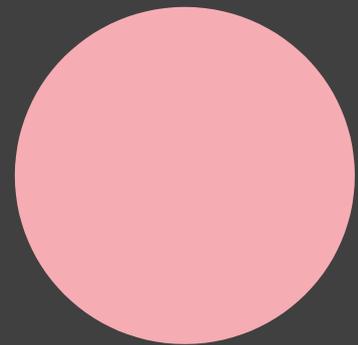
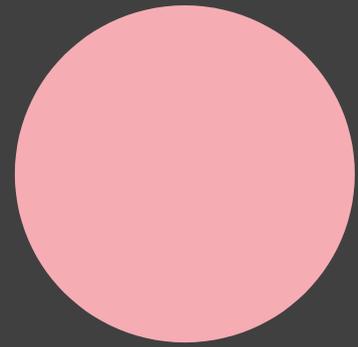


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# Sport England Activity Check In

## Topic Questions

Wave 20 (January 2026)



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Make better decisions

Savanta:

## To be used alongside the Tracker Questionnaire

### ADULT SURVEY (Participants aged 16+)

ASK ALL

QW20A. Over the past 12 months, how often, if at all, have you typically used a fitness and leisure centre (e.g., gym, swimming pool)?

*Please select one option*

SINGLE CODE

1. Multiple times a week
2. Weekly
3. Monthly
4. A few times
5. Once
99. I have not used a fitness and leisure centre in the past 12 months

ASK IF QW20A=1-5

QW20A2. Which of the following best describes the fitness and leisure centre you use most frequently?

*Please select one option*

SINGLE CODE, RANDOMISE

1. Public authority / council / community leisure centre
2. Premium / luxury centre (e.g., Virgin Active, David Lloyd)
3. Mid-level centre (e.g., Fitness First, Total Fitness)
4. Budget / low cost / 24-hour centre (e.g., PureGym, The Gym Group)
5. Small / independent centre (e.g., 10 locations or fewer)
6. Boutique fitness centre (e.g., pilates-only studio, spin-only studio)
97. Not sure

ASK ALL

QW20O. Which of the following, if any, prevent you from going to a fitness or leisure centre [QW20A CODE 99] / prevent you from going to a fitness or leisure centre more often than you currently do [QW20A CODE 1-5]?

*Please select all that apply*

MULTICODE, RANDOMISE

1. Centres being too far away or difficult to get to (e.g., limited public transport, lack of parking)
2. Centres not being accessible because of my disability (e.g. too many stairs) [SHOW IF D6=2-9]
3. Centres being too expensive
4. Centres being too busy
5. Centres not offering the activities I want to do/activities suited to my ability level
6. Centres not providing the right facilities for me (e.g. appropriate changing rooms, a creche, lockers etc.)
7. Centres not feeling welcoming enough
8. Centres not providing enough information on how to perform activities
9. Feeling uncomfortable or unsafe inside or around the centre due to the possibility of sexual harassment or intimidation
98. Other (please specify) (OE, FIX)
97. Don't know (FIX, EXCLUSIVE)
99. None of these (FIX, EXCLUSIVE)

## SECTION W20a: Harassment in sport and physical activity

### dSHI1

The next section of this survey will cover topics of harassment and intimidation. Sexual harassment is defined as any unwanted behaviour of a sexual nature which: violates someone's dignity, makes someone feel intimidated, degraded or humiliated, creates a hostile or offensive environment. Sexual harassment can come in different forms, including:

- Physical sexual harassment (including unwanted touching, invasion of personal space (touching or non-touching), following around the facility, cornering and sexual assault including exposure)
- Verbal sexual harassment (including cat calling or wolf-whistling, sexual 'jokes' or innuendos, suggestive comments, unwanted comments on your body or appearance)
- Non-verbal sexual harassment or intimidation (e.g. staring/leering, suggestive looks, physical gestures. It can also happen when groups congregate in any area, dominating space and equipment)
- Online sexual harassment or intimidation (e.g. social media talking or harassment, inappropriate messaging, photography/filming without consent, sharing sexualised images or videos without consent)

We understand that this is a sensitive topic and can be uncomfortable for some to discuss. Please remember that answering questions is voluntary and you will have the option not to respond or skip these questions if you would prefer, by selecting "prefer not to answer" at the bottom of this screen.

All responses will remain anonymous and confidential.

