



SPÓRT ÉIREANN  
SPORT IRELAND

# IRISH SPORTS MONITOR

## ANNUAL REPORT 2019





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## INTRODUCTION

The Irish Sports Monitor (ISM) is a large population study undertaken biennially in order to provide trends in participation in sport and physical activity in Ireland. It sets a broad definition of sport and measures participation in both active and social contexts (i.e. includes club membership, volunteering and attendance at sports events). It also measures other forms of physical activity including recreational walking as well as walking and cycling for transport.

Sport plays a variety of important roles in Ireland today. Participation in sport not only provides considerable physical benefits, but also enhances mental wellbeing. This report finds that most sports – even those that can be participated in alone – are played in group environments providing a social outlet and a support network for individuals. Social participation in sport is a key community bond. Sports clubs are at the heart of communities throughout Ireland and play a key role in bringing individuals together and forging community spirit.

Three out of every five people in Ireland regularly participate in sport – either actively or socially. Ensuring that everyone has an opportunity to participate in sport, and is encouraged to take this opportunity, is a key vision. Considerable investments are made by Sport Ireland and other stakeholders in order to achieve this. Sport is defined in the Sport Ireland Act as including not only activities participated on a competitive basis, but also on a recreational basis.

“All forms of physical activity which, through casual or regular participation aim at expressing or improving physical fitness and mental well-being and at forming social relationships.”

The definition of sport used in this study is similarly broad and includes not only popular competitive activities, but also others such as running, dancing and gym activities, all of which deliver physical and mental health benefits.

The survey asks respondents about their activity over the past seven days in terms of sport, recreational walking, and walking or cycling for transport. They are also asked about membership of clubs, attendance at sporting events and any volunteering roles that they may be involved in. Interviews are spread over the course of a 12-month period in order to account for seasonal variations in sports participation.

Previous studies were conducted annually between 2007 and 2009 and biennially since then. This 2019 study involved interviews with 8,504 respondents aged 16 and older.

The design of this wave of the ISM replicates that used in 2015 and 2017. A change was introduced to the survey methodology for that study in order to enhance the coverage of the population.

Prior to 2015 the ISM was conducted by telephone using a random selection of landline telephone numbers and interviewing quotas to ensure a nationally representative sample of the Irish population. In 2015, the survey sample was expanded to include mobile telephone numbers in order to ensure that those in mobile-only households were adequately represented within the survey results.

This enhances the robustness of the data however it also means that data collected from 2015 onwards may not be directly comparable with previous years of the survey which excluded those with no access to a landline telephone. On this basis, comparisons in this report are only made with survey results from 2015 and 2017, although commentary is included throughout to provide an overview of longer-term trends.

As in previous years, a number of flexible modules were also conducted at the end of the survey to examine current relevant issues in further depth. A number of topics relating to specific aspects of sport were included throughout the current wave, and results of these are presented within this report. These included:

- Mental health & wellbeing
- Habitual nature of sports participation
- The volunteering experience
- Motivations for participating in sport
- Women in sport
- Sport and disability

The core survey questions were also enhanced in 2019 to include questions on ethnic background and sexual identity.

## EXECUTIVE SUMMARY

### Participation In Sport

- 46% of the population regularly participate in sport, an increase from 43% in 2017. This means that 1.7 million people in Ireland now participate regularly in sport, representing an additional 150,000 participants since 2017.
- Participation in sport has either increased or remained unchanged across all age groups, however some differences exist by gender with notable increases in participation among women aged between 25 and 34 as well as among men aged between 45 and 54.
- Personal exercise (which primarily consists of gym-based activities) remains the most popular sport. Participation levels in these activities have increased from 12% to 16%. Participation rates in all other popular activities remain broadly unchanged.
- Sports typically played on an individual basis remain more popular than team-based sports. 42% of all adults play this type of sport, compared to 8% who play a team sport.
- Those playing sports are likely to demonstrate habitual behaviours, with most reporting that they typically do so at the same time, with the same people and at the same frequency each week. Additionally, 60% of sports participants report that it is easy to motivate themselves to play sport.
- A large majority (93%) of sports participants report that improving their health and fitness is an important reason for their participation in sport, with 80% reporting that having fun is an important factor. In contrast, 49% report that improving their athletics skills and 31% report that competing with others are important factors.

### Broader Physical Activity

- In addition to sport, this study examines three other forms of physical activity – recreational walking, walking for transport and cycling for transport. 66% regularly walk for recreation, 45% walk for transport and 10% cycle for transport. The proportion walking for transport has declined from 47% in 2017, whereas the other two forms of activity are unchanged.
- The proportion classified as Highly Active (considered to be meeting the National Physical Activity Guidelines) has increased slightly since 2017 from 33% to 34%. Similarly, the proportion that is sedentary (did not participate in any of the four types of activity during the past 7 days) has declined over the same time period from 13% to 12%.
- The proportion that is highly active has either increased or remained unchanged across all gender and age groups. The strongest increases have been seen among those aged between 25 and 34 (up from 33% to 37%) and among those aged between 55 and 64 (up from 32% to 36%).
- A persistent social gradient in the proportion that is highly active exists in terms of socio-economic status, with those from lower socio-economic groups being both less likely to be highly active and more likely to be sedentary.

- Decline in recreational walking in Dublin (from 66% to 62%) contrasts with increased levels of walking in Munster (from 67% to 71%).
- Those from Black, Asian and other non-white backgrounds are less likely than others to be categorised as highly active, however they are no more likely to be sedentary.

### **Social Participation In Sport**

- 47% are involved in a social form of sports participation (attending events, club membership or volunteering). This has increased from 45% in 2017, driven primarily by an increase in the proportion that are members of a sports club (increased from 34% to 36%).
- As with participation in sport, the strongest increase over the past two years comes from those aged between 25 and 34 (from 45% to 49%). Club membership within this age group has increased from 36% to 43% over the past two years.
- The strong gradient in social participation observed previously remains unchanged in 2019. Those with higher educations and higher incomes are more likely to participate socially in sport.
- 12% regularly volunteer for sport. An additional 40% have volunteered in the past, with approximately a third of these having volunteered at least once in the past year.
- 82% of those volunteering for sport report that they are satisfied with the training or support they get from their club/organisation to carry out their volunteering. A similar proportion (79%) report feeling appreciated for the role they play.
- Roughly half (48%) of those who stopped volunteering more than a year ago report that they did so because they no longer had enough time. Similarly, 39% of those who have never volunteered report the same reason as a barrier to their volunteering.

### **A Spotlight On Gender**

- The gender gap in sports participation continues to narrow. It is now at 3%, compared with 4% in 2017 and 16% when the ISM was introduced in 2007. However, as shown previously, the gender gap in social participation is more persistent.
- Personal exercise, swimming and running are the three most popular sports among both men and women. However, the ways in which both genders participate in sport are different, with women more likely than men to participate in sport through organised training, coaching or lessons (women: 42%, men 26%).
- Women are more likely than men to consider improving health and fitness, controlling weight, relaxation and improving how they look to be very important reasons for participating in sport. In contrast, men are more likely than women to consider competition to be very important.
- Women who play sport are less likely than men to report that it is easy to motivate themselves to do so. Just over half (53%) of women report this, compared to 68% of men.



- Half of all women (51%) have never volunteered for sport. Those who do volunteer are less likely than men to coach, referee or be a club official.
- Almost three-quarters (71%) perceive the administration and management of sport to be too male-dominated. This view is widely held across both genders and all age groups. However, among sports club members, 60% feel that the balance between males and females in the administration and management of that type of club is about right.
- Since 2013 when this issue was previously examined there has been an increase in the proportion of women who perceive that the administration and management of sport to be too male dominated.

### **A Spotlight On Disability**

- Individuals with a disability are far less likely to participate in sport, walk for recreation, volunteer for sport, be a sports club member or attend a sporting event than those without a disability.
- 33% of those with a long-term illness or disability participate regularly in sport and 61% regularly walk for recreation.
- Among persons with a disability active participation in sport increased from 29% in 2017 to 33% in 2019. However, of all the gradients that exist in relation to active participation in sport, the disability one is the most severe.
- Since 2017, there has been an increase in the reported numbers of people with a disability being classified as highly active (from 25% to 28%) and a decline in the numbers being classified as sedentary (from 22% to 19%) resulting in a narrowing of the gap between individuals with a disability and those without in respect of both categories.
- 35% of individuals with a disability participate socially in sport compared to 50% of individuals without a disability.
- While participation levels in swimming, cycling and yoga among those with a long-term illness or disability are at similar levels to the population as a whole, they are significantly less likely to participate in popular team-based sports and running.
- Those with a long-term illness or disability are less likely to be members of a sports club with much lower membership of all different types of sports clubs
- 81% of sports club members report that their club welcomes all participants including those with a disability, however 85% agree with the statement that their club would benefit from having more information and support to assist them in including people with disabilities.
- Additionally, 74% of volunteers report that they have not been provided with support or training in relation to working with people with a disability.

## Motivations & Habitual Nature Of Sports Participation

- Sports is a habitual behaviour with most participants reporting that much of their sporting activity is repetitive in that it is participated in with the same people, at the same time and at the same locations each week.
- Three out of every five sports participants report that it is easy to motivate themselves to participate in their activity, with only 13% reporting that it is difficult.
- This wave examined the association between respondent perceptions around their capability (C) to perform physical activity; the opportunities to do physical activity (O); and their motivations to be active (M) with their reported behaviours (B) around sports participation and recreational walking and their status in terms of activity classification (highly active or sedentary). This has its foundations in the COM-B framework of behavioural change.
- At an overall level, a strong association was found between the COM model and each of the four behaviours. Those in the High COM group were more likely than those in other groups to play sport and walk for recreation. Similarly, they were more likely to be highly active.
- This association between sports participation and capability, motivation and opportunity is consistent across gender, age group and socio-economic groups.

## Sport & Mental Wellbeing

- Those that participate in sport and other forms of activity – both physically and socially – exhibit higher levels of positive mental health.
- Participation in sport narrows the gender gap that exists in terms of positive mental health.
- Those who are physically active consistently provide more positive self-ratings of life satisfaction, the extent to which an individual feels that the things they do in their life are worthwhile, how happy they felt on the previous day; and the extent to which they felt anxious on the previous day.
- The increases in positive self-ratings among those that are active are stronger for women than men.



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# PARTICIPATION IN SPORT





## PARTICIPATION IN SPORT

- 46% of the population regularly participate in sport, an increase from 43% in 2017. This means that 1.7 million people in Ireland now participate regularly in sport, representing an additional 150,000 participants since 2017.
- Participation in sport has either increased or remained unchanged across all age groups, however some differences exist by gender with notable increases in participation among women aged between 25 and 34 as well as among men aged between 45 and 54.
- Personal exercise (which primarily consists of gym-based activities) remains the most popular sport. Participation levels in these activities have increased from 12% to 16%. Participation rates in all other popular activities remain broadly unchanged.
- Sports typically played on an individual basis remain more popular than team-based sports. 42% of all adults play this type of sport, compared to 8% who play a team sport.
- Those playing sports are likely to demonstrate habitual behaviours, with most reporting that they typically do so at the same time, with the same people and at the same frequency each week. Additionally, 60% of sports participants report that it is easy to motivate themselves to play sport.
- A large majority (93%) of sports participants report that improving their health and fitness is an important reason for their participation in sport, with 80% reporting that having fun is an important factor. In contrast, 49% report that improving their athletics skills and 31% report that competing with others are important factors.

### Introduction

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A central objective of the ISM is to provide a robust measurement of participation levels in sport in its widest sense. It includes all forms of physical activity “for exercise, recreation or sport”, with the only exclusions being activity undertaken for work, transport or domestic work.

The survey question asks respondents to consider physical activities, excluding recreational walking and the types of activities detailed above. Additionally, it requests that they include all forms of sporting activity, both indoor and outdoor and regardless of whether it is undertaken in an organised setting or casually with family or friends.

Respondents are asked about all activities they have participated in during the previous seven days. For the purposes of this study, this is considered to be regular participation. They are asked about up to three different sports that they have participated in, and for each sport they are asked about the context for their participation (where it took place and whether they took part with other people), as well as the frequency, duration and perceived intensity of the activity.

This broad definition of sport has remained consistent over multiple waves of this survey ensuring that the ISM provides a reliable measurement of sports participation in Ireland that can be tracked over time. The large sample size means that robust sub-group analysis is feasible meaning that differences in participation levels across population subgroups can be monitored over time.

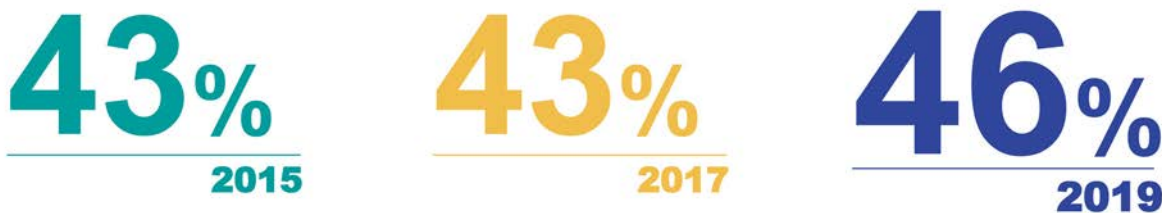
## Overall Participation

The 2019 wave of the ISM finds that 46% of the population participate regularly in sport. This equates to approximately 1.7 million people gaining from the physical, mental and social benefits that regular sports participation brings.

This is an increase in sports participation since the previous wave in 2017. That survey identified that 43% of the population participated regularly in sport suggesting that compared to the previous survey wave, an additional 150,000 people now participate in sport.

The National Sports Policy 2018-2027 sets a target of 50%\* participation in sport by 2027 with the 2017 figure being used as a baseline. This latest increase means that the gap to achieving this target has narrowed considerably.

Figure 1.1 Participation in sport 2015-2019



The motivations for participating in sport are explored in more detail later in this section. However, previous studies, including this one, have demonstrated that a perceived lack of free time is a key barrier preventing more widespread uptake of sports and other physical activity. These restrictions come from a variety of external factors, including employment, childcare, and time spent doing other recreational activities.

Previous reports have speculated on the link between the economic situation in Ireland and sports participation, the suggestion being that increased sports participation seen during periods of economic decline might be linked to people having more free time.

If this is the case, then this latest increase in sports participation is worthy of particular consideration as it comes during a time of improving economic conditions during which increasing numbers of people are in paid employment and discretionary time has become more precious. Between July 2017 and July 2019, the unemployment rate in Ireland declined from 6.6% to 5.1%. This introduces constraints in the amount of free time available to sport, not just through working hours, but also increased time spent commuting and other necessary tasks infringing on time that may otherwise have been available for sport.

\*Target was revised to 60% by the current Government

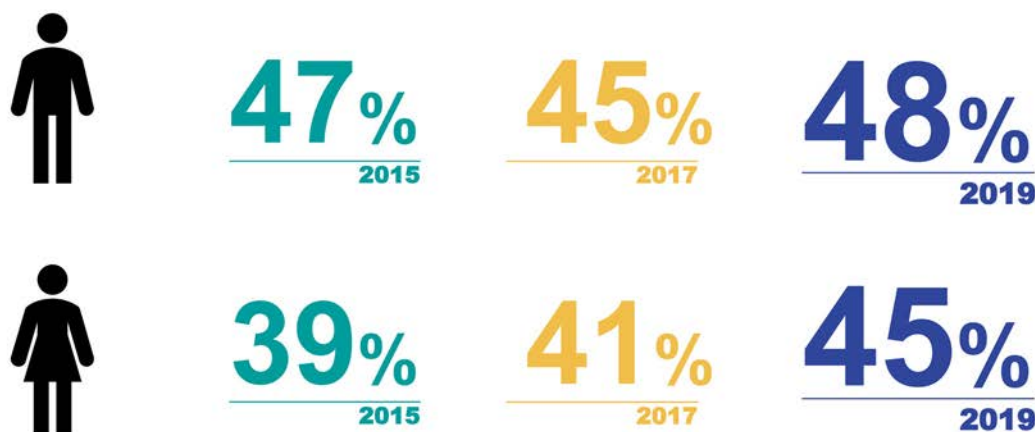
## Socio-Demographic Differences In Sports Participation

Previous waves of this study have noted the strong gradients that exist across different socio-demographic groups in respect of participation in sport. This is evident through lower levels of sports participation among women, those who are older, those from less affluent groups and those with lower levels of education. Considerable policy focus has been placed on these groups with specific targeted actions to reduce the gender and social gaps that exist in sports participation.

### Gender

The previous report identified a narrowing of the gender gap in sports participation, and this wave of the research finds that this gap has narrowed further. In 2019, 48% of men and 45% of women participated regularly in sport. Participation among both genders has increased since 2017, but a slightly larger increase among women has meant that the gender gap has narrowed from 4.5% to 3.4%. **Over the longer term, the gender gap has narrowed considerably from 15.7% in 2007 when the ISM was first introduced.**

Figure 1.2 Participation in sport by gender 2015-2019



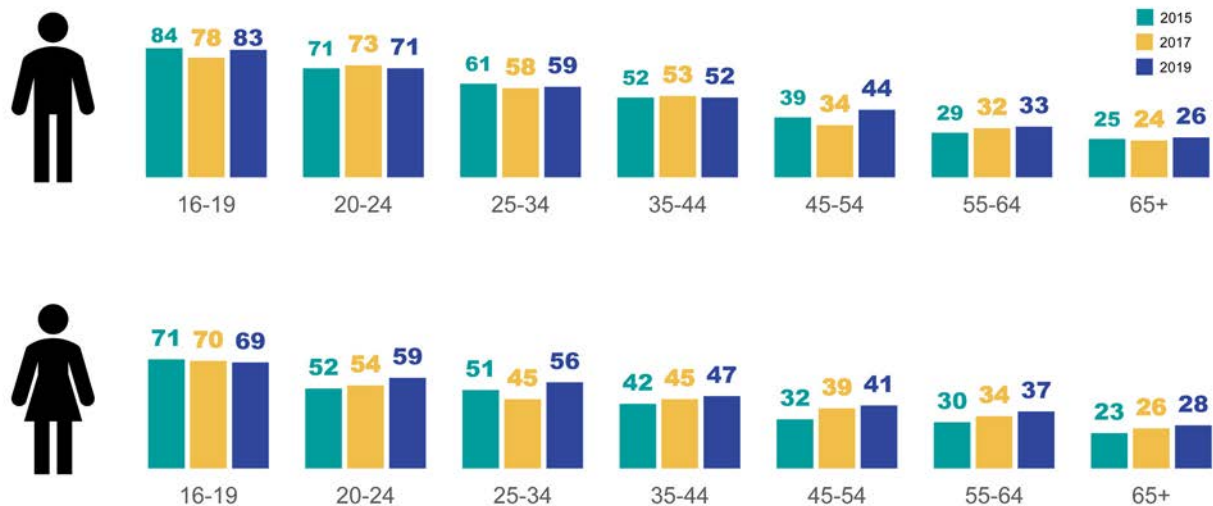
**This represents significant progress towards the objective set in the National Sports Policy of eliminating the gender gap entirely by 2027.**

There is further exploration of the gender difference in sports participation later in this report.

### Age

Throughout this research series a large gap in participation exists between those who are younger and those in older age groups with those in the youngest age group (16 to 19 year olds) roughly three times more likely to participate in sport than those in the oldest age group (those aged 65 years and older).

Figure 1.3 Participation in sport by gender and age 2015-2019 (%)



While participation levels have increased across all age groups, the strongest increases are evident among those aged between 25 and 34 and those aged between 45 and 54, with participation levels within both age groups increasing by six percentage points. Further analysis of the data finds that these increases are predominantly focussed on one gender, with participation levels among women aged between 25 and 34 increasing by 11 percentage points, and among men aged between 45 and 54 increasing by 10 percentage points.

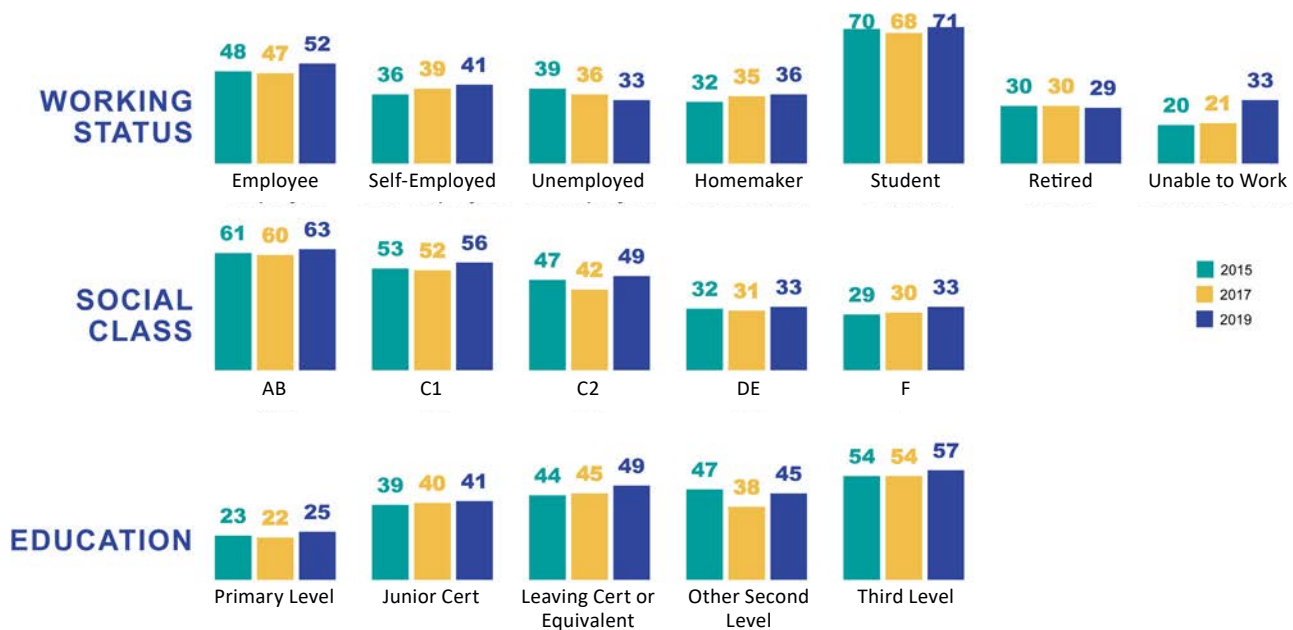
The reasons for these increases are related to increases in different types of activities, and these are explored in more detail later in this section.

### Socio-Economic Status

The increase in sports participation since 2017 has not made any meaningful impact on the social gradient that has existed throughout this research series. While some groups – those unable to work due to sickness/disability, those in social class C2 and those with second level education other than Leaving Certificate – all see notable increases in participation, increases are seen generally across all social groups.



Figure 1.4 Participation in sport by social groups 2015-2019 (%)



A key exception to this is those that are unemployed, with participation levels among this group declining slightly from 36% in 2017 to 33% in 2019. However, increases in employment levels since 2017 mean that the composition of this group may have changed somewhat since 2017, and as a result the group now contains a higher proportion of those who are longer-term unemployed and may be less active.

**A key finding of this research series generally has been the persistence of the social gradient in sports participation. This wave demonstrates that this remains the case and further highlights the significant challenge that exists in addressing this key issue.**

### Ethnicity

This is the first wave of the ISM to include a question to respondents about their ethnic background. This enabled analysis of various forms of sports participation across different ethnic backgrounds. Given that those from a non-Irish background typically have a younger age profile, this analysis is restricted to those aged under 45 in order to ensure a fair comparison between the groups.

At an overall level it shows little difference in participation levels with those identifying as being from non-Irish White backgrounds slightly less likely to participate in sport than those from other backgrounds.

Figure 1.5 Participation in sport by ethnicity (those aged under 45)

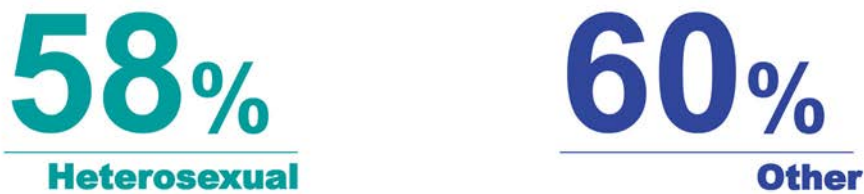


### Sexual Identification

During this wave of the ISM a question was also introduced asking respondents to categorise how they perceive their sexual preferences. The available categories were heterosexual, bisexual, gay/lesbian, asexual or other. In total, 96% of respondents answered the question and 94% of these indicated that they perceive themselves to be heterosexual. Again, given that those identifying with a category other than the heterosexual have a younger age profile, this analysis is restricted to those aged under 45.

Among those identifying as heterosexual, 58% are regular sports participants compared with 60% who identify with another category.

Figure 1.6 Participation in sport by sexual identification (those aged under 45)



### Most Popular Sports Participated In

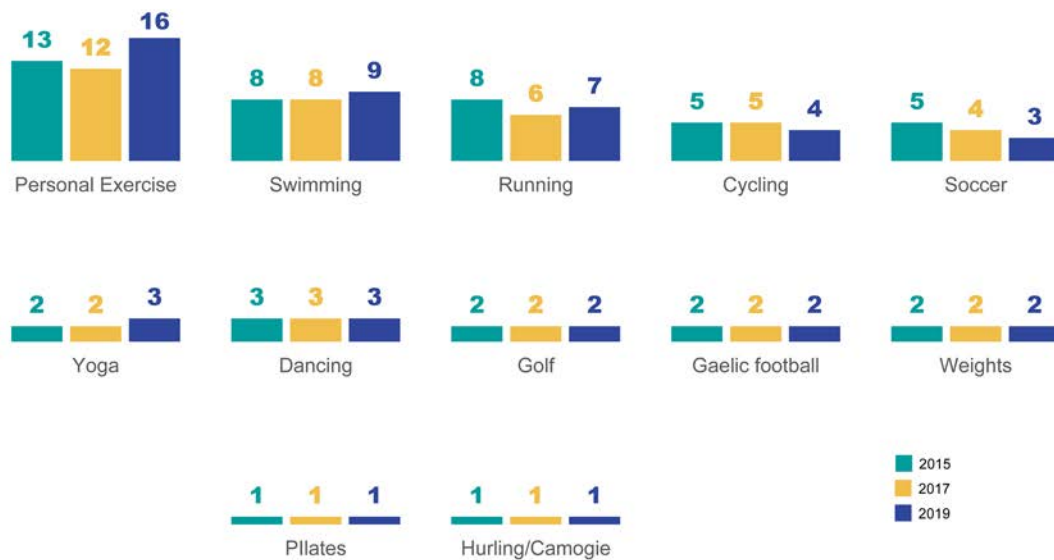
Those participating in sport are asked to identify each type of sport (up to a maximum of three) that they have participated in during the previous seven days. This enables the study to identify the most popular forms of sporting activity in Ireland and how these have changed over time. It also facilitates analysis of the ways in which the nature of sporting activity differs across socio-demographic groups.

This survey wave identifies that 32% participate in one sport and 14% participate in multiple sports. The comparative figures for 2017 were 30% and 13% respectively. As with previous waves, substantial differences exist by age with 23% of those aged under 35 playing multiple sports, compared with 10% of those older than this.

Increased participation in personal exercise<sup>1</sup> is the key factor driving increased activity levels overall. Participation in this activity has increased from 12% in 2017, to 16% in 2019. Participation levels in other forms of popular activity remain broadly unchanged.

<sup>1</sup> Personal exercise consists of a variety of different activities which are commonly undertaken in a gym setting

Figure 1.7 Most popular sports 2015-2019 (%)



The 10 most popular sports in 2019 are the same as in 2017, and the ordering of the top five is unchanged since the previous wave.

