1. **Project title: jooo;oi;***D numbers for any COVID19-specific risk analyses relevant to your work/lab/equipment/procedures.*

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| The effect of handgrip on sprint-cycling performance |

1. **Risk analysis and Mitigation plan table**

*See example below and add rows as necessary*

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| **Description** | **Risk** | **Mitigation plan** |
| Healthy participants who are experienced at cycling will visit the laboratory, have sensors, electrodes and makers attached to them and then they will cycle on an ergometer, undertaking a light warm up, followed by 12 x maximum effot, 5-second sprints. | Risk of COVID-19 transmission via face-to-face exposure and lab space sharing between experimenter and participant. | We will follow the guidelines in the “HMNS-Covid Safe Protocols-Resumption of face-to-face research activities” (15777) risk assessment, including having participants and investigators complete the “UQ Exercise Physiology Research COVID-19 symptom checklist” upon entry to the laboratory. Any potential symptoms from participants or investigators will result in the session being halted and the participant being sent home immediately.  To minimize contact, information documents will be emailed to participants, and phone versions of assessment items where possible. Participants will also be reminded about the risks of transmission during travel and will be encouraged to: travel with own car, where possible; avoid contact and stay at 1.5 metre distance; keep contact with others as short as possible. The investigator interacting with the participant will be required to wear personal protective equipment (disposable masks, disposable gloves, and goggles).  All cleaning will be conducted as per 15777.  Only one of investigators present will have direct contact (within 1.5m) with the participant (all other investigators will maintain 1.5m) for a period of approximately 15-20 mins during setup. After this time, participants will be approximately 3-5 metres from all investigators during the very short exercise period (<10 s) and recovery period. Given the vert short (anaerobic) nature of the exercise, expelled air is likely to be low.  We have limited the number of sprint tests to 12 to minimise contact time with the participant. Total exercise testing time for 12 individual sprint efforts will be 2 mins, total time on bicycle will be 15 mins. Warmup time will be 5 mins. Total setup time will be 20-25 mins.  Relevant risk assessments – 16210 & 15777. |
| Up to 20 participants will visit the laboratory over a period of 6-8 weeks. | Having multiple visitors from outside the laboratory could increase the likelihood of COVID-19 transmission. | ***Laboratory booking system***  In order to minimise the risk of COVID-19 transmission and spread between the study subject and the examiner, the laboratory will be used only and exclusively by the study participant during the time booked, and only the participant and the investigator/s (two or three individuals).  ***Contact Tracing***  A log of all individuals in the laboratory for an individual data collection, including name, contact number and address will be recorded.  **Laboratory disinfection**  Before and after the laboratory uses, equipment involved in the measurement (EMGs, US, Probes, cables, sensors and cycle-ergometer) will be decontaminated, following mitigation strategies protocols elaborated by HDR students (biomechanics) (see Table 1).  In order to increase ventilation generally in the laboratory, after each measurement, the main access doors and the emergency door will be opened, to generate the renewal of the air inside the laboratory (Mike Tipton, 2020 |
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