1. I am happy to proceed with these questions
99. I would prefer not to answer these questions

### UNDER DROP DOWN BUTTON

#### **Access to advice and support**

Advice and support relating to sexual harassment can be found with the following organisations:

#### **Victim Support**

Provides emotional and practical support for people affected by crime and traumatic events.

- 0808 168 9111
- [victimsupport.org.uk](http://victimsupport.org.uk)

#### **Enough campaign**

A site with details of specialist support organisations which help those who have experienced abuse.

- <https://enough.campaign.gov.uk/if-you-experience-abuse/how-get-support>

#### **Samaritans**

Provides emotional support to anyone in emotional distress. Samaritans are open 24/7 for anyone who needs to talk.

- 116 123 (freephone)
- [jo@samaritans.org](mailto:jo@samaritans.org)

ASK IF QW20A=99 AND dHSI1=1

QW20G2. If you were to use a fitness or leisure centre, how concerned would you be about the possibility of experiencing sexual harassment there?

Please select one option

SINGLE CODE

1. Extremely concerned
2. Very concerned
3. Somewhat concerned
4. Slightly concerned
5. Not at all concerned
97. Not sure
98. Prefer not to say

ASK IF QW20A=99 AND dHSI1=1

QW20G3. To what extent, if at all, have concerns about sexual harassment ever influenced your decision not to use a fitness or leisure centre?

Please select one option

SINGLE CODE

1. To a great extent
2. Somewhat
3. Very little
4. Not at all
97. Not sure
98. Prefer not to say

ASK IF dHSI1=1

QW20B. Thinking about sport and physical activity, how much do you agree or disagree with these statements?

When we talk about places where people take part in sport and physical activity, we mean settings such as fitness and leisure centres, gyms or swimming pools, as well as things like sports clubs or exercise classes.

Please select one option for each answer

SINGLE CODE, RANDOMISE STATEMENTS

CAROUSEL

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 believe that women are at risk of sexual harassment or intimidation when taking part in sport and physical activity in public spaces (e.g., on the street, in parks) [FIX ORDER]
- B. I believe that women are at risk of sexual harassment or intimidation when taking part in sport and physical activity in public facilities (e.g., gyms, fitness and leisure centres, swimming pools) [FIX ORDER]
- C. Places where people take part in sport and physical activity are as safe and welcoming for women as they are for men
- D. Places where people take part in sport and physical activity are doing enough to tackle harassment or intimidation in sport and physical activity settings
- E. Fitness and leisure centres feel more like a place for men than women [SHOW IF QW20A=1-5] [FIX ORDER]

## SECTION W20b: Harassment in fitness and leisure centres

ASK IF QW20A=1-5 AND dHSI1=1  
sSHI2

The next section of this survey is about sexual harassment and intimidation specifically in fitness and leisure centres.

We will ask you about whether you have experienced any sexual harassment personally at fitness and leisure centres, and whether you have witnessed them happening to other people.

We understand that this is a sensitive topic and can be uncomfortable for some to discuss. Please remember that answering questions is voluntary and you will have the option not to respond or skip these questions if you would prefer, by selecting “prefer not to answer” at the bottom of this screen.

All responses will remain anonymous and confidential.

1. I am happy to proceed with these questions
99. I would prefer not to answer these questions

### UNDER DROP DOWN BUTTON

#### **Access to advice and support**

Advice and support relating to sexual harassment can be found with the following organisations:

#### **Victim Support**

Provides emotional and practical support for people affected by crime and traumatic events.

- 0808 168 9111
- [victimsupport.org.uk](http://victimsupport.org.uk)

#### **Enough campaign**

A site with details of specialist support organisations which help those who have experienced abuse.

- <https://enough.campaign.gov.uk/if-you-experience-abuse/how-get-support>

#### **Samaritans**

Provides emotional support to anyone in emotional distress. Samaritans are open 24/7 for anyone who needs to talk.

- 116 123 (freephone)
- [jo@samaritans.org](mailto:jo@samaritans.org)

ASK IF QW20A=1-5 AND dSHI2=1

QW20G. How concerned are you about the possibility of experiencing sexual harassment or intimidation at your fitness and leisure centre?

Please select one option

SINGLE CODE

1. Extremely concerned
2. Very concerned
3. Somewhat concerned
4. Slightly concerned
5. Not at all concerned
97. Not sure
98. Prefer not to say

ASK IF QW20A=1-5 AND dHSI2=1

QW20E. Thinking about the last three years, how often, if at all, have you personally experienced the following forms of sexual harassment or intimidation when using a fitness and leisure centre?

