

# DOORSTEP SPORT Survey 2019

These activity sessions are supported by Sport England and StreetGames - who in turn ask us to collect some information about the people that take part. To help us to do this, we would be really grateful if you could take a few minutes to fill out the questions and return to your project leader as soon as possible.

In this survey we are particularly interested in hearing about WHAT DIFFERENCE (if any) TAKING PART IN THESE SESSIONS HAS MADE TO YOU. We therefore want to hear from people that have been coming for a while – so PLEASE ONLY COMPLETE THIS QUESITONNAIRE IF YOU HAVE BEEN COMING TO THESE SESSIONS FOR 3 MONTHS or LONGER.

Please be assured, that the answers will only be used in aggregated format – the surveys will not be used to identify any individual responses and you do not need to write your name on this questionnaire.

Thank you.







What is todays date: DD / MM / YYYY	
What is the name of the session you are attending today? (Please state the full name where possible e.g. Access to Sport, Hackney – Tuesday Football session)	
02 What is your Date of Birth?	
DD/MM/YYYY	
03 Are you?	
Male Prefer not to say	
04 Which of the following best describes your ethnic origin:	
White (not British or English)  White (not Race Race Asian or British Asian British  Asian British	

I was told to come by my family  I was told to come by another adult  Nothing else to d	About 3 months 3 - 6 months 6 - 12 months 1+ year  O7 How often do you usually attend these sessions?  More than 3 times a week About 2-3 times a week About once a week About once a fortnight About once a month Less than once a week About once a fortnight About once a month Less than once a test than once a sessions is it:  To take part in the sport & fitness activities To volunteer/help out Both (take part in sport & fitness activities and sometimes help out/volunteer  O9 What are the main reasons you come to these sessions? (tick all that apply)  Meet up with friends Meet new people To do new things To be more active To keep out of trouble  I like to do new things I like to do sport	ted to last
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More than 3 times a week	More than 3 times a week	
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I was told to come by my family  I was told to come by another adult  Nothing else to d	I was told to come by my family  I was told to come by another adult	) To stay safe
		The location suits mo
Other please specify:	Other, please specify:	Nothing else to do
Outer, please specify.		

## 10 IN THE PAST WEEK, on how many days have you done a total of 30 minutes or more of physical activity, which was enough to raise your breathing rate?

This may include sport, exercise, and brisk walking or cycling for recreation or to get to and from places, but should not include housework or physical activity that may be part of your job. **DO NOT INCLUDE ACTIVITIES IN SCHOOL LESSONS** 

Please circle tl	ne relevant i	number of day	s you have d	lone a total o	f 30 minutes o	or more of ph	ysical activity
0	1	2	3	4	5	6	7

### 11 Thinking about all types of exercise and sport - how much do you agree or disagree with the following statements?

		Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree
l enjoy taking pa	rt in exercise and sport					
I feel confident w	when I exercise and play sp	ort				
I find exercise ar	nd sport easy					
I understand wh	y exercise and sport are go	ood for me				
	et involved and improve my types of exercise and sport	\ \ \				
12 To what ex	tent do you agree or disagr	ee that most people in your lo	ocal area can b	e trusted?		
Strongly Agree	Agree	Neither Agree nor Disagree	O Disag	ree	○ Strong Disag	<b>.</b>
13 To what ex	tent do you agree or disagr	ee with the statement 'I can a	chieve most of	the goals I s	et myself'?	
Strongly Agree	Agree	Neither Agree nor Disagree	<b>Disag</b>	ree	O Strong Disag	<b>.</b>

### 14 Using a scale of 0 to 10 where 0 is 'not at all' and 10 is 'completely', please circle one number:

Overall how happy did you feel yesterday:

Not at all									(	Completely
0	1	2	3	4	5	6	7	8	9	10

Overall to what extent do you feel the things you do in your life are worthwhile:

Not at all									(	Completely
0	1	2	3	4	5	6	7	8	9	10

### Overall how satisfied are you with your life nowadays:

Not at all										Completely
0	1	2	3	4	5	6	7	8	9	10



# **ABOUT THESE SESSIONS**

ADOUT THESE SESSIONS				
15 What do you LIKE BEST about these sessions?				
16 What do you LIKE LEAST or what IMPROVEMENTS would	d you suggest?			
17 Thinking about these sessions and what has changed as agree with the following statements?	a result of you a	ttending this session.	How much do you	
	DO NOT AGREE	AGREE A LITTLE	AGREE A LOT	
I feel healthier now				
I am more active now				
I am more motivated to engage in activities now				
I am more confident now				
I get on better with other young people now				
I am better at working in a team now				
I am a better leader now				
I am able to communicate better now		$\bigcirc$		
I can be relied upon more now			$\bigcirc$	
I am more tolerant now			$\bigcirc$	
I get on better with adults now				
I have learnt things that will help me at school/college			$\bigcirc$	
I have learnt things that will help me prepare for getting a job			$\bigcirc$	
I have learnt things that make me more employable				

	ions have made to y					
I am more active now I am better at sport now I feel healthier I am more confident at taking part in sport/physic I have learnt new things I have met new people/made new friends I have been able to try a new sport/activities I have been able to use a sports facility in my area Nothing, sessions have made no difference to me	a I had not been to b	pefore				
19 Overall, how would you rate these sessions:						
Very Good Ok Poor	Very Poor					
20 To what extent do you agree/disagree with the st	tatement: 'I feel safe	and cared fo	r when I'm a	t sessions her	e'	
	Neither Agree nor Disagree	O Disag	ıree	Strong		
Agree	noi bisagice				ee e	
21 How likely are you in the future to:	noi bisagiee			<b>○</b> Disagi	ree	
	Very Likely	Quite Likely	Not Sure	Quite Unlikely	Very Unlikely	
	Very	Quite	Not	Quite	Very	
21 How likely are you in the future to:	Very	Quite	Not	Quite	Very	
21 How likely are you in the future to:  Keep coming to these sessions	Very	Quite	Not	Quite	Very	
21 How likely are you in the future to:  Keep coming to these sessions  Use a gym	Very	Quite	Not	Quite	Very	
21 How likely are you in the future to:  Keep coming to these sessions  Use a gym  Go to an exercise/fitness class	Very	Quite	Not	Quite	Very	
21 How likely are you in the future to:  Keep coming to these sessions  Use a gym  Go to an exercise/fitness class  Go to a local leisure centre	Very	Quite	Not	Quite	Very	
21 How likely are you in the future to:  Keep coming to these sessions  Use a gym  Go to an exercise/fitness class  Go to a local leisure centre  Join a local sports team/club	Very	Quite	Not	Quite	Very	
21 How likely are you in the future to:  Keep coming to these sessions  Use a gym  Go to an exercise/fitness class  Go to a local leisure centre  Join a local sports team/club  Go for a run/cycle	Very	Quite	Not	Quite	Very	
Z1 How likely are you in the future to:  Keep coming to these sessions  Use a gym  Go to an exercise/fitness class  Go to a local leisure centre  Join a local sports team/club  Go for a run/cycle  Enter a local fun run	Very	Quite	Not	Quite	Very	

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