



Life Cycle of Volunteering in sport: Technical report

By Jump Projects Ltd. for Sport England

1. Data and key variables

Our main data source is a 2018/19 online survey run via the platform Typeform based on a sample that was designed to be representative for the population of England. The samples were drawn from four different contact groups. Their makeup can be seen in tables 1A and 1B.

We collected 2268 responses, of which 1565 were current volunteers and 703 were ex-volunteers (see tables and more details below).

Current volunteers are defined as those who indicated that they were involved in sports groups, clubs and organisations **in the last 12 months** and then went on to say that they have given unpaid help to these clubs or organisations by selecting a main role other than “None.”

For the purposes of filtering out inconsistent responses, we also exclude those who simultaneously indicated that they were not involved with any groups, clubs or organisations.

Those who do not classify as current volunteers are then asked a similar follow-up question on whether they have given any unpaid help for a sports group, club or organisation **in the last 5 years**. Those who select a volunteering role other than “None” to this question therefore have done sports volunteering in the past 5 years, but not in the last 12 months.

They are classified as ex-volunteers. Those who indicate they have not volunteered in the last 5 years either are screened out of the survey and dropped from the analysis.

Table 1A. Sample size by source data and volunteer status – unweighted

Sample Source	Ex-volunteers	Current volunteers	Total observations
Volunteer Kinetic contact list	4.3% (30/703)	17.3% (270/1565)	13.2% (300/2268)
Sport and Recreation contact list	5.8% (41/703)	21.4% (335/1565)	16.6% (376/2268)
Sport England contact list	0.4% (3/703)	4.2% (65/1565)	3.0% (68/2268)
Toluna Sample	89.5% (629/703)	57.2% (895/1565)	67.2% (1524/2268)

Furthermore, for the purposes of this study into lifecycle, we split our statistics into three age categories. These three age categories broadly represent key stages in a person’s life, where volunteering can play a different role. These are:

- 16-24: Young respondents (student phase)
- 25-54: Middle-aged respondents (family phase)
- 55+: Older respondents (retirement phase)

Table 1B. Sample size by source data and life cycle – unweighted

Sample Source	16-24	25-54	55+	Total observations
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Current Volunteers				
Volunteer Kinetic contact list	30.2% (39/129)	13.7% (116/844)	19.5% (103/529)	17.2% (258/1502)
Sport and Recreation contact list	2.3% (3/129)	17.9% (151/844)	33.1% (175/529)	21.9% (329/1502)
Sport England contact list	0.0% (0/129)	5.2% (44/844)	4.0% (21/529)	4.3% (65/1502)
Toluna Sample	67.4% (87/129)	63.2% (533/844)	43.5% (230/529)	56.6% (850/1502)
Ex-volunteers				
Volunteer Kinetic contact list	7.7% (5/65)	2.9% (13/449)	7.5% (11/146)	4.4% (29/660)
Sport and Recreation contact list	0.0% (0/65)	2.4% (11/449)	18.5% (27/146)	5.8% (38/660)
Sport England contact list	0.0% (0/65)	0.7% (3/449)	0.0% (0/146)	0.5% (3/660)
Toluna Sample	92.3% (60/65)	94.0% (422/449)	74.0% (108/146)	89.4% (590/660)

Note: Respondents that did not indicate their age (n=63 current volunteers and n=43 ex-volunteers) are excluded.

2. Primary data - descriptive statistics

2.1. Descriptives of current volunteers by Life Cycle

We begin by investigating the main characteristics of current sport volunteers by life cycle. We note that younger respondents to our online survey who volunteer in sport are overwhelmingly female, whereas older respondents have a higher share of men. Another noteworthy (and expected) occurrence is that more than half of the respondents in the family phase (25-54) have children in the household and a vast majority (89%) of them are working, compared to much lower proportions in the student and retirement phases. We also note the increased diversity and lower spread of religion among younger respondents.

Table 2A. Demographics by Life Cycle: Current volunteers – unweighted

Demographic Variable	16-24	25-54	55+	Total observations	Thinking to reduce/stop
Sample size	129	844	529	1502	176
Mean yearly household income ¹	£27,027	£52,363	£40,869	£46,422	£43,482
Mean age ¹	20.41	40.31	64.6	47.16	44.42
Gender: Female	71.1% (91/128)	56.5% (472/836)	42.8% (223/521)	52.9% (786/1485)	60.8% (101/166)
Married	4.7% (6/128)	57.8% (483/836)	65.9% (346/525)	56.1% (835/1489)	49.4% (83/168)
No children under 16 in household	69.0% (89/129)	46.0% (386/840)	93.4% (483/517)	64.5% (958/1486)	62.7% (106/169)
No (self-perceived) disability	76.0% (95/125)	86.7% (716/826)	82.7% (430/520)	84.4% (1241/1471)	85.4% (140/164)
Working full or part time	31.0% (40/129)	88.9% (731/822)	37.7% (194/515)	65.8% (965/1466)	63.3% (105/166)
Retired	0.0% (0/129)	0.6% (5/822)	57.5% (296/515)	20.5% (301/1466)	18.1% (30/166)
Student	60.5% (78/129)	1.9% (16/822)	0.8% (4/515)	6.7% (98/1466)	9.6% (16/166)
Degree or above	33.1% (42/127)	59.4% (495/834)	44.4% (230/518)	51.9% (767/1479)	49.1% (83/169)
Ethnic category: White	83.3% (100/120)	84.7% (687/811)	95.4% (494/518)	88.4% (1281/1449)	81.9% (136/166)
Speaks English at home	95.3% (123/129)	97.3% (821/844)	99.2% (525/529)	97.8% (1469/1502)	92.0% (162/176)

¹ imputed via the midpoint of the chosen category

Speaks other language at home	9.3% (12/129)	7.2% (61/844)	1.5% (8/529)	5.4% (81/1502)	8.5% (15/176)
Belongs to some religion	45.6% (57/125)	57.2% (470/822)	72.2% (371/514)	61.5% (898/1461)	60.5% (98/162)
Heterosexual or straight	80.5% (103/128)	93.4% (762/816)	98.4% (492/500)	94.0% (1357/1444)	90.9% (149/164)
Lives in rural area	19.2% (24/125)	20.1% (167/830)	25.6% (133/520)	22.0% (324/1475)	20.1% (33/164)
Lives in (Greater) London	14.2% (18/127)	17.4% (144/828)	9.6% (49/513)	14.4% (211/1468)	12.0% (20/167)

Source: Primary survey data. Note: Respondents that did not indicate their age (n=63) are excluded.

Given that the share of female respondents among current sport volunteers is unusually high (compared to other nationally representative studies of sport volunteering), we decided to weight the survey data according to the sample composition of sport volunteers in the Taking Part dataset - a nationally representative UK survey of volunteering in various sectors including sport. Table 2B confirms that weighting changes the gender composition to the more typical sport volunteer mix of more than 60% males. Therefore we believe that weighting help achieve better representation of the sport volunteer population, and from here onwards we will be presenting weighted results only.

Table 2B. Demographics by Life Cycle: Current volunteers – weighted

Demographic Variable	16-24	25-54	55+	Total observations	Thinking to reduce/stop
Sample size	196	846	396	1438	159
Mean yearly household income¹	£30,102	£51,397	£41,813	£46,235	£44,773
Mean age¹	19.76	41.55	65.4	45.16	45.66
Gender: Female	40.2% (79/196)	39.5% (334/846)	29.6% (117/396)	36.9% (530/1438)	45.9% (73/159)
Married	3.0% (6/194)	61.2% (514/839)	69.3% (274/395)	55.5% (794/1429)	52.5% (83/158)
No children under 16 in household	55.1% (108/195)	44.1% (372/842)	93.7% (364/389)	59.1% (843/1426)	63.9% (101/158)
No (self-perceived) disability	80.7% (151/187)	87.5% (729/832)	83.4% (325/390)	85.5% (1205/1410)	82.0% (127/155)
Working full or part time	25.3% (49/195)	90.6% (748/826)	38.8% (152/391)	67.2% (949/1412)	65.9% (101/153)
Retired	0.0% (0/195)	0.9% (7/826)	57.4% (224/391)	16.4% (232/1412)	17.7% (27/153)
Student	67.1% (131/195)	1.5% (12/826)	0.5% (2/391)	10.3% (145/1412)	8.3% (13/153)
Degree or above	26.1% (49/190)	58.1% (489/842)	42.4% (166/392)	49.5% (705/1423)	51.4% (81/158)
Ethnic category: White	71.7% (134/187)	86.0% (702/816)	93.7% (367/392)	86.2% (1202/1394)	80.1% (124/155)
Speaks English at home	88.9% (174/196)	97.6% (825/846)	99.5% (395/396)	96.9% (1394/1438)	92.9% (147/159)
Speaks other language at home	15.3% (30/196)	6.1% (51/846)	1.9% (8/396)	6.2% (89/1438)	9.7% (15/159)
Belongs to some religion	53.8% (102/190)	54.4% (449/827)	73.7% (284/385)	59.6% (836/1402)	60.9% (94/154)
Heterosexual or straight	88.6% (172/194)	94.6% (777/821)	98.9% (375/379)	94.9% (1323/1394)	93.3% (145/156)
Lives in rural area	21.5% (41/193)	21.7% (181/836)	27.8% (109/391)	23.3% (331/1420)	19.9% (31/155)
Lives in (Greater) London	14.6% (28/196)	8.7% (73/846)	7.5% (30/396)	9.2% (132/1438)	6.7% (11/159)

Source: Primary survey data. Note: Respondents that did not indicate their age are excluded. The sample has been weighted by gender, age and region of England to match the demographic composition of sport volunteers as proxied by the Taking Part dataset, waves 1-12 (n=6,854).

If we look at sports' volunteers wellbeing and social outcomes by age category, we see some trends that mirror the patterns in the general population - the classical U-bend where life satisfaction is lowest for middle-aged respondents, but higher for younger and older ones. Trust seems to linearly increase with age, whereas frequency of meeting friends is highest for young people (as expected). Those who are thinking to reduce or stop volunteering have pervasively lower levels of wellbeing and social outcomes than those who do not.

Table 3. Wellbeing, trust and social interactions: Current volunteers – weighted

Wellbeing / Social Outcome	16-24	25-54	55+	Total observations	Thinking to reduce/stop
Life satisfaction (0 to 10)	7.44	7.32	7.63	7.42	6.96
Happiness (0 to 10)	7.3	7.29	7.59	7.37	7.1
Anxiety (0 to 10)	4.47	4.11	2.93	3.83	4.14
Worthwhile life (0 to 10)	7.15	7.47	7.91	7.55	7.13
General health (1 to 5)	3.57	3.43	3.2	3.39	3.22
Trust people in general (1 to 3)	2.14	2.24	2.36	2.26	2.15
Trust neighbours (1 to 4)	3	3.25	3.54	3.29	3.22
How often meets friends (1 to 4)	3.65	3.08	3.2	3.19	3.05

Source: Primary survey data, weighted by gender, age and region of England to match the demographic composition of sport volunteers in the Taking Part dataset, waves 1-12. Respondents that did not indicate their age or the variable in question are excluded.

Table 4 below contains a series of interesting findings about how the experience of sport volunteering varies with age. For example, we see that older respondents are more likely to perform administrative or steward roles and less likely to perform more physically active roles such as coaching.

Furthermore, in the volunteering frequency and duration section we can see that the average tenure of a sports volunteer is quite high (almost 6 years). Naturally, it increases significantly with age, as older respondents have had more time to volunteer. Also frequency increases with age slightly, perhaps because older respondents have more time they can devote to volunteering. Surprisingly, we don't see much difference in terms of frequency and longevity for those who are planning to reduce or stop volunteering.

Generational continuity seems to be a very important factor in sport volunteering. More than half of the sport volunteers in the family phase (25-54) volunteer where their children take part. For young respondents, in more than ¾ of the cases their parents also volunteer or used to volunteer.

Satisfaction with sport volunteering is at very high levels. More than 95% of sport volunteers of all ages would recommend it to a friend, and are satisfied with the training and support they received as part of their sport volunteering experience (for those who did receive it). Likelihood to reduce or stop volunteering in sport hovers around the low rate of 10%.

On the social side, over 80% of sport volunteers made new friends while volunteering and over 50% socialise with these friends also outside of volunteering. For those who are thinking to reduce or stop volunteering, the proportions are considerably lower, suggesting that not getting along as well with the people/club is a factor for dropping out.

Table 4. Volunteer experience by Life Cycle: Current volunteers – weighted

Volunteering Experience Variable	16-24	25-54	55+	Total observations	Thinking to reduce/stop
Main role (type) of volunteering in sport provided in the last 12 months					
Any other help	1.0% (2/196)	1.9% (16/846)	1.7% (7/396)	1.7% (24/1438)	3.6% (6/159)
Coached or instructed an individual or team(s) (other than solely for family members)	37.4% (73/196)	25.6% (216/846)	15.9% (63/396)	24.5% (353/1438)	19.6% (31/159)
Other practical help	9.1% (18/196)	7.7% (66/846)	12.7% (50/396)	9.3% (134/1438)	10.7% (17/159)
Performed an administrative or committee role (e.g. chair, treasurer, social secretary, first aider, welfare officer)	7.7% (15/196)	15.5% (131/846)	25.4% (101/396)	17.2% (247/1438)	27.9% (44/159)
Provided transport to help people take part in sport (other than family members)	17.9% (35/196)	18.6% (157/846)	13.1% (52/396)	17.0% (244/1438)	11.9% (19/159)
Raising or handling money/taking part in sponsored events	9.0% (18/196)	7.9% (67/846)	4.0% (16/396)	7.0% (100/1438)	6.2% (10/159)

Refereed, umpired or officiated at a sports match, competition or event	12.2% (24/196)	11.6% (98/846)	10.4% (41/396)	11.3% (163/1438)	15.3% (24/159)
Stewarded or marshalled an activity or event	5.6% (11/196)	11.4% (96/846)	16.8% (67/396)	12.1% (174/1438)	4.7% (8/159)
Involvement in other groups, clubs or organisations in addition to sport					
Children's education/schools	30.7% (60/196)	24.6% (208/846)	10.8% (43/396)	21.7% (311/1438)	22.6% (36/159)
Youth/children's activities outside school	42.2% (83/196)	16.7% (141/846)	10.6% (42/396)	18.5% (266/1438)	16.3% (26/159)
Education for adults	11.4% (22/196)	10.4% (88/846)	6.7% (27/396)	9.5% (137/1438)	12.3% (20/159)
Religion	24.1% (47/196)	9.0% (76/846)	10.1% (40/396)	11.4% (164/1438)	8.4% (13/159)
Politics	7.4% (15/196)	4.7% (39/846)	4.7% (19/396)	5.1% (73/1438)	2.9% (5/159)
The elderly	6.7% (13/196)	4.0% (34/846)	11.0% (44/396)	6.3% (91/1438)	4.2% (7/159)
Health, Disability and Social welfare Heal	9.0% (18/196)	9.9% (84/846)	12.6% (50/396)	10.5% (151/1438)	8.2% (13/159)
Safety, First Aid	9.5% (19/196)	7.8% (66/846)	4.9% (20/396)	7.2% (104/1438)	6.7% (11/159)
The environment, animals	6.6% (13/196)	11.6% (98/846)	16.2% (64/396)	12.2% (175/1438)	8.5% (13/159)
Justice and Human Rights	4.7% (9/196)	3.3% (28/846)	4.0% (16/396)	3.7% (53/1438)	2.1% (3/159)
Local community or neighbourhood groups	9.2% (18/196)	12.8% (108/846)	19.2% (76/396)	14.1% (202/1438)	9.7% (15/159)
Citizens' Groups	2.9% (6/196)	2.8% (24/846)	4.5% (18/396)	3.3% (47/1438)	1.4% (2/159)
Hobbies, Recreation/Arts/Social clubs	56.0% (110/196)	31.5% (266/846)	32.1% (127/396)	35.0% (503/1438)	23.6% (37/159)
Trade union activity	0.0% (0/196)	5.2% (44/846)	5.4% (21/396)	4.6% (66/1438)	4.7% (7/159)
Other	0.5% (1/196)	0.8% (7/846)	0.9% (4/396)	0.8% (12/1438)	2.1% (3/159)
Imputed number of times volunteered in sport in the last 12 months, mean	25.67	28.92	27.03	27.96	27.07
Hours volunteered in sport in the last 4 weeks, mean	11.36	11.18	14.86	12.22	11.89
Imputed duration of volunteering in sport in years, mean	2.29	5.07	9.3	5.86	5.85
Do any of your children take part in sports, fitness or recreation activities at the group where you volunteer?	6.4% (13/195)	51.7% (429/830)	33.3% (127/380)	40.4% (568/1406)	37.2% (56/151)
Do/Did your parents help out at any groups, clubs or organisations?	77.8% (130/167)	53.8% (434/807)	40.6% (152/374)	53.1% (716/1348)	48.5% (71/146)
Do you personally do the sport for which you volunteer?	77.1% (151/196)	59.0% (494/837)	53.2% (209/393)	59.9% (854/1426)	47.9% (74/155)
Do/did you play this sport as a team/group?²	65.9% (120/182)	63.0% (437/693)	62.2% (205/330)	63.2% (762/1205)	68.7% (86/126)

² The remainder of the sample played the sport individually

Would you recommend volunteering with this sport group/club/organisation?	96.6% (176/182)	96.5% (769/797)	97.6% (356/365)	96.8% (1301/1344)	89.9% (125/139)
Are you a member of the sport club, group or organisation where you help out?	56.2% (110/196)	64.2% (541/842)	69.6% (274/393)	64.6% (924/1431)	54.4% (86/158)
Have you personally received any training or induction from the sports groups/clubs?	47.2% (93/196)	50.4% (424/842)	46.9% (183/389)	49.0% (699/1427)	38.6% (60/154)
Training was fairly or very adequate	96.9% (91/94)	95.0% (403/424)	97.8% (180/184)	96.0% (675/703)	82.5% (49/59)
Is there someone within the sport group to offer support in your volunteering role?	94.5% (176/186)	88.5% (710/802)	82.4% (299/363)	87.7% (1185/1351)	77.7% (108/139)
Support was fairly or very adequate	96.7% (169/174)	95.2% (667/701)	97.0% (285/294)	95.9% (1121/1169)	90.8% (95/105)
I have made new friends volunteering in sport - agree or strongly agree	76.6% (145/190)	84.9% (708/833)	84.0% (325/387)	83.5% (1178/1410)	69.3% (106/153)
I socialise with my fellow volunteers outside of sport volunteering - agree or strongly agree	55.1% (108/195)	53.6% (448/836)	51.9% (201/388)	53.4% (757/1419)	40.1% (61/153)
Do you ever feel that you would like to spend any more time helping sports groups?	63.4% (99/156)	60.8% (467/769)	39.6% (146/368)	55.1% (712/1293)	31.4% (44/140)
How likely are you to keep giving unpaid help to your sports group?					
I plan to stop volunteering in the next year	3.0% (6/196)	3.2% (27/846)	1.4% (5/396)	2.7% (38/1438)	24.2% (38/159)
I plan to volunteer less in the next year	6.5% (13/196)	8.3% (70/846)	9.5% (38/396)	8.4% (120/1438)	75.8% (120/159)
I plan to volunteer the same amount in the next year	43.1% (84/196)	57.3% (485/846)	65.0% (258/396)	57.5% (827/1438)	0.0% (0/159)
I plan to volunteer more in the next year	47.3% (93/196)	31.2% (264/846)	24.2% (96/396)	31.5% (452/1438)	0.0% (0/159)

Source: Primary survey data, weighted by gender, age and region of England to match the demographic composition of sport volunteers in the Taking Part dataset, waves 1-12. Respondents that did not indicate their age or the variable in question are excluded.

