Supplementary File 2 – National Survey

Thank you for taking part in our survey "Physical activity and Screen time practices in OSHC: Understanding Australian OSHC"

We want to understand what types of activities and duration are offered in your OSHC service.

The following questions are asked across varying aspects of OSHC (before and after school care). If your service provides both, please complete both components, you will be prompted accordingly. The final section contains our draft Physical Activity and Screen Time Guidelines for OSHC for you to provide feedback and comment on. This survey should take approximately 15 minutes to complete.

- 1. Location: 🗌 Australian Capital Territory
 - □ New South Wales
 - □ Northern Territory
 - Queensland
 - □ South Australia
 - 🗆 Tasmania
 - 🗆 Victoria
 - U Western Australia
- 2. What is your average daily attendance at OSHC?

3. Does your service provide Before School care? YES NO – if yes prompts to complete the components, if NO skips to AFTER SCHOOL CARE

4. What are your typical hours of operation?

Start Time:

End Time:

The following items will ask about general play, screen-based activities, and energetic play activities offered in your OSHC services during before school care.

These questions relate to your **TYPICAL** programming during before school care. Please think about what is offered on a typical day. If your schedule has changed due to COVID-19, please answer the questions based on what happened in your OSHC service **before COVID19**. (e.g. the first half of Term 1 2020).

For each activity, please indicate if it is available in 15 minute increments. Please only tick activities that are offered every day or most days.

For example, if a service offers energetic indoor play every day from 7:00 to 8:00, the form should be filled out like this:

Before School Care

* 7. Please select the times energetic play opportunities are available:

6:30 - 6:45am	✓ 7:30 - 7:45am
6:45 - 7:00am	7:45 - 8:00am
✓ 7:00 - 7:15am	8:00 - 8:15am
✓ 7:15 - 7:30am	8:15 - 8:30am
ОК	

If staff led active games are offered occasionally (e.g. once or twice a week), do not tick any boxes, as we are interested in what is happening every day or most days

5. Does your OSHC service provide opportunities for Physical Activity (e.g. sports equipment/playground play) during Before School Care?

If YES, prompts you to complete the questions, if NO skips to Recreational Screen Time

6. Do you provide energetic play opportunities indoors (e.g. indoor gym/hall/games)? If YES prompts to provide time, if NO skips to next question

7. Please select the times available for energetic play opportunities indoor:

6:30 -	6:45 –	7:00 -	7:15 –	7:30 -	7:45 –	8:00 -	8:00 -	8:30 -	8:45 –
6.45am	7.00am	7:15am	7:30am	7:45am	8:00am	8:15am	8:15am	8:45am	9:00am
0	0	0	0	0	0	0	0	0	0

8. Do you provide energetic play opportunities outdoors (e.g. oval/playground) ? If YES prompts to provide time, if NO skips to next question

6:30 -	6:45 -	7:00 -	7:15 –	7:30 –	7:45 -	8:00 –	8:00 –	8:30 –	8:45 –
6.45am	7.00am	7:15am	7:30am	7:45am	8:00am	8:15am	8:15am	8:45am	9:00am
0	0	0	0	0	0	0	0	0	0

10. Do you provide staff led active games/ activities? If YES prompts to provide time, if NO skips to next question 11. Please select the time available:

30 – 6.45am	6:45 – 7.00am	7:00 – 7:15am	7:15 – 7:30am	7:30 – 7:45am	7:45 – 8:00am	8:00 – 8:15am	8:00 – 8:15am	8:30 – 8:45am	8:45 – 9:00an
0	0	0	0	0	0	0	0	0	0
		en access an indo ect the time avail		or active play? If	YES prompts to p	rovide time, if N(D skips to next qu	lestion	
6:30 – 6.45am	6:45 – 7.00am	7:00 – 7:15am	7:15 – 7:30am	7:30 – 7:45am	7:45 – 8:00am			:30 – 8:4! 45am	5 – 9:00am
	0		0	0	0	0	0	0	

6:30 –	6:45 –	7:00 –	7:15 –	7:30 –	7:45 –	8:00 –	8:00 –	8:30 –	8:45 –
6.45am	7.00am	7:15am	7:30am	7:45am	8:00am	8:15am	8:15am	8:45am	9:00am
0	0	0	0	0	0	0	0	0	0

16. Can children use sports equipment (e.g. balls/hoops) ? If YES prompts to provide time, if NO skips to next question 17. Please select the time available:

6:30 – 6.45am	6:45 – 7.00am	7:00 – 7:15am	7:15 – 7:30am	7:30 – 7:45am	7:45 – 8:00am	8:00 – 8:15am	8:00 – 8:15am	8:30 – 8:45am	8:45 – 9:00am
0	0	0	0	0	0	0	0	0	0

18. Does your service provide any other physically active activities not already listed during the before school care session? [List includes: energetic play indoors, energetic play outdoors, staff led games, playground inside, playground outside, sports equipment] If YES prompts to provide time and specify the activity, if NO skips to next question

19. Please select the time available and Specify the activity:

6:30 – 6.45am	6:45 – 7.00am	7:00 –	7:15 –	7:30 –	7:45 –	8:00 -	8:00 -	8:30 -	8:45 –
		7:15am	7:30am	7:45am	8:00am	8:15am	8:15am	8:45am	9:00am
0	0	0	0	0	0	0	0	0	0

20. Does your service provide any other physically active activities not already listed during the before school care session? [List includes: energetic play indoors, energetic play outdoors, staff led games, playground inside, playground outside, sports equipment] If YES prompts to provide time and specify the activity, if NO skips to next question

