

## Participant Information Sheet (Online Survey)



Waterford Institute of Technology

### **Study title**

Toward a better understanding of remote sports coaching & the environments in which the remote sports coach operates.

You are being invited to take part in a postgraduate research study. Before you decide whether or not to take part, it is important that you understand what the research is for and what you will be asked to do. Please read the following information and do not hesitate to ask any questions about anything that might not be clear to you. Make sure that you are happy before you decide what to do. Thank you for taking the time to consider this invitation.

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

The proposed project aims to understand the environment which a remote coach operates. Core objectives of the study are:

1. Define what a remote coach is and what their working practices are compared to a traditional coach (face to face).
2. Understand how a remote coach builds, develops and maintains the coach-athlete relationship
3. What is the lifestyle impact and/or effect on the coach within the environment they are coaching in.

### **Why have I been chosen?**

You have been chosen for this study as you have engaged with the survey link supplied via national governing bodies, local sports partnerships, Sport Ireland & Sport NI Coaching divisions and/or social media channels.

### **Do I have to take part?**

No. Participation is entirely voluntary. It is up to you to decide whether or not to take part. If you do decide to take part, you will be given this information sheet to keep. You will also be asked to sign a consent form. If you choose to take part, you can change your mind at any time and withdraw from the study without giving a reason. This survey is fully anonymous. Once your anonymous survey response has been submitted it will not be possible to remove the data

from the dataset, this is due to the anonymous collection methods and the IP address function within the software being disabled.

### **What do I have to do?**

As a participant of this study, you will be required to fill out an online survey of approximately 20 questions and 4 rating scales. The survey will take on average 10-15 minutes to complete. Once completed, you will be given the option to submit your details if you are willing to be contacted for phase 2 of the proposed research, this will be explained at the end of the survey.

The key themes covered in the survey are:

- Baseline demographic information in relation to remote coaches.
- Sport coached & experience.
- Coach-athlete relationship appraisal.
- Common working practices.
- Measures of work-related stress.

### **Risks and/or disadvantages?**

As you are required to only answer questions anonymously there shall be no risk involved whilst participating in this study.

### **Are there any possible benefits in taking part?**

By taking part in this study, you are potentially helping researchers identify new information within the endurance coaching domain.

### **What if new information becomes available?**

If new information becomes available during the course of the study, you will be kept informed, and any options or requests/requirements will be fully explained. New information could result in termination of the study, withdrawal of certain participants and/or modification of the study.

### **What happens when the study ends?**

Once the study has ended, you will no longer be required as a participant. If you have any questions or queries regarding the study once it is completed or if you are interested in finding out the outcome of the study then do not hesitate to ask the researchers involved.

### **What if something goes wrong?**

Although very unlikely, in the event that something goes wrong the Institute has in place procedures for reporting, investigating, recording, and handling adverse events. Participant complaints will be taken seriously and should be made to the Chief Investigator who will take the appropriate course of action.

### **How will my data be treated and will my taking part in this study be kept confidential?**

All data collected will be treated with the strictest of confidence, according to the principles outlined in the General Data Protection Regulation (GDPR; 2018). Specifically, data will be securely stored on a password-protected/encrypted device or computer and only the named researchers will have access to this information. The anonymity and privacy of those who participate in the research will be respected. Only necessary/relevant personal information on participants will be kept and this will be held in the strictest of confidence. For those not wishing to further their involvement within the research project this survey is fully anonymous with no personal data needed.

### **Privacy notice and sponsor compliance with GDPR and the Data Protection Act 2018**

Waterford Institute of Technology is the managing organisation for this study, and we will use information gathered from you and/or your records in order to carry it out. We will act as the data controller, which means that we are responsible for looking after your information and using it properly, as stipulated in GDPR and the Data Protection Act 2018.

Waterford Institute of Technology will store data in line with W.I.T's Data Retention Schedule (2020) research data/findings will be retained within relevant School Research Institute/Centre/Group for 10 years from submission of final report. Personal data will be anonymised as soon as possible in accordance with W.I.T's Data Retention Schedule (2020) and shall be kept for no longer than is necessary for the purposes for which it is being processed in accordance with GDPR regulation.

You can find out more about how we look after your information at:

[https://www.wit.ie/about\\_wit/documents\\_and\\_policies/staff\\_data\\_protection](https://www.wit.ie/about_wit/documents_and_policies/staff_data_protection)

As an Institute we use personal identifying information to conduct research to review and improve people's health, wellbeing and care, the services they use and our understanding of the world in which we live. As a publicly funded organisation, we have to ensure that it is in the public interest when we use personal identifying information from people who have agreed to take part in research. This means that when you agree to take part in a study, we will use your data to conduct the research and analyse the information and findings.

We need to manage your information in specific ways in order for the research to be reliable and accurate and therefore your rights to access, change or move your information are limited. You should note that if you withdraw from the study, we will keep the information about you that we have already obtained. To safeguard your rights, we will use the minimum personal identifying information possible.

Health, care, and other human research should serve the public interest, which means that we have to demonstrate that our research serves the interests of society as a whole. We do this by following Institute and appropriate Irish policies and codes of practice. The only people in the University who will have access to your personal identifying information will be those who need to contact you for the study or to carry out audits of the research.

If you wish to raise a complaint on how we have handled your personal data, you can contact our Data Protection Co-Ordinator who will investigate the matter. If you are not satisfied with

our response or believe we are processing your personal data in a way that is not lawful you can complain to the Office of The Information Commissioner (<https://www.oic.ie/>)

Our Data Protection Co-Ordinator can be contacted at: [dataprotection@wit.ie](mailto:dataprotection@wit.ie)

### **What will happen to the results of the study?**

The results of this study will be used as part of an MSc research project. They may lead to further research in the area and/or publication in scientific journals and presentation at conferences.

### **Who is organising and funding the research?**

Waterford Institute of Technology will be organising this study.

### **Who has reviewed this study?**

This study has been reviewed by the Ethics Committee of Waterford Institute of Technology.

### **Contact details.**

Chief Investigator – Dr. Jean McArdle, Email - [jmcarlde@wit.ie](mailto:jmcarlde@wit.ie)

Project Contact: Jamie Blanchfield, Tel. +353 85 1367832, E. [jamie.blanchfield@postgrad.wit.ie](mailto:jamie.blanchfield@postgrad.wit.ie)

Waterford Institute of Technology  
Email – [info@wit.ie](mailto:info@wit.ie)

Project Supervisors:  
Dr. Jean McArdle  
Email - [jmcarlde@wit.ie](mailto:jmcarlde@wit.ie)

Tandy Haughey  
Email - [tj.haughey@ulster.ac.uk](mailto:tj.haughey@ulster.ac.uk)