

## **Participation Information Sheet: Employees**

**Project Title:** What do employers and employees perceive the benefits of an Active Workplace to be?

This research is being assisted by Wesport, (The West of England Sport Trust), who will use the research after in order to share the findings and encourage businesses around the West of England to become an Active Workplace.

### ***Study Purpose***

The purpose of the study is to explore the understandings of the employers and employees on how they perceive the benefits of having an active workplace. You have been invited to partake in this study because, as an individual in a workplace you have your own perspectives on what the benefits of an active workplace can have.

### ***Your Involvement in the Study***

As a participant in this research, you will be asked to be involved in one interview which would take up to 30 minutes. They will take place at your workplace, and I will record them with a digital voice recorder. As part of this research I am going to interview a number of employees and an employer of your workplace. In addition, I will be completing the same study in another workplace for comparison.

### ***Benefits and Risks of the Research***

The potential benefits of the research is that your workplace may become more aware of the benefits of an Active workplace and if they would like to have contact with Wesport this can be arranged to share ideas on best practices to become a better active workplace.

I do not believe there is any risk to participating in this research, however, if you feel any question in the interview is sensitive then you have every right to skip over the question if you wish.

### ***Ethical Considerations***

This project has been reviewed by and received ethics clearance through the Sport & Social Sciences programme at the University of Bath. Participation in this research is entirely voluntary. You have the right to withdraw from the study at any time during data collection. In addition, all data collected will remain anonymous throughout my dissertation with coding used to identify participants instead of names.

Data collected through this research will be stored on a computer with a password on the data file as well as the computer. Data files will be deleted upon completion of the researcher's degree programme. Data collected through this research will inform a final year dissertation project and will potentially inform future conference presentations and or academic publications.