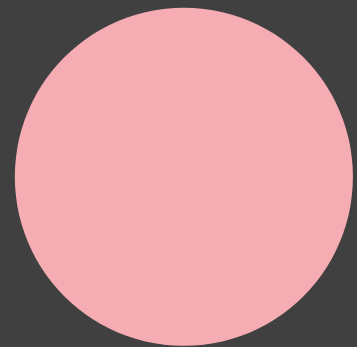
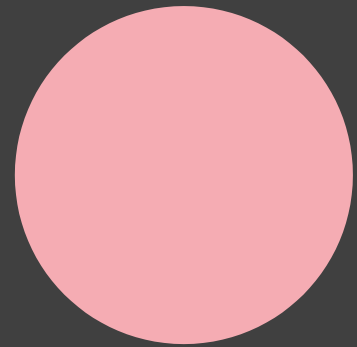


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# Sport England Activity Check In

## Topic Questions

Wave 6 (April 2023)



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Make better decisions

Savanta:

## To be used alongside the Tracker Questionnaire

### ADULT SURVEY (Participants aged 16+)

#### TOPIC QUESTIONS: Impact of changing seasons

ASK ALL

QW6A. We'd now like you to think back about the sport and physical activity that you have done in the past year (i.e. since March 2022). Which of the following sports and physical activities did you participate in regularly during the following seasons in the past 12 months? By "regularly" we mean at least once a week (on average) over the course of at least 1 month.

*Please select all that apply*

CAROUSEL, MULTICODE

RANDOMISE OPTIONS ONLY

#### Answer Options

1. Walked to get to a location such as the shops/supermarket, a place of work or education, or to run errands etc.
2. Been on a walk, this might be to walk the dog, to go for a walk with family and friends or for fitness/wellbeing
3. Cycling
4. Running or jogging
5. Swimming
6. Going to the gym or doing a fitness or exercise class at a gym, leisure centre or community centre
7. Exercise or fitness at home, this could be a fitness/dance workout, online class, weights, press-ups/sit-ups, using an exercise bike/treadmill etc.
8. Informal activity or active play, this could be kicking a ball about in the park, play activities with children at home, skateboarding or similar
9. Indoor sports hall activities, this could be basketball, badminton, judo etc.
10. Organised outdoor team sports (football, rugby, hockey etc.), this could be self or club organised
11. Other outdoor sport, exercise or physical activity (golf, outdoor tennis, water sports etc.), please state
12. Other indoor sport, exercise or physical activity, please state
99. I didn't take part in any sport and/or physical activities during this period (FIX, EXCLUSIVE)

#### Statements

- A. Spring (March to May 2022)
- B. Summer (June to August 2022)
- C. Autumn (September to November 2022)
- D. Winter (December 2022 to February 2023)

ASK ALL

QW6B. In general would you say that the amount of sport and physical activity that you do in the winter months (i.e. December to February) is...

*Please select one option*

SINGLE CODE

1. A lot more than the rest of the year
2. A little more than the rest of the year
3. The same amount as the rest of the year
4. A little less than the rest of the year
5. A lot less than the rest of the year
97. Don't know
99. I don't do sport or physical activity at any time in the year (ONLY SHOW IF Q1 CODE 1)

ASK ALL WHO DO LESS (QW6B CODES 4-5)

QW6C. You said that you do less sport and physical activity in the winter months (i.e. December to February) than at other times in the year, what are the main reasons for this?

*Please rank up to three options*

RANK – SELECT TOP 3 (DO NOT FORCE 3)

1. I am less motivated to be active in the winter months than at other times of the year
2. I don't have access to/cannot get to the facilities needed to do the activity(s) I want to do
3. There is nowhere or no one running the activity(s) I want to do
4. I can't afford the right equipment to be active at this time of year (e.g. winter clothing)
5. The weather isn't suitable for being active at this time of year (e.g. it is too cold)
6. I prefer to do sport/activity outside and it is too dark in the winter months to do this
7. I am too busy with other priorities at this time of year (e.g. preparing for Christmas)
8. I have less money at this time of year
9. The equivalent indoor facilities I use for activities I do outdoors during the summer months are not available/affordable
10. Winter is the "off-season" for my chosen sport/activities
11. Friends/peers are too busy so I have nobody to do sport or physical activity with
12. I do not enjoy the sport and/or activities available in the winter as much
13. I do not enjoy the activities I do in other seasons as much when I do them in winter
14. Sport and physical activity isn't as social in the winter months
15. I feel less safe being active in the dark
96. Other (please specify) (FIX)
97. Don't know (FIX, EXCLUSIVE)
99. None of these (FIX, EXCLUSIVE)

ASK IF QW6C CODE 1

QW6D. You said that you are less motivated to be active in the winter months than at other times of the year. Why is this?

