Informed Consent Form

Informed Consent for Adult Participants (18 Years and Older)

Official Title

Acute Effects of Upper-Limb Ischemic Preconditioning on Judo-Specific Upper-Body Performance in Junior Judo Athletes: A Randomized, Sham-Controlled Crossover Trial

Document Date

15 September 2026

Item	Details
Study title	Acute Effects of Upper-Limb Ischemic Preconditioning on Judo-Specific Upper-Body Performance in Junior Judo Athletes: A Randomized, Sham-Controlled Crossover Trial
Principal investigator	Bayram Ceylan, PhD, Kastamonu University
Ethics committee approval	Faculty of Physical Education and Sport Ethics Committee, 4/2026, dated 28/09/2026

Introduction

You are invited to take part in a research study because you are a trained male judo athlete. This form explains the study so that you can decide whether you want to take part. Please read it carefully and ask the researchers any questions you have. Taking part is voluntary.

Why is this study being done?

Ischemic preconditioning (IPC) means briefly stopping blood flow to the arms or legs with an inflatable cuff, similar to a blood pressure cuff, and then letting the blood flow back. Some studies suggest that IPC done before exercise may improve performance or recovery, but the results are mixed, and it has not been tested on judo-specific grip and pulling tasks. This study will test whether IPC applied to both upper arms helps judo athletes perform judo-specific grip and pulling tests better than a sham (fake) cuff treatment. The study will also look at blood pressure, heart rate, hand grip strength, how hard the exercise feels and muscle soreness.

What will I be asked to do?

You will visit the judo training hall 3 times, with 3 days between visits. Each visit will take about 2 hours.

Visit 1 – familiarization

- Your height, body weight and body composition will be measured with a standard scale that sends a very weak, painless electrical signal through the body.
- You will practice all tests and try the cuff procedure.

Visits 2 and 3 – test visits

- After 10 minutes of rest, your blood pressure, heart rate and hand grip strength will be measured.
- You will sit while cuffs are placed on both upper arms. On one visit, the cuffs will be inflated tightly enough to stop blood flow for a short time (IPC). On the other visit, the cuffs will be inflated only lightly (sham). The cuffs are inflated for 5 minutes and then released for 5 minutes, 3 times (30 minutes in total). A small sensor on the fingertip will check blood flow. The order of the two treatments is decided by chance, like flipping a coin.
- Your blood pressure and heart rate will be measured again, and you will do a standard warm-up.

- You will do 3 judo tests with 10 minutes of rest between them: hanging from a judo jacket with bent arms for as long as possible, doing as many pull-ups as possible while holding the jacket, and pulling a partner off balance as many times as possible in 20 seconds. The tests will be video recorded so that repetitions can be counted correctly.
- Right after the tests and again after 30 minutes of rest, your heart rate and hand grip strength will be measured, and you will rate how hard the tests felt and how sore your muscles are.

Before each visit, you should avoid hard exercise, caffeine and alcohol for 24 hours and keep your usual diet and sleep.

What are the possible risks or discomforts?

- During cuff inflation, the arms may feel tight, tingly, numb, heavy or uncomfortable. These feelings go away quickly when the cuff is released. The skin may look red for a short time.
- Small red spots or mild bruising on the arm may occasionally appear and usually disappear within a few days. Very rarely, blood clots have been reported with blood-flow restriction; people with heart, blood vessel or blood clotting problems are not allowed to take part.
- The judo tests may cause tiredness and muscle soreness for 1–2 days. As in normal judo training, there is a small risk of muscle strain or injury.

The cuff will be released immediately if you feel severe pain or ask to stop. Trained researchers will supervise all procedures. If you are injured, first aid will be given and you will be referred for medical care.

What are the possible benefits?

You may not benefit directly from this study. You will receive information about your grip strength and test results. The results may help coaches and athletes decide whether IPC is useful before judo competition.

Do I have to take part?

No. Taking part is completely voluntary. You may refuse to take part or stop at any time without giving a reason. This will not affect your training, team selection or relationship with the coaches or the institution. The alternative is simply not to take part.

Will information be kept private?

Your information will be kept confidential. You will be given a code number, and your name will not appear in any data file, report, publication or on ClinicalTrials.gov. The list linking names to code numbers will be kept separately in a locked or password-protected location that only the principal investigator can access. Video recordings will be used only to count test

repetitions and will be stored securely they will be deleted after anlysis. Only group results will be published.

Costs and payment

There is no cost to you for taking part. You will not be paid for taking part.

Who can I contact with questions?

For questions about the study, contact the principal investigator: [Bayram Ceylan, bceylan@kastamonu.edu.tr]. For questions about the rights of research participants, contact the Faculty of Physical Education and Sport Ethics Committee.

Statement of Consent

I have read this form (or it has been read to me). I have had the chance to ask questions, and my questions have been answered. I understand that taking part is voluntary and that I can withdraw at any time without any consequence. I agree to take part in this study. I will receive a copy of this signed form.

Participant name _____ Signature _____ Date ____ / ____ / _____

Name of person obtaining consent _____ Signature _____ Date _

___ / ____ / _____

Informed Consent Form

Parental Permission and Assent for Participants Younger than 18 Years

Official Title

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15 September 2026

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Principal investigator	Bayram Ceylan, PhD, Kastamonu University
Ethics committee approval	Faculty of Physical Education and Sport Ethics Committee, 4/2026, dated 28/09/2026

Introduction

Your child is invited to take part in a research study because he is a trained male judo athlete. This form explains the study so that you can decide whether to allow your child to take part. Your child will also be asked whether he agrees to take part. Please read this form carefully and ask the researchers any questions you have. Taking part is voluntary.

