



University of Hawai'i
Consent to Participate in a Research Project



Simone Schmid, Principal Investigator

Project title: Metabolic equivalents of outrigger canoe paddling for health equity

Aloha! You are being asked to participate in a research study conducted by *Simone Schmid, PhD (University of Hawaii at Manoa: Office of Public Health Services / Hawai'i Department of Health), Lance Ching, PhD (Hawai'i Department of Health), PhD, Ann Yoshida, PhD, (AccessSurf Hawaii), and Daniel Heil, PhD (Montana State University).*

What am I being asked to do?

If you participate in this project, you will be asked to fill out an event registration, including a questionnaire and attend a canoe "clinic". The questionnaire will have questions about your demographic, paddling questions, and your current physical activity status. The canoe "clinic" is a half day event, at which we will ask you your height and provide a scale to report your weight, and to paddle. The paddling activity is in a six-person Outrigger Canoe (OC6) for 30-45 minutes at certain intensities, while you might wear no equipment (support paddler), non-invasive devices (e.g. heart rate monitor) and/or devices measuring oxidant consumption and carbon dioxide production ("used oxidant") (Vo2). We have VO2 devices for two paddlers at a time. If you would like to use an accessible scale, you can meet us at the Rehab of the Pacific within the week prior to the event.

Taking part in this study is your choice.

You can choose to take part or you can choose not to take part in this study. You also can change your mind at any time. If you stop being in the study, there will be no penalty or loss to you.

Why is this study being done?

The purpose of our project is to *establish the metabolic equivalent (energy output) for outrigger canoe paddling.* I am asking you to participate because you are an eligible paddler with any or most of the following characteristics (*recreational or athletic paddler, who can swim and is comfortable to potentially wear a VO2 mask and other data recording equipment while paddling in a canoe in open ocean.*) **Not every paddler will get to wear the VO2 mask/ support paddler might wear non-invasive devices for simple energy usage data e.g. heart Rate (HR).*

What will happen if I decide to take part in this study?

If you decide to participate in this study, you will be asked to do the following: come to the canoe side at Sand Island (unless changed), sign a consent form, register for the event, take a survey with your demographics, about your readiness for physical activity and your paddling history (approx. 10-15 minutes), do height and weight measurements (3 minutes), participate in the opening circle and be available for 1 hour of paddling during a weekend, most likely November 18th, 2023 (for female paddlers), November 19th, 2023 for male paddlers. You will be one paddler of six paddlers in an OC6. You will most likely be one of 40 paddlers in total. There will be pictures and videos taken (not for research purposes, but to report to paddling communities as requested by our community advisory hui).

What are the risks and benefits of taking part in this study?

The weather at the day of the event could prevent the study. In which case we will perform testing on land instead. If you are selected to wear the Vo2 mask you could become uncomfortable. The canoe could "huli" (flip) during the testing, like any practice/ race you enter. We will give safety instructions to every canoe going out. We have additional safety



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precautions in place (e.g., lifevests in boat).

If you are starting to feel unwell during the exercise, please inform your steersperson. As you are being asked to paddle at your 100%, you might feel exhausted afterwards.

Participating in a collaborative canoe day with other paddlers from the community. If being tested, you can request your own personal raw data of the paddling exercise. With the results of this project, we hope to benefit the culturally relevant sport of OC paddling in Hawaii and worldwide in general.

Results of Research:

Results for this research project will be presented to the Community Advisory Hui and the information will be disseminated as recommended by the Community Advisory Hui. In addition, this information will be presented potentially in local, national and/ or international conference(s).

Privacy and Confidentiality:

Any information that is obtained in connection with this study and that can be identified with you will remain confidential and will be disclosed only with your permission or as required by law. Confidentiality will be maintained by means of limited personnel having access to the raw data (Simone Schmid, Danie Heil, Exercise Scientist and Data Expert for data analysis), de-identifying the data before further use, keeping it on a password protected computer. Each participant who would like to obtain their own data will have the opportunity to do so.

This event will potentially be photographed and video recording for community educational.

In addition, any photograph or video taken by public audience is outside of the research team's control.

Other agencies that have legal permission have the right to review research records. The University of Hawaii Human Studies Program has the right to review research records for this study. When I report the results of my research project, I will not use your name. I will not use any other personal identifying information that can identify you. I will use pseudonyms (fake names) and report my findings in a way that protects your privacy and confidentiality to the extent allowed by law.

Future Research Studies:

Identifiers will be removed from your identifiable private information and study data collected. Once data analysis is completed, and publications, I will destroy the identifying data. De-identified data will be kept for the mandatory three years in case of an audit. We will have a separate list to collect your name and contact (separate from any study details) details if you are interested in the study results or potential future studies.

Compensation:

You will get lunch after the data collection and if of interest your own data.



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Questions: If you have any questions about this study, please call or email Simone Schmid: *schmid@hawaii* or 808-956-5781, ann@accessurf.org or 808-236-4200, You may contact the UH Human Studies Program at 808.956.5007 or uhirb@hawaii.edu. to discuss problems, concerns and questions; obtain information; or offer input with an informed individual who is unaffiliated with the specific research protocol. Please visit <http://go.hawaii.edu/jRd> for more information on your rights as a research participant.

If you agree to participate in this project, please sign and date the following signature page and return it to: *Simone Schmid or Ann Yoshida*.

Keep a copy of the informed consent for your records and reference.

Signature(s) for Consent:

I give permission to join the research project entitled, Metabolic equivalents of outrigger canoe paddling for health equity

Name of Participant (Print): _____

Participant's Signature: _____

Signature of the Person Obtaining Consent: _____

Date: _____

Mahalo!