21. Please select the time available and Specify the activity:

6:30 – 6.45am	6:45 –	7:00 –	7:15 –	7:30 –	7:45 –	8:00 –	8:00 –	8:30 –	8:45 –
	7.00am	7:15am	7:30am	7:45am	8:00am	8:15am	8:15am	8:45am	9:00am
0	0	0	0	0	0	0	0	0	0

- 22. Does your service provide any other physically active activities not already listed during the before school care session? [List includes: energetic play indoors, energetic play outdoors, staff led games, playground inside, playground outside, sports equipment] If YES prompts to provide time and specify the activity, if NO skips to next question
- 23. Please select the time available and Specify the activity:

6:30 – 6.45am	6:45 –	7:00 –	7:15 –	7:30 –	7:45 –	8:00 –	8:00 –	8:30 –	8:45 –
	7.00am	7:15am	7:30am	7:45am	8:00am	8:15am	8:15am	8:45am	9:00am
0	0	0	0	0	0	0	0	0	0

24. Does your OSHC service provide Recreational Screen Time (e.g. ipads/tv/computer) during Before School Care?

If YES, prompts you to complete the questions, if NO skips to Sedentary Activities

25. Do you allow TV/DVD viewing? If YES prompts to provide time, if NO skips to next question

26. Please select the time available:

6:30 – 6.45am	6:45 – 7.00am	7:00 -	7:15 –	7:30 –	7:45 –	8:00 -	8:00 -	8:30 -	8:45 –
		7:15am	7:30am	7:45am	8:00am	8:15am	8:15am	8:45am	9:00am
0	0	0	0	0	0	0	0	0	0

27. Do you allow use of ipads/tablets? If YES prompts to provide time, if NO skips to next question

6:30 – 6.45am	6:45 – 7.00am	7:00 -	7:15 -	7:30 -	7:45 –	8:00 -	8:00 -	8:30 -	8:45 -
		7:15am	7:30am	7:45am	8:00am	8:15am	8:15am	8:45am	9:00am
0	0	0	0	0	0	0	0	0	0

29. Do you allow use of computers (not for homework)? If YES prompts to provide time, if NO skips to next question 30. Please select the time available:

6:30 – 6.45am	6:45 – 7.00am	7:00 – 7:15am	7:15 – 7:30am	7:30 – 7:45am	7:45 – 8:00am	8:00 – 8:15am	8:00 – 8:15am	8:30 – 8:45am	8:45 – 9:00am
0	0	0	0	0	0	0	0	0	0

31. Do you allow access to seated video games? If YES prompts to provide time, if NO skips to next question

32. Please select the time available:

6:30 – 6.45am	6:45 – 7.00am	7:00 -	7:15 –	7:30 –	7:45 –	8:00 -	8:00 -	8:30 -	8:45 –
		7:15am	7:30am	7:45am	8:00am	8:15am	8:15am	8:45am	9:00am
0	0	0	0	0	0	0	0	0	0

33. Do you allow access to standing/active video games? If YES prompts to provide time, if NO skips to next question

34. Please select the time available:

6:30 – 6.45am	6:45 – 7.00am	7:00 – 7:15am	7:15 – 7:30am	7:30 – 7:45am	7:45 – 8:00am	8:00 – 8:15am	8:00 – 8:15am	8:30 – 8:45am	8:45 – 9:00am
0	0	0	0	0	0	0	0	0	0

35. Does your service provide any other recreational screen activities not already listed ? [Listed: TV/DVD viewing, Computer Use, ipads/tablets, Video games seated, Video games standing] If YES prompts to provide time and specify activity, if NO skips to next question

6:30 – 6.45am	6:45 – 7.00am	7:00 –	7:15 –	7:30 –	7:45 –	8:00 –	8:00 –	8:30 –	8:45 –
		7:15am	7:30am	7:45am	8:00am	8:15am	8:15am	8:45am	9:00am
0	0	0	0	0	0	0	0	0	0

- 37. Do you provide any other additional recreational screen activities? if YES prompts to provide time and specify activity, if NO skips to next question.
- 38. Please select the time available and SPECIFY the activity:

6:30 – 6.45am	6:45 – 7.00am	7:00 – 7:15am	7:15 – 7:30am	7:30 – 7:45am	7:45 – 8:00am	8:00 – 8:15am	8:00 – 8:15am	8:30 – 8:45am	8:45 – 9:00am
0	0	0	0	0	0	0	0	0	0

39. Do you provide any other additional recreational screen activities? if YES prompts to provide time and specify activity, if NO skips to next question.

40. Please select the time available and SPECIFY the activity:

6:30 – 6.45am	6:45 – 7.00am	7:00 – 7:15am	7:15 – 7:30am	7:30 – 7:45am	7:45 – 8:00am	8:00 – 8:15am	8:00 – 8:15am	8:30 – 8:45am	8:45 – 9:00am
0	0	0	0	0	0	0	0	0	0

