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Merseyside Skeptics Society - Shuzi Qi sports wristband test protocol

Purpose

To test if the Shuzi Sports Band improves the performance of a rugby player's kicks.

Summary

The test will take place at a local rugby club, and will involve a semi-professional rugby player, a typical target user for such sports bands, taking place kicks at the goal. In total 100 kicks will be taken, with the number of goals scored recorded.

Method

Two Shuzi bands will be obtained. One of the Shuzi bands will be doctored to remove the "chip" which Shuzi claim provides the effect. This will leave two identical Shuzi bands, one sham band (Control Band) and one active and (Test Band).

Experimenter A will use a random number generator to randomly label the Control Band and Test Band as Band X and Band Y. Experimenter A will be the only person who is aware of this code.

Experimenter B will then split the 100 kicks to be taken into ten blocks of ten kicks. Experimenter B then uses a random number generator to assign either Band X or Band Y to be used in each block, up to a maximum of five blocks per band. Only Experimenter B is aware of which band is to be used in which block.

When the test begins, the rugby player (the Subject) will be taken off the pitch and into the changing rooms. The Subject will be blindfolded, and the appropriate band attached to his wrist by Experimenter B. The band is then covered by a sweat band to conceal it from the Subject.

The Subject is then returned to the pitch to take ten consecutive kicks at the goal. The number of goals scored out of ten is recorded by Experimenter C. In the event that a goal is ambiguous, an Official will be on-hand to indicate whether the goal would have been allowed in a real rugby match.



After each block, the Subject returns to the changing rooms, where he is again blindfolded.

The band is then removed by Experimentor B, who then applies appropriate band for the next block. This may be the same band as the previous block. The band is re-covered and the Subject returns to the field.

While the kicks are in progress, the unused band will be worn by Experimentor B. This is to ensure the band is kept warm, and thereby prevent the Subject from recognising when the bands have been swapped.

The process is repeated until 100 kicks have been performed.

Controls

- Only Experimentor A is aware of whether the Test Band is labelled X or Y.
- Only Experimentor B is aware of which labelled band, X or Y, is being used in each block.
- As the Control Band is a real (though deactivated) Shuzi band it should be visually indistinguishable from the Test Band. The clasp will make the same noise, and it should feel the same on the Subject's wrist.
- The Subject, the Official and Experimentor C are not aware of which band is being tested in any given block. Experimentor C is not permitted contact with Experimentor B for the duration of the test.

Potential Confounders

- The Subject may get tired over the course of the test, and his performance deteriorate as a result.
- The Subject may "get his eye in" over the course of the test, and his performance improve as a result.