Only three sports – personal exercise, swimming and running – now have participation levels in excess of 5%. As the increase is strongly focussed on one activity, this also means that the gap between team and individual sports has increased further, with 42% (approximately 1.6 million people) now participating in an individual sport and 8% (approximately 310,000 people) participating in a team-based one. The comparative proportions in 2017 were 38% and 8% respectively.

Furthermore, the increased popularity of personal exercise means that it now dominates the landscape of participatory sports. Just over a third (34%) of sports participants now participate in this activity, and for 20% of sports participants it is their only activity. These have increased from 29% and 17% respectively in 2017.

The types of sports being played differ across gender, age and other socio-demographic groups. Personal exercise is the most popular activity across all gender and age groups, however the gap between it and other types of sport is more pronounced among those aged under 35 than among those older than this. Among those aged under 35, 25% participate in personal exercise with 10% participating in running and 9% participating in swimming. However, among older groups the proportion participating in personal exercise declines to 12%, with 8% participating in swimming and 5% participating in running.

Figure 1.8 Popular sports among gender and age groups (%)

Sport	Total	Men	Women	Aged under 35	Aged 35 or older
Personal exercise	16	16	16	25	12
Swimming	9	8	9	9	8
Running	7	8	6	10	5
Cycling	4	6	3	4	5
Soccer	3	6	1	7	2
Yoga	3	1	5	3	3
Dancing	3	1	4	4	2
Golf	2	4	1	1	3
Gaelic football	2	3	2	6	1
Weights	2	3	2	4	2
Pilates	1	-	2	1	2
Hurling/Camogie	1	1	1	3	-

The increase in personal exercise is more pronounced in men than it is in women. While the 2017 survey identified that women were more likely than men to participate in personal exercise, an increase from 11% to 16% among men means that both genders are now equally likely to participate in this activity.

Analysis also shows that personal exercise is commonly used as a complementary activity to other sports. For example, 22% of those playing Gaelic Football and 17% of those playing soccer say they also participate in personal exercise. Similarly, 23% of those participating in running also participate in personal exercise.

Earlier it was noted that large increases in activity could be seen among women aged between 25 and 34 and among men aged between 45 and 54. As is common across most socio-demographic groups, both of these sub-groups see an increase in participation in personal exercise, however differences can also be seen across other types of activities. A higher proportion of women aged between 25 and 34 now participate in yoga (2017: 5%; 2019: 8%), and among men aged between 45 and 54 a higher proportion now participate in swimming (2017: 6%; 2019: 10%). However, neither of these increases is statistically significant in their own right.

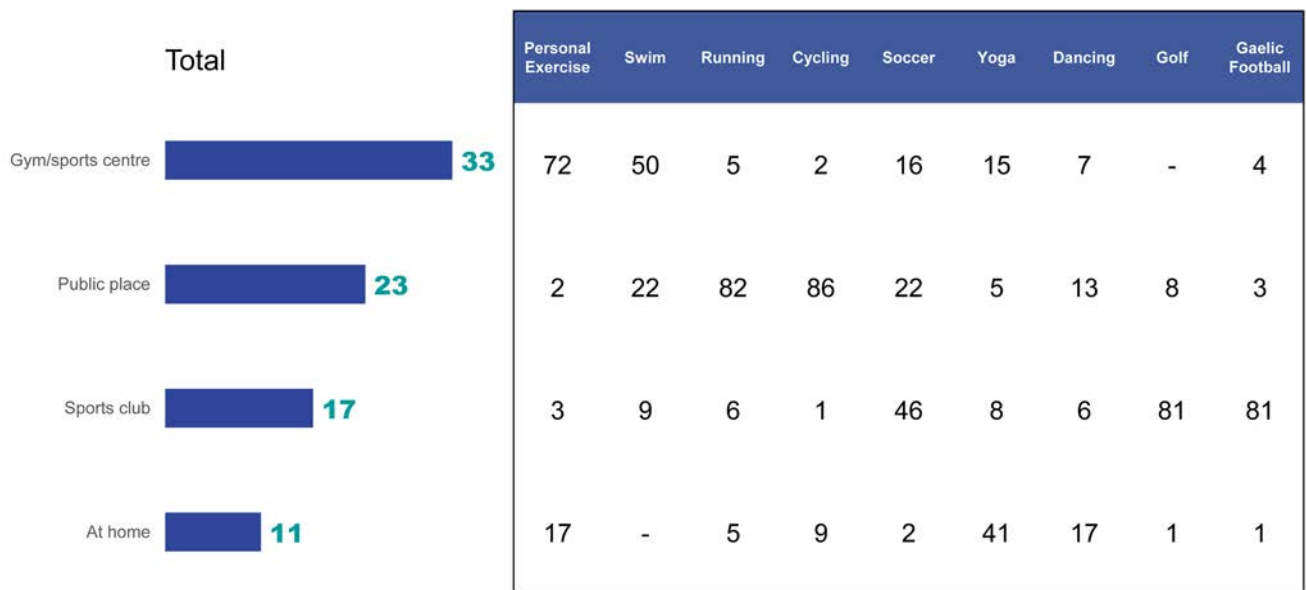
### Context For Participation

In the previous section it was identified that sports categorised as “individual” are more popular than team-based ones. Four of the five most popular sports are categorised as being “individual” and only four of the 11 most popular sports are team-based.

However, despite this, activities are more frequently participated in with other people than alone, and even those participating in “individual” activities are likely to participate in them with other people.

Forty-three percent of those participating in sport say they participate in the activity alone, with 34% participating through organised coaching/training and 25% participating with friends or family. Seven percent participate in sport through organised competition. Even among those participating in “individual” activities, 29% report that they do so through organised training/coaching and 24% participate with friends or family. These figures are aligned with those previously measured on the ISM.

Figure 1.9 Location for participating in specific activities (%)



Other answers not shown (for example, over 1 in 6 of those taking part in swimming, yoga or dancing participated in another location)

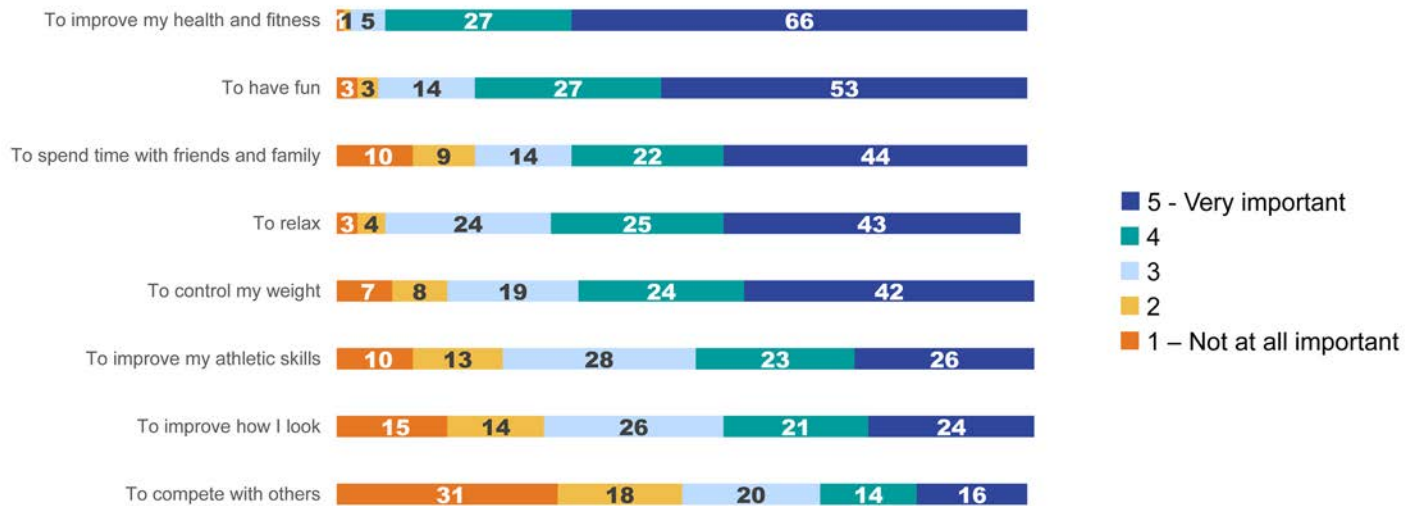
Respondents are also asked where the activity took place. A third (33%) of participants report that the activity took place in a gym or sports centre, and almost a quarter (23%) report that they played the sport in a public place. Seventeen percent identify that they took part in a sports club and 11% identify that they took part in sport at home.

Significant differences exist across type of sport played in respect of where it took place. The two most popular sports – personal exercise and swimming – are more likely to take place in a gym or sports centre (72% and 50% respectively). Running and cycling are most likely to take place in a public place (82% and 86% respectively). Sports most likely to be played in sports clubs are typically team sports (Gaelic football: 81%; Soccer: 46%), or golf (81%).

### Motivations For Participating In Sports

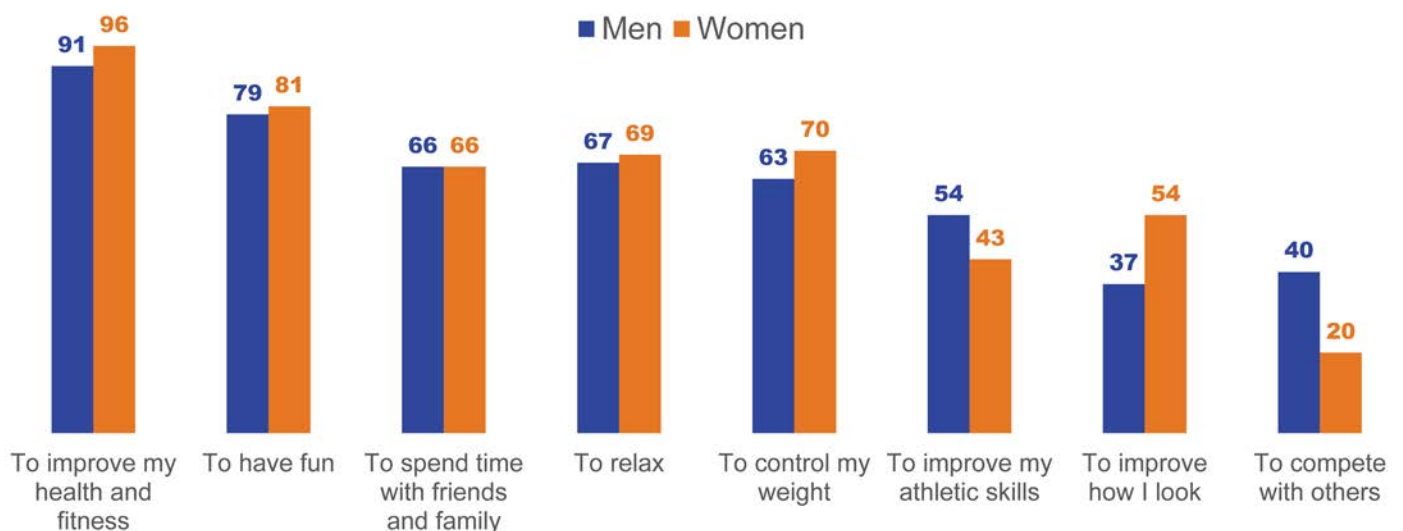
Separately, those participating in sport were asked about the importance placed on different benefits of sports participation. These ranged from the importance placed on having fun and relaxing through to improving athletic skills and competing with others.

Figure 1.10 Importance of various reasons for participating in sport (%)



Among those participating in sport, improving health and fitness (93%) and having fun (80%) are identified as the two most important reasons for choosing to participate. All other reasons that were asked about were identified as being important by at least two-thirds of participants, with the exception of improving athletic skills (49%), and improving how I look (45%). Another notable exception is competition, which is identified as not being important by almost half (49%) of all sports participants.

Figure 1.11 Percentage identifying each factor as important reason for participating in sport (by gender)



Both genders identify that improving health and fitness is the most important reason for their participation, although some differences do exist between the genders. Women are more likely than men to identify controlling weight and improving how they look to be important, and men are more likely to identify improving athletic skills and competing with others as being important. This theme is returned to in the later section that specifically examines gender and sport.



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# BROADER PHYSICAL ACTIVITY







## BROADER PHYSICAL ACTIVITY

- In addition to sport, this study examines three other forms of physical activity – recreational walking, walking for transport and cycling for transport. 66% regularly walk for recreation, 45% walk for transport and 10% cycle for transport. The proportion walking for transport has declined from 47% in 2017, whereas the other two forms of activity are unchanged.
- The proportion classified as Highly Active<sup>2</sup> (considered to be meeting the National Physical Activity Guidelines) has increased slightly since 2017 from 33% to 34%. Similarly, the proportion that is sedentary (did not participate in any of the four types of activity during the past 7 days) has declined over the same time period from 13% to 12%.
- The proportion that is highly active has either increased or remained unchanged across all gender and age groups. Strongest increases seen among those aged between 25 and 34 (up from 33% to 37%) and among those aged between 55 and 64 (up from 32% to 36%).
- A persistent social gradient in the proportion that is highly active exists in terms of socio-economic status, with those from lower socio-economic groups being both less likely to be highly active and more likely to be sedentary.
- Decline in recreational walking in Dublin (from 66% to 62%) contrasts with increased levels of walking in Munster (from 67% to 71%).
- Those from Black, Asian and other non-white backgrounds are less likely than others to be categorised as highly active, however they are no more likely to be sedentary.

### Introduction

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The Irish Sports Monitor (ISM) includes questions on recreational walking and active travel (walking and cycling for transport). This allows the ISM to provide a broader perspective on physical activity beyond sport.

This broader perspective is an important role of the ISM as it means that it is possible to understand general physical activity levels within the population and monitor how these develop over time. Additionally, it means that the respective contributions of sport, recreational walking and active travel to overall physical activity levels can be identified and understood.

Understanding these other forms of activity is also important from the perspective of encouraging higher levels of sporting activity as previous research has shown that these activities can often act as a gateway into sport for those who do not currently participate in sport.

### Recreational Walking

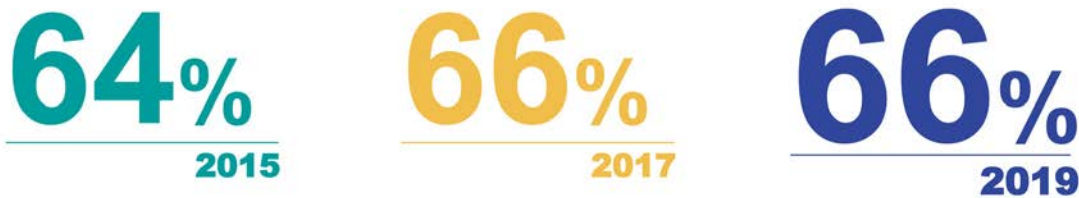
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As has been the case throughout this research series, recreational walking is the most popular form of physical activity. 66% report that they regularly walk for recreation - the same proportion as measured on the 2017 survey. As such, approximately 2.5 million people walk regularly for recreation and gain from the various physical, mental and social benefits that it provides.

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<sup>2</sup> Participating in at least 30 minutes of physical activity on at least 5 out of the previous 7 days through a combination of sport and recreational walking in a gym setting

Figure 2.1 – Participation in recreational walking 2015-2019



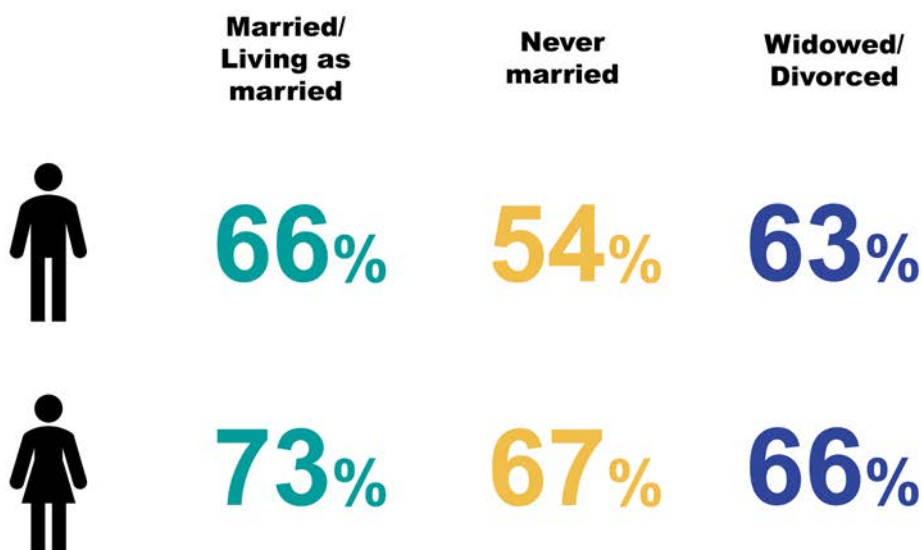
Women are more likely to walk for recreation than men. This has been a constant throughout this research series with the current wave showing that 70% of women regularly walk for recreation compared to 61% of men.

While the proportion of each gender that walks for recreation is unchanged between 2017 and 2019 the gender gap has narrowed since 2015. In 2015 the gender gap stood at 12%, however it has now narrowed to 9%. This arises predominantly through an increase in men walking for recreation, which has increased from 58% to 61% over this period.

Another dynamic within recreational walking that has existed throughout this research series is the difference in recreational walking among men that are married or living as married compared to single men.

Two-thirds (66%) of men that are married or living as married regularly walk for recreation compared with 54% of single men. While a difference also exists among women in this respect, the gap is narrower with 73% of women that are married or living as married walking for recreation compared to 67% of women that are single. This suggests that women play a significant role in encouraging men to walk for recreation.

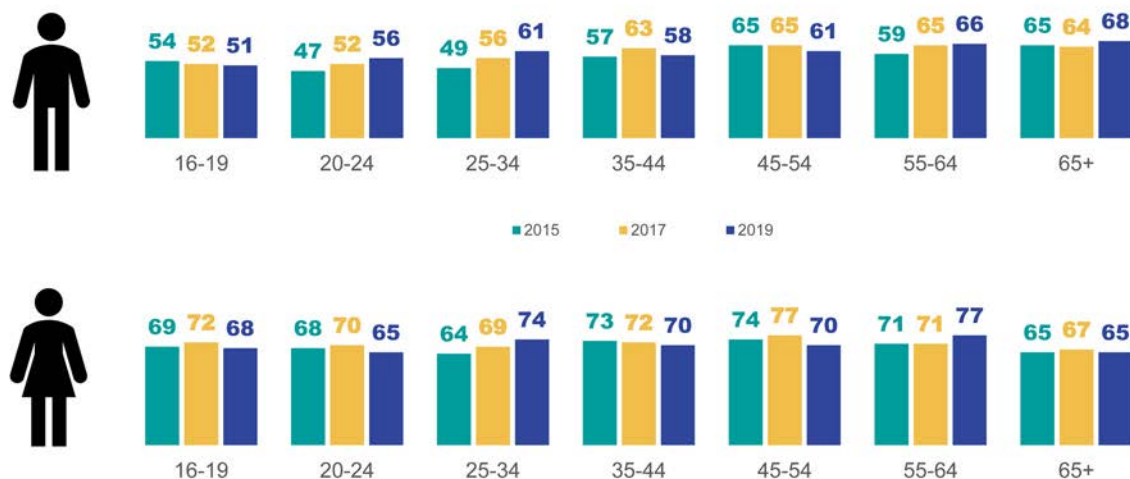
Figure 2.2 – Participation in recreational walking by gender and relationship status



A key difference between recreational walking and sports participation is that as participation in sport declines across the life course, participation in recreational walking increases. **The proportion of those aged 65 and older who walk for recreation is higher than the proportion of those aged between 16 and 19 who do so (67% and 60% respectively).** However, for sports participation the reverse is the case. The proportion of those aged 65 and older who participate in sport is considerably lower than the proportion of those aged between 16 and 19 who do so (26% and 83% respectively).

Additionally, a persistent difference exists between the genders across the life course with women more likely than men to participate in recreational walking. The only exception to this is among those aged 65 and older where men are as likely to walk for recreation as women.

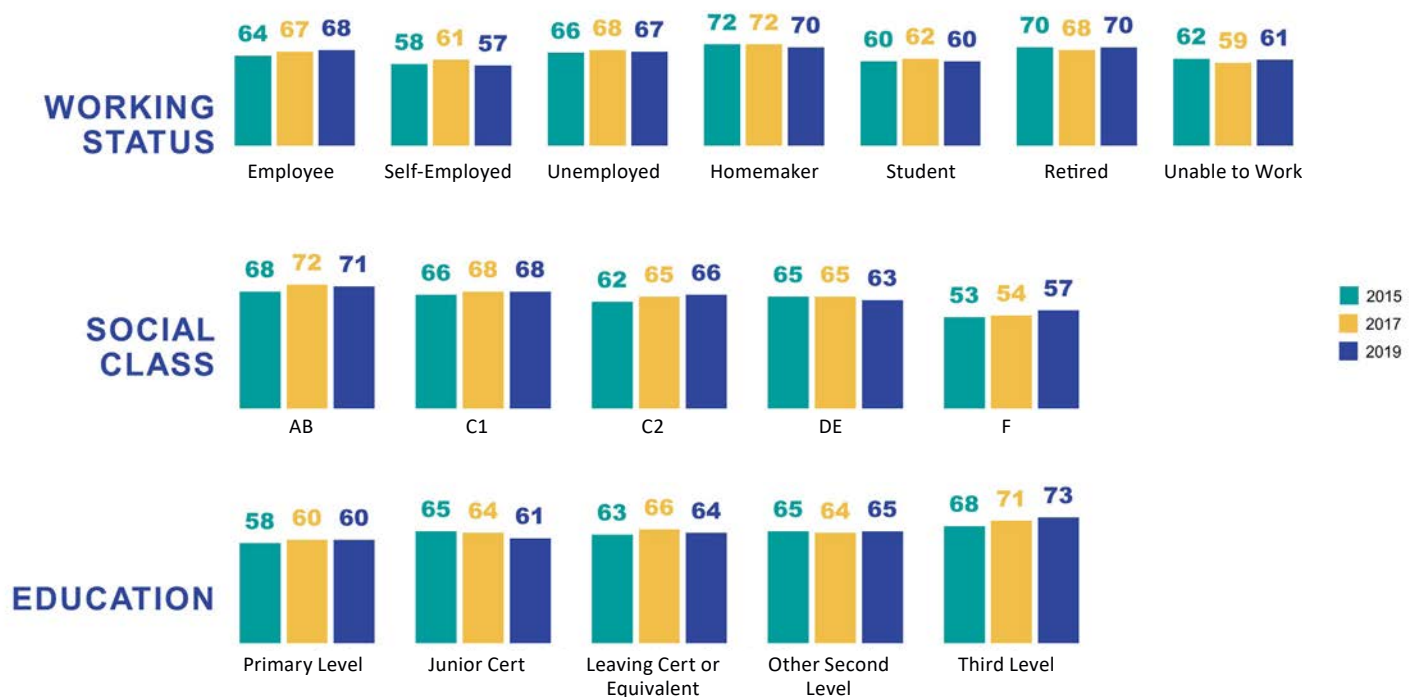
Figure 2.3 – Participation in recreational walking by gender and age (%)



There has been an increase in recreational walking among both genders aged between 25 and 34. This follows a similar increase between 2015 and 2017, meaning that the proportion of 25 to 34 year olds regularly walking for recreation has increased from 58% to 68% over the past four years. However, there has been a corresponding decrease in recreational walking among those aged 35 to 54, with a notable decline from 71% to 66% among those aged between 45 and 54. This is evident among both genders, although a larger decline is recorded among women (2017: 77%; 2019: 70%).

As with sports participation, there is a social gradient in recreational walking, however it is much less distinct than it is for sport. Those with a third level education are more likely to undertake recreational walking, and similarly those in the AB socio-economic category are more likely to do so than those in the DE category. However, no social gradient exists in respect of working status with no meaningful difference between those in employment and those who are unemployed.

Figure 2.4 Participation in sport by social groups 2015-2019 (%)



Analysis of recreational walking by ethnicity finds that those identifying as “White Irish” or “Other White Background” have similar levels of participation in recreational walking. However, those identifying with another ethnic background are less likely to participate. As with the analysis of sports participation, this analysis is limited to those aged under 45.

Figure 2.5 – Participation in recreational walking by ethnic background (all aged under 45)

**65%**

**White Irish/  
White Irish Traveller**

**64%**

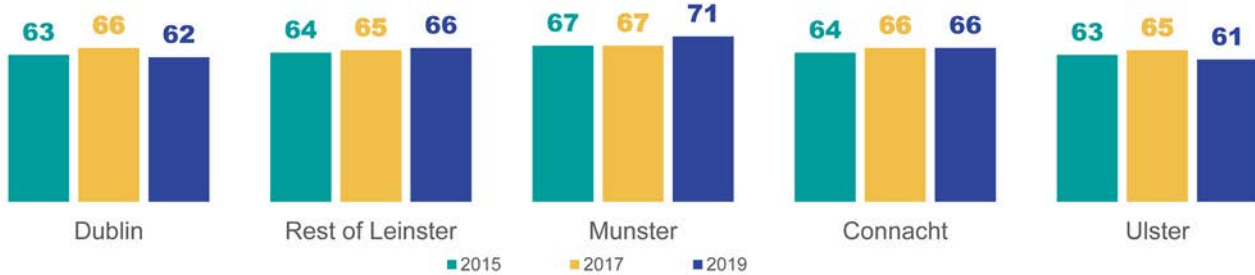
**Other White  
Background**

**54%**

**Black/Asian/  
Other Background**

There has also been a decline in the proportion of people living in Dublin that are walking for recreation. Since 2017 the proportion living in Dublin undertaking this activity has declined from 66% to 62%, while the proportion living outside the capital that walk for recreation has remained broadly unchanged (2017: 65%; 2019: 66%). Outside Dublin there is an increase in recreational walking among those living in Munster, while the proportion undertaking this activity in Ulster (Donegal, Cavan and Monaghan) has declined.

Figure 2.6 – Participation in recreational walking by region (%)



### Walking For Transport

Walking for transport is defined as taking walks at least once a week of over 15 minutes for transport e.g. to work, to the shops or walking children to school. The proportion taking this form of activity has declined since 2017. The previous ISM identified that 47% of the population regularly walked for transport, however that has now declined to 45%.

Figure 2.7 – Participation in walking for transport (2015 to 2019)

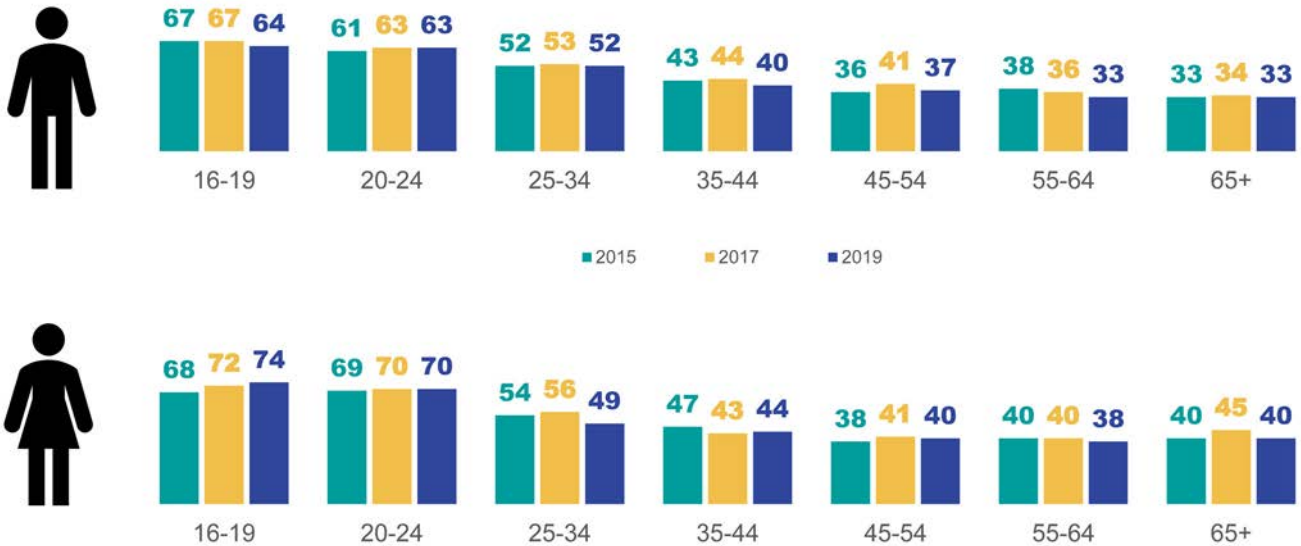


Previous reports in the ISM series have noted that the proportion walking for transport may be aligned with wider economic circumstances, and that an improving economic situation results in an increased number of journeys which in turn leads to greater numbers walking for transport. Additionally, the numbers walking for transport may be positively influenced by an increased focus on more sustainable forms of transport as well as using active forms of transport as a way to increase levels of physical activity.

