



## Project Title

**Active Springfield Neighbourhoods Project**

## Research team contact details

### Student Investigator Details

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## Description

This project is being undertaken as part of a Doctor of Philosophy at the University of Southern Queensland.

Most Australian adults do not participate in sufficient physical activity for health benefits. Research over recent decades shows that the environment shapes opportunities to be active. The characteristics of neighbourhoods, including the design of routes and quality of destinations, play an important role in supporting physical activity. Route quality (e.g., road safety, footpath continuity, shade trees) influences whether people choose walking, cycling or public transport to reach destinations rather than driving. Destination attractiveness affects both the likelihood of undertaking the trip, and the level of activity at the destination (e.g., well-maintained and provisioned parks, and clusters of local shops that encourage additional walking).

Policymakers have called for increased evidence on how neighbourhood design affects physical activity in neighbourhoods. The main aim of this research project is to determine the relationship between neighbourhood design and physical activity levels. Specifically, this project will explore how the quality of routes and the appeal of key neighbourhood destinations are associated with residents' participation in physical activity.

## Participation

### What do I need to do?

Should you agree to participate, we will ask you to complete a survey which seeks to understand how your neighbourhood's design affects how easy or difficult it is to be active – whether travelling to places or being active for recreation.

Residents living within approximately 800m of the Springfield Lakes Village and Spring Mountain Village (e.g., within a 10 – 15-minute walk or very short drive) are asked to complete an online survey. This survey includes 23 questions and is estimated to take about 15 to 20 minutes to complete. The surveys consist of the following sub-sections:

- Questions about your neighbourhood
- Your physical activity
- Demographics

### Additional information:

Your participation in this project is entirely voluntary. If you do not wish to take part, you are not obliged to. If you decide to take part and later change your mind, you are free to withdraw from the project at any stage. You may also request that any data collected about you be withdrawn and confidentially destroyed.

If you do wish to withdraw from this project or withdraw data collected about yourself please contact the Research Team (contact details at the top of this form). Your decision whether you take part, do not take part, or take part and then withdraw, will in no way impact your current or future relationship with the University of Southern Queensland.

## Expected benefits

It is expected that this project will directly benefit residents of the study areas by identifying effective features and gaps in local routes and at key destinations. This will provide the local council with actionable, place-based priorities for infrastructure planning, design and investment to create environments that better support physical activity within these communities.

You are invited to request a summary of project results. Should you wish to receive summary results, you will be asked to provide your name and email address after completing a survey.

## Risks

In participating in the survey, there are no anticipated risks beyond normal day-to-day living. Should any adverse events arise as a result of participating in this project, participants are encouraged to contact the Research Team (contact details at the top of this form).

## Privacy and confidentiality

All comments and responses are confidential unless required by law.

Participants can request a summary of project results by contacting the Research Team via the contact details provided at the top of the form. Your personal information (name and email address) is only required if you would like to receive a summary of the project results.

Data collected may be made available for future research purposes for similar projects only, and shared with the local council and relevant state government departments. All data will be stored and / or shared will be non-identifiable, meaning you will not be identifiable within any research outputs (i.e., summary reports, conference presentations and / or research publications).

Any data collected as a part of this project will be stored securely, as per University of Southern Queensland's [Research Data and Primary Materials Management Procedure](#).

## Consent to participate

By clicking the 'Submit' button at the end of the online survey, or by signing the survey in person, you are indicating that you:

- Have read and understood the information document regarding this project
- Have had any questions answered to your satisfaction
- Understand that if you have any additional questions, you can contact the research team
- Are over 18 years of age
- Understand that any data collected may be used in future research activities
- Agree to participate in the project

## Prize draw (optional)

As a thank you for your time, you may choose to enter an optional prize draw to win a \$200 Healthy and Active pack (including a Fitbit and some UniSQ merchandise). Entry to the draw is voluntary and is completed via a separate prize draw entry form so your contact details are not linked to your survey responses.

All survey questions are optional except for the first question (which asks if you live in the Spring Lake or Spring Mountain neighbourhood). If you submit the survey, you may enter the prize draw regardless of how many questions you answered. If you withdraw from the study at any time, your entry into the prize draw remains valid.

The prize draw will open and close with the survey open and close dates – from Monday 9<sup>th</sup> March 2026 to Friday April 10<sup>th</sup> April 2026. The prize winner will be selected randomly on Wednesday 15<sup>th</sup> April 2026. The potential prize winner will be notified within two weeks following the prize draw date.

This prize draw is being conducted in accordance with UniSQ's Standard Terms and Conditions of Entry into a Prize Draw for Participation in a Research Activity (attached). Private, personally identifiable information collected in

relation to the prize draw will be stored separately to the Research Data, and in accordance with UniSQ's Research Data Management Policy and Procedure and the Information Privacy Act 2009 (Qld).

To enter the prize draw, click on the prize entry form link at the end of the survey.

### Questions

Please refer to the Research team contact details at the top of the form to have any questions answered or to request further information about this project.

### Concerns or complaints

If you have any concerns or complaints about the ethical conduct of the project, you may contact the University of Southern Queensland, Manager of Research Integrity and Ethics on +61 7 4631 1839 or email [researchintegrity@usq.edu.au](mailto:researchintegrity@usq.edu.au). The Manager of Research Integrity and Ethics is not connected with the research project and can address your concern in an unbiased manner.