OPEN END

ASK ALL WHO DO SAME OR MORE (QW6B CODE 1-3)

QW6E. You said that you do the same amount or more sport and physical activity in the winter months (i.e. December to February) as/than at other times in the year. How do you achieve these activity levels?

*Please select all that apply*

MULTI CODE, RANDOMISE

1. The activity(s) I do is available in the winter months (i.e. December to February)
2. I adapt my exercise routines to match the season
3. The activity(s) I do is not affected by the time of year/seasons
4. I plan the activity(s) I do in advance
5. I have more time to be active during winter due to having fewer activities/commitments (e.g. taking children to after school clubs/evening activities, spending evenings out in the sun)
6. There are more opportunities for me to be active in the winter months
7. The activity(s) I like to do are more suited to the winter months (e.g. skiing, snowboarding)
96. Other (please specify) (FIX)
97. Don't know (FIX, EXCLUSIVE)
99. None of the above (FIX, EXCLUSIVE)

ASK ALL WHO DO SAME OR MORE (QW6B CODE 1-3)

QW6F. And what motivates you to stay active during the winter months (i.e. December to February)?

*Please select all that apply*

MULTI CODE, RANDOMISE

1. The activity(s) I do is important to me
2. I am motivated by the social aspect of sports/activity and want to keep this up in the winter
3. I like to keep fit in the winter to prepare for sport/activities at other times in the year
4. Sport/physical activity is an important part of my regular routine
5. The mental health benefits of sport and physical activity are important to me during winter
6. Exercising is part of my identity
7. I am motivated by wearable technology that allows me to record/share the activity I have done
8. I am less worried about people looking at my body due to wearing more clothing during the winter
9. I want to keep fit/improve my fitness all year round
96. Other (please specify) (FIX)
97. Don't know (FIX, EXCLUSIVE)
99. None of the above (FIX, EXCLUSIVE)

ASK ALL WHO DO LESS (QW6B CODE 4-5)

QW6G. To what extent do you agree or disagree with the following statements?

*Please select one option for each answer*

SINGLE CODE, RANDOMISE STATEMENTS

CAROUSEL

Answer Options

5. Strongly agree
4. Agree
3. Neither agree nor disagree
2. Disagree
1. Strongly disagree
97. Don't know
98. Prefer not to say

Statements

- A. It is harder to exercise/be active during the winter months (i.e. from December to February)
- B. I find it difficult to re-establish previous exercise/physical activity routines after the winter months
- C. I know that exercising/keeping active during the winter (i.e. from December to February) is important but I don't have the motivation to do it
- D. There are fewer opportunities to be physically active during the winter months (i.e. from December to February)
- E. I do not enjoy the sports/physical activities available to me during the winter months (i.e. from December to February)
- F. I find sport and physical activity less enjoyable during the winter months (i.e. December to February)
- G. I maintain a similar exercise/physical activity routine all year round
- H. I worry more about getting injured or becoming unwell by taking part in physical activity in the winter months

ASK IF QW6G STATEMENT B AGREE/STRONGLY AGREE (CODES 4-5)

QW6H. You said you find it difficult to re-establish previous routines after the winter months (i.e. from March onwards), what makes you say this?