However, this latest wave takes place against a backdrop of strong economic growth and increasing numbers in employment. Furthermore, the focus on sustainable and active forms of transport is undiminished. Despite this, the proportion walking for transport has declined.

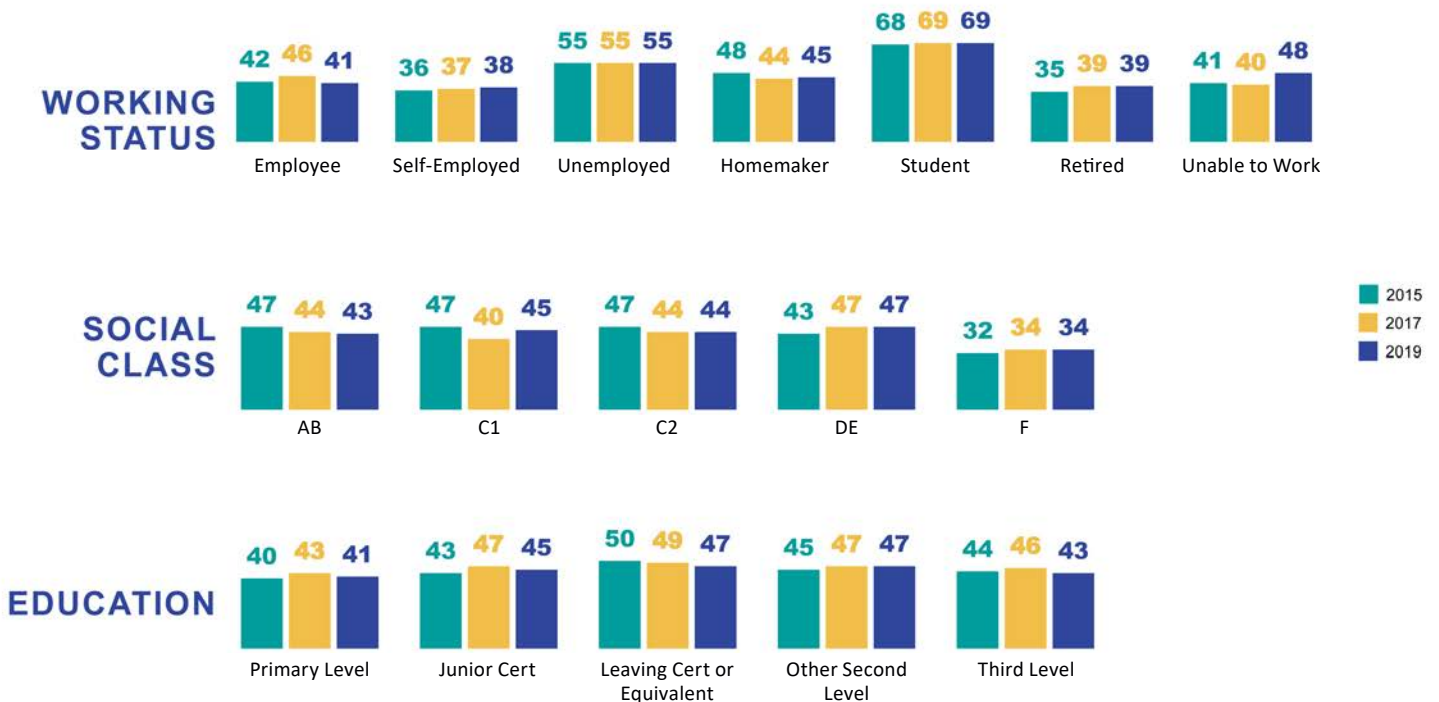
The decline in walking for transport is strongest among those aged between 25 and 34, and particularly among women in this age group among whom walking for transport has declined from 56% to 49%. The long-standing pattern of higher levels of walking for transport among younger age groups compared to older age groups remains unchanged, and the proportion of those aged under 25 that regularly walk for transport is unchanged.

Figure 2.8 – Participation in walking for transport by gender and age (%)



This wave also identifies a decline in walking for transport among those working as an employee, however this follows an increase in walking for transport by that group between the 2015 and 2017 survey waves. However, despite this, a general pattern exists of students and those that are unemployed being more likely to walk for transport than all other groups.

Figure 2.9 – Participation in walking for transport by working status, socio-economic status and education (%)



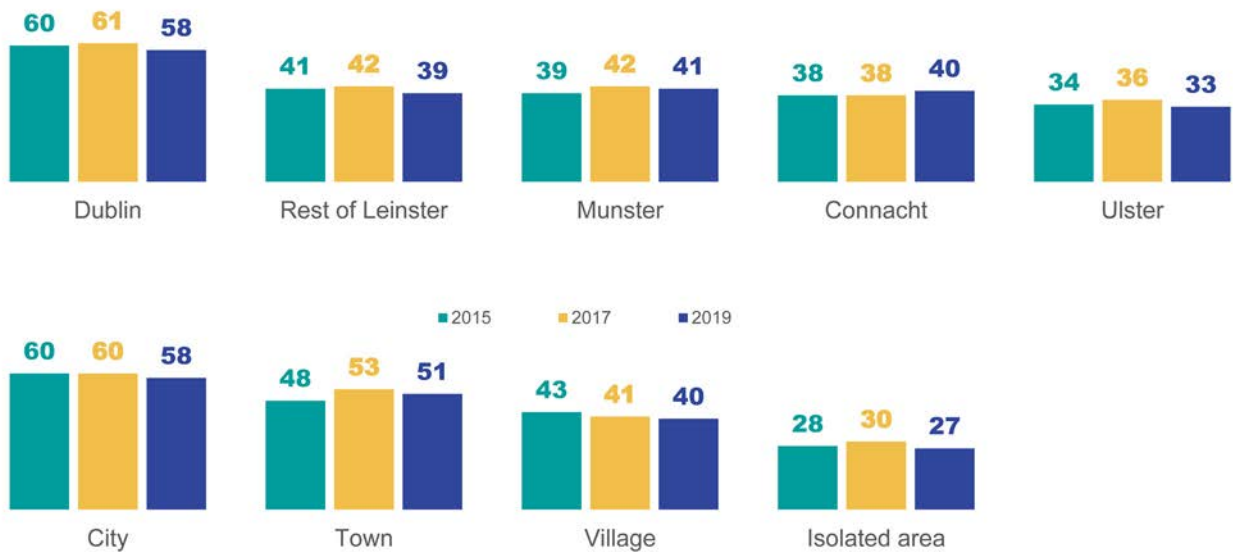
Interestingly, while those identifying as being from Black, Asian or Non-White backgrounds report that they are less likely than those from other backgrounds to regularly walk for recreation, they are more likely than others to walk for transport

Figure 2.10 – Participation in walking for transport by ethnic background (all aged under 45)



As would be expected, where an individual lives is strongly associated with their likelihood to walk for transport. Those living in Dublin and other urban areas are much more likely to walk for transport than those living elsewhere.

Figure 2.11 – Participation in walking for transport by location (%)



### Cycling For Transport

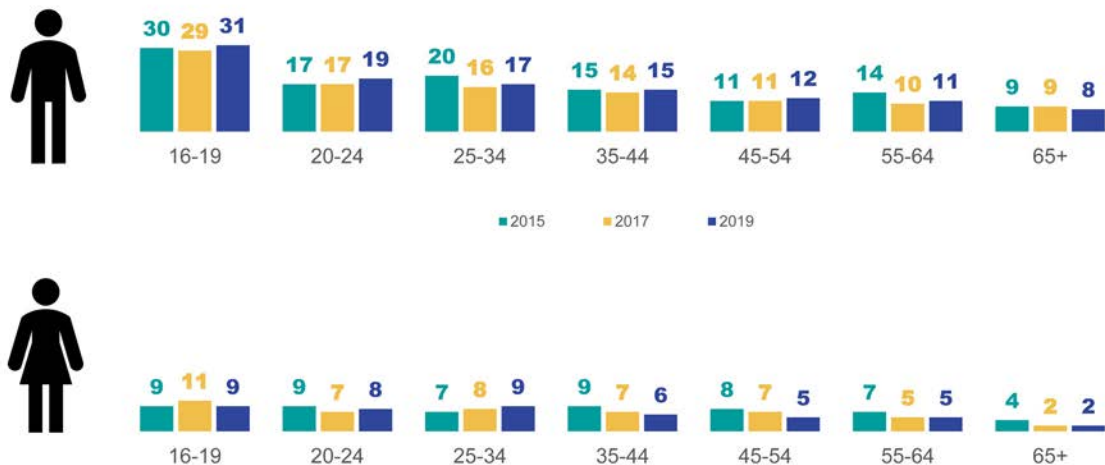
Cycling for transport is similarly defined to walking for transport. Approximately one in every ten people currently cycles for transport. This has remained broadly unchanged over the past three survey waves.

Figure 2.12 – Participation in cycling for transport – 2015 to 2019



Significant differences exist across various socio-demographic groups in respect of cycling for transport. Men and those who are younger are more likely to cycle for transport, with men aged between 16 and 19 the group most likely to do so regularly (31%). A consistent gender gap exists across all life stages with men at most life stages roughly twice as likely as women to cycle for transport.

Figure 2.13 – Participation in cycling for transport by gender and age (%)



There is no distinct social gradient in cycling for transport. Levels of cycling for transport are the same across most socio-economic groups, however those who are unemployed and students are more likely to cycle for transport than other groups. Additionally, those identifying as being from White Irish backgrounds are slightly less likely than those from other backgrounds to cycle for transport.

Figure 2.14 – Participation in cycling for transport by working status, socio-economic status and education (%)

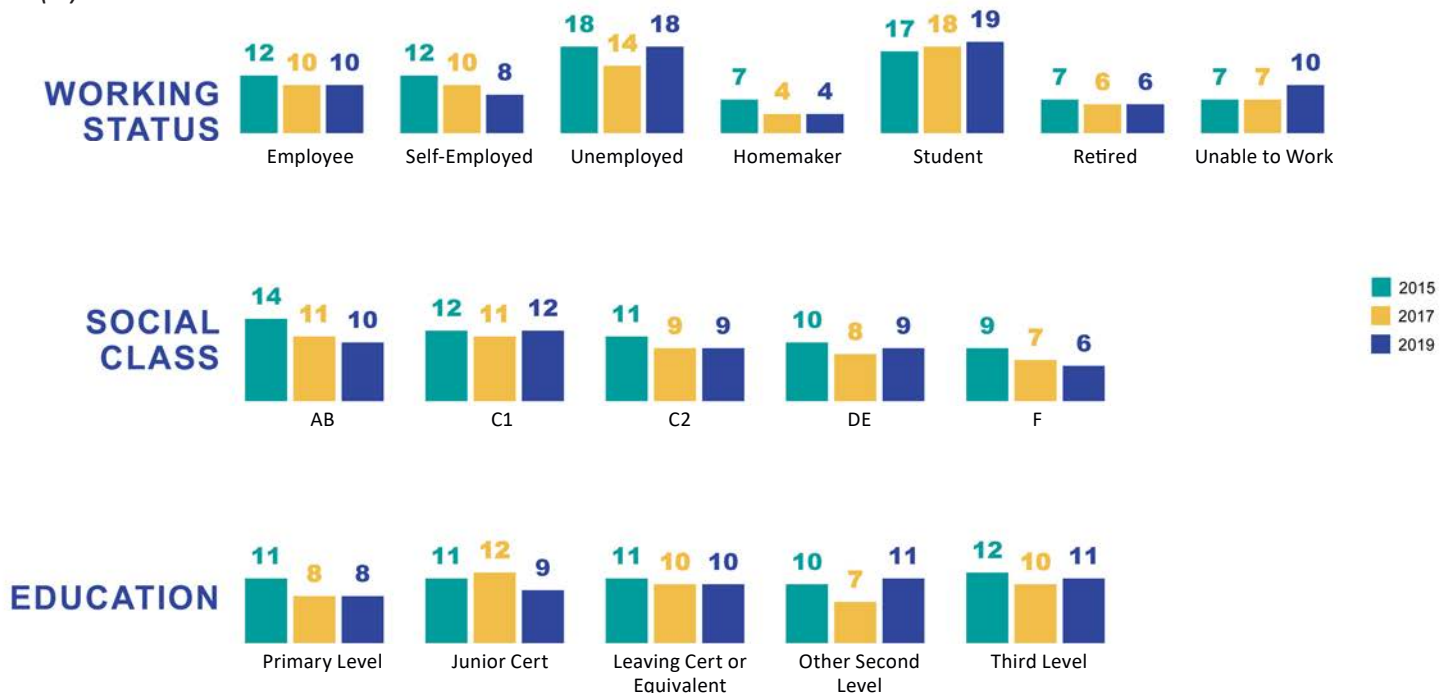


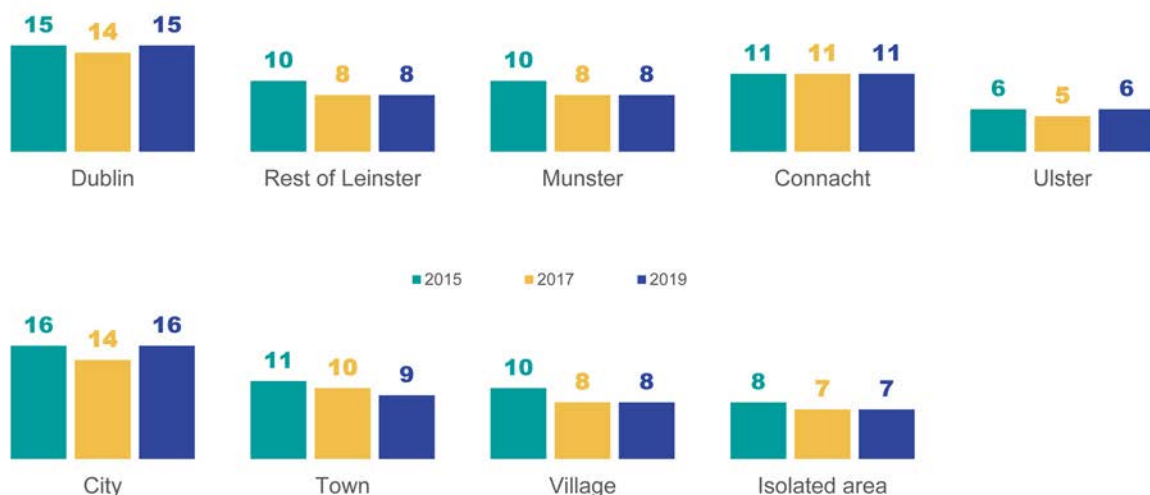


Figure 2.15 – Participation in cycling for transport by ethnic background (all aged under 45)



As with walking for transport, clear differences exist in terms of where an individual lives. Those living in Dublin are more likely to cycle than those living in other areas, and those living in urban areas are more likely to cycle than those living in rural areas.

Figure 2.16 – Participation in cycling for transport by location (%)



### Physical Activity Categories

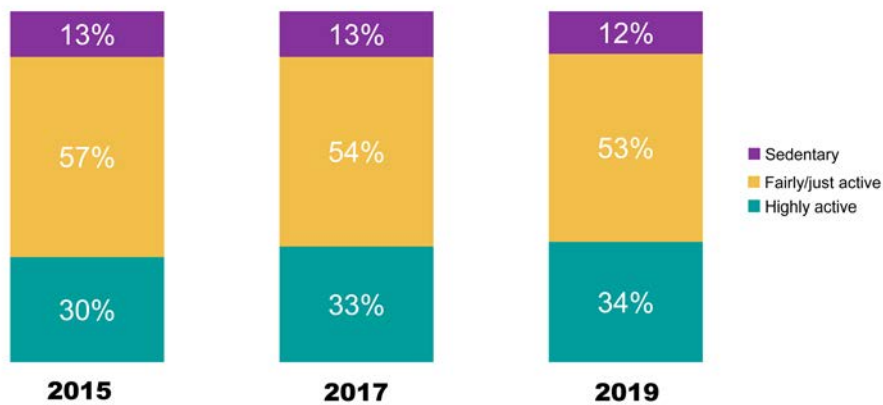
By combining activity across participation in sport, recreational walking as well as active travel (walking or cycling for transport) it is possible to identify the proportion that achieves the National Physical Activity Guidelines. Throughout this research series respondents have been classified as highly active, fairly active, just active or sedentary based on the extent, duration and intensity of their activity.

Of most interest are the two categories at either end of the spectrum – those who are highly active and those who are sedentary. Those who are highly active are those who participate in at least 30 minutes of physical activity on at least 5 out of the previous 7 days through a combination of sport and recreational walking. Those who are sedentary are those that have not participated in sport, recreational walking or active travel.

Policy is focussed both on increasing the proportion of the population that is highly active and reducing the proportion that is sedentary, and the National Sports Policy 2018-2027 and the National Physical Activity Plan set specific targets in both respects. Of particular interest is those that are sedentary as it has been demonstrated that the greatest benefits accrue to those that take up activity having been inactive.

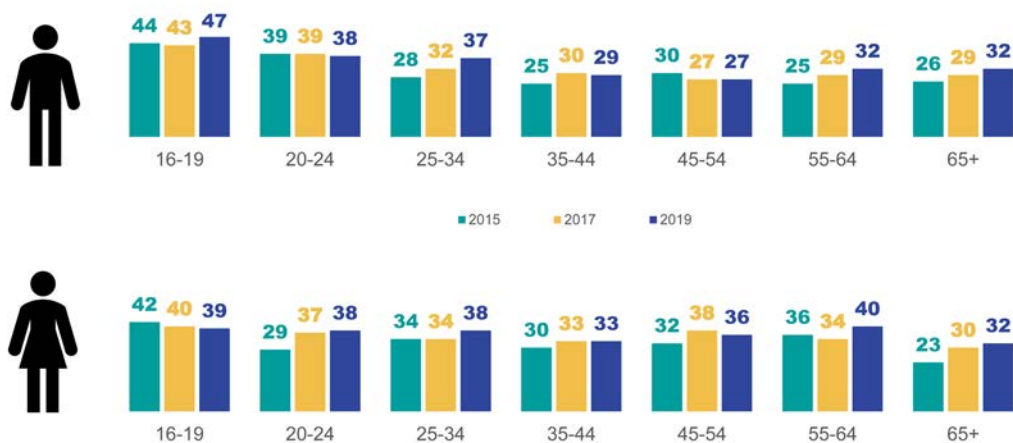
This wave of the survey shows a continuation of the trend seen over the past number of survey waves of a gradual increase in the proportion that is highly active and gradual decline in the proportion that is sedentary. The proportion classified as Highly Active has increased slightly to 34% from 33% in 2017, and 30% in 2015. Similarly, the proportion that is sedentary (did not participate in any of the four types of activity during the past 7 days) has declined over the same time period from 13% to 12%.

Figure 2.17 – Hierarchy of activity 2015 to 2019



As with previous waves, the proportion of women that are highly active is higher than that for men. However, the pattern of activity across the life course differs for both genders. Younger men are more active than other groups, however activity levels among men decline up to middle age and remain unchanged across older age groups. In contrast, while activity levels among younger women are lower than among their male peers, there is a less severe decline in activity across the life course meaning that from the mid-30s up to retirement age women are more active than men.

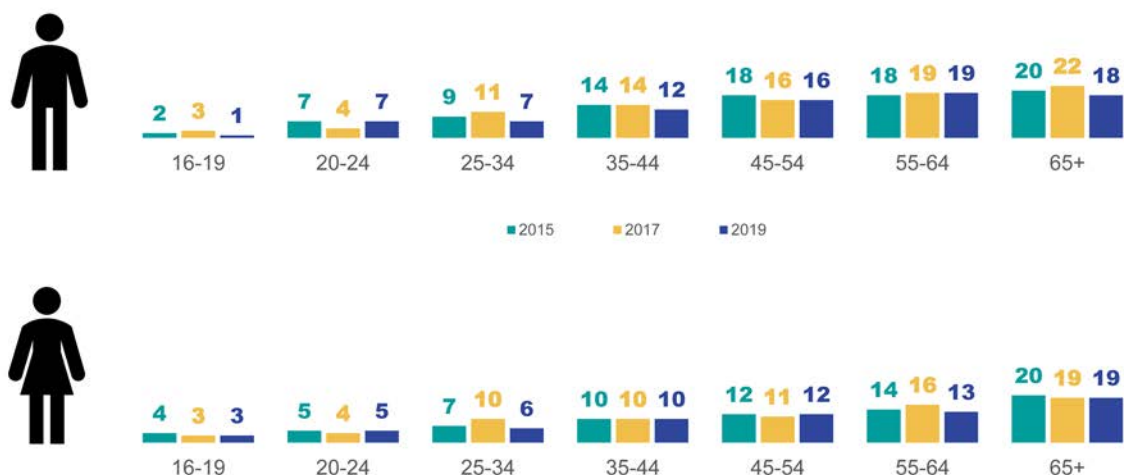
Figure 2.18 – Highly active by gender and age (%)



Increases in the proportions that are highly active are particularly evident among young men (due to increased sporting activity), as well as among older age groups among both genders. The latter is of particular interest as it follows an earlier increase in activity levels among these age groups between 2015 and 2017, and increasing activity levels among older people has been a key policy focus in recent years.

The increased activity is also reflected in declines in sedentarism across certain groups. It is most noticeable among those aged between 25 and 34 where levels of sedentarism have declined from 10% in 2017 to 7% in 2019, with similar declines observed for both genders. This decline is particularly important as it means that the sharp increase in sedentarism which was previously observed between the 20 to 24 and 25 to 34 age groups has been delayed until a later life stage. This suggests that activity levels which typically decline after leaving the education system are now being maintained for another few years.

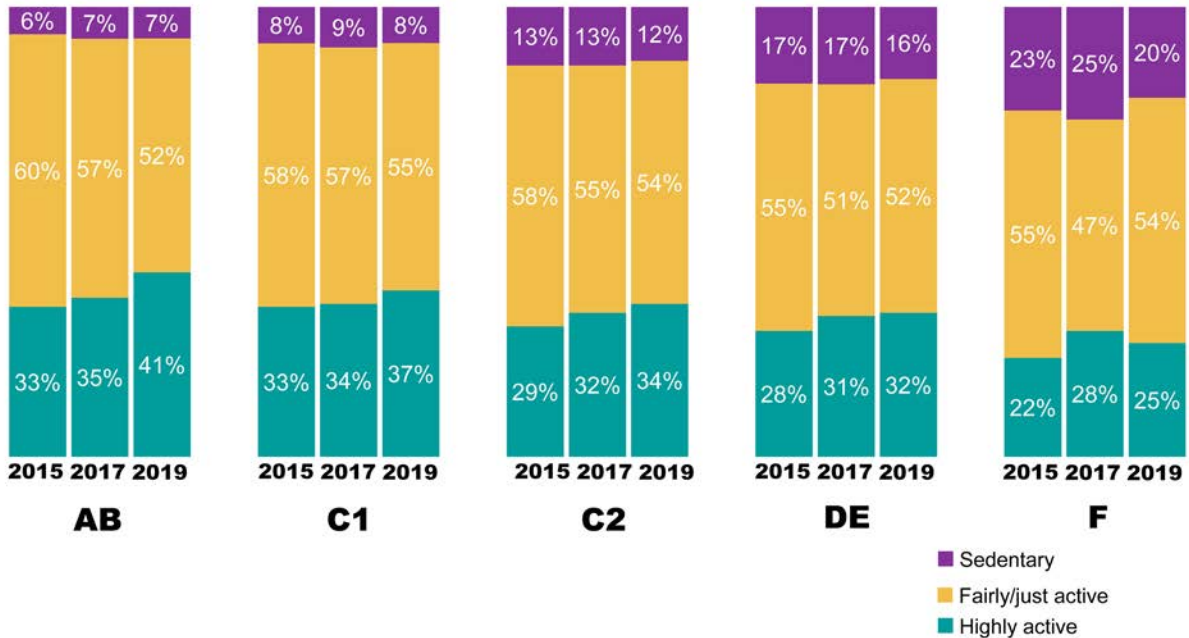
Figure 2.19 – Sedentary by gender and age (%)



Analysis of activity levels across social dimensions indicates that there may be a widening social gradient emerging. The proportion of those in the AB socio-economic group that is highly active has increased to 41% (from 33% in 2015), while the proportion of lower socio-economic groups that is highly active is broadly unchanged over that time period. This is creating a widening gap between the socio-economic groups and a very distinct social gradient.

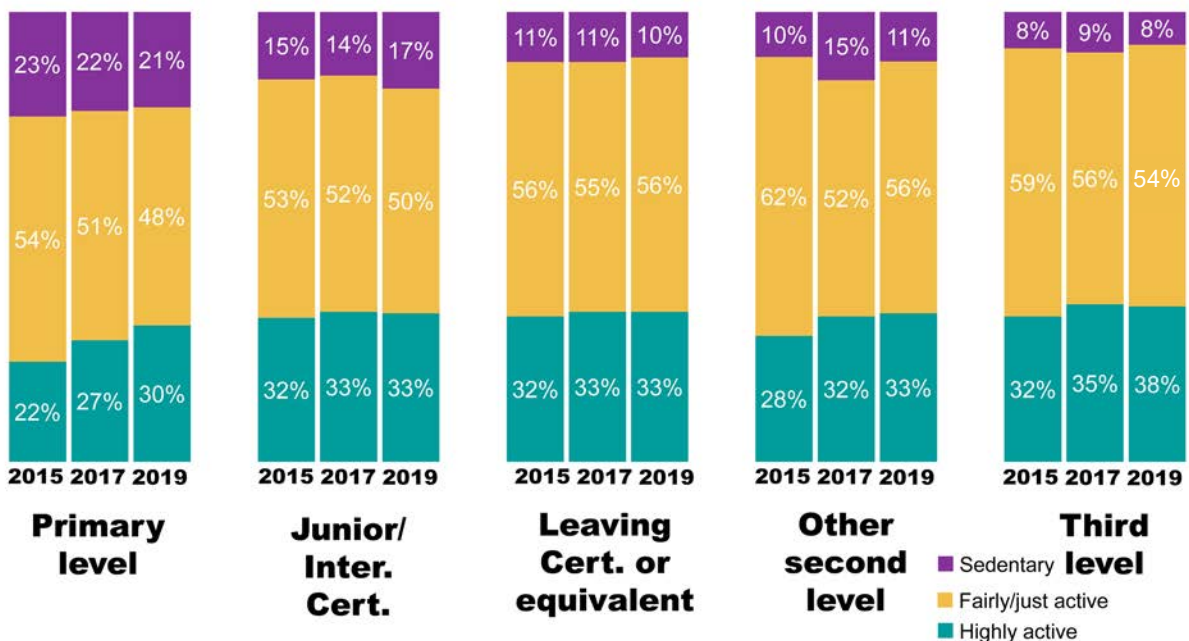
In turn it mirrors a similar gradient in terms of sedentary behaviour with those in the most deprived socio-economic group roughly twice as likely to be sedentary as those in the highest group. This gap is persistent and has remained unchanged over the three most recent survey waves.

