

Notice of Approval

Date: **20 August 2018**

Project number: **21191**

Project title: ***Exploring physiological and metabolomic changes with sauna and exercise***

Risk classification: **More than low risk**

Chief investigator: **Professor Marc Cohen**

Approval period: From: **20 August 2018**
 To: **31 December 2019**

The following documents have been reviewed and approved:

Title	Version	Date
21191 Cohen appn	Final	3 August 2018
Eligibility screening tool		3 August 2018
Mid-intervention survey questions		3 August 2018
PICF		13 August 2018
Post-intervention survey		3 August 2018
Pre-intervention screening		3 August 2018
Sauna and exercise clinical protocol		3 August 2018
Sweat collection protocol		3 August 2018

The following documents have been noted:

Title	Date
Table of response	August 2018
Osteopathy on James (permission letter)	15 November 2017

The above application has been approved by the RMIT University HREC as it meets the requirements of the *National statement on ethical conduct in human research* (NH&MRC, 2007).

Terms of approval:

- 1. Responsibilities of chief investigator**
 It is the responsibility of the above chief investigator to ensure that all other investigators and staff on a project are aware of the terms of approval and to ensure that the project is conducted as approved by HREC. Approval is valid only whilst the chief investigator holds a position at RMIT University.
- 2. Amendments**
 Approval must be sought from HREC to amend any aspect of a project. To apply for an amendment use the request for amendment form, which is available on the HREC website and submitted to the HREC secretary. Amendments must not be implemented without first gaining approval from HREC.
- 3. Adverse events**
 You should notify the HREC immediately (within 24 hours) of any serious or unanticipated adverse effects of the research on participants, and unforeseen events that might affect the ethical acceptability of the project.
- 4. Annual reports**
 Continued approval of this project is dependent on the submission of an annual report. Annual reports must be submitted by the anniversary of approval (20 August 2018) of the project for each full year of the project. If the project is of less than 12 months duration then a final report only is required.
- 5. Final report**
 A final report must be provided within six months of the end of the project. HREC must be notified if the project is discontinued before the expected date of completion.
- 6. Monitoring**



Human Research Ethics Committee (HREC)
Research and Innovation office
NH&MRC Code: EC00237

Projects may be subject to an audit or any other form of monitoring by the HREC at any time.

7. Retention and storage of data

The investigator is responsible for the storage and retention of original data according to the requirements of the *Australian code for the responsible conduct of research* (section 2) and relevant RMIT policies.

8. Special conditions of approval

Nil.

In any future correspondence please quote the project number and project title above.

A handwritten signature in black ink that reads 'Stephen Bird'.

Prof Stephen Bird
Chairperson
RMIT HREC

cc: Dr Peter Burke, HREC secretary
Dr Joy Hussain, Research student
Dr Nitin Mantri, Associate Supervisor
A/Prof Ronda Greaves, Associate Supervisor