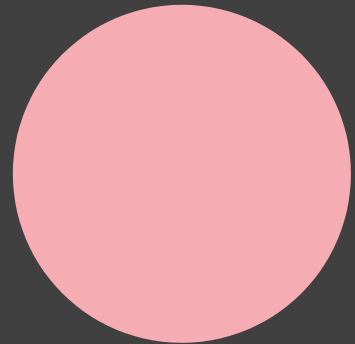
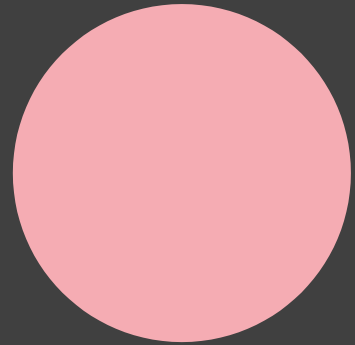

Sport England Activity Check In

Topic Questions

Wave 9 (November 2023)



Make better decisions

Savanta:

To be used alongside the Tracker Questionnaire

ADULT SURVEY (Participants aged 16+)

TOPIC QUESTIONS: MAJOR EVENTS

ASK ALL

QW7I. A major sporting event is defined as a national or international-level competition featuring elite athletes or teams, drawing a large audience and significant media coverage. An example could be a World or European Championship in a specific sport, or any other sporting event where the top athletes in their field compete against each other. With the definition above in mind, which of the following applies to you?

Please select one option

SINGLE CODE

1. I have watched a major sporting event in the past 3 months and it inspired me to want to be a lot more active
2. I have watched a major sporting event in the past 3 months and it inspired me to want to be a little bit more active
3. I have watched a major sporting event in the past 3 months but it didn't inspire me to want to be more active
4. I have not watched a major sporting event in the past 3 months
97. Don't know / Can't remember

ASK IF QW7I CODE 1-2

QW7L. What was it about the event that inspired you to want to be more active

Please select all that apply

MULTI CODE, RANDOMISE

1. Visibility/high profile of the event
2. Success of a certain team/athlete
3. 'Buzz' or excitement of the event
4. Skill level of the athletes
5. Challenges overcome by athletes
6. Unity/camaraderie of the teams/athletes
7. Positive role models
98. Other (please specify) (FIX)
97. Don't know (FIX, EXCLUSIVE)
99. None of these (FIX, EXCLUSIVE)

ASK IF QW7I CODE 1-2

QW7M. Which of the following, if any, did you do as a result of feeling inspired by a major sporting event?

Please select all that apply

MULTI CODE, RANDOMISE

1. I watched more of the sport related to the event
2. I watched more sport in general (FIX BELOW CODE 1)
3. I did more of the sport related to the event (e.g. I took part twice a month rather than once a month)
4. I did more of a different sport to the event (e.g. I took part twice a month rather than once a month) (FIX BELOW CODE 3)
5. I took up the sport related to the event (EXCLUSIVE FROM CODE 3)
6. I took up a different sport to the event (FIX BELOW CODE 5)
7. I joined a club/team in the sport related to the event
8. I joined a club/team in a different sport to the event (FIX BELOW CODE 7)
9. I started volunteering in a sport related to the event
10. I started volunteering in a different sport to the event (FIX BELOW CODE 9)
98. Other (please specify) (FIX)
99. I did not change my behaviour as a result (FIX, EXCLUSIVE)

ASK IF QW7M CODE 3-8

QW7N. To what extent do you agree or disagree that the major sporting event was the main factor that influenced your decision to do more sport/take up a new sport/ join a club/team?

Please select one option

SINGLE CODE

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

ASK IF QW7M NOT CODES 3-8

QW7O. You said you were inspired by a major event but did not change your physical activity behaviour as a result. Why is this?

Please select all that apply

MULTI CODE, RANDOMISE

1. I lacked motivation or interest in being active despite feeling inspired
2. I didn't have access to/could not get to the facilities needed to do the activity(s) I wanted to do
3. There was nowhere or no one running the activity(s) I wanted to do
4. I couldn't afford the things (equipment, coaching, club fees etc.) I needed to be active
5. I couldn't find the information I needed to do the activity(s) I wanted to do
6. No one else wanted to try the activity(s) I wanted to do with me
7. I didn't know how to go about taking part
8. I didn't think I'd be good enough
9. I didn't think I'd be fit enough
10. The activity looked too difficult
11. I was worried I would injure myself
12. I struggled to change my routine
98. Other (please specify) (FIX)
99. None of these (FIX, EXCLUSIVE)

ASK IF QW7M CODE 3-8

QW7P. You said you were inspired by a major sporting event and changed your physical activity behaviour as a result. Which of the following, if any, helped you to change your behaviour?

