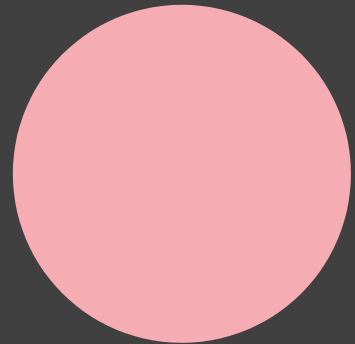
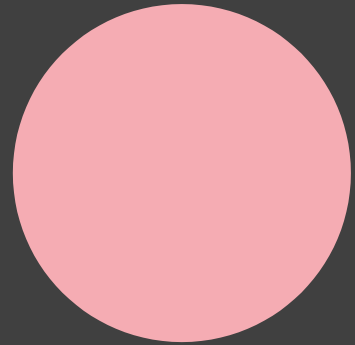


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# Sport England Activity Check In

## Topic Questions

Wave 5 (February 2023)



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Make better decisions

Savanta:

## To be used alongside the Tracker Questionnaire

### ADULT SURVEY (Participants aged 16+)

ASK ALL

QW5S. How much do you agree or disagree with the following statements?

SINGLE CODE

1. Strongly agree
2. Agree
3. Neither agree nor disagree
4. Disagree
5. Strongly disagree
97. Don't know
99. Not applicable

Statements

- A. Sport and leisure facilities offer activities suited to my ability
- B. The right environment is an important factor in making me feel confident and comfortable while exercising.

### TOPIC QUESTIONS: Volunteering

ASK ALL

QW2A. Which of the following statements best describe your experience of volunteering in sport and physical activity? This may include various roles from coaching/refereeing/stewarding to providing administrative support, organising fundraising for a sports club/event or more general helping out (with refreshments, kit, transport etc.) where help is provided to people other than family members

*Please select one option*

SINGLE CODE

1. I have volunteered at least once in the last 12 months (since July 2021)
2. I have not volunteered in the last 12 months but have volunteered since the start of 2019
3. I have never volunteered or have done so less recently than the start of 2019

ASK ALL QW2A CODE 1

QW2D. During the last 12 months, (since July 2021), have you given any of your time to do any of the following activities in sport or physical activity?

*Please select all that apply*

1. MULTI CODE Raise funds for a sports club, organisation or event (this only includes fundraising specifically **for** sport and/or physical activity, and does not include more general charitable fundraising through taking part in a sports event or activity)
2. Provide transport which helps people take part in sport (other than family members)
3. Coaching, instructing or leading an individual or team(s) in a sport or recreational physical activity (other than solely for family members)
4. Referee, umpire, or officiate at a sports match, competition or event
5. Perform an administrative or committee role for a sports organisation, activity or event (e.g. chairman, treasurer, social secretary, first aider, welfare officer, event/match organiser)
6. Act as a steward or marshal at a sports activity or event (this may include helping with registration, marking the route)
7. Provide any other help for a sport or recreational physical activity (such as welcoming people, helping with refreshments, setting out equipment, marketing, social media, maintenance).
96. Another activity or role not listed above (please specify)

ASK ALL QW2A CODE 1

QW2G. And how often do you volunteer at the following activity?

SINGLE CODE

CAROUSEL

Answer Options

1. 3 times a week or more
2. Twice a week
3. Once a week
4. Once a fortnight
5. Once a month
6. A few times every 6 months (but less than once a month)
7. Once a year
8. I have only done this once before
97. Can't remember

Statements

- SHOW ALL OPTIONS SELECTED AT QW2D

## SECTION D: Lifestyle and cost of living

QW1N. How much disposable income would you say that you have now compared to a year ago?

*Please select one option*

SINGLE CODE

1. A lot less
2. A bit less
3. Neither more nor less
4. A bit more
5. A lot more
97. Don't know
98. Prefer not to say

QW1O. [CODE 1 or 2 above] – You said you have less disposable income now compared to a year ago, as a result, which of the following, if any, are you spending less money on?

*Please select all that apply*

MULTICODE

1. I've not changed my spending habits (EXCLUSIVE)
2. Food and soft drink
3. Alcohol
4. Cigarettes and e-cigarettes
5. Socialising
6. Entertainment, such as films, theatre, live events, subscriptions
7. Household appliances
8. Technology devices
9. Cleaning and Hygiene products
10. Clothes
11. Physical activity (e.g. sports and exercise)
12. Non-essential travel (e.g. holidays or day trips)
96. Other, please state (FIX)
97. Don't know (FIX, EXCLUSIVE)
98. Prefer not to say (FIX, EXCLUSIVE)

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

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. 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

QW5A. Overall, how do you feel about your current financial situation?

