

2025 Yukon Healthy Living Study

PARTICIPANT INFORMATION SHEET

Land Acknowledgement

We acknowledge this research and survey are taking place on the traditional territories of the 14 Yukon First Nations.

Purpose of Research

You are being invited to partake in a research study. The study involves completing a short survey focusing on your patterns and preferences around active living. There will be questions focusing on the types of physical activity you enjoy, and how often you do them; motivators and barriers to being active; and facilities and other resources that support active lifestyles in your community. This research seeks to understand what physical activity looks like across the territory and identify trends over time. The information from this survey will be used to guide the programming of the Recreation & Parks Association of the Yukon (RPAY) and can be used to make recommendations to the Yukon Government and other parties involved in recreation. By completing this survey you can be entered into a draw to receive a prize of a Yukon Local Gift Card

Survey questions will include 4 main subjects:

1. Active things you like to do in the summer and winter and how often you do them
2. Trails and facilities in your community
3. What motivates you to be active
4. Barriers that affect your ability to be active

You will be asked to answer questions on the four topics above, taking about 10–15 minutes, though you may take as much time as needed. The study will be conducted online or in person at a community event. We will only collect limited personal information: your age range (under 25, 25–44, 45–64, 65+), gender identity, and the community where you live. If you complete the survey on a personal device, the IP address will be recorded. If you choose to enter the prize draw, you must provide your email and/or phone number. Your contact details and IP address will only be used to verify responses and distribute prizes. Before we review your responses, we will unlink your personal information so your identity will be protected. All information will be stored securely and will not be shared or used beyond this study. You may withdraw at any time during the survey, but once submitted, your responses cannot be removed.

Exclusion from Prize Draw

Online surveys can be a target for fraudulent actors who complete the survey for the sole purpose of receiving compensation. For this reason, our research team will review responses for suspicious behaviour and any respondents deemed as fraudulent will be excluded from the prize draw. Additionally, prizes can only be delivered to those residing in the Yukon, no prizes will be delivered online or shipped outside of the territory. If you have questions or concerns about this, feel free to contact YHLS@yukonu.ca

Potential Risks

If you complete this survey in person at a community event there is a very minimal risk that you could contract COVID-19 while participating in the study due to interacting with other people. Masks and hand sanitizer will be available. There is also minimal risk of psychological discomfort, if at any point you feel you need to, please access the resources provided by our research team.

What Will Happen With This Information Afterward?

All data will be stored on Voxco Servers located in Quebec. After collection, the data you provide will be anonymized. Our final results will not include any personal information that could identify you. We will be creating a report and infographics to share the results of this work. They will be shared online, and with townships, local authorities for unincorporated communities, First Nations Governments and any other interested groups. Any online files will be deleted after 5 years. If you would like to receive a copy of the results, send an email request to YHLS@yukonu.ca and we will share the results when they are ready. (expected March 2026)

Right to Withdraw

Your participation is voluntary, and you can answer only the questions that you are comfortable with. You may withdraw from the research project for any reason, at any time without explanation or penalty of any sort. Whether you chose to participate or not will have no effect on your position [e.g., employment, class standing, access to services] or how you will be treated. Should you wish to withdraw, you can simply exit the survey. However, once the survey has been submitted, you can no longer withdraw from the study.

Implied Consent for Surveys

By completing the survey, your free and informed consent is implied and shows that you understand the above conditions of participation in this study.

Questions or Concerns about Ethical Conduct

This project has been reviewed on ethical grounds by the Yukon University Research Ethics Board. Any questions regarding your rights or ethical concerns you may have as a participant may be addressed to the REB Chair by emailing ethics@yukonu.ca.

If this is interesting, contact YSPOR Research Assistant, Isabelle Schwarz for further information.

Email: YHLS@yukonu.ca

Address: 520 College Dr, Whitehorse, YT Y1A 5N5

Open at 8:30am · Closes 4 p.m.

