

**True Patriot Love CIMVHR Research Initiative
2025 Invictus Games Research
Legacy Project**

Call for Proposals:

Rapid Literature Review to inform the 2025 Invictus Games Research Legacy Project

Anticipated Timeline & Budget

Application Deadline: 18 Aug 2023 at 11:59 PM
(EST)

Notice of Award: Sept 2023

Estimated Project End Date: Jan 2024

Award Value for this CFP

Up to \$85,000 over 4 months

Background

The True Patriot Love CIMVHR Research Initiative encourages researchers from relevant fields to submit project proposals to compete for access to funding to accelerate research and improve the health and well-being of Canadian military, Veterans, and their families. This opportunity has been made possible through the support of True Patriot Love and the True Patriot Love Fund. The Fund was established in January 2015 for the purposes of supporting research to discover new treatments, establish evidence-based programs, and increase access to programs and treatments dedicated to advancing the health and well-being of Canadian military members, Veterans, and their families.

Introduction to Invictus Games Research Legacy Project

There is a long history of the use of sport, recreational activities, and adventurous training, in the recovery and rehabilitation of military personnel who were wounded, have become ill or sustained an injury during their service. Film records from British Pathé newsreels show examples of World War One (WWI) amputees participating in a range of recreational sports, including wheelchair races and tug of war¹. During the same period blind and visually impaired veterans, rehabilitating at St Dunstan's Hospital, can be seen taking part in rowing on the River Thames². The range of sporting opportunities available to serving and retired members and of the Armed Forces continued to expand during the 20th and 21st centuries to the point where the variety of sports on offer is virtually limitless thanks, in part, to the vision of military organizations and civilian charities in Canada and across the globe.

What was once seen as impossible, such as amputees taking part in scuba diving, bobsleigh, skydiving and skeleton, has not only become possible but is relatively commonplace. A critical part of the offer, since

¹<https://www.britishpathe.com/video/amputees-learn-to-use-artificial-limbs/query/roehampton+amputee>

²<https://www.britishpathe.com/video/a-day-with-blinded-soldiers-at-st-dunstans/query/dunstans>

Guttman's first Games at Stoke Mandeville in 1948, is the opportunity to participate in domestic and international competitive sports tournaments, including the Invictus Games, the first of which took place in London in 2014. Unsurprisingly, the Invictus Games has attracted interest from the research community with a variety of Invictus Games based research programs being undertaken since 2016³, when the 2nd Games were held in Orlando, USA. Research interest continued and an example of some of the findings emerging from a longitudinal study, commissioned by the Invictus Games Foundation (IGF) in 2018, can be found on their website⁴.

The Vancouver Whistler 2025 hybrid winter Games offers a unique opportunity for Canada and partner nations to make a significant contribution to the military sports recovery literature. It lends itself to the evaluation of several emerging trends in sports recovery, physical activity, and adventure therapy by optimizing the acute and chronic benefits associated with participating in a wider range of activities, for both competitors and their immediate social support network. For the first time in the history of the Invictus Games, winter sports have been added to the Games and form a key component of the study to understand the impact of winter sports and environment on the Games.

Research Objectives

This Call for Proposals is seeking submissions to complete the following comprehensive literature review;

In the context of the first ever winter Invictus Games, review the existing literature to identify any knowledge gaps regarding the benefits of participating in recreational adaptive sports programs, preparation for and participation in adaptive sports tournaments; specifically, the Invictus Games, but more generally, any other civilian and military single and multi-sports events. Of critical importance is the nature of the winter backdrop of the Vancouver Whistler Invictus Games.

In addition, the adventure / wilderness / outdoor therapy literature should be reviewed (i.e. activities that take place in the "green gym", land based outdoor environments), "blue gym" (i.e. activities that take place on, in, under or near to water) and the "white gym" (i.e. snow and ice based activities above the snow line), aligning any future observational and / or intervention studies to the research agendas of True Patriot Love and/or Invictus Games Foundation where reasonably practicable.