41. Does your OSHC service provide Sedentary Activities (e.g. board games/lego/indoor toys) during Before School Care?

If YES, prompts you to complete the questions, if NO skips to After School Care

42. Does your service provide breakfast? If YES prompts to provide time, if NO skips to next question

43. Please select the time available:

6:30 – 6.45am	6:45 – 7.00am	7:00 – 7:15am	7:15 – 7:30am	7:30 – 7:45am	7:45 – 8:00am	8:00 – 8:15am	8:00 – 8:15am	8:30 – 8:45am	8:45 – 9:00am
0	0	0	0	0	0	0	0	0	0
44. Does yo	our service provide	arts and craft	s? If YES prom	pts to provide	time, if NO skip	os to next ques	tion		
45. Please	select the time ava	ilable:							
6:30 – 6.45am	6:45 – 7.00am	7:00 – 7:15am	7:15 – 7:30am	7:30 – 7:45am	7:45 – 8:00am	8:00 – 8:15am	8:00 – 8:15am	8:30 – 8:45am	8:45 – 9:00am
				0	•	0	0	0	0
47. Please	o our service provide select the time ava	ilable:		ctivities? If YES		ovide time, if N	IO skips to nex	t question	
46. Does yo 47. Please s	our service provide	cooking/food ilable: 7:00 –	l preparation a 7:15 –	ctivities? If YES 7:30 –	5 prompts to pr 7:45 –	rovide time, if N 8:00 –	NO skips to nex 8:00 –	t question 8:30 –	8:45 —
46. Does yo 47. Please s	our service provide select the time ava	cooking/food ilable:	l preparation a	ctivities? If YES	5 prompts to pr	ovide time, if N	IO skips to nex	t question	8:45 –
46. Does yo 47. Please s 6:30 – 6.45am 0 48. Does yo	our service provide select the time ava 6:45 – 7.00am	cooking/food ilable: 7:00 – 7:15am O board games	l preparation a 7:15 – 7:30am O	ctivities? If YES 7:30 – 7:45am 0	5 prompts to pr 7:45 – <u>8:00am</u> O	rovide time, if N 8:00 – 8:15am 0	NO skips to nex 8:00 – 8:15am 0	t question 8:30 – 8:45am O	8:45 – <u>9:00am</u> O

50. Does your service assist with homework/reading? If YES prompts to provide time, if NO skips to next question

	6:45 – 7.00am	7:00 –	7:15 –	7:30 –	7:45 –	8:00 –	8:00 -	8:30 -	8:45 –
		7:15am	7:30am	7:45am	8:00am	8:15am	8:15am	8:45am	9:00am
0	0	0	0	0	0	0	0	0	0
•	our service provide	•	or children to c	lo homework/ı	reading witho u	It assistance? If	f YES prompts t	o provide time	, if
	os to next question								
53. Please	select the time ava	ilable:							
6:30 – 6.45am	6:45 – 7.00am	7:00 -	7:15 –	7:30 –	7:45 –	8:00 -	8:00 -	8:30 -	8:45 –
		7:15am	7:30am	7:45am	8:00am	8:15am	8:15am	8:45am	9:00am
									<u> </u>
0	0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0	0
	o our service provide								0
54. Does y		role play / dr							0
54. Does y 55. Please	our service provide select the time ava	role play / dr							8:45 –
54. Does y 55. Please	our service provide	erole play / dru ilable:	ess up opportu	inities? If YES p	prompts to pro	vide time, if NC) skips to next o	question	8:45 –
54. Does y 55. Please	our service provide select the time ava	e role play / dro ilable: 7:00 –	ess up opportu 7:15 –	ınities? If YES p 7:30 –	prompts to pro 7:45 –	vide time, if NC 8:00 –) skips to next o 8:00 –	question 8:30 –	
54. Does y 55. Please 6:30 – 6.45am	our service provide select the time ava 6:45 – 7.00am	e role play / dro ilable: 7:00 – 7:15am	ess up opportu 7:15 – 7:30am	ınities? If YES p 7:30 – 7:45am	orompts to pro 7:45 – 8:00am	vide time, if NC 8:00 – 8:15am) skips to next o 8:00 – 8:15am	question 8:30 – 8:45am	8:45 – 9:00am
54. Does y 55. Please 6:30 – 6.45am o	our service provide select the time ava 6:45 – 7.00am	e role play / dra ilable: 7:00 – 7:15am O	ess up opportu 7:15 – 7:30am 0	nities? If YES p 7:30 – 7:45am O	orompts to pro 7:45 – <u>8:00am</u> o	vide time, if NC 8:00 – 8:15am O) skips to next o 8:00 – 8:15am 0	question 8:30 – 8:45am O	8:45 – 9:00am
54. Does ye 55. Please 6:30 – 6.45am 0 56. Does ye	our service provide select the time ava 6:45 – 7.00am O	e role play / dro ilable: 7:00 – 7:15am O	ess up opportu 7:15 – 7:30am 0	nities? If YES p 7:30 – 7:45am O	orompts to pro 7:45 – <u>8:00am</u> o	vide time, if NC 8:00 – 8:15am O) skips to next o 8:00 – 8:15am 0	question 8:30 – 8:45am O	8:45 – 9:00am
54. Does yr 55. Please 6:30 – 6.45am O 56. Does yr	our service provide select the time ava 6:45 – 7.00am o our service provide	e role play / dro ilable: 7:00 – 7:15am O	ess up opportu 7:15 – 7:30am 0	nities? If YES p 7:30 – 7:45am O	orompts to pro 7:45 – <u>8:00am</u> o	vide time, if NC 8:00 – 8:15am O) skips to next o 8:00 – 8:15am 0	question 8:30 – 8:45am O	8:45 – <u>9:00am</u> O
54. Does y 55. Please 6:30 – 6.45am 0 56. Does y 57. Please	our service provide select the time ava 6:45 – 7.00am o o our service provide select the time ava	e role play / dra ilable: 7:00 – 7:15am o e opportunities ilable:	ess up opportu 7:15 – 7:30am o s to listen/play	nities? If YES p 7:30 – 7:45am O music? If YES p	orompts to prov 7:45 – 8:00am o prompts to pro	vide time, if NC 8:00 – 8:15am O vide time, if NC) skips to next o 8:00 – 8:15am O Skips to next of	question 8:30 – 8:45am O question	8:45 – 9:00am

58. Does your service provide indoor freeplay? If YES prompts to provide time, if NO skips to next question

59. Please select the time available:

6:30 – 6.45a	m 6:45 – 7.00am	7:00 – 7:15am	7:15 – 7:30am	7:30 – 7:45am	7:45 – 8:00am	8:00 – 8:15am	8:00 – 8:15am	8:30 – 8:45am	8:45 – 9:00am	
0	0	0	0	0	0	0	0	0	0	_

60. Does your service provide any other **sedentary activities** not already listed during the before school care session? [Listed: Breakfast, Arts/Crafts, Cooking/Food preparation, Boardgames/lego, Homework/reading with assistance, Homework/reading without assistance, Role play/dress ups, Listening to music/playing music, Indoor freeplay] If YES prompts to provide time and specify the activity, if NO skips to next question (AFTER SCHOOL CARE)

61. Please select the time available and specify the activity:

6:30 – 6.45am	6:45 – 7.00am	7:00 – 7:15am	7:15 – 7:30am	7:30 – 7:45am	7:45 – 8:00am	8:00 – 8:15am	8:00 – 8:15am	8:30 – 8:45am	8:45 – 9:00am
0	0	0	0	0	0	0	0	0	0

- 62. Does your service provide any other **sedentary activities** not already listed during the before school care session? [Listed: Breakfast, Arts/Crafts, Cooking/Food preparation, Boardgames/lego, Homework/reading with assistance, Homework/reading without assistance, Role play/dress ups, Listening to music/playing music, Indoor freeplay] If YES prompts to provide time and specify the activity, if NO skips to next question (AFTER SCHOOL CARE)
- 63. Please select the time available and specify the activity:

6:30 – 6.45am	6:45 – 7.00am	7:00 – 7:15am	7:15 – 7:30am	7:30 – 7:45am	7:45 – 8:00am	8:00 – 8:15am	8:00 – 8:15am	8:30 – 8:45am	8:45 – 9:00am
0	0	0	0	0	0	0	0	0	0

64. Does your service provide any other **sedentary activities** not already listed during the before school care session? [Listed: Breakfast, Arts/Crafts, Cooking/Food preparation, Boardgames/lego, Homework/reading with assistance, Homework/reading without

assistance, Role play/dress ups, Listening to music/playing music, Indoor freeplay] If YES prompts to provide time and specify the activity, if NO skips to next question (AFTER SCHOOL CARE)

65. Please select the time available and specify the activity:

6:30 – 6.45am	6:45 – 7.00am	7:00 – 7:15am	7:15 – 7:30am	7:30 – 7:45am	7:45 – 8:00am	8:00 – 8:15am	8:00 – 8:15am	8:30 – 8:45am	8:45 – 9:00am
0	0	0	0	0	0	0	0	0	0

66. Please provide any other comments about activity scheduling during Before School Care:

AFTER SCHOOL CARE

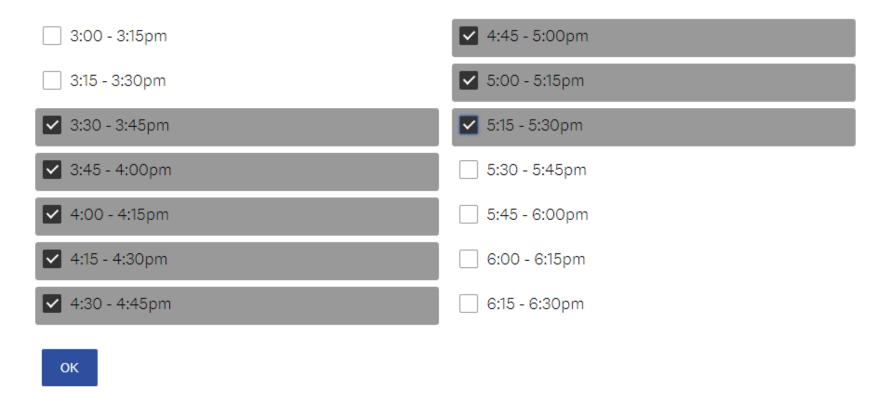
- 67. Does your OSHC service provide After School Care? If YES, prompts to next question, if NO Skips to Draft Guidelines.
- 68. What are your typical hours of operation?

The following questions relate to your **TYPICAL** programming during before school care. Please think about what is offered on a typical day. If you schedule has changed due to COVID-19, please answer the question based on what happened in your OSHC service **before COVID19**. (e.g. the first half of Term 1 2020).

For each activity, please indicate if it is available in 15 minute increments. Please only tick activities that are offered **every day or most** days.

For example, if a service offers energetic indoor play is offered every day from 3:305 to 5:30, the survey should be filled out like this:

* 9. Please select the times available for outdoor energetic play opportunities :



If staff led active games are offered occasionally (e.g. once or twice a week), do not tick any boxes, as we are interested in what is happening every day or most days

- 69. Does your OSHC service provide **Physical Activity** (e.g. sports equipment, playground play) opportunities during **After School Care?** If YES prompts to next question, if NO prompts to **Recreational Screen Time.**
- 70. Do you provide energetic play opportunities indoor (e.g. indoor gym/hall/games)? If YES prompts to provide time, if NO skips to next question

71. Please select the time available:	71.	. Please	select	the	time	available:
---------------------------------------	-----	----------	--------	-----	------	------------

3:00 – 3:15pm	3:15 – 3:30pm	3:30 – 3:45pm	3:45 – 4:00pm	4:00 – 4:15pm	4:15 – 4:30pm	4:30 – 4:45pm	4:45 – 5:00pm	5:00 – 5:15pm	5:15 – 5:30pm	5:30 – 5:45pm	5:45- 6:00pm	6:00 – 6:15pm	6:15 – 6:30pm
0	0	0	0	0	0	0	0	0	0	0	0	0	0
	72 Do voi	u provide er	orgotic play	v opportuniti	es outdoor (e	e.g. oval/play	around)? If	VES promi	nts to prov	vida tima i	f NO skins	to nevt	
	questi	on	time availat			g. 0vai/piay		res prom					
3:00 – 3:15pm	questi	on			4:15 – 4:30pm	4:30 – 4:45pm	4:45 – 5:00pm	5:00 – 5:15pm	5:15 – 5:30pm	5:30 – 5:45pm	5:45- 6:00pm	6:00 – 6:15pm	6:15 – 6:30pm

74. Do you provide staff led active games/active activities? If YES prompts to provide time, if NO skips to next question 75. Please select the time available:

3:00 – 3:15pm	3:15 – 3:30pm	3:30 – 3:45pm	3:45 – 4:00pm	4:00 – 4:15pm	4:15 – 4:30pm	4:30 – 4:45pm	4:45 – 5:00pm		5:15 – 5:30pm		5:45- 6:00pm	6:00 – 6:15pm	6:15 – 6:30pm
0	0	0	0	0	0	0	0	0	0	0	0	0	0

76. Can children access an indoor playground for active play? If YES prompts to provide time, if NO skips to next question 77. Please select the time available:

3:00 – 3:15pm	3:15 – 3:30pm	3:30 – 3:45pm	3:45 – 4:00pm	4:00 – 4:15pm	4:15 – 4:30pm	4:30 – 4:45pm			5:15 – 5:30pm		5:45- 6:00pm	6:00 – 6:15pm	6:15 – 6:30pm
0	0	0	0	0	0	0	0	0	0	0	0	0	0

78. Can children access an outdoor playground for active play? If YES prompts to provide time, if NO skips to next question 79. Please select the time available:

3:00 –	3:15 –	3:30 –	3:45 –	4:00 -	4:15 –	4:30 -	4:45 –	5:00 -	5:15 –	5:30 –	5:45-	6:00 -	6:15 –
3:15pm	3:30pm	3:45pm	4:00pm	4:15pm	4:30pm	4:45pm	5:00pm	5:15pm	5:30pm	5:45pm	6:00pm	6:15pm	6:30pm
0	0	0	0	0	0	0	0	0	0	0	0	0	0

80. Can children use sports equipment (e.g. balls/hoops)? If YES prompts to provide time, if NO skips to next question 81. Please select the time available:

3:00 –	3:15 –	3:30 –	3:45 –	4:00 –	4:15 –	4:30 –	4:45 –		5:15 –	5:30 –	5:45-	6:00 –	6:15 –
3:15pm	3:30pm	3:45pm	4:00pm	4:15pm	4:30pm	4:45pm	5:00pm		5:30pm	5:45pm	6:00pm	6:15pm	6:30pm
0	0	0	0	0	0	0	0	0	0	0	0	0	0

- 82. Does your service provide any other physical activities not already listed during the afterschool care session? [List includes: energetic play indoors, energetic play outdoors, staff led games, playground inside, playground outside, sports equipment] If YES prompts to provide time and specify the activity, if NO skips to next question
- 83. Please select the time available and Specify the activity:

3:00 -	3:15 –	3:30 –	3:45 –	4:00 -	4:15 –	4:30 -	4:45 –	5:00 -	5:15 –	5:30 –	5:45-	6:00 -	6:15 –
3:15pm	3:30pm	3:45pm	4:00pm	4:15pm	4:30pm	4:45pm	5:00pm	5:15pm	5:30pm	5:45pm	6:00pm	6:15pm	6:30pm
0	0	0	0	0	0	0	0	0	0	0	0	0	0

- 84. Does your service provide any other physical activities not already listed during the afterschool care session? [List includes: energetic play indoors, energetic play outdoors, staff led games, playground inside, playground outside, sports equipment] If YES prompts to provide time and specify the activity, if NO skips to next question
- 85. Please select the time available and Specify the activity:

3:00 –	3:15 –	3:30 -	3:45 –	4:00 -	4:15 –	4:30 -	4:45 –	5:00 -	5:15 –	5:30 –	5:45-	6:00 -	6:15 –
3:15pm	3:30pm	3:45pm	4:00pm	4:15pm	4:30pm	4:45pm	5:00pm	5:15pm	5:30pm	5:45pm	6:00pm	6:15pm	6:30pm
0	0	0	0	0	0	0	0	0	0	0	0	0	0

86. Does your service provide any other physical activities not already listed during the afterschool care session? [List includes: energetic play indoors, energetic play outdoors, staff led games, playground inside, playground outside, sports equipment] If YES prompts to provide time and specify the activity, if NO skips to next question

87. Please select the time available and Specify the activity:

3:00 -	3:15 –	3:30 –	3:45 –	4:00 -	4:15 –	4:30 -	4:45 –	5:00 –	5:15 –	5:30 –	5:45-	6:00 -	6:15 –
3:15pm	3:30pm	3:45pm	4:00pm	4:15pm	4:30pm	4:45pm	5:00pm	5:15pm	5:30pm	5:45pm	6:00pm	6:15pm	6:30pm
0	0	0	0	0	0	0	0	0	0	0	0	0	0

88. Does your OSHC service provide Recreational Screen Time (e.g. TV/DVD, computer use) opportunities during After School Care?

If YES, prompts you to complete the questions, if NO skips to Sedentary Activities

89. Do you allow TV/DVD viewing? If YES prompts to provide time, if NO skips to next question 90. Please select the time available:

3:00 – 3:15pm	3:15 – 3:30pm	3:30 – 3:45pm	3:45 – 4:00pm	4:00 – 4:15pm	4:15 – 4:30pm	4:30 – 4:45pm	4:45 – 5:00pm	5:00 – 5:15pm	5:15 – 5:30pm	5:30 – 5:45pm	5:45- 6:00pm	6:00 – 6:15pm	6:15 – 6:30pm
0	0	0	0	0	0	0	0	0	0	0	0	0	0
	91. Do you	allow use	of ipads/tal	plets? If YES p	prompts to pr	ovide time, i	f NO skips to	o next que	estion				
	92. Please	select the t	ime availat	ole:									
3:00 –	3:15 –	3:30 –	3:45 –	4:00 -	4:15 –	4:30 –	4:45 –	5:00 –	5:15 –	5:30 –	5:45-	6:00 –	6:15 –
3:15pm	3:30pm	3:45pm	4:00pm	4:15pm	4:30pm	4:45pm	5:00pm	5:15pm	5:30pm	5:45pm	6:00pm	6:15pm	6:30pm
0	0	0	0	0	0	0	0	0	0	0	0	0	0
	94. Please	select the t	ime availat	ole:	omework)? If		·	·	·	·			
3:00 –	3:15 –	3:30 –	3:45 –	4:00 -	4:15 –	4:30 –	4:45 –	5:00 –	5:15 –	5:30 –	5:45-	6:00 –	6:15 –
5.00 -			4.00	4:15pm	4:30pm	4:45pm	5:00pm	5:15pm	5:30pm	5:45pm	6:00pm	6:15pm	~ ~ ~
3:15pm	3:30pm	3:45pm	4:00pm	4.15pm	4.30pm	тэрш	3.00 pm	0.100		01100	0.0000	0.130	6:30pm

95. Do you allow access to seated video games? If YES prompts to provide time, if NO skips to next question 96. Please select the time available:

3:00 –	3:15 –	3:30 –	3:45 –	4:00 -	4:15 –	4:30 -	4:45 –	5:00 -	5:15 –	5:30 –	5:45-	6:00 –	6:15 –
3:15pm	3:30pm	3:45pm	4:00pm	4:15pm	4:30pm	4:45pm	5:00pm	5:15pm	5:30pm	5:45pm	6:00pm	6:15pm	6:30pm
0	0	0	0	0	0	0	0	0	0	0	0	0	0

97. Do you allow access to standing/active video games? If YES prompts to provide time, if NO skips to next question 98. Please select the time available:

3:00 – 3:15pm	3:15 – 3:30pm	3:30 – 3:45pm	3:45 – 4:00pm	4:00 – 4:15pm	4:15 – 4:30pm	4:30 – 4:45pm					5:45- 6:00pm	6:00 – 6:15pm	6:15 – 6:30pm
0	0	0	0	0	0	0	0	0	0	0	0	0	0

99. Does your service provide any other recreational screen activities not already listed ? [Listed: TV/DVD viewing, Computer Use,

ipads/tablets, Video games seated, Video games standing] If YES prompts to provide time, if NO skips to next question

3:00 – 3:15pm	3:15 – 3:30pm		3:45 – 4:00pm	4:00 – 4:15pm	4:15 – 4:30pm		4:45 – 5:00pm					6:00 – 6:15pm	
0	0	0	0	0	0	0	0	0	0	0	0	0	0

- 101. Does your service provide any other recreational screen activities not already listed ? [Listed: TV/DVD viewing, Computer Use, ipads/tablets, Video games seated, Video games standing] If YES prompts to provide time and specify the activity, if NO skips to next question
- 102. Please select the time available and specify the activity:

3:00 –	3:15 –	3:30 –	3:45 –	4:00 -	4:15 –	4:30 –	4:45 –	5:00 –	5:15 –	5:30 –	5:45-	6:00 –	6:15 –
3:15pm	3:30pm	3:45pm	4:00pm	4:15pm	4:30pm	4:45pm	5:00pm	5:15pm	5:30pm	5:45pm	6:00pm	6:15pm	6:30pm
0	0	0	0	0	0	0	0	0	0	0	0	0	0

103. Does your service provide any other recreational screen activities not already listed ? [Listed: TV/DVD viewing, Computer Use, ipads/tablets, Video games seated, Video games standing] If YES prompts to provide time and specify the activity, if NO skips to next question

104. Please select the time available and specify the activity:

3:00 -	3:15 –	3:30 –	3:45 –	4:00 -	4:15 –	4:30 -	4:45 –	5:00 -	5:15 –	5:30 –	5:45-	6:00 -	6:15 –
3:15pm	3:30pm	3:45pm	4:00pm	4:15pm	4:30pm	4:45pm	5:00pm	5:15pm	5:30pm	5:45pm	6:00pm	6:15pm	6:30pm
0	0	0	0	0	0	0	0	0	0	0	0	0	0

105. Does your OSHC service provide **Sedentary Activities** (e.g. board games/lego/indoor toys) during **After School Care?** If YES, prompts you to complete the questions, if NO skips to After School Care

