Sport England Activity Check In

Topic Questions

Wave 10 (February 2024)

Make better decisions
ADULT SURVEY (Participants aged 16+)

ASK IF D4 CODE 3 OR 5
WE10D1. And which of the following counties do you live in?
Please select one option
SINGLE CODE
1. North Yorkshire (SHOW IF D1 CODE 3)
2. East Riding of Yorkshire (SHOW IF D1 CODE 3)
3. South Yorkshire (SHOW IF D1 CODE 3)
4. West Yorkshire (SHOW IF D1 CODE 3)
5. Derbyshire (SHOW IF D1 CODE 5)
6. Leicestershire (SHOW IF D1 CODE 5)
7. Lincolnshire (SHOW IF D1 CODE 5)
8. Northamptonshire (SHOW IF D1 CODE 5)
9. Nottinghamshire (SHOW IF D1 CODE 5)
10. Rutland (SHOW IF D1 CODE 5)
99. None of these

TOPIC QUESTIONS: EXTREME WEATHER EVENTS
INFO SCREEN
The following questions will ask you about your experience of extreme weather events in your local area, and the impact (if any) this has had on your physical activity habits.

Extreme weather events are defined as weather events that are significantly different from the average or usual weather pattern, such as severe storms, flooding, heatwaves, forest fires and droughts.

ASK ALL
QW10A. Thinking back over the past 12 months, have you experienced any of the following extreme weather events in your local area?
Please select all that apply
MULTI CODE, RANDOMISE
1. Severe thunderstorm / strong winds (including tornadoes)
2. Heavy snowfall or blizzard
3. Severe frost / cold spell
4. Extreme heatwave / severe drought / forest fire
5. Flooding due to intense rainfall
6. Heavy fog / mist where visibility is poor
96. Other (please specify) (FIX)
97. Can’t remember (FIX, EXCLUSIVE)
99. I have not experienced any extreme weather events in the past 12 months (FIX, EXCLUSIVE)

ASK IF QW10A CODE 1-6
QW10B. You said you experienced the following extreme weather event(s) in the past 12 months in your local area. What impact, if any, did this have on your physical activity levels?
Please select one option for each answer
SINGLE CODE
CAROUSEL, RANDOMISE STATEMENTS

Answer Options
1. I did more sport and physical activity
2. I did the same amount of sport and physical activity
3. I did less sport and physical activity
97. Can’t remember (FIX, EXCLUSIVE)
Statements
PIPE IN CODES SELECTED FROM QW10A (CODES 1-5 ONLY)

ASK IF QW10B CODE 3 AT ANY STATEMENT
QW10C. And which type of sport and physical activity did you do less of due to an extreme weather event?
*Please select all that apply*
MULTICODE, RANDOMISE

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, an online class, weights, press-ups/sit-ups, using an exercise bike/treadmill etc.
8. Informal activity or active play, this could be playing football, walking the dog, going for a walk with family and friends or for fitness/wellbeing
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

ASK IF QW10B CODE 3
QW10D. How did the following extreme weather event(s) lead you to do less physical activity?
*Please select one option for each event*
MULTICODE RANDOMISE
CAROUSEL

Answer Options
1. The session(s) I wanted to do was cancelled due to the weather conditions
2. The facility(s) I wanted to use was closed due to the weather conditions
3. I was unable to access the session(s)/facility(s) due to transport issues (e.g. bus cancellations due to weather conditions)
4. I was less motivated to be active due to the weather conditions
5. I was more worried about getting injured or becoming unwell by taking part in physical activity during extreme weather conditions
6. I don’t have the right equipment to do activity in extreme weather conditions (e.g. waterproof clothing)
7. I couldn’t afford the additional expense associated with taking part in extreme weather (e.g. special equipment, more expensive facilities, paying for transport) (FIX UNDER CODE 6)
8. I find sport and physical activity less enjoyable during extreme weather conditions
9. I was less interested in the alternative activities available
10. I walked/cycled less to get to places
96. Other (please specify) (FIX)
97. Can’t remember (FIX, EXCLUSIVE)
99. None of the above (FIX, EXCLUSIVE)

