



Bridge in the Time of Covid-19

Participant Recruitment Letter

In these extraordinary times of Covid-19, the *Bridge: A MindSport for All* (BAMSA) research team at the University of Stirling (led by Professor Samantha Punch) are looking for volunteers to document their experiences of bridge during the pandemic.

If you are a bridge player (amateur or professional), a bridge teacher, tournament director, manager/owner of a bridge club, bridge club committee member and/or part of a national or regional bridge organisation we are interested in hearing your views.

There are three ways you can participate:

- a) A one-off account of the ways in which Covid-19 has changed your participation and engagement with bridge.
- b) A weekly reflective diary documenting how your everyday bridging life has changed during Covid-19.
- c) A series of accounts during lockdown, coming out of lockdown and another when life returns to normal.

Your account can (but does not need to) cover the following (see overleaf for more prompts):

- Challenges and problems that have arisen due to Covid-19 and your engagement with bridge (and if applicable, how you have addressed these or might address them).
- Positive opportunities and changes that have occurred due to Covid-19 and your engagement with bridge.
- Changes over time from early social distancing to peak lockdown through to post-lockdown and which lockdown changes might be incorporated longer-term.
- Anything else that you think is important due to Covid-19 and your bridging life.

If you are interested in participating in this project please read the guidance notes for participants and send your diary entries to bamsa@stir.ac.uk

Bridge in the Time of Covid-19 – Diary Prompts

Additional questions to help prompt the kinds of things you might include in your diary accounts:

- What do you do differently now in relation to bridge? It can be helpful for us if you give a short account of how much bridge you engaged in before social distancing.
- To what extent can face-to-face bridge encounters be replicated online and what are the differences? Which forms of online bridge are you engaging with and what do you think about those experiences? If you are not playing online, we're keen to hear the reasons why not, and how you feel about not playing online.
- Can you provide details of the practical adjustments you have had to make - e.g. have you had to learn new skills to adapt to the online bridge environment and if so, how did you go about that? What was it like trying to get to grips with new ways of doing things? Who or what has helped or hindered that process? It is useful for us to get a sense of the effort involved and time taken to adjust to new circumstances.
- What (if anything) do you most miss in relation to bridge in the current climate, and why? And what is that like to cope with? What are you most concerned about?
- What (if anything) are you most enjoying, and why?
- Has anything surprised you in relation to bridge now, and if so, why?
- For professional bridge players or teachers, in what ways has this situation impacted your livelihood, and to what extent have you been able to resolve challenges?
- Where possible, if you can indicate how you feel about the changing environment, any emotions that it provokes, and your reasons behind the ways you've chosen to adapt that would be helpful. Any details you can provide of the processes of adjustment are useful in terms of building up a picture of the diverse issues involved.
- Do you have any idea how those who aren't doing BBO or online bridge are coping? We are keen to capture the voices of those who are not playing or learning online so if you can encourage such friends to share their views, that would be appreciated.

The above are just some suggestions, accounts can cover whatever details you are willing to share about the changes you are experiencing and how you feel about these processes in relation to bridging in the time of Covid-19.

In due course, the findings will be freely available and the final report will be sent to all participants (unless you ask us not to). Many thanks for your participation.