

## Default Question Block

# RE.sport Micro-grant Community Application Form

Welcome to the application for our 2026 Micro-Grants, part of a national initiative funded by the Social Sciences and Humanities Research Council of Canada, implemented by RE.sport (<https://www.rethinksportproject.com/>).



## Community-led Initiatives

Youth sport, physical activity, and recreation participation across Canada is shaped by ongoing structural and systemic barriers, including limited access to equipment, facilities, transportation, and program costs. This micro-grant program is designed to **increase equitable access to sport and physical activity opportunities through new opportunities by:**

- Supporting community-driven and youth-led initiatives
- Building local capacity through funding and mentorship
- Generating knowledge on effective strategies for engaging youth

**These funds are intended to support the creation of novel initiatives that are not part of existing programming. Our goal is to work with you to reach at least 15 - 20 youth through this initiative!**

All funded applicants will also work with our team members with the goal of **enhancing your organization's capacity**, as it relates to various elements, including evaluation and putting knowledge into action.

## Block 2

# Eligibility

(Please check off the box if the statement applies to you or if you agree to commit to the statement)

- ☐ **You must serve a group.** (If you are a passionate parent, nonprofit organization, sports club, public school, community leader, school team, private school, youth council, neighbourhood association, cultural group, parent group, or something similar, this micro-grant is for you!)
- ☐ The initiative must serve youth **up to 18 years of age**.
- ☐ Project deliverables and associated funds must be used/completed **within 12 months** of acceptance.
- ☐ Initiatives must be **novel** and aim to involve at least **15-20 youth**. (For example, you may have 3 youth supporting in the planning of the initiative and 15 additional youth who participate in the initiative.)

## Block 3

### Use of Funds

#### Eligible Use of Funds for Novel Initiative

- Sport and physical activity **equipment** (e.g., balls, protective gear)
- **Facility rentals** (e.g., gym space, fields)
- **Transportation** (e.g., bus rentals, transit passes)
- Initiative **supplies** (e.g., cones, training materials, snacks)
- **Marketing** and **outreach** (e.g., posters, social media promotion)
- **Accessibility** supports (e.g., adaptive equipment, translation)
- **Honoraria** for initiative volunteers and/or staff who are directly related/involved with the initiative (e.g., have relevant expertise)

### Ineligible Use of Funds for Novel Initiative

- **Personal expenses** unrelated to the initiative
- **Salary or wage top-ups** for staff not directly associated with the initiative
- **Honoraria** for **board members** or organization **executives**
- **Capital expenses** (e.g., building renovations, large infrastructure)
- Core **operational expenses** (e.g., regular rent, insurance, utilities)
- Ongoing **maintenance** costs
- Repayment of **debts or loans**
- **Equipment not essential** to the initiative
- **Existing program costs** already in place before the grant period

- **Revenue-generating activities** without clear community benefit
- **Substances** (e.g., drugs and alcohol)
- Costs incurred **before the grant** approval date
- Expenses **after the initiative** end date

**If you're unsure whether something is eligible, ask yourself:**

- Is this expense essential to delivering the initiative?
- Does this expense help support equitable access to sport and physical activity for youth?

## **Block 4**

# **Initiative Examples**

**Here are some neat ideas that might help you brainstorm your own initiative:**

1. **Multi-sport introductory series:** Host weekly sessions where youth from equity-deserving groups try one or more sports (e.g., basketball, swimming, martial arts, dance). Have coaches, athletes, or volunteers within your existing organization lead workshops and/or inclusive programming (e.g., provide all equipment at no cost to participants) to get more youth access to sport(s) they might not have had the opportunity to participate in.

2. **Multicultural sports series:** Partner with local cultural communities to teach their cultural games and sports. Your organization leads recruitment, logistics, and training while youth volunteers help facilitate sport and physical activity sessions and learn leadership skills.
3. **Youth mental health and movement program:** Combine low-cost physical activities (yoga, dance, walking groups) with mental health check-ins and peer support. Hire youth facilitators, provide training on mental wellness, and create a supportive community where youth feel safe and valued.
4. **Indigenous sports and cultural wellness series:** Partner with Indigenous community members and Elders to offer traditional games, land-based activities, and culturally grounded wellness. Centre Indigenous youth voices in planning and leadership to ensure culturally relevant, responsive programming.
5. **Girls and women-focused sports program:** Create a safe, inclusive space where girls and young women explore one or more sports without judgment. Partner with women who coach, offer sessions exclusively for girls, and work with your organization to break down barriers.