Figure 2.20 – Hierarchy of activity by socio-economic status



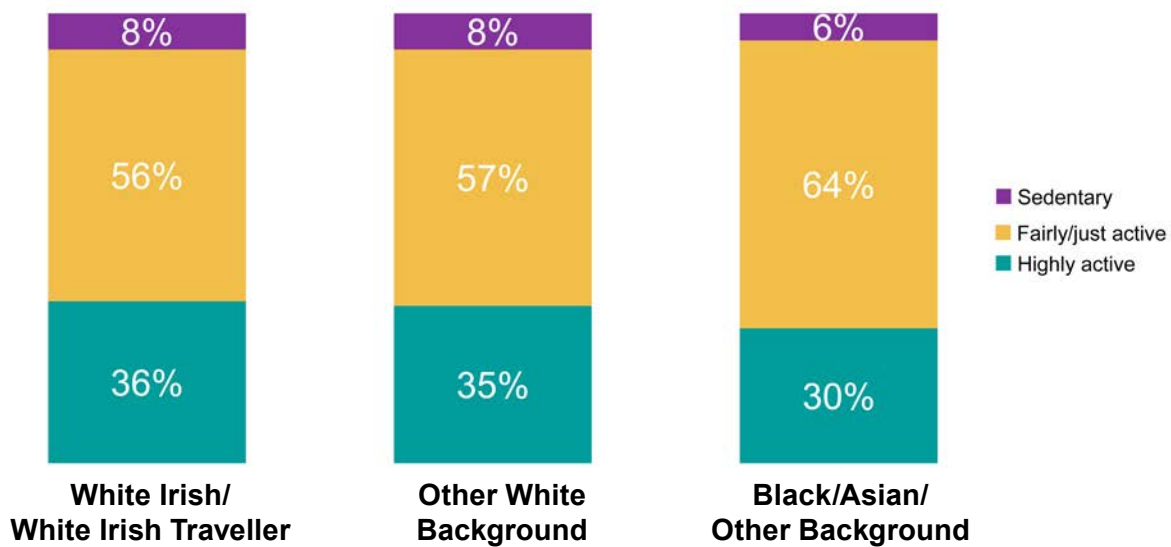
Analysis by education shows that a social gradient exists with those with higher levels of education more likely to be highly active and less likely to be sedentary than those with lower levels of education. However, this gap has narrowed somewhat in recent years. This is primarily due to increased activity levels among older people who accounts for a large proportion of those with primary level education.

Figure 2.21 – Hierarchy of activity by education



As outlined earlier, those identifying as being from non-White Irish backgrounds have different patterns in their physical activity. While no difference exists across ethnic groups in terms of sports participation, there are notable differences in terms of broader physical activity. Those identifying with a category other than White Irish are more likely to engage in active travel, however those from Black, Asian and other non-white backgrounds are less likely to walk for recreation.

Figure 2.22 – Hierarchy of activity by ethnic background (all aged under 45)



Combining these activities together identifies that while those from Black, Asian and other non-white backgrounds are less likely to be categorised as highly active, they are no more likely to be sedentary.





SPÓRT ÉIREANN  
SPORT IRELAND

## SOCIAL PARTICIPATION IN SPORT







## SOCIAL PARTICIPATION IN SPORT

- 47% are involved in a social form of sports participation (attending events, club membership or volunteering). This has increased from 45% in 2017, driven primarily by an increase in the proportion that are members of a sports club (increased from 34% to 36%).
- As with participation in sport, the strongest increase over the past two years comes from those aged between 25 and 34 (from 45% to 49%). Club membership within this age group has increased from 36% to 43% over the past two years.
- The strong gradient in social participation observed previously remains unchanged in 2019. Those with higher educations are more likely to participate socially in sport.
- 12% regularly volunteer for sport. An additional 40% have volunteered in the past, with approximately a third of these having volunteered at least once in the past year.
- 82% of those volunteering for sport report that they are satisfied with the training or support they get from their club/organisation to carry out their volunteering. A similar proportion (79%) report feeling appreciated for the role they play.
- Roughly half (48%) of those who stopped volunteering more than a year ago report that they did so because they no longer had enough time. Similarly, 39% of those who have never volunteered report the same reason as a barrier to their volunteering.

### Introduction

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In addition to measuring participation in sport in its physical sense, the ISM includes various questions tracking social participation in sport through volunteering, club membership and attendance at events.

These activities are critical to ensuring the successful operation of sport in Ireland at all levels. Clubs are necessary for sport to function effectively, and without volunteers clubs themselves cannot function. Those attending events provide support and motivation to sports participants as well as in many cases providing financial support to clubs and organisations at all levels.

In addition to regular tracking questions, this year's ISM included additional questions to explore some issues around volunteering including those relating to motivations, supports and barriers to volunteering. These provide new insights necessary to further develop the volunteering base in Ireland as well as ensuring that volunteers find their role to be suitably rewarding for the time that they invest into it.

### Overall Social Participation In Sport

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Just under half (47%) of the population have a regular social involvement in sport either through volunteering, attending sports events or being a member of a sports club. This is slightly higher than measured on the previous survey wave in 2017 when 45% had a regular social involvement. As outlined later in this section, this increase comes primarily through increased levels of club membership.

Figure 3.1 – Social participation in sport



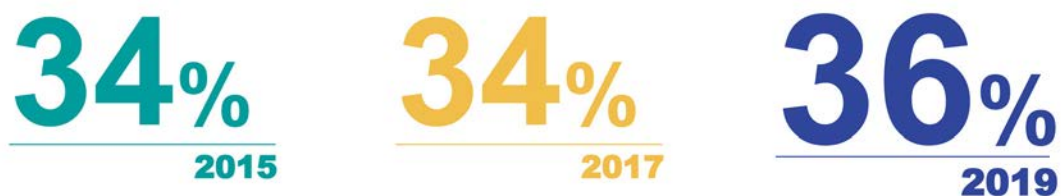
The report for the previous wave identified that many of those that participate socially in sport do not themselves play sport. This remains the case and 36% of those who participated socially in sport did not play sport during the previous seven days. Non-participation is highest among those attending events (47%), with 39% of volunteers and 28% of club members not playing sport recently. These findings underline the importance of sport as a means of generating social capital as well as a facilitator of physical and mental health.

The important role of sport in Irish society is clear by combining both physical and social participation. It identifies that almost two-thirds (63%) of adults in Ireland participate regularly in sport, either socially or actively

### Club Membership

Just over a third (36%) of adults in Ireland are members of a sports club. This is a slight increase from 34% in 2017 and accounts for almost all of the growth in social participation in sport. As outlined above, club membership and active participation in sport are closely interlinked, so it follows that an increase in sports participation is accompanied by an increase in club membership. Notwithstanding this close connection between club membership and active participation it is still the case that 44% of sports participants are not club members.

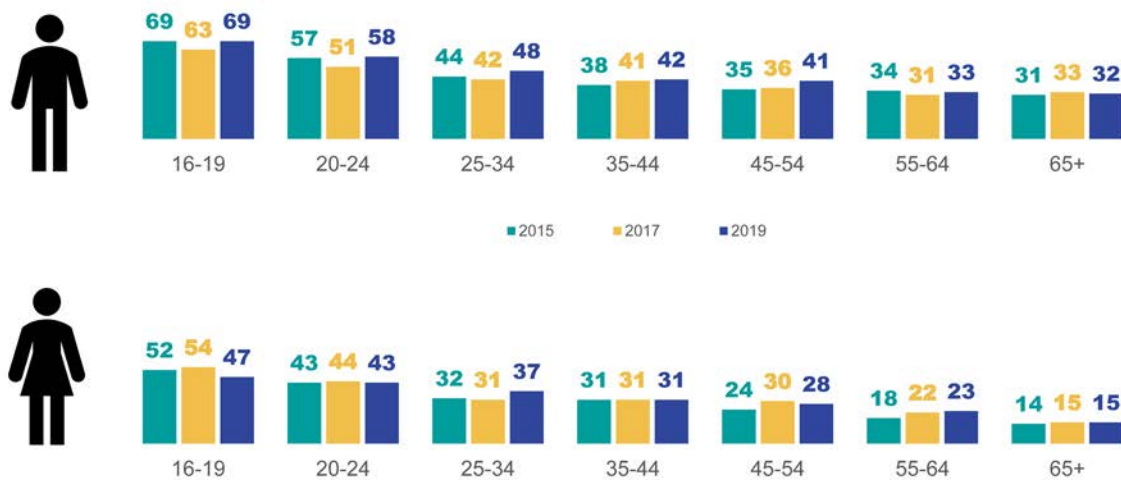
Figure 3.2 – Club membership



As previously, men are more likely than women to be members of a sports club and this remains the case, with 43% of men reporting that they are a member of a sports club compared to 29% of women. The previous report noted that the gender gap had narrowed slightly between 2015 and 2017, but as much of the recent increase in club membership comes from men this has now widened from 11% in 2017 and the gap of 14% is now more in line with what it was in 2015. While this may be cause for concern, it is encouraging that club membership among women has remained unchanged.

This increase is seen most strongly among men aged under 35 with club membership increasing from 49% in 2017 to 55% in 2019 among this group. Among women in this age group, a decline in membership among those aged between 16 and 19 is counterbalanced by an increase in membership among those aged between 25 and 34, meaning that overall membership levels among this age group are broadly unchanged at 41% (2017: 39%).

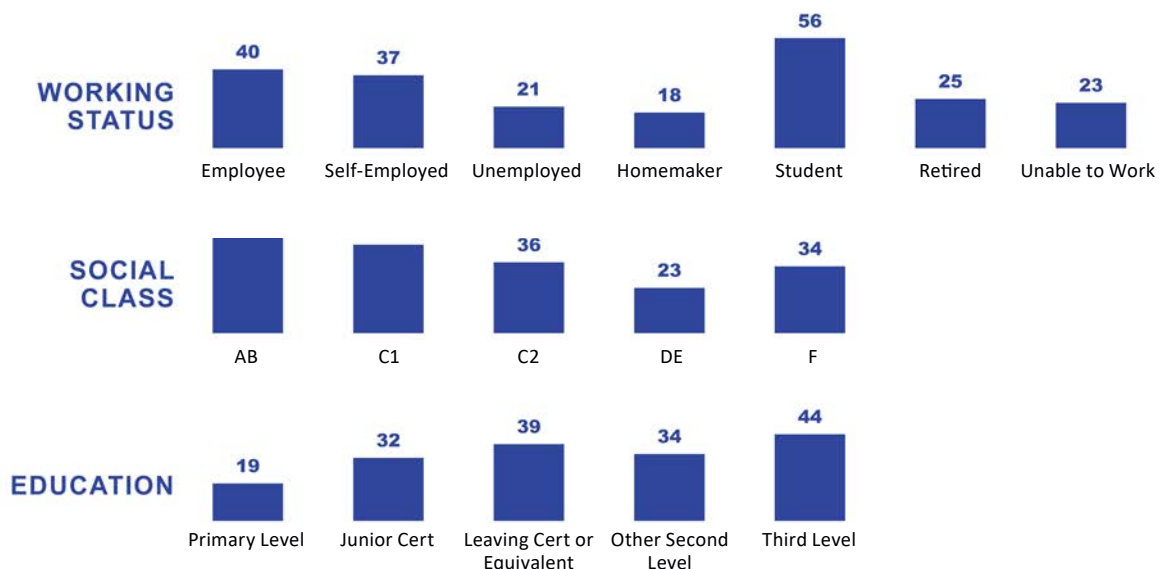
Figure 3.3 – Club membership by gender and age (%)



Another key feature of club membership is the gender gap at all age groups. However, this is strongest among the youngest and oldest age groups. Among those aged 65 and older, men are twice as likely as women to be members of a sports club. Encouraging greater club membership among older people is important for a variety of reasons, in particular in maintaining social connections.

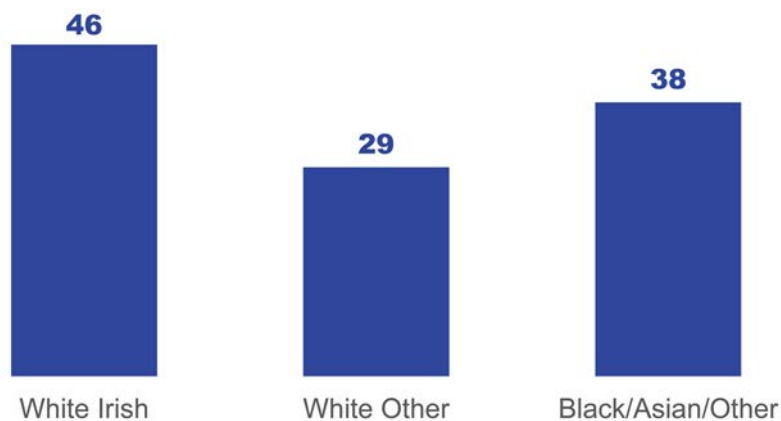
The social gradients that were identified previously within club membership remain unchanged and those who are working, those with higher levels of education and those in higher socio-economic groups are all more likely to be members of a sports club.

Figure 3.4 – Club membership by working status, socio-economic status and education (%)



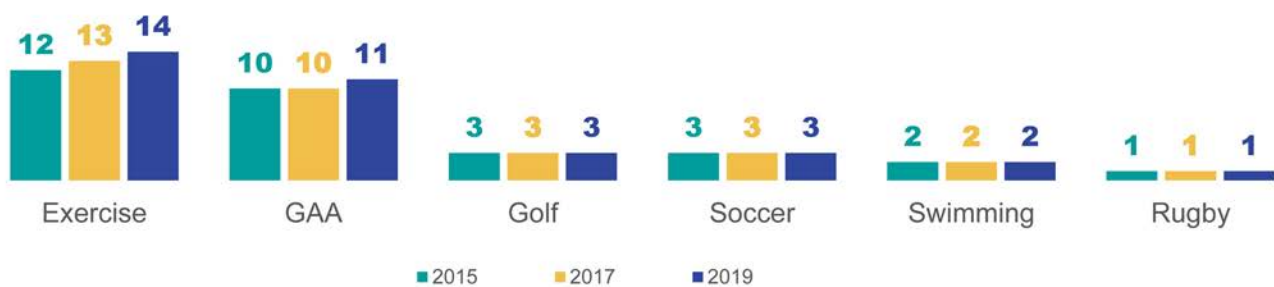
The new question on ethnic background allows for analysis of club membership by ethnicity. As with the analysis on sports participation, this is restricted to those aged under 45 in order to facilitate fair comparisons. This shows differences between the groups with higher levels of club membership among those identifying as White Irish. Club membership is particularly low among those identifying as White Non-Irish, with 29% of this group a member of a club.

Figure 3.5 – Club membership by ethnic background (% of those aged under 45)



Exercise clubs (gyms) and GAA clubs remain the most popular forms of sports clubs. In line with the increase in participation in exercise activities, these clubs have also grown in popularity with 14% now members of a gym.

Figure 3.6 – Type of club membership (%)



Throughout the ISM series a persistent dynamic has been the extent of sports participation that takes place outside of the club environment. This dynamic is evident across all of the most popular forms of activity, and it is only in the cases of gaelic football and golf that the majority of participants are members of a club relating to that activity. Among those playing gaelic football, 90% are members of a GAA club, and 80% of golfers are members of a golf club. Just under half (49%) of those participating in personal exercise are members of a gym, and for swimming, running and cycling roughly 1 out of every 10 participants are a member of a club relating to their activity.

## Attending A Sports Event

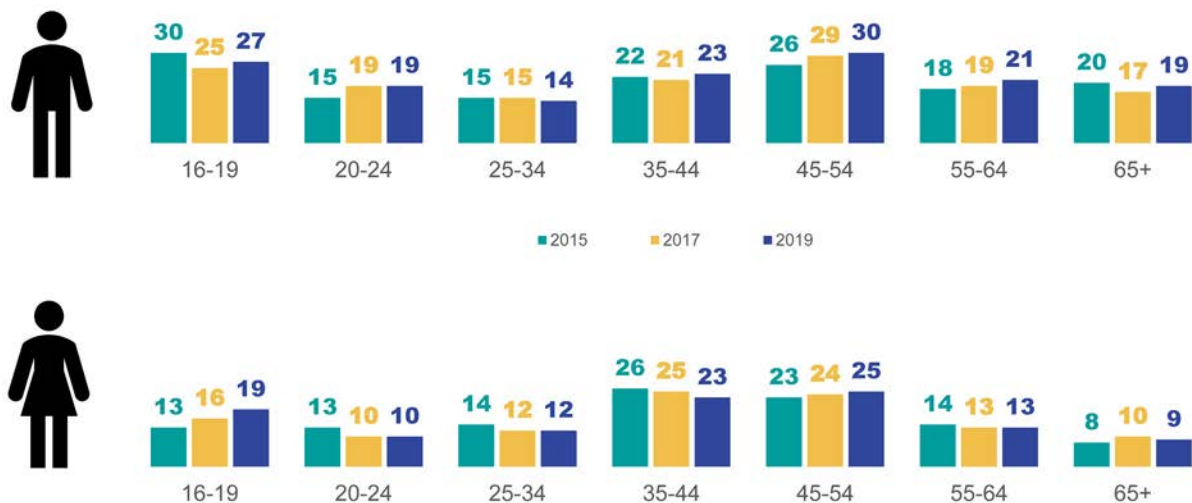
Approximately a fifth (19%) of all adults attended a sports event in the previous seven days. This includes a wide variety of sports events, both adult and children’s events as well as at both elite and amateur levels. Attendance at events remains unchanged since 2015.

Figure 3.7 – Attendance at a sports event



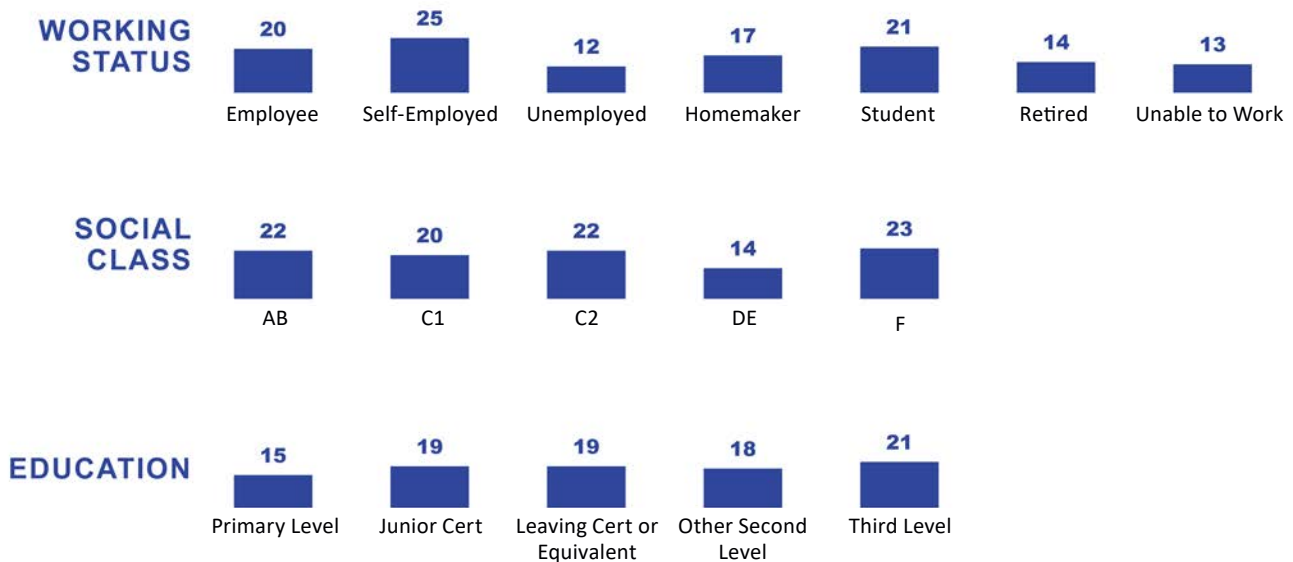
Men are more likely than women to attend a sports event (22% and 16% respectively). However, as noted in previous reports, the gap is not consistent throughout the life course, with women aged between 35 and 44 as likely as their male peers to attend an event. This is most likely due to mothers attending sports events that their children are participating in.

Figure 3.8 – Attendance at a sports event by gender and age (%)



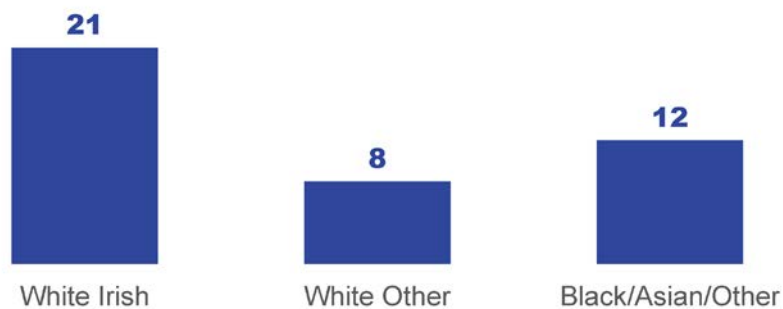
The social gradient in sports attendance is less distinct than for other forms of participation, but it exists in certain respects. Levels of attendance at events are higher among those in employment and students, but no difference exists by highest level of education attained or socio-economic status.

Figure 3.9 – Attendance at a sports event by working status, socio-economic status and education (%)



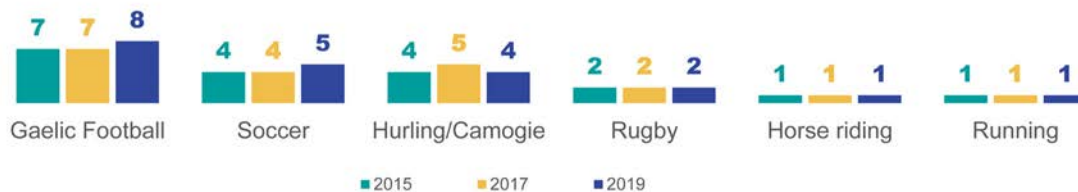
Clear differences in attendance at sports events exists across different ethnic groups, with those identifying as White Irish more likely to attend events than any other group (again this analysis is limited to those aged under 45). Attendance levels are lower among those from a Black or Asian background, but are still higher than those identifying as being from Other White backgrounds where fewer than 1 in 10 regularly attend sports events.

Figure 3.10 – Attendance at a sports event by ethnic background (% of those aged under 45)



As in previous waves, team sports are the most popular attendance sports, with gaelic football, soccer and hurling/camogie the three most popular sports in this respect. Attendance at each of the popular sports are at the same levels as in both 2017 and 2015.

Figure 3.11 – Type of event attended (%)



The differences in attendance across ethnic groups are particularly strong among gaelic games with those from Black or Asian backgrounds, as well as those from Other White backgrounds much less likely than those identifying as White Irish to attend gaelic football or hurling/camogie events.

## Volunteering For Sport

Volunteers are central to facilitating and developing Irish sport. The National Sports Policy gives particular mention to the roles that volunteers play and sets an objective to build a stronger and more diverse volunteering base. A central part of this is enhanced investment in volunteer training, development and recognition. In measuring volunteering, the ISM recognises the important role of volunteers extending beyond the activities that happen within the club environment to also include other activities such as providing transport to others participating in sport.

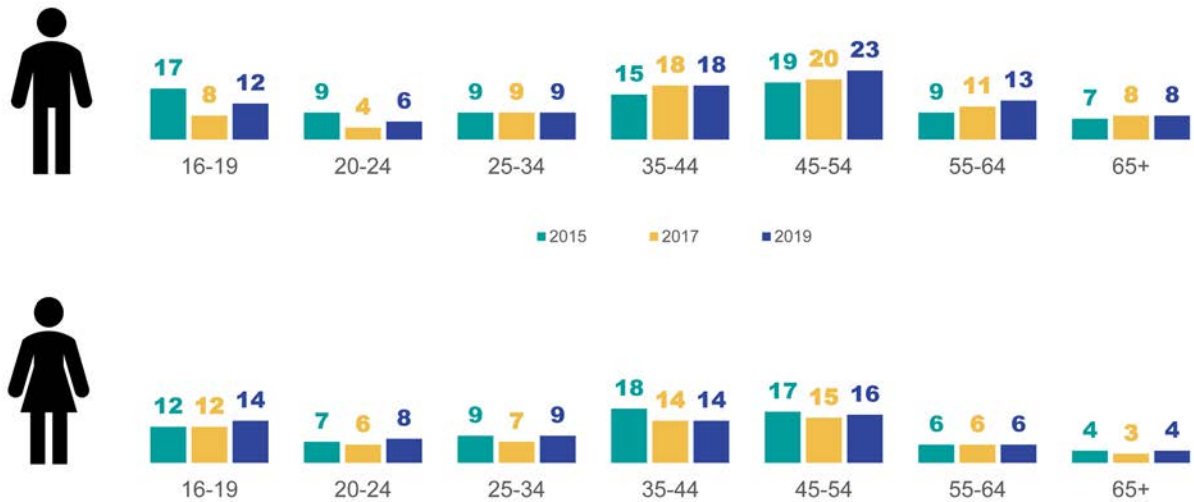
This wave of the study identifies that 12% regularly volunteer for sport. This is at the same level as measured in the previous two waves of this study.

Figure 3.12 – Volunteering for sport



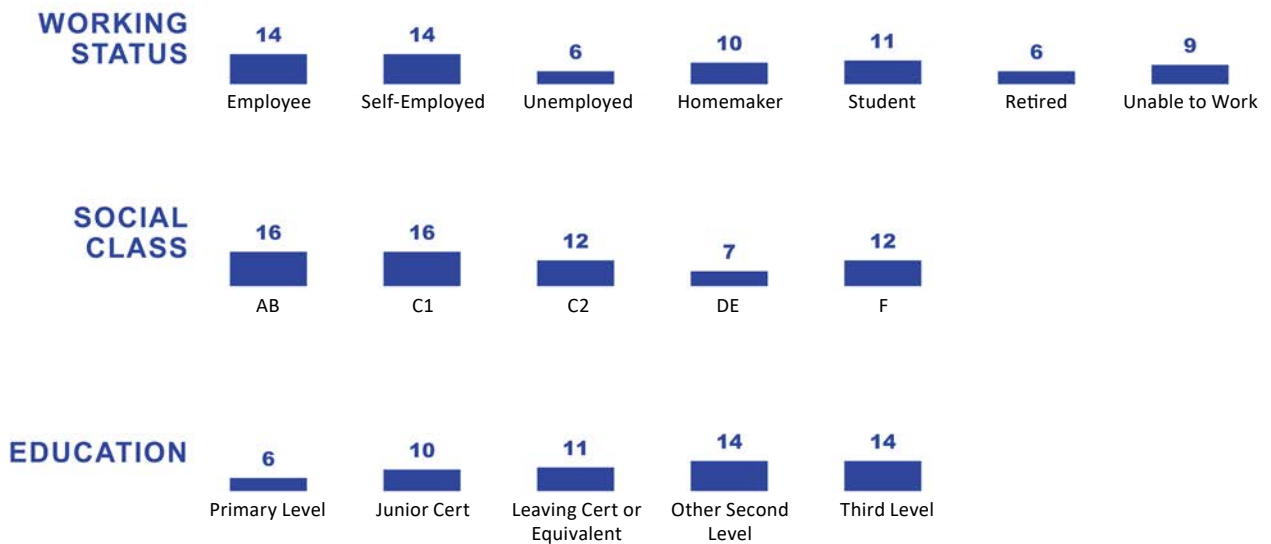
The National Sports Policy notes the gender gap that exists in volunteering. Men are more likely than women to volunteer for sport with 14% of men regularly volunteering, compared with 10% of women. The gender gap differs across the life course, with younger women as likely to volunteer for sport as men, but a strong gender gap (in favour of men) emerges among older age groups. There is little change in volunteering levels across age and gender groups, although there has been an increase in volunteering among younger males reversing part of the decline seen between 2015 and 2017.

