Participation & consent: Zoladz test

Participation is voluntary and at your own risk.

Name: ..... Date of birth: .....

Test date: ..... Email for report: .....

Provider: Harald Schneider / hs-hardlooptrainer, Leliestraat 10, 3314 ZN Dordrecht, Netherlands
Contact: info@hs-hardlooptrainer.nl

1. Procedure and purpose

I will complete five running stages of six minutes at increasing target heart rates, as explained before the start. I use my own sports watch with heart rate measurement. After each stage, I record the distance covered and average heart rate on the form provided. This Zoladz test involves **no blood sampling**.

Harald later processes the data I provide in the Zoladz app and emails me a personal report with calculated training guidelines. The test is not a sports medical examination, medical diagnosis, or confirmation that I am medically fit to exercise.

2. Preparation and measurements

I run regularly and have read the short participation information. If I have chest pain, unexplained fainting, unusual shortness of breath, or a medical restriction on exercise, I seek medical assessment before participating. I do not participate if I am acutely ill or have a fever. I report current symptoms or changes before the start. I provide my maximum heart rate and state whether it was measured or calculated using a formula. I use working equipment and record my values carefully. I report uncertainty and do not invent missing values. The outcome depends in part on these data.

HFmax: ..... bpm [ ] Measured [ ] Calculated (formula)

Source / explanation: .....

3. Voluntary participation, risk and stopping

I participate voluntarily and at my own risk. I understand that effort increases and that fatigue, muscle soreness, overuse, dizziness or fainting may occur. Serious complications cannot be completely ruled out. I follow safety instructions and report symptoms immediately. I may stop at any time; the provider may interrupt or end the test for safety reasons.

My rights as a participant. I may ask questions before the start, decline participation, and stop at any time. I may obtain a copy of my signed form. The provider remains responsible for performing the service with due care. Any legal right to compensation remains unaffected.

4. Separate confirmations

[ ] A. Participation. I have read and understood the explanation, had the opportunity to ask questions, and received sufficient answers. I agree to participate in the Zoladz test described above.

[ ] B. Explicit consent to data processing. I explicitly consent to hs-hardlooptrainer processing my HFmax and its source, measured heart rate, distance and calculated results for this test, my personal report and comparison with follow-up tests. Relevant information I voluntarily provide about symptoms or limitations is used only to discuss participation. A detailed health questionnaire is not required. Medical details do not belong in an ordinary booking note.

I have received or been able to read the privacy statement. PDF reports are retained for 12 months after delivery. Necessary measurements are retained for follow-up comparisons during coaching or regular testing, and for no longer than three years after the last test. If coaching continues without new tests, the need for retention is reviewed regularly. I may withdraw consent via info@hs-hardlooptrainer.nl. This does not affect earlier lawful processing; necessary processing for the test/report can then no longer continue. Legal exceptions to deletion may apply. This consent does not cover advertising, social media or disclosure to other coaches.

Place and date: .....

Participant signature: ..... Provider signature: .....

My privacy rights. I may withdraw consent or request access, a copy or correction of my personal data. Where the GDPR allows, I may request erasure, restriction or transfer, or object to processing. Requests: info@hs-hardlooptrainer.nl. I may complain to the Dutch Data Protection Authority (Autoriteit Persoonsgegevens).

Bring this completed and signed form. We discuss participation information and questions before the start. You may receive a copy of the signed form.