

‘TRISTOPME’ Triathlon Victoria Pilot Project
Principal and Sports Co-ordinator Information sheet

Triathlon Victoria is developing a triathlon based secondary school sport program (TriStopMe) aimed at engaging female students in to their sport. The pilot programs of ‘TriStopMe’ are being funded through VicHealth’s Innovation Challenge grant and as part of this funding there is a research component that is being conducted by the Centre for Sport and Social Impact at La Trobe University.

You are receiving this email/letter because your school has shown an interest in participating in this program, and your Principal’s consent is required to approve the research component of the pilot program. After you read this information sheet, if you do agree to participate in the program research, could you please send an email from the Principal of the school with the following sentence:

“I have read (or, where appropriate, have had read to me) and understood the information sheet, and any questions I have asked have been answered to my satisfaction. I consent for this school and student’s to participate in the project.”

Background

VicHealth’s Innovation Challenge Grants offer funding to sport organisations to develop innovate programs aimed at increasing physical activity in the Victorian community. It has been identified that the rate of sport participation and physical activity declines as youth age through secondary school, particularly for females. To address this trend, VicHealth and Triathlon Victoria are developing a school based sport product targeted at engaging female secondary school students. The aim of this pilot program and the research is to better understand how the TriStopMe program can best be delivered in the education context to improve the final program output of engaging secondary school students in sport and increasing their long-term physical activity.

Research requirements for students (surveys and focus group)

If your school agrees to the research component, the students who choose to participate in the program will be invited to complete a survey at two time points :

1. The first time point will be BEFORE student’s begin the program;
2. The second time point will be AFTER student’s finish the program.

The surveys aim to ascertain the change in student’s motivation and perceptions of sport and to gather student feedback on the program itself. The surveys are attached to this email.

The surveys will be online, and will take approximately 15-20 minutes to complete. They can be completed during the TriStopMe program time (i.e. at the start of the first session and at the end of the last session). Your school may choose for this to be during school hours or out of school hours.

In addition to the surveys, two focus groups will be held with 6-8 students in each after the completion of the program. This focus group will be a 20 minute conversation with a La Trobe University researcher and can be conducted at recess or lunch time.

Parent / Guardian consent

Each student who participates in the program research is required to have parent / guardian consent before participating. An information sheet

Research requirements for your teachers

To facilitate the research component, we would ask the teacher responsible for the TriStopMe program to speak to the La Trobe University researcher on the phone to organise the student research activities. Beyond this, they will be required to:

1. Identify the students who will be participating in the program;
2. Provide them with parent/guardian consent forms;
3. Collect and store parent/guardian consent forms;
4. Administer the PRE surveys (via an electronic link) to student’s BEFORE they begin participation in the program;
5. Administer the POST surveys (via an electronic link) to student’s AFTER they begin participation in the program.

Further information

Any questions regarding this research may be directed to:

Dr Erica Randle (Centre for Sport and Social Impact)

Telephone: (03) 9479 5478 Email: e.randle@latrobe.edu.au

Kieran Brophy (VicHealth Senior Project Officer Physical Activity)

Telephone: (03) 9667 9005 Email: kbrohpy@vichealth.vic.gov.au

If you have any complaints or concerns about your participation in the study that the researcher has not been able to answer to your satisfaction, you may contact the Senior Human Ethics Officer, Ethics and Integrity, Research Office, La Trobe University, Victoria, 3086 (P: 03 9479 1443, E: humanethics@latrobe.edu.au) . Please quote the application reference number __HEC17-19.

Thank you for your participation.