Figure 3.13 – Volunteering by gender and age (%)



A strong social gradient exists in volunteering with those with higher incomes, higher levels of education more likely to volunteer, as well as those in paid employment more likely to volunteer than those who are not. These gaps are all broadly consistent with those identified in previous waves.

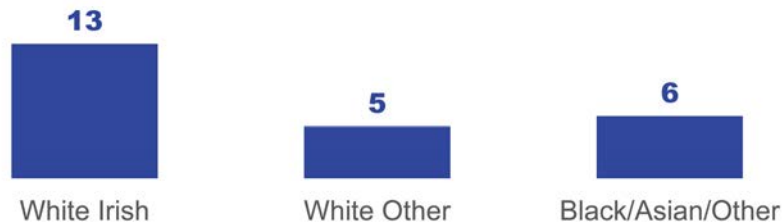
Figure 3.14 – Volunteering by working status, socio-economic status and education (%)



As with other forms of social participation, strong differences exist in respect of ethnicity with those from Black or Asian and White Non-Irish backgrounds much less likely to volunteer than those from White Irish backgrounds. As previously, this analysis is limited to those aged under 45.



Figure 3.15 – Volunteering by ethnic background (%)



Among those identifying as White Irish, 13% volunteer regularly for sport, while volunteering levels among other groups are as low as 5% or 6%.

The ISM identifies both the sport that was volunteered for as well as the role played when volunteering. The extent of volunteering for each sport is similar to the previous wave as well as being reflective of club membership levels within that sport.

In terms of roles played when volunteering, there has been an increase in the proportion of volunteers reporting that they are coaches with 39% identifying this role, compared with 33% in 2015. This increase is evident among both men and women, and while it is encouraging to see an increase in the number of women coaches, the persistent gender gap (68% of coaches are men) remains of particular concern. This is a key consideration in the National Sports Policy in terms of fostering greater levels of activity among women in sport at all levels. This is discussed in more detail in the next section.

Figure 3.16 – Type of volunteering role (% of all volunteers)



While the proportion reporting that they are coaches has increased, the proportion reporting that they provide transport to others participating in sport has declined. This role is particularly important in maintaining participation in children’s sport, so any fall off in activity levels is a cause for a concern. However, the study does not identify any particular reason for this decline.

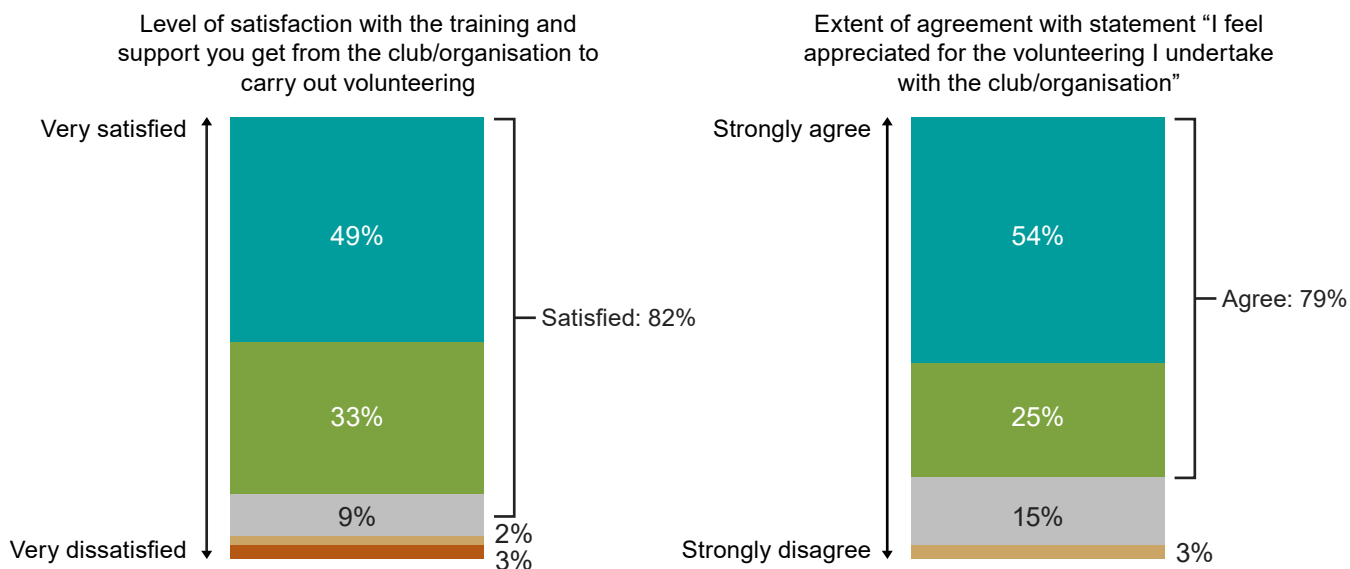
### Volunteering Experience

The 2019 ISM included a module for those who volunteered in a formal capacity<sup>3</sup> during the previous 7 days to explore perceptions of their experience while volunteering as well as the supports that they receive as a volunteer. While this module was only included for a portion of the survey period, the profile of survey participants matched those who volunteered throughout the rest of the year so we can expect that the views expressed by this sub-sample are reflective of those of the broader group of volunteers within the population.

<sup>3</sup> All who undertook voluntary activity associated with sport and exercise activities in the past 7 days as coach/club official/activity organiser/kit maintenance/selector/mentor/referee

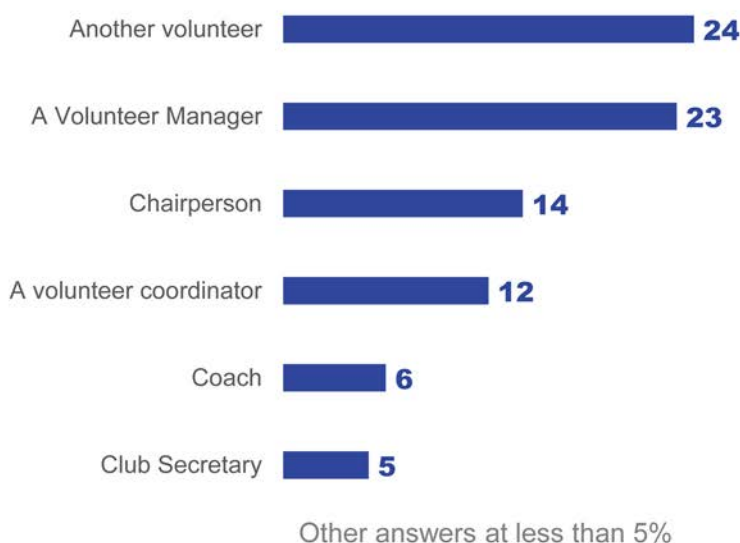
Over four out of five volunteers (82%) report being satisfied with the training and support they get from the club/organisation to carry out their volunteering. A similar proportion (79%) report being appreciated for the volunteering they undertake with the club or organisation.

Figure 3.17 – Experience when volunteering



Almost all volunteers report having a main point of contact or support within the club, and this is most likely another volunteer within the club or specifically the chairperson of that club.

Figure 3.18 – Main point of contact or support within club for volunteers (%)

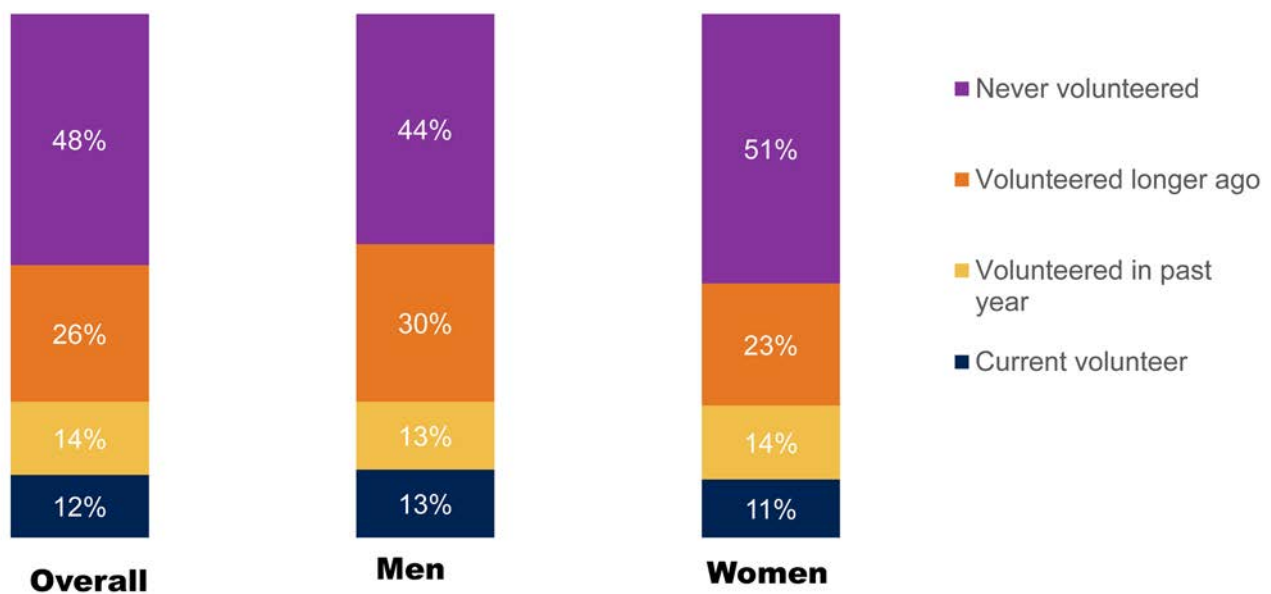


Additionally, roughly half of volunteers are aware of each type of formal policies that their club has in place to support volunteers, with 60% reporting that their club has volunteer role descriptions, 54% reporting that their club has a volunteer policy and 45% reporting that their club has a volunteer agreement.

## Volunteering In The Past

While the ISM is focussed on measuring regular participation in sport, this wave of the ISM also included an additional module on previous volunteering among those who do not currently volunteer. This identifies that just over half (52%) of all adults in Ireland have volunteered for sport at some stage. In addition to the 12% that have volunteered within the previous 7 days, 14% have volunteered during the previous 12 months and 26% volunteered longer ago than this.

Figure 3.19 – Past volunteering

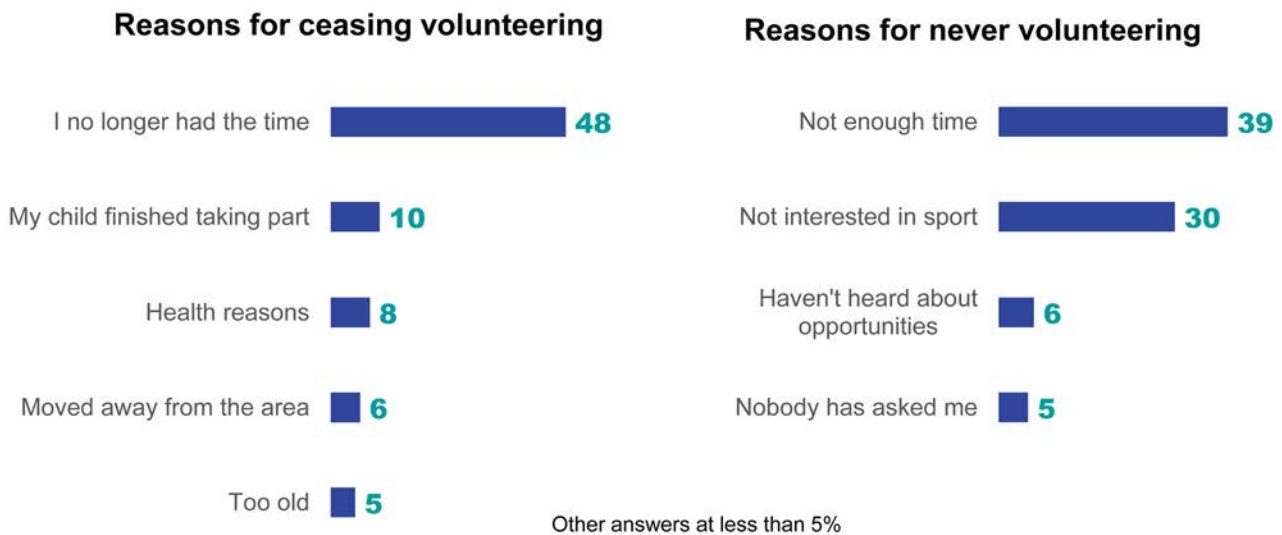


Those that have volunteered during the past 12 months but have not volunteered within the previous 7 days were asked about the frequency of their volunteering. Approximately a third reported that their volunteering was ongoing and regular (at least once a week), with a further third reporting that it was infrequent and the remaining third reporting that it was for a one-time event. This suggests that the proportion of people volunteering for sport throughout the year is higher than the 12% reported by the ISM as a further 10% (approximately) may volunteer on an irregular basis.

As with current volunteering levels, men are more likely to have volunteered for sport with just over half (56%) of all men either currently or previously volunteering for sport. This compares to 48% of women. The social gradient that exists within current volunteering is reflected in historic volunteering, with those on lower incomes, lower levels of education and those not in paid employment all less likely than others to have volunteered in the past.

Time is reported to be the main reason for ceasing volunteering with 48% of those who volunteered longer than a year ago reporting that they stopped volunteering due to no longer having the time. The important role of children as a motivating factor for much sports volunteering is evident in the 10% reporting that they ceased volunteering due to their child no longer being involved in that sport. Similarly, among those who have never volunteered, the most common reason for not doing so is due to time constraints (39%), with 30% reporting that they are not sufficiently interested in sport. These reasons are supported by other survey data. For example, among those who reported having no interest in sport, only 31% reported playing sport while 12% reported being a member of a sports club.

Figure 3.20 – Reasons for ceasing/never volunteering – those not currently volunteering (%)



Analysis of those already engaged in sport through being members of a sports club finds that 23% are current volunteers, with 48% having volunteered in the past and 29% having never volunteered. This illustrates the significant untapped resource that may be available within clubs to increase volunteering and engagement with the club. Among club members that have not previously volunteered, 38% report that it is due to time constraints and 15% report that it is not being sufficiently interested in the sport. Notably, 11% report that they have not volunteered because they have not heard of any opportunities to do so.

# A SPOTLIGHT ON GENDER





## A SPOTLIGHT ON GENDER

- The gender gap in sports participation continues to narrow. It is now at 3%, compared with 4% in 2017 and 16% when the ISM was introduced in 2007. However, as shown previously, the gender gap in social participation is more persistent.
- Personal exercise, swimming and running are the three most popular sports among both men and women. However, the ways in which both genders participate in sport are different, with women more likely than men to participate in sport through organised training, coaching or lessons (women: 42%, men 26%).
- Women are more likely than men to consider improving health and fitness, controlling weight, relaxation and improving how they look to be very important reasons for participating in sport. In contrast, men are more likely than women to consider competition to be very important.
- Women who play sport are less likely than men to report that it is easy to motivate themselves to do so. Just over half (53%) of women report this, compared to 68% of men.
- Half of all women (51%) have never volunteered for sport. Those who do volunteer are less likely than men to coach, referee or be a club official.
- Almost three-quarters (71%) perceive the administration and management of sport to be too male-dominated. This view is widely held across both gender and all age groups. However, among sports club members, 60% feel that the balance between males and females in the administration and management of that type of club is about right.
- Since 2013 when this issue was previously examined there has been an increase in the proportion of women who perceive that the administration and management of sport to be too male dominated.

A consistent feature of the ISM has been a gender gap in sports participation with men more likely than women to participate in sport. This wave finds that 48% of men and 45% of women participate regularly in sport. While participation levels among both genders have increased since 2017, a slightly larger increase in participation among women has led to a narrowing of the gender gap – from 4.5% in 2017 to 3.4% in 2019. Significantly, this gap has narrowed from 15.7% since 2007 when the ISM commenced.

The National Sports Policy sets the objective of eliminating the gender gap entirely by 2027 which will require further progress over the coming years in engaging more women in sport and then sustaining their engagement over the long term.

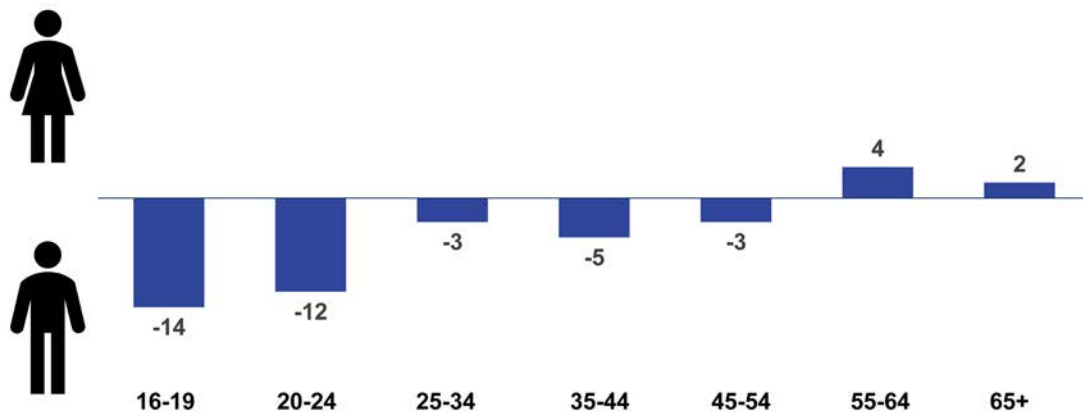
This section of the report seeks to identify differences in the nature of participation by men and women. This considers the ways in which they participate in sport, as well as their motivations for doing so. It also takes a broader view of social participation in sport, specifically through perceptions of the role of women in the management and administration of sport as well as issues around club membership and volunteering.

The gender gap is apparent in many aspects of sport. It exists not just in terms of active participation but also their roles supporting others through coaching, mentoring and throughout the wider administration of sport. Monitoring the real and perceived factors that influence this gap is necessary to take the necessary steps to eliminate them.

## Gender Gap In Participation

While women are less likely than men to take part in sport the difference is not consistent across all age groups. Young women are much less likely than young men to take part in sport. However, this difference is much narrower among older age groups with limited difference between the genders

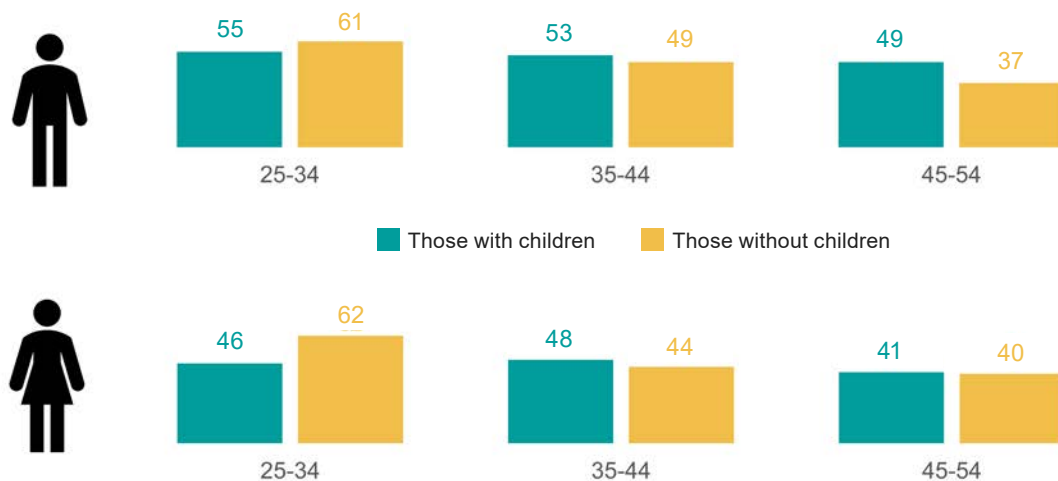
Figure 4.1 – Gender gap in sports participation (percentage point gap between genders)



Previous waves of this research have demonstrated that a key barrier to sports participation is a perception of not having enough time to play sport. For many this barrier will be related to time restrictions created due to childcare responsibilities, which it may be expected would impact differently on each gender.

The presence of children can also be a positive factor in encouraging higher levels of sports participation, with the 2015 ISM finding that it was common for parents to report doing more sport after having children than they did before they had children.

Figure 4.2 – Participation in sport among those with/without children (%)





Analysis of sports participation across life stage groups identifies that this remains the case. Among those aged between 25 and 34, parents are less likely to play sport than those with no children. However, among those aged between 35 and 44 those who have children are more likely to play sport than non-parents of the same age.

This is perhaps reflective of the different constraints that parents of younger children face compared to those of older children. Those aged between 25 and 34 are more likely to have younger children which restricts their time and limits their participation compared to non-parents of the same age. As the children grow the influence of the children may be reversed – parents likely have more time and they can play with (and without) their children.

However, there is no obvious gender differential evident and the presence of children seems to have broadly the same impact on sports participation for women as it does for men.

### Nature Of Participation

The ways in which women participate in sport is notably different compared to men. This is the case both in terms of the types of sports participated in as well as the context in which they are participated.

However, these differences are not consistent across the life course. While overall participation levels in personal exercise are the same for both women and men, there are striking differences by age with younger women less likely than younger men to participate in this activity, while older women are more likely than older men to do so. Women aged 65 and older are more likely than men of the same age to participate in sport and this is due to their higher participation in personal exercise (13% and 7% respectively).

Figure 4.3 – Types of sport participated in by gender and age (%)



Sport	Total	16-24	25-34	35-44	45-54	55-64	65+
Personal exercise	16	23	25	16	12	11	13
Swimming	9	10	9	11	9	11	6
Running	6	7	9	10	5	2	-
Cycling	3	2	4	3	3	3	1
Soccer	1	3	1	1	-	-	-
Yoga	5	2	8	6	6	6	2
Dancing	4	10	3	2	3	5	4
Golf	1	-	1	1	1	3	2
Gaelic football	2	7	2	1	-	-	-
Weights	2	2	3	3	2	-	-
Pilates	2	1	2	3	4	3	1
Hurling/Camogie	1	4	1	-	-	-	-



Sport	Total	16-24	25-34	35-44	45-54	55-64	65+
Personal exercise	16	30	23	16	10	9	7
Swimming	8	8	11	9	10	6	4
Running	8	13	12	11	6	3	1
Cycling	6	6	5	8	9	7	4
Soccer	6	17	10	8	4	1	-
Yoga	1	-	1	2	1	1	1
Dancing	1	1	-	1	1	-	2
Golf	4	1	2	3	2	7	8
Gaelic football	3	13	3	1	-	-	-
Weights	3	5	5	3	2	1	1
Pilates	-	-	-	1	1	1	-
Hurling/Camogie	1	6	2	1	1	-	-

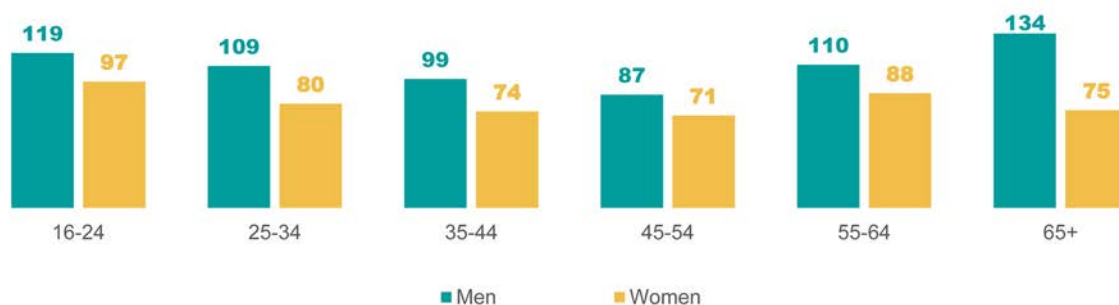
Different patterns in terms of running also exist. For men, participation in running is highest among the youngest age groups and declines as they get older. However, the pattern for women is one where participation is lower than it is for men in the youngest age groups before increasing with age up to the 35 to 44 age group. However, participation in running among both genders declines sharply after the age of 45.

The uptake of yoga and pilates among women aged between 25 and 54 is also notable and these form a key part of activity for women in these age groups.

Women who participate in sport also spend less time on average per week playing sport, despite participating in sport on the same number of days per week (women: 2.4 days; men: 2.6 days). On average women who play sport spend on average 81 minutes playing sport, while men who participate spend on average of 108 minutes playing sport.

Part of this difference is likely due to the nature of the sports participated in with team-based sports and golf (which are more likely to be played by men) often requiring a longer time investment than other individual sports favoured by women.

Figure 4.4 – Average number of minutes spent playing sport each week (those participating in sport)



This difference is broadly consistent throughout the life-course, although there is a larger difference between the genders among those aged 65 and older most likely due to men in this age group being much more likely than women to play golf.

The most striking difference between the genders is in the context of their participation. Women are more likely than men to participate in sport in an organised session whereas men are more likely to participate on their own and are more likely to participate through competition. Some of this is due to the types of sports participated in, with activities such as dancing and pilates more likely to be undertaken in a group setting. It is also notable in this respect that women are more likely than men to participate in sport at home (14% and 9% respectively). Some of this may be due to higher levels of participation in yoga among women, with 41% of those participating in yoga doing so at home.

Figure 4.5 – Context for sports participation

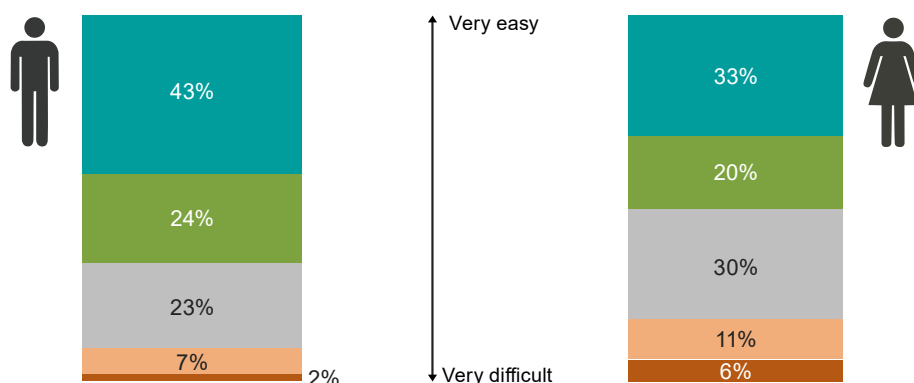
	All activities		Individual activities		Team activities	
	Men	Women	Men	Women	Men	Women
On own	46%	39%	58%	42%	1%	2%
Organised training/ coaching/lesson	26%	42%	18%	39%	58%	76%
Casually with family or friends	26%	23%	25%	24%	33%	17%
Organised competition	10%	4%	6%	3%	25%	18%

However, even looking at certain activities it is clear that women choose to participate in sport with others rather than doing so alone. Looking only at activities that can be participated in alone (i.e. non-team based activities such as personal exercise, swimming and running), women are more likely to participate in these with other people than to do so alone with only 42% participating in these sports alone, compared to 58% of men. For women, the social dimension in sport is particularly important.

### Motivations For Participating In Sport

One of the modules included on the 2019 ISM asked respondents how easy or difficult it was to motivate themselves to participate in their main sport. While most (60%) report that it is easy to motivate themselves, a large difference exists between the genders with 53% of women reporting that it is easy, compared with 68% of men.

