

Block 1

RE.sport Micro-grant Youth Application Form

Got a cool idea to get active? If you're aged **12-18** and want to start a **NEW** sport, physical activity, or recreation initiative with your friends, at school, or in your neighbourhood, we want to help!

Welcome to our micro-grant application, where you can receive **up to \$500** to bring your neat initiative to life. We want to hear all about you and your **new and unique** idea! If you need any help before getting started, you can book a **consultation meeting** with us before applying (please email Corliss Bean at cbean@brocku.ca).

You can apply if you...

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

- ☐ are aged 12-18
- ☐ live in Canada
- ☐ are an individual or a small group of youth who want to make a change or start a new physical activity or sport initiative

About the Micro-grant

Amount: up to \$500

Our goal is to support you in getting at least 4–5 youth involved in your new initiative:

- 1–3 youth will serve as youth leaders
- The remaining youth will participate in the initiative

If you have an idea but don't have participants, we can help you find youth to run the activity with. Just let us know!

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

1. **A 'sports from around the world' day**, where people try games from different cultures.
2. **Community fitness challenge** where friends track steps or activity together for a period of time.
3. **Amazing Race**: Create a scavenger hunt or obstacle course around your community.
4. **Try-a-new-sport day** where people rotate through different sports like boxing, cricket, badminton, or ultimate frisbee.
5. **Write a Story** where people not only try a new sport, physical activity, or recreation initiative, but you share a story, a graphic novel, or a poem about it!

Budget Overview

Some examples of how you **CAN** use the money:

- 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)
- Paying a coach, instructor, or guest speaker

Some examples of how you **CAN'T** use the money for:

- Buying things just for yourself (personal use)
- Paying yourself or your friends
- Expenses not related to your initiative
- Things bought before you received the funding

The following page will direct you to a form which provides information on the research part of this project. Please review and complete it prior to starting the application.

Please email cbean@brocku.ca if you wish to get a copy of the consent form for

your records.

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What is your age?

- ☐ 12
- ☐ 13
- ☐ 14
- ☐ 15
- ☐ 16
- ☐ 17
- ☐ 18

Block 11

Youth Assent 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

Co-Investigator: Dr. Catherine Sabiston, Department of Kinesiology and Physical Education, University of Toronto, catherine.sabiston@utoronto.ca

Co-investigator: Karl Erickson, School of Kinesiology & Health Science, York University; erick@yorku.ca

Research Assistant: Victoria Iwaniura, Department of Psychology, Brock University; mc22ti@brocku.ca

Research Assistant: Vanessa Coulbeck, Department of Kinesiology and Physical Education, University of Toronto; vanessa.coulbeck@utoronto.ca

This form may have some words that you don't know. Please ask your parent/guardian/adult mentor to explain any words you're not sure about.

WHAT IS THIS STUDY ABOUT?

The research team is exploring how small grants (called micro-grants) can help young people and community groups create sports and physical activity programs across Canada. We want to learn who applies, what kinds of ideas people have, and how the program works.

WHAT DO I NEED TO DO?

To apply for the micro-grant, you'll fill out an application form telling us about your idea, including what you want to do, your timeline, and your budget. This takes about 30 minutes.

If your application gets chosen for funding, we'll invite you to be part of some extra research activities (like check-ins and interviews), and we'll ask you to fill out a new form at that time. Saying yes or no to those extra activities later is completely up to you, and it won't change whether you get to keep your grant.

ARE THERE ANY RISKS OR GOOD THINGS ABOUT TAKING PART?

There isn't much risk to sharing your application. You might feel a little disappointed if your idea isn't chosen; that's normal. There's no direct reward for letting us collect your application information, but it helps us understand what young people and communities need, so we can make the program better in the future.

WILL ANYONE FIND OUT WHAT I SAY?

Your information will be kept private. It will be stored securely on Brock University computers that only our research team can access. We will never share your name; only information that can't identify you might be used in our research.

DO I HAVE TO SAY YES?

We need to use the information from your application to review it and decide if you can receive funding. However, you do not have to let us use your application information in this research study if you do not want to. If you choose to be part of the study, you can change your mind and leave the study up to one week after the micro-grant application deadline, and there will be no consequences. After that week has passed, we will not be able to remove your information from the study. Once the study is finished and the results have been shared in things like reports, articles, or videos, any information already included cannot be removed. Whether or not you take part in this study will not affect your application to the micro-grant program. If you want to leave the study, please contact Corliss Bean at cbean@brocku.ca.