Table 5 below shows interesting insights on how the reasons to volunteer in sport change with age. Learning new skills, meeting new people, socialising with friends, and career opportunities are more prominent for young people. On the other hand, contributing to a cause, using existing skills, a philosophy of helping people, and spare time are more frequent reasons for volunteering for older people. The most frequently invoked reasons overall remain playing/participating in the sport (54%) and wanting to help people (46%). A remarkable thing for those who plan to stop volunteering is that they are more than twice as likely to report volunteering because they ‘had to do it.’

Table 5. Reasons for volunteering in sport: Current volunteers – weighted

Reason for volunteering in sport	16-24	25-54	55+	Total observations	Thinking to reduce/stop
I wanted to improve things/help people	42.7% (84/196)	46.5% (393/846)	45.7% (181/396)	45.8% (658/1438)	36.9% (59/159)

I wanted to meet people/make friends	30.6% (60/196)	26.2% (221/846)	20.9% (83/396)	25.3% (364/1438)	18.5% (29/159)
The cause was really important to me	16.5% (32/196)	24.7% (209/846)	28.0% (111/396)	24.5% (352/1438)	25.2% (40/159)
My friends/family did it	25.4% (50/196)	15.6% (132/846)	6.4% (26/396)	14.4% (207/1438)	11.8% (19/159)
It was connected with the needs of my family/friends	17.7% (35/196)	26.1% (221/846)	16.5% (65/396)	22.3% (321/1438)	23.8% (38/159)
I felt there was a need in my community	12.2% (24/196)	20.3% (172/846)	20.4% (81/396)	19.2% (276/1438)	15.3% (24/159)
I played/participated in the sport/activity	64.5% (126/196)	49.5% (419/846)	58.7% (233/396)	54.1% (778/1438)	47.6% (76/159)
I thought it would give me a chance to learn new skills	43.1% (84/196)	19.0% (161/846)	12.5% (49/396)	20.5% (295/1438)	16.7% (27/159)
I thought it would give me a chance to use my existing skills	24.9% (49/196)	24.3% (206/846)	36.9% (146/396)	27.9% (401/1438)	26.5% (42/159)
It helps me get on in my career	27.1% (53/196)	5.1% (43/846)	0.0% (0/396)	6.7% (96/1438)	7.8% (12/159)
It's part of my religious belief to help people	0.8% (2/196)	3.0% (25/846)	2.7% (11/396)	2.6% (37/1438)	5.4% (9/159)
It's part of my philosophy of life to help people	11.6% (23/196)	18.4% (155/846)	29.1% (116/396)	20.4% (294/1438)	19.1% (30/159)
It gave me a chance to get a recognised qualification	11.8% (23/196)	3.1% (26/846)	2.9% (11/396)	4.2% (60/1438)	3.6% (6/159)
I had spare time to do it	19.1% (37/196)	22.1% (187/846)	41.4% (164/396)	27.0% (389/1438)	23.6% (38/159)
I felt there was no one else to do it	2.3% (4/196)	13.8% (117/846)	8.9% (35/396)	10.9% (156/1438)	22.8% (36/159)
None of these	0.0% (0/196)	0.6% (5/846)	1.1% (4/396)	0.7% (9/1438)	1.2% (2/159)

Source: Primary survey data, weighted by gender, age and region of England to match the demographic composition of sport volunteers in the Taking Part dataset, waves 1-12. Respondents that did not indicate their age are excluded.

In Table 6 we can also see that young people are much more likely to have found out about sport volunteering from university (and also, remarkably, many times more likely from a newspaper or NCS, though still at a low absolute rate). Older respondents are more likely to have found out about it from previously using services of the club, the second most popular source of information overall. The most popular source remains personal sharing ('from someone else involved in the club').

Table 6. Sources of information about volunteering in sport: Current volunteers – weighted

How did you find out about volunteering in sport?	16-24	25-54	55+	Total observations	Thinking to reduce/stop
Through previously using services provided by the group/club/organisation	23.9% (47/196)	34.3% (290/846)	47.2% (187/396)	36.5% (524/1438)	31.3% (50/159)
From someone else already involved in the group/club/organisation	40.3% (79/196)	48.6% (411/846)	42.4% (168/396)	45.8% (658/1438)	46.8% (74/159)
From a friend not involved in the group/by word of mouth	13.5% (26/196)	12.5% (105/846)	13.6% (54/396)	12.9% (186/1438)	14.2% (23/159)

Place of worship	2.7% (5/196)	2.5% (21/846)	2.8% (11/396)	2.6% (37/1438)	4.0% (6/159)
School, college, university	43.5% (85/196)	6.6% (56/846)	2.8% (11/396)	10.6% (152/1438)	6.2% (10/159)
Doctor's surgery / Community Centre / Library	0.5% (1/196)	1.0% (9/846)	0.6% (2/396)	0.8% (12/1438)	1.0% (2/159)
Promotional events/volunteer fair	2.8% (6/196)	4.3% (36/846)	4.2% (17/396)	4.0% (58/1438)	2.2% (4/159)
Local events	7.5% (15/196)	6.0% (51/846)	6.8% (27/396)	6.4% (93/1438)	4.0% (6/159)
Local newspaper	5.3% (10/196)	2.4% (20/846)	3.2% (13/396)	3.0% (43/1438)	2.4% (4/159)
National newspaper	5.4% (11/196)	1.1% (9/846)	0.3% (1/396)	1.5% (21/1438)	0.0% (0/159)
TV or radio, local or national	1.8% (4/196)	1.1% (9/846)	0.3% (1/396)	1.0% (14/1438)	1.0% (2/159)
Volunteer bureau or centre	1.1% (2/196)	1.4% (12/846)	2.8% (11/396)	1.8% (25/1438)	0.6% (1/159)
Employer's volunteering scheme	0.6% (1/196)	1.6% (13/846)	0.1% (0/396)	1.0% (15/1438)	1.3% (2/159)
www.do-it.org.uk	0.4% (1/196)	0.9% (7/846)	0.7% (3/396)	0.7% (11/1438)	1.2% (2/159)
National Citizen Service	5.6% (11/196)	0.7% (6/846)	0.0% (0/396)	1.2% (17/1438)	0.6% (1/159)
Other internet/organisational website	7.1% (14/196)	6.3% (53/846)	10.8% (43/396)	7.6% (110/1438)	3.8% (6/159)
Other	2.4% (5/196)	6.8% (57/846)	5.3% (21/396)	5.7% (83/1438)	11.1% (18/159)

Source: Primary survey data, weighted by gender, age and region of England to match the demographic composition of sport volunteers in the Taking Part dataset, waves 1-12. Respondents that did not indicate their age are excluded.

Barriers to volunteering seem to be strongly connected with the respondent's life stage. Middle-aged respondents in the family stage are more likely to quote work commitments and looking after children. Younger respondents overwhelmingly mention having to study (73%). Older respondents more often mention having to do other things in their spare time.

Table 7. Barriers to volunteering: Current volunteers – weighted

Barriers to volunteering	16-24	25-54	55+	Total observations	Thinking to reduce or stop
General barriers to volunteering in sport:					
I have work commitments	40.2% (38/94)	56.8% (253/445)	38.9% (54/139)	50.8% (345/678)	61.1% (26/42)
I have to look after children/ the home	8.5% (8/94)	29.5% (131/445)	11.5% (16/139)	22.9% (155/678)	11.8% (5/42)
I have to look after someone elderly or ill	0.0% (0/94)	3.8% (17/445)	4.0% (6/139)	3.3% (22/678)	2.4% (1/42)
I have to study	73.3% (69/94)	5.8% (26/445)	3.1% (4/139)	14.6% (99/678)	17.0% (7/42)
I do other things with my spare time	35.3% (33/94)	34.3% (153/445)	44.8% (62/139)	36.6% (248/678)	40.0% (17/42)
I'm not the right age	2.2% (2/94)	0.8% (4/445)	4.9% (7/139)	1.8% (12/678)	4.4% (2/42)
I don't know any groups that need help	2.6% (2/94)	4.8% (21/445)	1.6% (2/139)	3.8% (26/678)	3.5% (1/42)
I haven't heard about opportunities to give help/ I couldn't find opportunities	4.6% (4/94)	5.0% (22/445)	7.4% (10/139)	5.4% (37/678)	2.0% (1/42)

I'm new to the area	0.0% (0/94)	3.4% (15/445)	1.4% (2/139)	2.5% (17/678)	0.0% (0/42)
I've never thought about it	0.9% (1/94)	9.4% (42/445)	3.4% (5/139)	7.0% (47/678)	1.3% (1/42)
I have an illness or disability that I feel prevents me from getting involved	0.7% (1/94)	6.7% (30/445)	5.0% (7/139)	5.5% (37/678)	12.1% (5/42)
It's not my responsibility	0.7% (1/94)	1.2% (5/445)	0.4% (1/139)	0.9% (6/678)	0.0% (0/42)
Other	0.0% (0/94)	2.4% (11/445)	3.0% (4/139)	2.2% (15/678)	4.8% (2/42)
Sport-specific barriers to volunteering:					
No-one has asked me	9.2% (9/94)	7.7% (34/445)	10.1% (14/139)	8.4% (57/678)	3.1% (1/42)
I find sports clubs intimidating	0.7% (1/94)	2.5% (11/445)	2.3% (3/139)	2.2% (15/678)	3.1% (1/42)
I'm not interested in sport	1.0% (1/94)	0.2% (1/445)	0.3% (0/139)	0.3% (2/678)	0.0% (0/42)
I think I'll be out of pocket	8.1% (8/94)	2.8% (13/445)	0.7% (1/139)	3.1% (21/678)	1.4% (1/42)
I don't think I am fit enough	1.0% (1/94)	5.5% (25/445)	5.7% (8/139)	4.9% (34/678)	13.9% (6/42)
I don't know enough about sport	2.7% (3/94)	1.7% (8/445)	0.0% (0/139)	1.5% (10/678)	0.0% (0/42)
I lack the skills to help at a sports club	0.7% (1/94)	2.1% (9/445)	2.1% (3/139)	1.9% (13/678)	2.1% (1/42)
Sports clubs only need volunteers to coach	1.9% (2/94)	3.4% (15/445)	0.0% (0/139)	2.5% (17/678)	1.3% (1/42)
I haven't heard about opportunities to help/ I couldn't find opportunities	3.8% (4/94)	6.5% (29/445)	2.8% (4/139)	5.3% (36/678)	3.3% (1/42)
I'm not aware that sports clubs are run by volunteers or need volunteers	4.4% (4/94)	3.4% (15/445)	0.9% (1/139)	3.0% (21/678)	1.3% (1/42)
My children/family aren't involved in sport	0.9% (1/94)	2.8% (13/445)	1.8% (2/139)	2.3% (16/678)	1.4% (1/42)
I feel it would be too much commitment	12.7% (12/94)	12.0% (53/445)	10.3% (14/139)	11.7% (80/678)	18.4% (8/42)
I'm already participating in sports	42.0% (40/94)	23.6% (105/445)	27.8% (39/139)	27.0% (183/678)	33.2% (14/42)
It's something I'd consider doing in the future	24.2% (23/94)	19.6% (87/445)	29.4% (41/139)	22.2% (151/678)	15.0% (6/42)
Sport is a weekend activity and I want to keep weekends free for family	3.5% (3/94)	6.4% (29/445)	1.5% (2/139)	5.0% (34/678)	23.3% (10/42)
I already give as much time as I can	39.6% (37/94)	44.5% (198/445)	44.7% (62/139)	43.9% (298/678)	65.1% (27/42)

Source: Primary survey data, weighted by gender, age and region of England to match the demographic composition of sport volunteers in the Taking Part dataset, waves 1-12. Only asked if answered "yes" to the question: "Do you ever feel that you would like to spend any more time helping sports groups/clubs/organisations, or not?" Respondents that did not indicate their age are also excluded.

The main reason for reducing or stopping volunteering remains the lack of time (which is a slightly figurative concept most likely indicating the need to prioritise other things). However, unsurprisingly, this is much less of a problem for older respondents. For them, health problems and old age become the number one reason for stopping, whereas feeling that they have done enough comes up to second place. A non-negligible share of respondents indicate

that the club is badly organised (13%) or that their efforts aren't properly appreciated (17%) - something volunteering organisations could take into account.

Table 8. Reasons for planning to reduce/stop volunteering: Current volunteers – weighted

Reasons for planning to reduce / stop volunteering in the next year	16-24	25-54	55+	Total observations
Not enough time – due to changing home/work circumstances	33.7% (6/19)	42.0% (41/98)	16.2% (7/43)	34.0% (54/160)
Not enough time – getting involved takes up too much time	35.5% (7/19)	33.7% (33/98)	14.9% (6/43)	28.8% (46/160)
Group/club/organisation finishing/closing	0.0% (0/19)	0.0% (0/98)	0.0% (0/43)	0.0% (0/160)
Moving away from area	4.7% (1/19)	13.3% (13/98)	1.9% (1/43)	9.2% (15/160)
Due to health problems or old age	0.0% (0/19)	2.3% (2/98)	45.3% (20/43)	13.7% (22/160)
Group/club/organisation isn't relevant to me anymore	0.0% (0/19)	2.0% (2/98)	4.1% (2/43)	2.4% (4/160)
Lost interest	0.0% (0/19)	12.5% (12/98)	6.1% (3/43)	9.3% (15/160)
It was a one-off activity or event	1.6% (0/19)	3.1% (3/98)	2.6% (1/43)	2.8% (4/160)
Feel I have done my bit/ someone else's turn to get involved	19.8% (4/19)	19.8% (19/98)	37.4% (16/43)	24.6% (39/160)
Got involved in another activity instead	0.0% (0/19)	3.5% (3/98)	3.7% (2/43)	3.1% (5/160)
Don't get asked to do the things I'd like to	14.3% (3/19)	4.3% (4/98)	2.0% (1/43)	4.9% (8/160)
Feel the group/club/organisation is badly organised	10.0% (2/19)	11.2% (11/98)	16.7% (7/43)	12.6% (20/160)
Feel my efforts aren't always appreciated	13.0% (2/19)	17.1% (17/98)	17.5% (8/43)	16.8% (27/160)
It is too bureaucratic/ too much concern about risk and liability	5.6% (1/19)	3.0% (3/98)	0.0% (0/43)	2.5% (4/160)
Activity linked to my school/college/university/job I have now left	14.6% (3/19)	1.8% (2/98)	0.0% (0/43)	2.8% (5/160)
Other	5.0% (1/19)	3.1% (3/98)	16.1% (7/43)	6.8% (11/160)

Source: Primary survey data, weighted by gender, age and region of England to match the demographic composition of sport volunteers in the Taking Part dataset, waves 1-12. Only asked if respondent selected "I plan to volunteer less in the next year" or "I plan to stop volunteering in the next year." Respondents that did not indicate their age (n=41) are also excluded.