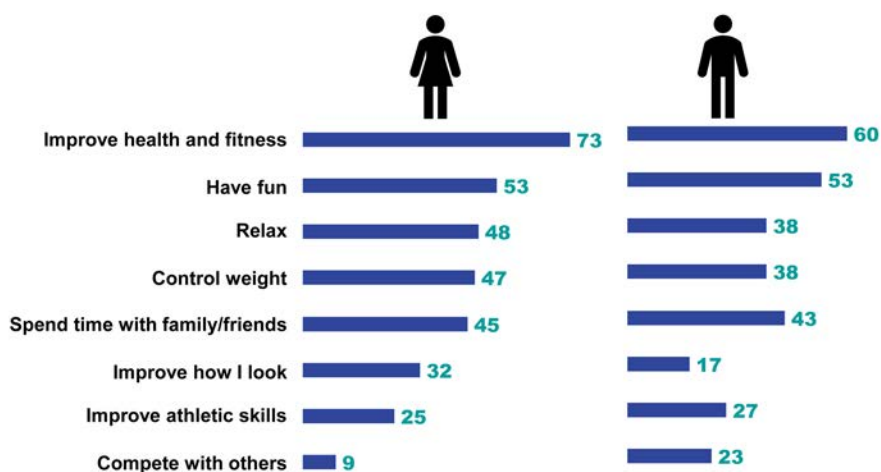
Figure 4.6 – Ease of motivating oneself to participate in sport



While both younger women and older women are more likely than their male peers to report difficulties in motivating themselves to participate in sport, the difference is widest among those aged over 45 where roughly half (49%) of women report that it is easy to motivate themselves compared with 71% of men in this age group.

To provide further understanding on this, another survey module asked respondents about the relative importance of various factors in being physically active. Respondents were presented with a number of statements and asked to identify on a scale of 1 to 5 the importance of that factor to their participation in sport or other physical activity.

Figure 4.7 – Importance of various factors in being physically active (% very important)



Both genders report that the most important motivators for being physically active are to improve their health and fitness and to have fun. However, women are more likely than men to report that improving health and fitness is a very important reason. Additionally, women are more likely than men to identify relaxation, weight control and improving looks as very important factors. Men are more likely to identify competition as a very important reason.

This same question was previously included on the ISM in 2013, and while the importance assigned to many of the factors remain the same, there are some noteworthy differences.

Among both genders, spending time with friends and family (increasing from 36% to 44%); and improving athletic skills (increasing from 20% to 26%) are both now more important than previously. Among women, controlling weight is currently less important than it was in 2013 (declining from 54% to 47%). For men, relaxation has increased in importance (from 33% to 38%), as has competition (increasing from 16% to 23%).

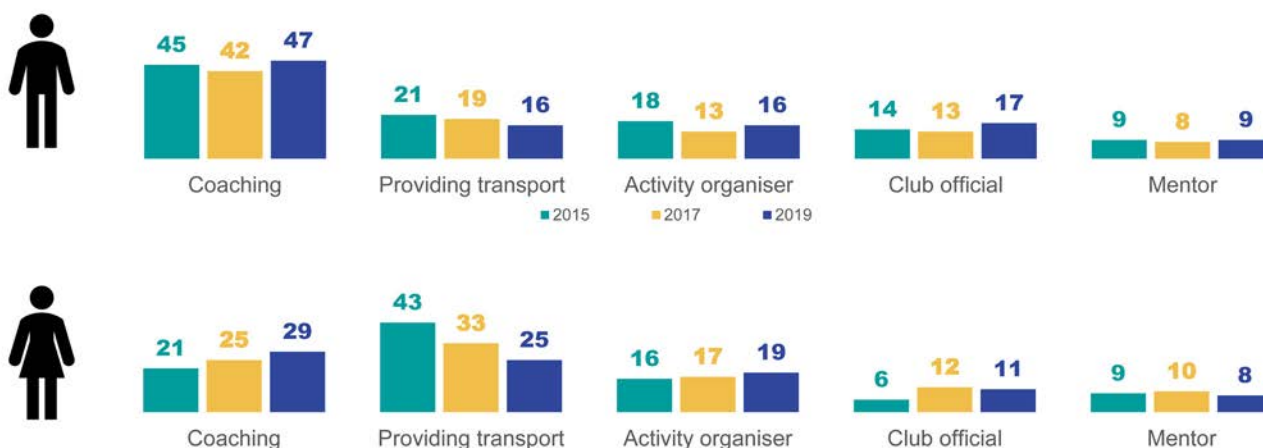
In most cases these differences are consistent across age groups, although some differences do exist. In terms of those factors which are more likely to motivate women than men – controlling weight and improving looks – these are more important for women aged over 45 than for younger women. Just over two-fifths (41%) of women aged over 45 report that improving how they look is a very important reason for being physically active. This compares to approximately a quarter (26%) of women younger than this.

## Perceptions Around Administration Of Sport

The gender gap in club membership and volunteering is discussed in an earlier section, and while the gender gap in active participation has narrowed over time, the gap in social participation is more persistent.

While the overall gender gap in volunteering remains unchanged, one positive development is that there has been an uplift in the number of women reporting their involvement as coaches in recent years. Despite this coaching remains male-dominated with women accounting for only one-third of coaches.

Figure 4.8 – Types of volunteering role – by gender (%)



With this in mind this wave of the survey sought to explore how the management and administration of sport is perceived among club members.

The results show that the gender deficit is widely recognised with 71% overall perceiving that the administration and management of sport in Ireland is too male dominated. This view is shared by both women and men with 74% of women and 68% of men indicating this. It is also shared across all age groups, with a majority of both genders in each age group holding this view. Similarly, across all key socio-demographic groups this is a commonly held view.

Figure 4.9 – Perceptions of roles of men and women in administration and management of sport

	Administration and management of sport in Ireland		Administration and management of your club	
	Men	Women	Men	Women
Too male dominated	68%	74%	30%	35%
Balance about right	27%	21%	62%	56%
Too female dominated	1%	-	5%	7%
Don't know	4%	5%	3%	1%

However, when asking club members about the gender balance in terms of management and administration, they are less likely to feel that it is too male dominated within their own club. While the majority (60%) believe that the balance between males and females is about right, roughly a third (32%) identify that it is too male dominated. The same view is held by men and women alike.

This question was previously asked in the ISM conducted in 2013. Since then the overall perception that sport is too male dominated remains unchanged, however the relative strength of this view has changed among women in particular. In both cases, the view of women has strengthened that the administration and sport is too male dominated – for national sport from 68% to 74%, and at club level from 21% to 35%. In contrast, the view of men of sport at national level is unchanged, and there has been a decline in the proportion of men – from 43% to 30% - who feel that the administration and management of their club is too male dominated.

**Overall, this shows that there is a persistent imbalance in the actual management and administration of sport (coaches and club officials), and that this is aligned by a similarly persistent perception which supports the reality. This is a particular challenge that needs to be addressed to ensure that women feel welcomed and supported in deepening their engagement in sport.**



SPÓRT ÉIREANN  
SPORT IRELAND

# A SPOTLIGHT ON DISABILITY







## A SPOTLIGHT ON DISABILITY

- Individuals with a disability are far less likely to participate in sport, walk for recreation, volunteer for sport, be a sports club member or attend a sporting event than those without a disability.
- 33% of those with a long-term illness or disability participate regularly in sport and 61% regularly walk for recreation.
- Among persons with a disability active participation in sport increased from 29% in 2017 to 33% in 2019. However, of all the gradients that exist in relation to active participation in sport, the disability one is the most severe.
- Since 2017, there has been an increase in the reported numbers of people with a disability being classified as highly active (from 25% to 28%) and a decline in the numbers being classified as sedentary (from 22% to 19%) resulting in a narrowing of the gap between individuals with a disability and those without in respect of both categories.
- 35% of individuals with a disability participate socially in sport compared to 50% of individuals without a disability.
- While participation levels in swimming, cycling and yoga among those with a long-term illness or disability are at similar levels to the population as a whole, they are significantly less likely to participate in popular team-based sports and running.
- Those with a long-term illness or disability are less likely to be members of a sports club with much lower membership of all different types of sports clubs.
- 81% of sports club members report that their club welcomes all participants including those with a disability, however 85% agree with the statement that their club would benefit from having more information and support to assist them in including people with disabilities.
- Additionally, 74% of volunteers report that they have not been provided with support or training in relation to working with people with a disability.

The Sport Ireland Policy on Participation in Sport by People with Disabilities reaffirms Sport Ireland's commitment to the equal treatment of people with disabilities when it comes to their participation in sport and physical activity. Furthermore, it notes that it is a policy imperative to focus the efforts of Sport Ireland and relevant sport and physical activity organisations to address various disability gradients that exist across active and social participation in sport.

The ISM measures participation levels among those with a disability. The survey questionnaire asks each respondent whether or not they have any long-term illness, health problem or disability that limits their daily activities or work. For those reporting an illness, health problem or disability it asks a follow-up question to identify whether or not this prevents them from taking part in sport or exercise.

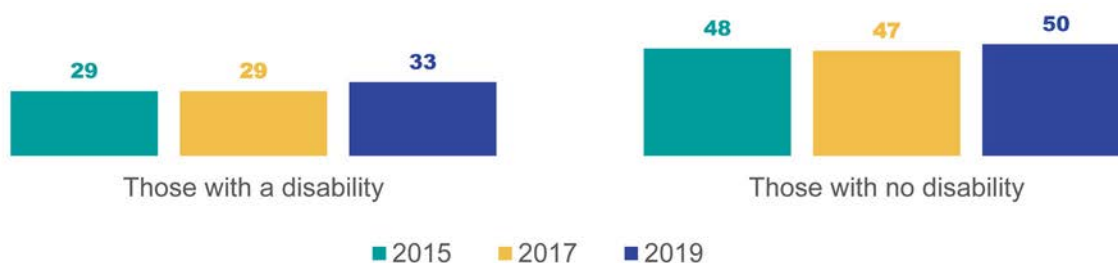
In this wave of the ISM, 22% report that they have a long-term illness, health problem or disability, and 16% overall report that they have an illness, health problem or disability that prevents them from taking part in sport or exercise. No difference exists by gender, however those who are older are more likely to report a disability with 36% of those aged 65 or older reporting this.

This wave of the ISM included an additional survey module relating to sport and disability which asked club members and volunteers about various issues relating to the accessibility of clubs to those with a disability as well as training and support that they might need to support them in working with people with a disability. For ease of reference throughout this section, those with a long-term illness, health problem or disability are referred to as those with a disability. However, references to disability throughout incorporates those with a disability as well as those with a long-term illness or health problem.

### Active Participation In Sport And Physical Activity

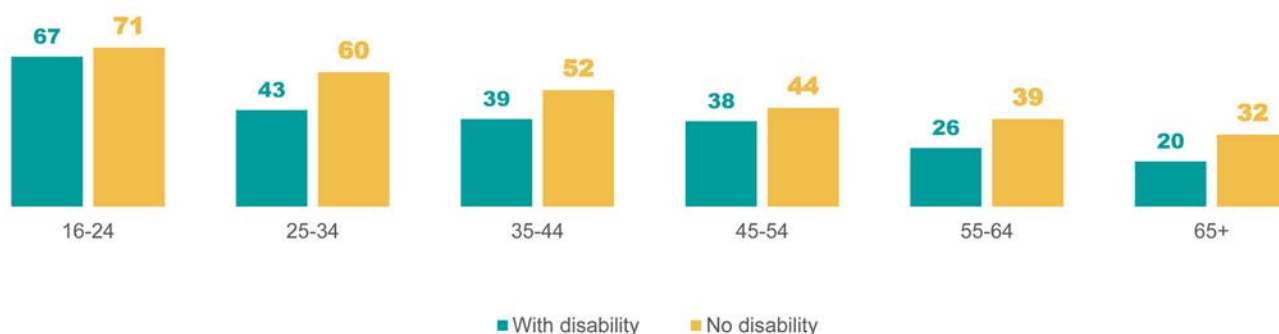
Throughout the ISM series, sports participation levels among those with a disability have consistently been much lower than those without a disability. However, as with participation levels overall, sports participation among this group has increased since 2015 with 33% now regularly playing sport. While this increase is certainly to be welcomed there is still a stark disability gradient in sports participation.

Figure 5.1 – Participation in sport among those with a disability/no disability (%)



Looking at participation levels across the life course we find that at all life stages those with a disability are less likely to play sports than those without one. The difference is narrower in the youngest age group, but is particularly wide among those aged between 25 and 44.

Figure 5.2 – Participation in sport among those with a disability/no disability (by age - %)



It also indicates that while participation in sport declines among the population as a whole between the age groups of 16 to 24 and 25 to 34, the decline is particularly severe for those with a disability. A sharp decline in participation at this age among those with a disability can also be seen in previous waves, suggesting that this is a persistent issue that warrants further consideration from a policy perspective.

One area in which participation among those with a disability compares more positively to those without a disability is in the number of days that participants play sport. Participants with a disability who play sport do so on average 2.64 days per week compared to 2.46 days for those with no disability. While this difference is quite small, it is statistically significant. However, those with a disability who participate in sport spend on average less time per week playing sports than those with no disability (85 minutes and 97 minutes respectively).

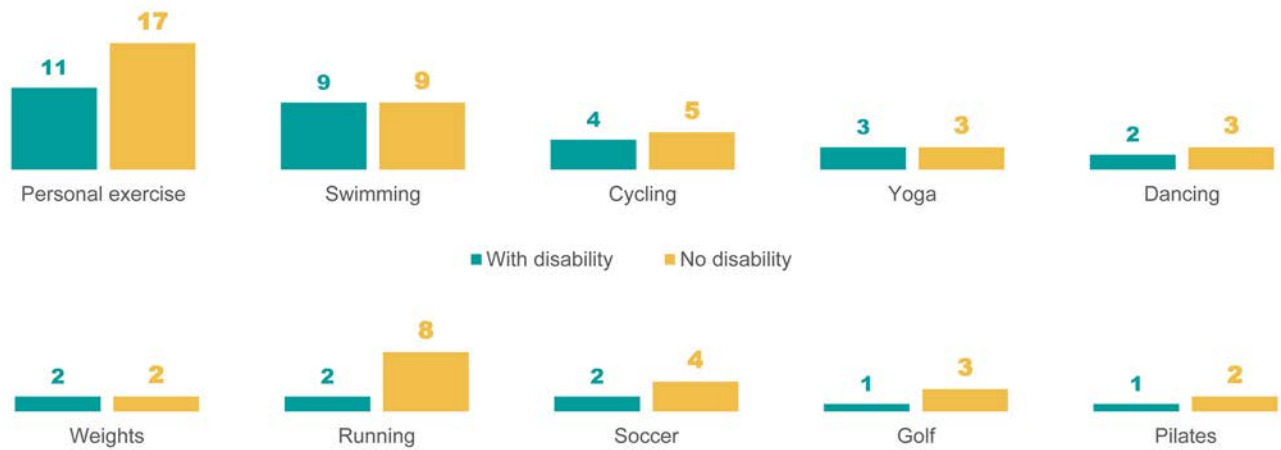
As identified in previous reports, the nature of sports participation differs strongly among this group. Those with a disability are less likely to participate in team-based activities and are also less likely to participate in sport on a competitive basis. They are also more likely to participate in sport at home and less likely to do so in a sports club.

Figure 5.3 – Location/context for sports participation (%)



This is reflective of the types of sports that this group participates in. Similar to those with no disability, personal exercise is the most popular type of sport among those with a disability, with just over 1 in 10 (11%) of those with a disability choosing this activity. However, while some other sports, particularly swimming, are equally popular among both those with and without a disability, participation in popular team-based sports such as soccer, as well as running is much lower.

Figure 5.4 – Types of sport participated in – those with disability and no disability (%)



A difference also exists in respect of recreational walking with 61% of those with a disability regularly walking for recreation, compared with 67% of those without a disability. Encouragingly, as with sports participation, those with a disability who walk for recreation do so more regularly than those without a disability – taking on average 4.9 walks and 4.3 walks per week respectively.

However, 17% of those with a disability report their usual walking pace as slow compared to 5% of those without a disability.

Figure 5.5 – Recreational walking among those with a disability/no disability (%)

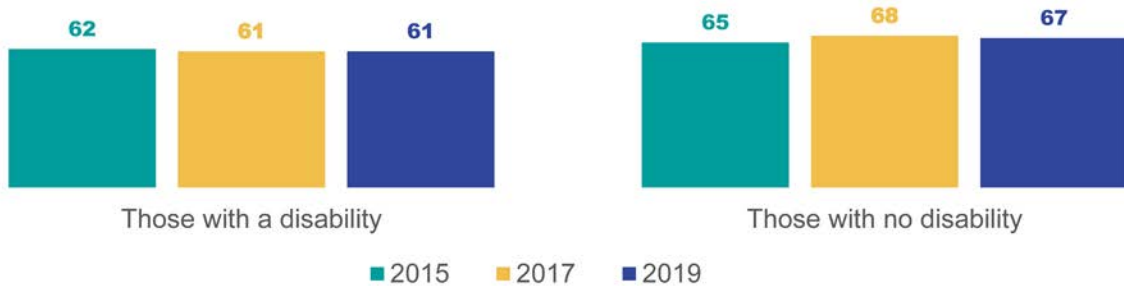
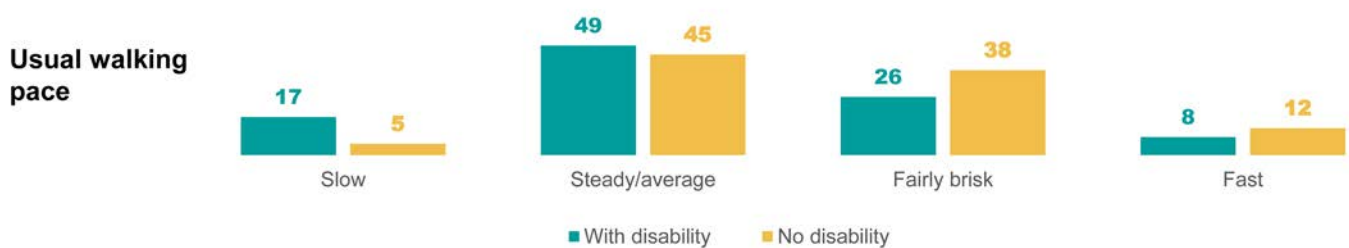


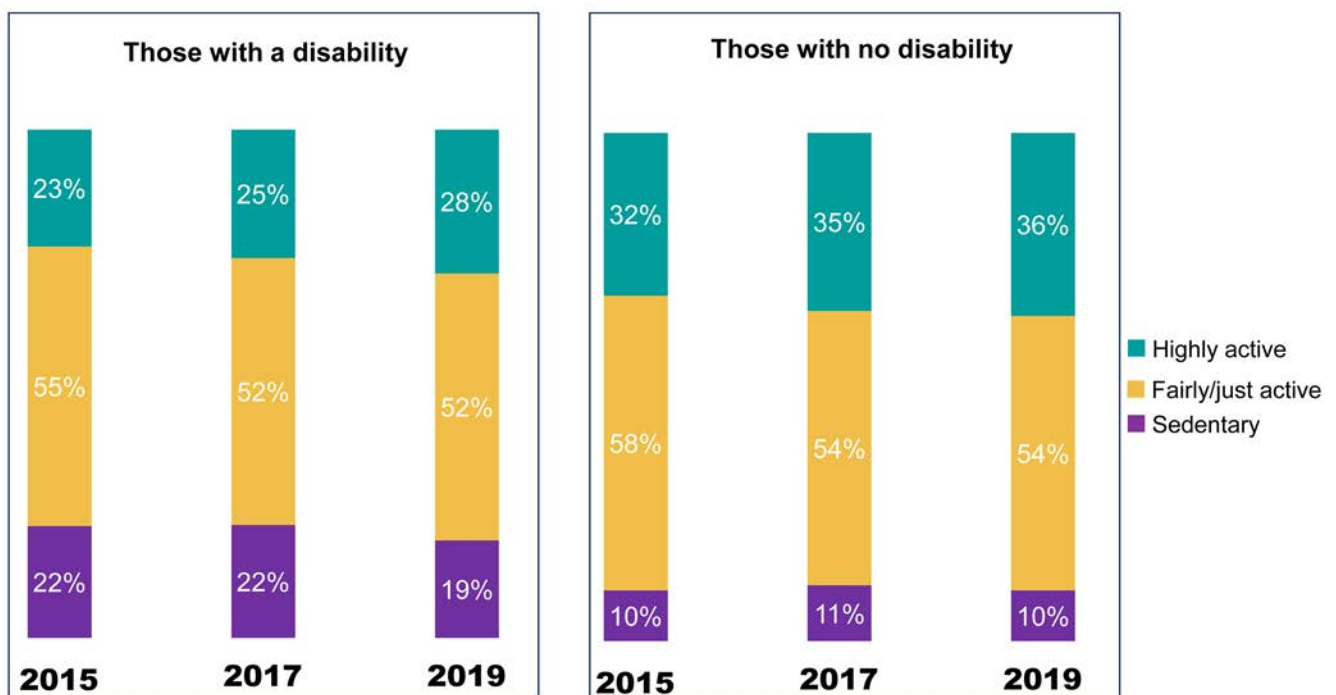
Figure 5.6 – Usual walking pace among those with a disability/no disability (%)



Notably, no difference exists between those with a disability and those without in terms of walking for transport with 45% of both groups regularly doing so. However, those with a disability are less likely than those without a disability to cycle for transport (8% and 11% respectively).

The previous ISM report noted that the high level of sedentary behaviour among those with a disability was a reason for concern. This wave identifies that this proportion has declined from 22% in 2017 with 19% now classified as sedentary. In turn, the proportion of those with a disability that are highly active (i.e. participate in at least 30 minutes of physical activity on at least 5 out of the previous 7 days through a combination of sport and recreational walking) has increased from 25% in 2017 to 28% in 2019.

Figure 5.7 – Hierarchy of activity among those with a disability/no disability



This is encouraging, although it still means that those with a disability are almost twice as likely to be sedentary as those without a disability, and a key challenge remains in encouraging higher levels of activity among this group.

### Social Participation In Sport

A wide gap in social participation exists between those with a disability and those without one. Just over a third (35%) of those who have a disability are involved socially in sport as club members, volunteer and / or regularly attending sports events, compared to half (50%) of those without a disability. It is particularly concerning that this gap has been persistent over the most recent waves of the ISM.

Figure 5.8 – Social participation in sport among those with a disability/no disability (%)

	2015	2017	2019
<b>Those with a disability</b>			
<b>Overall social participation</b>	<b>35</b>	<b>32</b>	<b>35</b>
Club membership	23	23	24
Volunteering	9	7	8
Attendance at events	17	14	14
<b>Those with no disability</b>			
<b>Overall social participation</b>	<b>48</b>	<b>49</b>	<b>50</b>
Club membership	37	37	40
Volunteering	12	12	13
Attendance at events	19	20	21

Much of this difference comes through differing club membership levels between both groups. While two-fifths (40%) of those with no disability are members of a sports club, just under a quarter (24%) of those with a disability are club members. Smaller but still significant differences also exist in terms of attendance at events and volunteering.

A large gap in membership levels between those with a disability and those with no disability exists across all of the popular clubs. Those with no disability are twice as likely to be members of the two most popular types of sports clubs – exercise and GAA. 8% of people with a disability are members of an exercise club, and 6% are members of a GAA club compared to 16% and 12% respectively among those with no disability.

Figure 5.9 – Social participation – types of sport (%)

Sport	Club Membership		Attendance at Events		Volunteering	
	Those with a disability	Those with no disability	Those with a disability	Those with no disability	Those with a disability	Those with no disability
GAA	6	12		n/a		n/a
Gaelic Football		n/a	4	9	2	4
Hurling			4	4	1	2
Gym	8	16	-	-	-	-
Golf	2	3	-	-	-	-
Soccer	1	3	4	5	1	-
Swimming	2	2	-	-	-	-
Running	1	2	-	1	1	-
Rugby	1	1	1	2	-	-

In terms of attendance at events the largest difference exists in the most popular sporting event with 4% of those with a disability regularly attending a gaelic football match compared with 9% among those with no disability. Attendance at soccer, hurling and rugby matches is broadly the same among both groups.

A similar pattern exists in terms of volunteering, however possibly of greater concern is the nature of the volunteering roles among those with a disability. Overall, 2% of those with a disability volunteer as a sports coach, compared to 5% overall among those with no disability.

### Enhancing The Club Environment For Those With A Disability

This year's ISM included additional questions to understand issues around disability from the perspective of club members and volunteers. Club members were asked whether or not their club had members with a disability and the provision of resources for those with a disability. Volunteers were asked about the extent of their engagement with sports participants with a disability and the training that they had received to work with people with a disability.

Given the persistence in the social gradient between those with a disability and those with no disability, an exploration of these issues is particularly worthwhile in order to ensure that the club environment is aligned with the specific needs of those with a disability.

Most (81%) club members are in agreement with the statement that their club welcomes all participants including those with a disability while a similar proportion (78%) believes that their club has accessible facilities such as car parking ramps or changing facilities. It is also quite positive that 28% of club members report that their club has a club volunteer or staff member with a disability which is higher than the proportion of the overall population with a disability (22%).

Figure 5.10 Features of sports clubs (% of club members identifying that their club has that feature)



However, deficits exist in terms of club membership for those with a disability as highlighted by the high proportion of club members (50%) reporting that their club does not have any members with a disability. Also, only 36% of club members report that their club runs inclusion days to invite individuals with a disability to try out the club’s activities.

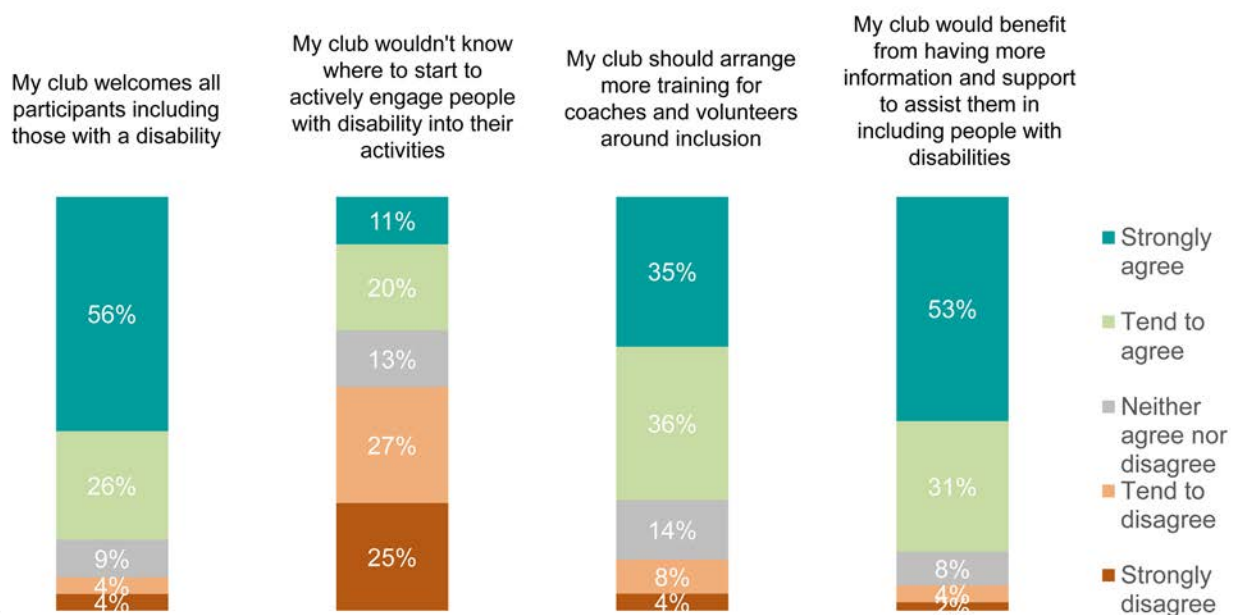
A key challenge in broadening the base of club membership to include more individuals with a disability is highlighted by almost a third (30%) of club members who agree with the statement that their club “wouldn’t know where to start to actively engage people with disability into their activities”.

This may be an indication that while club members feel there is a strong appetite to narrow the disability gap in terms of membership, the actions required to do so are unclear or implementing them is complex. While we have seen that most club members report that their club has accessible facilities it may be that the barriers to increased membership among people with disabilities relate to other factors than simply logistical ones.

