



LIVERPOOL JOHN MOORES UNIVERSITY

Participant Information Sheet For Youth Football Team Coaches

LJMU's Research Ethics Committee Approval Reference: 21/SPS/008

YOU WILL BE GIVEN A COPY OF THIS INFORMATION SHEET

Title of Study Survey on ball heading in youth football

This study involves a survey on the FA's heading guidelines in youth football. It intends to ask team representatives about their awareness of, adherence to, and views on, the most recent heading guidelines that were introduced by the Football Association.

You are being invited to take part in a study. Before you decide, it is important for you to understand why the study is being done and what participation will involve. Please take time to read the following information carefully and discuss it with others if you wish. Ask us if there is anything that is not clear or if you would like more information. Take time to decide whether or not you wish to take part. Thank you for taking the time to read this.

1. Who will conduct the study?

Principal Investigator: Dr. James Roberts

School/Faculty within LJMU: Research Institute of Sport & Exercise Sciences (RISES), Faculty of Science

2. What is the purpose of the study?

There has been a growing interest in the effects of ball heading in football. In light of these developments, recent guidelines have been introduced by the FA for heading within youth football. The present study aims to gather some initial consensus on the levels of awareness and use of these relatively new guidelines, as well as views surrounding heading in general.

Thus, this study hopes to answer the following questions:

- 1) What extent are coaches/team managers aware of the heading guidelines?
- 2) What has been done to implement the heading guidelines?
- 3) What is the perceived effectiveness of introducing heading guidelines?

3. Why have I been invited to participate?

You have been invited to participate because you are a designated representative of a youth football team who may be directly contacted by the local county FA. As a team representative, you will have had at least some opportunity to coach and/or experience heading in youth football. This study seeks to recruit as many youth team representatives as possible during the time that the survey is available (see below for details).

In order to take part in this research, it is important that you are a designated team representative who is at least partially responsible for the organisation/conduct of practice for a youth football team/s. While we recognise that there may have been fewer opportunities for practice activities under the recent restrictions, it is important that you have been able to engage in at least some

practice within youth football over the past 12 months (i.e., during the momentary easing of restrictions).

4. Do I have to take part?

No. It is up to you to decide whether or not to take part. If you do decide to take part, you can also withdraw at any time by failing to complete the questionnaire without giving a reason and without it affecting your rights or future wellbeing.

Please note, while it is possible to withdraw from the study, it may not be possible to remove any of your data pertaining to your own responses because it will be anonymous and cannot be linked to any personal identifiable information (for more details, see section 9).

5. What will happen to me if I take part?

If you agree to take part, the study will involve responding to a set of questions in an online survey using your own personal electronic device (e.g., laptop, tablet, smart phone). The questions will address the current heading guidelines in youth football, and the prevalence and issues of heading from your own perspective. The survey can be accessed from a link that will be sent to you via e-mail from your local county FA. The entire process should take approximately 30 minutes to complete.

6. What should I consider?

While you have been identified as a team representative, you should consider whether you are at least partially responsible for organising/conducting practice for your youth football team/s (e.g., lead coach). Despite the restrictions, you should also consider whether you have had at least some opportunity to engage in practice with your youth football team/s over the past 12 months.

7. Are there any possible disadvantages or risks from taking part?

There are minimal risks associated with this study. In responding to the questions, it is possible that you may highlight a discrepancy between your most recent practice activities in youth football and the FA's heading guidelines. However, it is important to note that the provision of the FA's heading guidelines may alternatively benefit or inform your future practice activities. Meanwhile, your responses to the questions will remain anonymous without anyone being able to link them to your own personal identity.

If, for some reason, you do encounter some concern or distress surrounding the survey, then you may contact the principal investigator (see below for contact information).

8. What are the possible benefits of taking part?

There are no direct benefits of taking part in this study. However, the study may newly inform you of the FA's heading guidelines in youth football, which may indirectly benefit your future practice activities. Likewise, it is hoped that this work will inform the FA's future guidelines and coaching development programmes.

9. What will happen to the data provided and how will my taking part in this project be kept confidential?

The information you provide as part of the study is the **study data**. Any study data from which you can be identified (e.g. from identifiers such as your name, date of birth, audio recording etc.), is known as **personal data**. This includes more sensitive categories of personal data (**sensitive data**)

such as your race; ethnic origin; politics; religion; trade union membership; genetics; biometrics (where used for ID purposes); health; sex life; or sexual orientation.

Your participation in this study will NOT involve the collection of personal data.

While you have been contacted by your local county FA, your personal identifiable information is not disclosed as part of this study. Therefore, your responses to the questions will remain anonymous without anyone being able to link them to your own personal identity. Thus, while the responses themselves may be evaluated by the FA and subject to publication for the public domain, it is not possible to learn of the personal identity of anyone involved in the study.

The security of the data that you provide will be controlled by the web-based software programme Jisc, which is GDPR-compliant and ISO 27001-certified (<https://www.onlinesurveys.ac.uk/security/>).

10. Limits to confidentiality

Please note that confidentiality may not be guaranteed; for example, because the study is exclusive to youth football team coaches, it may be possible to infer your response to the survey as a youth team representative.

11. What will happen to the results of the study?

The findings of this study will be accessible to the FA with a view to informing future practice and guidelines. In addition, the findings may be written as a report with a view to publishing it in a scientific journal that will be available to the public.

12. Who is organising and funding/commissioning the study?

This study is organised by research members of Liverpool John Moores University. The FA may be interested in the outcome of this survey, although there is no organisation that provides funding for it.

13. Who has reviewed this study?

This study has been reviewed by, and received ethics clearance through, the Liverpool John Moores University Research Ethics Committee (reference number: 21/SPS/008).

14. What if something goes wrong?

If you have a concern about any aspect of this study, please contact the principal investigator (see below for contact information) who will do their best to answer your query. The investigator should acknowledge your concern within 10 working days and give you an indication of how they intend to deal with it. If you wish to make a complaint, please contact the chair of the Liverpool John Moores University Research Ethics Committee (researchethics@ljamu.ac.uk) and your communication will be re-directed to an independent person as appropriate.

15. Contact for further information

Dr James Roberts; E-mail: J.W.Roberts@ljamu.ac.uk

Thank you for reading this information sheet, and for considering to take part in this study.