2.2. Descriptives of Ex-volunteers by Life Cycle

The table below presents an overview of how key demographic variables such as age, gender, income, employment etc. differ between current and ex-volunteers. We can see that current volunteers are on average richer and older than ex-volunteers. At the same time, they are more men among them, considerably fewer respondents who have children under 16, fewer respondents with disabilities or impairments, slightly fewer respondents that are employed, religious, live in rural areas or in Greater London, but more respondents that have higher education, are retired, white and heterosexual.

Table 9. Demographics of Current and Ex-volunteers (unweighted)

Demographic Variable	Ex-volunteers	Current Volunteers	Total observations
Sample size	703	1565	2268
Mean yearly household income³	£39,475	£46,280	£44,065
Mean age¹	41.6	47.16	45.46
Gender: Female	59.9% (396/661)	52.9% (792/1497)	55.1% (1188/2158)
Married	55.3% (371/671)	56.0% (843/1506)	55.8% (1214/2177)
No children under 16 in household	50.4% (332/659)	64.5% (969/1503)	60.2% (1301/2162)
No (self-perceived) disability	71.2% (459/645)	84.3% (1247/1479)	80.3% (1706/2124)
Working full or part time	70.6% (459/650)	65.9% (975/1480)	67.3% (1434/2130)
Retired	11.4% (74/650)	20.4% (302/1480)	17.7% (376/2130)
Degree or above	46.5% (308/662)	51.7% (771/1491)	50.1% (1079/2153)
Ethnic category: White	83.2% (530/637)	88.4% (1299/1469)	86.8% (1829/2106)
Speaks English at home	92.2% (648/703)	95.0% (1486/1565)	94.1% (2134/2268)
Belongs to some religion	67.1% (442/659)	61.6% (909/1476)	63.3% (1351/2135)
Heterosexual or straight	90.5% (588/650)	94.0% (1373/1461)	92.9% (1961/2111)
Lives in rural area	23.1% (154/667)	22.0% (328/1491)	22.3% (482/2158)
Lives in (Greater) London	24.9% (170/682)	14.4% (214/1487)	17.7% (384/2169)

Source: Primary survey data.

From here on we replicate for our subsample of ex-volunteers the statistics we previously presented for current volunteers. The demographic trends by age are similar to those of current volunteers in Table 2A - more married and employed people with children in the middle-age phase, more diversity among the young in terms of ethnicity and sexuality, a predominantly female sample but gradually getting more gender-balanced for older respondents. Surprisingly, ex-volunteers on average are considerably younger (41.6 compared to 47.2). They are also more diverse in terms of language and ethnicity.

Table 10A. Demographics by Life Cycle: ex-volunteers – unweighted

Demographic Variable	16-24	25-54	55+	Total observations
Sample size	65	449	146	660
Mean yearly household income⁴	£21,659	£43,439	£32,435	£39,065
Mean age³	20.91	37.08	64.71	41.6
Gender: Female	76.6% (49/64)	60.4% (267/442)	52.4% (76/145)	60.2% (392/651)
Married	15.4% (10/65)	59.3% (265/447)	61.0% (89/146)	55.3% (364/658)
No children under 16 in household	54.7% (35/64)	35.1% (155/442)	94.3% (132/140)	49.8% (322/646)

³ imputed via the midpoint of the chosen category

⁴ imputed via the midpoint of the chosen category

No (self-perceived) disability	80.3% (49/61)	72.3% (311/430)	64.6% (93/144)	71.3% (453/635)
Working full or part time	49.2% (32/65)	82.2% (355/432)	46.8% (66/141)	71.0% (453/638)
Retired	3.1% (2/65)	1.2% (5/432)	45.4% (64/141)	11.1% (71/638)
Student	33.8% (22/65)	1.9% (8/432)	0.0% (0/141)	4.7% (30/638)
Degree or above	27.7% (18/65)	51.7% (226/437)	38.9% (56/144)	46.4% (300/646)
Ethnic category: White	66.7% (42/63)	81.0% (333/411)	96.5% (139/144)	83.2% (514/618)
Speaks English at home	83.1% (54/65)	95.8% (430/449)	99.3% (145/146)	95.3% (629/660)
Speaks other language at home	23.1% (15/65)	7.1% (32/449)	2.1% (3/146)	7.6% (50/660)
Belongs to some religion	53.1% (34/64)	64.5% (280/434)	81.0% (115/142)	67.0% (429/640)
Heterosexual or straight	88.9% (56/63)	88.5% (377/426)	97.2% (139/143)	90.5% (572/632)
Lives in rural area	22.2% (14/63)	23.1% (101/437)	22.6% (33/146)	22.9% (148/646)
Lives in (Greater) London	15.4% (10/65)	28.4% (126/443)	13.0% (19/146)	23.7% (155/654)

Source: Primary survey data. Note: Respondents that did not indicate their age (n=39) are excluded.

Similarly to current volunteers, we see an unusually high proportion of female respondents. We therefore perform a similar kind of weighting based on gender, age and region, using the Taking Part data as a representative sample - but this time taking the whole population of England rather than just sport volunteers as a target. From here onwards we will present weighted results.

Table 10B. Demographics by Life Cycle: ex-volunteers – weighted

Demographic Variable	16-24	25-54	55+	Total observations
Sample size	58	361	208	628
Mean yearly household income³	£23,251	£39,737	£33,392	£36,311
Mean age³	21.1	38.7	68.04	46.8
Gender: Female	64.1% (37/58)	62.3% (225/361)	59.9% (125/208)	61.7% (388/628)
Married	19.8% (12/58)	60.9% (219/360)	54.6% (114/208)	55.0% (345/627)
No children under 16 in household	59.5% (35/58)	37.0% (133/358)	93.7% (189/201)	57.6% (356/618)
No (self-perceived) disability	87.3% (48/55)	75.1% (259/345)	61.6% (127/207)	71.6% (435/607)
Working full or part time	62.7% (36/58)	84.1% (291/346)	39.0% (79/203)	67.0% (406/607)
Retired	2.2% (1/58)	0.7% (2/346)	56.7% (115/203)	19.5% (119/607)
Student	23.7% (14/58)	1.4% (5/346)	0.0% (0/203)	3.1% (19/607)
Degree or above	35.9% (21/58)	51.2% (181/353)	38.6% (80/206)	45.6% (281/617)
Ethnic category: White	69.1% (40/57)	82.1% (280/341)	98.0% (197/201)	86.2% (516/599)
Speaks English at home	83.5% (49/58)	96.5% (349/361)	99.7% (208/208)	96.3% (605/628)
Speaks other language at home	22.7% (13/58)	7.5% (27/361)	2.0% (4/208)	7.1% (45/628)
Belongs to some religion	56.9% (32/56)	61.5% (216/351)	81.6% (168/206)	67.9% (416/613)
Heterosexual or straight	95.2% (54/57)	90.0% (313/348)	94.8% (194/204)	92.1% (561/609)
Lives in rural area	16.7% (9/56)	21.9% (78/354)	20.9% (43/208)	21.1% (130/618)
Lives in (Greater) London	17.1% (10/58)	19.6% (71/361)	13.0% (27/208)	17.1% (108/628)

Source: Primary survey data. Note: Respondents that did not indicate their age are excluded. The sample has been weighted by gender, age and region of England to match the demographic composition of the general population of England aged 16+ as proxied by the nationally representative Taking Part dataset, waves 1-12 (n=171,383).

Overall, the average levels of wellbeing, trust, and socialisation are lower for ex-volunteers than for current volunteers. Quite surprisingly, however, for ex-volunteers we see the opposite of the normal wellbeing U-bend, and life satisfaction is at its highest for middle-aged respondents. Anxiety, the sense of a worthwhile life and trust follow the same trends as for current volunteers (downwards, upwards and upwards, respectively). Meeting friends is also highest for young people.

Table 11. Wellbeing, trust and social interactions: ex-volunteers – weighted

Wellbeing / Social Outcome	16-24	25-54	55+	Total observations
Life satisfaction (0 to 10)	6.73	7.09	6.97	7.02
Happiness (0 to 10)	6.42	7.13	7.15	7.07
Anxiety (0 to 10)	5.97	5.72	3.45	4.99
Worthwhile life (0 to 10)	6.26	7.09	7.4	7.12
General health (1 to 5)	3.3	3.35	2.8	3.16
Trust people in general (1 to 3)	1.92	2.09	2.25	2.13
Trust neighbours (1 to 4)	2.78	3.13	3.45	3.2
How often meets friends (1 to 4)	3.34	3.04	3.1	3.09

Source: Primary survey data. Note: Respondents that did not indicate their age are excluded. The sample has been weighted by gender, age and region of England to match the demographic composition of the general population of England aged 16+ as proxied by the nationally representative Taking Part dataset, waves 1-12 (n=171,383).

Table 12 provides a vast array of information related to the volunteering experience of ex-volunteers. Compared to current volunteers, providing transport and raising money are more frequent roles for ex-volunteers (suggesting that maybe these roles are less attractive for retaining volunteers?) Coaching and refereeing are less frequent roles for ex-volunteers.

A very high share of ex-volunteers either currently plays the sport in which they volunteer or used to play it (over 75% combined). Children playing the sport is likewise most common for middle-aged respondents.

Ex-volunteers are still overwhelmingly likely to recommend volunteering to a friend, although a little less so than current volunteers (unsurprisingly). However, the young ex-volunteers in particular report remarkably lower levels of volunteer satisfaction. Also, an absolute majority of ex-volunteers say that they are likely to volunteer in the future, suggesting that there is potential to bring them back.

Table 12. Volunteer experience by Life Cycle: ex-volunteers – weighted

Volunteering Experience Variable	16-24	25-54	55+	Total observations
Main role (type) of volunteering in sport provided in the last 5 years				
Any other help	16.2% (9/58)	5.8% (21/361)	3.5% (7/208)	6.0% (38/628)
Coached or instructed an individual or team(s) (other than solely for family members)	12.8% (7/58)	18.1% (65/361)	3.6% (7/208)	12.8% (80/628)

Other practical help	3.1% (2/58)	8.4% (30/361)	11.3% (24/208)	8.9% (56/628)
Performed an administrative or committee role (e.g. chair, treasurer, social secretary, first aider, welfare officer)	3.5% (2/58)	10.3% (37/361)	17.6% (37/208)	12.1% (76/628)
Provided transport to help people take part in sport (other than family members)	35.0% (20/58)	27.2% (98/361)	15.5% (32/208)	24.0% (151/628)
Raising or handling money/taking part in sponsored events	14.1% (8/58)	13.9% (50/361)	19.3% (40/208)	15.7% (99/628)
Refereed, umpired or officiated at a sports match, competition or event	5.0% (3/58)	7.2% (26/361)	11.4% (24/208)	8.4% (53/628)
Stewarded or marshalled an activity or event	10.3% (6/58)	9.1% (33/361)	17.8% (37/208)	12.1% (76/628)
Imputed number of times per year volunteered in sport in the last 5 years, mean	19.51	24.22	20.11	22.37
Imputed duration of volunteering in sport in years before stopping, mean	1.92	3.32	6.18	4.15
How long ago did you stop volunteering? (length in years imputed from categorical)	1.33	2.03	1.98	1.95
Do any of your children take part in sports, fitness or recreation activities at the group where you volunteer?				
No, I have children but they did not take part	6.3% (4/56)	21.4% (75/352)	29.8% (59/197)	22.7% (138/606)
No, I have no children	52.5% (30/56)	22.0% (78/352)	44.7% (88/197)	32.2% (195/606)
Yes, my children did take part but no longer	15.1% (9/56)	22.5% (79/352)	19.2% (38/197)	20.7% (125/606)
Yes, my children still take part	26.1% (15/56)	34.1% (120/352)	6.3% (12/197)	24.3% (147/606)
Do/did you personally do the sport for which you volunteer?				
No, I have never done this sports, fitness or recreation activity	9.2% (5/57)	18.9% (67/356)	39.2% (81/207)	24.8% (154/621)
No, but I used to do this sports, fitness or recreation activity	41.9% (24/57)	31.9% (114/356)	35.8% (74/207)	34.1% (212/621)
Yes, I currently do this sports, fitness or recreation activity	48.9% (28/57)	49.2% (175/356)	25.0% (52/207)	41.1% (255/621)
Do/did you play this sport as a team/group?⁵	61.0% (33/54)	43.0% (137/320)	34.5% (54/158)	42.3% (225/531)
Would you recommend volunteering with this sport group/club/organisation?	65.4% (35/53)	87.2% (282/324)	96.4% (167/173)	88.0% (484/550)

⁵ The remainder of the sample played the sport individually

Are you a member of the sport club, group or organisation where you help out?				
I have never been a member of the sport club/group/organisation where I helped out	11.2% (6/57)	16.4% (58/355)	35.5% (74/208)	22.3% (139/620)
No, I participate informally	44.4% (25/57)	30.8% (109/355)	16.1% (33/208)	27.1% (168/620)
No, but previously a member	24.4% (14/57)	20.3% (72/355)	24.5% (51/208)	22.1% (137/620)
Yes, currently a member	20.0% (11/57)	32.5% (115/355)	23.9% (50/208)	28.5% (176/620)
How likely are you to volunteer for a sports group in the future?				
Not at all likely	2.9% (2/58)	6.0% (22/361)	7.9% (17/208)	6.4% (40/628)
Not very likely	17.1% (10/58)	13.6% (49/361)	29.6% (62/208)	19.2% (121/628)
Quite likely	46.2% (27/58)	43.3% (156/361)	41.0% (85/208)	42.8% (269/628)
Very likely	33.8% (20/58)	37.1% (134/361)	21.5% (45/208)	31.6% (199/628)

Source: Primary survey data. Note: Respondents that did not indicate their age are excluded. The sample has been weighted by gender, age and region of England to match the demographic composition of the general population of England aged 16+ as proxied by the nationally representative Taking Part dataset, waves 1-12 (n=171,383).

Table 13 below looks at ex-volunteers' reasons for stopping volunteering. While the answer choices are the same as for a similar question asked of current volunteers, the question refers to actual stopping rather than a hypothetical "planning to reduce/stop volunteering" in the current volunteers' case. 'Not enough time' and 'feeling I've done my bit' are much less prominent reason than for current volunteers, and so are the dissatisfaction-related reasons 'feel my efforts aren't appreciated' and 'the club is badly organised.' Most reasons have a lower rate of being mentioned by ex-volunteers, suggesting that actual reasons for stopping were mentioned much more sparingly than reasons for planning to stop.

Table 13. Reasons for stopping volunteering: ex-volunteers – weighted

Reasons for stopping volunteering	16-24	25-54	55+	Total observations	All current volunteers (for comparison)
Not enough time – due to changing home/work circumstances	18.8% (11/58)	25.8% (93/361)	18.6% (39/208)	22.8% (143/628)	34.0% (54/160)
Not enough time – getting involved takes up too much time	24.4% (14/58)	15.5% (56/361)	7.7% (16/208)	13.7% (86/628)	28.8% (46/160)
Group/club/organisation finishing/closing	6.0% (3/58)	6.2% (22/361)	2.5% (5/208)	4.9% (31/628)	0.0% (0/160)
Moving away from area	23.4% (14/58)	7.9% (28/361)	11.3% (24/208)	10.5% (66/628)	9.2% (15/160)
Due to health problems or old age	1.2% (1/58)	7.6% (27/361)	19.9% (41/208)	11.1% (70/628)	13.7% (22/160)
Group/club/organisation isn't relevant to me anymore	4.8% (3/58)	5.3% (19/361)	1.8% (4/208)	4.1% (26/628)	2.4% (4/160)
Lost interest	6.1% (4/58)	7.7% (28/361)	2.2% (5/208)	5.7% (36/628)	9.3% (15/160)

It was a one-off activity or event	9.0% (5/58)	5.4% (19/361)	4.9% (10/208)	5.6% (35/628)	2.8% (4/160)
Feel I have done my bit/ someone else's turn to get involved	1.4% (1/58)	8.8% (32/361)	15.7% (33/208)	10.4% (65/628)	24.6% (39/160)
Got involved in another activity instead	14.4% (8/58)	7.2% (26/361)	5.8% (12/208)	7.4% (47/628)	3.1% (5/160)
Don't get asked to do the things I'd like to	6.2% (4/58)	2.4% (9/361)	3.6% (7/208)	3.2% (20/628)	4.9% (8/160)
Feel the group/club/organisation is badly organised	3.1% (2/58)	4.8% (17/361)	1.7% (3/208)	3.6% (23/628)	12.6% (20/160)
Feel my efforts aren't always appreciated	3.8% (2/58)	7.6% (28/361)	2.9% (6/208)	5.7% (36/628)	16.8% (27/160)
It is too bureaucratic/ too much concern about risk and liability	0.0% (0/58)	5.2% (19/361)	1.6% (3/208)	3.5% (22/628)	2.5% (4/160)
Activity linked to my school/college/university/job I have now left	10.0% (6/58)	4.5% (16/361)	4.3% (9/208)	5.0% (31/628)	2.8% (5/160)
Other	1.4% (1/58)	2.2% (8/361)	2.8% (6/208)	2.3% (15/628)	6.8% (11/160)

Source: Primary survey data. Note: Respondents that did not indicate their age are excluded. The sample has been weighted by gender, age and region of England to match the demographic composition of the general population of England aged 16+ as proxied by the nationally representative Taking Part dataset, waves 1-12 (n=171,383).

