

# WAIS Research and Innovation Policy

**Owner:** PTD's

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**Version:** 1.1

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**Approved by:** Executive Director

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**Effective from:** May 2014

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**Next review date:** May 2015

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**Last Date of Edit:** 19 May 2014

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## 1. Policy

The WAIS research and innovation effort will be aligned to maximising the performance outcomes of WAIS athletes and sport programs.

## 2. Purpose

This policy is presented to achieve the following:

- 2.1 To ensure WAIS research and innovation is conducted through safe and ethical practice.
- 2.2 To maximise the benefit for WAIS from resource allocation into the research and innovation area.
- 2.3 To identify the procedure to gain approval for conducting research and innovation projects at WAIS.
- 2.4 To serve as a reference for external parties who are seeking to engage WAIS and/or WAIS resources for research and innovation purposes.

## 3. Background

- 3.1 The gaining of new knowledge through research and the application of knowledge through innovation to advance athletic performance are integral parts of high quality service to high performance athletes.
- 3.2 The primary focus of WAIS resources is on providing high level services to athletes. To maximise the return on the resources invested in research and innovation WAIS requires a focused approach.

## 4. Standards

This policy applies to all research and innovation projects seeking to utilise WAIS resources including staff, coaches, athletes, finance and infrastructure.

### 4.1 Research

- 4.1.1 Within this policy the term research is inclusive of research and development. Research only occurs when knowledge is required. Refer Performance Support Model procedure page 6.
- 4.1.2 All WAIS staff can make a proposal to complete research under this policy.
- 4.1.3 All research projects must be approved by the WAIS Performance Team Director and Discipline Lead Panel prior to commencement.
- 4.1.4 Requests for use of WAIS resources by external parties for research purposes must be approved by the Performance Team Director and Discipline Lead Panel prior to the confirmation of any agreements.
- 4.1.5 WAIS staff must gain approval for any personal involvement in external research projects prior to commencement.
- 4.1.6 All research projects involving WAIS staff and or resources must have formal ethics approval from a recognised Ethics Committee at a university or the Australian Institute of Sport (AIS) or provide evidence as to why ethics approval will not be necessary prior to approval and commencement.
- 4.1.7 Research requests will be considered by the Performance Team Director and Discipline Lead Panel on a six monthly basis unless exceptional circumstances are identified.
- 4.1.8 Outcomes from research projects must be presented to relevant WAIS staff, athletes and where appropriate to the wider community.

## 4.2 Innovation

- 4.2.1 The term innovation refers to new performance enhancement strategies that result from existing knowledge. Refer Performance Support Model procedure page 6.
- 4.2.2 Innovation projects must be linked directly to success factors identified by the Performance Enhancement Team (PET).
- 4.2.3 Any innovations in practice must be assessed for safety and ethics before approval to implement.
- 4.2.4 All proposed innovations must be approved at the relevant Performance Enhancement Team Meeting

4.3 A register of all approved research and innovation projects will be maintained by the Performance Team Director and Discipline Lead Panel.

## 5. Processes

### 5.1 Research

Proposals for research must be submitted in writing to the Performance Team Director and Discipline Lead panel. This panel will review and recommend all research proposals to the Executive Director.

The proposal must:

- 5.1.1 Identify how the project relates to WAIS strategic goals and how it follows the Performance Support Model procedure (refer to page 6)
- 5.1.2 include the estimated cost, resources and timeframe necessary to complete the project
- 5.1.3 Identify potential collaboration necessary/beneficial to realise outcomes from the project.
- 5.1.4 Identify how the findings from the project will be disseminated including timelines for presentations and publications.
- 5.1.5 Demonstrate formal ethics approval.

The chair of the PTD and Discipline Lead panel will provide a recommendation of the research projects to the Executive Director for approval.

### 5.2 Innovation

Proposals for innovation will be presented discussed and agreed by the Performance Team Director as part of the PET monthly meeting process. This process will require formal identification of any safety risks and be considered in light of ethical practice.

### 5.3 Monitoring Outcomes

The Performance Team Director and Discipline Lead panel will provide annual feedback on all research and innovation projects to the Executive Director.

# Performance Support Model + Research and Innovation