*Please select one option*

SINGLE CODE

1. I'm happy with it and can afford everything needed
2. I'd like to improve it, but can generally afford most things
3. I'm struggling a little to afford essential items
4. I'm struggling a lot to afford essential items
97. Don't know
98. Prefer not to say

ASK ALL

QW5B. In the past six months (since July 2022), which of the following items, if any, have you been concerned about affording due to rising costs?

*Please select all that apply*

MULTICODE

1. Energy bills (including gas and electricity)
2. Fuel (including petrol and diesel)
3. Rent
4. Mortgage
5. Public transport (including bus, train, tram or taxi)
6. Other bills/subscriptions (including mobile phone or internet)
7. Insurance (including car, home, health or pet)
8. Non-essential items (e.g. electronics or jewellery)
9. Physical activity (e.g. sports and exercise)
10. Food
11. Clothes
12. Cleaning and Hygiene products
13. Medicines
14. Other, please state
99. None of these (FIX, EXCLUSIVE)
97. Don't know (FIX, EXCLUSIVE)

ASK ALL

QW5C. Considering your current financial situation, how much do you agree, or disagree, with the following statements?

*Please select one option for each answer*

SINGLE CODE

RANDOMISE 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. I feel guilty about spending money on non-essential items (e.g. electronics or jewellery)
- B. I feel guilty about spending money on physical activity (e.g. sports and exercise)
- C. I feel guilty about spending money on non-essential travel/trips (e.g. holidays or days out)
- D. I feel my physical health has got worse as a result of increased costs
- E. I feel my mental health has got worse as a result of increased costs

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 QW3P CODE 1,2,8-14,

QW5D. You said you have changed your sport and physical activity behaviours because of the cost-of-living increases. To what extent, if at all, do you either agree or disagree that this has been a positive experience? This might be related to enjoyment or how it impacts your mental and/or physical health.

*Please select one option*

1. Strongly agree
2. Agree
3. Neither agree nor disagree
4. Disagree
5. Strongly disagree
97. Don't know

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 QW5E CODE 1

QW5F. You said that you have less time to be physically active because of the cost-of-living increases. Which of the following applies to you?

*Please select all that apply*

MULTICODE

1. Increased childcare costs means that I have to spend more time caring for my children or grandchildren (ASK IF D5=4,5,6 or 7)
2. I have had to increase my working hours or take additional shifts at an existing job
3. I have had to take on a second/additional job
4. I spend more time commuting/travelling as I have switched to cheaper/free methods of getting around (e.g. getting public transport instead of driving, or walking instead of driving)
5. I am spending more time studying
96. Another reason (Please specify) (FIX)
97. Don't know (FIX, EXCLUSIVE)

ASK IF QW5E CODE 2

QW5G. You said that you cannot afford (financially) to be physically active because of the cost-of-living increases. Which of the following applies to you?

*Please select all that apply*

MULTICODE

1. I have had to cut back on memberships (e.g. to a gym, fitness centre or sports club)
2. I cannot afford to start a membership (e.g. to a gym, fitness centre or sports club)
3. Prices have increased (e.g. pay as you go classes)
4. I have to spend more money on essentials (e.g. food and heating) which leaves less for physical activity
5. I can no longer afford to travel to do physical activity
97. Another reason (Please specify) (FIX)
99. Don't know (FIX, EXCLUSIVE)

ASK IF QW5E CODE 3

QW5H. You said that opportunities to be physically active in your local area have decreased because of the cost-of-living increases. Which of the following applies to each local facility?

*Please select one answer for each option*

CAROUSEL, SHOW STATEMENTS ABOVE

MULTICODE

Answer Options

1. ... have reduced the number of activities/sessions they run/offer
2. ... have reduced their opening hours
3. ... have closed
4. ... have changed times and I can no longer attend
5. ... have reduced the number of staff available to run activities/sessions
97. Don't know (FIX, EXCLUSIVE)

Statements

- A. Sports teams in my local area
- B. Clubs or community groups delivering sport or physical activity (not including sports teams) in my local area
- C. Gym, fitness, swimming (including classes) in leisure centres and gyms in my local area
- D. Outside spaces in my local area

ASK IF QW5E CODE 5

QW5I. You said that you have too much on your mind to plan or think about being physically active because of the cost-of-living increases. Which of the following applies to you?