Why is this study being done?

Ischemic preconditioning (IPC) means briefly stopping blood flow to the arms or legs with an inflatable cuff, similar to a blood pressure cuff, and then letting the blood flow back. Some studies suggest that IPC done before exercise may improve performance or recovery, but the results are mixed, and it has not been tested on judo-specific grip and pulling tasks. This study will test whether IPC applied to both upper arms helps judo athletes perform judo-specific grip and pulling tests better than a sham (fake) cuff treatment. The study will also look at blood pressure, heart rate, hand grip strength, how hard the exercise feels and muscle soreness.

What will my child be asked to do?

Your child will visit the judo training hall 3 times, with 3 days between visits. Each visit will take about 2 hours.

Visit 1 – familiarization

- Your child's height, body weight and body composition will be measured with a standard scale that sends a very weak, painless electrical signal through the body.
- Your child will practice all tests and try the cuff procedure.

Visits 2 and 3 – test visits

- After 10 minutes of rest, your child's blood pressure, heart rate and hand grip strength will be measured.
- Your child will sit while cuffs are placed on both upper arms. On one visit, the cuffs will be inflated tightly enough to stop blood flow for a short time (IPC). On the other visit, the cuffs will be inflated only lightly (sham). The cuffs are inflated for 5 minutes and then released for 5 minutes, 3 times (30 minutes in total). A small sensor on the fingertip will check blood flow. The order of the two treatments is decided by chance, like flipping a coin.
- Your child's blood pressure and heart rate will be measured again, and your child will do a standard warm-up.

- Your child will do 3 judo tests with 10 minutes of rest between them: hanging from a judo jacket with bent arms for as long as possible, doing as many pull-ups as possible while holding the jacket, and pulling a partner off balance as many times as possible in 20 seconds. The tests will be video recorded so that repetitions can be counted correctly.
- Right after the tests and again after 30 minutes of rest, your child's heart rate and hand grip strength will be measured, and your child will rate how hard the tests felt and how sore his muscles are.

Before each visit, your child should avoid hard exercise, caffeine and alcohol for 24 hours and keep his usual diet and sleep.

What are the possible risks or discomforts?

- During cuff inflation, the arms may feel tight, tingly, numb, heavy or uncomfortable. These feelings go away quickly when the cuff is released. The skin may look red for a short time.
- Small red spots or mild bruising on the arm may occasionally appear and usually disappear within a few days. Very rarely, blood clots have been reported with blood-flow restriction; people with heart, blood vessel or blood clotting problems are not allowed to take part.
- The judo tests may cause tiredness and muscle soreness for 1–2 days. As in normal judo training, there is a small risk of muscle strain or injury.

The cuff will be released immediately if your child feels severe pain or asks to stop. Trained researchers will supervise all procedures. If your child is injured, first aid will be given and your child will be referred for medical care.

What are the possible benefits?

Your child may not benefit directly from this study. Your child will receive information about your child's grip strength and test results. The results may help coaches and athletes decide whether IPC is useful before judo competition.

Does my child have to take part?

No. Taking part is completely voluntary. You may refuse permission, and your child may refuse to take part, or may stop at any time without giving a reason. This will not affect your child's training, team selection or relationship with the coaches or the institution. The alternative is simply not to take part.

Will information be kept private?

Your child's information will be kept confidential. Your child will be given a code number, and your child's name will not appear in any data file, report, publication or on

ClinicalTrials.gov. The list linking names to code numbers will be kept separately in a locked or password-protected location that only the principal investigator can access. Video recordings will be used only to count test repetitions and will be stored securely and they will be deleted after analysis. Only group results will be published.

Costs and payment

There is no cost to your child for taking part. Your child will not be paid for taking part.

Who can I contact with questions?

For questions about the study, contact the principal investigator: Bayram Ceylan, bceylan@kastamonu.edu.tr. For questions about the rights of research participants, contact the Faculty of Physical Education and Sport Ethics Committee.

Parent or Legal Guardian Permission

I have read this form (or it has been read to me). I have had the chance to ask questions, and my questions have been answered. I understand that taking part is voluntary and that my child can withdraw at any time without any consequence. I give permission for my child to take part in this study. I will receive a copy of this signed form.

Name of child _____ Signature _____
Date ____ / ____ / _____

Name of parent or legal guardian _____ Signature _____ Date ____ / ____ / _____

Name of person obtaining permission _____ Signature _____ Date ____ / ____ / _____

Assent of the Athlete

We are doing a study to find out whether squeezing your upper arms with inflatable cuffs for a short time before exercise helps judo athletes do better in grip and pulling tests. If you agree, you will come to the judo hall 3 times. On 2 of the visits, cuffs will be put on both arms and inflated for 5 minutes and released for 5 minutes, 3 times. Then you will do 3 judo tests and answer questions about how hard the tests felt and how sore your muscles are. The cuffs may feel tight or make your arms tingle, but this stops when they are released. You can ask questions at any time. You do not have to take part, and you can stop whenever you want. Nobody will be upset with you, and it will not affect your training or team selection. Your parent or guardian has also been asked to give permission.

If you agree to take part, please write your name and sign below.

Athlete name _____ Signature _____
Date ____ / ____ / _____

Name of person obtaining assent _____ Signature _____ Date ____ / ____ / _____