Finally, ex-volunteers were asked to choose some factors that would make them more likely to start volunteering in the future. The most popular reason is 'more spare time,' followed by 'fewer other commitments' and, interestingly, 'if I was asked' - suggesting there is potential to ask former volunteers to come back. This is particularly high for young respondents, which are also likely to mention money and timings more. Older respondents mention location and health improvements more frequently, whereas a more frequently mentioned factor by middle-aged respondents is 'working less'.

Table 14. Factors that would encourage volunteering: ex-volunteers – weighted

Which of the following would encourage you to start volunteering with a sports group, club or organisation in the future?	16-24	25-54	55+	Total observations
More spare time	19.2% (11/58)	21.4% (77/361)	17.6% (37/208)	19.9% (125/628)
Working less	6.4% (4/58)	14.0% (51/361)	7.9% (16/208)	11.2% (71/628)
More information	11.5% (7/58)	7.2% (26/361)	0.7% (1/208)	5.5% (34/628)
Health improvement	4.2% (2/58)	9.5% (34/361)	17.6% (37/208)	11.7% (73/628)
Fewer other commitments	18.6% (11/58)	15.8% (57/361)	8.3% (17/208)	13.6% (85/628)
If I was asked	20.8% (12/58)	13.6% (49/361)	10.1% (21/208)	13.1% (82/628)
Child-related - childcare, fewer childcare responsibilities	5.0% (3/58)	11.3% (41/361)	1.4% (3/208)	7.4% (47/628)
More money	15.2% (9/58)	9.2% (33/361)	3.2% (7/208)	7.8% (49/628)
If someone I knew got involved too	11.8% (7/58)	11.7% (42/361)	7.6% (16/208)	10.3% (65/628)
Driving licence/transport	3.5% (2/58)	5.6% (20/361)	5.2% (11/208)	5.3% (33/628)

More convenient location	5.3% (3/58)	10.0% (36/361)	14.5% (30/208)	11.1% (70/628)
More convenient timings	15.2% (9/58)	9.3% (34/361)	8.9% (19/208)	9.7% (61/628)
If more support was offered	6.4% (4/58)	9.5% (34/361)	6.2% (13/208)	8.1% (51/628)
Nothing	3.9% (2/58)	8.1% (29/361)	8.6% (18/208)	7.9% (50/628)
Other	0.0% (0/58)	1.1% (4/361)	0.0% (0/208)	0.7% (4/628)

Source: Primary survey data. Note: Respondents that did not indicate their age are excluded. The sample has been weighted by gender, age and region of England to match the demographic composition of the general population of England aged 16+ as proxied by the nationally representative Taking Part dataset, waves 1-12 (n=171,383).

2.3. T-tests of differences in sport volunteering experience between former and current volunteers

Table 15 brings together all the most important differences between current and ex-volunteers in one single easy-to-browse visual. It complements the analysis by testing for statistical significance of the differences. Most of the differences identified above are statistically significant.

Ex-volunteers still have a significant volunteering tenure, although somewhat shorter than that of current volunteers (4 years on average vs. 6 years). Tenure is likewise increasing with age (obviously). Frequency of volunteering is slightly lower (22 vs 27 times per year). The average time since the respondents stopped volunteering is 2 years.

A stark difference can be noticed in the fact that the sport of choice for ex-volunteers is much less likely to be a team sport (42% vs. 63% for current volunteers). Ex-volunteers are less likely to be a member of the group they volunteered for (either in the past or especially in the present).

Table 15. Volunteer experience: ex-volunteers vs. current volunteers

Volunteering Experience Variable	ex-volunteers	Current Volunteers	T-statistic for mean difference	P-value
Imputed frequency of volunteering in sport (times per year), mean	22.37	27.07	-4.108	0.000***
Imputed duration of volunteering in sport in years, mean	4.15	5.85	-8.947	0.000***
Do any of your children take part in sports, fitness or recreation activities at the group where you volunteer?				
No, I have children but they did not take part	22.7% (138/606)	22.2% (312/1406)	-0.500	0.617
No, I have no children	32.2% (195/606)	37.4% (525/1406)	-3.168	0.002***
Yes, my children did take part but no longer	20.7% (125/606)			
Yes, my children still take part	24.3% (147/606)	40.4% (568/1406)	-6.031	0.000***
Do/did you personally do the sport for which you volunteer?				

No, I have never done this sports, fitness or recreation activity	24.8% (154/621)	11.7% (167/1426)	5.184	0.000***
No, but I used to do this sports, fitness or recreation activity	34.1% (212/621)	28.4% (405/1426)	3.278	0.001***
Yes, I currently do this sports, fitness or recreation activity	41.1% (255/621)	59.9% (854/1426)	-6.951	0.000***
Do/did you play this sport as a team/group?⁶	42.3% (225/531)	63.2% (762/1205)	-7.606	0.000***
Would you recommend volunteering with this sport group/club/organisation?	88.0% (484/550)	96.8% (1301/1344)	-9.510	0.000***
Are you a member of the sport club, group or organisation where you help out?				
I have never been a member of the sport club/group/organisation where I helped out	22.3% (139/620)	7.7% (111/1431)	6.375	0.000***
No, I participate informally	27.1% (168/620)	20.1% (288/1431)	3.414	0.001***
No, but previously a member	22.1% (137/620)	7.5% (108/1431)	10.607	0.000***
Yes, currently a member	28.5% (176/620)	64.6% (924/1431)	-14.366	0.000***

Source: Primary survey data. Note: Respondents that did not indicate their age are excluded. The sample of current volunteers has been weighted by gender, age and region of England to match the demographic composition of sport volunteers aged 16+ as proxied by the nationally representative Taking Part dataset, waves 1-12 (n=6,854), and the sample of ex-volunteers has been weighted to represent the general population of England as proxied by the same dataset (n=171,383). *: p<0.1, **: p<0.05, ***:p<0.01

2.4. SPORT VS GENERAL VOLUNTEERING - The Community Life Survey as a Booster Sample of Volunteers.

Given the low number especially of young volunteers in sport aged 16-24, we would like to complement the findings from our primary data with similar analysis performed on the Community Life survey - an extensive and nationally representative survey with a rich set of questions on volunteering reasons, barriers, wellbeing and social outcomes. In fact, barriers and motivations for volunteering in our survey were chosen to mirror the Community Life questions structure and hence we can easily compare the two data sources. This is done in the table below.

Note that the Community Life data does not have an explicit “sport volunteer” indicator, but one can be defined implicitly by combining the variables indicating whether the respondent ‘volunteered in the last 12 months’ and whether the respondent ‘is a member of a sport group, club or organisation.’

We observe several main trends in Table 16A below. The first is the difference between sport and general volunteers. Sport volunteers are younger, wealthier, more educated, happier and healthier, more likely to be married men with children, and in employment.

The second is the discrepancy between sport volunteers in our primary data and in the Community Life Survey. All the differences mentioned in the first trend are exacerbated if we look at the primary data (note that the gender composition owes itself to sample weighting).

⁶ The remainder of the sample played the sport individually

This implies the possibility of a certain degree of ‘survey bias’ in the primary data towards younger and more educated people. The Community Life comparison between sport and non-sport volunteers is more reliable because it stems from the same dataset and is therefore free of survey bias.

Finally, if we compare volunteers and non-volunteers in terms of wellbeing and social outcomes, we can see a clear pattern: sport volunteers > non-sport volunteers > non-volunteers. This pattern also holds for some demographic characteristics, such as education, but not for others, such as being male or employed, where non-sport volunteers are below non-volunteers, while sport volunteers are above non-volunteers.

Table 16A. Demographics and wellbeing – Primary data (weighted) vs. Community Life (unweighted); current sport volunteers vs. general volunteers vs. non-volunteers in Community Life

Variable	Current sport volunteers, primary data (weighted)	Current sport volunteers, Community Life	Current non-sport volunteers, Community Life	Not volunteered in the last 12 months
Sample size	1438	12283	14064	9983
Mean yearly household income⁷	£46,235	£34,978	£27,552	£27,612
Mean age³	45.16	48.89	53.93	52.19
Gender: Female	36.9% (530/1438)	52.0% (6379/12271)	59.2% (8299/14027)	50.8% (5034/9914)
Married	55.5% (794/1429)	54.4% (6542/12020)	51.4% (6959/13527)	50.8% (4808/9472)
No children under 16 in household	59.1% (843/1426)	68.7% (8428/12269)	75.2% (10527/14003)	74.5% (7388/9915)
Working full or part time	67.2% (949/1412)	66.0% (7609/11535)	53.8% (6478/12047)	58.7% (4721/8047)
Degree or above	49.5% (705/1423)	36.9% (4492/12177)	26.7% (3698/13838)	22.2% (2155/9723)
Ethnic category: White	86.2% (1202/1394)	90.5% (11056/12216)	86.5% (12062/13948)	86.1% (8487/9854)
Belongs to some religion	59.6% (836/1402)	72.9% (8913/12221)	74.8% (10456/13972)	69.2% (6832/9872)
Lives in rural area	23.3% (331/1420)	22.3% (2532/11336)	19.7% (2536/12845)	14.6% (1303/8907)
Lives in (Greater) London	9.2% (132/1438)	13.7% (1681/12283)	15.8% (2228/14064)	17.7% (1766/9983)
Wellbeing / Social outcomes				
Life satisfaction (0 to 10)	7.42	7.49	7.21	6.9
Happiness (0 to 10)	7.37	7.45	7.18	6.89
Anxiety (0 to 10)	3.83	3.05	3.26	3.36
Worthwhile life (0 to 10)	7.55	7.77	7.59	7.12
General health (1 to 5)	3.39	4.12	3.85	3.83
Trust neighbours (1 to 4)	3.29	3.39	3.26	3.01
How often meets friends (1 to 4)	3.19	2.92	2.84	2.74
Volunteering frequency in the last 12 months				
Less than once a month	25.0% (392/1565)	37.3% (3411/9155)	36.1% (2906/8043)	

⁷ imputed via the midpoint of the chosen category

Once a month to once a week	31.0% (485/1565)	29.6% (2710/9155)	29.4% (2362/8043)	
At least once a week	44.0% (688/1565)	33.1% (3034/9155)	34.5% (2775/8043)	
Would you like to spend more time helping groups?	52.7% (733/1392)	48.1% (2899/6021)	41.0% (2998/7304)	31.1% (2388/7684)

Source: Primary survey data + Community Life data (waves 1-5, 2012-2017: face-to-face, web and postal). Volunteers / non-volunteers defined as having given unpaid help in the last 12 months. Sport volunteers in Community life defined as volunteers AND members of sport group, club or organisation.

When we compare reasons for volunteering (Table 16B), we can see, for example, that sport volunteering is much less linked to religious motivations. It is also less likely to be driven by cause or community needs, but more likely to be driven by family/friends.

Table 16B. Reasons for volunteering – Primary data (weighted) vs. Community Life (unweighted); current sport volunteers vs. general volunteers vs. non-volunteers in Community Life

Variable	Current sport volunteers, primary data (weighted)	Current sport volunteers, Community Life	Current non-sport volunteers, Community Life	Not volunteered in the last 12 months
I wanted to improve things/help people	45.8% (658/1438)	56.0% (5141/9176)	53.7% (4339/8087)	55.1% (210/381)
I wanted to meet people/make friends	25.3% (364/1438)	27.8% (2549/9176)	27.5% (2225/8087)	25.5% (97/381)
The cause was really important to me	24.5% (352/1438)	35.1% (3224/9176)	38.4% (3104/8087)	37.5% (143/381)
My friends/family did it	14.4% (207/1438)	18.4% (1687/9176)	14.6% (1182/8087)	12.9% (49/381)
It was connected with the needs of my family/friends	22.3% (321/1438)	24.8% (2274/9176)	18.1% (1467/8087)	20.7% (79/381)
I felt there was a need in my community	19.2% (276/1438)	23.3% (2136/9176)	26.9% (2174/8087)	23.4% (89/381)
I played/participated in the sport/activity	54.1% (778/1438)			
I thought it would give me a chance to learn new skills	20.5% (295/1438)	18.6% (1711/9176)	15.0% (1217/8087)	12.3% (47/381)
I thought it would give me a chance to use my existing skills	27.9% (401/1438)	28.4% (2606/9176)	24.7% (2001/8087)	27.0% (103/381)
It helps me get on in my career	6.7% (96/1438)	7.0% (644/9176)	6.3% (506/8087)	6.3% (24/381)
It's part of my religious belief to help people	2.6% (37/1438)	12.4% (1139/9176)	21.4% (1734/8087)	15.7% (60/381)
It's part of my philosophy of life to help people	20.4% (294/1438)	24.8% (2272/9176)	25.3% (2047/8087)	25.5% (97/381)
It gave me a chance to get a recognised qualification	4.2% (60/1438)	2.4% (220/9176)	1.5% (121/8087)	1.6% (6/381)
I had spare time to do it	27.0% (389/1438)	31.9% (2926/9176)	31.4% (2540/8087)	34.9% (133/381)
I felt there was no one else to do it	10.9% (156/1438)	8.9% (817/9176)	8.7% (706/8087)	10.2% (39/381)
None of these	0.7% (9/1438)	3.0% (277/9176)	3.0% (244/8087)	3.4% (13/381)

The differences in barriers to volunteering seem to be linked to the demographics of sport and non-sport volunteers. Since sport-volunteer are more likely to be younger married men with children, the incidence of studying, work commitments and looking after the children is

higher, whereas that of looking after the elderly or ill is lower. A series of (less popular) reasons have notably lower prevalence in the primary data than in Community Life. Finally, sport volunteers generally are more likely to want to volunteer more.

Table 16C. Barriers to volunteering – Primary data (weighted) vs. Community Life (unweighted); current sport volunteers vs. general volunteers vs. non-volunteers in Community Life

Variable	Current sport volunteers, primary data (weighted)	Current sport volunteers, Community Life	Current non-sport volunteers, Community Life	Not volunteered in the last 12 months
I have work commitments	50.8% (345/678)	62.9% (2925/4653)	47.9% (3009/6288)	45.3% (3256/7186)
I have to look after children/ the home	22.9% (155/678)	32.8% (1526/4653)	27.5% (1726/6283)	22.8% (1636/7183)
I have to look after someone elderly or ill	3.3% (22/678)	8.5% (352/4150)	10.3% (602/5859)	7.3% (509/6947)
I have to study	14.6% (99/678)	11.8% (549/4653)	9.6% (603/6283)	8.0% (578/7183)
I do other things with my spare time	36.6% (248/678)	40.7% (1895/4653)	32.5% (2045/6283)	30.4% (2183/7183)
I'm not the right age	1.8% (12/678)	4.2% (194/4653)	8.2% (517/6283)	8.1% (584/7183)
I don't know any groups that need help	3.8% (26/678)	13.0% (603/4653)	12.1% (761/6283)	12.9% (927/7183)
I haven't heard about opportunities to give help/ I couldn't find opportunities	5.4% (37/678)	14.6% (679/4653)	13.3% (837/6283)	12.2% (878/7183)
I'm new to the area	2.5% (17/678)	6.8% (317/4653)	6.4% (402/6283)	6.5% (468/7183)
I've never thought about it	7.0% (47/678)	10.3% (479/4653)	11.7% (737/6283)	16.4% (1177/7183)
I have an illness or disability that I feel prevents me from getting involved	5.5% (37/678)	5.1% (236/4653)	11.9% (749/6283)	14.6% (1048/7183)
It's not my responsibility	0.9% (6/678)	0.9% (44/4653)	1.6% (99/6283)	3.9% (278/7183)
Other	2.2% (15/678)			

In the reasons for wanting to reduce/stop volunteering there is a high discrepancy between the primary data and Community Life findings for sport volunteers. This most probably owes itself to sample size issues. In the primary data, only those current sport volunteers who said they plan to reduce or stop volunteering were asked about the reasons for stopping (a rather natural condition). However, most sport volunteers aren't thinking of stopping and therefore only 160 respondents provided data on the reasons for stopping. Further research dedicated to the reasons for stopping on a higher target sample of respondents eligible to answer such a question is most likely necessary to make more robust conclusions.

Table 16D. Reasons for stopping volunteering – Primary data (weighted) vs. Community Life (unweighted); current sport volunteers vs. general volunteers vs. non-volunteers in Community Life

Variable	Current sport volunteers, primary data (weighted)	Current sport volunteers, Community Life	Current non-sport volunteers, Community Life	Not volunteered in the last 12 months
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Not enough time – due to changing home/work circumstances	34.0% (54/160)	54.0% (485/898)	48.7% (634/1301)	47.3% (597/1263)
Not enough time – getting involved takes up too much time	28.8% (46/160)	12.6% (113/898)	11.3% (147/1301)	13.0% (164/1263)
Group/club/organisation finishing/closing	0.0% (0/160)	4.9% (44/898)	4.6% (60/1301)	4.6% (58/1263)
Moving away from area	9.2% (15/160)	10.8% (97/898)	9.6% (125/1301)	9.7% (123/1263)
Due to health problems or old age	13.7% (22/160)	12.1% (109/898)	17.5% (228/1301)	13.3% (168/1263)
Group/club/organisation isn't relevant to me anymore	2.4% (4/160)	7.8% (70/898)	4.5% (58/1301)	4.6% (58/1263)
Lost interest	9.3% (15/160)	5.2% (47/898)	5.1% (67/1301)	5.4% (68/1263)
It was a one-off activity or event	2.8% (4/160)	22.4% (201/898)	20.2% (263/1301)	23.9% (302/1263)
Feel I have done my bit/ someone else's turn to get involved	24.6% (39/160)	7.7% (69/898)	6.1% (80/1301)	5.5% (70/1263)
Got involved in another activity instead	3.1% (5/160)	2.3% (21/898)	2.1% (27/1301)	2.0% (25/1263)
Don't get asked to do the things I'd like to	4.9% (8/160)	1.4% (13/898)	2.6% (34/1301)	1.4% (18/1263)
Feel the group/club/organisation is badly organised	12.6% (20/160)	2.1% (19/898)	1.7% (22/1301)	2.3% (29/1263)
Feel my efforts aren't always appreciated	16.8% (27/160)	2.4% (22/898)	3.5% (45/1301)	3.6% (46/1263)
It is too bureaucratic/ too much concern about risk and liability	2.5% (4/160)	2.6% (23/898)	3.1% (40/1301)	2.1% (27/1263)
Activity linked to my school/college/university/job I have now left	2.8% (5/160)	7.7% (69/898)	4.7% (61/1301)	6.0% (76/1263)
Other	6.8% (11/160)	3.3% (30/898)	3.9% (51/1301)	3.6% (45/1263)

APPENDIX 1 - MORE DETAIL FROM 2019 PRIMARY DATA

This appendix presents a series of extra results from the analysis of both primary and secondary data. These are useful insights but not necessarily key findings for the main points of this study.