The review will also:

- a. consider the role and potential benefits that positive risk-taking behaviours within the context of physical activity programming and within a health and social care (i.e., recovery (non-medical) and rehabilitation (medical) context⁵,
- b. review the potential benefits associated with participating in outdoor sports and adventurous activities - where the perceived level of risk is high, but the actual risk is low - an approach endorsed

³[https://www.frontiersin.org/articles/10.3389/fpsyg.2019.01934/full?utm_source=Email_to_authors&utm_medium=Email&utm_content=T1_11.5e1_author&utm_campaign=Email_publication&field=&journalName=Frontiers in Psychology&id=465624](https://www.frontiersin.org/articles/10.3389/fpsyg.2019.01934/full?utm_source=Email_to_authors&utm_medium=Email&utm_content=T1_11.5e1_author&utm_campaign=Email_publication&field=&journalName=Frontiers%20in%20Psychology&id=465624)

⁴<https://invictusgamesfoundation.org/wp-content/uploads/2020/09/Invictus-Games-Foundation-Beyond-the-Finish-Line-Research-Insights-September-2020-reduced.pdf>

⁵ <https://imroc.org/resource/9-risk-safety-and-recovery/>

by professional clinical bodies⁶ as a key enabler in recovery, but which appears to be absent from many military sports recovery and rehabilitation programs,

- c. compare and contrast the range biopsychosocial benefits of the sports that are to be included in the 2025 Invictus Games Program based on the nature of the sports (e.g., indoor sports, outdoor sports, individual sports, team sports, skill based sports, strength / endurance sports, multi-sports (e.g. biathlon), adrenaline / extreme / high risk sports (e.g. skeleton) and sports that will be new to the majority of participants) **N.B.** The sports for the 2025 Games are alpine skiing, snowboarding, cross-country skiing, biathlon, skeleton, wheelchair curling, indoor rowing, swimming, sitting volleyball, wheelchair rugby and wheelchair basketball,
- d. consider the benefits that caregivers (i.e., the Family and Friends (F&F) group) may experience personally, or impart to those they are acting as a caregiver, from actively participating in sport and recreational activities alongside their ill or injured family member during the Games,
- e. the utility of self-determination theory (SDT) as a theoretical framework on which to base potential psychoeducation interventions to support the delivery of military wellbeing / sport recovery programs, with the goal of creating an environment in which participants can thrive rather than merely survive,
- f. review the adaptive sport literature, with a focus on the military and veteran adaptive sports; report on the effectiveness of interventions targeted to competitors and/or caregiver/family members/friends, designed to prevent or manage stressors (e.g. organizational or cultural stressors) that may affect well-being or quality of the games experience before, during and after the games; including consideration that military and veteran and military culture may play a role in defining stressors and interventions.

Eligible Applicants

Proposals must be led by at least one Principal Investigator who is an academic researcher affiliated with a **Canadian [CIMVHR University Member](#)**. Proposals from international affiliates will be considered if done in collaboration with a Canadian CIMVHR University Member. Consideration will be given to proposals that include a qualified academic, affiliated with an accredited academic institution in British Columbia as part of the project team. As well, consideration will be given to proposals that identify additional collaborators from an **Invictus Games [Participating Nation](#)**, including other academic institutions / research hospitals, and/or government representation.

N.B. Submissions should include a multidisciplinary team of international researchers well versed in ALL areas of expertise related to the needs of this literature review NOTE: CIMVHR has also developed a network of partners from the participating Nations, as well as Subject Matter Experts in areas of adaptive sport research who will volunteer their time to collaborate and help to direct on the next phase of this IG2025 Legacy Research project, and all applicants, non-applicant interested parties, and IG Participating Nation SME's are welcome to volunteer on this **Research Interest Group (RIG)**.

⁶ The Royal College of Occupational Therapists, who have produced a guide: [Embracing Risk, Enabling Choice, Guide for Occupational Therapists](#), 2019.

Application Deadline

Please use the [CIMVHR Application Template](#) to complete your full proposal, which can be found on our CIMVHR website at [Funding Opportunities](#). Additional application guidelines will also be found on the CIMVHR website as an attachment and should be reviewed in detail.

Final proposals for this research contract must be submitted through the CIMVHR online portal at the bottom of the [Funding Opportunities](#) page of the CIMVHR website **on or before 18 Aug 2023 at 11:59 PM EST** for consideration and evaluation.

Contact

CIMVHR is available to discuss the feasibility of your proposed research prior to completing and submitting the proposal.

If you are an international academic and are interested in working with a Canadian research team, but have no connections, please email Amy Doyle at a.doyle@queensu.ca who will help to connect you.

Further, if you are interested in volunteering to join the Research Interest Group (RIG) who will help to engage Participating Nations and will help shape the larger research question and next project following this literature review – please email Amy Doyle at a.doyle@queensu.ca using the subject line – **INTERESTED IN THE IG2025 RIG** and she will reach out to you with further information.

For further information, please contact:

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