



# Attention Parents!

You are invited to have your child participate in a University of Wisconsin research study titled:

## ***Identifying risk factors for injuries in female high school volleyball players***

**Purpose:** To identify potential risk factors for sport injuries in volleyball players. Additionally, the study will help identify how quality of life, fatigue, and over the counter pain medication use changes across a high school volleyball season.

### **Why is this study important?**

Each year 12% to 18% of adolescent athletes sustain a sport related injury in the US. For females, volleyball is the most popular high school sport and as volleyball participation numbers increase, so does the potential number of sport related injuries. As such, it is important for parents, coaches, athletes, and medical providers to understand the potential risk factors that may predispose a female volleyball athlete to injury. To date, no study has identified these risk factors and our study hopes to provide that information.

**How will the study work?** Approximately 1300 high school volleyball players (females, grades 9-12) will be asked to take part in the study during the 2018 fall volleyball season. Schools that agree to participate will allow the study team members to recruit and enroll subjects on their volleyball teams. All players enrolled in the study will be asked to complete a short survey that will take 5 – 10 minutes prior to the start of the season, midseason, and at the end of the season. Before the season your athletic trainer will measure their joint laxity (looseness) in their arms and legs by having them demonstrate how far their limbs move and how they bend at the waist. If a player sustains an injury, they will be asked to report their injury to their school Athletic Trainer (AT). ATs will also record the type of injury and if the injury causes them to miss any volleyball practices or games.

**Is the study voluntary? Yes.** No player will be forced to take part in the study.

**Will participating affect my child on their team or medical care following an injury? No.** Your child's school has agreed that taking part or not taking part in the study will not affect your child's team status, roster spot or playing time. In addition, it will not interfere with the standard care that is provided by your AT.

**How does my child sign-up?** Each athlete who agrees to take part will be required to sign UW-Madison research consent form to take part in the study. A parent / guardian will also be required to sign the form if the athlete is under age 18.

**Are there any direct benefits or risks to my child participating?** Your child is not expected to benefit directly from participating in this study. Their participation in this research study may benefit other people in the future by helping us learn more about preventing sport related injuries in volleyball. There is a slight risk that information related to your child will not remain confidential.

**How will my child's information be kept confidential?** The school AT will keep paper copies in a locked file and mail the completed forms each week to UW-Madison. Data will be stored at UW-Madison in locked offices and electronic data will be coded with a unique study ID number and stored on the University's secure server.

### **Questions or Need More Information?**

Contact your school's Athletic Trainer or the study PI: Tim McGuine PhD, *University of Wisconsin School of Medicine and Public Health* **E-mail:** mcguine@ortho.wisc.edu **Phone:** (608) 265-6516



# Attention Volleyball Players!

You are invited to participate in a University of Wisconsin research study titled:

## ***Identifying risk factors for injuries in female high school volleyball players***

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**Is the study voluntary?** Yes. No player will be forced to take part in the study.

**Will participating affect my team or medical care provided to me following an injury?** No. Your school has agreed that taking part or not taking part in the study will not affect your team status, roster spot or playing time. In addition, it will not interfere with the standard care that is provided by your athletic trainer.

**How do I sign-up?** Each athlete who agrees to take part will be required to sign UW-Madison research consent form to take part in the study. A parent / guardian will also be required to sign the form if the athlete is under age 18.

**Are there any direct benefits or risks to my participating?** You are not expected to benefit directly from participating in this study. Your participation in this research study may benefit other people in the future by helping us learn more about preventing sport related injuries in volleyball. There is a slight risk that information related to you will not remain confidential.

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