

PARTICIPANT INFORMATION STATEMENT

Into the Cold: What Drives Participation in Cold-Water Activities?

The purpose of the research is to explore cold-water activity habits, viewpoints, as well as motivation for participation.

The research project is being conducted by:

Researcher: Marie Grigg

Department: Physical Activity Sports and Exercise Science

Contact details: hutsonm2@uni.coventry.ac.uk

Please consider taking part in this survey if you currently, or have recently, taken part in any form of intentional cold-water swimming or cold-water immersion activities. For the purposes of this survey this includes active cold-water exercise such as (open water swimming or wild swimming in rivers, ponds, lakes and/or seas/estuaries (summer, winter or both); and/or passive cold-water immersion such as (plunge pools, ice baths, rivers, ponds, lakes and/or seas/estuaries or cold showers).

If you are happy to continue, taking part in our survey will help us to:

- Better understand cold-water activity habits, viewpoints, experiences, as well as motivation and facilitators for participation.
- Several media outlets have promoted cold-water immersion as a catalyst for numerous health benefits. However, claims remain largely anecdotal and lack robust scientific evidence.
- Establish a comprehensive understanding of current trends which will enable future research to explore the possibilities associated with cold-water activities.

Your participation in the survey is entirely voluntary, and you can opt out at any stage by closing and exiting the browser.

The survey should take approximately 15 minutes to complete, but please take your time and do not rush.

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Your answers will be treated confidentially and the information you provide will be kept anonymous in any research output/publications. All information will be handled in accordance with Coventry University Policies, Standards, and Procedures, including our Research Ethics and Integrity Statements and our Research Privacy Notice available on our website at <https://www.coventry.ac.uk/gdpr-and-data-protection/privacy-notices/>.

The research project was granted ethics approval through Coventry University's Research Ethics review and approval process [**Project Reference: P191233**].

For further information, or if you have any queries, please contact the lead researcher Marie Grigg: hutsonm2@uni.coventry.ac.uk and/or project supervisor Doug Thake, apx223@coventry.ac.uk. If you have any concerns that cannot be resolved through the lead researcher or supervisor, please contact ethics.uni@coventry.ac.uk.

When you start the survey, you will be asked to confirm that you understand what the purposes of the research project are, what will be involved and that you agree to take part. If you are happy to participate, you will be asked to check each box to indicate your agreement.

Thank you for taking the time to consider our research and we hope you participate in our survey. Your help is very much appreciated.

Marie Grigg