Sport vs. general ex-volunteers in Community Life

Table 17A. Demographics and wellbeing – Primary data (weighted) vs. Community Life (unweighted); sport ex-volunteers vs. general ex-volunteers vs. those who never volunteered in Community Life

Variable	Sport ex-volunteers, primary data (weighted)	Sport ex-volunteers, Community Life	Non-sport ex-volunteers, Community Life	Never volunteered
Sample size	628	480	783	8339
Mean yearly household income⁸	£36,311	£34,856	£31,020	£26,661
Mean age³	46.8	46.55	49.03	52.77
Gender: Female	61.7% (388/628)	51.7% (248/480)	62.2% (487/783)	49.6% (4103/8270)
Married	55.0% (345/627)	51.3% (245/478)	51.9% (400/771)	50.1% (3933/7845)
No children under 16 in household	57.6% (356/618)	71.5% (343/480)	71.6% (561/783)	75.1% (6214/8271)
Working full or part time	67.0% (406/607)	50.8% (244/480)	46.1% (361/783)	39.6% (2544/6423)
Degree or above	45.6% (281/617)	38.4% (184/479)	31.7% (247/780)	19.6% (1587/8084)
Ethnic category: White	86.2% (516/599)	91.6% (439/479)	83.0% (643/775)	85.7% (7048/8223)
Belongs to some religion	67.9% (416/613)	67.7% (325/480)	69.5% (543/781)	68.8% (5667/8234)
Lives in rural area	21.1% (130/618)	22.0% (98/445)	16.5% (118/717)	13.3% (982/7364)
Lives in (Greater) London	17.1% (108/628)	15.0% (72/480)	20.9% (164/783)	17.9% (1493/8339)
Wellbeing / Social outcomes				
Life satisfaction (0 to 10)	7.02	7.28	6.85	6.87
Happiness (0 to 10)	7.07	7.32	6.84	6.85
Anxiety (0 to 10)	4.99	3.04	3.57	3.36
Worthwhile life (0 to 10)	7.12	7.46	6.98	7.08
General health (1 to 5)	3.16	4.13	3.82	3.8
Trust neighbours (1 to 4)	3.2	3.26	3.12	2.97

⁸ imputed via the midpoint of the chosen category

How often meets friends (1 to 4)	3.09	2.82	2.63	2.74
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Source: Primary survey data + Community Life data (waves 1-5, 2012-2017: face-to-face, web and postal). Ex-volunteers in primary data defined as having given unpaid help in the last 5 years, but not in the last 12 months. In Community life, they are defined as NOT having given unpaid help in the last 12 months + having provided a reason for stopping volunteering. Sport ex-volunteers in Community life defined as ex-volunteers AND members of sport group, club or organisation. Those who never volunteered exclude those who provided reasons for stopping volunteering or benefits of starting volunteering.

Table 17C. Barriers to volunteering – Primary data (weighted) vs. Community Life (unweighted); sport ex-volunteers vs. general ex-volunteers vs. those who never volunteered in Community Life

Variable	Sport ex-volunteers, primary data (weighted)	Sport ex-volunteers, Community Life	Non-sport ex-volunteers, Community Life	Never volunteered
I have work commitments		65.2% (242/371)	57.5% (358/623)	42.7% (2627/6148)
I have to look after children/ the home		30.7% (114/371)	26.8% (167/623)	21.8% (1340/6145)
I have to look after someone elderly or ill		7.3% (25/342)	9.4% (57/607)	7.1% (422/5954)
I have to study		13.5% (50/371)	14.8% (92/623)	7.0% (428/6145)
I do other things with my spare time		36.9% (137/371)	27.8% (173/623)	30.3% (1859/6145)
I'm not the right age		6.5% (24/371)	5.5% (34/623)	8.5% (524/6145)
I don't know any groups that need help		13.7% (51/371)	14.4% (90/623)	12.7% (783/6145)
I haven't heard about opportunities to give help/ I couldn't find opportunities		16.4% (61/371)	15.1% (94/623)	11.6% (712/6145)
I'm new to the area		9.4% (35/371)	9.6% (60/623)	6.0% (368/6145)
I've never thought about it		7.8% (29/371)	10.9% (68/623)	17.5% (1078/6145)
I have an illness or disability that I feel prevents me from getting involved		4.6% (17/371)	12.2% (76/623)	15.5% (952/6145)
It's not my responsibility		1.3% (5/371)	0.3% (2/623)	4.4% (271/6145)
Other				
Would you like to spend more time volunteering?		52.6% (250/475)	48.3% (375/776)	27.3% (1719/6301)

Table 17D. Reasons for stopping volunteering – Primary data (weighted) vs. Community Life (unweighted); sport ex-volunteers vs. general ex-volunteers vs. those who never volunteered in Community Life

Variable	Sport ex-volunteers, primary data (weighted)	Sport ex-volunteers, Community Life	Non-sport ex-volunteers, Community Life	Never volunteered
Not enough time – due to changing home/work circumstances	22.8% (143/628)	48.8% (234/480)	46.4% (363/783)	

Not enough time – getting involved takes up too much time	13.7% (86/628)	15.2% (73/480)	11.6% (91/783)
Group/club/organisation finishing/closing	4.9% (31/628)	5.4% (26/480)	4.1% (32/783)
Moving away from area	10.5% (66/628)	11.7% (56/480)	8.6% (67/783)
Due to health problems or old age	11.1% (70/628)	7.3% (35/480)	17.0% (133/783)
Group/club/organisation isn't relevant to me anymore	4.1% (26/628)	7.7% (37/480)	2.7% (21/783)
Lost interest	5.7% (36/628)	5.8% (28/480)	5.1% (40/783)
It was a one-off activity or event	5.6% (35/628)	23.1% (111/480)	24.4% (191/783)
Feel I have done my bit/ someone else's turn to get involved	10.4% (65/628)	6.9% (33/480)	4.7% (37/783)
Got involved in another activity instead	7.4% (47/628)	2.5% (12/480)	1.7% (13/783)
Don't get asked to do the things I'd like to	3.2% (20/628)	0.8% (4/480)	1.8% (14/783)
Feel the group/club/organisation is badly organised	3.6% (23/628)	2.5% (12/480)	2.2% (17/783)
Feel my efforts aren't always appreciated	5.7% (36/628)	3.8% (18/480)	3.6% (28/783)
It is too bureaucratic/ too much concern about risk and liability	3.5% (22/628)	2.1% (10/480)	2.2% (17/783)
Activity linked to my school/college/university/job I have now left	5.0% (31/628)	7.1% (34/480)	5.4% (42/783)
Other	2.3% (15/628)	3.8% (18/480)	3.4% (27/783)

Community Life results by life cycle

Table 18A. Community Life insights on sport volunteers by life cycle (unweighted) – demographics and wellbeing

Variable	16-24	25-54	55+	Total observations
Sample size	1000	6567	4689	12256
Mean yearly household income⁹	£10,193	£41,420	£30,784	£34,995
Mean age³	19.94	40.61	66.51	48.89
Gender: Female	51.1% (511/1000)	55.4% (3640/6566)	47.3% (2213/4681)	52.0% (6364/12247)
Married	2.5% (25/986)	55.4% (3573/6453)	64.3% (2935/4564)	54.4% (6533/12003)
No children under 16 in household	69.8% (697/999)	48.1% (3160/6566)	97.3% (4552/4680)	68.7% (8409/12245)

⁹ imputed via the midpoint of the chosen category

Working full or part time	56.7% (549/968)	88.0% (5534/6289)	35.7% (1517/4255)	66.0% (7600/11512)
Degree or above	21.0% (208/992)	48.1% (3138/6526)	24.5% (1137/4635)	36.9% (4483/12153)
Ethnic category: White	78.7% (782/994)	87.9% (5737/6530)	96.7% (4517/4670)	90.5% (11036/12194)
Belongs to some religion	56.5% (560/992)	69.2% (4521/6536)	81.8% (3818/4668)	73.0% (8899/12196)
Lives in rural area	15.0% (139/925)	19.5% (1190/6105)	28.1% (1202/4283)	22.4% (2531/11313)
Lives in (Greater) London	14.9% (149/1000)	15.7% (1028/6567)	10.6% (496/4689)	13.7% (1673/12256)
Wellbeing / Social outcomes				
Life satisfaction (0 to 10)	7.35	7.29	7.8	7.49
Happiness (0 to 10)	7.27	7.24	7.79	7.45
Anxiety (0 to 10)	3.36	3.29	2.64	3.05
Worthwhile life (0 to 10)	7.48	7.7	7.92	7.77
General health (1 to 5)	4.31	4.21	3.96	4.13
Trust neighbours (1 to 4)	3.07	3.3	3.59	3.39
How often meets friends (1 to 4)	3.14	2.87	2.96	2.92

Source: Community Life data (waves 1-5, 2012-2017: face-to-face, web and postal). Sport Volunteers defined as having given unpaid help in the last 12 months AND being member of a sport group, club or organisation.

Table 18B. Community Life insights on sport volunteers by life cycle (unweighted) – reasons for volunteering

Variable	16-24	25-54	55+	Total observations
I wanted to improve things/help people	52.9% (401/758)	57.9% (2816/4862)	54.0% (1910/3535)	56.0% (5127/9155)
I wanted to meet people/make friends	37.2% (282/758)	25.3% (1232/4862)	29.1% (1027/3535)	27.8% (2541/9155)
The cause was really important to me	28.4% (215/758)	34.5% (1676/4862)	37.5% (1326/3535)	35.1% (3217/9155)
My friends/family did it	24.9% (189/758)	20.2% (980/4862)	14.6% (516/3535)	18.4% (1685/9155)
It was connected with the needs of my family/friends	10.3% (78/758)	31.7% (1539/4862)	18.6% (656/3535)	24.8% (2273/9155)
I felt there was a need in my community	12.4% (94/758)	22.1% (1075/4862)	27.3% (964/3535)	23.3% (2133/9155)
I played/participated in the sport/activity	Not asked			
I thought it would give me a chance to learn new skills	47.8% (362/758)	18.3% (888/4862)	12.8% (453/3535)	18.6% (1703/9155)
I thought it would give me a chance to use my existing skills	30.1% (228/758)	25.7% (1250/4862)	31.8% (1124/3535)	28.4% (2602/9155)
It helps me get on in my career	25.7% (195/758)	8.3% (403/4862)	1.3% (46/3535)	7.0% (644/9155)
It's part of my religious belief to help people	8.7% (66/758)	10.1% (491/4862)	16.4% (580/3535)	12.4% (1137/9155)
It's part of my philosophy of life to help people	10.4% (79/758)	21.5% (1044/4862)	32.3% (1142/3535)	24.7% (2265/9155)
It gave me a chance to get a recognised qualification	9.6% (73/758)	2.3% (112/4862)	1.0% (35/3535)	2.4% (220/9155)

I had spare time to do it	29.2% (221/758)	24.1% (1170/4862)	43.2% (1527/3535)	31.9% (2918/9155)
I felt there was no one else to do it	3.6% (27/758)	9.4% (456/4862)	9.4% (333/3535)	8.9% (816/9155)
None of these	2.6% (20/758)	3.3% (160/4862)	2.7% (96/3535)	3.0% (276/9155)

Table 18C. Community Life insights on sport volunteers by life cycle (unweighted) – barriers to volunteering

Variable	16-24	25-54	55+	Total observations
I have work commitments	47.3% (196/414)	78.9% (2256/2861)	34.3% (469/1368)	62.9% (2921/4643)
I have to look after children/ the home	8.0% (33/414)	45.5% (1303/2861)	13.8% (189/1368)	32.8% (1525/4643)
I have to look after someone elderly or ill	2.2% (8/358)	7.0% (175/2508)	13.2% (168/1274)	8.5% (351/4140)
I have to study	63.3% (262/414)	9.4% (268/2861)	1.3% (18/1368)	11.8% (548/4643)
I do other things with my spare time	39.4% (163/414)	35.6% (1019/2861)	51.8% (708/1368)	40.7% (1890/4643)
I'm not the right age	9.9% (41/414)	0.7% (21/2861)	9.5% (130/1368)	4.1% (192/4643)
I don't know any groups that need help	14.5% (60/414)	13.9% (399/2861)	10.5% (143/1368)	13.0% (602/4643)
I haven't heard about opportunities to give help/ I couldn't find opportunities	24.4% (101/414)	14.9% (426/2861)	11.0% (151/1368)	14.6% (678/4643)
I'm new to the area	10.1% (42/414)	7.5% (216/2861)	4.2% (58/1368)	6.8% (316/4643)
I've never thought about it	15.0% (62/414)	9.9% (282/2861)	9.8% (134/1368)	10.3% (478/4643)
I have an illness or disability that I feel prevents me from getting involved	2.7% (11/414)	3.5% (101/2861)	8.9% (122/1368)	5.0% (234/4643)
It's not my responsibility	1.0% (4/414)	0.7% (19/2861)	1.5% (21/1368)	0.9% (44/4643)
Other	Not asked			
Would you like to spend more time helping groups	56.7% (274/483)	53.5% (1929/3607)	35.9% (690/1920)	48.1% (2893/6010)

Table 18D. Community Life insights on sport volunteers by life cycle (unweighted) – reasons for stopping volunteering

Variable	16-24	25-54	55+	Total observations
Not enough time – due to changing home/work circumstances	62.5% (50/80)	63.0% (329/522)	36.1% (106/294)	54.1% (485/896)
Not enough time – getting involved takes up too much time	17.5% (14/80)	14.4% (75/522)	8.2% (24/294)	12.6% (113/896)
Group/club/organisation finishing/closing	6.3% (5/80)	5.0% (26/522)	4.4% (13/294)	4.9% (44/896)
Moving away from area	15.0% (12/80)	11.5% (60/522)	8.2% (24/294)	10.7% (96/896)
Due to health problems or old age	2.5% (2/80)	5.6% (29/522)	26.2% (77/294)	12.1% (108/896)

Group/club/organisation isn't relevant to me anymore	5.0% (4/80)	7.7% (40/522)	8.8% (26/294)	7.8% (70/896)
Lost interest	12.5% (10/80)	5.4% (28/522)	3.1% (9/294)	5.2% (47/896)
It was a one-off activity or event	15.0% (12/80)	25.5% (133/522)	19.0% (56/294)	22.4% (201/896)
Feel I have done my bit/ someone else's turn to get involved	7.5% (6/80)	4.2% (22/522)	13.9% (41/294)	7.7% (69/896)
Got involved in another activity instead	1.3% (1/80)	1.0% (5/522)	5.1% (15/294)	2.3% (21/896)
Don't get asked to do the things I'd like to	0.0% (0/80)	1.7% (9/522)	1.4% (4/294)	1.5% (13/896)
Feel the group/club/organisation is badly organised	1.3% (1/80)	1.9% (10/522)	2.7% (8/294)	2.1% (19/896)
Feel my efforts aren't always appreciated	6.3% (5/80)	1.9% (10/522)	2.4% (7/294)	2.5% (22/896)
It is too bureaucratic/ too much concern about risk and liability	0.0% (0/80)	1.9% (10/522)	4.4% (13/294)	2.6% (23/896)
Activity linked to my school/college/university/job I have now left	22.5% (18/80)	7.7% (40/522)	3.7% (11/294)	7.7% (69/896)
Other	1.3% (1/80)	2.9% (15/522)	4.4% (13/294)	3.2% (29/896)

From here onwards we present the insights from a series of “booster” samples, where the data we collected through the online survey is combined with the Community Life data on reasons and barriers for volunteering.