Statements
PIPE IN STATEMENTS FROM QW10B WITH CODE 3 SELECTED

3 : Activity Check-In - Topic Questions - Wave 10 (February 2024)
ASK IF QW10B CODE 2
QW10E. How were you able to continue doing the same amount of physical activity during the following extreme weather event(s)?
*Please select one option for each event*
MULTICODE RANDOMISE
CAROUSEL

Answer Options
1. I switched to alternative activity(s)
2. I adapted my exercise routine to match the weather conditions (e.g. exercising at a different time of day to avoid the weather conditions)
3. The activity(s) was adapted to lessen the impact of weather conditions (e.g. moved indoors)
4. The activity(s) had facilities to cope with extreme weather conditions (e.g. better drainage, air conditioning)
5. The activity(s) can go ahead regardless of weather conditions (e.g. an indoor activity)
6. I could still get to the activity(s) (e.g. transport wasn’t affected)
7. I always find a way because it is important to me
96. Other (please specify) (FIX)
97. Can’t remember (FIX, EXCLUSIVE)
99. None of the above (FIX, EXCLUSIVE)

Statements
PIPE IN STATEMENTS FROM QW10B WITH CODE 2 SELECTED

ASK IF QW10B CODE 1
QW10F. How did the following extreme weather event(s) lead you to do more physical activity?
*Please select one option for each event*
MULTICODE RANDOMISE
CAROUSEL

Answer Options
1. I switched to an alternative activity(s) and did more than I usually would as a result
2. My sport/physical activity is better suited/only available during extreme weather conditions
3. My sport/physical activity was more enjoyable during the extreme weather conditions (e.g. being outside in hot weather)
4. I was more motivated to be active due to the weather conditions
5. I walked/cycled more to get to places
96. Other (please specify) (FIX)
97. Can’t remember (FIX, EXCLUSIVE)
99. None of the above (FIX, EXCLUSIVE)

Statements
PIPE IN STATEMENTS FROM QW10B WITH CODE 1 SELECTED

ASK ALL
QW10G. To what extent do you agree or disagree that the physical activity providers (e.g. gyms/fitness centres, sports clubs, outdoor facilities) you use are doing enough to adapt opportunities in response to extreme weather events?
*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
99. I don’t use any providers

ASK ALL EXCEPT QW10G CODE 99
QW10H. And which of the following adaptations, if any, are the physical activity providers (e.g. gyms, fitness centres, sports clubs) you use making in response to extreme weather events? Please select all that apply
MULTI CODE, RANDOMISE
1. Changing locations/venues to alternative areas
2. Changing session timings to avoid extreme weather conditions
3. Adapting existing activities
4. Introducing new/different weather-specific activities
5. Introducing virtual or online sessions
6. Investing in facilities resistant to extreme weather (e.g. air-conditioned facilities)
7. Providing weather-appropriate gear or equipment
8. Training staff to handle extreme weather conditions
9. Investing in sustainability initiatives
96. Other (please specify) (FIX)
97. Don’t know (FIX, EXCLUSIVE)
99. None of the above (FIX, EXCLUSIVE)

ASK IF QW10G CODE 1-2
QW10I. You said that physical activity providers (e.g. gyms, fitness centres, sports clubs) are not doing enough to adapt opportunities in response to extreme weather events. What additional changes, if any, would you like to see activity providers make to adapt to climate change? OPEN END
99. I would not like to see any changes
97. Don’t know

ASK ALL
QW10J. In general, how do you see extreme weather impacting your sport and physical activity levels over the next 5 years? Please select one option
SINGLE CODE
1. Very positive impact
2. Somewhat positive impact
3. Neither positive nor negative impact
4. Somewhat negative impact
5. Very negative impact
97. Don’t know

