

INFORMED CONSENT FOR PARTICIPATION IN RESEARCH AND PROCESSING OF PERSONAL DATA (GDPR)

Study Title: Freediving Breathing Research

Researcher / Institution: Daniela Dvorska MSc, Neronika Mihalska MSc.

By signing below I, the undersigned, **freely and explicitly consent** to the following in accordance with the EU General Data Protection Regulation (EU) 2016/679 (GDPR):

1. Legal Basis & Data Processing

- I consent to the **collection and processing** of my personal data (e.g., name, age, gender, contact details, questionnaire responses), **exclusively** for the purposes of this research and its statistical evaluation.
GDPR requires consent to be **freely given, informed, specific, and unambiguous**.
 - This data will be processed lawfully, fairly and transparently, in line with Articles 6 and 7 GDPR .
-

2. Duration of Data Storage

- Personal data will be retained **only as long as necessary** for the research, and no longer than **5 years after data collection ends**, unless prolongation is specifically justified under GDPR.
-

3. Publication & Anonymisation

- I consent to the **anonymised publication** of aggregated research results (articles, presentations, reports) where **I cannot be identified**.
-

4. Contact for Clarification / Additional Phases

- I agree to be contacted via email or phone **solely** to clarify questionnaire answers or for possible further involvement (e.g., interviews, follow-up surveys).
-

5. Transfers Outside the EU (if applicable)

- If any personal data are transferred outside the EEA (e.g., to the US), such transfers will rely on **appropriate safeguards** (e.g. standard contractual clauses), as required by Article 46 GDPR.
-

6. Rights of the Data Subject

Under Articles 12–22 GDPR, I am informed that I have the right to:

- **Access** my personal data
 - **Rectify** incorrect or incomplete data
 - **Erase** data ("right to be forgotten") when applicable
 - **Restrict** processing under certain conditions
 - **Object** to processing in specific contexts
 - **Data portability** — receive my data in a structured, machine-readable format
 - **Withdraw consent** at any time, without affecting processing carried out prior to withdrawal
 - **Lodge a complaint** with a supervisory authority in my Member State (e.g., local Data Protection Authority)
-

7. Withdrawal of Consent

- I understand I can withdraw my consent **easily and at any time**, by sending an email to: [researcher's email] or writing to: [institution's address].
-

By signing below, I confirm that:

- I have read and understood the above
- My participation is **voluntary**, and I can **withdraw at any time** without consequences
- My data will be processed in compliance with **GDPR**
- The provided information is **accurate and given freely**

Place: _____ Date: _____

Signature of Participant: _____