

## Information Letter:

### Study about action sports (mountain biking, surfing and skateboarding)

My name is Anita Oakley and I am a member of a research team at the University of Tasmania who do research about physical activity. In this study we want to know why young people do and do not participate in the action sports mountain biking, skateboarding and surfing. We want to know more about this because as young people get older, they tend to do less physical activity. Physical activity is good for our minds and our bodies so if we can better understand why young people do and do not participate in these sports, we may be able to find ways to help young people get involved in these or other sports or stay involved. We would like you to be a part of this study by talking to me in person or via the telephone or skype about your thoughts and experiences regarding surfing, skateboarding and/or mountain biking. The researchers will not share anything you say with anyone who is not part of the research team unless you say something that makes the researchers think that you are not safe or someone else is not safe. The points below tell you more about the study:

- \* This study involves being interviewed in person or over the telephone or skype (the interview will take no longer than one hour). If you are 14 years or younger, we will need to speak with your parents/carer before we ask you any questions related to our research. You and your parent/carer will need to sign a consent form before we can do the interview.
- \* You can choose to have a parent/carer at the interview or close by
- \* Whatever you talk about is between you and the researcher. Before any of the things you talk about is shared, your name will be taken out, so that no one hearing about it will know it was you.
- \* If your parent or carer is available at the end of the interview we would like to ask them a few questions about skateboarding, surfing and mountain biking too.
- \* If anything is recorded during the interview that you want to have taken out, just let the researcher know and they will be remove it.
- \* The researcher does not intend to ask you questions that will make you worried or upset. If this happens, let the researcher know and they will be able to help. You do not have to answer the question. You can move onto the next question or stop participating in the

interview altogether. If you need to talk to someone about these experiences, your parent/carer, GP or the following organisations may be able to help you: Kids Helpline (1800 55 1800), Lifeline (131144) or Beyond Blue (1300 22 4636).

- \* If you become tired during the interview you can tell the researcher and they can stop so that you can have a rest, or they can talk to you on another day.
- \* This study will be used to write a report and give talks that will help other young people experience action sports such as surfing, mountain biking and skateboarding and help them to stay involved.
- \* Your real name will not be used in the report, or in anything else that is showed to other people. No-one will know it was you taking part or what you said and did.
- \* You do not have to be part of this study if you do not want to be, it is your choice. If you choose not to be part of this study, it will not affect anything you do. If there is anything you do not understand please ask the researcher or your parents/carer.
- \* If you would like to participate or have any questions about the study you can call me on (03) 6226 4676 or email me at [gasp.study@utas.edu.au](mailto:gasp.study@utas.edu.au)

Please hold on to this sheet in case you need to look at it again.

Thanks for your interest,

Anita Oakley

**This study has been approved by the Tasmanian Social Science Human Research Ethics Committee.**

**If you have concerns or complaints about the conduct of this study, you should contact the Executive Officer of the HREC (Tasmania) Network on (03) 6226 2975 or email [ss.ethics@utas.edu.au](mailto:ss.ethics@utas.edu.au). The Executive Officer is the person nominated to receive complaints from research participants. You will need to quote HREC study number H0018497. This information sheet is for you to keep.**