It is also interesting to note that among the two types of club that dominate membership and which provided most of the respondents to this flexible module – gyms / exercise and GAA clubs – some differences were noted in relation to the perceived environment for people with disabilities. For example, 42% of GAA clubs reported having a volunteer or staff member with a disability compared to 28% of gym members while 61% of GAA members reported that their club had a member with a disability compared to 54% of gym members. Perhaps associated with this was that 87% of GAA members reported that their club welcomed all participants including those with a disability compared to 75% of gyms.

This is supported by the high levels of agreement among club members that clubs “would benefit from having more information and support to assist them in including people with disabilities”, and also that clubs “should arrange more training for coaches and volunteers around inclusion”, with 85% and 71% respectively agreeing with each statement.

Figure 5.11 Attitudes to disability among club members





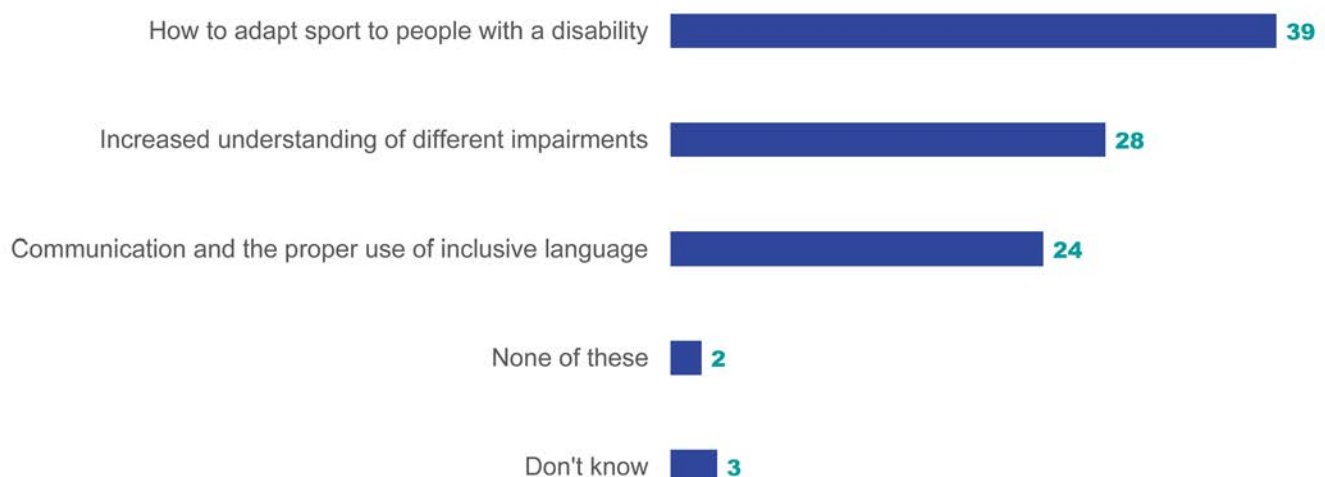
To further understand the complexities and challenges that exist in further engaging those with a disability within clubs, some additional questions were asked to those volunteering for sport within a club (excluding those who solely provide transport).

Just under a third (31%) of volunteers reported that through their voluntary role they had an involvement with someone with a disability. Notably, women who volunteer were more likely than men to report that their role had an involvement with someone with a disability (42% and 23% respectively). Given the differences that exist in the nature of volunteering among men and women this is an important consideration both in terms of further developing the roles of women who volunteer, as well as in encouraging greater involvement in clubs among those with a disability.

The need for training is highlighted by volunteers with 74% of all those who volunteer reporting that they have not been provided with sufficient support or training in relation to working with people with a disability. Even among those whose volunteering involved some engagement with persons with a disability, 70% reported that they had not received sufficient support or training.

When asked about the types of training that they think may be beneficial to their role working with those with a disability, volunteers identified a variety of different aspects of training. The most commonly identified type of training was in how to adapt sport to people with a disability (39%), with roughly a quarter identifying increased understanding of different impairments and communication and the proper use of inclusive language. Only 2% identified that they did not feel any of these types of training would be useful to their role as a volunteer.

*Figure 5.12 Types of training that volunteers feel would be useful to them when volunteering with people with a disability (%)*







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# MOTIVATIONS & HABITUAL NATURE OF PARTICIPATION IN SPORT





## MOTIVATIONS & HABITUAL NATURE OF SPORTS PARTICIPATION

- Sports is a habitual behaviour with most participants reporting that much of their sporting activity is repetitive in that it is participated in with the same people, at the same time and at the same locations each week.
- Three out of every five sports participants report that it is easy to motivate themselves to participate in their activity, with only 13% reporting that it is difficult.
- This wave examined the association between respondent perceptions around their capability (C) to perform physical activity; the opportunities to do physical activity (O); and their motivations to be active (M) with their reported behaviours (B) around sports participation and recreational walking and their status in terms of activity classification (highly active or sedentary). This has its foundations in the COM-B framework of behavioural change.
- At an overall level, a strong association was found between the COM model and each of the four behaviours. Those in the High COM group were more likely than those in other groups to play sport and walk for recreation. Similarly, they were more likely to be highly active.
- This association between sports participation and capability, motivation and opportunity is consistent across gender, age and socio-economic groups.

Previous waves of the ISM have explored various aspects of motivations to participate in sport, with the 2015 study looking at motivations for taking up sports and the 2017 study exploring motivations for participating in organised sport.

This year's ISM takes a broader view in seeking to gain a deeper understanding on habits and motivations around sports participation generally.

To do so, two separate modules were included for one month each during this year's ISM. The first of these explored the nature of habitual behaviours in sports participation where respondents were asked about the extent to which sports participation is a habit involving the same people, taking place at the same time and for the same frequency each week.

The second of these utilised the theoretical construct of Capability Opportunity Motivation – Behaviour Model, more commonly known as COM-B. This is a model that suggests that a specific behaviour is the outcome of three components - capability, opportunity and motivation. It was originally presented by Michie et al (2011) following their analysis of 19 frameworks of behavioural change interventions. In turn it forms the hub of a Behaviour Change Wheel which has been used to characterise a number of population health interventions.

This construct has been used in this study to understand sports participation, broader physical activity and social participation as specific behaviours, and to explore the extent to which Irish adults believe they have the capability, opportunity and motivation to participate in sport and physical activity.

An understanding of both of these dynamics – the respective roles of habits and the various components of behaviour change – is central to determining the targeted actions that need to be taken in order to further develop participation in sport as well as increasing levels of physical activity.

### Habitual Nature Of Sports Participation

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This research identifies that sports participation is a habitual behaviour with most participants reporting that much of their sporting activity is repetitive in that it is participated in with the same people, at the same time and at the same locations each week. This is a key finding as it illustrates that encouraging more people to take up sport on a sustained basis requires the formation of new habits and social connectivity. Forming new habits is inherently difficult, and this is a key focus of the analysis on behaviour change later in this section.

This survey module first asked respondents whether or not the activity (sports, recreational walking or walking for transport) they reported participating in is one that they participate in regularly. Just over nine out of every 10 participants (92%) report being regular participants in that particular activity. Those participating in sports reported similar levels of regularity.

While it was very common across all groups to participate regularly in the same activity, there are two groups more likely to report this behaviour. Those who are characterised as highly active by the ISM were more likely (96%) to report participating regularly in the same activity. This highlights the importance of regular, sustained activity in achieving minimum recommended levels of activity for health.

However, those aged between 20 and 34 were less likely to report this, with 85% saying that they regularly participate in the same activity. Some of this may be due to the greater volatility in the lives of these individuals with changes in employment, living location, marital status, parental status all being particularly associated with these years. **However, this is noteworthy given the decline in sports participation during that life stage and provides some evidence of the importance of regular sustained activity in maintaining participation levels.**

Respondents were also asked about the pattern of their participation in terms of the people, location and times in which they participate in activity.

In terms both of sports participation as well as broader physical activity, a sizeable majority report that they typically participate at the same time, with the same people and at the same frequency each week. This suggests that there is a strong habitual factor within physical activity.

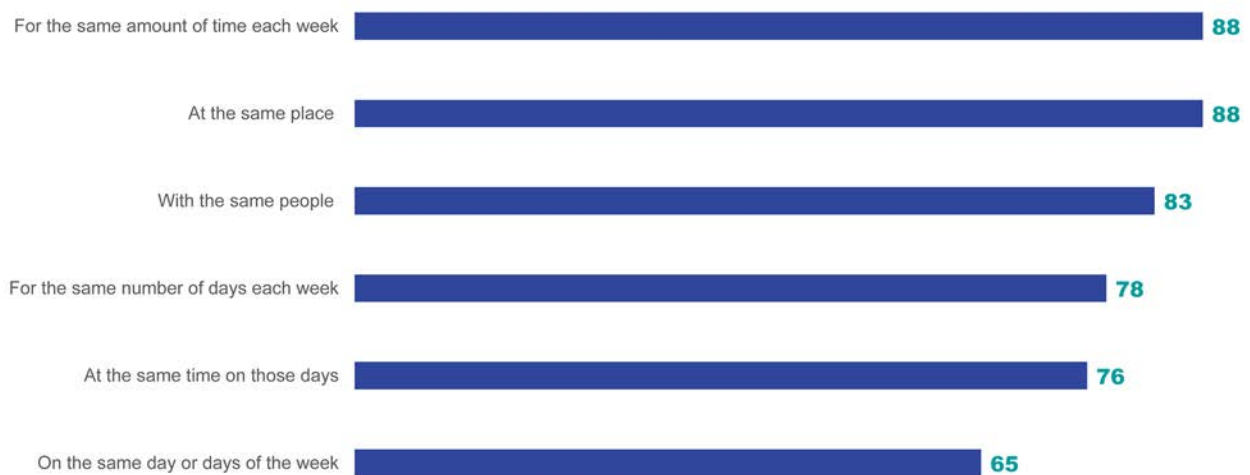
Examining sport separate to other forms of physical activity suggests that the habitual nature of this activity may be even stronger than it is for recreational walking and walking for transport. Across each of the factors, the proportion of those playing sports reporting that they do so with the same people, same location and same times each week is higher than it is for other forms of activity. This suggests that encouraging greater uptake of sports requires a stronger focus on encouraging the development of habits than is required for other activities.

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4 <https://implementationscience.biomedcentral.com/articles/10.1186/1748-5908-6-42>

In terms of sport, 88% report that they participate in their activity at the same place each week, and the same proportion report that they participate in the activity for the same amount of time each week. Similarly, habitual behaviours are evident across other factors in terms of participating with the same people (83%), for the same number of days (78%), at the same time (76%), and on the same days (65%).

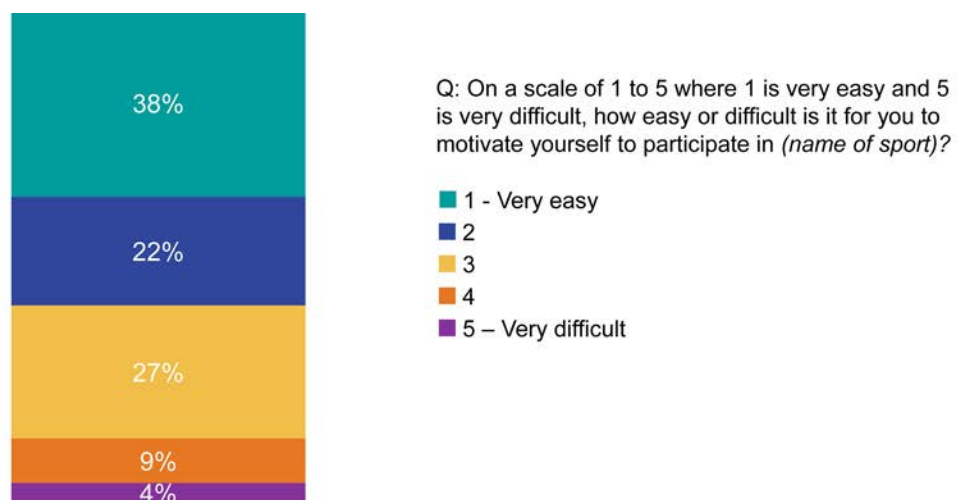
Figure 6.1 Habitual nature of sports activity (%)



The habitual nature of participation is stronger for team sports than it is for individual sports. Examples include playing with the same people (96% and 81% respectively), and doing the activity on the same days (82% and 64% respectively).

These patterns are common across all groups, with both genders and all age groups reporting similarly habitual behaviours in most cases. However differences do exist. Looking more widely at activity generally (i.e. including walking), women are more likely than men to report that they undertake their activity at the same place (88% and 81% respectively) and with the same people (79% and 73% respectively).

Figure 6.2 Ease of motivating participation in sport (%)



Three out of every five sports participants report that it is easy to motivate themselves to participate in their activity, with only 13% reporting that it is difficult (4 or 5 on the rating scale). Women are more likely than men to report difficulties motivating themselves to participate in physical activity, with 17% of women reporting this compared to 9% of men. Those who are older are more likely than younger people to report difficulties motivating themselves, with 21% of women aged 45 or older saying that it is difficult to motivate themselves.

This analysis suggests that most sports participants have a relatively stable relationship with their participation, possibly arising from the fact that they have developed habits around it. This also applies more generally to other forms of physical activity, such as recreational walking and walking for transport.

## Capabilities, Opportunities And Motivations

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The second part of this analysis considers the association between respondent perceptions around their capability (C) to perform physical activity; the opportunities to do physical activity (O); and their motivations to be active (M) with their reported behaviours (B) around sports participation and recreational walking and their status in terms of activity classification (highly active or sedentary). This has its foundations in the COM-B framework of behavioural change.

Each of the COM categories are represented through four statements presented to respondents. Respondents were asked to identify the extent to which they agreed or disagreed with each statement on a five-point scale.

Examining sport separate to other forms of physical activity suggests that the habitual nature of this activity may be even stronger than it is for recreational walking and walking for transport. Across each of the factors, the proportion of those playing sports reporting that they do so with the same people, same location and same times each week is higher than it is for other forms of activity. This suggests that encouraging greater uptake of sports requires a stronger focus on encouraging the development of habits than is required for other activities.

### Capability

- My level of fitness prevents me from doing physical activity
- I'm not skilful enough to do physical activity
- I know exactly where I can go to do physical activity
- I know what days and times I can go to do physical activity

### Opportunity

- My local area is not very attractive and this puts me off doing physical activity
- There is nowhere near me to do physical activity
- I think people like me do physical activity
- I don't have anyone to do physical activity with

### Motivation

- Doing physical activity is helping me achieve a current goal
- I want to do physical activity
- Doing physical activity is part of my weekly routine
- I don't like doing any physical activities



Analysis was conducted by combining the responses to the 12 statements and assigning a score to each individual respondent. In designing the analysis the scale for negative statements was reversed so that for each individual statement, a respondent received a score of 5 for a highly positive response and a score of 1 for a highly negative response. Respondents answering that they did not know or refusing to answer were assigned a score of 3. On this basis, every respondent had a score of between 12 (very low COM) and 60 (very high COM).

The average score across all respondents was 48 suggesting that in general respondents provided quite positive scores across the components. Both genders had similar average scores. However, an age and social gradient is evident, with those that are older and those from lower socio-economic groups typically having a lower average score. As outlined earlier, participation in sport and physical activity differs strongly across these dimensions.

Figure 6.3 – Average COM score across gender, age and socio-economic group

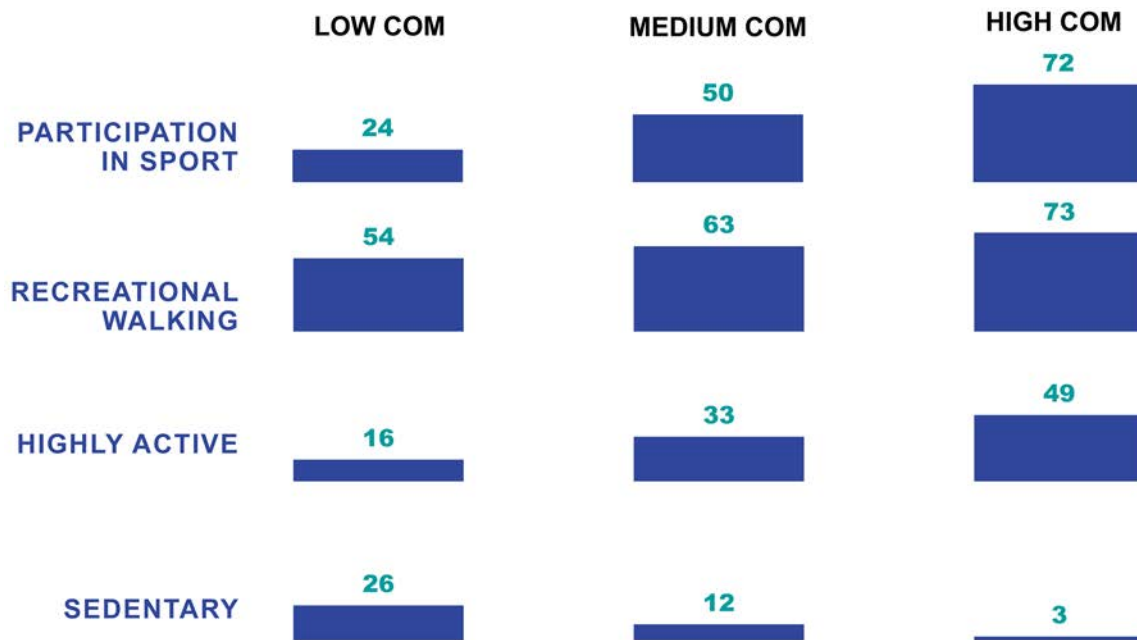
<b>Men</b>	<b>48</b>	<b>16-19</b>	<b>51</b>	<b>AB</b>	<b>51</b>
<b>Women</b>	<b>49</b>	<b>20-24</b>	<b>48</b>	<b>C1</b>	<b>49</b>
		<b>25-34</b>	<b>49</b>	<b>C2</b>	<b>48</b>
		<b>35-44</b>	<b>49</b>	<b>DE</b>	<b>46</b>
		<b>45-54</b>	<b>49</b>		
		<b>55-64</b>	<b>46</b>		
		<b>65+</b>	<b>46</b>		

Respondents scored similarly across each of the components, with an average score of 17 (out of 20) for Capability, and 16 for each of Opportunity and Motivation. A similar pattern existed across each of the components in terms of age and social gradients, as well as in terms of the similarities across both genders.

To explore the link between COM and each of the four behaviours, respondents were allocated into one of three groups based on their overall score. Those with a score of 46 or lower were allocated to the “Low COM” group. Those with a score of between 47 and 53 were considered to have a “Medium COM” and those with a score higher than this were allocated to the “High COM” group. Each of these groups were roughly equal in size at an overall level.

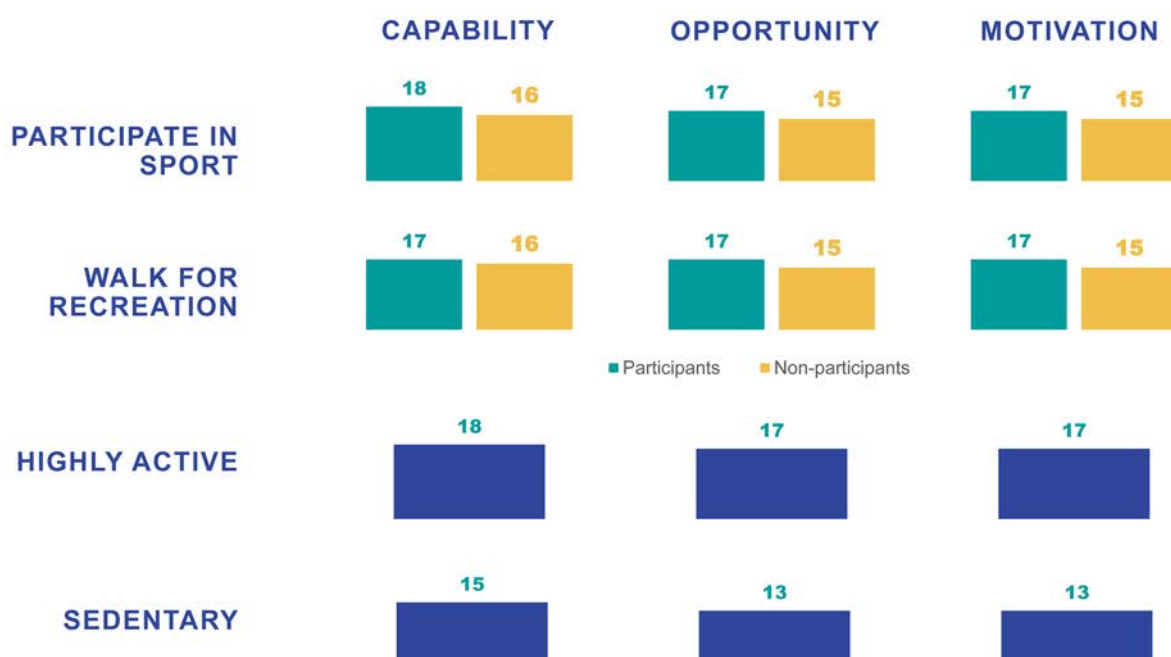
At an overall level, a strong association was found between the COM and each of the four behaviours. Those in the High COM group were more likely than those in other groups to play sport and walk for recreation. Similarly, they are more likely to be highly active and less likely to be sedentary. The differences between the groups in terms of sports participation and being highly active are particularly high. This suggests that the perceptions of capability, opportunity and motivation to play sport strongly impact on an individual’s likelihood to do so.

Figure 6.4 Participation in sport and physical activity across Low, Medium and High COM groups (%)



A strong association was also found between each component of the COM framework and the behaviours. Those playing sport and those walking for recreation had a higher average score across each of the three components than those who did not do these activities. Similarly, those that are highly active scored much higher across each component than those who are sedentary.

Figure 6.5 Average COM scores among participants and non-participants (%)



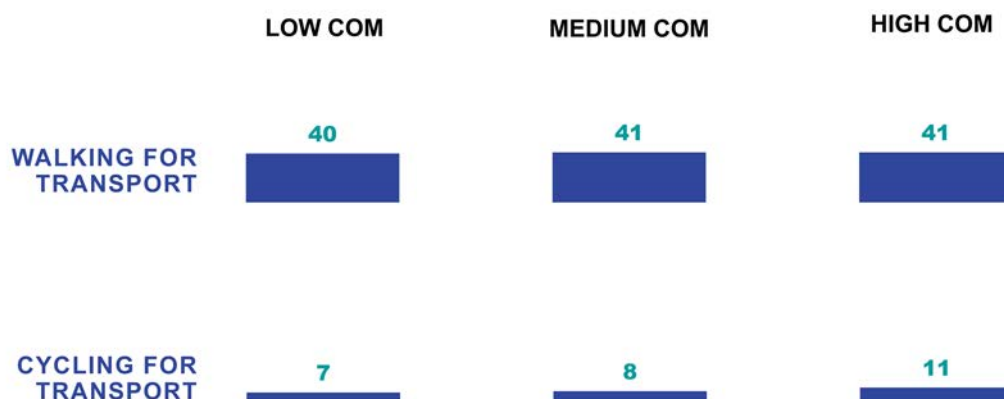
This association is consistent across gender, age group and socio-economic groups, although some differences exist. **Among those aged 45 and older, the difference in the average COM score between those that are highly active and those that are sedentary is larger than it is for those younger than 45. A similar difference exists in terms of recreational walking. This highlights the particular importance of developing capabilities, opportunities and motivations for physical activity among those aged 45 and older in order to increase physical activity levels in this group.**

Figure 6.6 Average COM scores among participants and non-participants

	Sport		Recreational walking		Highly Active	Sedentary
	Participate	Do not participate	Participate	Do not participate		
Men	51	45	49	46	50	41
Women	52	46	50	46	52	43
Aged under 45	52	46	50	46	52	43
Aged 45 or older	51	44	49	43	51	40
ABC1	52	47	50	49	52	42
C2DE	50	44	48	44	51	41

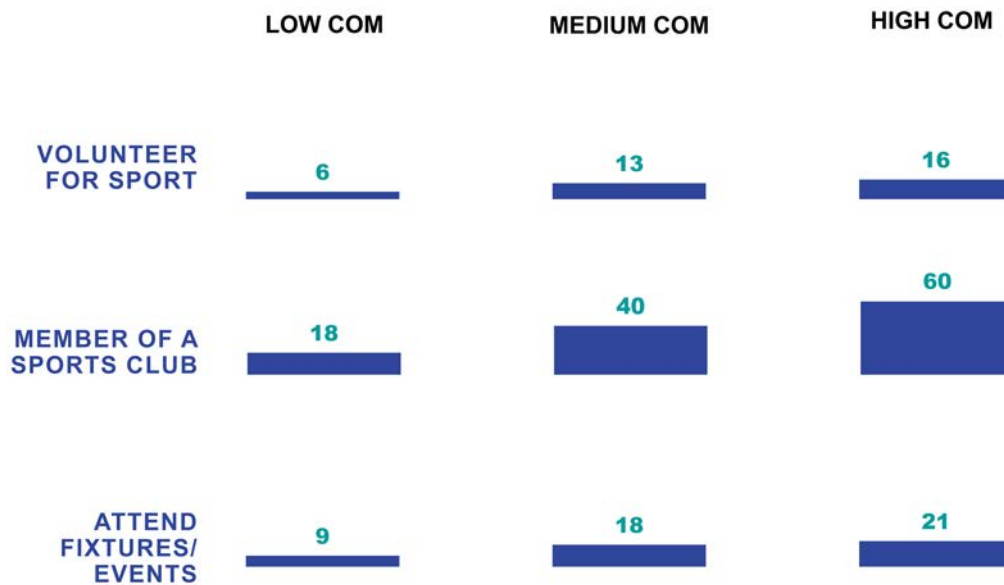
While the association between the COM and these four behaviours is very clear, it is less obvious in walking and cycling for transport. There is no meaningful difference across each of the three groups in terms of their likelihood to walk for transport, and the differences in cycling for transport are limited. This suggests that these activities – and walking for transport in particular – may be more influenced by other factors and may be more needs-based.

Figure 6.7 Participation in active travel across Low, Medium and High COM groups (%)



The impact of COM on social participation is also quite evident, with those in the High COM group more likely than others to participate socially in sport. This is consistent across each of the three social activities.

Figure 6.8 Participation in active travel across Low, Medium and High COM groups (%)



While the overall COM scoring provides key insights into the key factors that impact on sports participation and physical activity levels, the individual statements used to construct the analysis are also informative. For example, one of the statements relates to the habitual nature of participation - “Doing physical activity is part of my weekly routine” – which the analysis earlier in this section suggests is a key factor within sports participation. Eighty-five percent of sports participants agree with this statement, compared with 49% of those who do not participate in sport. Similarly, 86% of those who are highly active agree with it, compared to 25% of those who are sedentary.

# SPORTS & MENTAL WELLBEING





## SPORTS & MENTAL WELLBEING

- Those that participate in sport and other forms of activity – both physically and socially – exhibit higher levels of positive mental health.
- Participation in sport narrows the gender gap that exists in terms of positive mental health.
- Those who are physically active consistently provide more positive self-ratings of life satisfaction, the extent to which an individual feels that the things they do in their life are worthwhile, how happy they felt on the previous day; and the extent to which they felt anxious on the previous day.
- The increases in positive self-ratings among those that are active are stronger for women than men.

Sport delivers a wide variety of benefits at individual and societal levels. The positive association between involvement in sport – both physical and social – and an individual’s mental wellbeing is long-established and well-documented across a range of international studies.

As the ISM provides the most robust measurement of physical and social participation in sport in Ireland it offers an ideal opportunity to explore possible relationships between sport and physical activity, and mental wellbeing in Ireland. To do so, this wave of the Irish Sports Monitor included a module on mental wellbeing.

