Sabiston, Catherine
University of Toronto
In partnership with Fast and Female
SIRC Researcher/Practitioner Match Grant 2021

Creating an Evidence-Based Impact Assessment Tool

This MATCH partnership between Dr. Catherine Sabiston (University of Toronto) and Fast and Female was to develop a reliable and valid evaluation process for understanding participant experiences in, and impact of, the Fast and Female programs. We succeeded in developing a survey that is designed specifically for girls under age 18 (with particular focus for girls under age 12), using a post-event platform whereby the survey is completed within the event time frame. The survey targets key deliverables and outcomes of interest to Fast and Female that were also identified as important by former event participants. Furthermore, question details (e.g., type, format, length, order) were designed with evidence-based practices garnered from a literature review. The survey was pilot-tested using two events held specifically for the purpose of evaluation. The events drew on existing partnerships with Boxing Ontario and Badminton Canada. This novel, evidence-based program evaluation process and outcome survey may be useful for other organizations with goals of better understanding participant benefits in dedicated events.

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