HOW WILL THIS RESEARCH BE SHARED?

We might share what we learn in reports, presentations, or articles, but nothing that could point back to you personally.

WHO IS PAYING FOR THIS?

This project is funded by a research grant from SSHRC (a Canadian research funding agency).

QUESTIONS?

If you have questions, you or your parent/guardian can contact Dr. Corliss Bean at cbean@brocku.ca. If you have questions about your rights as someone in a study, you can contact the Brock Research Ethics Office at (905) 688-5550 ext. 3035 or reb@brocku.ca.

Please keep a copy of this form for your records.

ASSENT

I have read this form (or had it explained to me), and I understand what this means. I agree to let the research team collect my application information as described above.

- ☐ 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

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Based on your age (being 12-14 years old), we now ask that a caregiver review and provide consent on your behalf to be involved in the research part of this project.

Parent/Guardian Consent Form

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Research Assistant: Vanessa Coulbeck, Department of Kinesiology and Physical Education, University of Toronto; vanessa.coulbeck@utoronto.ca

INVITATION

Your child is being invited to share their application information as part of the RE.Sport micro-grant program. Before we can review their application, we need your permission, as a parent/guardian, to collect this information.

PURPOSE OF THE STUDY

The research team is studying how small grants (called micro-grants) can help young people and community groups create sports and physical activity programs across Canada. We want to learn who applies, what kinds of ideas people have, and how the program works.

WHAT'S INVOLVED

To apply, we need your permission, as a parent/guardian, to collect the information your child includes in their application. This includes a description of their proposed initiative, a timeline, and a budget, and takes approximately 30 minutes to complete.

What happens to your child's information depends on whether their application is selected for funding:

- If your child's application is selected for funding: We may use their application information for research after removing details that could identify them. We will also ask if your child wants to take part in other parts of the study, such as check-ins or interviews. You and your child can decide together whether or not to participate, and you will both be asked to complete a second, separate consent/assent form at that time.
- If your child's application is not selected for funding: We may also use their application information for research after removing details that could identify them.

Regardless of whether their application was selected for funding, application information will be retained for potential research purposes and then permanently deleted within 5 years of the funding decision.

POTENTIAL BENEFITS AND RISKS

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

CONFIDENTIALITY

Your child's responses and information will be kept confidential. It is not possible for it to be anonymous given the nature of the applications, but 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 may be shared in aggregated or de-identified form in reports, presentations, or publications; your child 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 child's application to be reviewed and considered for funding. However, you or your child may choose not to have your application information included in the research study. If your child's application is selected for funding, participation in further research activities is entirely voluntary and separate from the eligibility to receive funding. You and your child may also withdraw entirely at any time without penalty. This will not affect your child's eligibility to secure or use your micro-grant funding. If you or your child choose to withdraw, you will be asked whether you would like your data to be removed from the study. Opportunity to withdraw the 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 child's participation in this study will not impact their involvement in the micro-grant initiative. 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 child's 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 child's rights as a research participant, please contact the Office of Research Ethics at (905) 688-5550 Ext. 3035, reb@brocku.ca.

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

If you have questions or concerns about your rights as a research participant, please contact the Office of Research Ethics at (905) 688-5550 ext. 3035 or reb@brocku.ca.

CONSENT FORM

I consent to the collection of my child's 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 this information and **agree** to let the research team collect my child's application information as described above.
- ☐ I have read the above information and **do not agree** to let the research team collect my child's application information as described above.

Parent/Guardian Name

Child's 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

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Consent Form

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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.

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ca/privacy/privacystatement

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

Name

Date

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Email

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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 1

Micro-grant Application

Information About You

What is your full name?

Where do you live?
(City, Province)

Email address

Phone number

What is one thing that's
unique about you?

How old are you?

Block 9

For the following questions, you can either type out your idea or film a brief video up to 4 minutes long, but not both.

Block 2

Micro-grant Application

Information About Your Idea

What's the name of your initiative?

What's your plan for this new initiative?

Here are some prompts to help get you thinking (you don't have to answer all).

