SPORT, PHYSICAL ACTIVITY, & RECREATION (SPAR) SURVEY RESULTS

EVERYONE SHOULD EXPERIENCE QUALITY SPORT

- Total Completed Responses: 99
## CHILDREN’S SPAR PARTICIPATION

<table>
<thead>
<tr>
<th></th>
<th>Not active at all</th>
<th>Less than 3 hours of activity weekly</th>
<th>Less than 1 hour of activity daily</th>
<th>More than 1 hour of activity daily</th>
<th>Unsure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-COVID</td>
<td>2%</td>
<td>8%</td>
<td>13%</td>
<td>74%</td>
<td>2%</td>
</tr>
<tr>
<td>During COVID restrictions</td>
<td>14%</td>
<td>21%</td>
<td>43%</td>
<td>17%</td>
<td>4%</td>
</tr>
<tr>
<td>COVID Relaunch Stage 2</td>
<td>11%</td>
<td>12%</td>
<td>37%</td>
<td>35%</td>
<td>4%</td>
</tr>
<tr>
<td>Anticipated Post-COVID</td>
<td>4%</td>
<td>4%</td>
<td>12%</td>
<td>68%</td>
<td>12%</td>
</tr>
</tbody>
</table>

## AGES OF CHILDREN

- **Preschool**
- **Elementary School (Grades K-5)**
- **Middle School (Grades 6-8)**
- **High School (Grades 9-12)**
94% of children are suffering due to a lack of social interaction
94% of children are missing their friends
93% of children have had their daily schedule altered by COVID-19
83% are missing developing their skills
81% of children have noticed changes in their mood
77% of children miss training in their respective sports/activities
75% of children have experienced eating changes in the number of meals and snacking, timing of meals, amount, what one eats, etc
75% of children have experiences changes in their motivation
72% of children are missing attending competitions and tournaments
64% of children have had changes in their sleep patterns and habits
"Savings in expenses"
"Less rushing. We spend a lot more time driving between school and sports, and not having those things let us slow down"
"With an unstructured life, less rush and transitions the kid is way more happy"
"More time with the kids"
"Allowing things to proceed at a slower pace"
"Not near as rushed every day"
"Allowed body to have a break and rest"
"Reprioritizing, limiting activities registered in"
"More trips to mountains to hike and bike"
"More biking and park community"
"Miss normal life"
"Letting go of the feeling of having to keep up with all the activities and committees of other families and friends"
WHAT DO YOU MISS ABOUT YOUR SPAR OPPORTUNITIES?

WHAT DO YOU MISS MOST?

- Having fun
- Being with friends
- My coach(es)
- Learning something new
- Improving
- Being good at something
- Other

- “Staying fit by doing something that was enjoyed”
- “Competition and Competing”
- “Access to facilities, teamwork and meeting new people”
- “Maintaining fitness and improving mental health but thankfully have been able to participate online and more recently in outdoor organized classes”
- “Getting the physical literacy. There is less options now.”
- “Working towards long term sports goals”
- “Being part of a team/community. Structured opportunities for physical activity.”
- “Using up excess energy”
- “Being active with others on a consistent basis”
- “Competition and physical activity”
WHAT DO YOU DISLIKE MOST ABOUT YOUR SPAR OPPORTUNITIES?

- “Cost and scheduling between split households”
- “Some people on focus on the competitive athletes and forget about recreational athletes. It gets harder to balance high school work load, with athletics and a part time job.”
- “Can’t teach my son how to swim or skate”
- “We are a multi-sport family, and do our best to get from one sport to the other given the time frame we have.”
- “Uncertainty if there will be a season during the 2020-21 school year.”
- “Cost, organizational politics”
- “Open but not within my time frame to attend – hard to start new sports”

- “Just miss them”
- “More time and more money”
- “No time for homework.”
- “Too much commitment and reduced time with friends.”
- “Fewer options”
- “No games or tournaments, only practice right now.”
- “The opportunities aren’t being offered.”
- “Practice is okay, but I want to compete!”
- “Programs are limited. Uncertainty as to what is available.”

- Not fun anymore
- Have to pick one sport
- Friend(s) quit team/sport
- Other

- Too much pressure
- No time to just play

- 28%
- 17%
- 15%
- 12%
- 10%
- 18%
I am afraid of getting sick when restrictions are lifted and you can go back to your sport, physical activity and active recreation opportunities.

57% of respondents somewhat or strongly agree with the above statement.

43% of respondents somewhat or strongly disagreed with the above statement.
What is your comfort level with your child(ren) participating in sport, physical activity, and active recreation by type?

<table>
<thead>
<tr>
<th>Individual pickup sports (e.g. shooting, basketball, running)</th>
<th>Extremely Comfortable</th>
<th>Slightly Comfortable</th>
<th>Neither Comfortable not Uncomfortable</th>
<th>Slightly Uncomfortable</th>
<th>Extremely Uncomfortable</th>
</tr>
</thead>
<tbody>
<tr>
<td>Responses</td>
<td>59%</td>
<td>19%</td>
<td>7%</td>
<td>10%</td>
<td>5%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Neighbourhood pickup games (e.g. basketball, soccer, tennis)</th>
<th>Extremely Comfortable</th>
<th>Slightly Comfortable</th>
<th>Neither Comfortable not Uncomfortable</th>
<th>Slightly Uncomfortable</th>
<th>Extremely Uncomfortable</th>
</tr>
</thead>
<tbody>
<tr>
<td>Responses</td>
<td>36%</td>
<td>25%</td>
<td>10%</td>
<td>20%</td>
<td>8%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Intramural sports at school (e.g. organized practices and games)</th>
<th>Extremely Comfortable</th>
<th>Slightly Comfortable</th>
<th>Neither Comfortable not Uncomfortable</th>
<th>Slightly Uncomfortable</th>
<th>Extremely Uncomfortable</th>
</tr>
</thead>
<tbody>
<tr>
<td>Responses</td>
<td>28%</td>
<td>25%</td>
<td>11%</td>
<td>18%</td>
<td>17%</td>
</tr>
</tbody>
</table>
What is your comfort level with your child(ren) participating in sport, physical activity, and active recreation by type?

