



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

EVERYONE SHOULD EXPERIENCE
QUALITY SPORT

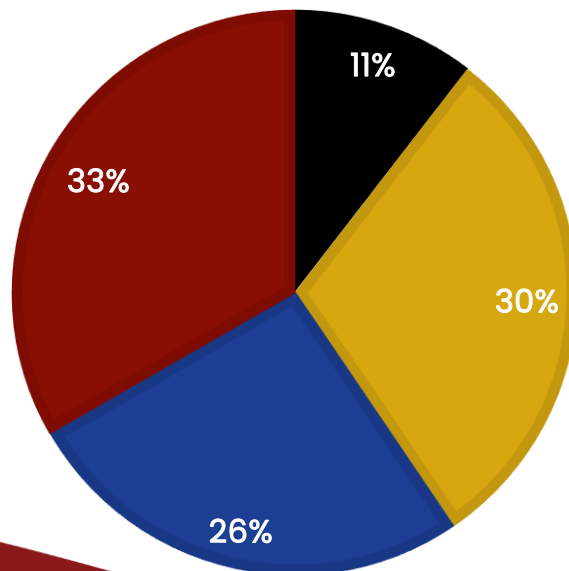
- ▶ Total Completed Responses: 99

CHILDREN'S SPAR PARTICIPATION

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

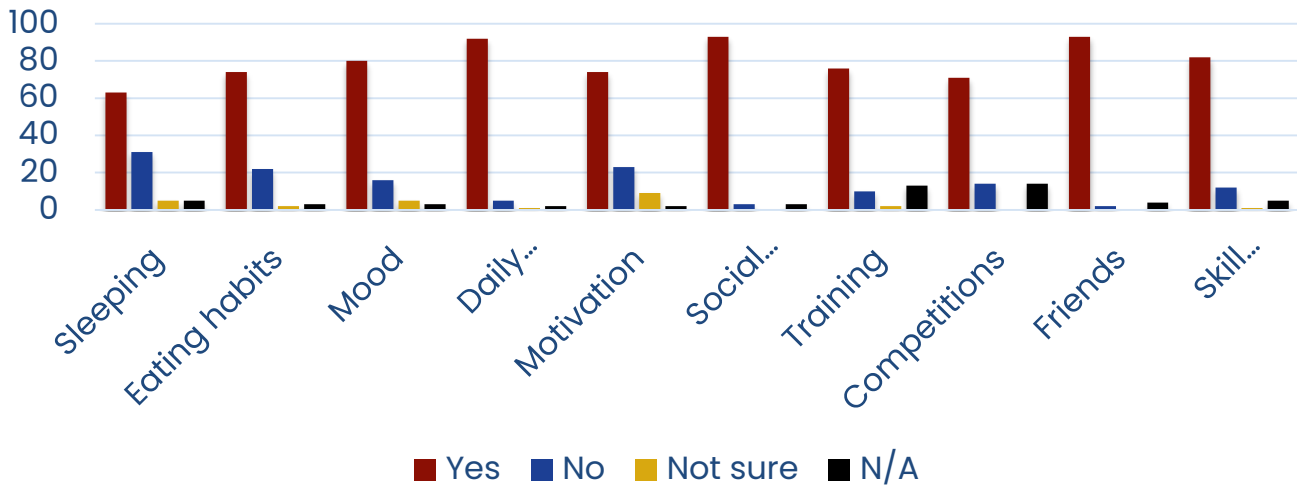
AGES OF CHILDREN

- Preschool
- Elementary School (Grades K-5)
- Middle School (Grades 6-8)
- High School (Grades 9-12)



