APPENDIX C: LETTER OF INFORMATION AND CONSENT FORM

Parental perceptions of COVID-19 related impacts to youth physical activity and the effectiveness of redesigned program models

Who is conducting the study?
Principal Investigator: Dr Guy Faulkner, 604.222.2235, guy.faulkner@ubc.ca
Research Assistant: Derek Paterson, MA, d.paterson@ubc.ca

Who is funding this study?
This study is not currently funded by an external sponsor.

Why are we doing this study?
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 changed and their experiences with redesigned program models for the delivery of physical activity.

How is the study done?
To participate in the study you will need to have a reliable internet connection and be able to use the Zoom platform. If you say ‘Yes’, here is how we will do the study:

- We will contact you to arrange a time for an interview. After responding, you will receive a confirmation email with the interview time and information regarding the Zoom meeting. You will be asked to confirm your attendance in your scheduled interview with the research assistant. We expect that responding to each email should take no longer than 10 minutes.
- During the interview, we will ask you about your experiences of adapting to COVID-19 related restrictions and the physical activity habits of your child(ren) as well as your child(ren)’s experiences with the reopening of physical activity programs. We expect that interviews will take no longer than 60 minutes.
- We will audio record interviews so that we can transcribe our conversation for analysis.
- You are eligible to participate in this study because your child is a participant of the UBC Active Kids program.
Study Results
The main study findings may be published in academic journal articles. You will be invited to review the draft report of the findings. An overview of the findings may also be presented in a future ‘Active Kids newsletter’ that is posted on the active kids website and distributed by email to subscribers - https://kin.educ.ubc.ca/outreach/active-kids/.

What are the risks?
The overall level of risk for participating in this study is minimal. You will be asked to talk about your children’s physical activity and any changes/adaptations due to the COVID-19 pandemic. Therefore, there is a potential for psychological or emotional discomfort arising from thinking and discussing aspects that impede your own or your children’s movement behaviours. However, you are able to withdraw from the study at any point if you become too uncomfortable. You do not have to answer any questions in the interview that you do not feel comfortable answering, and you do not have to give the reason why you chose to not answer a particular question. You can continue being in the study if you do not answer all the questions, and you can withdraw from the study at any time without penalty. If you would like to speak to a professional about these feelings of discomfort, there are resources listed below.

We will be using the Zoom platform to conduct interviews. UBC’s Zoom servers are located within Canada and stores users’ names and usage data within Canada. The UBC licensed version of Zoom is acceptable under the Freedom of Information and Protection of Privacy Act, and we will provide further details about how to protect your identity and how to increase protection of your personal information.

Wellness Services offered in Vancouver

<table>
<thead>
<tr>
<th>Service Name</th>
<th>Phone Number</th>
<th>Website</th>
<th>More information</th>
</tr>
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<tbody>
<tr>
<td>HealthLinkBC</td>
<td>8-1-1</td>
<td><a href="https://www.healthlinkbc.ca/about-8-1-1">https://www.healthlinkbc.ca/about-8-1-1</a></td>
<td>Provides non-emergency health information</td>
</tr>
<tr>
<td>Kid’s Help Phone</td>
<td>1-800-668-6868</td>
<td><a href="https://kidshelpphone.ca/">https://kidshelpphone.ca/</a></td>
<td>24/7, national support service for young people</td>
</tr>
<tr>
<td>British Columbia Psychological Association</td>
<td>Referral line to find a psychologist in your area: 604-730-0522 or 1-800-730-0522</td>
<td><a href="https://www.psychologists.bc.ca/">https://www.psychologists.bc.ca/</a></td>
<td>Find COVID-related resources, and/or a registered psychologist near you</td>
</tr>
</tbody>
</table>

Note: the same information is available through their website

Wellness Services offered in Toronto

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<tr>
<th>Service Name</th>
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<th>Website</th>
<th>More information</th>
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What are the benefits of participating?
We do not think taking part in this study will help you. However, in the future, others may benefit from what we learn in this study. By participating in an interview, you will be contributing to a better understanding of the impact of COVID-19-related public health guidelines on children’s movement behaviours, which could benefit parents and children in the future. This will help to create strategies that can help families in facing similar challenges in the future. You will also be contributing to the strategic development of physical activity and recreation programming for the improvement of safety and effectiveness of program delivery.

How will your privacy be maintained?
- All information you supply during the research will be held in confidence. Your name will not appear in any report or publication of the research. All data will be transcribed and pseudonyms will be assigned to each participant. All electronic data will be safely stored on a password-protected computer owned by the School of Kinesiology. Confidentiality will be provided to the fullest extent possible by law.
- Following completion of the project, data will be stored on a password-protected computer in Dr. Guy Faulkner’s lab in the School of Kinesiology at the University of British Columbia indefinitely.

Limits of confidentiality
At any point in the study, if the researcher becomes aware that there has been abuse and/or neglect of a child (or that there is a risk of such occurring in the future) please be advised that the researcher must, by law, report this information to the appropriate authorities.

Compensation for your time
You will receive a $10 Amazon e-gift card for your participation in this study.

Who can you contact if you have questions about the study?

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If you have any questions or concerns about what we are asking of you, please contact the research assistant, Derek Paterson (d.paterson@ubc.ca) or the principal investigator, Guy Faulkner (guy.faulkner@ubc.ca).

Who can you contact if you have complaints or concerns about the study?
If you have any concerns or complaints about your rights as a research participant and/or your experiences while participating in this study, contact the Research Participant Complaint Line in the UBC Office of Research Ethics at 604-822-8598 or if long distance e-mail RSIL@ors.ubc.ca or call toll free 1-877-822-8598.

Consent

Consent to participate in the study will be verbally confirmed at the start of the interview. Providing consent assumes that:

- The study has been fully explained to you and all of your questions have been answered
- You understand the requirements of participating in this study which will include a one hour interview
- You understand that you have the right not to take part in the study and the right to stop at any time
- You have been informed of the potential risks and benefits of the study
- You understand that results from this study may be presented in an Active Kids newsletter (without names or identification).
- I have read and understand each page of this form

Ethics ID: H20-03573

Please save a copy of this document for your records.