## Block 14

The following page will direct you to a consent form. Please review and complete prior to starting the application.

Please email [cbean@brocku.ca](mailto:cbean@brocku.ca) if you wish to get a copy of the consent form for your records.

## Consent Form

# Consent Form

**Project Title:** Small Change, Big Impact: Using Micro-grants to Support Youth Sport and Physical Activity Participation Across Canada

**Principal Investigator:** Dr. Corliss Bean, Department of Recreation and Leisure, Brock University; [cbean@brocku.ca](mailto:cbean@brocku.ca)

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## INVITATION

You are being invited to share your application information as part of the RE.Sport micro-grant program. Before we can review your application, we need your

permission to collect this information.

## **PURPOSE OF THE STUDY**

This research aims to understand how micro-grants can support youth-led and community-led sport and physical activity initiatives across Canada, including how the application process works, what types of initiatives are prioritized, and how funding is used.

## **WHAT'S INVOLVED**

To apply for the RE.Sport micro-grant, you will be asked to complete an application form describing your proposed initiative, including its purpose, activities, timeline, and budget. The application will take approximately 30 minutes to complete.

## **POTENTIAL BENEFITS AND RISKS**

There are minimal risks to sharing your application information. You may experience mild disappointment if your application is not selected for funding. There is no direct benefit to you for allowing your application information to be collected beyond having your application considered for funding; however, your participation may help researchers better understand community needs and improve future micro-grant programming.

## **CONFIDENTIALITY**

Your responses and information will be kept confidential. All data collected for research purposes will be de-identified and all information will be stored securely on password-protected Brock University servers, accessible only to the research team. Data will be retained for 5 years after publication and then securely deleted. Results will be shared in aggregated or de-identified form in reports, presentations,

or publications; you will never be individually identified without your separate, explicit consent.

Link to Qualtrics privacy statement: <https://www.qualtrics.com/privacy-statement/>

Link to Microsoft Teams privacy statement: <https://www.microsoft.com/en-ca/privacy/privacystatement>

## **VOLUNTARY PARTICIPATION AND WITHDRAWAL**

Providing this information is required in order for your application to be reviewed and considered for funding. However, you may choose not to have your application information included in the research study. If your application is selected for funding, participation in further research activities is entirely voluntary and separate from your eligibility to receive funding. You may also withdraw entirely without penalty. If you choose to withdraw, you will be asked whether you would like your data to be removed from the study. Opportunity to withdraw your data will be available until analysis on the data has commenced (1 week following the micro-grant application deadline). Any data that exists within shared knowledge products following data analysis (e.g., reports, publications, videos) cannot be deleted. Your participation in or withdrawal from this study will not impact your ability to secure or use your micro-grant funding. Should you wish to withdraw from the study, please contact Corliss Bean (cbean@brocku.ca).

## **PUBLICATION OF RESULTS**

Results of this study may be published in professional journals, presented at academic and community conferences, and used to create knowledge products shared with academic organizations and the broader youth sport community. Any data used from your involvement in this project will not have any identifying

information associated with it.

## FUNDING

Financial support for this project has been secured through a SSHRC Partnership Grant (895-2023-1007).

## CONTACT INFORMATION AND ETHICS CLEARANCE

If you have any questions about this study or require further information, please contact Dr. Corliss Bean using the contact information provided above. This study has been reviewed and received ethics clearance through the Research Ethics Board at Brock University [insert file #]. If you have any comments or concerns about your rights as a research participant, please contact the Office of Research Ethics at (905) 688-5550 Ext. 3035, [reb@brocku.ca](mailto:reb@brocku.ca).

Thank you for your assistance in this project. Please keep a copy of this form for your records.

## CONSENT FORM

I consent to the collection of my application information as described above. I have made this decision based on the information provided in this Informed Consent Letter. I have had the opportunity to ask questions about the study and understand that I may ask further questions at any time.

- ☐ I have read the above information and agree to the collection of my application information.

- ☐ I have read the above information and **do not agree** to the collection of my application information.

Name

Date

If you are interested in learning about the study findings via email within 12 months of the project's end, please provide your email address below or you can email Corliss Bean (cbean@brocku.ca) directly:

Email

## Block 15

Thank you for reviewing the consent form.