106. Does your service provide arts and crafts? If YES prompts to provide time, if NO skips to next question

3:00 – 3:15pm	3:15 – 3:30pm	3:30 – 3:45pm	3:45 – 4:00pm	4:00 – 4:15pm	4:15 – 4:30pm	4:30 – 4:45pm	4:45 – 5:00pm	5:00 – 5:15pm	5:15 – 5:30pm	5:30 – 5:45pm	5:45- 6:00pm	6:00 – 6:15pm	6:15 – 6:30pm
0	0	0	0	0	0	0	0	0	0	0	0	0	0
			vice provide he time ava	e cooking/foo ailable:	d preparatio	n activities? I	f YES prom	ots to prov	ride time, i	f NO skips	to next qu	lestion	
3:00 -	3:15 –	3:30 -	3:45 –	4:00 -	4:15 –	4:30 -	4:45 –	5:00 -	5:15 –	5:30 –	5:45-	6:00 -	6:15 –
3:15pm	3:30pm	3:45pm	4:00pm	4:15pm	4:30pm	4:45pm	5:00pm	5:15pm	5:30pm	5:45pm	6:00pm	6:15pm	6:30pm

0	0	0	0	0	0	0	0	0	0	0	0	0	0
	110. Do questi		vice provide	e board game	es / lego / con	struction act	ivities? If YE	ES prompts	s to provid	e time, if N	NO skips to	o next	
	•		he time ava	ailable:									
3:00 – 3:15pm	3:15 – 3:30pm	3:30 – 3:45pm	3:45 – 4:00pm	4:00 – 4:15pm	4:15 – 4:30pm	4:30 – 4:45pm	4:45 – 5:00pm	5:00 – 5:15pm	5:15 – 5:30pm	5:30 – 5:45pm	5:45- 6:00pm	6:00 – 6:15pm	6:15 – 6:30pm
0	0	0	0	0	0	0	0	0	0	0	0	0	0
		•	vice assist w he time ava		rk/reading? I	f YES prompt	s to provide	e time, if N	O skips to	next ques	tion		
3:00 – 3:15pm	3:15 – 3:30pm	3:30 – 3:45pm	3:45 – 4:00pm	4:00 – 4:15pm	4:15 – 4:30pm	4:30 – 4:45pm	4:45 – 5:00pm	5:00 – 5:15pm	5:15 – 5:30pm	5:30 – 5:45pm	5:45- 6:00pm	6:00 – 6:15pm	6:15 – 6:30pm
0	0	0	0	0	0	0	0	0	0	0	0	0	0
	if NO s	kips to next	•		for children t	o do homew	ork/reading	; without a	assistance	? If YES pro	ompts to p	rovide tim	e,
	3:15 –	3:30 –	3:45 –	4:00 -	4:15 –	4:30 -	4:45 –	5:00 -	5:15 –	5:30 –	5:45-	6:00 –	6:15 –
3:00 -	5.15 -												
3:00 – 3:15pm	3:30pm	3:45pm	4:00pm	4:15pm	4:30pm	4:45pm	5:00pm	5:15pm	5:30pm	5:45pm	6:00pm	6:15pm	6:30pm

116. Does your service provide role play / dress up opportunities? If YES prompts to provide time, if NO skips to next question

3:00 – 3:15pm	3:15 – 3:30pm	3:30 – 3:45pm	3:45 – 4:00pm	4:00 – 4:15pm	4:15 – 4:30pm	4:30 – 4:45pm	4:45 – 5:00pm	5:00 – 5:15pm	5:15 – 5:30pm	5:30 – 5:45pm	5:45- 6:00pm	6:00 – 6:15pm	6:15 – 6:30pm
0	0 0	0 0	0	0	0	0	0	0	0	0 0	0	0	0
	118. Do	es your ser	vice provide	e opportuniti	es to listen/p	lay music? If	YES prompt	s to provid	de time, if	NO skips t	o next que	estion	
	119. Ple	ease select t	he time ava	ailable:									
3:00 –	3:15 –	3:30 –	3:45 –	4:00 –	4:15 –	4:30 -	4:45 –	5:00 –	5:15 –	5:30 –	5:45-	6:00 –	6:15 –
3:15pm	3:30pm	3:45pm	4:00pm	4:15pm	4:30pm	4:45pm	5:00pm	5:15pm	5:30pm	5:45pm	6:00pm	6:15pm	6:30pm
0	0	0	0	0	0	0	0	0	0	0	0	0	0
	120. Do	es your ser	vice provide	e indoor free	olay? If YES pi	rompts to pro	ovide time,	if NO skips	s to next q	uestion			
	121. Ple	ease select t	he time ava	ailable:									
3:00 –	3:15 –	3:30 –	3:45 –	4:00 –	4:15 –	4:30 -	4:45 –	5:00 –	5:15 –	5:30 –	5:45-	6:00 –	6:15 –
3:15pm	3:30pm	3:45pm	4:00pm	4:15pm	4:30pm	4:45pm	5:00pm	5:15pm	5:30pm	5:45pm	6:00pm	6:15pm	6:30pm
2.T2hu				0	0	0	0	0	0	0	0	0	0

122. Does your service provide any other **sedentary activities** not already listed during the after school care session? [Listed: Breakfast, Arts/Crafts, Cooking/Food preparation, Boardgames/lego, Homework/reading with assistance, Homework/reading without assistance, Role play/dress ups, Listening to music/playing music, Indoor freeplay] If YES prompts to provide time, if NO skips to next question (Draft Guidelines)

123. Please select the time available and specify the activity:

3:00 –	3:15 –	3:30 –	3:45 –	4:00 -	4:15 –	4:30 -	4:45 –	5:00 -	5:15 –	5:30 -	5:45-	6:00 -	6:15 –
3:15pm	3:30pm	3:45pm	4:00pm	4:15pm	4:30pm	4:45pm	5:00pm	5:15pm	5:30pm	5:45pm	6:00pm	6:15pm	6:30pm
0	0	0	0	0	0	0	0	0	0	0	0	0	0

