

Method / tool	Process	Results / outputs	Benefits	Skills / resources needed
Photo caption sheets 	Obtain photos (& consents!), email photos to SIRC, receive caption sheets, arrange for coach to distribute and collect back, post to SIRC.	Participant quotes in their own handwriting (can be scanned and used as photos or pdfs), analysis in excel by SIRC, presented in word clouds.	Visually appealing, take 5 minutes to distribute and get completed, easy to use, more engaging than traditional surveys.	No specific skills. Photos required, pens for participants to complete.
Participant diaries 	Download template from website or request SIRC to email. Coaches must keep hold of diaries & distribute to participants each week. Consider a sample of participants to retain diary after 10wks to assess sustainability. Send diaries to SIRC for processing.	Levels of engagement and motivation can be tracked across 10wk period, statistics / graphs can be used to illustrate this. Potential to track beyond this to measure KPI4 (sustain). Participant quotes can be scanned and processed. Can be tailored with specific questions to meet CSP needs. Audio or online diaries can be developed if required.	Visually appealing to showcase the 'Sport Unlimited' journey. Valuable data to assess the impact of the sessions, evaluate participant experiences and assess how sessions can be improved. Useful to track any changes in motivations if an event is part of the 10 wk delivery block or if a charge is introduced etc.	A strong level of commitment from the coach to follow the weekly the process is required. Incentivisation of participants (and coaches?) should be considered.
Quizdom 	Quizdom equipment needs to be supplied by SIRC (in most cases this will incur a cost). Some local schools and colleges may have access to Quizdom and trained personnel – in these cases SIRC can supply relevant presentations for own use with Quizdom.	Instant statistics and graphs to show tastes, preferences, interests, participation levels, perceptions of different sports, motivations, future needs and engagement methods etc. Can also be used for evaluation sessions: areas for improvement, best bits, how young people found out about sessions, future signposting etc.	Excellent method to engage young people, even those with behavioural problems and low concentration levels, and the 'consultation weary'. Fun, lively and competitive atmosphere integrating a 'fastest finger first' sports quiz generates engagement to the process. A chance to showcase a range of sports and assess perceptions of these. High volume data collection for groups of up to 30 people.	The use of Quizdom equipment (starting from £500 for a full day of consultation). A group of young people in the same room for a period of approx 20 mins (and somebody to coordinate / arrange this). Non-participants for consultation and participants for evaluation of current sessions. Prizes may be awarded for the quiz component of the session.

Video diaries



Arrange location for video diaries e.g. school, youth club or college, for consultation, or sport unlimited activity venue for evaluation. Source video camera and somebody to operate (local college or university media dept?) Recruit young people to take part and secure necessary consents. SIRC can undertake video diaries on your behalf but there may be a cost to this service.

Edit DVD using pinnacle, windows movie maker or similar software (if local students are involved they may be able to do this for you) to create a high quality DVD to showcase 'what young people want / think'.

Excellent method to engage young people – utilising new technologies and appealing to the 'big brother' celeb culture. Video diaries can involve individuals or small groups (if young people are more comfortable with this).

Video camera and operator, chair (e.g. SIRC's inflatable football), laptop with robotic question master (optional), attractive backdrop for video location, editing software.

Graffiti walls



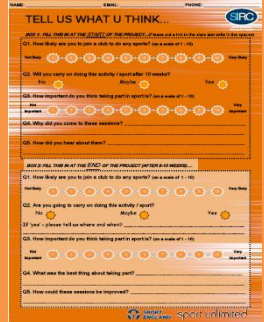
Simple flip charts or 'magic white board' can be used as a really simple and eye-catching way to obtain data from young people. Simply write the questions across the top, then post to SIRC or send a photograph to SIRC for input and analysis. (<http://www.magicwhiteboard.co.uk>)

Photographs of graffiti walls, frequency data, quotations and word clouds.

Visually appealing, simple and easy to use, no specialised equipment needed, much more fun to complete than a survey.

None - just flipchart paper / magic whiteboard and pens. Somebody artistic to write the questions across the top in graffiti tag style writing is preferable.

'Before and after' survey



The top half of this survey needs to be completed at or close to the start of the activity, with the lower half completed at / towards the end of the 10 weeks (retained & distributed by the coach). This enables us to track changes in attitudes to participation and club membership, whilst obtaining feedback on communication and how sessions could be improved. Names and contact numbers should be obtained.

Statistics to show how perceptions have changed and the number of young people planning to continue participating. Results can be graphically presented by SIRC and quotations can be used to illustrate common viewpoints. A small sample of young people can be tracked after the 10 weeks.

Simple and easy to use, takes only 2 minutes to complete. Provides the opportunity to assess the sustainability of participation habits, and optional longer term tracking could be built in.

None - just the surveys and pens. It is important that the coach is reminded to retain the surveys and re-distribute them towards the end of the 10 week period - otherwise we cannot compare how viewpoints have changed over time.

Young reporters



Voice recorders or video cameras can be used to facilitate peer-to-peer interviews. This can take place with participants from within a session or external volunteers through local schools / colleges and volunteering programmes etc.

'Soundbites' featuring the opinions of young people which can be made into a CD or DVD. Outputs can be showcased via websites or radio broadcasts / podcasts.

A fun way of getting young people to take ownership for collecting data and allow them to practice at being reporters.

Young reporter guidance sheets and sample questions are available from SIRC. A voice recording device such as a digital voice recorder, MP3 or video camera is required.

Exit polls



A simple survey of 3 or 4 questions to assess participant intentions in relation to: continuing to participate in the sport that they have tried out, intention to try other sports and likelihood of joining a club.

The exit poll can be undertaken using either a short paper-based survey, graffiti walls, or voice / video recorders, therefore outputs can be statistically based, plus quotations.

A short 60 second exit poll is simple, easy and helps to demonstrate the impact of the project. This helps to measure performance against KPI4 - sustain.

A range of methods are available - including graffiti walls, surveys or young reporters (see above).

Large scale surveying

SIRC can provide copies of surveys which can be used to consult with young people and find out their participation habits, tastes and preferences, or to evaluate participant's experiences taking part in Sport Unlimited. High speed scanning and analysis services, and online survey design and processing are available at cost.

Statistics and graphs can be produced to present survey results.

Appeals to people who are more comfortable with quantitative data collection methods and wish to collect high volumes of statistical data. If wide scale consultation / evaluation are required then online or paper-based surveys may be appropriate.

Survey design and guidance from SIRC. Data input time, SPSS (or equivalent) to analyse data.

Design your own sport

A 'design your own sport' sheet is used with a series of stickers which young people can use to show the characteristics of sport(s) that appeal to them. This helps to build profiles of what appeals to young people.

A series of 'types' of young people can be developed to help provide greater understanding of, 'who are the semi sporty?', and help to inform planning.

Interesting and interactive, appeals to young people.

Requires somebody to administer this method, ask the questions and provide the stickers.

Case studies



SIRC can aid the process of case study production by helping to collect data via phone and email interviews with deliverers and partners, and formatting this into the Sport Unlimited template. You will need to provide contact details for all individuals to be interviewed.

Case studies can be distributed nationally via Sport England and showcased on the Sport Unlimited evaluation website.

Case studies enable SIRC to showcase the achievements of projects and to share learning and good practice. They are useful for showcasing the success of Sport Unlimited to all project partners and stakeholders.

SIRC are able to help to produce case studies if brief details and contacts are provided. If you have already collected some data SIRC can shape this into a case study.

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