IMPACTS ON CHILDREN

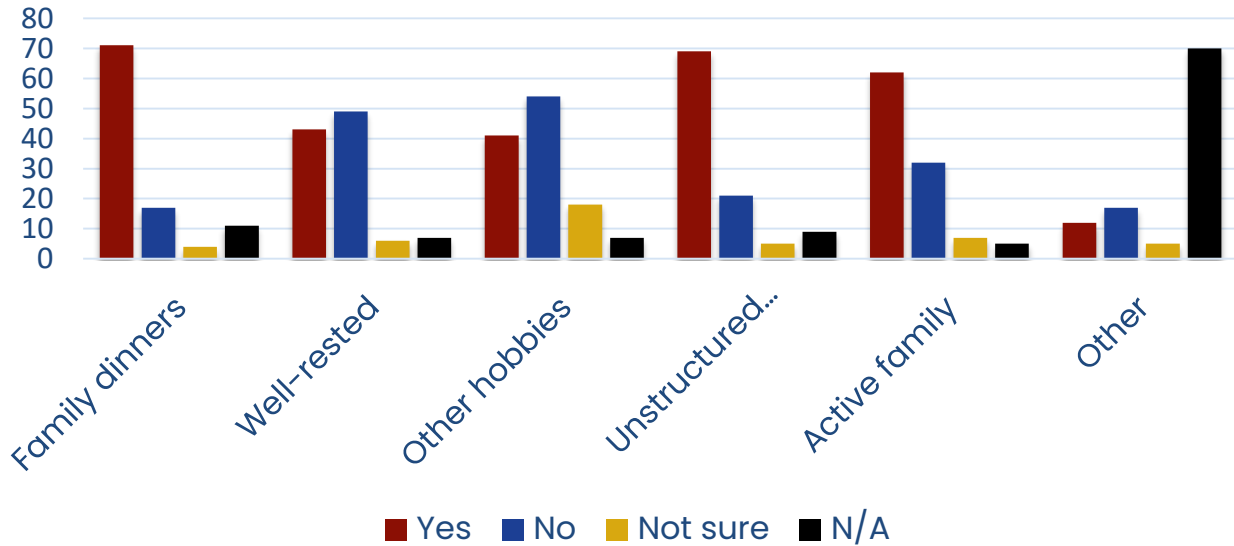
Negative Impacts COVID-19 Has Had On Children



- ▶ 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

IMPACTS ON CHILDREN

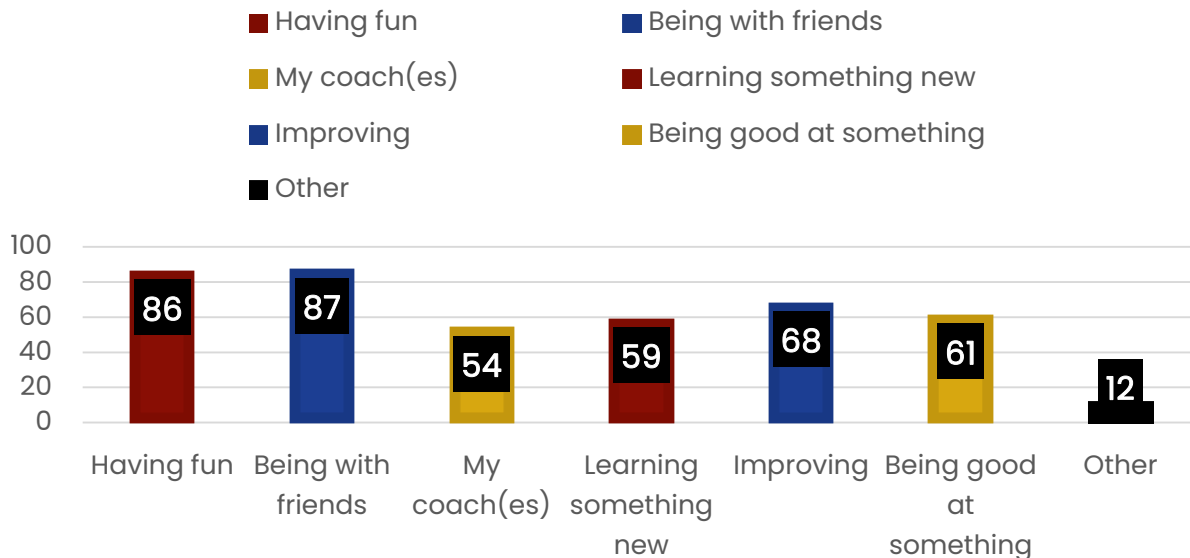
Positive Impacts COVID-19 Has Had On Children



- ▶ "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?