Please select one option for each answer

SINGLE CODE, RANDOMISE STATEMENTS

CAROUSEL

1. Often
2. Sometimes
3. Rarely
4. Once
5. Never
97. Don't know / not sure
98. Prefer not to say

Statements

- A. Physical sexual harassment (including unwanted touching, invasion of personal space (touching or non-touching), following around the facility, cornering and sexual assault including exposure)
- B. Verbal sexual harassment (including cat calling or wolf-whistling, sexual 'jokes' or innuendos, suggestive comments, unwanted comments on your body or appearance)
- C. Non-verbal sexual harassment or intimidation (e.g. staring/leering, suggestive looks, physical gestures. It can also happen when groups congregate in any area, dominating space and equipment)
- D. Online sexual harassment or intimidation (e.g. social media talking or harassment, inappropriate messaging, photography/filming without consent, sharing sexualised images or videos without consent)

ASK IF QW20A=1-5 AND dHSI2=1

QW20F. Thinking about the last three years, how often, if at all, have you witnessed someone else experiencing the following forms of sexual harassment or intimidation when using a fitness and leisure centre?

Please select one option for each answer

SINGLE CODE, RANDOMISE STATEMENTS

CAROUSEL

1. Often
2. Sometimes
3. Rarely
4. Once
5. Never
97. Don't know / not sure
98. Prefer not to say

Statements

- A. Physical sexual harassment (including unwanted touching, invasion of personal space (touching or non-touching), following around the facility, cornering and sexual assault including exposure)
- B. Verbal sexual harassment (including cat calling or wolf-whistling, sexual 'jokes' or innuendos, suggestive comments, unwanted comments on your body or appearance)
- C. Non-verbal sexual harassment or intimidation (e.g. staring/leering, suggestive looks, physical gestures. It can also happen when groups congregate in any area, dominating space and equipment)
- D. Online sexual harassment or intimidation (e.g. social media talking or harassment, inappropriate messaging, photography/filming without consent, sharing sexualised images or videos without consent)

ASK IF QW20E=1-4 OR QW20F=1-4

QW20H. Have you witnessed [CODE 1-4 @ QW20F\_1/2/3/4] / experienced [CODE 1-4 @ QW20E\_1/2/3/4] sexual harassment/intimidation more often, less often or about the same amount in fitness and leisure centres compared to everyday life, when you are not at a fitness and leisure centre?

Please select one option for each answer

SINGLE CODE, RANDOMISE STATEMENTS

CAROUSEL

1. More often in fitness and leisure centres
2. About the same in both
3. More often in everyday life
4. Not sure

Statements

- A. Witnessed sexual harassment/intimidation [SHOW IF QW20F=1-4]
- B. Experienced sexual harassment/intimidation [SHOW IF QW20E=1-4]

ASK IF QW20E=1-4 OR QW20F=1-4

QW20I. As a result of witnessing [CODE 1-4 @ QW20F\_1/2/3/4] / experiencing [CODE 1-4 @ QW20E\_1/2/3/4] sexual harassment or intimidation at a fitness and leisure centre, did you do any of the following?

Please select all that apply

MULTICODE, RANDOMISE

1. Stopped attending the fitness and leisure centre temporarily
2. Stopped attending the fitness and leisure centre permanently [FIX UNDER CODE 1]
3. Considered stopping using the fitness and leisure centre
4. Changed the time/day I went to the fitness and leisure centre
5. Changed the type of physical activity that I did at the fitness and leisure centre
6. Avoided areas of the centre that usually have more men (e.g. the free weight area) [SHOW IF D2=2]
7. Avoided quiet areas of the centre (e.g. the car park, less busy parts of the centre etc.)
8. Avoided going to the centre at certain times, e.g. after dark
9. Avoided dressing in a certain way
10. Avoided attending on my own
11. Something else (please write in) [FIX]
12. None of these [FIX, EXCLUSIVE]
13. Prefer not to say [FIX, EXCLUSIVE]

ASK IF QW20A=1-5 and dHSI2=1

QW20J. As far as you know, does your fitness and leisure centre have the below in place to protect people from sexual harassment and intimidation?

Please select one option for each answer

SINGLE CODE, RANDOMISE STATEMENTS

CAROUSEL

1. Yes, definitely
2. Yes, I think so
3. I'm not sure
4. No, I don't think so
5. No, definitely not
98. Prefer not to say

Statements

- A. A code of conduct with explicit reference to sexual harassment
- B. A policy around personal safety and harassment which includes guidelines around harassment (including sexual harassment) and intimidation
- C. Clear procedures for reporting and managing complaints of sexual harassment

- D. Staff training for preventing, identifying and responding to reports of sexual harassment
- E. Visible information on how to report harassment (e.g. posters or website)

ASK IF QW20A=1-5 and dHSI2=1

QW20K. To what extent do you agree or disagree with these statements about sexual harassment and intimidation at fitness and leisure centres?