ASK IF QW10J CODE 1-3
QW10K. You said extreme weather events will likely have a positive impact [QW10K =1-2]/no impact [QW10K = 3] on your physical activity levels over the next 5 years. Why is this? Please select all that apply
MULTI CODE, RANDOMISE
1. I will always find a way to adapt what I do so I can carry on
2. I don’t think the activity(s) I do will be negatively impacted
3. I will switch to something else if I cannot do what I currently do
4. Better/warmer weather will mean I will exercise more
96. Other (please specify) (FIX)
97. Don’t know (FIX, EXCLUSIVE)
99. None of the above (FIX, EXCLUSIVE)
ASK IF QW10J CODE 4-5
QW10L. You said extreme weather events will likely have a negative impact on your physical activity levels over the next 5 years. Why is this?
Please select all that apply
MULTI CODE, RANDOMISE
1. If what I currently do is negatively impacted, I am likely to do less of it
2. If what I currently do is negatively impacted, I am likely to stop altogether
3. If what I currently do is negatively impacted, I will not be able to afford additional gear or equipment to switch to different activities
4. If what I currently do is negatively impacted, I don’t have space at home to exercise there instead
96. Other (please specify) (FIX)
97. Don’t know (FIX, EXCLUSIVE)
99. None of the above (FIX, EXCLUSIVE)

TOPIC QUESTIONS: ENVIRONMENTAL SUSTAINABILITY
INFO SCREEN
The next set of questions will ask you about environmental sustainability. This is defined as:

The ability to maintain an ecological balance in our planet’s natural environment and conserve natural resources to support the wellbeing of current and future generations.

ASK ALL
QW10M. How would you rate the importance of environmental sustainability in each of the following:
Please select one option for each answer
SINGLE CODE, RANDOMISE CAROUSEL, FLIP SCALE

Answer Options
1. Very important
2. Quite important
3. Neither important nor unimportant
4. Quite unimportant
5. Very unimportant
6. Don’t know (FIX)

Statements
A. My sport and physical activity choices (e.g. type of activity)
B. My food choices (e.g. grocery shopping, eating out)
C. My shopping choices (e.g. clothes, electronics)
D. My transport choices (e.g. commuting, getting around)

ASK ALL
QW10N. In which of the following ways, if any, does environmental sustainability currently play a role in how you choose the sport and physical activity you take part in?
Please select all that apply
MULTI CODE, RANDOMISE
1. Choosing activities closer to home to reduce travel
2. Choosing a more sustainable mode of transport to access an activity
3. Choosing activities that use sustainable equipment
4. Choosing activities that consume less energy (e.g. outdoor activities that don’t require heating)
5. Choosing activities with sustainable facilities (e.g. use sustainable surfaces)
6. Choosing activities that require less equipment or produce less waste (e.g. walking or running)
7. Choosing providers/facilities/clubs that have strong environmental sustainability policies and practices (e.g. use of renewable energy / recycled rainwater, promoting biodiversity)
8. Choosing providers/facilities/clubs that contribute to nature conservation
96. Other (please specify) (FIX)
97. Don’t know (FIX, EXCLUSIVE)
9. Environmental sustainability doesn’t play a role in how I choose my sport and physical activity (FIX, EXCLUSIVE)
99. I do not do any sport and physical activity (FIX, EXCLUSIVE)

ASK ALL
QW10O. And are you likely to do any of the following in the future?
Pleas select all that apply
MULTI CODE, RANDOMISE, SHOW CODES NOT SELECTED AT PREVIOUS QUESTION.
ALWAYS SHOW CODE 96, 97, 9, 99
1. Choose activities closer to home to reduce travel
2. Choose a more sustainable mode of transport to access an activity
3. Choose activities that use sustainable equipment
4. Choose activities that consume less energy (e.g. outdoor activities that don’t require heating)
5. Choose activities with sustainable facilities (use sustainable surfaces)
6. Choose activities that require less equipment or produce less waste (e.g. running)
7. Choose providers/facilities/clubs that have strong environmental sustainability policies and practices (e.g. use of renewable energy / recycled rainwater, promoting biodiversity)
8. Choose providers/facilities/clubs that contribute to nature conservation
96. Other (please specify) (FIX)
97. Don’t know (FIX, EXCLUSIVE)
9. Environmental sustainability is unlikely to play a role in how I choose my sport and physical activity (FIX, EXCLUSIVE)
99. I do not intend to do any sport and physical activity (FIX, EXCLUSIVE)

ASK ALL
QW10P. Are you currently involved in any environmental initiatives as part of the sport and physical activity you do?
Pleas select all that apply
MULTI CODE, RANDOMISE
1. Changing travel behaviours to reduce carbon emissions
2. Reducing energy use/transitioning to renewable energy sources
3. Reducing waste
4. Sustainable sourcing/procurement
5. Supporting biodiversity
6. Adapting facilities/activities to better cope with extreme weather events
7. Campaigning/taking part in initiatives e.g. plastic clean ups
96. Other (please specify) (FIX)
97. Don’t know (FIX, EXCLUSIVE)
99. I do not do any sport and physical activity (FIX, EXCLUSIVE)
SECTION D: Lifestyle and Cost of Living

ASK ALL
QW1P. What impact, if any, has the cost-of-living increase had on your ability to be active? (for instance working longer hours or having less disposable income to pay for memberships, equipment, fees etc.)