- Tell us about your idea.
- Describe the initiative.
- What makes it new, fun, or unique?
- How does it relate to sport or physical activity?
- What will you be doing as part of the initiative?
- What inspired this idea?
- What problem or need does your initiative address?

Video Response

Text Response (200-250 word max.)

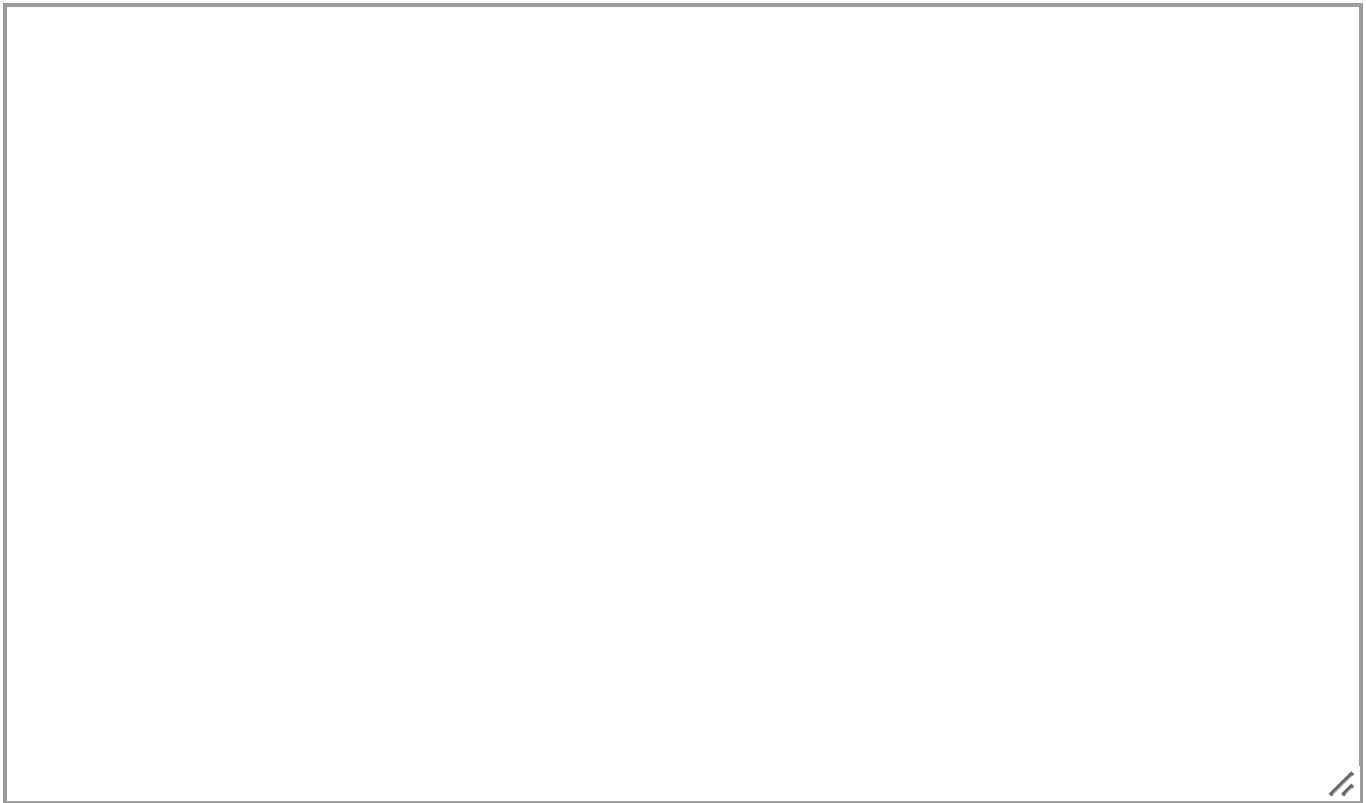


Block 4

Who will participate in this initiative (e.g., classmates, neighbours)? Please be specific.

Video Response

Text Response (200-250 word max.)

