

RMR INFORMED CONSENT FORM

The

[insert name of sporting organisation]

is providing testing services to you.

The welfare of athletes is important to the

[insert name of sporting organisation]

and we only seek to undertake activities that minimises any potential harm to participants and respects their rights and integrity.

Your participation in this activity is voluntary and you may withdraw your consent freely at any time before, or during the assessment. If you become uncomfortable with any aspect of the assessment, please advise our staff who will cease all activities.

The

[insert name of sporting organisation]

will respect your rights to restrict your information and provide you with the opportunity to ask questions and be fully informed about all aspects of the assessment.

If you are happy to continue, please read and sign the form below.

What is a RMR measurement?

Resting metabolic rate [RMR] is the energy needs of the body at complete rest. RMR can be measured using indirect calorimetry. Indirect calorimetry involves measuring the amount of oxygen consumed and carbon dioxide produced through respiratory gases.

RMR measurements can occur for various reasons. One reason is to help with nutrition planning as knowledge of an athlete's RMR can assist in determining daily energy needs. RMR measurements may also be used to screen for low energy availability (LEA). LEA occurs when there is not enough dietary energy remaining for the body to function after accounting for the energy expended through exercise. LEA is the underlying cause of Relative Energy Deficiency in Sport (REDs), a syndrome of impaired physiological function that may result in various health and performance consequences. LEA may lead to an impaired energy metabolism resulting in a suppressed RMR. A suppressed RMR means that measured RMR is lower than expected.

RMR measurements take ~60 minutes and should occur as close to your natural wake time as possible. This measurement must occur in an overnight fasted and rested state. This means no exercise or food on the morning prior to the RMR measurement. Your referring technician will provide all necessary information on how to prepare for this measurement in advance to the test.

Are RMR measurements safe?

There are no risks associated with a RMR measurement. However, there may be some discomfort during the test due to mouthpiece and nose clip, and the requirement to lay still for 60 minutes in an overnight fasted state.

RMR measurements should NOT be undertaken if:

Under some circumstances, it may be inappropriate for a RMR measurement. Please check if any of the below relate to you and be sure to inform your referring practitioner or RMR technician in advance of your RMR measurement:

A clear rationale for the RMR measurement has not been provided

You or your guardian (if you are <18 yrs) are unable to provide consent

You are unable to lay comfortably on your back for 1 hour

You are unable to comply with the guidelines on appropriate preparation for the RMR measurement

You are unable to schedule individual feedback with your referring practitioner

RMR measurements are occurring for LEA screening, and you are unable to undergo a DXA scan

RMR measurements are occurring for LEA screening, and you are unable to have other LEA indicators measured

RMR measurements are occurring for LEA screening, and you are unable to have a repeat RMR measurement

RMR measurements are occurring for LEA screening, and you are still growing (<18 years)

When will I get the results?

The technician measuring your RMR will not provide you with results on the day of testing. Instead, follow up with your referring practitioner for detailed feedback on your RMR measurement results and what it means for you. Results will be stored securely on the Athlete Management System (AMS). It may be appropriate to share your test results with relevant members of your Performance Support Team, including your coach. However, your consent will be sought separately from your referring practitioner before any data is shared with others.

Retention of records

The

is required to apply the Archives Act 1983 [Cth] to maintain the security and retention of its records over time.

This legally requires the

to keep athlete health records (including RMR measurements) and to manage them appropriately for periods up to 100 years.

Your rights

You have a right to physical privacy and respect. Please advise the RMR technician conducting the testing of any considerations concerning bodily integrity, gender or the presence of other persons in the testing environment.

If you have questions or concerns, please feel free to reach out to your referring practitioner to seek clarification. Remember, no testing is compulsory. If you are uncomfortable or encounter a negative experience before, during, or after your assessment, please raise this with someone you feel comfortable with. This may be the RMR technician, your referring practitioner, or another person in your Performance Support team. There are also independent avenues for you to seek support such as the AIS Mental Health Referral Network.

If you are not satisfied that your rights have been upheld, you may make a confidential complaint to the Australian Sports Commission Complaints Team (complaints@ausport.gov.au) or through the complaints page of the ASC website.

Statement of Consent

- i. I acknowledge and agree that:
- a) I have been provided with information relating to the use of RMR measurements, which clearly described what is involved. I have read and understood the contents of that document;
 - b) Relevant staff have explained to me in detail the nature, safety procedures and discomforts associated with RMR measurements, and I understood their explanation; and
 - c) I have been given an opportunity to ask questions, and have received a satisfactory response about the nature, safety procedures and discomforts associated with RMR measurements.
- ii. I agree that I will:
- a) Present myself for the RMR measurement in an appropriate condition, having abided by pre-measurement requirements, including diet and physical activity guidance; and
 - b) Advise relevant staff conducting the RMR measurement any reason why I should **NOT** undertake a RMR measurement (see checkboxes under "**RMR measurements should NOT be undertaken if...**")
- iii. I understand that my participation in the RMR measurement is voluntary and that I may withdraw my consent freely and without prejudice (i.e. without limiting further assessment opportunities) at any time before or during the measurement.
- iv. I understand that the information obtained during the RMR measurement will be treated confidentially, respecting my rights of privacy. If it is deemed appropriate that the results be shared with members of the broader performance health support team, my specific and separate consent must be sought before the data can be shared
- v. The May use broad themes, learnings and insights from RMR measurement to enhance our programs and practices and to improve athlete health and performance both internally and within Australian sport. Any insights created or released from RMR measurements will not contain the personal information of any individual participants

Athlete signature: _____

Date:

Parent/Guardian signature: _____

Date:

I, the undersigned, explained to the athlete the nature of the RMR measurement and to my best knowledge and belief they understood the safety procedures and discomforts associated with the procedure

Practitioner name: _____

Practitioner signature: _____

Date: