



STUDY INFORMATION AND INFORMED CONSENT

“The Pathways Project”

Developmental Activities, Behaviours and Motivations in Girls’ Soccer

<click on link for recruitment video: <https://www.youtube.com/watch?v=kaQarCyOy18>>

Principal Investigator:

Dr. Nicola Hodges, Professor, School of Kinesiology, The University of British Columbia.
Phone: (604) 822-5895. E-mail: nicola.hodges@ubc.ca

Co-Investigator(s):

Dr. David Hendry, Lecturer, Department of Sport, Exercise and Rehabilitation, University of Northumbria, U.K. E-mail: david.hendry@northumbria.ac.uk

Carrie Peters and Aneesha Mehta, Research Assistants, School of Kinesiology, The University of British Columbia. **E-mail: kin.msl@ubc.ca**

Dear Parent/Guardian,

We are a group of researchers in the Motor Skills Laboratory, in the School of Kinesiology at the University of British Columbia in Vancouver (Canada), and the Sport, Exercise and Rehabilitation department of the University of Northumbria in Newcastle (UK). Through past research and developmental discussions with staff from Canada National Women’s Soccer, BC Soccer and other youth soccer associations, we are (re)launching an exciting research project. This project was initially launched in March 2020, just as the COVID-19 pandemic and associated sport restrictions came into place. We managed to collect data from some individuals at this time, but we halted further data collection until now. This project is designed to track the developmental activities, motivation and other psychological characteristics of young female soccer players; studying their practice histories across various age groups, as well as following up their progressions in a longitudinal fashion. We are particularly interested in issues of specialization and diversity in sports during youth development. A long-term study such as this will aid our understanding of the factors contributing to performance excellence, sustained participation (and dropout) in girls and women’s soccer in Canada.

With your initial consent, we would send you and your child a personal link to complete an online survey (not required if the child is 16 years or older). There is a child “player” survey and a parent/guardian survey. Completing the parent survey is not a

requirement for your child to participate, but we only need parent surveys if the child also participates. Because we are interested in how behaviours change over time (across the next 3 to 5 years), we will email a follow-up questionnaire in subsequent years. The initial survey should take anywhere between 30 and 60 minutes to complete. Subsequent player questionnaires will be much shorter and will take no more than 30 minutes.

None of the questions that we ask are of a delicate or intrusive nature and there are no known risks associated with a child's and adult's involvement in this study. Participation is entirely voluntary, and even if players or parents/guardians initially choose to take part in this study they may subsequently withdraw at any time without having to give any reason and without experiencing any negative consequences. As an added incentive, we will e-mail you and your child each, an Amazon e-voucher (\$15 for players, \$10 for parents) for the initial questionnaire that you complete, and a \$10 Amazon e-voucher for subsequent follow-up questionnaires completed by your child.

All of the answers provided will be combined with those of other youth soccer players taking part in this research across Canada and any information collected will be held in the strictest of confidence. No specific details allowing identification of individuals (e.g., players' name, coaches' name or team name) will be included in subsequent publication or presentation. General results will be made available to interested persons, but no information will be provided that will serve to identify individual players or parents/guardians. Increasingly, funding agencies and research publications require researchers to make their data publicly available at the time of publication. If the data of this study is to be made public, it would be de-identified (e.g., names of players, coaches, clubs or teams, and players' month and year of birth **would not** be shared). De-identified data would be shared with our co-investigator, Dr. David Hendry of the University of Northumbria. Although it is not impossible for individual players to be identified through activity histories and psychological responses, this risk is minimal in a large sample of approximately 200 or more players with de-identified data. Note that once made publicly available, the data that you and your child have provided cannot be withdrawn.

In accordance with the BC Freedom of Information and Protection of Privacy Act (FIPPA), the online questionnaire will be administered via the UBC-hosted version of Qualtrics, which is a survey host that is fully compliant with FIPPA legislation, and ensures that the survey data is kept secure and is stored and backed up in Canada. All electronic personal information will be password-protected and encrypted on desktop computers that are locked in the principal investigator's research office at the University of British

Columbia, along with any paper questionnaires collected, which will be locked in a filing cabinet. Personal data shall not be made available to anyone other than the researchers involved in this study.

To learn more about our research and to see the recruitment video, please visit the Lab's webpage (<http://msl.kin.educ.ubc.ca>). We will update this page with general information as data is collected and analyzed.

To provide initial consent for both you and your child to be part of this study, please either visit our website, <http://msl.kin.educ.ubc.ca> or confirm by e-mailing research personnel in the Motor Skill Lab (kin.msl@ubc.ca) or Dr. Nicola Hodges (nicola.hodges@ubc.ca) with "Pathways Project" in the subject line and include the following information for all individuals who would like to participate:

- Player(s)' and/or Parent's/Guardian's first name and full initials. We just need one parent, but parent participation is not necessary.
- Player(s)' and/or Parent's/Guardian's email addresses (if your child does not have a personal e-mail we will send both player and parent/guardian questionnaires to your e-mail).
- Players' age(s) on January 1st, 2020, what age group they are currently playing soccer in this season and what age group they played in last season (e.g., U18, U16, or U14 age group). We are collecting data from children 13 years – 18 years (who played U14 -U18 age group in the previous season).

You and your child provide informed consent simply by completing the survey. The child should read the player information and assent form before completing the survey. If you have any questions or desire further information with respect to this study, you should contact Dr. Nicola Hodges or Carrie Peters (kin.msl@ubc.ca). 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.

Many thanks for your help,
kind regards,

Nicola Hodges, PhD (Professor)
School of Kinesiology
University of British Columbia
<https://kin.educ.ubc.ca/person/nicola-hodges/>