Supplementary File S1. Interview Schedule

The interview schedule consisted of fifteen questions, separated into five sections – *About you, Current physical activity, Enablers, Barriers,* and *Next steps*

Introduction

Hi, thank you so much for taking the time to speak with me. My name is [name], and I am a researcher working with British Blind Sport. British Blind Sport is a charity that makes sport and recreational activities accessible to people who are visually impaired. Together, we are doing research about barriers to physical activity among blind and partially sighted people from ethnically diverse communities.

As part of this project, we are speaking to visually impaired people from ethnically diverse communities about their experiences of taking part in physical activity and sports. The insights from this interview will be included in a report which will be made publicly available. What you say today will remain anonymous but we might use quotes which will not be attributed to you.

During the interview we will talk about who you are, your personal involvement in sport and physical activity, and your experiences with any sports or education organisations. Because of the research topic of this project, during this interview I will ask you questions about your ethnic background, your cultural heritage and disability status. If you don't feel comfortable sharing that type of information then please just let me know and we can move on to the next question.

The interview should last up to 1 hour. There are no right or wrong answers – we are interested in your views and reflections. It is important to note that for the purpose of this interview, our definition of sport and physical activity is really broad. It can range from walking as part of your work commute, to participating in organised sport, to competing in tournaments. All experiences are equally as important for this research project.

I would like to record this interview to help me take notes. The recording will not be shared with anyone outside the research team and will only be used to help with note taking. Are you happy for me to record this interview, or would you prefer me to take typed notes only?

[if consent to record is given, start recording now]

Can I just double check that you have had a chance to digest the information provided in the information sheet you were sent about this project? And that you understand what this project is about and feel comfortable taking part?

Do you have any questions before we start?

Are you happy to proceed?

2. About you

1. Let's start off with the basics. Could you please tell me:
    a. Your name
    b. Whereabouts you live
    c. What a regular week looks like for you

2. Do you identify as belonging to an ethnically diverse community?
    a. [If yes] How would you describe your ethnicity?

3. How would you describe your gender?
4. Roughly how old are you?
5. Would you describe yourself as a Disabled person?
    a. [If yes] How does your impairment affect you?
6. How would you describe your overall health and wellbeing?

3. Current physical activity

7. Would you describe yourself as someone who is physically active now?
8. Have you always been physically active? What was your experience of physical activity when you were younger/at school?
9. Do you take part in any physical activity on a weekly basis? [reminder that physical activity includes non-organised and non-specific activity].
    a. (if yes) What physical activity do you do?
    b. (if yes) How many hours per week?
    c. (if yes) Where do you do it?
    d. (if yes) Who do you do the activity with? Is it organised by a specific organisation/club or something you arrange yourself/with friends?
        i. (if activity with organisation/club) Is the group of people that you participate in the sport with of mixed ethnicities or is it specific to people of XXXX heritage?
        ii. Is the sport/ activity organised by a group for people with visual impairments or a cultural group?
    e. Have you always been physically active? If not, why?
    f. (if no) skip to section **5.Barriers**
10. What is the main motivator for you to take part in sport or physical activity? Prompt…
    a. Having fun
    b. Getting fit/improved health (including mental wellbeing)
    c. Being competitive
    d. Socialising, getting out of the house

4. Enablers

11. (if participating in sport/physical activity) is there anything that you've found that helps you take part in sport/physical activity? Prompt…
    a. practical support from someone else to be active or participate in organised sport
    b. Access to accessible venues or adapted activities
    c. Encouragement from friends, family, etc.
    d. A sense of self-belief or confidence
    e. Taster sessions to have a go at different activities
    f. Anything else?
12. Do you think your culture or ethnicity has had an impact on your involvement in sport and physical activity?

a. (if the person is active) Do you think other people who are blind or partially sighted of XXXX heritage are as active as you?
    i. Why / why not? Is there something different about you compared to other people with visual impairments of XXXX heritage that means you are able/motivated to be more active?

5. Barriers

13. Do you have many physically active people around you? (prompt: this includes family, colleagues, friends, people who you frequently interact with)
14. Have you ever experienced any barriers, challenges or things that might stop you from being physically active? Prompt…
    a. Struggling to find suitable activities (including through searching online)
    b. Cost of attending sessions or purchasing equipment
    c. Travelling to and from activities [prompt: access to public transport or private transport]
    d. Lack of accessible venues, lack of specialist equipment or lack of opportunities to take part in adapted activities
    e. Negative attitudes of other people (e.g., staff, coaches, other participants)
    f. Language barriers
    g. Cultural barriers (e.g., racism or lack of inclusion, religious reasons e.g., holidays, traditions and attitudes towards participating in physical activity)
    h. Anything else?

6. Next steps

15. Is there anything else you would like to add?

Thank you for your time today, I really appreciate it. In terms of next steps, we will be completing interview with other people and then picking out key themes. These themes will then anonymously be included in a report that we will share with British Blind Sport towards the end of the year.