

## ***The Australasian Registry for ECGs of National Athletes (ARENA) Project***

The ARENA Project is a large database collecting information on elite athletes who have undergone cardiac screening. Your sporting organisation has chosen to participate.

**Project aims and benefits:** The Registry will be used by researchers to improve our understanding of cardiac outcomes in screened athletes. The project will benefit athletes by helping make screening programs more accurate (especially for under-represented groups such as female athletes) and improving preventive cardiac care. Participation will also contribute to quality improvement by providing a 'double check' on ECGs and completeness of follow-up.

**Information collected:** If you are happy to have your cardiac screening information included, you will not need to do anything. Data on your screening results will be collected from your sporting organisation. The data will be deidentified and securely stored. Athletes will not be identifiable in any research reports or publications.

Data will include some demographic information (including **name, sex, date of birth, sport/distance/event**), **together with the date and result of each cardiac screening, a copy of the ECG and any other cardiac tests/reports, whether follow-up tests were required and the outcome, any cardiac diagnosis, and any major adverse cardiac events**). The data will be re-identifiable. Once the information is entered into the Registry, it will be given a unique identification number which links to each athlete's name and date of birth. This information allows ARENA to link multiple screenings to the same athlete, identify duplicates, add later outcome data (e.g. details of a cardiac diagnosis) or to communicate with the sporting organisation (e.g. if a previously unrecognised ECG abnormality is noticed by the Registry team or if the sport/athlete requests a copy of their own data).

### **Funding, endorsements & ethical approval**

- Funding: Australian Government National Health & Medical Research Council Investigator Grant.
- Endorsed by: Australasian College of Sport & Exercise Physicians & Sports Medicine Australia.
- The ethical aspects of this study have been approved by the Human Research Ethics Committees of The University of Sydney (Project No. 2023/551) and the Australian Institute of Sport (Ethics approval number: 20240601).

**Can I opt-out or withdraw?** Yes, if you wish. You can opt out at any time by contacting A/Prof Jessica Orchard ([jessica.orchard@sydney.edu.au](mailto:jessica.orchard@sydney.edu.au)) or your sporting organisation's chief medical officer.

**How to access counselling or mental health services:** The following services are available if you would like to access counselling or mental health services:

- Your team doctor or team performance psychologist
- Eligible athletes can reach out to the AIS Mental Health Referral Network (MHRN). For more information on the MHRN go to <https://www.ais.gov.au/MHRN> or call 02 6214 1130

### **Research team**

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**Study website:** Further information including a detailed Participant Information Statement is available from the ARENA project website (or scan the QR code): <https://www.sydney.edu.au/medicine-health/our-research/research-centres/the-arena-project.html>