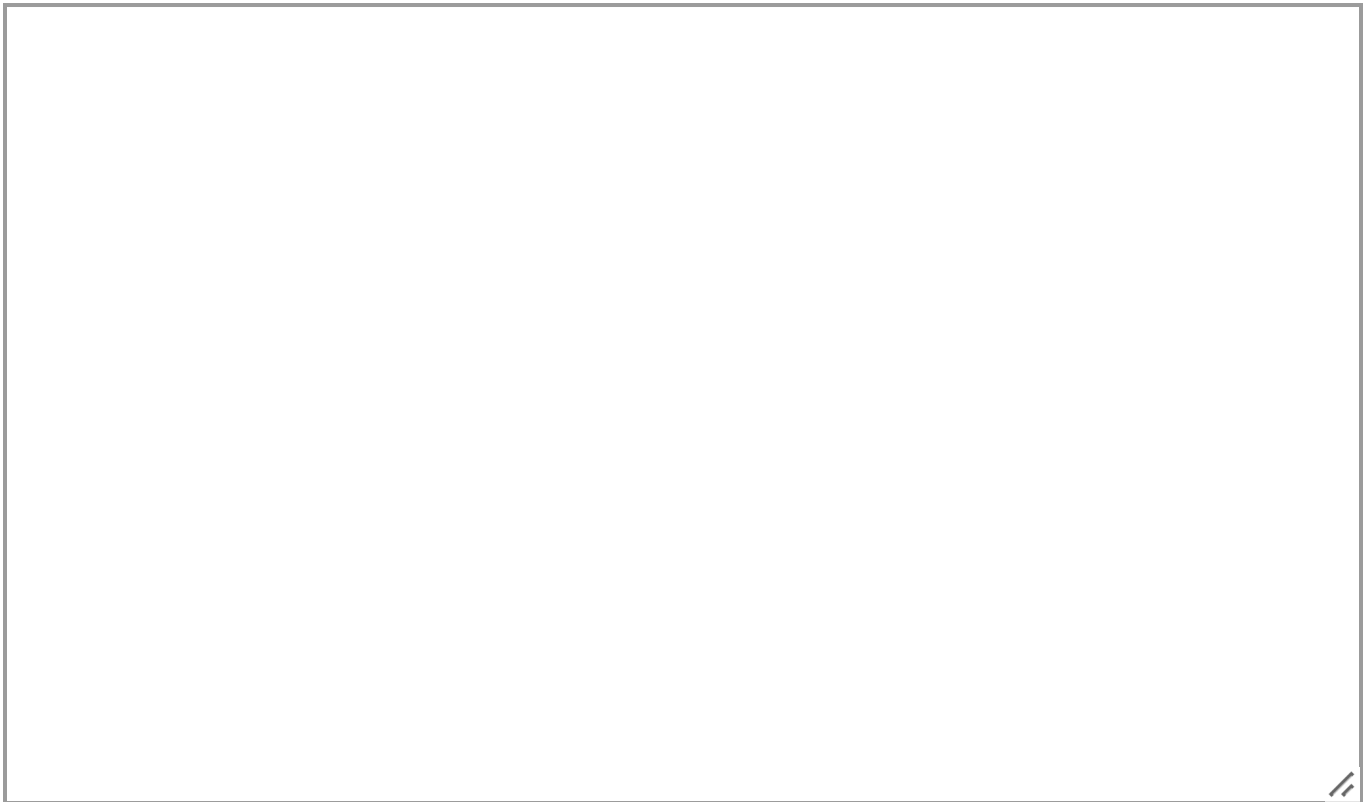


Block 4

Why did you pick this initiative? Why do you think this is a good or important initiative?

Video Response

Text Response (200-250 word max.)



Block 5

The Logistics

Please respond to the following prompts in the text box, or you can film a brief video up to 4 minutes long.

1. When would this new initiative happen? How often?
2. Who, if anyone, will be helping you plan and run this initiative? (parent, teacher, friend)
3. Help us understand how you will use the money. (e.g., buying snacks, renting a space, paying an instructor)

Video Response

Text Response (200-250 word max.)



Block 6

Outcomes

What do you hope will happen because of this project? You can use the following questions as prompts.

- How will you know your initiative was a success?
- Will you use surveys, attendance numbers, photos, stories, or something else to show the impact?
- How will you know if the initiative made a difference?
- What will change because of this initiative?