SINGLE CODE
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. Prefer not to say

ASK ALL
QW9A. And to what extent, if at all, have you changed you sport and physical activity levels once the last 12 months (since January 2023) 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
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
INFO SCREEN
The following questions will ask you about your experience of extreme weather events in your local area, and the impact (if any) this has had on your exercise habits.

Extreme weather events are weather events which are very different from normal weather. These can be things like severe storms, flooding, heatwaves, forest fires and droughts.

ASK IF SECONDARY AGE CYPD1 CODE 8-12
CYPW10A. Thinking back over the past 12 months, have you experienced any of the following extreme weather events in your local area?
*Please select all that apply*
MULTICODE, RANDOMISE
1. Severe thunderstorm / strong winds (including tornadoes)
2. Heavy snowfall or blizzard
3. Severe frost / cold spell
4. Extreme heatwave / severe drought / forest fire
5. Flooding due to intense rainfall
6. Heavy fog / mist where visibility is poor
7. Other (please specify) (FIX)
96. Can’t remember (FIX, EXCLUSIVE)
97. I have not experienced any extreme weather events in the past 12 months (FIX, EXCLUSIVE)

ASK IF QCYPW10A CODE 1-6
CYPW10B. You said you experienced the following extreme weather event(s) in the past 12 months in your local area. What impact, if any, did this have on your physical activity levels?
*Please select one option for each answer*
SINGLE CODE
CAROUSEL, RANDOMISE STATEMENTS

Answer Options
1. I did more sport and physical activity
2. I did the same amount of sport and physical activity
3. I did less sport and physical activity
4. Can’t remember (FIX, EXCLUSIVE)

Statements
PIPE IN CODES SELECTED FROM CYPW10A (CODES 1-5 ONLY)

ASK IF CYPW10B CODE 3 ANY STATEMENT
CYPW10C. And which type of sport and physical activity did you do less of due to an extreme weather event?
*Please select all that apply*
MULTICODE, RANDOMISE
1. Walking, cycling or scooting to get somewhere (e.g. to school, to somebody's house, to the park, or to a club)
2. Going on a walk (e.g. to walk the dog or to go for a walk with family and friends)
3. Going on a bike ride / riding a bicycle or scooter for fun
4. PE/games lesson
5. Running around or playing games during break and lunchtimes whilst at school. (e.g. kicking a ball about or skipping)
6. Going to the park, public playground or skate park to run around/play or be active
7. Fitness, dance, or being active in other ways at home (e.g. with friends or family, online, or in the garden)
8. Taking part in a school sports/exercise club (e.g. at lunchtime or in an after school club)
9. Taking part in clubs/team sports outside of school. (e.g. football practice, basketball team, netball club, dance club, gymnastics or judo). It is likely there will be someone coaching these sessions.
10. Going to any sports/exercise classes outside of school. (e.g. dance class, gymnastics or judo). It is likely there will be someone teaching these sessions.
11. Going swimming or done swimming lessons
12. Going for a run
96. Any other sport or exercise (Please specify)
97. Can’t remember

ASK IF CYPW10B CODE 3 ANY STATEMENT
CYPW10D. How did the following extreme weather event(s) lead you to do less physical activity?
MULTICODE, RANDOMISE
CAROUSEL
Please select one option for each event

