



Participant Information Leaflet

UCD School of Public Health, Physiotherapy & Sports Science
UCD Ethics reference number: LS-24-91

A UCD Research Study for Women aged 55+

"Exploring the Social Impact of Pitch and Putt for females over 55:"



Do You Play Pitch & Putt? We'd Love to Hear From You!

A UCD Research Study for Women Aged 55+



What's the Study About?

We're exploring how Pitch & Putt helps women stay:



Healthy



Connected



Active

We're interested in: Your **health and lifestyle**, why you **started playing**, what the sport **means to you**, and any **challenges** you've faced.



How Can You Take Part?

You can do **one or both**:



1. **15-minute survey** (online or paper)



2. **Join a group chat** (on Zoom or maybe at your club)



Your Privacy Matters

- Survey is **anonymous**
- In group chats, you can: Keep your **camera off**, use a **code name**, request a **private interview**



About the Survey

Six quick sections:

Consent to take part, your background, Pitch & Putt experience, lifestyle (e.g. smoking, alcohol, activity), health & wellbeing, interest in a focus group



Who's Running the Study?

Dr Orla Flynn: Physiotherapist, fitness expert, and researcher.

Professor Catherine Blake: Public health & physical activity researcher at UCD.

We are collaborating with Pitch and Putt Ireland to run this project.



Interested or Have Questions?



Email: orla.flynn1@ucd.ie or office@pitchandputtireland.ie if you have questions, or to participate in the focus groups.



Survey link:

<https://eu.surveymonkey.com/r/WZC6KSG>

Or scan the QR code below.



Your Experience Can Help Others!

Help shape support for women in sport and stay active together.

WHAT IS THIS RESEARCH ABOUT?

This project is a collaboration between Pitch and Putt Ireland and University College Dublin School of Public Health, Physiotherapy and Sports Science. We are conducting a survey that will ask you questions about yourself, your health, and your experiences playing Pitch and Putt. It is designed to collect data relevant to sports participation research, such as physical, mental and social aspects of health and motivations for participating in Pitch and Putt.

WHY ARE WE DOING THIS RESEARCH?

Retention of women in sports in Ireland is challenging, and Pitch and Putt provides a viable avenue for women to meet their weekly physical activity guidelines. While we know about the benefits of golf, not much is known about Pitch and Putt, and we wish to explore this further. We aim to explore the motivations and health status of women participating in Pitch and Putt. This study will contribute to research in this area and help promote Pitch and Putt participation for women in Ireland.

WHY HAVE YOU BEEN INVITED TO TAKE PART?

You have been invited to participate as a Pitch and Putt Ireland member.

HOW WILL MY DATA BE USED?

Your answers will be combined with those of others and used to develop an understanding of women's health and well-being. Participation is voluntary. The questionnaire will be anonymous. We will not ask for your name, date of birth, email address or any other identifying information, so no one will know who has responded to the questionnaire. The UCD researchers (Professor Catherine Blake and Dr Orla Flynn) will analyse the questionnaire responses. They will temporarily store a copy of the anonymous information in the UCD password protected computer storage system, until the analysis is complete and the results have been published in an academic journal. The anonymous data gathered will be stored indefinitely by Pitch and Putt Ireland and may be submitted to an open science data repository, but you will never be personally identifiable. All information will be aggregated and reported as group summary data, which will be used for academic publication and dissemination in various media streams such as workshops, seminars, and community forums, providing valuable guidance for policymakers, facility operators, and community organisations interested in promoting social well-being through recreational sports.

WHAT WILL HAPPEN IF I DECIDE TO TAKE PART IN THIS RESEARCH STUDY?

Your participation is entirely voluntary. If you agree to participate, you will complete a one-time online questionnaire via Survey Monkey or in a paper version distributed by Pitch and Putt Ireland if you would prefer. The survey will take approximately 10-20 minutes.

Before agreeing to take part in the study, you should read this leaflet carefully.

Before completing the survey, you must provide Informed Consent. The Informed Consent question will be the first section in the survey. Once your consent has been received, you can proceed to complete the survey.

HOW WILL MY PRIVACY BE PROTECTED?

This survey will respect your privacy from the outset because the questions that will be asked cannot identify participants in any way, and we do not ask for identifying details such as your name, date of birth or email address. Additionally, the Survey Monkey online questionnaire will not report Internet provider addresses in the survey results during this study, so no participant location information will be reported. This means that none of your answers can or will be used to direct the responses back to you or identify you in any way. All information collected will be aggregated and reported as group summary data. Anonymous results from this study may be used in published research or conference presentations. However, you will not be identifiable in any research publications from this study. All information collected during the study will be stored securely on password-protected computers and archived afterwards.

WHAT ARE THE BENEFITS OR RISKS ASSOCIATED WITH THE STUDY?

There are no direct benefits to you. By providing your insights, the study findings, once published, can contribute to our understanding of how to better women's health in Ireland. As such, the conclusions of this study will be shared with our collaborators at Pitch and Putt Ireland, presented at the university level, at national and international conferences, and in media campaigns. The findings will also be submitted for publication in peer-reviewed journals.

WHAT ARE THE RISKS OF PARTICIPATING IN THIS RESEARCH?

There are no known risks associated with taking part in this study. We have measures in place to ensure you are fully informed

CAN I CHANGE MY MIND AT ANY STAGE AND WITHDRAW FROM THE STUDY?

There is no obligation to participate in this survey, and you are free to withdraw from the survey at any time during the process of completing the questionnaire. However, once you complete the full questionnaire and click the "submit" button, it is impossible to withdraw you from the study at this point, as we will have received your anonymous answers and will not be able to identify your response.

HOW WILL I FIND OUT WHAT HAPPENS WITH THE PROJECT?

When it is completed, the study will be submitted for publication. Please let Orla Flynn orla.flynn1@ucd.ie know if you want to be informed about the study results.

NEXT STEPS

If you wish to participate, please visit the survey link here:
<https://eu.surveymonkey.com/r/WZC6KSG>

or contact your local Pitch and Putt club, or contact: office
@pitchandputtireland.ie who will send you a paper copy of the survey.

RESEARCH TEAM

Professor Catherine Blake, PhD, MSc, BSc, UCD School of Public Health, Physiotherapy and Sports Science, University College Dublin, Belfield, Dublin 4.
c.blake@ucd.ie

Dr Orla Flynn, PhD Epidemiology, BSc Physiotherapy, BSc Health and Performance Science, PGC Exercise and Nutrition Science, Certified Personal Trainer, UCD School of Public Health, Physiotherapy and Sports Science, University College Dublin, Belfield, Dublin 4. orla.flynn1@ucd.ie

CONTACT DETAILS

Suppose you have any questions about the research or would like information on the findings. In that case, you can contact orla.flynn1@ucd.ie or c.blake@ucd.ie, UCD School of Public Health, Physiotherapy and Sports Science, Belfield, Dublin 4.

GDPR: If you have any concerns relating to the processing of your data, you can contact the UCD Data Protection Officer here: gdpr@ucd.ie