*Please select all that apply*

MULTICODE, RANDOMISE

1. I feel my fitness levels have dropped and it is hard to start again
2. I would rather spend my time watching TV/playing video games or relaxing in other ways
3. I have less money to spend on physical activity after the winter months
4. I have no one to do my preferred activity(s) with
5. I am out of practice with my preferred activity(s) and feel less confident restarting
6. The weather makes it difficult to take part in the sports/activities I want to (e.g. it is still too cold/rainy)
7. I am focusing on other things (i.e. job/studying) at this time of year
8. I find it hard to get back into an exercise routine/habit once I have stopped
9. I need help with motivation/encouragement to rebuild an exercise routine/habit
10. The activities I enjoy are not running regularly
96. Other (please specify) (FIX)
97. Don't know (FIX, EXCLUSIVE)

ASK IF QW6G STATEMENT D AGREE/STRONGLY AGREE (CODES 4-5)

QW6I. You said that you have less opportunity to be physically active during the winter months (i.e. from December to February), what makes you say this?

*Please select all that apply*

MULTICODE, RANDOMISE

1. I have less money to spend on physical activity at this time of year
2. The activity(s) I want to do are not available at this time of year (e.g. team sports)
3. The facilities I normally use are closed at this time of year (e.g. school or college sport facilities)
4. The facilities I normally use are not equipped for the time of year (e.g. no floodlights)
5. I can't afford the right equipment to be active at this time of year (e.g. winter clothing)
6. Transport difficulties make it difficult to do the activity(s) I want to do
7. There is not enough street lighting for the activity(s) I want to do and/or I don't feel safe being active in the dark
8. It is darker/icy and the conditions make it unsafe
96. Other (please specify) (FIX)
97. Don't know (FIX, EXCLUSIVE)

ASK ALL

QW6J. Thinking about the recent winter months (i.e. December 2022 to February 2023), when you planned physical activity or exercise into your day, how often did you go ahead with it?

*Please select one option*

SINGLE CODE

1. All of the time
2. Most of the time
3. Some of the time
4. Rarely
5. Never
97. Can't remember
99. I didn't plan physical activity or exercise into my day during the winter months

ASK IF QW6J CODE 1-4

QW6K. When you made the decision to go ahead with planned physical activity or exercise, what were the main things that you considered / led to you making this decision?

*Please select all that apply*

MULTI CODE, RANDOMISE

1. If it's planned, I will go ahead with it even if it's cold, wet and/or dark
2. I enjoyed it last time, so I will go ahead even though it's cold, wet and/or dark
3. My planned exercise is more enjoyable when it's cold, wet and/or dark
4. It won't be as bad as it seems even if it's cold, wet and/or dark
5. It will be worth it, even if it's cold, wet and/or dark
6. It's important to exercise, even if it's cold, wet and/or dark
7. I don't want to let myself down just because it's cold, wet and/or dark
8. I don't want to let my family/friends down just because it's cold, wet and/or dark
9. I tell myself it will be worth it because I'll feel good about myself/in myself afterwards
96. Other (please specify) (FIX)
97. Can't remember (FIX, EXCLUSIVE)

ASK IF QW6J CODE 2-5

QW6L. When you made the decision not to go ahead with planned physical activity or exercise, what were the main things that you considered / led to you making this decision?

*Please select all that apply*

MULTI CODE, RANDOMISE

1. It's cold, wet and/or dark, I can just go tomorrow/later this week
2. It's cold, wet and/or dark, I won't enjoy it, so I won't do the activity I had planned
3. I am tired, I can't face the cold/rain/dark today
4. It's cold, wet and/or dark so I don't want to travel to where I'm exercising
5. It's cold, wet and/or dark, so I'll do another type of exercise/activity
6. It looks like it may be slippery/difficult underfoot, I'm worried I might injure myself, I'll go when it feels safer
7. It's dark outside, I am worried about the risk of sexual harassment or intimidation
96. Other (please specify) (FIX)
97. Can't remember (FIX, EXCLUSIVE)

ASK IF QW6J CODE 1-4

QW6M. How did you typically feel after going ahead with your planned physical activity or exercise in the recent winter months (i.e. December 2022 to February 2023)?

*Please select all that apply*

MULTI CODE, RANDOMISE

1. Proud of myself for going
2. In a happy mood
3. Satisfied (Codes 3 and 4 cannot be both selected)
4. Dissatisfied
5. More motivated for next time (Codes 5 and 6 cannot be both selected)
6. Less motivated for next time
7. Content
8. I didn't feel any different
9. The activity or exercise wasn't worth it (Codes 9 and 10 cannot be both selected)
10. The activity or exercise was worth it
11. The activity or exercise worse than I expected (Codes 11 and 12 cannot be both selected)
12. The activity or exercise was better than I expected
96. Other (please specify) (FIX)
97. Can't remember (FIX, EXCLUSIVE)

ASK IF QW6J CODE 2-5

QW6N. Thinking about when you didn't go ahead with your planned physical activity or exercise in the recent winter months (i.e. December 2022 to February 2023), to what extent do you agree or disagree that you felt...

