not part of the final project display.

8. Participants have the right to withdraw from the research at any time, for any reason. How should they communicate this to the person conducting the research?

Anyone wishing to withdraw could inform Arnold in person or by texting him or e-mailing him before the experiment.

¹ Required for Significant Risk Projects only. A definition of Significant Risk Projects can be found at <http://youthscience.ca/node/8292>

² Low risk is defined as conditions where "the risks of harm are not greater or more likely than those encountered in everyday life". For more information, visit <http://youthscience.ca/node/3576>

³ The answer to this question should be NO. It is the policy of Youth Science Canada that incentives not be offered for participation in projects displayed at either Regional Science Fair, the Canada Wide Science Fair, or International Science Fairs.

⁴ This includes what happens to the data after it is no longer needed for Science Fairs.

9. Will the results of the research be communicated with participants? If so, how?

Arnold will e-mail participants their running times if they request it, but no special presentation was given to participants. Participants can learn more about the results by seeing Arnold present his project at the school science fair.

10. Has this project already received ethics approval from the regional science fair committee⁵?

If so, copy and paste the letter or e-mail below.

If not, e-mail a request for approval and attach a copy of this letter to your e-mail.

Yes. Arnold's experiment proposal was approved by his science teacher, Ms. Frizzle. Because the ethics requirements for the district fair are the same as those for the regional fair, Arnold e-mailed the regional ethics committee directly about his project and received the following reply on Oct. 16, 2017.

Hello,

Thank you for submitting your proposal to the Greater Vancouver Regional Ethics Committee. The documentation is complete, and well documented. We have only one change we would like you to make. You propose to give those who post fast running times a small reward, which in a separate email you describe as "a coupon, small gift card, a trinket, or similar". It is not appropriate to offer rewards in the context of this kind of experiment. A simple "Thank you for participating" would be appropriate for all. With this single modification, we are pleased to tell you that your project is eligible for exhibit at the Regional Science Fair.

⁵ Students must e-mail the regional ethics committee (vdsfethics@gvrsf.ca) with a formal request for ethics approval in order to participate in district and regional science fairs. Please refer to the VDSF blog (<https://blogs.vsb.bc.ca/vdsf/student-teacher-info/ethics/>) for information on what this request should include.