### Extracurricular sports (e.g. organized practices and games against others)

<table>
<thead>
<tr>
<th>Comfort Level</th>
<th>Responses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Extremely Comfortable</td>
<td>27%</td>
</tr>
<tr>
<td>Slightly Comfortable</td>
<td>24%</td>
</tr>
<tr>
<td>Neither Comfortable not Uncomfortable</td>
<td>11%</td>
</tr>
<tr>
<td>Slightly Uncomfortable</td>
<td>18%</td>
</tr>
<tr>
<td>Extremely Uncomfortable</td>
<td>19%</td>
</tr>
</tbody>
</table>

### Community based sport (e.g. sports offered in same community)

<table>
<thead>
<tr>
<th>Comfort Level</th>
<th>Responses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Extremely Comfortable</td>
<td>31%</td>
</tr>
<tr>
<td>Slightly Comfortable</td>
<td>26%</td>
</tr>
<tr>
<td>Neither Comfortable not Uncomfortable</td>
<td>11%</td>
</tr>
<tr>
<td>Slightly Uncomfortable</td>
<td>17%</td>
</tr>
<tr>
<td>Extremely Uncomfortable</td>
<td>14%</td>
</tr>
</tbody>
</table>

### Travel/Elite or Club League Sport (e.g. competitions against teams outside of your city or county)

<table>
<thead>
<tr>
<th>Comfort Level</th>
<th>Responses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Extremely Comfortable</td>
<td>24%</td>
</tr>
<tr>
<td>Slightly Comfortable</td>
<td>12%</td>
</tr>
<tr>
<td>Neither Comfortable not Uncomfortable</td>
<td>16%</td>
</tr>
<tr>
<td>Slightly Uncomfortable</td>
<td>20%</td>
</tr>
<tr>
<td>Extremely Uncomfortable</td>
<td>27%</td>
</tr>
</tbody>
</table>
What are potential barriers to resume sport, physical activity and active recreation when the current restrictions are removed?

<table>
<thead>
<tr>
<th>Barrier</th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>I am afraid of my child getting sick if he/she starts playing sports again.</td>
<td>17%</td>
<td>24%</td>
<td>45%</td>
<td>13%</td>
</tr>
<tr>
<td>I am afraid of (myself or other family members) getting sick if my child starts playing sports.</td>
<td>21%</td>
<td>23%</td>
<td>42%</td>
<td>13%</td>
</tr>
<tr>
<td>It will be difficult to fit sports into our schedule again.</td>
<td>2%</td>
<td>15%</td>
<td>44%</td>
<td>38%</td>
</tr>
<tr>
<td>My child is not interested in playing sports again.</td>
<td>5%</td>
<td>6%</td>
<td>40%</td>
<td>48%</td>
</tr>
<tr>
<td>It will be too difficult to transport my child to play sports.</td>
<td>3%</td>
<td>5%</td>
<td>45%</td>
<td>46%</td>
</tr>
</tbody>
</table>
RETURNING TO SPAR OPPORTUNITIES

How much did you invest monthly in sport, physical activity and active recreation opportunity pre-COVID-19?

MONTHLY INVESTMENTS IN SPORT, PHYSICAL ACTIVITY AND ACTIVE RECREATION PRE-COVID-19

- $1-$150: 28%
- $151-$300: 17%
- $301-$450: 40%
- $451: 15%

How much did you intent to invest monthly in sport, physical activity and active recreation opportunity post-COVID-19?

MONTHLY INVESTMENTS IN SPORT, PHYSICAL ACTIVITY AND ACTIVE RECREATION PRE-COVID-19

- $1-$150: 41%
- $151-$300: 36%
- $301-$450: 13%
- $451: 10%
RETURNING TO SPAR OPPORTUNITIES

What sport, physical activity, and active recreation opportunities did your family take part in during COVID-19?

<table>
<thead>
<tr>
<th>Activity with family/friends</th>
<th>78%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Joined online activity</td>
<td>35%</td>
</tr>
<tr>
<td>Joined my coach/team/sport online</td>
<td>25%</td>
</tr>
<tr>
<td>Continued to train at home on my own</td>
<td>63%</td>
</tr>
<tr>
<td>Other</td>
<td>6%</td>
</tr>
</tbody>
</table>

- “Bought better bikes”
- “Walking, running, hiking, biking”
- “Only played in backyard and house. Now we go to the playground/spray park, walks, play with close neighbourhood friend, kids now go to full time daycare so I can work and there is always physical play there, weekly horseback riding.”
- “Golf – new sport for the family”
RETURNING TO SPAR OPPORTUNITIES

Has the COVID-19 pandemic negatively impacted your household’s financial situation?

- Yes: 42%
- No: 58%

Do you anticipate using sport registration subsidy programs (i.e., KidSport, Jumpstart) to return to sport, physical activity, and active recreation activities?

- Yes: 12%
- No: 75%
- Unsure: 13%
RETURNING TO SPAR OPPORTUNITIES

Household Demographic(s)
- Single-parent: 13%
- Family with children: 75%
- Foster-parent, grand-parents/other guardians: 12%

Are you an Indigenous person (First Nations, Metis or Inuit)?
- Yes: 3%
- No: 97%

Are you a newcomer to Canada?
- Yes: 1%
- No: 99%