Within this application, you will be asked to provide the following information:

1. Brief Information About Yourself
2. Information About Your Idea
3. The Logistics Behind the Idea (e.g., budget)

## Block 5

# Applicant Information

Name of organization

Contact person

Email

Phone number

Link to organization information or website (if applicable)

Location (City/Town)

Location (Province/Territory)

- ☐ Alberta
- ☐ British Columbia
- ☐ Manitoba
- ☐ New Brunswick
- ☐ Newfoundland and Labrador
- ☐ Nova Scotia
- ☐ Ontario
- ☐ Prince Edward Island
- ☐ Quebec
- ☐ Saskatchewan
- ☐ Northwest Territories
- ☐ Nunavut
- ☐ Yukon

What groups do you serve? Check all that apply.

- ☐ Black youth
- ☐ Indigenous youth
- ☐ Racialized youth
- ☐ Newcomer/immigrant youth

- ☐ Youth in low-income families
- ☐ Girls and young women
- ☐ 2SLGBTQ+ youth
- ☐ Youth with disabilities
- ☐ Rural/remote communities
- ☐  Other (please specify)

## Block 6

# The Initiative

What is the title/name of your initiative?

**Please describe what your initiative will involve. Consider answering the following questions: (200-250 word max.)**

- a. How will your initiative get youth active?
- b. What makes your approach unique or impactful?
- c. How will your initiative reduce barriers to participation (e.g., cost, transportation, accessibility) and/or increase equitable access to sport and physical activity?



Please outline the key steps and timeline for your initiative. Here is an example of what this may look like.

| Activity                          | Estimated Completion Date(s)  |
|-----------------------------------|-------------------------------|
| Planning phase                    | December 1- December 31, 2026 |
| Space secured                     | January 25, 2027              |
| Registration for the event closes | January 31, 2027              |
| Day of first event                | February 15, 2027             |

Note: All fields/boxes need to be filled out. Even if you only have 3 activities, please put N/A in the subsequent boxes so there is some text in all fields.

9/23/26, 9:45 AMQualtrics Survey Software

|   | Activity | Estimated Completion Date |
|---|----------|---------------------------|
| 1 |          |                           |
| 2 |          |                           |
| 3 |          |                           |
| 4 |          |                           |
| 5 |          |                           |
| 6 |          |                           |
| 7 |          |                           |

Block 7

Outcomes

What do you expect to happen as a result of this novel initiative, and how will you measure these outcomes? (200-250 words).

For example, your response can answer the following prompts:

- Were you able to put the initiative into action the way you had planned? (e.g., deliver the activities you said you would? reach the people you intended?)
- Did the initiative actually help or improve something (e.g., what changed because of the initiative? Did it improve knowledge, skills, behaviour, did it help solve a problem)?

In addition to your description, please go more in-depth about how you expect to measure each specific outcome. Please complete the table below by following the example provided.

| Outcome                                                                      | Measure                              |
|------------------------------------------------------------------------------|--------------------------------------|
| We ran 8 community workshops as planned.                                     | Session tracking documentation.      |
| 18 youth tried a new sport (Stick Game)                                      | Attendance sign-in at every session. |
| Youth increased their awareness of the benefits of yoga for physical fitness | Surveys; Head, Heart Feet Activity.  |

Please provide a minimum of 3 outcomes.

Note: All fields/boxes need to be filled out. Even if you only have 3 outcomes, please put N/A in the subsequent boxes so there is some text in all fields.

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|   | Outcome | Measure |
|---|---------|---------|
| 1 |         |         |
| 2 |         |         |
| 3 |         |         |
| 4 |         |         |
| 5 |         |         |
| 6 |         |         |
| 7 |         |         |

Block 8

Youth Involvement

For these grants to truly address the **unique needs** of youth, we ask that youth be involved in the process of developing and/or implementing this initiative. Please describe how the youth will be contributing to planning and decision-making. How will youth voices be incorporated throughout the initiative? (200-250 words).



## Block 9

# Budget

Please fill this chart in with costs. Expand on what you will need to run this initiative. Here is an example of what this may look like.

| Budget Item                   | Description                                                                                      | Amount (\$) |
|-------------------------------|--------------------------------------------------------------------------------------------------|-------------|
| Equipment                     | Buying special equipment for the initiative.                                                     | \$400       |
| Transportation                | Buying bus passes for families who cannot afford transportation to the initiative.               | \$500       |
| Honoraria                     | Compensating staff who have specific expertise related to this new activity/program              | \$1000      |
| Marketing and outreach        | Paying for Instagram or Facebook ads to reach more youth                                         | \$300       |
| Facility rental               | Renting a community space or hall to host the program sessions                                   | \$1500      |
| Putting knowledge into action | Documenting your process, creating videos, hosting a community presentation, or writing a report | \$500       |

