

INSPIRA Project - Pilot and Testing Phase

Application and Consent Form

1. Project Information

The INSPIRA Project is a European initiative co-funded by the *Erasmus+* Program of the European Union. It aims to promote health, well-being, and social inclusion through tennis, through use of the INSPIRA model, tools, and resources. During the Pilot and Testing Phase (June–September 2026), selected participants will take part in tennis-related activities, using the INSPIRA App and Sports-Educational Program. The project seeks to evaluate the functionality and impact of the INSPIRA tools and resources on physical activity levels, well-being, and social engagement.

2. Participant Involvement

By participating in this pilot phase, you agree to:

- Take part in tennis and related activities organised by selected tennis clubs
- Sign up for and use the INSPIRA App as part of your participation
- Complete short surveys before and after the pilot phase, providing feedback on your experience

Participation is voluntary, free and you may withdraw at any time without consequences.

3. Data Collection and Use

As part of the project, the following data may be collected:

- Basic demographic information (e.g. age group, gender)
- Participation data (e.g. activity frequency, app usage)
- Survey responses related to health, well-being, and social engagement

All collected data will be:

- Used exclusively for research, evaluation, and reporting purposes within the INSPIRA Project
- Processed in accordance with applicable data protection regulations, including the General Data Protection Regulation (GDPR)
- Anonymised and aggregated before inclusion in reports

Results of this pilot phase will be included in the final report submitted to *Erasmus+*. Your personal data will be handled confidentially and securely. No personally identifiable information will be published. You have the right to request deletion of your data at any time.

4. Consent Statement

By signing this form, you confirm that:

- You have read and understood the information provided above
- You voluntarily agree to participate in the INSPIRA Pilot and Testing Phase
- You consent to the collection and processing of your data for the purposes described
- You understand that anonymised data will be used in project reporting

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Tennis Club: _____

Participant Details

Participant Name: _____

Date of Birth: _____

Gender: m / f / divers / prefer not to answer

Email Address: _____

Do you have **special needs or requirements**, while playing tennis (e.g. wheelchair)?

No / Yes: _____

Signature

Signature: _____

Date: _____

For participants under 18 years of age:

Parent/Guardian Name: _____

Signature: _____

Date: _____