- 124. Does your service provide any other **sedentary activities** not already listed during the after school care session? [Listed: Breakfast, Arts/Crafts, Cooking/Food preparation, Boardgames/lego, Homework/reading with assistance, Homework/reading without assistance, Role play/dress ups, Listening to music/playing music, Indoor freeplay] If YES prompts to provide time, if NO skips to next question (Draft Guidelines)
- 125. please select the time available and specify the activity:

3:00 -	3:15 –	3:30 –	3:45 –	4:00 -	4:15 –	4:30 -	4:45 –	5:00 -	5:15 –	5:30 –	5:45-	6:00 -	6:15 –
3:15pm	3:30pm	3:45pm	4:00pm	4:15pm	4:30pm	4:45pm	5:00pm	5:15pm	5:30pm	5:45pm	6:00pm	6:15pm	6:30pm
0	0	0	0	0	0	0	0	0	0	0	0	0	0

126. Does your service provide any other **sedentary activities** not already listed during the after school care session? [Listed: Breakfast, Arts/Crafts, Cooking/Food preparation, Boardgames/lego, Homework/reading with assistance, Homework/reading without assistance, Role play/dress ups, Listening to music/playing music, Indoor freeplay] If YES prompts to provide time, if NO skips to next question (Draft Guidelines)

127. please select the time available and specify the activity:

3:00 –	3:15 –	3:30 –	3:45 –	4:00 -	4:15 –	4:30 -	4:45 –	5:00 –	5:15 –	5:30 –	5:45-	6:00 -	6:15 –
3:15pm	3:30pm	3:45pm	4:00pm	4:15pm	4:30pm	4:45pm	5:00pm	5:15pm	5:30pm	5:45pm	6:00pm	6:15pm	6:30pm
0	0	0	0	0	0	0	0	0	0	0	0	0	0

128. Please provide any other comments about activity scheduling during After School Care:

DRAFT GUIDELINES

The following are guidelines developed by our team through a stakeholder consultation process. In this process we surveyed several OSHC educators, parents, researchers, health professional and academics and combined this with the best available evidence to provide these guidelines as a suggestion for how to improve physical activity and screen time practices in OSHC

Session	Physical Activity	Recreational Screen Time*
Before School Care	Schedule 45 minutes of time for children to engage in a variety of physical activities including energetic play. More is better.	Discourage children from engaging with screens, with total screen time no more than 30 minutes. Less is better.
After School Care	Schedule 90 minutes of time for children to engage in a variety of physical activities, including energetic play. More is better.	Discourage children from engaging with screens, with total screen time no more than 60 minutes. Less is better.
Vacation Care	Throughout the day schedule at least 3 hours of time for children to engage in a variety of physical activities, including energetic play. More is better.	Discourage children from engaging with screens. No more than 2 hours over the entire day. Less is better.

After having read these guidelines, what are your overall thoughts/opinions/comments?

Please select the comment you agree with most:

- 129. For Before School Care, the physical activity recommendation is:
 - a. too high
 - b. just right
 - c. too low

Please explain your answer:

- 130. For After School care, the physical activity recommendation is:
 - a) too high
 - b) just right
 - c) too low

Please explain your answer:

- 131. For Vacation Care, the physical activity recommendation is:
 - a) too high
 - b) just right
 - c) too low

Please explain your answer:

132. Do you have any additional comments with regard to the physical activity time recommendations in any aspect of OSHC?

Please select the comment you agree with most:

- 133. For Before School Care, the screen time recommendation is:
 - a. too high
 - b. just right
 - c. too low

Please explain your answer:

- 134. For After School care, the screen time recommendation is:
 - d) too high
 - e) just right
 - f) too low

Please explain your answer:

135. For Vacation Care, the screen time recommendation is:

- d) too high
- e) just right
- f) too low

Please explain your answer:

136. Do you have any additional comments with regard to the screen time recommendation in any aspect of OSHC?:

137. Please provide feedback on the **wording** of the physical activity recommendations:

138. Please provide feedback on the **wording** of the screen time recommendations:

139. How confident are you that you could adjust your programming to suit these physical activity recommendations? (1 not at all, 5 very confident)

Not	Not	Neutral	Confident	Very
at	confident			confident
all				
1	2	3	4	5

Please justify your answer (long text):

140. How confident are you that you could adjust your programming to suit these recreational screen time recommendations? (1 not at all, 5 very confident)

Not	Not	Neutral	Confident	Very
at	confident			confident
all				
1	2	3	4	5

Please justify your answer(long text):

141. What would be the most appropriate way to communicate the guidelines and recommendations to staff? (select all that apply)

- Face to face workshop
- Online workshop
- Video Tutorial
- From a supervisor at work
- Written material to read in own time
- Combination of all the above

141. What duration of session length is appropriate for this staff training?

- o 30 mins
- \circ 60 mins
- o 2 hours
- o 3 hours
- 142. What types of educational/training materials would be appropriate for staff and the OSHC centre to help implement the guidelines? (select all that apply)
- Online training
- Electronic resources
- Printed resources for staff (posters, cards, folders)
- Printed resources for children (posters, cards, folders)
- Other please specify:
- 143. Please comment on what is important to consider as part of staff training (open, long text):

- 144. Please rank what you consider to be the top 3 barriers to implementing these guidelines:
- o Indoor play space
- Behaviour management
- Family attitudes
- o Children's attitudes
- Staffing beliefs
- o Workplace culture
- \circ Other
- 145. Please rank what you consider to be the top 3 enablers to implementing these guidelines:
- Adequate and appropriate training for who?
- o Staff understanding of the guidelines
- o OSHC families education and understanding of the guidelines
- Workplace policy
- \circ Other