

Plain Language Form for Participants

Dear Student,

I am conducting research and I would love to talk to you about your experience of exercise.

Title of the research: Benefits and Barriers to Exercise Participation for Autistic Post-primary Students in Ireland.

Researcher: Aoife Rosney

Email: 24601361@micstudent.mic.ul.ie

Your parents have some more information about the research if you want to ask them.

Purpose of the research: I would love to hear all about your experiences of exercise inside and out of school. I would be so interested to know how exercise makes you feel, what you like or don't like about exercise and anything that would make it easier for you to participate in exercise.

What will happen?

- Watch the video your teacher will play for you about my research. If it's something you are interested in, let your teacher know.
- We will arrange a day and a time to do an interview on Microsoft Teams.
- If you decide during the interview or on the day you don't want to take part anymore, that is absolutely fine.
- I will share questions with you a week before our interview.
- I will not write your name or the name of your school in my research. It will remain anonymous.

I will record our interviews on my laptop. My laptop is password protected. I will type out the interviews and delete the audio from my laptop. You can access your data or remove yourself from the study at any time.

This research is totally voluntary – you can decide you don't want to continue with the research at any time. Just ask your teacher to email me.

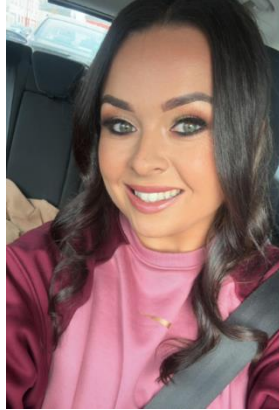
If you have any more questions about the research, your teacher can email me at 24601361@micstudent.mic.ul.ie.

If you would like to join this piece of research, your teacher can email me at 24601361@micstudent.mic.ul.ie.













Yours Faithfully,
















Aoife Rosney

Participant Assent Form



Hi, I'm Aoife and
I'm a primary
school teacher. I
am doing some
research about
exercise for
autistic students.

<p>This research has been explained to me.</p> 		
<p>I understand that I will receive the questions one week before the interview.</p> 		
<p>I understand I can take a break when I need to.</p> 		
<p>I understand that I can stop being part of the research at any stage.</p> 		

<p>I understand that I will be interviewed by Aoife about my experience of exercise.</p> 		
<p>I understand the interview will be on Microsoft Teams.</p> 		
<p>I understand that the interview will be recorded.</p> 		
<p>I understand I can have a familiar adult in the room with me if like.</p> 		
<p>I agree to take part in this study.</p> 		

Name: _____

Witness: _____

Date: _____

Safeguarding Statement RELEVANT¹ WORK



Lead Person

Name: Aoife Rosney

E-mail Address: 24601361@micstudent.mic.ul.ie

Purpose of Relevant Work

As Lead Person, the relevant work I intend to carry out involves direct contact with children / people aged under 18. The purpose of this work can be summarised as follows:

Purpose

The purpose of this study is to examine autistic teenagers' experiences of exercise participation. It is hoped that rich information will be derived from this study about accommodations and resources that can be used to make exercise more inclusive for all, thus providing major benefits to the autistic community.

Details

With the permission of the Chairperson and Principal, the researcher will ask the Principal to send information about the research to the SENCO of the school. The SENCO will show a short video of the Lead Person explaining the research to the potential participants. If students express initial interest, the SENCO can email me at my Mary Immaculate email address to let me know. A day and time will be arranged to conduct interviews in the student's school in a comfortable environment for them. Questions will be sent one week in advance and visual supports will accompany these questions. Interviews will take place and participants will be asked questions previously sent to them about exercise participation. Interviews are expected to last up to 30 minutes and students are free to remove themselves at any time. Interviews will be audio recorded on a password-protected

¹ 'Relevant' work or activity refers to initiatives undertaken that involve direct interaction with children / people under 18. Relevant work always requires a risk assessment and Safeguarding Statement in accordance the Children First Act (2015).

personal laptop. The researcher would ask that a supportive adult is made available to the students after the interviews have been completed to discuss any concerns.

Paramount Importance of Child Safety & Wellbeing

In accordance with the Children First Act and with the policy of MIC, I confirm that in developing a plan to carry out this work, the safety and wellbeing has been the paramount consideration. This will remain true of all aspects of the implementation of the plan to carry out this work.

Safeguarding Risk Assessment – Confirmation of Completion

As part of the planning for this work, and in accordance with the requirements of the Children First Act (2015), I confirm that I have carried out a satisfactory safeguarding risk assessment with due regard for all relevant safeguarding considerations.

Additional Measures

I confirm that I am familiar with the contents of the MIC Child Safeguarding Policy and the processes I am obliged to observe as an employee of the College.

It is the policy of MIC that any person interacting with children / people under the age of 18 must be cleared to do so by completion of Garda vetting by the College. I confirm that I have been Garda vetted by MIC and cleared by the College to interact directly with children / people under the age of 18 in the course of my professional work as an employee of / a graduate researcher registered for study at MIC.

