

June 6, 2018

Dear Parent,

We would like to invite you to participate in a research project titled "*Understanding the experience and role of young athletes' parents in doping prevention.*" This research aims to examine young athletes' parents' perceptions of their role in doping prevention and to identify how they can appropriately help to spread WADA's clean sport message to their children. We are conducting interviews in Canada to contribute to the wider project, led by Prof Mathieu Winand from Luxembourg, Lunex University. You are invited to provide an interview to express your views on these matters, which should take 40-60 minutes and may be conducted face-to-face or via phone. Our data will be shared with the international Project Lead but names and personal identifying information will not be shared or identifiable with the data. If you wish to be part of the study, please respond to Dr. Terri Byers and Dr. Gabriela Tymowski-Gionet at the emails below and we will schedule a time for an interview.

This project has been reviewed by the Research Ethics Board of the University of New Brunswick and is on file as REB 2018-074.

Participation in the study is voluntary and you may withdraw your consent to participate at any time, without consequence. All information collected throughout the project will remain confidential and any reports, publications or dissemination of the data analysis will not contain personal identifying information of research participants. Results of the research will be used to further understand how to support parents and young athletes through anti-doping education. Parent's insight will be used to develop appropriate support mechanisms and materials to encourage drug free sport and the safety of their child in matters of anti-doping education.

If you have concerns about this study, you may contact Dr. Wayne Albert of the Faculty of Kinesiology at the University of New Brunswick, at 506-453-4576 or by email at [walbert@unb.ca](mailto:walbert@unb.ca). Dr. Albert has no direct involvement with this project.

If you have any questions about the study, please feel free to contact me using the contact information included below.

Sincerely,



Terri Byers, Ph.D.  
Principal Investigator

(506) 447-3325  
[tbyers@unb.ca](mailto:tbyers@unb.ca)



Gabriela Tymowski-Gionet, Ph.D.  
Principal Investigator

(506) 447-3231  
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June 6, 2018

Dear Sport Organization [ANTI-DOPING OFFICER, IDENTITY PUBLIC KNOWLEDGE],

We would like to invite you to participate in a research project titled "*Understanding the experience and role of young athletes' parents in doping prevention.*" This research aims to examine young athletes' parents' perceptions of their role in doping prevention and to identify how they can appropriately help to spread WADA's clean sport message to their children. We are conducting interviews in Canada to contribute to the wider project, led by Prof Mathieu Winand from Luxembourg, Lunex University. You are invited to provide an interview to express your views on these matters, which should take 40-60 minutes and may be conducted face-to-face or via phone. Our data will be shared with the international Project Lead but names and personal identifying information will not be shared or identifiable with the data. If you wish to be part of the study, please respond to Dr. Terri Byers and Dr. Gabriela Tymowski-Gionet at the emails below and we will schedule a time for an interview.

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Sincerely,



Terri Byers, Ph.D.  
Principal Investigator

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Gabriela Tymowski-Gionet, Ph.D.  
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## CONSENT FORM

(to be received in written form or orally accepted and recorded)

### CONSENT BY PARTICIPANT IN:

**The research project, *Understanding the experience and role of young athletes' parents in doping prevention***

**Name of Participant:** .....

**Name of Study:** *Understanding the experience and role of young athletes' parents in doping prevention*

**Investigators:** **Dr. Terri Byers**  
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**Jacob Weinstein**  
Master's student, Faculty of Kinesiology, UNB  
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(514) 791-4737

The research investigator has explained to me the nature and purpose of the research to be undertaken. I understand fully what is proposed in this research project.

I have agreed to take part in the study as it has been outlined to me, and I understand that I am completely free to withdraw from the study or any part of the study at any time I wish, without explanation or penalty. I understand and agree that my participation in the study is entirely at my own risk.