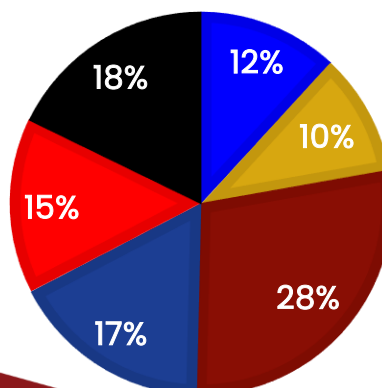
WHAT DO YOU MISS MOST?



- ▶ “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?

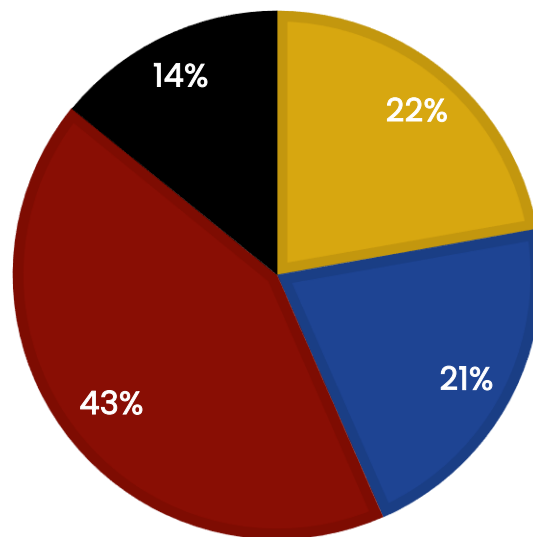
- ▶ “Cost and scheduling between split households”
- ▶ “Some people on focus on the competitive athletes and forget about recreational athletes. It gets harder to balance high school work load, with athletics and a part time job.”
- ▶ “Can’t teach my son how to swim or skate”
- ▶ “We are a multi-sport 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.”



RETURNING TO SPAR OPPORTUNITIES

I am afraid of getting sick when restrictions are lifted and you can go back to your sport, physical activity and active recreation opportunities.

■ Strongly Disagree ■ Somewhat Disagree
■ Somewhat Agree ■ Strongly Agree



- ▶ 57% of respondents somewhat or strongly agree with the above statement
- ▶ 43% of respondents somewhat or strongly disagreed with the above statement

RETURNING TO SPAR OPPORTUNITIES

What is your comfort level with your child(ren) participating in sport, physical activity, and active recreation by type?

Individual pickup sports (e.g. shooting, basketball, running)

	Extremely Comfortable	Slightly Comfortable	Neither Comfortable not Uncomfortable	Slightly Uncomfortable	Extremely Uncomfortable
Responses	59%	19%	7%	10%	5%

Neighbourhood pickup games (e.g. basketball, soccer, tennis)

	Extremely Comfortable	Slightly Comfortable	Neither Comfortable not Uncomfortable	Slightly Uncomfortable	Extremely Uncomfortable
Responses	36%	25%	10%	20%	8%

Intramural sports at school (e.g. organized practices and games)

	Extremely Comfortable	Slightly Comfortable	Neither Comfortable not Uncomfortable	Slightly Uncomfortable	Extremely Uncomfortable
Responses	28%	25%	11%	18%	17%



RETURNING TO SPAR OPPORTUNITIES

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)					
	Extremely Comfortable	Slightly Comfortable	Neither Comfortable not Uncomfortable	Slightly Uncomfortable	Extremely Uncomfortable
Responses	27%	24%	11%	18%	19%

Community based sport (e.g. sports offered in same community)					
	Extremely Comfortable	Slightly Comfortable	Neither Comfortable not Uncomfortable	Slightly Uncomfortable	Extremely Uncomfortable
Responses	31%	26%	11%	17%	14%

Travel/Elite or Club League Sport (e.g. competitions against teams outside of your city or county)					
	Extremely Comfortable	Slightly Comfortable	Neither Comfortable not Uncomfortable	Slightly Uncomfortable	Extremely Uncomfortable
Responses	24%	12%	16%	20%	27%



RETURNING TO SPAR OPPORTUNITIES

What are potential barriers to resume sport, physical activity and active recreation when the current restrictions are removed?