I have the status of 'Mandated Person' which, under the Children First Act (2015) confers particular responsibilities for safeguarding of children / people under the age of 18 upon me.

I confirm that any person working with me/us to carry out the relevant work and who will have direct engagement with children / people under the age of 18 has been Garda vetted by MIC.

In accordance with MIC policy, all Child Safeguarding Statements (inclusive of risk assessment) are reviewed and approved by the MIC Senior Safeguarding Person prior to the commencement of any relevant work.

Risk Assessment

Risk Type - Lack of Familiarity with Safeguarding Imperatives

Risk Statement(s):

Lead Person may not have sufficient familiarity with safeguarding principles and processes, including imperatives as set out under the law.

Action(s) to Mitigate / Eliminate Risk:

- I confirm that I have sufficient familiarity with safeguarding principles and processes through awareness of the provisions of the Children First Act (2015) and the obligations this places upon me.
- I have completed child safeguarding training / certified child safeguarding training.
- I have consulted the Senior Safeguarding Person at MIC for advice and guidance in engaging with children.
- I have consulted professional colleagues with appropriate knowledge and expertise for advice and guidance in engaging with children.
- This Child Safeguarding Statement forms part of the documentation submitted as part of the MIC Research Ethics clearance process, permitting Principal Investigators (PIs) to engage in research with human subjects.
- Other

Risk Rating: Low

Risk Type – Failure to Conduct Planning in Advance

Risk Statement(s):

There is a risk of failure to plan adequately for safeguarding dimensions of a proposed activity involving children.

Action(s) to Mitigate / Eliminate Risk:

- I have read the MIC Safeguarding Policy and understand the obligations this places upon me.
- I am familiar with safeguarding principles and processes as set out in the Children First Act (2015) and understand the obligations this places upon me.
- As I am a Mandated Person I fully understand my role in this regard.

- I have completed child safeguarding training.
- I have completed certified child safeguarding training.
- I have consulted the Senior Safeguarding Person at MIC for advice and guidance in planning any activity in which I will be engaging with children during the course of relevant work.
- I have ensured that all persons who will be involved in activities in which engagement with children takes place have been made fully aware of their responsibilities and relevant safeguarding protocols and procedures.
- I have ensured that all adequate, appropriate and accessible information about how the activity will be carried out and how safeguarding requirements have been taken into account is made available to all parties involved, including children / young people under 18 and their respective parents, guardians or carers.
- I have created a fit-for-purpose safeguarding response plan in the event of any safeguarding issues arising during implementation of the relevant work.
- Other

Risk Rating: Low

Risk Type – Usage / Sharing of Unsuitable Materials

Risk Statement(s):

There is a risk of failure to ensure that any materials (including information guides / questionnaires / multimedia content, etc.) used or shared by me (*or others working /collaborating with me*) are suitable and appropriate to the age profile and needs of child participants.

Action(s) to Mitigate / Eliminate Risk:

- I am already familiar with best practice in interaction with children that have the age and profile of those with whom I will engage during the proposed work.
- I will consult, as necessary, so as to ensure that I am sufficiently familiar with best practice in interaction with children that have the age and profile of those with whom I will engage during the proposed work.

- I am familiar with relevant literature and best practice in respect of research design and methodologies for interaction with children that have the age and profile of those with whom I will engage for the purpose of data collection.
- I will consult, as necessary, so as to ensure that I enhance my familiarity with relevant literature and best practice in respect of research design and methodologies for interaction with children that have the age and profile of those with whom I will engage for the purpose of data collection.
- Because this work entails research with human subjects, it is subject to research ethics screening by the MIC Research Ethics Committee (MIREC) which requires prior approval of my Child Safeguarding Statement.
- Because this work entails research with human subjects, it is subject to research ethics approval which has been granted by an appropriate research ethics review board (external to the College) and this has been confirmed by approval of my Child Safeguarding Statement.
- Other

Risk Rating: Low

Risk Type – Observation of a Form of Abuse

Risk Statement(s):

There is a risk of failure to act appropriately and in a timely manner following potential observation of a recognised and substantive form of abuse, including failure to meet proper reporting requirements.

Action(s) to Mitigate / Eliminate Risk:

- I have familiarised myself with the characteristics of recognised and substantive forms of abuse, with reference to the Children First Act (2015) and the MIC Child Safeguarding Policy.
- I have formulated a plan for responding to observation by me of a form of abuse.
- As I am a Mandated Person, I fully understand my role in responding to and reporting any details of a form of abuse observed by me.
- I am familiar with the contact details of the Designated Liaison Person(s) appointed by MIC.

