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**Participant Information Sheet**

**Parent / Carers at Teesside University ETC**

Title: **Assessing knee flexion and extension strength in girls soccer players: reliability, validity and normative data ranges.**

Chief Investigator: ***Dr Matthew Wright***

Researchers: ***Rhiannah McCourt, Sophie Bowes-McManus, Dr Jonathan Taylor, Craig Tears***

Hello, my name is Matthewand I am a Senior Lecturer in the School of Health and Life Sciences, Teesside University. I am undertaking a research projectand I would like to invite you to take part. Before you decide if you want to please read the following information and discuss it with others if you wish. Please contact me if you have any questions – *Matthew Wright* [*m.wright@tees.ac.uk*](mailto:m.wright@tees.ac.uk).

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

Strong muscles around the knee are important for girls football players and muscle strength is often used when determining return-to-play after serious knee injuries (such as Anterior Cruciate Ligament injuries [ACL]). Currently, there is very little data to inform how strong youth female players are or how reliable (reproducible) common tests for knee strength are. Therefore, we want to test the reliability of the goal standard Isokinetic Dynamometer as well as practical tests that can be incorporated within regular player monitoring. We also want to assess how accurate these practical tests are and provide some normative data for girls football players.

**Why am I being invited to take part?**

Your daughter has been invited because I believe they are a female under the age of 16 who participates in training a girls’ football Emerging Talent Centre (ETC) in the North of England.

To be able to take part though your daughter must be deemed medically fit to compete in football by the Emerging Talent Centre’s medical practitioners and must be able to give assent and you as parent(s) or career must also give your consent.

Unfortunately, your daughter can't take part if:

* She is currently suffering from an injury that is restricting training or competition.
* She has a history of ACL or knee ligament injury.

**Does my daughter have to take part?**

No, it’s up to you if you and your daughter if she want to, or not.

**What would my daughter be asked to do if I chose to take part?**

Your daughter would be required to attend a testing session (~45 minutes) at Teesside University on two separate occasions with approximately 72 hours of each other. Here information pertaining to her date of birth, standing and sitting height and body mass would be collected.

She would be asked to perform a short (~ 10 minutes) standardised warm-up, raising heart rate and body temperature and performing body weight strength and mobility exercises to prepare the leg muscles for the strength testing.

Your daughter would then be asked to perform a series of short (5 seconds) but maximal isometric (static) contractions pushing against a force frame.

She will then be asked to perform a series of maximal knee flexion and extension exercises seated on an isokinetic dynamometer\* at three set speeds.

*\*This is a device that sets the movement at a constant speed and measures rotational force [torque]*

**What are the possible disadvantages, or risks, of taking part?**

The risks associated with this study are minor. A potential injury could occur when performing the strength testing however, prior to testing your child will carry out an appropriate warm up for the tasks concerned which will help reduce risk of injury.

***What are the possible benefits to taking part?***

There are no direct benefits to taking part. However,it is anticipated that your child’s participation will lead to a better understanding of strength assessment and inform player monitoring and return-to-play protocols after injury within Emerging Talent Centres.

**What would happen to the information collected about me?**

Your Consent Form will be retained by the Project Team, led by Project Supervisor Matthew Wright in secure University storage for up to 10 years in accordance with the University Retention Schedule and Medical Research Council.

The non-identifiable research data will be stored for up to 10 years on a secure password protected server at Teesside University. This is in case other scientists wish to raise questions about the results that need checking against the dataset. In the event that the study is published in a scientific journal, the non-person identifiable research dataset may be made publicly available (for example, as a supplement to the journal article, or stored on an on-line scientific data repository).

Personal data including special category data obtained for the purposes of this research project is processed lawfully in the necessary performance of scientific or historical research or for statistical purposes carried out in the public interest. Processing of personal data including special category data is proportionate to the aims pursued, respects the essence of data protection and provides suitable and specific measures to safeguard the rights and interests of the data subject in full compliance with the General Data Protection Regulation and the Data Protection Act 2018.

Should any abusive or unprofessional behaviours or actions be disclosed and/or discovered then confidentiality will be breached, and the academic supervisor (in the first instance) will be informed’. Any concerns related to abuse, neglect or any other area of adult safeguarding will be dealt with as a matter of urgency. The University’s Safeguarding Children and Adults at risk policy will be followed regarding the reporting of safeguarding concerns to the appropriate authorities. If any information came to light that was a potential safeguarding issue this would need to be reported to the ETC safeguarding officer (Will Jones) at the university and follow the FA [Safeguarding Policy](https://www.northridingfa.com/safeguarding-and-welfare).

**What would happen if I started, but, changed my mind?**

Your daughter has the right to withdraw from the study throughout the entire date range of the data collection period (May 2025 to August 2025). Once data analysis begins September 1st 2025 your daughter would be unable to withdraw their data.

There will be no negative impact on your daughter, or their care, if you choose not to take part or to withdraw from the study. You can withdraw your child by contacting the research team using the contact details at the bottom of this information sheet.

Note: Your daughter will be given a unique study identifying number which will be recorded only on a link document. This link document will be stored separately on the U-drive (a Teesside University password protected drive which only the principle investigator (MW) can access) from both the person identifiable consent forms and the pseudo-anonymised data. As soon as the last date allowed for withdrawal (September 1st 2025) has passed the coding (link) document will be securely destroyed and the data rendered non-person identifiable. Withdrawal is not possible after this point.

Information about the School Research Ethics Committee and Chair

**Who has approved this study?**

This study has been approved by the Health Research Ethics Committee in the school of Health and Life Sciences.

**What happens if there are any problems?**

If you wish to discuss the study with someone outside of the research team who has knowledge of the study or if you wish to make a complaint that cannot be resolved by the research team please contact the chair of the Research Ethics Committee Sylvia Appleby ([***s.appleby@tees.ac.uk***](mailto:s.appleby@tees.ac.uk)***).***

Thank you for reading this information sheet and for considering whether or not to take part in my study. If you would like to take part then please complete the attached informed consent form and return to me if you would like your child to be asked to take part [***m.wright@tees.ac.uk***](mailto:m.wright@tees.ac.uk) ***.***