*Please select all that apply*

MULTICODE

1. Anxiety/stress about the current rising living costs has reduced my motivation to be active
2. I am too busy worrying about other things to be physically active
3. Being physically active is not a priority for me right now
96. 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)

ASK IF CODE 1-14 QW3P

QW5K. Which of the following types of support, if any, would help you to deal with the impact of the cost-of-living increases on your sport and physical activity behaviours?

*Please select all that apply*

MULTICODE

1. Reassurance that you are not being judged for how you spend your money
2. A positive and supportive environment
3. Reminders on the importance of being active
4. Setting realistic goals/targets
5. Peer groups/community groups
6. Flexibility (i.e. to incorporate fitness into busy lives)
7. Safe spaces to be active
8. Programmes which demonstrate/reward progression
9. Competition (e.g. online league table amongst peers/friends)
10. More info about free/low-cost options in your local area
11. Motivational techniques
12. Education and initiatives around healthy eating or exercising on a budget
13. Access to help and support from mental health professionals on the negative psychological impacts of the cost-of-living increases
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)

ASK ALL

QW3u. In response to the increased cost-of-living, to what extent, if at all, would you say you have made either more or less journeys by foot or bike (or other active means) rather than using the car (or other private motorised vehicle)?

SINGLE CODE

1. Significantly more
2. Slightly more
3. Slightly less
4. Significantly less
5. Not applicable
97. Don't know

ASK IF CODE 1 OR 2 SELECTED AT QW3u

QW3V. And to what extent, if at all, do you either agree or disagree that this has been a positive experience? This might be related to enjoyment or how it impacts your mental and/or physical health.

SINGLE CODE

1. Strongly agree
2. Agree
3. Neither agree nor disagree
4. Disagree
5. Strongly disagree
97. Don't know

ASK IF-QW2A CODE 1

QW5Oa. To what extent, if at all, have you increased/decreased your sport and physical activity volunteering over the last 12 month (since February2022) because of the cost-of-living increases?

SINGLE CODE

1. Significantly increased
2. Slightly increased
3. Neither increased nor decreased
4. Slightly decreased
5. Significantly decreased
96. Other (please specify)
97. Don't know
98. Prefer not to say

ASK IF CODE 1-2 QW50a

QW50b. You said your sport and physical activity volunteering has increased because of the cost-of-living increases. Which of the following, if any, apply to you?

*Please select one option for each answer*

MULTICODE, RANDOMISE

1. There is an increased demand for my time due to fewer people volunteering
2. There is an increased number of responsibilities required of me due to fewer people volunteering
3. I have lost my job or had my working hours reduced and now volunteer instead
4. I feel a responsibility to volunteer more to help others [who may be struggling at this time]
5. I do less paid work in sport and physical activity now, and offer more of my time to volunteering
6. I am looking to improve my skills or employability through increased volunteering
7. I volunteer more now because of the benefits to my mental or physical health
8. I volunteer more now because of other benefits it offers me (for example, free food or a warm place to be)
99. None of the above (FIX, EXCLUSIVE)
96. Other (please specify) (FIX)
97. Don't know (FIX, EXCLUSIVE)

ASK IF CODE 4-5 QW50a

QW5Q. You said your sport and physical activity volunteering has decreased because of the cost-of-living increases. Which of the following factors, if any, have caused these changes in your sport and physical activity volunteering behaviours?

*Please select one option for each answer*

MULTICODE, RANDOMISE

1. Having less time due to working longer hours
2. Having less time due to increased caring responsibilities
3. Lack of motivation
4. No longer having access to volunteering/the sessions no longer exist
5. Unable to afford travel costs
6. The volunteering experience has changed
7. Lack of suitable opportunities
8. I want more time for other things away from volunteering (e.g. interests/hobbies)
9. It causes me too much stress
10. Unhappy with the way my time is being managed / organised
11. I don't feel like I was making a difference in the way I wanted to
99. None of the above (FIX, EXCLUSIVE)
96. Other (please specify) (FIX)
97. Don't know (FIX, EXCLUSIVE)

ASK IF QW2A CODE 1

QW5R. Please describe how, if at all, your sport and physical activity volunteering experience has changed due to the cost-of-living increases.