Note: All fields/boxes need to be filled out. Even if you only have 3 budget items, please put N/A in the subsequent boxes so there is some text in all fields.

|   | Budget Item          | Description          | Amount (\$)          |
|---|----------------------|----------------------|----------------------|
| 1 | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| 2 | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| 3 | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| 4 | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| 5 | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| 6 | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| 7 | <input type="text"/> | <input type="text"/> | <input type="text"/> |

|   | Budget Item          | Description          | Amount (\$)          |
|---|----------------------|----------------------|----------------------|
| 8 | <input type="text"/> | <input type="text"/> | <input type="text"/> |

**Note: the maximum budget request is \$5000, but there needs to be alignment between the scope of the project and the budget.**

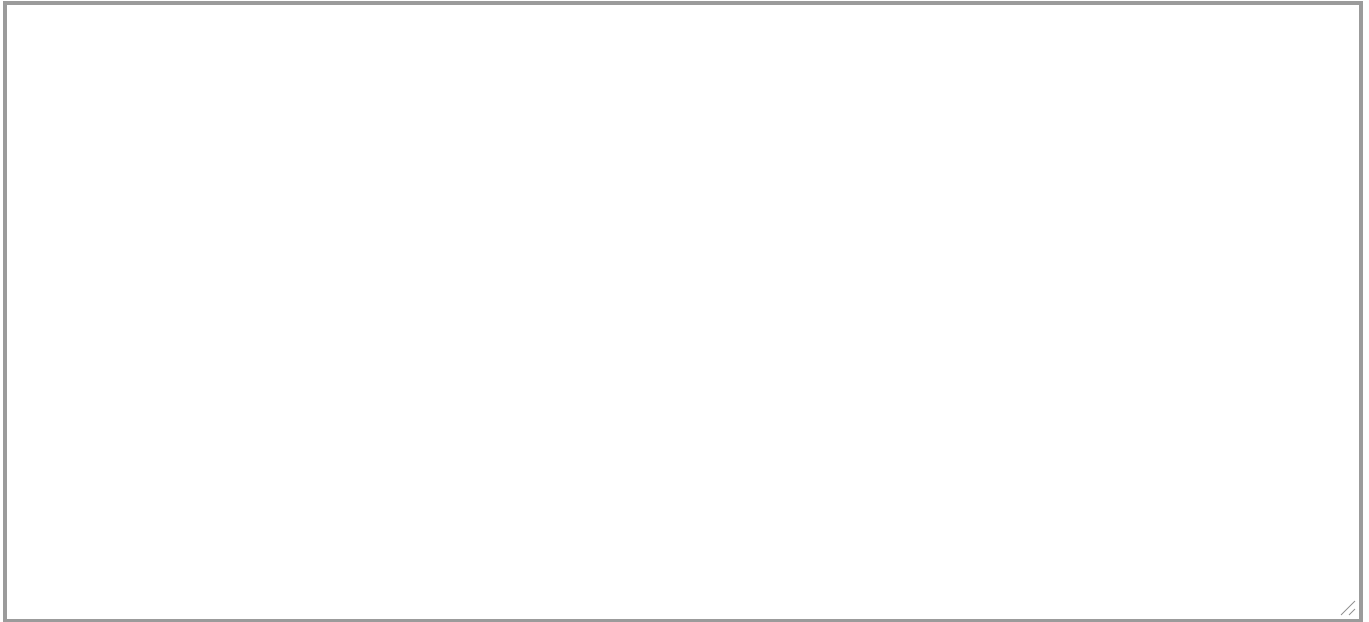
## Block 10

# Learning and Evaluation

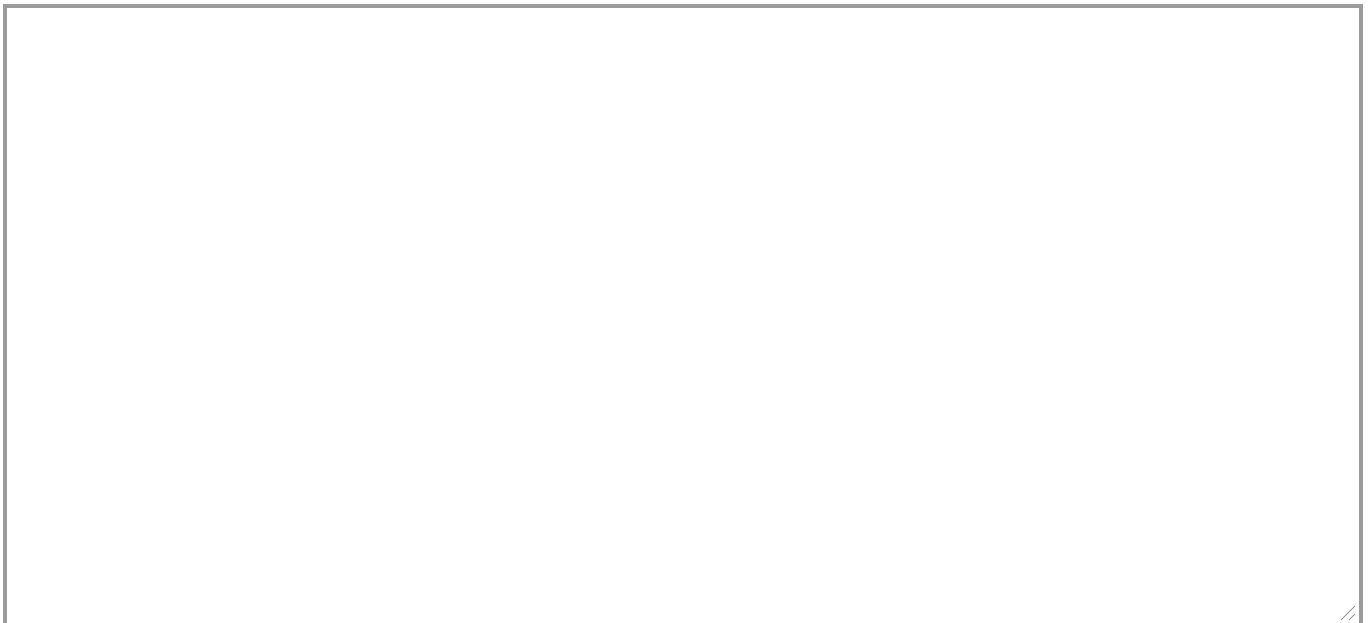
Part of this micro-grant program includes a learning and evaluation component to better understand the impact of community-led initiatives. We view this as a collaborative process where we will meet you where you're at and learn together.

**To best support you, please respond to the following questions:**

How will you track participation or initiative success? (50 -100 words)

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How will you know that you have achieved your initiative's goals? (50 - 100 words)

A large, empty rectangular box with a thin gray border, intended for a long-form text response. A small double-slash icon is visible in the bottom right corner.

How will you share your experiences about creating and running an initiative using the RE.Sport grant money (e.g., through a short interview, photos, or testimonials)

to help improve future initiatives? (50 - 100 words)