On-pitch vs. Off-pitch

Table 19. Current sport volunteers by volunteering role type (on/off pitch) for current and ex-volunteers (primary data, weighted)

Variable	Current vol. off pitch	Current vol. on pitch	Total current vol.	Ex-vol. off pitch	Ex-vol. on pitch	Total ex-vol.
Demographics						
Sample size	587	818	1405	325	265	590
Mean yearly household income¹⁰	£45,756	£46,886	£46,426	£33,507	£41,409	£36,930
Mean age³	45	45.29	45.17	47.09	47.54	47.29
Gender: Female	41.0% (240/587)	33.3% (272/818)	36.5% (513/1405)	59.9% (195/325)	63.5% (168/265)	61.5% (363/590)
Married	59.2% (346/585)	53.1% (431/811)	55.7% (777/1396)	56.1% (182/324)	57.1% (151/265)	56.6% (333/589)
No children under 16 in household	54.4% (318/584)	62.4% (505/809)	59.0% (822/1393)	58.5% (188/321)	55.7% (145/260)	57.2% (333/581)
Working full or part time	66.0% (383/581)	68.4% (546/798)	67.4% (929/1379)	68.7% (217/316)	63.9% (163/255)	66.5% (380/571)
Degree or above	45.6% (266/583)	52.3% (423/809)	49.5% (689/1392)	43.4% (139/319)	50.4% (131/261)	46.6% (270/580)
Ethnic category: White	84.1% (485/576)	88.0% (693/787)	86.4% (1177/1363)	87.1% (276/317)	87.6% (214/244)	87.3% (490/561)

¹⁰ imputed via the midpoint of the chosen category

Speaks other language at home	7.0% (41/587)	5.2% (42/818)	5.9% (83/1405)	8.1% (26/325)	4.0% (11/265)	6.3% (37/590)
Belongs to some religion	67.8% (390/575)	53.6% (426/796)	59.5% (816/1371)	67.9% (216/319)	67.8% (175/258)	67.8% (391/577)
Heterosexual	93.9% (536/571)	95.7% (759/793)	94.9% (1295/1364)	93.4% (296/316)	90.6% (232/256)	92.2% (527/572)
Lives in rural area	23.0% (134/581)	23.7% (192/809)	23.4% (326/1390)	22.3% (71/319)	19.8% (52/262)	21.1% (123/581)
Lives in (Greater) London	8.1% (48/587)	9.8% (80/818)	9.1% (128/1405)	14.4% (47/325)	19.9% (53/265)	16.9% (99/590)
Wellbeing / Social outcomes						
Life satisfaction (0 to 10)	7.55	7.34	7.43	7.03	7.12	7.07
Happiness (0 to 10)	7.52	7.29	7.39	7.13	7.02	7.08
Anxiety (0 to 10)	3.79	3.81	3.8	4.95	5.02	4.98
Worthwhile life (0 to 10)	7.62	7.51	7.56	7.07	7.23	7.14
General health (1 to 5)	3.31	3.45	3.39	3.12	3.22	3.16
Trusts people in general (1 to 3)	2.19	2.32	2.27	2.08	2.24	2.15
Trust neighbours (1 to 4)	3.25	3.34	3.3	3.2	3.26	3.23
How often meets friends (1 to 4)	3.27	3.14	3.2	3.03	3.1	3.06
Main role (type) of volunteering in sport provided in the last 12 months						
Coached or instructed an individual or team(s) (other than solely for family members)	0.0% (0/587)	42.9% (351/818)	25.0% (351/1405)	0.0% (0/325)	30.3% (80/265)	13.6% (80/590)
Other practical help	0.0% (0/587)	16.3% (133/818)	9.5% (133/1405)	0.0% (0/325)	21.0% (56/265)	9.4% (56/590)
Performed an administrative or committee role (e.g. chair, treasurer, social secretary, first aider, welfare officer)	41.8% (245/587)	0.0% (0/818)	17.4% (245/1405)	23.3% (76/325)	0.0% (0/265)	12.9% (76/590)
Provided transport to help people take part in sport (other than family members)	41.3% (242/587)	0.0% (0/818)	17.2% (242/1405)	46.4% (151/325)	0.0% (0/265)	25.6% (151/590)
Raising or handling money/taking part in sponsored events	17.0% (100/587)	0.0% (0/818)	7.1% (100/1405)	30.3% (99/325)	0.0% (0/265)	16.7% (99/590)
Refereed, umpired or officiated at a sports match, competition or event	0.0% (0/587)	19.8% (162/818)	11.5% (162/1405)	0.0% (0/325)	19.9% (53/265)	8.9% (53/590)
Stewarded or marshalled an activity or event	0.0% (0/587)	21.1% (172/818)	12.3% (172/1405)	0.0% (0/325)	28.7% (76/265)	12.9% (76/590)
Involvement in other groups, clubs or organisations in addition to sport						
Children's education/schools	25.6% (150/587)	18.9% (155/818)	21.7% (305/1405)			
Youth/children's activities outside school	18.8% (111/587)	18.5% (151/818)	18.6% (262/1405)			
Education for adults	9.0% (53/587)	9.8% (80/818)	9.5% (133/1405)			

Religion	13.5% (80/587)	9.5% (78/818)	11.2% (158/1405)			
Politics	5.6% (33/587)	4.7% (39/818)	5.1% (71/1405)			
The elderly	6.0% (35/587)	6.6% (54/818)	6.4% (90/1405)			
Health, Disability and Social welfare Heal	11.2% (66/587)	10.0% (82/818)	10.5% (148/1405)			
Safety, First Aid	7.7% (45/587)	6.8% (55/818)	7.2% (101/1405)			
The environment, animals	12.4% (73/587)	12.1% (99/818)	12.2% (172/1405)			
Justice and Human Rights	3.3% (20/587)	3.9% (32/818)	3.7% (51/1405)			
Local community or neighbourhood groups	15.2% (89/587)	13.3% (108/818)	14.1% (197/1405)			
Citizens' Groups	3.7% (22/587)	3.0% (24/818)	3.3% (46/1405)			
Hobbies, Recreation/Arts/Social clubs	38.6% (227/587)	32.4% (265/818)	35.0% (492/1405)			
Trade union activity	4.7% (28/587)	4.4% (36/818)	4.6% (64/1405)			
Other	1.0% (6/587)	0.7% (6/818)	0.8% (12/1405)			
Imputed number of times volunteered in sport in the last 12 months, mean	27.38	28.69	28.14	22.73	23.02	22.87
Hours volunteered in sport in the last 4 weeks, mean	12.2	12.38	12.31			
Imputed duration of volunteering in sport in years, mean	5.58	6.12	5.89	4.34	3.95	4.17
Do any of your children take part in sports, fitness or recreation activities at the group where you volunteer?	48.4% (279/577)	35.2% (281/798)	40.8% (561/1375)	25.7% (82/319)	24.2% (62/254)	25.0% (143/573)
Do/Did your parents help out at any groups, clubs or organisations?	56.1% (308/549)	51.3% (396/773)	53.3% (704/1322)			
Do you personally do the sport for which you volunteer?	56.8% (332/585)	62.6% (506/808)	60.2% (838/1393)	39.7% (127/321)	43.5% (114/262)	41.4% (242/583)
Do/did you play this sport as a team/group?¹¹	64.5% (310/481)	62.9% (439/697)	63.6% (749/1178)	43.1% (119/276)	43.6% (99/228)	43.3% (218/504)
Would you recommend volunteering with this sport group?	97.3% (524/539)	96.4% (752/779)	96.8% (1275/1318)	88.0% (251/286)	89.1% (212/238)	88.5% (464/524)
Are you a member of the sport club, group or organisation where you help out?	63.2% (370/585)	65.9% (536/813)	64.8% (905/1398)	29.1% (93/321)	29.8% (78/262)	29.4% (172/583)

¹¹ The remainder of the sample played the sport individually

Have you personally received any training or induction from the sports groups/clubs?	40.1% (234/583)	55.7% (453/813)	49.2% (687/1396)
Training was fairly or very adequate	94.3% (220/233)	96.9% (443/457)	96.0% (663/690)
Is there someone within the sport group to offer support in your volunteering role?	84.0% (460/548)	90.7% (703/775)	87.9% (1163/1323)
Support was fairly or very adequate	95.8% (434/453)	95.8% (667/696)	95.8% (1101/1149)
I have made new friends volunteering in sport - agree or strongly agree	83.5% (478/573)	83.8% (675/805)	83.7% (1153/1378)
I socialise with my fellow volunteers outside of sport volunteering - agree or strongly agree	54.5% (313/575)	52.7% (428/811)	53.5% (741/1386)
Do you ever feel that you would like to spend any more time helping sports groups?	50.5% (259/513)	58.1% (438/753)	55.0% (697/1266)
How likely are you to keep giving unpaid help to your sports group?			
I plan to stop volunteering in the next year	2.9% (17/587)	2.3% (19/818)	2.5% (36/1405)
I plan to volunteer less in the next year	9.5% (56/587)	7.4% (61/818)	8.3% (116/1405)
I plan to volunteer the same amount in the next year	58.2% (342/587)	57.3% (469/818)	57.7% (811/1405)
I plan to volunteer more in the next year	29.4% (173/587)	33.0% (270/818)	31.5% (442/1405)
Reasons for volunteering			
I wanted to improve things/help people	46.2% (271/587)	45.2% (370/818)	45.6% (641/1405)
I wanted to meet people/make friends	25.2% (148/587)	25.4% (208/818)	25.3% (356/1405)
The cause was really important to me	24.5% (144/587)	24.5% (200/818)	24.5% (344/1405)
My friends/family did it	19.7% (116/587)	10.7% (87/818)	14.5% (203/1405)
It was connected with the needs of my family/friends	26.3% (154/587)	20.1% (164/818)	22.7% (319/1405)
I felt there was a need in my community	20.2% (118/587)	18.4% (151/818)	19.1% (269/1405)
I played/participated in the sport/activity	47.5% (279/587)	59.6% (487/818)	54.5% (766/1405)
I thought it would give me a chance to learn new skills	13.6% (80/587)	25.3% (207/818)	20.4% (287/1405)
I thought it would give me a chance to use my existing skills	21.3% (125/587)	32.8% (268/818)	28.0% (393/1405)
It helps me get on in my career	3.1% (18/587)	9.4% (77/818)	6.8% (95/1405)

It's part of my religious belief to help people	4.3% (25/587)	1.4% (11/818)	2.6% (37/1405)
It's part of my philosophy of life to help people	20.9% (123/587)	20.2% (165/818)	20.5% (288/1405)
It gave me a chance to get a recognised qualification	1.4% (8/587)	6.1% (50/818)	4.1% (58/1405)
I had spare time to do it	26.9% (158/587)	27.3% (224/818)	27.2% (382/1405)
I felt there was no one else to do it	13.4% (78/587)	9.4% (77/818)	11.1% (155/1405)
None of these	0.8% (4/587)	0.6% (5/818)	0.7% (9/1405)
Sources of information about volunteering			
Through previously using services provided by the group/club/org.	36.9% (216/587)	36.2% (296/818)	36.5% (512/1405)
From someone else already involved in the group/club/org.	47.8% (281/587)	45.0% (368/818)	46.2% (649/1405)
From a friend not involved in the group/by word of mouth	15.4% (90/587)	11.2% (92/818)	13.0% (182/1405)
Place of worship	2.7% (16/587)	2.4% (20/818)	2.5% (35/1405)
School, college, university	8.8% (51/587)	11.6% (95/818)	10.4% (146/1405)
Doctor's surgery / Community Centre / Library	1.3% (7/587)	0.3% (2/818)	0.7% (10/1405)
Promotional events/volunteer fair	4.2% (25/587)	3.8% (31/818)	4.0% (56/1405)
Local events	7.5% (44/587)	5.5% (45/818)	6.4% (89/1405)
Local newspaper	3.6% (21/587)	2.3% (19/818)	2.9% (40/1405)
National newspaper	1.0% (6/587)	1.7% (14/818)	1.4% (19/1405)
TV or radio, local or national	1.7% (10/587)	0.3% (2/818)	0.9% (12/1405)
Volunteer bureau or centre	1.2% (7/587)	2.0% (16/818)	1.7% (24/1405)
Employer's volunteering scheme	1.2% (7/587)	0.9% (8/818)	1.0% (15/1405)
www.do-it.org.uk	0.3% (2/587)	1.0% (8/818)	0.7% (10/1405)
National Citizen Service	2.6% (15/587)	0.2% (2/818)	1.2% (17/1405)
Other internet/organisational website	4.1% (24/587)	10.2% (83/818)	7.6% (107/1405)
Other	3.5% (20/587)	7.1% (58/818)	5.6% (79/1405)
Barriers to volunteering			
I have work commitments	44.2% (109/247)	54.8% (229/417)	50.9% (338/664)

I have to look after children/ the home	23.7% (59/247)	22.9% (96/417)	23.2% (154/664)
I have to look after someone elderly or ill	4.3% (11/247)	2.8% (12/417)	3.3% (22/664)
I have to study	11.8% (29/247)	16.6% (69/417)	14.8% (98/664)
I do other things with my spare time	32.5% (80/247)	39.3% (164/417)	36.8% (244/664)
I'm not the right age	1.2% (3/247)	2.2% (9/417)	1.9% (12/664)
I don't know any groups that need help	3.5% (9/247)	3.7% (15/417)	3.6% (24/664)
I haven't heard about opportunities to give help/ I couldn't find opportunities	5.4% (13/247)	5.6% (23/417)	5.5% (36/664)
I'm new to the area	4.8% (12/247)	1.1% (5/417)	2.5% (17/664)
I've never thought about it	8.8% (22/247)	6.0% (25/417)	7.0% (47/664)
I have an illness or disability that I feel prevents me from getting involved	7.2% (18/247)	4.7% (20/417)	5.6% (37/664)
It's not my responsibility	1.1% (3/247)	0.9% (4/417)	1.0% (6/664)
Other	1.8% (4/247)	2.5% (10/417)	2.2% (15/664)
Sport-specific barriers			
No-one has asked me	5.1% (13/247)	10.6% (44/417)	8.5% (57/664)
I find sports clubs intimidating	1.6% (4/247)	2.6% (11/417)	2.2% (15/664)
I'm not interested in sport	0.6% (2/247)	0.1% (0/417)	0.3% (2/664)
I think I'll be out of pocket	2.2% (5/247)	3.7% (16/417)	3.1% (21/664)
I don't think I am fit enough	6.1% (15/247)	4.4% (18/417)	5.0% (33/664)
I don't know enough about sport	1.0% (2/247)	1.8% (8/417)	1.5% (10/664)
I lack the skills to help at a sports club	2.8% (7/247)	1.2% (5/417)	1.8% (12/664)
Sports clubs only need volunteers to coach	4.4% (11/247)	1.5% (6/417)	2.5% (17/664)
I haven't heard about opportunities to help/ I couldn't find opportunities	5.8% (14/247)	5.1% (21/417)	5.4% (36/664)
I'm not aware that sports clubs are run by volunteers or need volunteers	5.9% (14/247)	1.4% (6/417)	3.1% (20/664)
My children/family aren't involved in sport	4.0% (10/247)	1.4% (6/417)	2.4% (16/664)
I feel it would be too much commitment	10.9% (27/247)	12.3% (51/417)	11.8% (78/664)
I'm already participating in sports	29.4% (73/247)	25.9% (108/417)	27.2% (181/664)
It's something I'd consider doing in the future	19.8% (49/247)	23.8% (99/417)	22.3% (148/664)

Sport is a weekend activity and I want to keep weekends free for family	9.5% (24/247)	2.4% (10/417)	5.1% (34/664)			
I already give as much time as I can	42.3% (104/247)	44.8% (187/417)	43.9% (291/664)			
Reasons to stop volunteering						
Not enough time – due to changing home/work circumstances	41.4% (30/73)	28.9% (23/80)	34.8% (53/153)	22.2% (72/325)	22.8% (60/265)	22.5% (133/590)
Not enough time – getting involved takes up too much time	28.1% (21/73)	31.5% (25/80)	29.9% (46/153)	15.4% (50/325)	11.2% (30/265)	13.5% (80/590)
Group/club/organisation finishing/closing	0.0% (0/73)	0.0% (0/80)	0.0% (0/153)	6.0% (20/325)	4.3% (11/265)	5.3% (31/590)
Moving away from area	4.9% (4/73)	13.8% (11/80)	9.6% (15/153)	11.8% (38/325)	8.2% (22/265)	10.2% (60/590)
Due to health problems or old age	10.4% (8/73)	16.5% (13/80)	13.6% (21/153)	12.4% (40/325)	8.9% (23/265)	10.8% (64/590)
Group/club/organisation isn't relevant to me anymore	2.7% (2/73)	2.2% (2/80)	2.5% (4/153)	4.6% (15/325)	3.5% (9/265)	4.1% (24/590)
Lost interest	8.4% (6/73)	7.8% (6/80)	8.1% (12/153)	7.4% (24/325)	4.4% (12/265)	6.0% (36/590)
It was a one-off activity or event	2.8% (2/73)	2.4% (2/80)	2.6% (4/153)	4.0% (13/325)	8.0% (21/265)	5.8% (34/590)
Feel I have done my bit/ someone else's turn to get involved	31.8% (23/73)	19.7% (16/80)	25.5% (39/153)	11.2% (36/325)	10.8% (28/265)	11.0% (65/590)
Got involved in another activity instead	2.4% (2/73)	4.1% (3/80)	3.3% (5/153)	8.3% (27/325)	6.3% (17/265)	7.4% (44/590)
Don't get asked to do the things I'd like to	2.4% (2/73)	7.4% (6/80)	5.0% (8/153)	4.2% (14/325)	1.8% (5/265)	3.1% (19/590)
Feel the group/club/organisation is badly organised	6.7% (5/73)	17.7% (14/80)	12.5% (19/153)	1.9% (6/325)	6.3% (17/265)	3.8% (23/590)
Feel my efforts aren't always appreciated	11.6% (8/73)	22.7% (18/80)	17.4% (27/153)	3.4% (11/325)	7.9% (21/265)	5.4% (32/590)
It is too bureaucratic/ too much concern about risk and liability	5.4% (4/73)	0.0% (0/80)	2.6% (4/153)	3.8% (12/325)	3.2% (8/265)	3.6% (21/590)
Activity linked to my school/college/university/job I have now left	0.0% (0/73)	5.6% (4/80)	2.9% (4/153)	5.2% (17/325)	4.4% (12/265)	4.8% (28/590)
Other	10.7% (8/73)	2.2% (2/80)	6.2% (10/153)	1.3% (4/325)	3.1% (8/265)	2.1% (12/590)

Source: Primary survey data.

