

2026 Sun Life Centre for Healthy Communities' Sports Galore Program Evaluation Research: A Pre-Post Assessment of Participants' Physical Literacy

Parent/Guardian Study Information & Consent Long Form

Principal Investigator: Amy Gayman, PhD, Sun Life Centre for Healthy Communities (CHC) Research Coordinator

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Researchers with Laurier and the Sun Life Centre want to see if Sports Galore impacts kids' physical literacy - their movement skills, confidence to be active, and motivation to move!

Information

During weeks 1 and 8 of Sports Galore, all children will rotate through fun movement activities in small groups and be asked to run, hop, throw, kick, and balance one at a time. With parent/guardian permission, researchers will record how their skills are developing. Kids who have parent/guardian permission can also do a 5-10 minute survey by themselves in a quiet space outside the gym on their views of Sports Galore and abilities, confidence, and motivation to be physically active.

We aim to collect information from approximately 120 Sports Galore program participants at six program sites.

Risks

While there is minimal risk to participating in this study since activities are part of Sports Galore, some kids may worry about being evaluated or not doing as well as others. Kids can choose not to participate, refuse to answer questions, or stop at any time without penalty.

Benefits

There are no personal benefits of participating in the study; however, information from this research study will help improve Sports Galore and inform other physical activity programming for kids.

Privacy and confidentiality

Only the researchers will have access to the information provided and will keep it private. It is possible that members of the research team may have personal connections to program participants and/or their parents/guardians (e.g., family member or friend). In this situation, researchers who know participants will not be involved in their recruitment to the study to avoid undue pressure to participate. However, researchers will have access to data provided by all participants including those they have a personal connection with. If you feel uncomfortable due to your personal connection to a researcher, you do not need to participate in the study, can refuse to answer questions, and can discontinue participation at any time without penalty.

Please note that while in transmission on the internet, the confidentiality of data cannot be guaranteed. Survey data collected electronically can be linked to participant profiles on Fusion, which includes your name, your child's name, and additional personal information such as gender, pronoun, date of birth, birthplace, age, race, school, household income, medical considerations, contact details, and address that may be listed in the participant profile. A code (e.g., Participant 1) will be assigned to all participants so they cannot be identified in the results.

Any identifying information will be kept separately from background/movement skill information and survey responses. Only group data will be published/presented. If you and your child consent to their use, quotations will be used in write ups/presentations, however, real names or other information that could identify your child will not be used. Participants' data will be securely stored on a password-protected computer for 7 years and then destroyed.

Incentives

Participation in the study is voluntary. Children will get one entry into a draw for 1 of 6 \$10.00 Amazon gift cards each time they complete the survey (once in week 1 and once in week 8). The odds of winning are 1 in 20. The draw will be done at the end of the program. Parents/guardians of participants who are selected will be notified by e-mail.

Contact

If you have questions related to this study or the procedures, or you experience adverse effects as a result of participating in this study, you may contact the researcher, Amy Gayman, PhD, at agayman@wlu.ca or +1 548-889-4630. This project has been reviewed and approved by the University Research Ethics Board (REB# 9462). If you feel you have not been treated according to the descriptions in this form or your rights as a participant in research have been violated during the course of this project, or if you have any questions for the board, you may contact the University Research Ethics Board, Wilfrid Laurier University, +1 548-889-3518 or REBChair@wlu.ca.

Participation

Participation in this study is voluntary. Participants may withdraw from the study at any time and/or refuse to answer any question without penalty, including involvement in CHC programs. Participants can request to withdraw their data at any time by contacting Amy Gayman. Please note that if participants' data has already been published or presented, it cannot be removed from communicated results but will be destroyed to prevent continued use of the information.

Feedback and publication

The results will be available through news items on the CHC website for participants to review within a year of completing the survey. Information provided, including direct quotes, may be published/presented in a book, journal article, conference presentation, or be used in promotional materials for this program. In addition, CHC partners and donors, including Sun Life Financial, will receive research reports related to program evaluation. The results will not include any identifiable information or participants' names.

Consent

By providing your consent, you are not waiving your or your child's legal rights or releasing the investigator(s) or involved institution(s) from their legal and professional responsibilities. It is advised that you print or save this consent form and/or record the researcher's contact information should you have any questions or concerns.

I have read and understand the above information.

I AGREE that MY CHILD/CHILDREN'S movement skill information can be collected and used for research.

- ☐ Yes
- ☐ No

I AGREE that MY CHILD/CHILDREN can be invited to complete a survey about Sports Galore and their abilities, confidence, and motivation to be physically active.

- ☐ Yes
- ☐ No

I consent to the use of MY CHILD/CHILDREN'S quotations in the presentation and publication of the study results. Real names and personal information will not be used.

- ☐ Yes
- ☐ No