



12 April 2017

Re: Research on exercise and team challenges at Ten Tors 2017

Dear Team Manager,

I am writing about research we are planning at the upcoming Ten Tors Challenge (TTC) on 5-7 May. You may remember our announcements at the event last year, and our invitation to sign up to hear more about our plans. Thank you for your interest. We were overwhelmed by the response - 116 team managers representing approximately 320 teams signed up. There is room for more and so we are sending this letter to all team managers involved in TT 2017. We are excited about the possibilities for research at TT and to working with many of you and your teams.

In this letter, we provide some information about the research and what it would entail for participants. We will also communicate this information directly to participants and parents/guardians. Anyone participating in the TTC may take part in the research (35, 45, or 55 milers). Parental/guardian consent is a strict prior condition for participation. If you are planning to be at TT 17, and to manage one or more teams, all we need is your assistance in contacting parents directly. More details on this are given below.

What are the aims of the research?

The title of the project is "Bonds, sweat and peers: exercise and group dynamics at the Ten Tors Challenge". Through an ongoing programme of research studies at the annual Ten Tors event, we aim to gain a better understanding of the psychological links between group exercise challenges, team bonding, and wellbeing among participants. In this survey-based project, we will ask questions about each of these things, and the responses will allow us to analyse links among them using statistical methods. The project forms part of a wider laboratory and field-based programme of research into the connections among movement and exercise, social bonding and cooperation, and health and wellbeing.

What would your/your team member's involvement entail?

The research at TT 17 will be survey-based and participants will complete the surveys individually. Surveys will be completed online. We may also use progress data from the live feed and finishing results provided by the Ten Tors organizers in our analyses. Survey responses will help us get a feel for participants' experiences of the event. The surveys will use standard questions from psychology research to explore participants' thoughts about the challenge, their feelings and mood, their team, and their performance. Responses will normally be indicated on a scale (e.g., from Strongly Disagree to Strongly Agree) – we will not ask difficult or complex questions requiring long answers.

Whilst at Okehampton camp, there will be two surveys. One will be on Friday (the day before setting off on the challenge) and one on Sunday, just after the challenge. The survey on Friday will take approximately 15-20 minutes and the survey on Sunday will take approximately 5-7 minutes. Participants will also complete a short survey (3-5 mins) 7-9 days before the event (26-28th April) and 7-9 days after the event (14th-16th May). These can be completed at home.

Surveys will be administered electronically and online. We will use the Bristol Online Survey platform to administer the online surveys securely. This platform has been designed for academic

research, education, and public sector organisations and it is fully compliant with all UK data protection laws. There will likely be scores of participants and therefore hundreds if not thousands of individual responses. Online survey software offers an efficient and reliable way to gather and organise large amounts of data. Participants will answer the survey on an internet-connected computer, tablet or phone.

If your team members do not expect to have access to internet at the camp, we will arrange a temporary web connection through the TT WiFi provision. If your team members do not have access to a phone, tablet or a computer at Okehampton Camp during TT that they can use to connect to the internet, there will be some computer terminals available for use. In order to avoid overloading the internet connection, there will be a strict timetable for participants to adhere to – teams will have a specific time at which they should connect to and take part in the survey. Full instructions on arrangements for connecting to the survey online will be given at the event. The TT organisers are being careful to programme the survey activities into the busy day the challengers have.

There are no known benefits or harm associated with participating in the research, other than contributing to our understanding of the psychology of group exercise challenges, team cohesion and wellbeing. Participants are free to withdraw from the study at any point, without penalty; all they need to do is let us know (by e-mail to Emma Cohen: tentorsresearch@anthro.ox.ac.uk). The University has strict ethical procedures for conducting research with young people. The proposed research has been granted ethics approval by the Departmental Research Ethics Committee at the School of Anthropology and Museum Ethnography, University of Oxford. I will be happy to provide evidence of my certificate of DBS clearance, if requested.

What happens next?

If you would like your team members to have the opportunity to take part in the research, we need their parents/guardians to give consent. We have prepared an online form where parents/guardians may read and download information about the study (as given to you above), give their consent, and provide contact details for participating challengers.

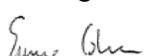
Please pass this link on to parents by whatever means is most convenient for you. The first survey will be accessible from 8am on Wednesday 26th April until 11pm on Friday 28th April. We would be grateful if you could contact parents in advance of these dates.

Link to online parental consent form:

<https://oxford.onlinesurveys.ac.uk/ttr-information-consent>

Thank you for your help. Please don't hesitate to get in touch if you have any questions. I will do my best to get back to you as soon as possible.

Kind regards,



Emma Cohen (tentorsresearch@anthro.ox.ac.uk)

Associate Professor, Institute of Cognitive and Evolutionary Anthropology, University of Oxford
Fellow in Human Sciences, Wadham College