Tabulation by socio-economic class (proxied by income)

Table 20. Volunteer experience by socio-economic class (proxied by income): Current volunteers – weighted

Volunteering Experience Variable	Above median income	Below median income	Total observations	Thinking to reduce/stop
Main role (type) of volunteering in sport provided in the last 12 months				
Any other help	1.1% (8/738)	1.9% (10/555)	1.4% (18/1293)	3.6% (6/159)
Coached or instructed an individual or team(s) (other than solely for family members)	27.6% (204/738)	22.4% (124/555)	25.4% (328/1293)	19.6% (31/159)
Other practical help	9.6% (71/738)	8.9% (50/555)	9.3% (121/1293)	10.7% (17/159)
Performed an administrative or committee role (e.g. chair, treasurer, social secretary, first aider, welfare officer)	17.4% (128/738)	15.5% (86/555)	16.6% (214/1293)	27.9% (44/159)
Provided transport to help people take part in sport (other than family members)	16.5% (121/738)	15.6% (87/555)	16.1% (208/1293)	11.9% (19/159)
Raising or handling money/taking part in sponsored events	6.7% (49/738)	8.6% (48/555)	7.5% (97/1293)	6.2% (10/159)
Refereed, umpired or officiated at a sports match, competition or event	11.3% (83/738)	12.0% (67/555)	11.6% (150/1293)	15.3% (24/159)
Stewarded or marshalled an activity or event	9.9% (73/738)	15.1% (84/555)	12.1% (157/1293)	4.7% (8/159)
Involvement in other groups, clubs or organisations in addition to sport				
Children's education/schools	22.6% (167/738)	19.2% (106/555)	21.1% (273/1293)	22.6% (36/159)
Youth/children's activities outside school	16.4% (121/738)	19.4% (108/555)	17.7% (229/1293)	16.3% (26/159)
Education for adults	8.5% (63/738)	10.3% (57/555)	9.3% (120/1293)	12.3% (20/159)
Religion	8.7% (64/738)	10.6% (59/555)	9.5% (123/1293)	8.4% (13/159)
Politics	5.4% (40/738)	4.8% (27/555)	5.1% (66/1293)	2.9% (5/159)
The elderly	4.8% (35/738)	8.5% (47/555)	6.4% (82/1293)	4.2% (7/159)
Health, Disability and Social welfare	9.0% (66/738)	12.5% (69/555)	10.5% (135/1293)	8.2% (13/159)
Safety, First Aid	6.6% (48/738)	7.7% (43/555)	7.1% (91/1293)	6.7% (11/159)
The environment, animals	13.3% (98/738)	11.1% (62/555)	12.4% (160/1293)	8.5% (13/159)
Justice and Human Rights	4.1% (31/738)	3.4% (19/555)	3.8% (49/1293)	2.1% (3/159)
Local community or neighbourhood groups	14.2% (105/738)	14.7% (82/555)	14.5% (187/1293)	9.7% (15/159)
Citizens' Groups	2.7% (20/738)	4.2% (23/555)	3.3% (43/1293)	1.4% (2/159)
Hobbies, Recreation/Arts/Social clubs	32.2% (238/738)	36.3% (201/555)	34.0% (439/1293)	23.6% (37/159)

Trade union activity	6.4% (47/738)	2.8% (16/555)	4.8% (63/1293)	4.7% (7/159)
Other	1.2% (9/738)	0.2% (1/555)	0.8% (10/1293)	2.1% (3/159)
Imputed number of times volunteered in sport in the last 12 months, mean	29.77	26.3	28.28	27.07
Hours volunteered in sport in the last 4 weeks, mean	11.61	13.16	12.28	11.89
Imputed duration of volunteering in sport in years, mean	6.05	5.59	5.85	5.85
Do any of your children take part in sports, fitness or recreation activities at the group where you volunteer?	49.4% (359/727)	30.0% (163/543)	41.1% (522/1270)	37.2% (56/151)
Do/Did your parents help out at any groups, clubs or organisations?	55.1% (386/701)	49.7% (255/512)	52.8% (641/1213)	48.5% (71/146)
Do you personally do the sport for which you volunteer?	58.6% (430/733)	61.4% (338/551)	59.8% (768/1284)	47.9% (74/155)
Do/did you play this sport as a team/group?¹²	62.3% (381/612)	66.5% (318/478)	64.1% (699/1090)	68.7% (86/126)
Would you recommend volunteering with this sport group/club/organisation?	97.1% (678/698)	96.0% (495/516)	96.6% (1173/1214)	89.9% (125/139)
Are you a member of the sport club, group or organisation where you help out?	65.7% (482/734)	62.9% (348/553)	64.5% (830/1287)	54.4% (86/158)
Have you personally received any training or induction from the sports groups/clubs?	49.5% (363/734)	49.0% (269/550)	49.3% (633/1284)	38.6% (60/154)
Training was fairly or very adequate	96.1% (349/363)	95.0% (251/265)	95.6% (601/628)	82.5% (49/59)
Is there someone within the sport group to offer support in your volunteering role?	87.6% (613/700)	87.9% (458/520)	87.8% (1071/1220)	77.7% (108/139)
Support was fairly or very adequate	95.1% (573/602)	96.5% (434/450)	95.7% (1007/1052)	90.8% (95/105)
I have made new friends volunteering in sport - agree or strongly agree	83.7% (609/728)	83.7% (455/543)	83.7% (1064/1271)	69.3% (106/153)
I socialise with my fellow volunteers outside of sport volunteering - agree or strongly agree	51.4% (375/729)	54.7% (300/548)	52.8% (675/1277)	40.1% (61/153)
Do you ever feel that you would like to spend any more time helping sports groups?	53.4% (360/675)	58.7% (292/498)	55.6% (653/1173)	31.4% (44/140)
How likely are you to keep giving unpaid help to your sports group?				
I plan to stop volunteering in the next year	2.0% (15/738)	3.7% (20/555)	2.7% (35/1293)	24.2% (38/159)
I plan to volunteer less in the next year	6.9% (51/738)	9.2% (51/555)	7.9% (102/1293)	75.8% (120/159)
I plan to volunteer the same amount in the next year	62.9% (464/738)	50.4% (279/555)	57.5% (744/1293)	0.0% (0/159)
I plan to volunteer more in the next year	28.2% (208/738)	36.8% (204/555)	31.9% (412/1293)	0.0% (0/159)

¹² The remainder of the sample played the sport individually

Source: Primary survey data, weighted by gender, age and region of England to match the demographic composition of sport volunteers in the Taking Part dataset, waves 1-12. Respondents that did not indicate their age or the variable in question are excluded.

Table 21. Reasons for volunteering in sport by socio-economic status: Current volunteers – weighted

Reason for volunteering in sport	Above median income	Below median income	Total observations	Thinking to reduce/stop
I wanted to improve things/help people	46.6% (344/738)	44.2% (245/555)	45.6% (589/1293)	36.9% (59/159)
I wanted to meet people/make friends	23.3% (172/738)	28.4% (158/555)	25.5% (329/1293)	18.5% (29/159)
The cause was really important to me	26.5% (196/738)	22.2% (123/555)	24.7% (319/1293)	25.2% (40/159)
My friends/family did it	15.1% (111/738)	12.3% (68/555)	13.9% (179/1293)	11.8% (19/159)
It was connected with the needs of my family/friends	26.8% (198/738)	18.2% (101/555)	23.1% (299/1293)	23.8% (38/159)
I felt there was a need in my community	18.1% (133/738)	22.2% (123/555)	19.9% (257/1293)	15.3% (24/159)
I played/participated in the sport/activity	54.0% (399/738)	53.1% (295/555)	53.6% (693/1293)	47.6% (76/159)
I thought it would give me a chance to learn new skills	18.0% (133/738)	21.8% (121/555)	19.7% (254/1293)	16.7% (27/159)
I thought it would give me a chance to use my existing skills	27.5% (203/738)	26.7% (148/555)	27.2% (351/1293)	26.5% (42/159)
It helps me get on in my career	5.7% (42/738)	8.0% (44/555)	6.7% (87/1293)	7.8% (12/159)
It's part of my religious belief to help people	2.9% (22/738)	1.8% (10/555)	2.4% (31/1293)	5.4% (9/159)
It's part of my philosophy of life to help people	21.9% (162/738)	19.5% (108/555)	20.9% (270/1293)	19.1% (30/159)
It gave me a chance to get a recognised qualification	4.5% (33/738)	3.8% (21/555)	4.2% (54/1293)	3.6% (6/159)
I had spare time to do it	25.5% (188/738)	28.9% (160/555)	26.9% (348/1293)	23.6% (38/159)
I felt there was no one else to do it	12.7% (94/738)	9.1% (51/555)	11.2% (144/1293)	22.8% (36/159)
None of these	0.5% (4/738)	0.7% (4/555)	0.6% (7/1293)	1.2% (2/159)

Source: Primary survey data, weighted by gender, age and region of England to match the demographic composition of sport volunteers in the Taking Part dataset, waves 1-12. Respondents that did not indicate their age are excluded.

Table 22. Sources of information about volunteering in sport by socio-economic status: Current volunteers – weighted

How did you find out about volunteering in sport?	Above median income	Below median income	Total observations	Thinking to reduce/stop
Through previously using services provided by the group/club/organisation	36.4% (269/738)	35.7% (198/555)	36.1% (467/1293)	31.3% (50/159)
From someone else already involved in the group/club/organisation	48.8% (361/738)	42.0% (233/555)	45.9% (594/1293)	46.8% (74/159)

From a friend not involved in the group/by word of mouth	11.2% (83/738)	14.7% (82/555)	12.7% (164/1293)	14.2% (23/159)
Place of worship	2.7% (20/738)	2.8% (16/555)	2.8% (36/1293)	4.0% (6/159)
School, college, university	7.3% (54/738)	14.7% (81/555)	10.5% (135/1293)	6.2% (10/159)
Doctor's surgery / Community Centre / Library	0.6% (4/738)	1.3% (7/555)	0.9% (12/1293)	1.0% (2/159)
Promotional events/volunteer fair	4.4% (32/738)	3.2% (18/555)	3.9% (50/1293)	2.2% (4/159)
Local events	5.9% (44/738)	6.6% (37/555)	6.2% (80/1293)	4.0% (6/159)
Local newspaper	2.0% (15/738)	4.1% (22/555)	2.9% (37/1293)	2.4% (4/159)
National newspaper	1.2% (9/738)	2.2% (12/555)	1.6% (21/1293)	0.0% (0/159)
TV or radio, local or national	0.9% (7/738)	1.1% (6/555)	1.0% (13/1293)	1.0% (2/159)
Volunteer bureau or centre	1.7% (13/738)	1.3% (7/555)	1.5% (20/1293)	0.6% (1/159)
Employer's volunteering scheme	0.8% (6/738)	1.4% (8/555)	1.1% (14/1293)	1.3% (2/159)
www.do-it.org.uk	0.3% (2/738)	1.4% (8/555)	0.7% (9/1293)	1.2% (2/159)
National Citizen Service	0.4% (3/738)	2.3% (13/555)	1.2% (16/1293)	0.6% (1/159)
Other internet/organisational website	5.8% (43/738)	10.3% (57/555)	7.7% (100/1293)	3.8% (6/159)
Other	5.7% (42/738)	5.9% (32/555)	5.8% (75/1293)	11.1% (18/159)

Source: Primary survey data, weighted by gender, age and region of England to match the demographic composition of sport volunteers in the Taking Part dataset, waves 1-12. Respondents that did not indicate their age are excluded.

Table 23. Barriers to volunteering by socio-economic status: Current volunteers – weighted

Barriers to volunteering	Above median income	Below median income	Total observations	Thinking to reduce or stop
General barriers to volunteering in sport:				
I have work commitments	59.4% (205/345)	40.7% (114/279)	51.0% (318/624)	61.1% (26/42)
I have to look after children/ the home	30.3% (104/345)	15.8% (44/279)	23.8% (148/624)	11.8% (5/42)
I have to look after someone elderly or ill	2.8% (10/345)	4.5% (12/279)	3.5% (22/624)	2.4% (1/42)
I have to study	7.9% (27/345)	20.5% (57/279)	13.5% (85/624)	17.0% (7/42)
I do other things with my spare time	38.8% (134/345)	35.0% (98/279)	37.1% (231/624)	40.0% (17/42)
I'm not the right age	1.3% (4/345)	2.8% (8/279)	1.9% (12/624)	4.4% (2/42)
I don't know any groups that need help	4.7% (16/345)	2.9% (8/279)	3.9% (24/624)	3.5% (1/42)
I haven't heard about opportunities to give help/ I couldn't find opportunities	4.5% (16/345)	7.4% (21/279)	5.8% (36/624)	2.0% (1/42)
I'm new to the area	2.5% (8/345)	2.3% (7/279)	2.4% (15/624)	0.0% (0/42)
I've never thought about it	6.5% (23/345)	7.1% (20/279)	6.8% (42/624)	1.3% (1/42)
I have an illness or disability that I feel prevents me from getting involved	5.1% (18/345)	7.0% (20/279)	5.9% (37/624)	12.1% (5/42)
It's not my responsibility	1.5% (5/345)	0.5% (1/279)	1.0% (6/624)	0.0% (0/42)

Other	1.6% (5/345)	3.3% (9/279)	2.3% (15/624)	4.8% (2/42)
Sport-specific barriers to volunteering:				
No-one has asked me	7.9% (27/345)	9.1% (25/279)	8.4% (52/624)	3.1% (1/42)
I find sports clubs intimidating	3.2% (11/345)	1.3% (4/279)	2.4% (15/624)	3.1% (1/42)
I'm not interested in sport	0.1% (0/345)	0.3% (1/279)	0.2% (1/624)	0.0% (0/42)
I think I'll be out of pocket	3.6% (12/345)	2.8% (8/279)	3.3% (20/624)	1.4% (1/42)
I don't think I am fit enough	6.8% (23/345)	3.5% (10/279)	5.3% (33/624)	13.9% (6/42)
I don't know enough about sport	1.6% (6/345)	1.6% (4/279)	1.6% (10/624)	0.0% (0/42)
I lack the skills to help at a sports club	2.3% (8/345)	1.7% (5/279)	2.0% (13/624)	2.1% (1/42)
Sports clubs only need volunteers to coach	3.6% (12/345)	1.6% (4/279)	2.7% (17/624)	1.3% (1/42)
I haven't heard about opportunities to help/ I couldn't find opportunities	4.7% (16/345)	7.0% (19/279)	5.7% (36/624)	3.3% (1/42)
I'm not aware that sports clubs are run by volunteers or need volunteers	4.6% (16/345)	0.6% (2/279)	2.8% (17/624)	1.3% (1/42)
My children/family aren't involved in sport	3.7% (13/345)	1.0% (3/279)	2.5% (16/624)	1.4% (1/42)
I feel it would be too much commitment	12.4% (43/345)	12.2% (34/279)	12.3% (77/624)	18.4% (8/42)
I'm already participating in sports	24.7% (85/345)	30.0% (84/279)	27.0% (169/624)	33.2% (14/42)
It's something I'd consider doing in the future	23.7% (82/345)	20.3% (57/279)	22.2% (138/624)	15.0% (6/42)
Sport is a weekend activity and I want to keep weekends free for family	4.3% (15/345)	5.5% (15/279)	4.8% (30/624)	23.3% (10/42)
I already give as much time as I can	44.1% (152/345)	44.3% (124/279)	44.2% (276/624)	65.1% (27/42)

Source: Primary survey data, weighted by gender, age and region of England to match the demographic composition of sport volunteers in the Taking Part dataset, waves 1-12. Only asked if answered "yes" to the question: "Do you ever feel that you would like to spend any more time helping sports groups/clubs/organisations, or not?" Respondents that did not indicate their age are also excluded.

