



Active Lives Children and Young People survey

Genie Information Leaflet

Thank you for agreeing to take part in this study!



Please read this leaflet and show your parent



Genie Must Dos

- Wear for 7 days in a row
- Wear for 24 hours a day (all the time please!)
- Wear on your non-dominant wrist (non-writing hand)
- Wear it tight enough so it does not move
- Wear it with the gold buttons next to your hand if on your left wrist and with buttons pointing to elbow if on right wrist (if you press the buttons nothing happens)
- Wear for ALL activities, unless someone asks you to remove it for a health and safety reason e.g. contact sport
- Wear while sleeping
- Wear while washing and swimming – Genies are waterproof!
- Complete the online survey in the week you are wearing it and enter the Genie number – your teacher will tell you how
- **Parents (Year 1–2 children):** please keep a note of your child's Genie number which you will need to type in when you complete the online survey



Genie Can Dos

- Wear a sweatband OVER it
- Wear a Tubi grip bandage UNDER it, if your skin is sensitive
- If you have to take off the Genie for any reason, put it back on as soon as you can afterwards
- Keep it in a safe place if you have to take it off such as school tray, bag, blazer pocket, locker
- You can miss a day of wear if required for religious reasons
- Wear on a dominant wrist because of injury or disability on your other wrist



Genie Do Nots

- Do not put stickers or add other personalisation to the Genie
- Do not let anyone else wear your Genie
- Do not keep taking it on and off throughout the day
- Do not spray perfumes or use lotions directly on the Genie
- Do not wear in a sauna or during a medical scan



Genie Battery Life

- Genies do not need charging, they come fully charged
- There is no screen or GPS so the battery life lasts longer than a normal smart watch

Genie Loss / Damage

- If you lose or damage the Genie please tell your teacher as soon as possible
- We understand accidents happen
- You, your parent or your school will not be responsible, and you will not be charged
- Genie straps can be replaced at the lab if they break

What to do if you need to clean the Genie

- Use soapy water or an anti-bacterial wipe
- Dry using a towel or dry cloth

Extra information

- If the Genie gets wet please dry your skin underneath to prevent irritation
- If you need cream to be applied to the skin, this can still be done and will not affect the Genie
- If you have missed a day of wearing the Genie, please put it back on and keep wearing it
- All data is useful for us

Sustainability

- Genies are not a single use item. They are worn up to 50 times before their performance is checked
- This can be over 4 years of wear



**Does your coach or teacher have questions?
Show them this information.**

Information for coaches / teachers

- They are wearing a movement monitor (GENEActiv which we call a Genie) to measure their movement and rest they do across a week
- This is for the official Active Lives Survey
- Sport England and Ipsos run the Active Lives Survey, which asks children and young people what sport and physical activities they take part in both in and out of school
- They are wearing the 'Genie' movement monitor for 7 days, 24 hours a day, as part of this survey
- This is to understand how children engage with sport and physical activity and to understand if they are meeting the guidelines for 60 minutes of physical activity a day
- We would like them to wear it for ALL activities
- We have provided a sweat band children can wear over the device to protect it during sport and protect other children from it
- Please only ask them to take it off if there are health and safety concerns