*For example: you may have taken on new responsibilities or be supporting fewer participants to be active. Please be as specific as you can.*

OPEN END

99. My sport and physical activity volunteering experience has not changed.

ASK IF D5=4,5,6 or 7

QW5L. What impact, if any, have the cost-of-living increases had on your child/children's opportunities to be active in the following settings?

*Please select one option for each answer*

SINGLE CODE

CAROUSEL

#### Answer Options

1. Significant negative impact
2. Some negative impact
3. Little or no impact
4. Some positive impact
5. Significant positive impact
97. Don't know
98. Not applicable to my child/children

#### Statements

- A. At school/college
- B. During after school clubs
- C. Outside school / community activities

ASK IF D5=4,5,6 or 7

QW5M. And have their activity levels changed as a result of this change in opportunity?

*Please select one option for each answer*

SINGLE CODE

CAROUSEL

#### Answer Options

1. Decreased a lot
2. Decreased a little
3. Neither increased nor decreased
4. Increased a little
5. Increased a lot
97. Don't know
98. Not applicable to my child/children

#### Statements

- A. At school/college
- B. During after school clubs
- C. Outside school / community activities

ASK IF D5=4,5,6 or 7

QW5N. In what ways, if any, have your child/children's sport and physical activity behaviours changed because of the cost-of-living increases?

MULTICODE, RANDOMISE

1. They have stopped doing activity altogether
2. I have reduced the distance my child/children travel to take part in activity
3. I have cancelled my child/children's memberships to specific sports/activities
4. I have reduced the regularity of paid (pay as you go) activities my child/children does (RESTRICT TO ONE CODE ONLY FROM 4, 5 OR 6)
5. I have stopped doing paid (pay as you go) activities with my child/children
6. I have switched to/am doing more paid (pay as you go) activities with my child/children
7. I have started/increased the amount of free activities my child/children does (such as walking and running)
8. I have prioritised activity that is most enjoyable for my child/children
9. I use free activities, such as going for a walk, for my child/children to socialise with friends instead of paid activities
10. I walk/cycle to get to places with my child/children rather than use the car whenever possible
11. I have started/increased the amount of physical activity my child/children does at home
12. Other (please specify) (FIX)
13. My child's sport and physical activity behaviours have not changed (ASK IF QW1P = 3,4 OR 5) (FIX, EXCLUSIVE)
97. Don't know (FIX, EXCLUSIVE)
98. Prefer not to say (FIX, EXCLUSIVE)

## CYP SURVEY (Participants aged 5 to 16)

### CYP: Wave 5 topic questions

ASK IF YEAR 7 AND ABOVE (CYPD1 CODE 8-12)

CYPW5A. To what extent have your opportunities to be active in any of the following settings changed in the past 12 months (since February 2022)?

*Please select one option for each answer*

SINGLE CODE

CAROUSEL

Answer Options

1. Significantly increased
2. Somewhat increased
3. Neither increased nor decreased
4. Somewhat decreased
5. Significantly decreased
97. Don't know
98. Prefer not to say

Statements

- A. At school
- B. During after school clubs
- C. Outside school / community activities

ASK IF YEAR 7 AND ABOVE (CYPD1 CODE 8-12)

CYPW5B. In relation to your sport and physical activity behaviours, have you done any of the following in the last 12 months?

MULTICODE, RANDOMISE

1. I have stopped doing any activity outside of school/PE lessons
2. The distance I travel to take part in activity outside of school/PE lessons has gotten smaller
3. I have stopped doing organised activity/sports clubs outside of school
4. The paid (pay as you go) activities, I do have become less frequent (RESTRICT TO ONE CODE ONLY FROM 6, 7 OR 8)
5. I have stopped doing paid (pay as you go) activities
6. I have changed to/am doing more paid (pay as you go) activities
7. I have started/increased the amount of free activities I do (such as walking and running)
8. I prefer to do activity that I like to do the most
9. I use free activities, such as going for a walk, to socialise with friends instead of paid activities
10. I walk/cycle to get to places rather than being taken in the car whenever possible
11. The amount of exercise and sports I do at home has increased
96. Other (please specify) (FIX)
15. The amount of exercise and sports I do has not changed (ASK IF QW1P = 3,4 OR 5) (FIX, EXCLUSIVE)
97. Don't know (FIX, EXCLUSIVE)
98. Prefer not to say (FIX, EXCLUSIVE)