

## NSO Information Sheet

### Lifestyles of Elite Athletic Performers (LEAP) Survey

**Investigators:**

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- **Professor Stephen Bird** (Project Supervisor, School of Health & Biomedical Sciences, RMIT University,  
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- **Professor Marc Cohen** (Co-investigator, School of Health & Biomedical Sciences, RMIT University,  
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To Whom it May Concern,

You are invited to participate in a research project being conducted at RMIT University. Informed directly by the findings emanating from Burns et.al., 2018, <sup>1</sup> the purpose of this project is to explore the importance and contribution of lifestyle practices to athlete development, well-being and sporting performance. The findings of this research will be used to inform and refine current education approaches and resources and related strategy and practice supporting pathway athletes, their coaches, parents and other support agents.

Your commitment would involve forwarding the attached 'Letter to Athletes' from Lauren which contains the Survey Link, to your database of athletes through email or social media channels encouraging their participation to complete the survey. Athletes required for the survey are contemporary athletes e.g. have competed within the last 10 years and meet the following requirements: **athletes who have competed at State level or above within the past 10 years.**

The survey will be open from 17th December 2018 – 15<sup>th</sup> March 2019 and will need to be completed within this window. In return, we will share with you the main findings from the study to assist in informing your current strategy and practice. A summary of the published results will be available on the survey website.

The survey responses are anonymous and confidential and no identifying information will be used publicly. The overall results will be published in the scientific literature no identifying information will be published in this paper. Participation in this research project is voluntary and athletes are entitled to withdraw their participation at any time by not continuing with the survey.

If you would like more information about the project, please email or call Lauren Burns [s3569372@student.rmit.edu.au](mailto:s3569372@student.rmit.edu.au) 0438308688 or call Professor Stephen Bird +61 3 9925 7257. This survey has been approved by the RMIT Human Ethics Committee (SEHAPP 72-18 BIRD-BURNS CHEAN)

Yours sincerely,



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Further information is available from the Ethics Executive Officer, RMIT Human Research Ethics Committee on 9925 2251.

1. Burns L WJ, Cohen M. Lifestyles and mindsets of Olympic, Paralympic and world champions: is an integrated approach the key to elite performance? *British Journal of Sports Medicine* 2018 doi:

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# LIFESTYLES OF ELITE ATHLETIC PERFORMERS (LEAP) > SURVEY