**Thank you for taking the time to help with this research project. Please keep this document for your information.**

## Standard Terms and Conditions of Entry into a Prize Draw for Participation in a Research Activity

<b>HREC ID</b>	ETH2025-0898
<b>Project Title</b>	The Active Springfield Neighbourhoods Project
<b>Principal Investigator</b>	Prof Tracy Kolbe-Alexander

1. The *University of Southern Queensland* (USQ) ABN 40 234 732 081, having its principal place of business at West Street, Darling Heights QLD 4350, is conducting a prize draw for participants in the Research Activity that is part of the research project, both named above and on the **attached** participant information sheet (the "Prize Draw").
2. Information on how to enter the Prize Draw forms part of these Terms and Conditions.
3. By submitting the entry form, each participant is deemed to have entered the Prize Draw and agreed to be bound by these Terms and Conditions.
4. The opening and closing dates of the Prize Draw are listed on the participant information sheet. The prize winner will be selected by a random draw from the entries which will take place at USQ on the prize draw date as listed in the participant information sheet.
5. The entrant of the first entry drawn randomly will be the potential prize winner of the prize listed on the participant information sheet. If more than one prize is being offered the major prize will be drawn first and the other prizes then drawn in descending order of value. The prize is not transferable, refundable, exchangeable, and cannot be taken as cash. USQ reserves the right to substitute the prize or part of the prize with other item or items totalling an equal value or greater value in the event the prize is not able to be awarded. Any change in the value of the prize between the commencement and conclusion of the Prize Draw is not the responsibility of USQ. In addition, any terms and conditions (including time limitations) applicable to the prize and ancillary costs incurred in taking and using the prize is the responsibility of the winner and not USQ. If the prize is given as a voucher, USQ takes no responsibility for any voucher expiry date. It is the sole responsibility of the winner to check a voucher's expiry date and use the voucher within the time limit specified on the voucher.
6. USQ will use reasonable efforts to notify the potential prize winner by no later than two weeks after the prize draw date. If a potential winner cannot be contacted or refuses the prize, it will be offered to the entrant of the next randomly drawn entry from the remaining entries.
7. To successfully claim the prize and be determined the winner by USQ, the potential winner must:
  - (i) within twenty-one (21) days of receipt of prize draw notification:
    - (a) acknowledge receipt of the prize draw notification, and
    - (b) provide a postal address for delivery of the prize via registered post or arrange a mutually convenient time to collect the prize from the nearest University of Southern Queensland Campus, and
  - (ii) in the case of collection of the prize, collect the prize from the arranged USQ Campus, within thirty (30) days from the initial nominated and agreed collection date. Proof of identification will be required to collect the prize.
8. In the event a prize is not successfully claimed, a second chance draw will occur at the same place as the original draw within twenty-five (25) days of the expiry of the claim period. In the event the second draw prize is not successfully claimed, the prize will not be awarded.

9. USQ does not accept any responsibility for late, lost, incomplete, incorrectly submitted, delayed, illegible, corrupted, or misdirected entries, claims or correspondence, whether due to error, omission, alteration, tampering, deletion, theft, destruction, transmission interruption, communications failure or otherwise.
10. USQ reserves the right in its sole discretion to cancel, terminate, modify or suspend the Prize Draw including extending the end date of the Prize Draw or varying the time of a draw. USQ also reserves the right to disqualify any individual who USQ has reason to believe has breached any of these conditions, or engaged in any unlawful or other improper misconduct calculated to jeopardise the fair and proper conduct of the Prize Draw.
11. If for any reason this Prize Draw or the conducting of it is not able to be run as planned or it is interfered with in any way which may affect the administration, security, fairness, integrity or proper conduct of this Prize Draw or otherwise beyond the reasonable control of USQ, USQ reserves the right, in its sole discretion, to the fullest extent permitted by the law and subject to any written directions from a regulatory authority, to modify, suspend, terminate or cancel the Prize draw, as appropriate.
12. All entries become the property of USQ and will not be returned to participants.
13. All decisions of USQ in relation to the conduct of the Prize Draw, including the winner of the prize, are final and binding and no correspondence will be entered into.
14. Except for any liability which cannot be excluded by law (in which case liability is limited to the maximum allowable by law), neither USQ nor any of its Associates (including employees, contractors, agents, and suppliers) will be liable for any liability, loss, damage, cost or expense (including direct, indirect, special or consequential) howsoever arising and on any theory of liability including contract, tort (including negligence) or statute that arises out or in connection of the Prize Draw (including any use of the Prize). The entrant indemnifies USQ for any loss or damage suffered from providing false, incorrect, incomplete or misleading information or breaching any Terms and Conditions in this Prize Draw. This clause survives the end of the Prize Draw.
15. Your Personal Information as defined by the *Information Privacy Act 2009* (Qld) may be collected and used and disclosed by USQ for university and Prize Draw purposes and other incidental and associated functions and activities. By participating in the Prize Draw you consent to USQ using and disclosing any part of your Personal Information as set out above including transferring your Personal Information outside of Australia. USQ's Privacy Policy is available at <http://policy.usq.edu.au/documents/13404PL>