

BCU RAYSD LAB

Birmingham City University's Research for Athlete and Youth Sport Development (RAYSD) Lab aims to learn together with partners through living our guiding values and principles.

1. USE A PERSON-CENTRED APPROACH

- Put children and human rights first
- Provide a safe environment
- Understand and value diverse perspectives
- Build a personal and professional rapport
- Reflect on holistic development across the lifespan
- Seek long-term sustainability

2. ENCOURAGE COLLABORATION AND CO-CREATION

- Develop organisational and partner relationships
- Recognise and value individual and group identities
- Discuss goals and expectations
- Consider relevance and practical applicability
- Create a shared vision and co-design studies
- Demonstrate innovation and creativity

3. EMBRACE LEARNING

- Show vulnerability and humility
- Be willing to learn and constantly improve
- Stay open minded
- Support each other and emphasise mutual respect
- Celebrate achievements
- Engage in reflexivity

4. COMMIT TO SCIENTIFIC RIGOUR

- Follow ethical integrity
- Remain transparent, open, and honest
- Conduct high quality research
- Ensure partners can meaningfully benefit
- Adopt evidence-informed approaches
- Evaluate the limitations of research



BIRMINGHAM CITY
University



RAYSD
Lab

Our Vision: Collaborate with industry partners to help create evidence-informed organisational structures and more equitable youth sport settings so every young person can achieve their potential.

Our Mission: Positively transform athlete and youth sport development by: 1) developing equitable approaches, 2) advancing knowledge, 3) working with key partners and informing policy making, and 4) being international change makers.