

MoveExLab COVID-19 Participant Information Sheet

Introduction

Following the COVID-19 pandemic, the way in which you participate in a research projects has changed. This document will inform you of the processes we have put in place to minimise the risk for you and ourselves. Please take your time to read this document carefully to ensure you fully understand its contents. Contact details are at the bottom of this document.

Section 1: Prior to your visit to the MoveExLab

Before visiting the MoveExLab, you will be contacted by the lead researcher of the project to assess the likelihood that you have COVID-19 or have been possibly exposed to it. In the event that there is a high possibility of you having COVID-19 your visit to the MoveExLab may be postponed. You will also be asked to bring a face covering with you so that it can be worn upon your arrival.



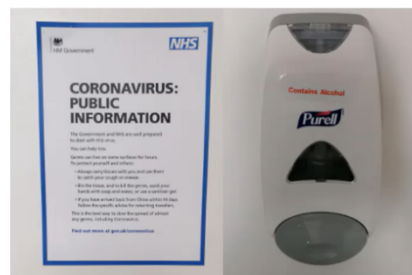
Section 2: On the day of your visit and arriving at the MoveExLab

On the day of your MoveExLab visit, you will need to follow the directions provided to you and make your way to the back of the Norwich Medical School carpark. When you have arrived, you must contact the researcher by mobile telephone to notify them of your arrival. Please wait in your car until the lead researcher has come to meet you.



Section 3: Entering the Norwich Medical School Building and MoveExLab

Once greeted by the lead researcher you will be escorted into the Norwich Medical School and the MoveExLab. Social distancing of two metres will be maintained throughout this route. As you walk through a specially designed one-way route to the MoveExLab, you will be asked to sanitise your hands using one of the many dispensers that are positioned throughout the route.

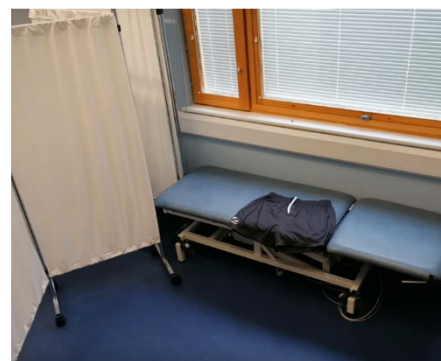


Once you have entered the MoveExLab you will be offered a range of additional Personal Protective Equipment (PPE) to wear if you want to. Hand washing practices will be implemented where necessary.

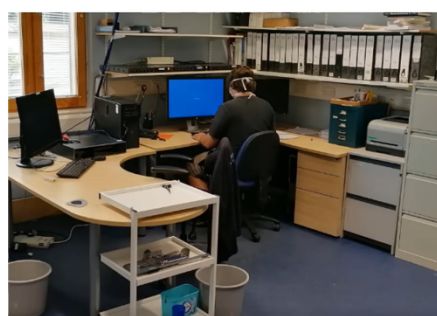


Section 4: Data Collection Process

You will be asked to change in your MoveExLab testing attire in a designated area. The testing attire will consist of either shorts or t-shirt depending on the research activities. The testing attire provided to you will have been washed in line with Government guidelines.



To reduce the number of people you have to come into contact with there will normally only be yourself and two other researchers in the MoveExLab at any one time. However, on occasions, there could be up to four researchers in the MoveExLab during your visit. The lead researcher will be in close proximity to you throughout most of the data collection process, but the other researchers will be in designated marked out (2m) areas where they will work away from you.



Where possible social distancing guidelines will be followed. For some parts of the data collection process the lead researcher will need to place markers and sensors on your skin meaning that the two metres social distancing rule cannot be maintained. The lead researcher will spend the minimal amount of time as possible doing this. To minimise the risk of infection both the lead researcher and you will be wearing PPE and hand washing practices will be implemented when skin-to-skin contact is made.



Section 6: Completion of data collection and leaving the MoveExLab

Once all the testing procedures are completed, you will change back into attire you arrived in. You will place the testing attire you have worn into the bag provided. You must continue to wear the PPE you have been provided with until you have left the MoveExLab and the Norwich Medical School Building. The lead researcher will take you back to your car using the one-way system that is in place.



Section 7: Post visit follow up.

Forty-eight hours after your visit to the MoveExLab, you will receive a phone call from the lead researcher to see if you have developed any COVID-19 symptoms.

Section 8: Contact Information

Please contact Jacob Wells on 01603 593092 or email Jacob.wells@uea.ac.uk