Table 24. Reasons for planning to reduce/stop volunteering by socio-economic status: Current volunteers – weighted

Reasons for planning to reduce / stop volunteering in the next year	Above median income	Below median income	Total observations
Not enough time – due to changing home/work circumstances	39.3% (26/67)	33.3% (24/73)	36.2% (51/140)
Not enough time – getting involved takes up too much time	37.0% (25/67)	23.6% (17/73)	30.1% (42/140)
Group/club/organisation finishing/closing	0.0% (0/67)	0.0% (0/73)	0.0% (0/140)
Moving away from area	6.9% (5/67)	14.0% (10/73)	10.6% (15/140)
Due to health problems or old age	4.7% (3/67)	21.3% (16/73)	13.3% (19/140)
Group/club/organisation isn't relevant to me anymore	4.6% (3/67)	1.0% (1/73)	2.7% (4/140)
Lost interest	8.5% (6/67)	9.7% (7/73)	9.1% (13/140)

It was a one-off activity or event	3.8% (3/67)	2.6% (2/73)	3.2% (4/140)
Feel I have done my bit/ someone else's turn to get involved	30.0% (20/67)	17.3% (13/73)	23.4% (33/140)
Got involved in another activity instead	5.1% (3/67)	2.2% (2/73)	3.6% (5/140)
Don't get asked to do the things I'd like to	7.5% (5/67)	3.7% (3/73)	5.6% (8/140)
Feel the group/club/organisation is badly organised	15.4% (10/67)	5.6% (4/73)	10.3% (14/140)
Feel my efforts aren't always appreciated	23.8% (16/67)	11.6% (8/73)	17.5% (24/140)
It is too bureaucratic/ too much concern about risk and liability	1.1% (1/67)	4.4% (3/73)	2.8% (4/140)
Activity linked to my school/college/university/job I have now left	1.5% (1/67)	4.8% (4/73)	3.2% (5/140)
Other	2.4% (2/67)	4.8% (3/73)	3.7% (5/140)

Source: Primary survey data, weighted by gender, age and region of England to match the demographic composition of sport volunteers in the Taking Part dataset, waves 1-12. Only asked if respondent selected "I plan to volunteer less in the next year" or "I plan to stop volunteering in the next year." Respondents that did not indicate their age (n=41) are also excluded.

Regression analysis

Table 28. Association between sport volunteering and various outcomes as revealed by regression analysis - current volunteers, weighted

Column header : outcome / Row header: explanatory factor	Life satisfaction (0 to 10)	General health (1 to 5)	Trust in people in general (1 to 3)	Retention (1 to 4) ¹³	Volunteer satisfaction (0 to 1) ¹⁴
Do/Did your parent(s) previously help out at any groups, clubs or organisations?: Ref. =No, my parents never volunteered	0.000	0.000	0.000	0.000	0.000
Yes, a different sports group/club/organisation	-0.196	0.096	-0.042	0.142**	-0.028
Yes, a non-sports group/club/organisation	0.135	0.089	0.164*	-0.027	-0.016
Yes, the same sports group/club/organisation where I help out	0.169	0.000	0.216**	0.281***	0.068***
Do your children take part in sports at the group where you help out? (ref. = No, I have children but they did not take part)	0.000	0.000	0.000	0.000	0.000
No, I have no children	0.395**	0.405***	0.133	0.017	-0.047**
Yes	0.338**	0.134	0.158	0.173**	-0.007
Do/did you personally practise the sport/activity where you volunteered? (ref. = No, but I used to do this sports, fitness or recreation activity)	0.000	0.000	0.000	0.000	0.000
Yes, I currently do this sports, fitness or recreation activity	0.163	0.231***	-0.026	0.144**	0.032
Do/did you play this sport in a team or individually? (ref. =As a team/group (e.g. football, tennis, parkrun))	0.000	0.000	0.000	0.000	0.000
Individually (e.g. gym, jogging)	-0.079	0.171**	-0.083	0.082	-0.005
Are you a member of the sport group where you helped out? (ref. = I have never been a member)	0.000	0.000	0.000	0.000	0.000
No, I participate informally	-0.215	-0.227	-0.222	-0.047	0.003
No, but previously a member	0.067	-0.505**	0.144	-0.091	-0.086*
Yes, currently a member	-0.196	-0.094	0.129	-0.046	-0.037**
Observations	887	898	898	898	856
Adjusted R-squared	0.246	0.213	0.144	0.127	0.086

¹³ Responded how much they plan to volunteer in the next year: 1 - stop completely; 2 - less; 3- the same amount; 4 - more.

¹⁴ Responded that they would recommend volunteering to a friend.

OLS regression coefficients. Source: Primary survey data, weighted by gender, age and region of England to match the demographic composition of sport volunteers in the Taking Part dataset, waves 1-12. Full standard set of demographic controls as per Fujiwara and Campbell (2011) used here but not reported for brevity. *: $p < 0.1$, **: $p < 0.05$, ***: $p < 0.01$

Table 29. Association between sport volunteering and various outcomes as revealed by regression analysis - ex-volunteers, weighted

Column header : outcome / Row header: explanatory factor	Life satisfaction (0 to 10)	General health (1 to 5)	Trust in people in general (1 to 3)	Retention (1 to 4) ¹⁵	Volunteer satisfaction (0 to 1) ¹⁶
Do/did your children take part in sports at the group where you help out? (ref. = No, I have children but they did not take part)	0.000	0.000	0.000	0.000	0.000
No, I have no children	-0.178	-0.135	-0.009	0.053	0.153**
Yes, my children did take part but no longer	0.311	0.287	0.084	0.177	0.032
Yes, my children still take part	0.061	0.044	0.110	0.288**	0.036
Do/did you personally practise the sport/activity where you volunteered? (ref. = No, I have never done this sports, fitness or recreation activity)	0.000	0.000	0.000	0.000	0.000
No, but I used to do this sports, fitness or recreation activity	-0.011	0.204	0.144	0.218*	0.015
Yes, I currently do this sports, fitness or recreation activity	-0.283	0.440**	0.445**	0.310**	0.070
Do/did you play this sport in a team or individually? (ref. =As a team/group (e.g. football, tennis, parkrun))	0.000	0.000	0.000	0.000	0.000
Individually (e.g. gym, jogging)	0.124	-0.097	-0.091	-0.191**	-0.084**
Are you a member of the sport group where you helped out? (ref. = I have never been a member)	0.000	0.000	0.000	0.000	0.000
No, I participate informally	0.052	0.103	-0.207	0.073	0.094
No, but previously a member	-0.032	-0.181	-0.218	0.171	0.018
Yes, currently a member	0.544	0.138	-0.223	0.376**	0.148*
Observations	420	420	420	420	388
Adjusted R-squared	0.283	0.300	0.194	0.441	0.214

¹⁵ Responded how likely they were to volunteer with a sport group in the future, from 1 - not at all to 4 - very likely.

¹⁶ Responded that they would recommend volunteering to a friend.

OLS regression coefficients. Source: Primary survey data, weighted by gender, age and region of England to match the demographic composition of sport volunteers in the Taking Part dataset, waves 1-12. Full standard set of demographic controls as per Fujiwara and Campbell (2011) used here but not reported for brevity. *: $p < 0.1$, **: $p < 0.05$, ***: $p < 0.01$

Table 30. Association between sport volunteering and various outcomes disaggregated by age - current volunteers, weighted

Dependent variable: Life satisfaction (0 to 10) Column header: age category Row header: explanatory factor	Young (16-24)	Middle-aged (25-54)	Old (55+)
Do/Did your parent(s) previously help out at any groups, clubs or organisations?: No, my parents never volunteered	-1.000	-0.177	0.344
Yes, a different sports group/club/organisation	0.214	-0.376	-0.035
Yes, a non-sports group/club/organisation	0.047	-0.107	0.316
Yes, the same sports group/club/organisation where I help out	0.000	0.000	0.000
Do your children take part in sports at the group where you help out?: No, I have children but they did not take part	0.019	-0.463**	-0.231
No, I have no children	-0.333	0.242	-0.137
Yes	0.000	0.000	0.000
Do/did you personally practise the sport/activity where you volunteered?: No, but I used to do this sports, fitness or recreation activity	-0.027	-0.142	-0.177
Yes, I currently do this sports, fitness or recreation activity	0.000	0.000	0.000
Do/did you play this sport in a team or individually?: As a team/group (e.g. football, tennis, parkrun)	0.906*	-0.206	0.518**
Individually (e.g. gym, jogging)	0.000	0.000	0.000
Are you a member of the sport group where you helped out?: I have never been a member	0.064	0.169	0.567
No, I participate informally	1.192***	-0.318	0.186
No, but previously a member	1.372	0.048	0.050
Yes, currently a member	0.000	0.000	0.000
Observations	887	887	887
Adjusted R-squared	0.264	0.264	0.264

OLS regression coefficients. Source: Primary survey data, weighted by gender, age and region of England to match the demographic composition of sport volunteers in the Taking Part dataset, waves 1-12. Full standard set of demographic controls as per Fujiwara and Campbell (2011) used here but not reported for brevity. *: $p < 0.1$, **: $p < 0.05$, ***: $p < 0.01$. Coefficients of 0.000 indicate reference groups.

Table 31. Association between sport volunteering and various outcomes disaggregated by age - ex-volunteers, weighted

Dependent variable: Life satisfaction (0 to 10) Column header: age category Row header: explanatory factor	Young (16-24)	Middle-aged (25-54)	Old (55+)
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Do/did your children take part in sports at the group where you help out? : No, I have children but they did not take part	1.437	-0.154	-0.855
No, I have no children	-0.879	-0.535	-1.030
Yes, my children did take part but no longer	-1.162	0.439	-0.453
Yes, my children still take part	0.000	0.000	0.000
Do/did you personally practise the sport/activity where you volunteered? : No, I have never done this sports, fitness or recreation activity	2.011**	0.079	-0.031
No, but I used to do this sports, fitness or recreation activity	-0.198	0.465	-0.337
Yes, I currently do this sports, fitness or recreation activity	0.000	0.000	0.000
Do/did you play this sport in a team or individually? : As a team/group (e.g. football, tennis, parkrun)	-0.343	-0.098	-0.294
Individually (e.g. gym, jogging)	0.000	0.000	0.000
Are you a member of the sport group where you helped out? : I have never been a member	-1.194	-0.833	0.103
No, I participate informally	-0.614	-0.552	-0.341
No, but previously a member	-0.536	-0.391	-0.873
Yes, currently a member	0.000	0.000	0.000
Observations	420	420	420
Adjusted R-squared	0.272	0.272	0.272

*OLS regression coefficients. Source: Primary survey data, weighted by gender, age and region of England to match the demographic composition of sport volunteers in the Taking Part dataset, waves 1-12. Full standard set of demographic controls as per Fujiwara and Campbell (2011) used here but not reported for brevity. *: $p < 0.1$, **: $p < 0.05$, ***: $p < 0.01$. Coefficients of 0.000 indicate reference groups.*

Active Lives statistics - Team vs. individual sports

Table 32. Wellbeing, trust and volunteering for team and individual sports players in the Active Lives data

Whether played team or individual sport in last 12 months	No sport	Individual sport only	Team sport	Total Observations
Sample Size	11656	164364	23866	199886
Life satisfaction, 0 to 10, mean	5.73	7.19	7.28	7.15
Happiness, 0 to 10, mean	6	7.25	7.27	7.2
Anxiety, 0 to 10, mean	4.03	3.17	3.27	3.22
Worthwhile life, 0 to 10, mean	6.22	7.47	7.45	7.42
Respondent's BMI, continuous scale, mean	28.21	25.92	25.15	25.95
I can achieve most of the goals I set myself, 1 to 5, mean	3.26	3.78	3.94	3.78

Most of the people in my local area can be trusted, 1 to 5, mean	3.14	3.41	3.37	3.4
Volunteered in the last 12 months to support sport and physical activity	4.0% (307/7753)	17.4% (19316/110733)	46.8% (7757/16575)	20.3% (27380/135061)
Volunteered in sport more than once in the last 12 months, excluding raising funds	2.2% (192/8538)	11.8% (13336/113381)	35.0% (5873/16757)	14.0% (19401/138676)
Volunteered in sport in the last 4 weeks, excluding raising funds	2.9% (61/2071)	8.1% (3563/44236)	19.9% (1713/8608)	9.7% (5337/54915)

Source: Active Lives survey, wave 2 (2016-17).

APPENDIX 2 - VOLUNTEERING AND WELLBEING AS IT RELATES TO VOLUNTEERING IN SPORT

Happy Days (2019) findings

The Happy Days paper (2019)¹⁷ is, we think, the most robust estimate to date of the effect of volunteering on wellbeing using panel data, which can be used with greater confidence to estimate the equivalent monetary value that volunteering brings to an individual's welfare and wider society.

The work used increasingly sophisticated statistical techniques (robust fixed effects and first differences regressions) to better isolate the beneficial effects of volunteering on people's wellbeing and quality of life. The analysis holds constant and reduces the influence on the results of other factors that also drive wellbeing outcomes, such as socioeconomic status and unobserved individual personality effects.

In conclusion, the Happy Days report provides additional confidence that there is indeed a positive relationship between volunteering and wellbeing, and in particular formal volunteering as part of a group.

Happy Days focuses on general volunteering and only analyses sport volunteering as a side topic using the Taking Part data. It finds that, in the Taking Part data, sport volunteering is positively and significantly associated with life satisfaction, to an order of magnitude comparable with that of general volunteering (but slightly lower). Volunteering in arts and culture is, in turn, not significantly associated with life satisfaction.

Sport England LOVS primary data findings

The Sport England analysis presents the data from a dedicated online survey of 1565 current and 703 former sport volunteers. This allows us to look into greater detail on the respondents' reasons for volunteering, barriers to volunteering, sources of information, reasons for stopping volunteering, and many details of their sport volunteering experience - the role/function they performed, whether their parents/children volunteered as well, whether they received training, their volunteer satisfaction, frequency and duration of volunteering etc.

Descriptive statistics confirm that current sport volunteers have higher levels of wellbeing and general health, trust, and frequency of meeting friends than ex-volunteers. They also show that team sports have a significantly higher incidence of volunteering (almost twice as likely). In the table below you can see a comparison in life satisfaction of sport volunteers, general volunteers and non-volunteers across different datasets.

Life satisfaction and sport volunteering - Secondary data

Table A1. Life satisfaction for non-volunteers, general volunteers and sport volunteers in different nationally representative UK surveys

Life satisfaction (0 to 10)	Didn't volunteer in the last 12 months	Volunteered in the last 12 months	Volunteered in sport in the last 12 months	Former volunteers in sport (not in the last 12 months)
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¹⁷ <https://jump-projects.com/our-work/>

Primary data (dedicated online survey)			7.42	7.02
Taking Part	7.65	7.90	8.01	
Community life (proxy for sport volunteering)	6.9	7.21	7.49	7.28
Active Lives	7.07		7.42	

Active Lives regressions

Table 1 above presents differences in life satisfaction across the different data sets analysed extensively and exhaustively in the Happy Days paper ([link](#)). However, these differences in means are not necessarily BECAUSE OF sport volunteering, but rather they could be due to other characteristics that set sport volunteers apart from the rest of the population, namely the fact that they are younger, richer, more educated and from a higher overall socio-economic background.

For this paper we wanted to look at regression analysis in Sport England's Active Lives data. On one hand, this enables us to control for the differences in socio-economics mentioned above and reveal an association between sport volunteering and wellbeing which is NOT due to differences in socio-economics (it is then more likely, although not certainly, a consequence of volunteering). On the other hand, it is set to confirm that the relationship between volunteering and wellbeing found in the Happy Days 2019 paper continues for the largest sector of volunteering in the UK - sport.

Below we can see the regression coefficients indicating the association of sport volunteering with different wellbeing, trust and perseverance outcomes. The first column is the result of a general model for the whole sample; the subsequent columns are the result of a model which allows the association to vary across 3 age categories.

Table A2. Wellbeing and sport volunteering - Active Lives OLS results

Outcome variable	Whole sample	Age 16-24	Age 25-54	Age 55+
Life satisfaction, 0 to 10	0.204***	0.426***	0.119***	0.267***
Happiness, 0 to 10	0.200***	0.313***	0.125***	0.271***
Anxiety, 0 to 10	-0.140***	-0.130	-0.100**	-0.193***
Worthwhile life, 0 to 10	0.261***	0.429***	0.175***	0.336***
I can achieve most of the goals I set myself, 1 to 5	0.101***	0.186***	0.074***	0.117***
Most of the people in my local area can be trusted, 1 to 5	0.058***	0.098***	0.066***	0.039***
Respondent's BMI (Body Mass Index)	-0.103***	-0.313**	-0.059	-0.115**

Notes: Coefficients from OLS regression models. All include control variables for age, gender, ethnicity, socio-economic class of occupation, employment status, education, region, deprivation of local area, household type (single/couple/numerous etc.), number of children, disability, BMI (except for when it is an outcome) and interview month.. Stars indicate statistical significance levels: *** < 1%; ** < 5%; * < 10% significance. Heteroscedasticity-robust standard errors used.

We can see here that sport volunteering is positively and significantly associated with all seven outcomes that were looked at. Even after controlling for demographics, sport volunteers are happier, less anxious, have a stronger sense of a life worth living, are more trusting, more perseverant and less overweight. A particularly interesting finding is that in the disaggregated model, the associations are stronger for young respondents (although the correlation with anxiety loses statistical significance). Less pronounced relationships can be observed for middle-aged respondents (except for trust).

We need to complement these results with the important caveat that the Active Lives data does not control for respondents' income and religion (it does ask about religion but not the same respondents that were asked about wellbeing). These are both very important determinants of wellbeing, and religion is also a key driver of trust¹⁸. Because these factors cannot be observed in the results presented in Table 2, we warn the reader that the coefficients presented there are likely to be upward-biased (higher than the true causal effect), because they may capture a part of the income and religion effects.

That said, the positive results from Active Lives are consistent with the positive impact of volunteering and sport volunteering on wellbeing that we observe in other UK data sets in Happy Days (2019). And the methodology in 'Happy Days' deployed the most advanced and robust statistical analysis to date, accounting for as many of the controls (including religion, income, previous wellbeing scores) as possible.

¹⁸ See <https://ourworldindata.org/trust> for details.