



ACTAS Informed Consent Form

I _____ (print name) ("Participant") consent to participating in strength training and physiological assessment testing ("tests") and acknowledge, agree and represent that I understand the nature of the tests and agree to the following terms.

1. I have read the Explanation of Physiological Assessment Procedures and Strength Training Information attached to this document and understand what the tests involve and what I will be required to do.
2. I understand that I will be undertaking physical exercise at or near the extent of my capacity and that there is possible risk in physical exercise at that level, that is, episodes of transient light-headedness, fainting, abnormal blood pressure, chest discomfort, and nausea. I also understand that the tests involve risks of serious bodily injury, including disability, paralysis or death. I understand that these risks may be caused by my own action or inaction, the action or inaction of others, the conditions in which the tests take place, or the negligence of others.
3. I have told the staff member conducting the tests about any illness, injury, or physical defect I have at the time of the tests.
4. I understand that I can withdraw my consent, freely and without prejudice, at any time before, during, or after the tests.
5. I release the ACT Government, the Academy of Sport (ACTAS) and its employees from any liability for any injury or illness that I may suffer while undertaking the tests, or subsequently occurring in connection with the tests, or that is to any extent contributed to by my undertaking the tests.
6. I further understand that I am responsible for damage I cause to ACTAS equipment not otherwise caused by normal wear and tear.
7. I understand that the information obtained from my tests can be used for statistical or scientific purposes, with privacy retained.
8. On behalf of myself, I hereby release and discharge the ACT Government, ACTAS, its directors, officers, members, volunteers, and employees (the "Releasees"), from all liability, claims, losses or damages on my account arising out of the tests, unless caused by the sole negligence of the Releasees. I further agree that if, despite this release and indemnity, I or anyone else on my behalf makes a claim against any of the Releasees, I, and the organisation I represent will indemnify, defend and hold harmless each of the Releasees from any litigation expense, legal fees, loss, liability, damage or costs which also may incur as a result of such claim.
9. I have read this agreement, fully understand its terms and have signed it freely without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by the laws of the Australian Capital Territory and agree that if any portion of this agreement is held invalid by a court of competent jurisdiction, the balance notwithstanding will continue in full force and effect.

Signed (Participant): _____ Date: _____

Parent/Guardian Name (if Participant under 18): _____

Parent/Guardian Signature: _____ Date: _____

Witness Name: _____

Witness Signature: _____ Date: _____

Explanation of Physiological Assessment Procedures

Physiological Assessment Procedures

- **Physique assessment:** This involves measurements such as height, weight and skinfold measurements taken with handheld calipers.
- **Aerobic Power – Max VO₂ Test:** Maximal aerobic power can be measured in a laboratory a number of different ways using one of several ergometers (rowing, treadmill, cycling). The athlete's ventilation and heart rate are continuously monitored. Tests are incremental in nature, starting out with an easy initial workload and increasing in intensity until the athlete cannot sustain the workload.
- **Aerobic Power – Multistage Fitness Test:** Participants are required to run between two lines 20m apart in time with a succession of beeps played on a CD player. A participant must try to have one foot on or behind the 20m line at the sound of each beep. As the test progresses the time interval between beeps decreases and running speed has to increase correspondingly. A participant is required to continue running between the lines in time with the beeps until exhaustion, or until a staff member has indicated that they have failed to keep in time with the beeps.
- **Speed/ Sprint Tests:** Acceleration and speed are assessed with timing gates placed at different distances. The participant is required to sprint as fast as possible through the light gates to the finish line maintaining a maximal effort during the entire distance.
- **Agility 5-0-5 test:** This is a simple test that measures the time for a single, rapid change of direction over a short "up and back" course with a running start. Participants are required to sprint from a start line, through a set of light gates to the zero line, where they are required to turn on either their right or left foot then accelerate off the line and back through the light gates.
- **Agility – Slalom test:** This agility test measures the participant's ability to change direction rapidly, as well as acceleration and speed. It requires the participant to sprint around 4 agility poles placed at 1.5m from a centre line and over a 20m course at maximal speed.
- **Leg Power- Vertical Jump Test:** The participant is required to perform a maximal effort jump and displace with their hands, the vanes of the Vertec, at the height of the jump. Jumps are repeated until no more improvements in jump height are achieved.

Note: Not all of these tests will be employed.