## Block 11

If your application is successful, we want you to know that we'll be there to support you every step of the way. We're excited to learn from organizations or groups like you about what sport and physical activity should look like today, and how we can better support it. Our team will stay connected throughout your initiative to offer guidance, answer questions, and help bring your idea to life.

**What type(s) of support would be most helpful throughout the funding period? (Select all that apply)**

- ☐ Initiative planning and implementation support
- ☐ Youth engagement strategies
- ☐ Tracking participation and engagement
- ☐ Measuring outcomes or initiative impact

- ☐ Collecting and using participant feedback
- ☐ Sharing your results (e.g., social media, presentations, storytelling)
- ☐ Knowledge mobilization strategies (e.g., how to share learnings with your community)
- ☐  Other

**Preferred format:**

- ☐ One-on-one meetings
- ☐ Group workshop, class, or training sessions
- ☐ Written resources/toolkits
- ☐ Email support/check-ins
- ☐  Other

**Level of support needed: \*the level of support can change throughout the process**

- ☐ Minimal (occasional guidance)
- ☐ Moderate (regular check-ins)
- ☐ High (ongoing support throughout the initiative)

**Block 12**

# Putting Knowledge into Action

Sharing your initiative's story in ways that help people understand it and use it can be helpful for spreading the word and getting others excited about what you've done. Sharing the highlights, challenges and lessons learned of your initiative helps other organizations and communities learn, strengthening the field of youth sport and physical activity. You can apply for an additional **\$500 knowledge mobilization supplement** to support this work. You could use this supplement to document your process, create videos, host a community presentation, or write a report.

Are you interested in the \$500 knowledge mobilization supplement?

- ☐ Yes
- ☐ No

If yes, how would you use this funding to share your initiative's findings and impact? (Our team can help you brainstorm ideas during check-ins if you're unsure.) Below, please indicate some of your ideas and whether you require some guidance from us in this area. (200-250 words)



## Block 13

Is there anything else you'd like us to know before you submit your application? If so, tell us about it! 😊



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