Please select one option for each answer

SINGLE CODE, RANDOMISE STATEMENTS

CAROUSEL

- 5. Strongly agree
- 4. Slightly agree
- 3. Neither agree nor disagree
- 2. Slightly disagree
- 1. Strongly disagree
- 97. Not sure
- 98. Prefer not to say

Statements

- A. It is clear to me how to report instances of sexual harassment or intimidation at my fitness and leisure centre
- B. I would feel comfortable speaking to staff about any concerns or reports of sexual harassment or intimidation
- C. I am confident that my fitness and leisure centre would act on reports of sexual harassment or intimidation
- D. All forms of sexual harassment, including non-physical behaviours, should be reported to a member of staff
- E. It is clear to me what type of behaviour I should report to staff
- F. I trust that staff know how to handle reports of sexual harassment or intimidation appropriately

ASK IF QW20E=1-4 OR QW20F=1-4

QW20L. Have you ever reported witnessing [CODE 1-4 @ QW20F\_1/2/3/4] / experiencing [CODE 1-4 @ QW20E\_1/2/3/4] sexual harassment or intimidation to staff working in the fitness and leisure centre and/or the head office?

Please select one option for each answer

SINGLE CODE

CAROUSEL

- 1. Yes, every time
- 2. Yes, some of the time
- 3. No, never reported
- 4. Not sure
- 98. Prefer not to say

Statements

- A. Witnessing sexual harassment/intimidation [SHOW IF QW20F=1-4]
- B. Experiencing sexual harassment/intimidation [SHOW IF QW20E=1-4]

ASK IF QW20L=3

QW20L2. You said you never reported witnessing [CODE 3 @ QW20L\_1] / experiencing [CODE 3 @ QW20L\_2] sexual harassment or intimidation to staff working in the fitness and leisure centre and/or the head office. Why is this?

Please select all that apply

MULTICODE, RANDOMISE

- 1. I was worried my report would not be taken seriously
- 2. I thought the process would take too long

3. I thought I would not be kept sufficiently informed about what was happening
4. The reporting process was confusing or unclear
5. There was no private or safe way to make a report
6. I felt there was no appropriate person to speak to (e.g., a way to speak to a person of the same sex)
7. I thought staff were not trained or would not be confident in handling these reports
8. I was worried about retaliation or negative consequences for reporting
9. I thought the centre would prioritise protecting its reputation over helping me
10. I was not able to report anonymously
11. I was worried the process would not be confidential
96. Other (please specify) [FIX]
99. None of these [FIX, EXCLUSIVE]
97. Not sure [FIX, EXCLUSIVE]
98. Prefer not to say [FIX, EXCLUSIVE]

ASK IF QW20L=1-2

QW20M. Generally, how satisfied or dissatisfied were you with how your report(s) of witnessing [CODE 1-2 @ QW20L\_1] / experiencing [CODE 1-2 @ QW20L\_2] sexual harassment or intimidation was handled by the fitness and leisure centre?

Please select one option

SINGLE CODE

1. Very satisfied
2. Fairly satisfied
3. Neither satisfied nor dissatisfied
4. Fairly dissatisfied
5. Very dissatisfied
97. Don't know
98. Prefer not to say

ASK IF QW20M=4-5

QW20N. Could you tell us why you were dissatisfied with how the fitness and leisure centre handled your report(s)?

Please select all that apply

MULTICODE, RANDOMISE

1. My report was not taken seriously
2. The process took too long
3. I was not kept informed about what was happening
4. The reporting process was confusing or unclear
5. There was no private or safe way to make a report
6. I felt there was no appropriate person to speak to (e.g., a way to speak to a person of the same sex)
7. Staff were not trained or confident in handling these reports
8. I was worried about retaliation or negative consequences for reporting
9. I did not feel supported emotionally or practically
10. The centre prioritised protecting its reputation over helping me
11. I was worried I would not be able to maintain anonymity throughout the process
12. I didn't find out the outcome
96. Other (please specify) [FIX]
99. None of these [FIX, EXCLUSIVE]
98. Prefer not to say [FIX, EXCLUSIVE]