



## Applied Research Centre – Research Booking Form

*This form is used to request rooms and equipment in the Applied Research Centre (ARC) for research purposes. Please complete all fields below and submit an electronic copy to the Lab Coordinator at [fkrm@umanitoba.ca](mailto:fkrm@umanitoba.ca).*

**Please note:** the ARC is used by a variety of personnel and is therefore a *first come first serve basis*. All our room rentals are done in-kind and therefore have no fee associated with them.

For our records we need the following information regarding the research project:

### Contact Information

<b>Principle Investigator</b>	
<b>Phone Number</b>	
<b>Email</b>	

Please provide contact information for the research personnel who will be regularly using the space for the project (they will be the ones set up to use our booking system and be provided with swipe card access).

<b>Name</b>	<b>Email</b>

### Funding Information

Please fill in the chart to indicate the funding status of your project (check the one that applies):

	Grant Under Development	Applied for Grant	Grant Awarded
Start Date/Tentative Start Date			
End Date/Tentative End Date			
Funding Agency			
Expected Funding Announcement Date	N/A		N/A
Attached Documents Required	One page description of protocol, testing, and space needs	Draft protocol describing testing and space needs	Research Ethics Board approval and completed protocol

### Study Duration

Please fill in the chart below regarding how long you will need access to our facilities:

Study Start Date	Study End Date	Duration of Each Session (hours)

### Additional

### Staff

### Request

Our Lab Coordinator is fully trained on all of the equipment used in the Faculty. Additionally, they are a Clinical Exercise Physiologist with CSEP. Based on the needs of your study, do you require the assistance of the Lab Coordinator? If you are unsure, check yes and provide additional information below.

Yes

No

If yes, please provide a brief description of what you like them to do below:

## Room Request Information

Please check off which rooms you would like access to:

Room	Function	Brief Description
198 Extended Education	Exercise Physiology Lab	Classroom that seats 40 students. <i>Contains:</i> 3 treadmills, 2 Wingate bikes, 3 Monark ergometers, 5 Powerlab Systems <b>PowerLab must be operated by qualified FKRM staff</b>
229 ALC	Biodex	<i>Contains</i> the Biodex – <b>must be operated by qualified FKRM staff</b>
232 ALC	Hematology suite	<i>Contains:</i> -80°C freezer, centrifuge, standard size fridge/freezer, other blood supplies
233 + 237 ALC	Exercise testing/assessment	<i>Contains:</i> treadmill, Stadiometer, back extension, scale, sit and reach, blood pressure cuffs, stethoscopes, metronomes,
235 ALC	Small consultation room	<i>Contains:</i> two chairs and a computer
240-A ALC	Strength Training Suite	<i>Contains:</i> chest press, calf raise, leg extension, leg press, seated row, shoulder press, Vertec, dumbbells, medicine balls, and kettle bells
240-B ALC	Cardio Suite	<i>Contains:</i> 3 ellipticals, 3 Precor bikes, 1 Lode bike, InBody, 1 PhysioStep
240-C ALC	Treadmill Suite	<i>Contains:</i> 2 treadmills, 2 metabolic carts, 12-lead ECG treadmill set up. <b>Must be operated by qualified FKRM staff</b>

\*Any request from rooms in the Applied Research Centre will need swipe card access.

## Getting Swipe Access

As noted on the previous page, any request to use the Applied Research Centre requires all individuals to have swipe access. The Lab Coordinator will send you the appropriate form to fill out once all information has been received.

## Booking Rooms and Equipment

All room bookings in the ARC go through Intelli are therefore please send requests to Linda Eliuk: [Linda.Eliuk@umanitoba.ca](mailto:Linda.Eliuk@umanitoba.ca). If you need specific equipment such as the InBody or one of the metabolic carts, please contact the Lab Coordinator.

The equipment listed above must be used in the rooms at the ARC and cannot be taken to a different faculty/building.