Hello,

You are being invited to take part in this research study because you are a parent of a child (or children) aged 5-11 years old who participated in the UBC Active Kids program. We want to learn more about how your child(ren)'s experiences with physical activity have changed due to COVID-19 related restrictions. This study also aims to examine parental perceptions of how their child(ren)’s physical activity habits have been impacted and their experiences with redesigned program models for the delivery of physical activity to youth populations.

What is the study about?
The primary purpose of this project is to better understand children’s physical activity behaviours during the COVID-19 pandemic, what has caused changes in these behaviours, and how parents and children have adapted their movement behaviours. The study will also investigate the effectiveness of redesigned physical activity program models for the strategic development of enhanced efficiency of recreation and physical activity delivery. We hope that this information will help to create strategies that can help families and programs facing similar challenges in the future.

If you would like to know more about taking part in our study, please read the detailed Letter of Information which is attached to this email.

How will the interview take place?
Due to COVID-19 restrictions we are using Zoom for interviews. You will need a laptop or phone that can connect to a strong internet connection, and a place with internet or Wi-Fi where you feel comfortable having an interview at the time we decide on. If interested in participation, a document with more information on how to use Zoom and how to enhance your privacy during the interview will be provided.

I’m interested – how do I sign up?
After you have read the attached Letter of Information and Consent Form, if you are interested in taking part in an interview (about 60 minutes long) via Zoom please fill out our google form to indicate your preferred name and email for the researchers to get in contact. Clicking on this link will take you to the website with the google form. Once you have provided your email, we will contact you from d.paterson@ubc.ca to confirm the details of your scheduled interview. We will verbally confirm your consent to participate at the beginning of the interview. Once you have completed the interview, you will be compensated for your time with a $10 Amazon e-gift card.

Thank you in advance for your time and consideration. Please feel free to contact us with any questions.

Sincerely,
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