Please select all that apply

MULTI CODE, RANDOMISE

1. The activity I wanted to do was available
2. The activity could be done informally to suit my needs
3. There was enough information about the activity so I knew how to get involved
4. I already did the activity so I just went more often
5. I've done the activity before and the event inspired me to take it up again
98. Other (please specify) (FIX)
99. None of these (FIX, EXCLUSIVE)

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 November 2022)
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

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

QW9A. And to what extent, if at all, have you changed your sport and physical activity levels since the last 12 months (since November 2022) because of the cost-of-living increases?

SINGLE CODE

Answer Options

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 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 (ASK IF QW1P = 3,4 OR 5)
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
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 1-15, 19 (ALL EXCEPT CODE 16-18)

QW9B. And when did you make this change?

Please select one option for each answer

SINGLE CODE

RANDOMISE CAROUSEL

Answer Options

1. In the last month
2. Since the start of 2023
3. Before the start of 2023
97. Can't remember

Statements

Pipe options selected at QW3P

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 in the last 3 months?

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)
99. None of these

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)

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 November 2022) 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 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: 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 CYPW5A = 1-2, 4-5

CYPW9A. And have your activity levels increased or decreased 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 me

Statements

- D. At school (ASK IF CYPW5A_A = 1-2, 4-5)
- E. During after school clubs (ASK IF CYPW5A_B = 1-2, 4-5)
- F. Outside school / community activities (ASK IF CYPW5A_C = 1-2, 4-5)

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)

INFO SCREEN

We're now going to ask you some questions about big sports events that you may have watched recently.

ASK IF PRIMARY AGED QCYPD1 CODE 2-7

CYPW7A. Have you recently watched any big sports events?

A big sports event is where sportspeople compete against each other in big competitions that you can watch on TV or online.

Please select one option

SINGLE CODE

1. Yes
2. No
97. Can't remember (FIX, EXCLUSIVE)

ASK IF CYPW7A CODE 1

CYPW7B. And did watching the event make you want to do any of these?

Please select all that apply

MULTI CODE

1. Play more sport
2. Watch more sport
3. Try new sports
97. Don't know

ASK IF SECONDARY AGE CYPD1 CODE 8-12

CYPW7D. A major sporting event is defined as a national or international-level competition featuring elite athletes or teams, drawing a large audience and significant media coverage. An example could be a World or European Championship in a specific sport, or any other sporting event where the top athletes in their field compete against each other. With the definition above in mind, which of the following applies to you?

Please select one option

SINGLE CODE

1. I have watched a major sporting event in the past 3 months and it inspired me to want to be a lot more active
2. I have watched a major sporting event in the past 3 months and it inspired me to want to be a little bit more active
3. I have watched a major sporting event in the past 3 months but it didn't inspire me to want to be more active
4. I have not watched a major sporting event in the past 3 months
97. Don't know / Can't remember

ASK IF CYPW7D CODE 1-2

CYPW7G. Which of the following, if any, did you do as a result of feeling inspired by a major sporting event?

Please select all that apply

MULTI CODE, RANDOMISE

1. I watched more of the sport related to the event
2. I watched more sport in general (FIX BELOW CODE 1)
3. I did more of the sport related to the event (e.g. I took part twice a month rather than once a month)
4. I did more of a different sport to the event (e.g. I took part twice a month rather than once a month) (FIX BELOW CODE 3)
5. I took up the sport related to the event (EXCLUSIVE FROM CODE 3)
6. I took up a different sport to the event (FIX BELOW CODE 5)
7. I joined a club/team in the sport related to the event
8. I joined a club/team in a different sport to the event (FIX BELOW CODE 7)
9. I started volunteering in a sport related to the event
10. I started volunteering in a different sport to the event (FIX BELOW CODE 9)
98. Other (please specify) (FIX)
99. I did not change my behaviour as a result (FIX, EXCLUSIVE)

ASK IF CYPW7G CODE 3-8

CYPW7H. To what extent do you agree or disagree that the major event was the main factor that influenced your decision to take up a new sport and/or join a club/team?

Please select one option

SINGLE CODE

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