- I understand that I cannot guarantee confidentiality in circumstances where a form of abuse is observed by me.
- I understand that I cannot act as a counsellor to any person concerned in respect of a form of abuse observed by me and that I cannot make any referral to third party support or counselling services on behalf of such persons.
- Although the relevant work does not occur on MIC property and is out of College jurisdiction I have satisfied myself that appropriate child safeguarding procedures are located at the place of engagement with children.
- Although the relevant work does not occur on MIC property and is out of College jurisdiction I have confirmed that at least one of the persons responsible for child safeguarding at that location (e.g. the Designated Liaison Person) will be present at all times during the engagement with children.
- Other

Risk Rating: Low

Risk Type – Disclosure (by Participants) of Abuse

Risk Statement(s):

- Disclosure, by a child (or person under 18 years) of their experience of a recognised and substantive form of abuse during the course of the relevant work;
- Disclosure of a person of a recognised and substantive form of abuse to which another child (or person under 18 years) has been subject.
- Retrospective disclosure by an adult of their experience of a recognised and substantive form of abuse when they were a child (or person under 18 years).
- Other

Action(s) to Mitigate / Eliminate Risk:

- I have formulated a plan for managing a disclosure that is not made privately by a child / young person but openly, in group setting, that preserves the right to privacy and dignity of the child, that is based on the paramount importance of the safety of children.
- As I am a Mandated Person I fully understand my role in reporting any details of a disclosure.

- I understand that I cannot guarantee confidentiality in circumstances where I receive or I am made aware of a disclosure.
- I understand that I cannot act as a counsellor to any person making a disclosure and that I cannot make any referral to third party support or counselling services on behalf of the disclosing party.
- I understand that that disclosure of a form of child abuse, including affective, sexual or physical abuse or neglect, may refer to a person other than the person making disclosure and that in such an event the same safeguarding procedures apply as otherwise.
- Although the relevant work does not occur on MIC property and is out of College jurisdiction I have satisfied myself that appropriate child safeguarding procedures are located at the place of engagement with children.
- Although the relevant work/activity does not occur on MIC property and is out of College jurisdiction I have confirmed that at least one of the persons responsible for child safeguarding at that location (e.g. the Designated Liaison Person) will be present at all times during the engagement with children.
- I am aware that disclosure may occur in written form, including during the course of any exercise that might take place as part of the relevant activity or work and I understand that the same procedures for reporting a direct disclosure apply and inform my contingency planning.
- I understand that an adult may make a retrospective disclosure about an experience that took place when they were under 18 years of age and that the same procedures for reporting a direct disclosure apply and inform my contingency planning.
- I have formulated a plan for managing a disclosure that is made by an adult that preserves the right to privacy and dignity of all individuals directly concerned and that is based on the paramount importance of the safety of children.
- Other

Risk Rating: Low

Risk Type – Physical Injury to a Child

Risk Statement(s):

There is a risk of physical injury to a child (or person under 18 years) during the course of the proposed work or activity.

Action(s) to Mitigate / Eliminate Risk:

- MIC staff are adequately insured to carry out work on behalf of the College inclusive of work that involves engagement with children or young people.
- I have ensured that any third party with whom I collaborate in the proposed activity is adequately insured to carry out work on behalf of the College inclusive of work that involves engagement with children young people.
- Any physical space utilised for engagement with children or young people is a familiar setting and is perceived by the children as a 'safe space.'
- Children or young people will be familiar with the ergonomics of any physical space utilised for engagement with them and any furniture, layout or equipment used in the space will be suitable for use by children or young people with age and physical characteristics of the focus group cohort.
- Sufficient First Aid provision on will be available at any location or premises used for interaction with children or young people and first response procedures will be established.
- Other

Risk Rating: Low

Risk Type – Data Breach

Risk Statement(s):

There is a risk of improper management of data / information concerning children / young people generated during implementation of the relevant work.

Action(s) to Mitigate / Eliminate Risk:

- I have identified the need to carry out a Data Protection Impact Assessment (DPIA) and have conducted a thorough impact assessment exercise
- As Principal Investigator conducting research with human subjects I have identified the need to carry out a Data Protection Impact Assessment (DPIA) and have conducted a thorough impact assessment exercise which I will submit to under the process to

attain a Certificate of Compliance (which will be appended to my application for ethical clearance to conduct research with human subjects).

- In the course of submitting my application for research with human subjects I will set out my data collection plan in detail and align it precisely to the methodologies used to carry out the relevant work.
- I have considered the need to carry out a Data Protection Impact Assessment (DPIA) with reference to the College's data protection guidelines and I have concluded that this is not necessary.
- I have consulted with the MIC Information Compliance Office to identify best practice and appropriate procedures for the management of all data gathered.
- In the unlikely event of a data breach I will contact the MIC Information Compliance Office immediately so that an appropriate data breach response can be put into effect in accordance with the requirements of the Irish Data Protection Commission.
- I will utilise appropriate data storage tools and manage them securely and in alignment with due and proper data retention procedures.
- I will adhere to the provisions of the General Data Protection Regulation (GDPR), the Irish Data Protection Act (2018) and the MIC Data Protection Policy.
- Other

Risk Rating: Low

Declaration of Undertaking

Signed: Aoife Rosney

Lead Person Undertaking Relevant Work

Date: 25.2.25

Confirmation of MIC Certification for Relevant Work:

A handwritten signature in black ink, appearing to be 'Gary S. [unclear]', written above a horizontal line.

Signed: _____

Senior Safeguarding Person

Date: 4 March 2025