**Author’s response to reviews**

**Title:** Influence of recovery strategies upon performance and perceptions following fatiguing exercise: a randomized controlled trial

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Revisions

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Reviewer’s comment

1. In the Ethics approval section, please indicate whether consent obtained was written or verbal.

Authors’ response

The authors have addressed this comment in lines 398-400, please see below.

Participants provided written consent to participate and received an information sheet detailing what the study involved.

Reviewer’s comment

2. Please ensure all authors are specifically mentioned in Authors' contributions.

Authors’ response

This comment has now been addressed in lines 417-419, please see below.
FC, RS, MC, AE and SH contributed to planning of the research protocols. FC performed data collection and analyses. FC wrote the paper, with contribution from RS, MC, AE and SH. FC, RS, MC, AE and SH have read and approved the final manuscript.

Reviewer’s comment

3. BioMed Central requires registration of all clinical trials that are reported in manuscripts submitted to its journals. The ICMJE uses the World Health Organization (WHO) definition of a clinical trial, which is "any research study that prospectively assigns human participants or groups of humans to one or more health-related interventions to evaluate the effects on health outcomes". Suitable publicly available registries are those listed on the ICMJE website as well as any of the primary registries that participate in the WHO International Clinical Trials Registry Platform, including the ISRCTN registry, which is administered and published by BioMed Central.

If your trial is not already registered, please register it retrospectively. Please include the trial registration number (TRN) and date of registration as the last line of the manuscript abstract.

Authors’ response

The following line has been included at the end of the abstract; line 21.

Retrospectively registered; ISRCTN14415088; 5/11/2017