



## **EWS rider health survey - Participant information sheet**

The Enduro World Series is inviting you to take part in this research study, to provide information about your experiences during your mountain biking career. With your help information gathered from this study will be used to guide and direct future athlete health, and injury prevention initiatives. Before you decide if you wish to take part it is important for you to understand why the research is being done and what it will involve. Please take the time to read the following information carefully. If there is anything that is not clear or if you would like more information please contact Dr Debbie Palmer at [d.palmer@napier.ac.uk](mailto:d.palmer@napier.ac.uk).

### **Background**

Elite athletes are known to be exposed to high impact training and competition loads, leading to increased physiological demands that can be associated with an increased risk of injury and illness. While former elite athletes are generally reported to present better overall health later in life compared with the general population, there is a wealth of evidence reporting the prevalence of injuries and illness in sport, and that some issues, such as ongoing pain and musculoskeletal dysfunction from injury may be precursors to the development of longer term health issues such as osteoarthritis (OA).

### **Who should take part in the study?**

We are looking for Enduro mountain bike riders to complete this survey. That includes those who compete in the EWS series, Challenger and/or qualifier events.

### **What is the purpose of the study?**

The aim of this study is to generate new knowledge on the short and long-term musculoskeletal and overall general health of Enduro mountain bike riders and to objectively and accurately identify the risk factors associated with elite-level sport in this area.

### **What will it involve?**

You will be asked to complete a questionnaire which will ask a series of questions on your background, your mountain biking career, any significant injuries and illnesses you may have suffered, your current musculoskeletal and general health, and your quality of life. The questionnaire has 6 sections and will take approximately 20 minutes to complete. Your completion and submission of the questionnaire implies your consent to participate in the study and for your data to be used for the purposes of the study.

What are the possible benefits of taking part?

By taking part in this study you will be contributing to a large body of research being conducted by the Enduro World Series that will provide insight in to the short and long-term health of Enduro mountain bike riders. The information gathered will help us develop a wider understanding of the issues, provide evidence-based recommendations and best-practice guidelines to benefit yourself and other riders.

Will my information be kept confidential?

Yes. If you consent to take part in this study data obtained about you will remain strictly confidential at all times. Study data will be held securely, electronically on an encrypted device and will not contain any individual participant identifiable information. You will be allocated a study participant number which will be used as a code to identify your data. Results of the study may be published in scientific journals or be presented at scientific conferences but all results will remain anonymous. The study will be carried out in accordance with the Declaration of Helsinki.

What will happen if I don't want to carry on with the study?

Participation in the study is entirely voluntary, and if you decide to participate, you are free to withdraw from the study at any time. Please note, if you do withdraw from the study after completing the questionnaire, your data will remain on file and be included in the final study analysis unless you specifically request its removal.

Thank you for your time and your invaluable contribution to this important research. You can contact the study team if you have any questions about the study at [d.palmer@napier.ac.uk](mailto:d.palmer@napier.ac.uk)

**You can access the survey using the link:**

**<https://www.surveymonkey.co.uk/r/riderhealth>**

**(NB: for best functionality please use in Chrome instead of Explorer)**