*Please select one option for each answer*

SINGLE CODE, RANDOMISE STATEMENTS

CAROUSEL

Answer Options

- 5. Strongly agree
- 4. Agree
- 3. Neither agree nor disagree
- 2. Disagree
- 1. Strongly disagree
- 97. Can't remember
- 98. Prefer not to say

Statements

- A. ...guilty
- B. ...like it was not a big deal
- C. ... motivated to be active at a another time soon

ASK ALL

QW6O. What, if anything, would help motivate you to stay active during the winter months (i.e. December to February)?

OPEN END

- 99. I already do as much exercise as I want to do in the winter months

## TOPIC QUESTIONS: Exercising when pre/post-natal

ASK IF dAGE CODE 1-3 AND D2 CODE 1

QW6P. Which of the following applies to you, if any?

*Please select all that apply*

MULTI CODE

1. I am currently pregnant
2. I have a child under 5 years old (ASK IF D5=2-3)
3. None of the above (FIX, EXCLUSIVE)

INFO SCREEN [SHOW IF QW6P CODE 1-2]

The next questions refer to [IF QW6P CODE 1 ONLY]: your current pregnancy period (pre-natal period) / [IF QW6P CODE 1 & 2 OR ONLY CODE 2 SELECTED]: when you had your most recent child under 5 years old and the period both before (pre-natal period) and after (post-natal period)

ASK IF QW6P CODE 1-2

QW6Q. To what extent would you say you [IF QW6P CODE 1 ONLY]:feel [IF QW6P CODE 1 & 2 OR CODE 2 ONLY SELECTED]:felt confident about being/staying active [IF QW6P CODE 1 ONLY]: while pregnant (the pre-natal period) [IF QW6P CODE 2 AND NOT CODE 1 SELECTED]:while you were pregnant (the pre-natal period)?

*Please select one option*

SINGLE CODE

1. Very confident
2. Somewhat confident
3. Not that confident
4. Not at all confident
97. Can't remember (SHOW IF QW6P CODE 2)
98. Don't know

[IF QW6P CODE 1 & 2 OR CODE 2 ONLY SELECTED]

QW6R. And to what extent would you say you felt confident about being/staying active in the year after giving birth, excluding the initial post-birth period of circa 6 weeks (the post-natal period)?

*Please select one option*

SINGLE CODE

1. Very confident
2. Somewhat confident
3. Not that confident
4. Not at all confident
97. Can't remember
98. Don't know

[IF QW6P CODE 1-2]:

QW6S. Reflecting across the [IF QW6P CODE 1 ONLY]: pre-natal period [IF QW6P CODE 1 & 2 OR CODE 2 ONLY SELECTED]: same pre-and post-natal periods together, to what extent do you agree or disagree that you [IF QW6P CODE 1 ONLY]: understand what physical activity is safe for you to take part in [IF QW6P CODE 1 & 2 OR CODE 2 ONLY SELECTED]: understood what physical activity was safe for you to take part in during that time?

*Please select one option*

SINGLE CODE

5. Strongly agree
4. Agree
3. Neither agree nor disagree
2. Disagree
1. Strongly disagree
97. Can't remember (SHOW IF QW6P CODE 2)
98. Don't know

## SECTION D: Lifestyle and cost of living

ASK ALL

QW4Q. To what extent do you agree or disagree with the following statements with regards to the impact of the cost-of-living increase on your attitudes towards sport and physical activity?