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**I understand that research project is designed to promote knowledge and understanding and may be of no benefit to me personally.**

**I hereby fully and freely consent to participate in the study which has been fully explained to me. I agree that I have been given the opportunity to ask any questions of the researchers, and to have had my questions answered.**

**Signature of study participant : .....**

**Date: .....**

**I confirm that I have explained to the participant named above, the nature and purpose of the tests to be undertaken.**

**Signature of Investigator: .....**

**Date : .....**



## GUIDELINE FOR PARENTS' INTERVIEWS

### Understanding and nurturing the role of young athletes' parents in doping prevention

*Objectives: to examine young athletes' parents' perceptions of their role in doping prevention and to identify how they may appropriately help to spread WADA's clean sport message to their children.*

<b>Place:</b>	<b>Name of sport:</b>
<b>Date:</b>	<b>Parent's name/gender:</b>
<b>Time in:</b>	<b>Child's age/gender:</b>
<b>Time out:</b>	<b>Child's competitive level:</b>

#### *Experience in sport and (anti-)doping*

- What is your experience in sport?
  - Have you been a competitive athlete?
- Were you exposed to doping?
- What do you know about anti-doping?

#### *General knowledge of anti-doping regulations*

- What is the extent of your knowledge of anti-doping regulations?
- What is your experience with anti-doping?

#### *Role in doping prevention*

- As a parent, what are your responsibilities for your child in the context of his/her sport?
- How important are parents in fostering children's anti-doping behaviour?

#### *Experience of anti-doping education*

- Have you attended session talking about anti-doping recently (or ever)?
  - If yes, how effective have these activities been? If no, why not?
- How can you find information about doping?

#### *Hypothetical doping situations and perceptions*

- What would be your reaction if your child or one of her/his friends doped?
- Do you believe your child's opponents are doping?

#### *Discussion with their child about doping*

- Do you have any discussion with your child about doping?
  - About what exactly? If no, why not?



*Influence on child's behaviour with regards to doping*

- Who do you think has the most significant impact on your child's behaviour (e.g. parents, coaches, other athletes and role models)?
- What is your relationship with your child's coach?

*Act preventing or favouring doping behaviour*

- Do you purchase or provide dietary supplements for your child?
  - If yes, from where do you get it?
- Who checks what your child takes (e.g. supplements)?
- How do you ensure that your child does not take anything prohibited?
- Do you encourage your child to do whatever it takes to succeed in his/her sport?

*Challenges in doping prevention*

- How difficult is it to engage in doping prevention with your child?
- What support would you wish to receive to prevent doping behaviour?



## GUIDELINE FOR ORGANISATIONS' INTERVIEWS (Sport federations' and NADOs' representatives)

### Understanding and nurturing the role of young athletes' parents in doping prevention

*Objectives: to discuss young athletes' parents' perceptions of their role in doping prevention, review organisational beliefs and practices in parent anti-doping education and identify solutions to improve doping prevention through strategies strengthening parent's role in the fight against doping and how parents can help to spread WADA's clean sport message to their children.*

<b>Place:</b>	<b>Name of organisation/sport:</b>
<b>Date:</b>	<b>Interviewee's name:</b>
<b>Time in/out:</b>	<b>Interviewee's position:</b>

#### *Importance of parent education*

- Is educating parents of young athletes about anti-doping important?
  - Why?
- Can parents influence their child behaviour and attitudes?

#### *Role of parents in doping prevention*

- What are the responsibilities of parents in the context of the sport of their child athlete?
- Do you consider parents play an active role in doping prevention?

#### *Parents' knowledge of anti-doping regulations*

- How much do you think parents of a child athlete know about anti-doping regulations?
- Do you consider parents have sufficient knowledge about anti-doping to influence their child behaviour?

#### *Activities targeting parents in anti-doping education*

- What anti-doping education activities does your organisation deliver that involve parents?
  - Can you give examples of anti-doping education activities developed by your organisation that target parents?
- How effective do you consider these anti-doping education activities targeting parents?

#### *Communication with parents*

- How do you communicate with parents?
- How do you ensure that parents know about anti-doping activities, are informed or take part?

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*Monitoring of anti-doping education*

- Do you have objectives with regards to parent education?
  - Do you evaluate the success of anti-doping activities targeting parents? How?
  - Are anti-doping education activities being part of your organisation's annual report?
- Do you evaluate or monitor parents' knowledge of anti-doping regulations?

*Challenges in doping prevention targeting parents*

- What challenges do you face in educating parents?
- How can your organisation nurture parents to play an active role in educating their child against doping?