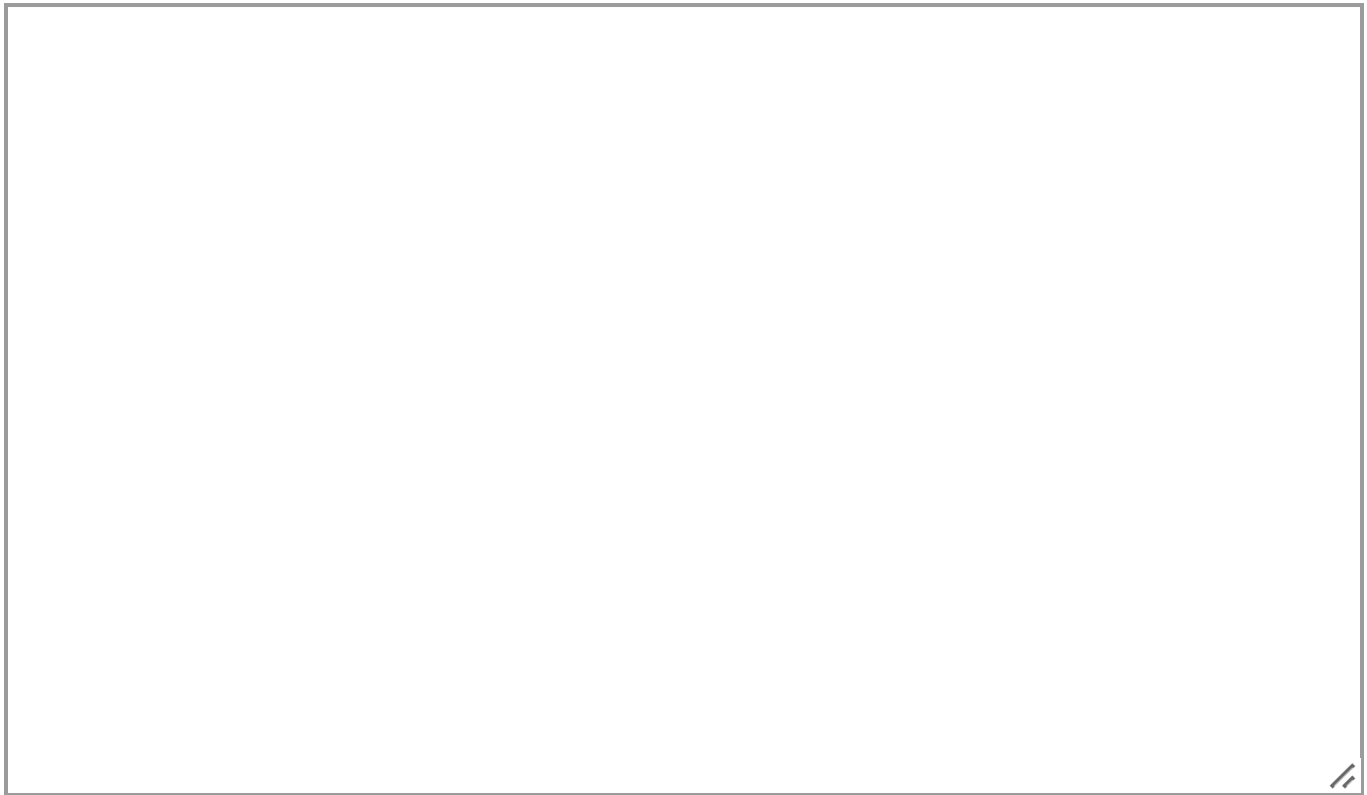
- Will people learn something new, build skills, change a behaviour, or solve a problem because of this initiative?

Example

My initiative will be a success if I introduce my friends and peers to a new sport and they genuinely enjoy it. I'll measure this in a few ways: asking them to rate the sport from 1–10, observing how much they smiled or seemed engaged during the activity, and most importantly seeing whether they choose to play it again on their own, like at recess or at home. That last point will tell me whether the initiative made a lasting difference, not just a fun one-time experience.

Video Response

Text response (200-250 word max.)



Block 7

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 youth 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)

- ☐ Help plan and run your idea or project
- ☐ Tips for getting people involved and engaged
- ☐ Help tracking participation and engagement
- ☐ Help measure results or impact
- ☐ Help collect and use feedback from participants
- ☐ Sharing your results (e.g., social media, presentations, storytelling)
- ☐ Finding youth to be involved in my group/activity
- ☐ 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)

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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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