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**RESEARCH PROJECT TITLE: Project H<sub>2</sub>gr0w**

**INFORMATION STATEMENT: PARENT/GUARDIAN**

**(1) What is this study about?**

Your child has been invited to take part in a research study examining how growth and maturation influences the development of young swimmers. The study is being conducted by Swimming Australia in collaboration with The University of Sydney.

Adolescence reflects a time-period where differences in growth and maturation status are most observable. The study will focus on how aspects of growth and maturity affect race performance. The point of the study is to track the changes in growth and maturity with performance over time. To do this, we would like to keep track of some basic growth, maturity and performance measures (i.e., race times at competition) for up to a three year period. By tracking growth, maturity status and performance development, the study will better understand the relationships and then determine how Swimming Australia can better support swimmers, coaches (and swimming programs more generally) during and across the adolescent phase.

This Information Statement tells you about the research study. Knowing what is involved will help you decide if you want to let your child take part. Please read this statement carefully and ask questions about anything that you don't understand or want to know more about. Participation in the study is voluntary.

By giving your consent, you are telling us that you:

- ✓ Understand what you have read.
- ✓ Agree for your child under your guardianship/care to take part in the study as outlined below.
- ✓ Agree to the use of your child's and/or your personal information as outlined below.

You will be given a copy of this Information Statement to keep.

**(2) Who is running the study?**

The study is being led and carried out by:

- Dr. Stephen Cobley – The University of Sydney
- James Salter – Swimming Australia Limited

- Shaun Abbott – The University of Sydney

Funding declaration:

The current study will be led by Dr. Stephen Cobley and Shaun Abbott and is financially supported by Swimming Australia Limited who is the employer of Mr. James Salter.

**(3) What will the study involve?**

Following your consented approval, we will ask your child to also provide consent. Then, you and your child will be invited to have four measures taken by a trained researcher. These baseline measures include your child's standing height, sitting height and weight. The fourth and final measure will be the standing height of both biological parents (if available). Where it is not possible to measure the height of the second parent, a self-reported measure or estimation can be provided. These measures do reflect standard and normal procedures associated with assessing both growth and maturation.

After the initial first baseline measurement, we would like to ask you to repeat some of the basic measures at home. Immediately prior to attending swimming competitive events (e.g., day before), we would like to ask that you measure your child's height, weight and sitting height. We will provide supportive information via email to help you do this accurately, and Swimming Australia will send you a web-link to enable simple online reporting. We request that a minimum of four self-recorded measures are taken across a competitive season; but we welcome more self-recordings if taken in association with the swimming competitive schedule. The web-link will also be sent periodically to permit periodic completion. We would like to invite parents and children to self-record and report these measures across a competition season, and for up to three years. This will be important to see how growth and maturation influences performance development over time.

When attending future swimming events, it is also possible (in some instances) that *Project H<sub>2</sub>gr0w* measurement stations may also be present. We encourage you and your child to have measurements taken again when available, as this will just help obtain repeated recordings. When taking measures at home, only conventional household items such as bathroom scales and a measuring tape will be necessary. Again, instructions will be provided via email on how to measure and report.

**(4) How much time will the study take?**

The four measures should take no longer than 10 minutes of your time to complete; this includes completing the survey online when you are at home.

**(5) Who can take part in the study?**

We would like to invite children aged approximately 10-15 years to participate. Children must be registered with a Swimming Australia Limited affiliated club. The study does seek to invite participation from those youth swimmers who likely intend to participate in swimming for the forthcoming years; though this is not compulsory. Likewise, we understand and are aware that while participation may occur presently, circumstances may change, and children may withdraw from swimming participation in the immediate or longer-term future. If your child presently has a bone, joint or muscle injury, disease or any other condition that may impact participation and movement, either prior to or during the study, then they are advised to inform their coach and/or ourselves and we can consider further study participation.

**(6) Does my child have to be in the study? Can they withdraw from the study once they've started?**

Being in this study is completely voluntary, and your child does not have to take part. Your decision to permit participation will not affect your or your child's relationship with the researchers or anyone else at Swimming Australia Limited or The University of Sydney, now or in the future. If you decide to let your child participate, then change your mind later (or your child no longer wishes to take part), they are free to withdraw from the study at any time. You can do this by notifying the lead researcher or

individuals listed on this information statement. Participants' measurements, self-reported measures or any other data collected during the study can be withdrawn at any time after submission, up to the point that we have analysed and published the results. If your child withdraws from the study, we will not collect any more information from them.

**(7) Are there any risks or costs associated with being in the study?**

We do not expect there will be any risks or costs associated with study participation for you or your child.

**(8) Are there any benefits associated with being in the study?**

The information collected from the study is targeted at improving coach education, training practices, and the process of athlete development during and across adolescence associated with Swimming Australia. We cannot guarantee that your child will receive any direct and immediate benefits from being in the study. However, during the process of tracking your individual's growth, maturation and swimming performance, we can provide some specific feedback related to those measurements. The parent of child can contact the lead investigator for such feedback.

**(9) What will happen to information collected during the study?**

Information collected from your child will be used for research purposes only. Data collected will NOT be used by Swimming Australia for the immediate purposes of selection for competition/representative squads. Your child's information will be stored securely, and their identity/information will be kept strictly confidential, except as required by law. Overall study findings may be published in student theses, scientific literature, or presented as part of a conference, but your child will not be individually identifiable in these publications. On no occasion will any information related to your child be shared or disclosed. In other words, confidentiality and anonymity will be ensured.

By providing your consent, you are allowing us to collect information about your child for the purposes of this study and possible future studies. We don't know at this stage what these other projects will involve. We will seek ethical approval before using the data. All data collected will be locked in the chief investigator's office, on campus at The University of Sydney, and only the researchers named in this information statement will have access to these records.

**(10) Can we tell other people about the study?**

Yes, you are welcome to tell other people about the study.

**(11) What if we would like further information about the study?**

When you have read this information, Dr. Stephen Cobley (University of Sydney) and James Salter (Swimming Australia) will be available for further discussion and will answer any questions you may have. If you or your child would like to know more at any stage, please feel free to contact Dr. Stephen Cobley at 9351 9033; email: [stephen.cobley@sydney.edu.au](mailto:stephen.cobley@sydney.edu.au) or James Salter at 0409 703 660; email: [jamie.salter@swimming.org.au](mailto:jamie.salter@swimming.org.au).

**(12) Will we be told the results of the study?**

You and your child have a right to receive feedback about your child's results and the overall results of this study. You can tell us that you wish to receive feedback by ticking the relevant box on the consent form. This feedback will be in the form of a one page lay summary. You will receive this feedback after the study is finished.

**(13) What if we have a complaint or any concerns about the study?**

Research involving humans in Australia is reviewed by an independent group of people called a Human Research Ethics Committee (HREC). The ethical aspects of this study have been approved by the HREC of the University of Sydney (No. 2018/762). As part of this process, we have agreed to carry out the study according to the *National Statement on Ethical Conduct in Human Research (2007)*. This statement has been developed to protect people who agree to take part in research studies.

If you (or the person under your guardianship/care) are concerned about the way this study is being conducted or you wish to make a complaint to someone independent from the study, please contact the university using the details outlined below. Please quote the study title and protocol number.

The Manager, Ethics Administration, University of Sydney:

- **Telephone:** +61 2 8627 8176
- **Email:** [human.ethics@sydney.edu.au](mailto:human.ethics@sydney.edu.au)
- **Fax:** +61 2 8627 8177 (Facsimile)

*This information statement is for you to keep*