Participant Information and Consent Form for the Research Project:

"Injury Incidence and Risk Factors in HYROX Athletes – a Prospective Observational Study"

Dear Madam or Sir,

We would like to invite you to participate in a scientific study. This participant information provides all essential details about the study.

Please read this information carefully. If you have any questions, we will be happy to assist you.

A total of 500–1,000 participants are planned to take part in this study.

This study is planned and conducted by the Department of Trauma Surgery, TUM University Hospital rechts der Isar.

The study is fully funded by our institution.

Participation in this study is voluntary. If you decide not to participate, or if you later withdraw your consent, you will not suffer any disadvantages. You do not need to provide a reason for your decision. By reviewing the participant information and starting the survey, you automatically agree to the data protection regulations and give your consent to participate in the study.

Why is this study being conducted?

HYROX is a highly intensive fitness competition that combines running with demanding strength and endurance exercises. The sport has become increasingly popular worldwide, with growing numbers of participants each year—from ambitious recreational athletes to elite competitors.

Despite this popularity, there is currently very limited knowledge about how frequently HYROX athletes sustain injuries, which body regions are most commonly affected, and which factors increase the risk of injury. In contrast to many other sports, there are only few scientific studies investigating injuries in HYROX.

For participants, this means that many athletes train at very high intensity—often alongside work and daily life—without reliable, evidence-based information on how to prevent injuries. Injuries can lead to prolonged training interruptions, pain, limitations in everyday life, or even long-term health problems.

The core problem is therefore that HYROX athletes currently lack scientifically sound information on:

- their individual risk of injury,
- which training or competition-related factors are particularly risky, and

- how they can better protect themselves.

This is where our study aims to contribute. The goal is to systematically record injuries in HYROX athletes in order to better understand how injuries occur and which athletes are particularly affected. This knowledge is essential to enable safer training in the future, provide more targeted guidance for coaches, and prevent injuries as effectively as possible.

By doing so, the study contributes to making HYROX safer and healthier in the long term—without reducing the enjoyment or athletic challenge of the sport.

In this study, we aim to systematically assess how often and under which circumstances injuries occur in HYROX athletes. By observing participants over a defined period of time, we seek to identify potential risk factors for injuries. The results are intended to improve the understanding of training and competition loads and to support the development of safer training and prevention strategies in the long term.

How will the study be conducted?

If you agree to participate in this study, you will be asked to complete a one-time online questionnaire. The questionnaire includes questions about your HYROX training as well as any injuries or physical complaints you may have experienced.

Completing the questionnaire will take approximately 10–15 minutes and can be done conveniently from home using a computer, tablet, or smartphone. No further surveys, personal appointments, or medical examinations are planned.

Is there any personal benefit from participating in the study?

You will not personally benefit from participating in this study. However, the results of the study may help other athletes in the future.

Data protection and confidentiality

In this study, the Klinikum der Technischen Universität München AöR, Ismaninger Straße 22, 81675 Munich, Germany (hereinafter referred to as the “TUM University Hospital”), is the data controller responsible for data processing.
The study is conducted and supervised by Dr. med. Conrad Ketzer, Department of Trauma Surgery, TUM University Hospital.
The legal basis for data processing is the participant’s explicit consent in accordance with Article 6(1)(a) and Article 9(2)(a) of the General Data Protection Regulation (GDPR).
All data will be treated confidentially at all times.The data will be collected exclusively for the purpose of the study described above and used only within this framework.
No personal data will be collected.
All data will be recorded anonymously, meaning that no one—including the study investigators—will be able to identify which data belong to which participant.

The data will be stored by the Department of Trauma Surgery, TUM University Hospital rechts der Isar,
Ismaninger Straße 22, 81675 Munich, Germany,
Email: Conrad.ketzer@tum.de,
and SoSci Survey GmbH, Ritterstraße 2A, 10969 Berlin, Germany,
Email: support@soscisurvey.de.
Data storage takes place on servers within the European Union in accordance with applicable data protection regulations (EU GDPR).
Your data will not be transferred to other institutions in Germany, within the EU, to third countries outside the EU, or to international organizations.
Consent to data processing is voluntary. You may withdraw your consent at any time without giving reasons and without any disadvantage to you. After withdrawal, no further data will be collected. The lawfulness of data processing carried out before withdrawal remains unaffected.
You have the right to obtain information about your data, including a free copy. You may also request correction, blocking, restriction of processing, deletion, or—where applicable—data portability.
Please contact:
Department of Trauma Surgery,
TUM University Hospital rechts der Isar,
Ismaninger Straße 22, 81675 Munich, Germany,
Email: Conrad.ketzer@tum.de
However, once the data have been anonymized, they can no longer be linked to an individual. After anonymization, it is therefore no longer possible to access, block, or delete the data.
For questions regarding data processing and compliance with data protection regulations, you may contact the Data Protection Officer:
Data Protection Officer, TUM University Hospital rechts der Isar
Postal address: Ismaninger Straße 22, 81675 Munich, Germany
Email: datenschutz@mri.tum.de
You also have the right to lodge a complaint with any data protection supervisory authority. A list of supervisory authorities in Germany can be found at:
https://www.bfdi.bund.de/DE/Infothek/Anschriften_Links/anschriften_links-node.html
For this study, the competent supervisory authority is:
Bavarian State Commissioner for Data Protection
Postal address: Postfach 22 12 19, 80502 Munich, Germany
Office address: Wagmüllerstraße 18, 80538 Munich, Germany
Email: poststelle@datenschutz-bayern.de