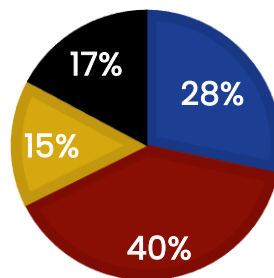
	Strongly Agree	Agree	Disagree	Strongly Disagree
I am afraid of my child getting sick if he/she starts playing sports again.	17%	24%	45%	13%
I am afraid of (myself or other family members) getting sick if my child starts playing sports.	21%	23%	42%	13%
It will be difficult to fit sports into our schedule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

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

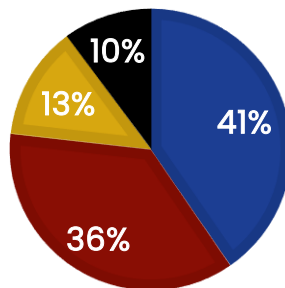
■ \$1-\$150 ■ \$151-\$300 ■ \$301-\$450 ■ \$451



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 ■ \$151-\$300 ■ \$301-\$450 ■ \$451



RETURNING TO SPAR OPPORTUNITIES

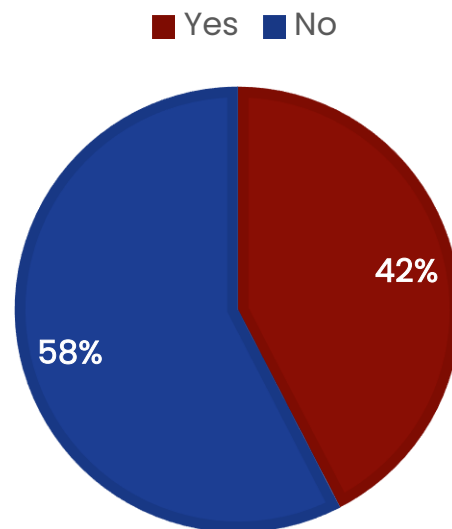
What sport, physical activity, and active recreation opportunities did your family take part in during COVID-19?

Activity with family/friends	78%
Joined online activity	35%
Joined my coach/team/sport online	25%
Continued to train at home on my own	63%
Other	6%

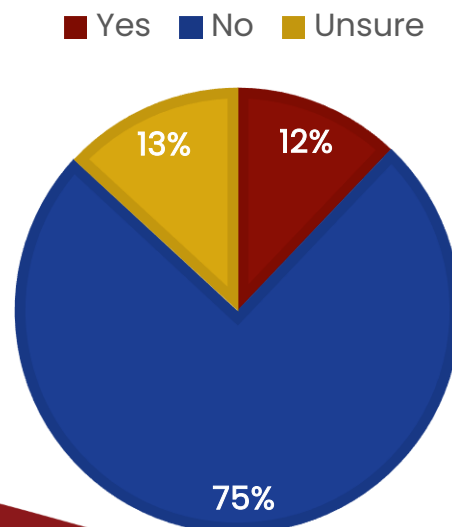
- ▶ “Bought better bikes”
 - ▶ “Walking, running, hiking, biking”
 - ▶ “Only played in backyard and house. Now we go to the playground/spray park, walks, play with close neighbourhood friend, kids now go to full time daycare so I can work and there is always physical play there, weekly horseback riding.”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

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



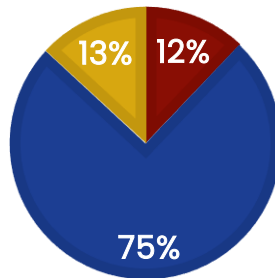
Do you anticipate using sport registration subsidy programs (i.e., KidSport, Jumpstart) to return to sport, physical activity, and active recreation activities?



RETURNING TO SPAR OPPORTUNITIES

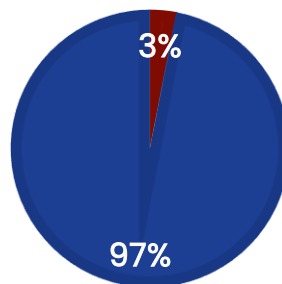
Household Demographic(s)

- Single-parent
- Family with children
- Foster-parent, grand-parents/other guardians



Are you an Indigenous person (First Nations, Metis or Inuit)?

- Yes
- No



Are you a newcomer to Canada?

- Yes
- No