*Please select one option for each answer*

SINGLE CODE

CAROUSEL

Answer Options

6. Strongly agree
5. Agree
4. Neither agree nor disagree
3. Disagree
2. Strongly disagree
97. Don't know
98. Prefer not to say

Statements

- A. I have too many worries/concerns to think about sport and physical activity
- B. I no longer have the motivation to be physically active
- C. I cannot make plans as I am unsure what the future holds
- D. I think sport and physical activity are more important than ever to help manage worries and concerns

ASK ALL

QW3p. In what ways, if any, have you changed your sport and physical activity behaviours because of the cost-of-living increases

MULTICODE, RANDOMISE

1. I have stopped doing activity altogether (ASK IF QW1P = 1 OR 2)
2. I have reduced the distance I travel to take part in an activity
3. I have cancelled my gym membership
4. I have switched to a lower cost / more flexible gym membership
5. I have cancelled my memberships to specific sports/activities
6. I have reduced the regularity of paid (pay as you go) activities I do (RESTRICT TO ONE CODE ONLY FROM 6, 7 OR 8)
7. I have stopped doing paid (pay as you go) activities (RESTRICT TO ONE CODE ONLY FROM 6, 7 OR 8)
8. I have switched to/am doing more paid (pay as you go) activities (RESTRICT TO ONE CODE ONLY FROM 6, 7 OR 8)
9. I have started/increased the amount of free activities I do (such as walking and running)
10. I have prioritised activity that is most enjoyable
11. I have prioritised activity that helps manage my mental wellbeing
12. I use exercise, such as going for a walk, to socialise with friends instead of paid social activities such as going to the pub/coffee shop
13. I walk/cycle to get to places rather than use the car whenever possible
14. I have started/increased the amount of physical activity I do at home
19. I have reduced the amount of physical activity I do to pay for/afford my child's physical activity (ASK IF D5=4,5,6 or 7)
96. Other (please specify) FIX, OE
15. I have not changed my sport and physical activity behaviours (FIX, EXCLUSIVE, ASK IF QW1P = 3,4 OR 5)
97. Don't know (FIX, EXCLUSIVE)
98. Prefer not to say (FIX, EXCLUSIVE)

ASK IF CODE 1-14, 16 QW3P

QW5E. As a result of the cost of living increases, which of the following factors have had the most significant impact on these changes in your sport and physical activity behaviours?

*Please select all that apply*

MULTICODE

1. I have less time to be physically active
2. I can't afford (financially) to be physically active
3. Opportunities to be physically active in my local area have decreased
4. Negative changes to the physical activity experience (e.g. lowering temperature of pool / showers)
5. I have too much on my mind to plan or think about being active
6. There are fewer people to take part with (e.g. friends cannot afford activities)
7. Another reason (Please specify) (FIX)
97. Don't know (FIX, EXCLUSIVE)

ASK IF CODE 1-14,16 QW3P

QW5J. Below are some examples about how increased living costs and the associated changes people have made in their sport and physical activity behaviours, and how they have made them feel. Which, if any, apply to you. Please use the other box to note any additional feelings you may have.

*Please select all that apply*

MULTICODE

1. Motivated to continue to lead an active lifestyle (Codes 1 and 2 cannot both be selected)
2. Demotivated to lead an active lifestyle
3. Sad that I'm no longer able to do activities I used to enjoy
4. Happy that I've found new activities I enjoy
5. I feel deconditioned
6. I appreciate the time I spend being physically active more now
7. Sad that I've reduced my physical activity habits / routines (Codes 7 and 8 cannot be both selected)
8. Happy that I've increased my physical activity habits / routines
9. Sad that I've had to make choices about which activities I do / which memberships I have
96. Other (please specify) (FIX)
97. Don't know (FIX, EXCLUSIVE)
98. None of these (FIX, EXCLUSIVE)

QW3t. Going forward, which, if any, of the following factors are you most likely to consider when deciding whether to continue your current sport and physical activities? Please select up to three factors that you are most likely to consider.

MULTICODE – MAX 3, RANDOMISE

1. The cost of the activity
2. Distance and mode of travel to the activity
3. The membership options available i.e. ability to cancel, subscription period etc.
4. The flexibility of the activity i.e. when or where it takes place
5. The enjoyment you get from the activity
6. The physical benefits you get from the activity
7. The mental benefits you get from the activity
8. The opportunities the activity gives you to socialise
96. Other (please specify) (FIX)
97. None of the above (FIX, EXCLUSIVE)
98. Don't know (FIX, EXCLUSIVE)