



FREE PICKLEBALL CLASSES STUDY

Engaging in routine physical activity is an important health behavior that may help adults live longer, avoid chronic diseases and improve health and well-being. In order to help adults to meet the national physical activity guidelines, in cooperation with the City of Los Angeles Dept. of Recreation and Parks, RAND Corporation is offering free pickleball classes. If you are an adult who can engage in physical activity, you may take advantage of the free pickleball classes, which will be offered every Saturday and Sunday mornings until November 19, 2017.

We will be collecting basic information about adults who are interested, including gender, age, race/ethnicity and how often they attend the classes so we can determine the potential demand for these services in the future. This research is to find out whether adults in this neighborhood are interested in getting free pickleball classes. We are also interested in learn physical and mental health improvements associated with pickleball, as well as help motivate more middle-aged adults to participate in the sport.

Participation in this study is voluntary and participants can decide to stop at any time, with no penalties or consequences. Also, the participation is confidential, we will not share personal identifiable information with any persons outside the research team. There is also a risk of injury, as with any sport or physical activity. To determine your eligibility, you will be asked to complete a form about your health to check if your participation in this study is safe for your body and health.

If you have any questions about the research or if you want to report any problems, you may contact Gabriela Castro at 310 393-0411 ext. 6208 or gabriela@rand.org. You may also reach the Principal Investigator of the study, Dr. Deborah Cohen at dcohen@rand.org. You may also reach the RAND Human Subjects Protection Committee if you have questions about your rights as a research participant or need to report a research-related injury or concern. You can contact RAND's Human Subjects Protection Committee toll-free at (866) 697-5620 or by emailing hspcinfo@rand.org. If possible, when you contact the Committee, please reference Study #2011-0692.

Thanks for your interest. We welcome your cooperation and participation.