Answer Options
1. The session(s) I wanted to do was cancelled due to the weather conditions
2. The facility(s) I wanted to use was closed due to the weather conditions
3. I was unable to access the session(s)/facility(s) due to transport issues (e.g. bus cancellations due to weather conditions)
4. I was less motivated to be active due to the weather conditions
5. I was more worried about getting injured or becoming unwell by taking part in physical activity during extreme weather conditions
6. I don’t have the right equipment to do activity in extreme weather conditions (e.g. waterproof clothing)
7. Me or my parent(s)/guardian(s) couldn’t afford the extra cost of taking part in extreme weather (e.g. special equipment, more expensive facilities, paying for transport) (FIX UNDER CODE 6)
8. I find sport and physical activity less enjoyable during extreme weather conditions
9. I was less interested in the alternative activities available
10. I walked/cycled less to get to places
11. My PE/games lesson(s) at school was cancelled
12. The before/after/lunch-time school club where I do sport was closed or cancelled
13. My school was closed so I couldn’t do any PE or school clubs
96. Other (please specify) (FIX)
97. Can’t remember (FIX, EXCLUSIVE)
99. None of the above (FIX, EXCLUSIVE)

Statements
PIPE IN STATEMENTS FROM QW10B WITH CODE 3 SELECTED

ASK IF CYPW10B CODE 2
CYPW10E. How were you able to continue doing the same amount of physical activity during the following extreme weather event(s)?
MULTICODE, RANDOMISE
CAROUSEL

Answer Options
1. I switched to alternative activity(s)
2. I adapted my exercise routine to match the weather conditions (e.g. exercising at a different time of day to avoid the weather conditions)
3. The activity(s) was adapted to lessen the impact of weather conditions (e.g. moved indoors)
4. The activity(s) had facilities to cope with extreme weather conditions (e.g. better drainage, air conditioning)
5. The activity(s) can go ahead regardless of weather conditions (e.g. an indoor activity)
6. I could still get to the activity(s) (e.g. transport wasn’t affected)
7. I always find a way because it is important to me
8. My PE/games lesson(s) at school was moved indoors
9. The before/after/lunch-time school club where I do sport was move indoors
96. Other (please specify) (FIX)
97. Can’t remember (FIX, EXCLUSIVE)
99. None of the above (FIX, EXCLUSIVE)

Statements
PIPE IN STATEMENTS FROM QW10B WITH CODE 2 SELECTED

ASK IF CYPW10B CODE 1
CYPW10F. How did the following extreme weather event(s) lead you to do more physical activity?
Please select one option for each event
MULTICODE, RANDOMISE
CAROUSEL

Answer Options
1. I switched to an alternative activity(s) and did more than I usually would as a result
2. My sport/physical activity is better suited/only available during extreme weather conditions
3. My sport/physical activity was more enjoyable during the extreme weather conditions (e.g. being outside in hot weather)
4. I was more motivated to be active due to the weather conditions
5. I walked/cycled more to get to places
6. My school was closed so I had more time to be active
96. Other (please specify) (FIX)
97. Can’t remember (FIX, EXCLUSIVE)
99. None of the above (FIX, EXCLUSIVE)

Statements
PIPE IN STATEMENTS FROM QW10B WITH CODE 1 SELECTED

ASK IF SECONDARY AGE CYPD1 CODE 8-12
CYPW10J. In general, how do you see extreme weather impacting your sport and physical activity levels over the next 5 years?
Please select one option
SINGLE CODE
1. Very positive impact
2. Somewhat positive impact
3. Neither positive nor negative impact
4. Somewhat negative impact
5. Very negative impact
97. Don’t know (FIX)
ENVIRONMENTAL SUSTAINABILITY
INFO SCREEN
The next question will ask you about environmental sustainability.

This means keeping our Earth’s nature in balance and saving things like water, trees, and animals so that everyone can have a good life both now and in the future.

ASK IF SECONDARY AGE CYPD1 CODE 8-12 CYPW10M. How would you rate the importance of environmental sustainability in each of the following:
*Please select one option for each answer*
SINGLE CODE, RANDOMISE CAROUSEL, FLIP SCALE

Answer Options
1. Very important
2. Quite important
3. Neither important nor unimportant
4. Quite unimportant
5. Very unimportant
97. Don’t know (FIX)

Statements
A. My sport and physical activity choices (e.g. type of activity)
B. My food choices (e.g. grocery shopping, eating out)
C. My shopping choices (e.g. clothes, electronics)
D. My transport choices (e.g. commuting, getting around)