This module permitted analysis of mental wellbeing in two ways. Firstly, positive mental health was measured using the Energy and Vitality Index (EVI). This involved respondents indicating the extent to which they felt ‘full of life’, ‘calm and peaceful’, had ‘lots of energy’ and had ‘been a happy person’ over the past four weeks.

The resulting scores, which range from 0 to 100, give an indication of an individual’s level of positive mental health, with higher scores indicating greater wellbeing. EVI is used extensively across studies internationally to measure positive mental health.

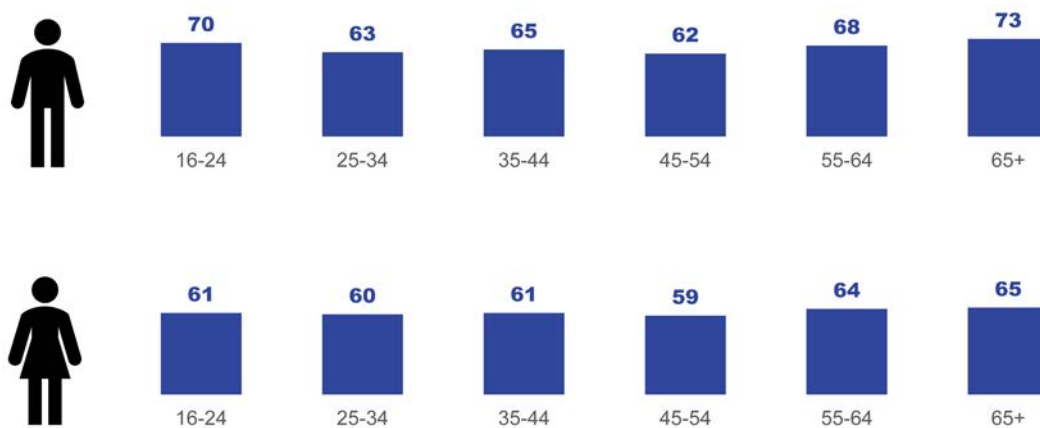
An additional measurement was also included which evaluated wellbeing across four dimensions: life satisfaction, the extent to which an individual feels that the things they do in their life are worthwhile, how happy they felt on the previous day; and the extent to which they felt anxious on the previous day. Previous research by Sport England identified that these measures were all positively associated with participation in sport.

This wave of the ISM demonstrates that participation in sport and achieving the recommended level of physical activity are both positively associated with higher levels of mental wellbeing.

## Energy And Vitality Index (EVI)

This module identifies an average EVI score as 64. As with other studies it finds that men have a higher average EVI score than women (67 and 62 respectively), and that a difference between the genders exists throughout the life course.

Figure 7.1 Average EVI score by age and gender (%)



An alternative way to examine this is by examining the percentage of the population that has a high EVI score i.e. one that is equal to or greater than one standard deviation of the mean score for the population. This survey finds that 16% have a high EVI. This is broadly in line with previous measurements such as the Healthy Ireland Survey 2016 which found that 13% had positive mental health.

Those that participate in sport and other forms of activity – both physically and socially – exhibit higher levels of positive mental health. In all cases (with the exception of walking for transport), the average EVI score is higher for those participating in each activity than it is for those who do not participate. Similarly, a large difference is found between those who are highly active and those who are sedentary.

Figure 7.2 Average EVI score by type of activity (%)

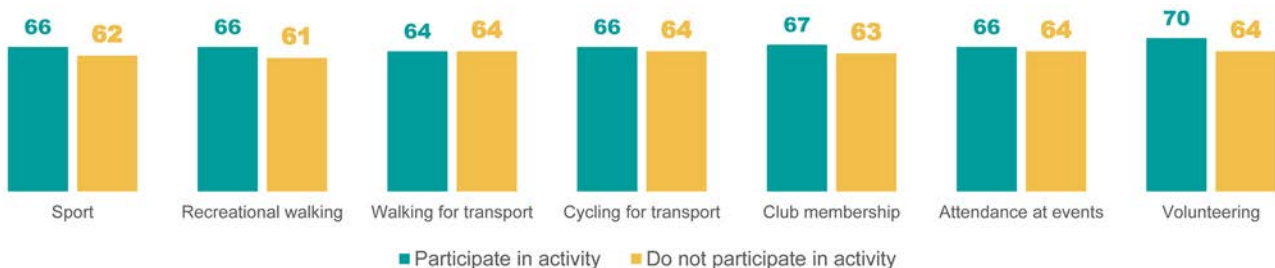
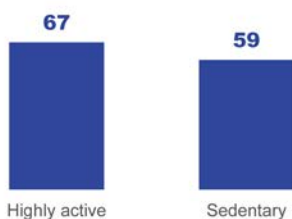


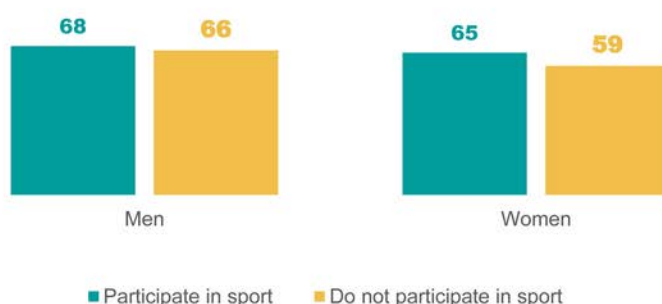
Figure 7.3 Average EVI score level of activity (%)





Another key finding of this module is that participation in sport narrows the gap in positive mental health that exists between the genders. Participation in sport has a much more positive impact on mental wellbeing of women than it does for men. Women who participate in sport have an average EVI score that is 6 points higher than women who do not participate in sport, while for men the difference is more modest at 2 points. This further underlines the importance of reducing the gender gap that exists in sports participation.

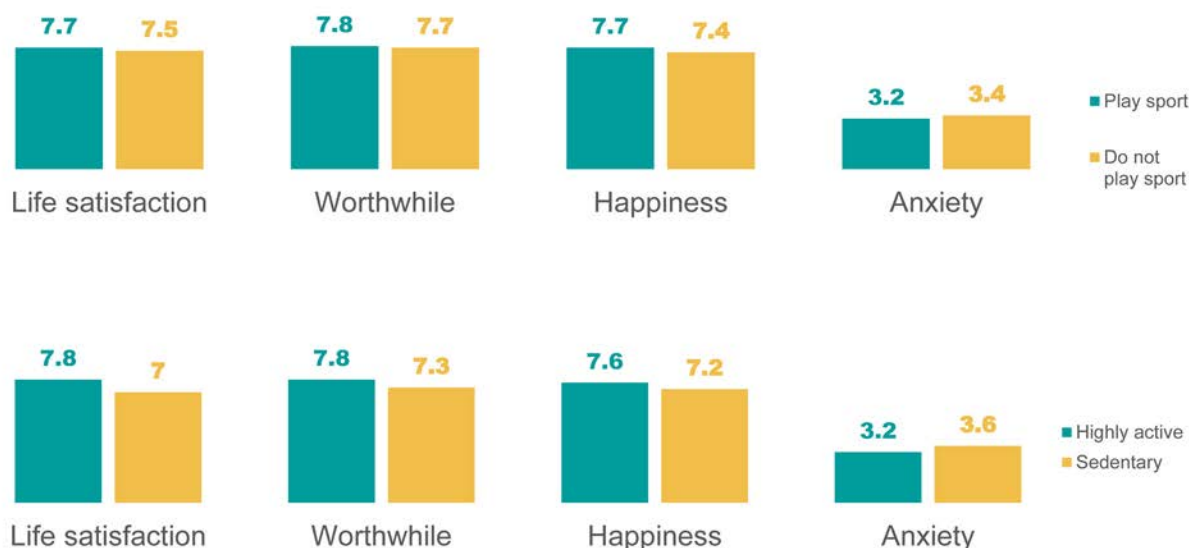
Figure 7.4 Average EVI score by gender – those participating in sport and not participating in sport (%)



### Self-Ratings Of Aspects Of Mental Wellbeing

Looking at the various self-rated aspects of mental wellbeing, those who are physically active consistently report more positive self-ratings of their mental wellbeing.

Figure 7.5 Self-reported wellbeing (0 to 10) by levels of activity



That the gap is wider between those who are highly active and those who are sedentary than it is between sports participants and non-participants is noteworthy. This highlights the importance of broader physical activity in enhancing mental wellbeing, and the importance of recreational walking in this regard.

Figure 7.6 Self-reported wellbeing (0 to 10) by gender and sports participation



Figure 7.7 Self-reported wellbeing (0 to 10) by gender and overall level of activity



Exploring this by gender identifies that, as with EVI, the increases in wellbeing among those that are active are stronger for women than men. This is the case both in terms of sports participation and being highly active. **Across most metrics women who do not participate in sport and who are sedentary report lower levels of wellbeing than men. However, the gender gap is eliminated among those participating in sport and those who are highly active. This is a key finding in terms of enhancing wellbeing, as numerous studies have shown that women report lower positive mental health than men. It illustrates the important role of sport and physical activity in enhancing wellbeing for women, and further highlights the importance of eliminating the gender gap in sports participation.**

Sports and physical activity are linked to positive wellbeing at all life stages. Similar differences exist across all age groups in terms of the reported levels of positive wellbeing by those that are highly active compared with those that are sedentary, as well as between those playing sport and those who do not.



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# POLICY CONSIDERATIONS





## POLICY CONSIDERATIONS

### **Developing A Meaningful Engagement With Sport Among Women From An Earlier Age**

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A common theme through the ISM series is the gender gap in sports participation. Women are not only less likely than men to play sport, but are also less likely to be engaged socially in sport. This wave of the ISM shows that the situation is continuing to improve and that the advancements made over the past few years have been further built upon.

The gender gap in physical participation in sport is continuing to narrow. It is currently at 3%, compared to 4% in 2017 and 16% when the ISM was introduced in 2007. This is significant progress and is the result of considerable work throughout the sporting infrastructure in Ireland both at national and local levels.

The ambition set by the National Sports Policy is to eliminate the gap entirely and the Women In Sport policy sets out a roadmap to achieving equality between the genders in terms of their participation in sport.

It is clear that a particular challenge exists in engaging women in sport at a younger age. The largest gender gap in sports participation exists among those aged under 25. Among those older than this the gender gap is either marginal, or among those in the oldest age groups may even be in favour of women.

The way in which women engage with sport is very different to men. The sports played are different, or in some cases – such as running - are taken up at a later stage in life than men. Also, the way in which they are played is different. Women are more likely to than men to participate in sport in an organised session, whereas men are more likely to play alone.

Furthermore, the motivations for women participating in sport are different to those of men. Firstly, women are more likely to report difficulties motivating themselves to participate, and in particular older women are more likely to report difficulties in this regard (although this group are more likely than their male peers to play sport). Secondly, the factors that women identify as being important reasons for participating in sport are different to men. While improving health and fitness is the main reason for both genders, women are more likely to identify relaxation, weight control and improving looks as key factors, whereas men are more likely to identify competition.

Eliminating the gender gap needs to recognise that a particular focus is needed in engaging with younger women and recognising the factors that motivate them to get involved in sport and stay involved throughout their life course. For many women this involves participating in organised settings rather than alone. This requires continued investment in facilities and sporting infrastructures and facilitating group settings for sports participation.

### **Building Habits That Sustain Long-Term Sports Participation**

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The importance of habit in sports participation is demonstrated clearly in this wave of the ISM. Most of those who participate in sport exhibit various habitual behaviours in terms of the participation with most reporting that they participate at the same times each week, in the same locations and with the same people.

The strength of the habitual nature of participation is encouraging as it means that it is more likely that these positive behaviours will be maintained into the future. It also goes some way towards explaining why sports participation changes so gradually over time and that sudden changes in participation are rare.

However, it also suggests that in order to encourage greater uptake of sport, non-participants need to be encouraged to develop these positive habits. Without building these habits it is not possible to develop sustained participation in sport.

Building habits is challenging and it is necessary to ensure that potential participants have the capability, opportunity and motivation to participate in sport. Analysis in this report built around the COM-B framework finds a strong association between these three factors and participation in sport, recreational walking and achieving the minimum level of activity recommended within the National Physical Activity Guidelines. These factors are also strongly associated with social participation in sport.

This highlights the importance of building strategies to increase sports participation that are based around the principles of behavioural change. Investment should be targeted at the interventions that can be shown to have the most meaningful impact on sustained involvement in sport. These interventions will likely differ across population sub-groups and further research is required to identify how these can be delivered.

### **The Important Role Of Physical Activity In Mental Wellbeing**

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In addition to the various physical and social benefits of sport, there is also a positive relationship between sport and mental wellbeing. This wave of the ISM clearly demonstrates that this is the case, both in terms of physical and social participation in sport.

Those that play sport and those that participate socially in sport exhibit higher levels of positive mental health. They also rate their general wellbeing more positively in terms of life satisfaction, feelings that the things they do are worthwhile, happiness and also having lower levels of anxiety.

Of particular importance is that women, who on average exhibit less positive levels of mental health, see a greater gain in wellbeing than men when they participate in sport. This is a further key positive outcome from increasing participation levels in sport among women.

Sport and physical activity need to be central within policies and initiatives undertaken to enhance levels of positive mental health and wellbeing in Ireland. Furthermore, access to sport and activity needs to be facilitated to those population subgroups that have most to gain in terms of improving their mental health and wellbeing.

### **A Commonly Held View Exists That The Management And Administration Of Sport Is Male-Dominated**

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While considerable progress is being made towards eliminating the gender gap in physical participation in sport, the gender gap is more persistent in many other aspects of sport. Women are less likely than men to participate socially in sport, and this gap is evident across club membership, volunteering and attendance at sports events.

A particularly concerning finding throughout the ISM series is that not only are fewer women involved socially in sport, but also that those that are involved are less likely to play a key influencing role. This is crucially important in terms of engaging more women and young girls in sport. While there is some progress being made in this regard, a considerable gap remains. For example, roughly two-thirds of all sports coaches are men.

This wave of the ISM explored the perceptions of club members in terms of the management and administration of sport, both locally and nationally. It identified that a strong perception exists that the management and administration of sport is too male-dominated. This is common among both genders, although women are more likely to hold this view.

That this view is widely-held is significant cause for concern. If it is believed that clubs are overly dominated by men, then it could lead to the impression of a less-welcoming environment for women. This may make women less willing to join clubs or less willing to get involved in the management and administration of clubs and other sporting structures.

Facilitating a wider and deeper engagement among women within sporting infrastructures is crucial not just in terms of facilitating greater involvement of women themselves, but also in terms of the benefits that women can bring to maintaining and developing sporting infrastructures in Ireland.

### **A Persistent Social Gradient Exists In Sports Participation**

Over the past few years there has been considerable progress made in increasing the numbers that regularly participate in sport. However, over this time period a social gradient in sport has persisted. Those from more educated and more affluent backgrounds remain more likely to participate in sport than those from less educated and deprived backgrounds.

Eliminating this social gradient must remain a key priority for policymakers. At the time of writing additional research is underway to deepen the understanding of the underlying reasons behind this social gradient as well as to design and evaluate interventions that seek to encourage greater engagement in sport among these population subgroups. A key part of this will likely involve the continued focussed allocation of resources into areas and communities where participation in sport needs to be further enhanced.

A key consideration in this respect must be around the persistent gradient that exists in terms of disability. Individuals with a disability are far less likely to participate in sport, walk for recreation, or participate socially in sport than those without a disability. While some progress is being made there is considerably more work to be done. A key focus of this needs to be on the high level of drop out from sport in early adulthood among those with a disability. While dropping out of sport at this age is not unique to those with a disability, specific measures will be needed to overcome the challenge among these individuals and sustain their involvement in sport throughout life.

This year's study also included a focus on ethnicity and found that while physical participation is the same across different ethnic groups, social participation is lower among those who did not identify as White Irish. This indicates a further social gradient that needs to be addressed in order to ensure that organised sport throughout Ireland includes those from the diverse backgrounds that make up the social fabric of Ireland today.





# Appendix: Core and flexible questionnaires

## IRISH SPORT MONITOR 2019 CORE QUESTIONNAIRE

### SECTION 1 – INTRO AND SCREENING

Good morning/afternoon/evening, my name is \_\_\_\_\_ and I am calling on behalf of Ipsos MRBI, Ireland's leading opinion polling and survey research company. We are carrying out an important lifestyle study and your opinions may help to shape local services in the future. Would you spare some time to answer some questions. It may take approximately 7-8 minutes depending on your answers.

Before we go to the first question I just need to reassure you that all of your answers are completely confidential and your rights under the Data Protection Act will be fully observed, including not answering and choosing to end the interview. For quality control and training purposes this interview may be monitored or recorded.

#### **GENDER**

RECORD SEX OF RESPONDENT

Male .....  
Female .....

#### **AGE**

To ensure we interview a wide cross section of the public, could I first ask what age group you fall into?

Under 16 .....  
16-19 .....  
20-24 .....  
25-34 .....  
35-44 .....  
45-54 .....  
55-64 .....  
65+ .....

#### **AGE 2**

And, may I ask what is your actual age?  
15 to 99

**WORK**

Which of these best describes your current employment situation? **READ OUT. SINGLE CODE**

- Working as an employee .....
- Self-employed .....
- Unemployed/seeking work .....
- Retired.....
- Full-time home maker / looking after family .....
- Student.....
- Not working due long term sickness or disability .....

**SECTION 2 – SPORTS PARTICIPATION**

Now I would like to ask you a few questions on recreation, exercise and sport. These questions are being asked on behalf of Sport Ireland, but they relate to a broad range of physical activities as well as traditional sports, including walking, cycling, other outdoor pursuits, water sports, and non-competitive or recreational exercise.

**A1.** First, I would like to ask you about any recreational walking you did in the last 7 days.  
DO NOT include walks for transport, such as walking to work or to the shops, but DO include walks undertaken for exercise, recreation or leisure. In the last 7 days, did you take such a walk?

In the last 7 days, did you take such a walk?

Yes .....  No.....  → **GO TO**  
**A5**

**A2.** How many walks for exercise, recreation or leisure did you take?

**A3. If only one walk at A2**  
For how long did you walk? \_\_\_\_\_ minutes

**If more than one walk at A2**  
For how long did you usually walk? \_\_\_\_\_ minutes

**A4a.** How would you describe your usual walking pace during this(these) walk(s)? **TICK ONE ONLY**

- Slow .....
- Steady, average .....
- Fairly Brisk .....
- Fast .....
- Don't know .....

**A4b.** Where do you usually walk? **READ OUT. TICK ONE ONLY**

- Around local roads .....
- Parks .....
- Forests or other trails .....
- Beach or seafront.....
- Somewhere else (specify: \_\_\_\_\_) .....
- Don't know .....

**A5.** I would now like to ask you about any OTHER physical activities you undertook in the past 7 days for exercise, recreation or sport. Please DO NOT include physical activity for work, transport, or domestic work like gardening or DIY. Please DO include personal exercise, such as swimming, dancing or jogging, as well as all forms of sporting activity, indoor or outdoor, whether undertaken in an organised setting or casually with family or friends. So, in the past 7 days, did you participate in any such activities?

Yes .....  
**A22**

No.....

→ **GO TO**

**A6.** Please list up to 3 sports or activities, in the order in which you participated the most:

A6a.
A6b.
A6c.

I'd like to ask you a short series of questions about each activity, starting with the first...

**INT: PROMPT ACTIVITY A6A**

**A7.** On how many of the last 7 days did you take part? \_\_\_\_\_

**A8.** For how long did you take part?  
 Consider a usual session if you took part more than once. \_\_\_\_\_ minutes

**A9.** Was the effort enough to raise your breathing rate?  
 Yes .....   
 No.....

**A10.** Was the effort enough for you to be out of breath or sweat?  
 Yes .....   
 No.....

**A11a.** In what context did the activity take place?  
 Organised training/coaching/lesson .....   
 Organised competition .....   
 Casually with family or friends .....   
 On own .....   
 Other .....

**A11b.** Where did this activity take place?  
 Public place .....   
 Sports club .....   
 Community hall .....   
 Gym/sports centre .....   
 School/college/university .....   
 At home .....   
 Somewhere else (specify: \_\_\_\_\_) .....

I'd like to ask you the same series of questions about the second activity... **[PROMPT  
ACTIVITY A6B]**

**A12.** On how many of the last 7 days did you take part? \_\_\_\_\_

**A13.** For how long did you take part?  
Consider a usual session if you took part more than once. \_\_\_\_\_ minutes

**A14.** Was the effort enough to raise your breathing rate?  
Yes .....  
No.....

**A15.** Was the effort enough for you to be out of breath or sweat?  
Yes .....  
No.....

**A16a.** In what context did the activity take place?  
Organised training/coaching/lesson.....  
Organised competition .....  
Casually with family or friends .....  
On own.....  
Other .....

**A16b.** Where did this activity take place?  
Public place .....   
Sports club .....   
Community hall .....   
Gym/sports centre.....   
School/college/university .....   
At home.....   
Somewhere else (specify: \_\_\_\_\_) .....

I'd like to ask you the same series of questions about the third activity... **[PROMPT  
ACTIVITY A6C]**

**A17.** On how many of the last 7 days did you take part? \_\_\_\_\_

**A18.** For how long did you take part?  
Consider a usual session if you took part more than once. \_\_\_\_\_ minutes

**A19.** Was the effort enough to raise your breathing rate?  
Yes .....  
No.....

**A20.** Was the effort enough for you to be out of breath or sweat?  
Yes .....  
No.....

**A21a.** In what context did the activity take place?

- Organised training/coaching/lesson.....
- Organised competition .....
- Casually with family or friends .....
- On own.....
- Other .....

**A21b.** Where did this activity take place?

- Public place .....
- Sports club .....
- Community hall .....
- Gym/sports centre.....
- School/college/university .....
- At home.....
- Somewhere else (specify: \_\_\_\_\_) .....

**A22.** I would now like to ask you about any voluntary activity associated with sport and exercise activities that you undertook in the past 7 days. Voluntary activity means any role you may have fulfilled in support of sport or recreational physical activity, for adults or children. It includes helping to run events, providing or maintaining transport, food, equipment or kit, or acting in any kind of official capacity in relation to an event, team or organisation that provides opportunities to engage in physical activities for recreation, exercise or sport.

So, in the past 7 days, were you involved in any volunteering of this type?

Yes .....

No.....



**GO TO A28**

**A23.** What were the sports or physical activities concerned (up to a maximum of 2 you were most involved in)?

A23a. \_\_\_\_\_

A23b. \_\_\_\_\_

**A24.** For sport ... [prompt activity A23a], what voluntary involvement did you have?

**TICK ALL THAT APPLY**

- Providing Transport.....
- Coach .....
- Club Official .....
- Activity Organiser .....
- Kit Maintenance .....
- Selector .....
- Mentor .....
- Referee .....
- Other (please specify) .....

**A25.** How much time during the past 7 days did you devote to volunteering for this activity?

\_\_\_\_\_ hours

**A26.** For sport ... [prompt activity A23b], what voluntary involvement did you have?

**TICK ALL THAT APPLY**

- Providing Transport.....
- Coach .....
- Club Official .....
- Activity Organiser .....
- Kit Maintenance .....
- Selector .....
- Mentor .....
- Referee .....
- Other (please specify) .....

**A27.** How much time during the past 7 days did you devote to volunteering for this activity?

\_\_\_\_\_ hours

**A28.** Are you a member of any kind of sports club? Include clubs for traditional sports, but also walking, cycling or swimming clubs, fitness centres, gyms or other organisations that provide opportunities to engage in physical activity for recreation, exercise or sport?

Yes .....

No.....

→

**GO TO A31**

**A29.** How many are you a member of? \_\_\_\_\_

**A30.** What are the sports or physical activities concerned (up to a maximum of 3 you are most involved in)?

A30a. \_\_\_\_\_

A30b. \_\_\_\_\_

A30c. \_\_\_\_\_

**A31.** Given the broad definition of sporting activities we have been using, have you attended any fixtures or events in the past 7 days, either children's or adult events, as a spectator or supporter, rather than as an active participant?

Yes .....

No.....

→

**GO TO A34**

**A32.** How many events did you attend? \_\_\_\_\_

**A33.** What were the sports or physical activities concerned (up to a maximum of 3 most recent events)?

A33a. \_\_\_\_\_

A33b. \_\_\_\_\_

A33c. \_\_\_\_\_



**A34.** Apart from during PE lessons, did you play regular sport at school?

Yes .....

No.....

**A35.** When you were at school, did your parents play any kind of sport regularly? **TICK ONE**  
**ONLY**

Yes, both .....

Yes, father only .....

Yes, mother only .....

No.....

Don't Know .....

**A36.** Do you undertake any regular walks of over 15 minutes for transport, such as walking to work, walking children to school etc.? By regular I mean at least once-a-week.

Yes .....

No.....

**A37.** Do you cycle regularly as a form of transport? By regular I again mean once-a-week.

Yes .....

No.....

**SECTION 5 – DEMOGRAPHICS**

Finally, I would like to ask you a few more background questions.

**C1.** Do you have any long-term illness, health problem or disability that limits your daily activities or work?

Yes .....  
No..... GO TO C3.

**C2.** Does this prevent you from taking part in sport and exercise?

Yes .....  
No.....

**C3.** Do you have any children aged under 18?

Yes .....  
No.....

**C4.** How many children do you have? \_\_\_\_\_

**C5.** What age is your youngest child? \_\_\_\_\_

**C5c.** Are you ....?

Married .....  
Living as married.....  
Single .....  
Widowed/Divorced/Separated .....

**C7.** Which of the following best describes where you live? **TICK ONE ONLY**

In a city .....  
In a town .....  
In a village .....  
Isolated location .....  
Don't know .....

**C8.** Which county do you live in? **PRECODE LIST OF COUNTIES**

**[IF DUBLIN]**

**C9.** Which of the following is your local authority?

- Dublin City .....
- Dun Laoghaire-Rathdown .....
- Fingal .....
- South Dublin.....

**C10.** What nationality are you? If joint nationality, please state both nationalities

**PRECODE LIST OF NATIONALITIES**

**SOCIO-ECONOMIC QUESTIONS**

**C11.** What is the highest level of education that you have completed?

- Primary level or lower .....
- Group, Inter, Junior Certificate .....
- Leaving Certificate .....
- Other Second Level .....
- Third Level .....
- Don't know .....
- Refused.....

**C12.** Could I ask about the approximate level of net household income? This means the total income, after tax, PRSI and other statutory deductions, of all members of the household.

<i>Amount per week</i>	<i>Amount per month</i>	<i>Amount per year</i>
under €300	under €1200	under €15500
€300 - €399	€1200 - €1599	€15500 - €19999
€400 - €499	€1600 - €1999	€20000 - €25999
€500 - €749	€2000 - €2999	€26000 - €38999
€750 - €899	€3000 - €3599	€39000 - €46999
€900 - €1249	€3600 - €4999	€47000 - €64999
over €1249	over €4999	over €64999

**C13.** To which of the following groups do you consider you belong?

- White Irish .....
- White Irish Traveller .....
- Any other white background (specify: \_\_\_\_\_).....
- Black or Black Irish (specify: \_\_\_\_\_).....
- Asian or Asian Irish (specify: \_\_\_\_\_) .....
- Other background (specify: \_\_\_\_\_) .....
- Don't know .....
- Refused.....

**C14.** This next question is voluntary and you don't have to answer if you don't want to, however the results will assist Sport Ireland in making sport as inclusive as possible for everyone in Ireland. Which one of the following best describes how you think of yourself? When you hear the option that you most identify with please say YES

- Heterosexual/straight (attracted to people of the opposite sex)
- Bisexual (attracted to people of both sexes).....
- Gay/Lesbian (attracted to people of the same sex) .....
- Asexual (not attracted to other people).....
- Other (specify: \_\_\_\_\_) .....
- Don't know .....
- Refused.....

**Irish Sports Monitor 2019  
Flexible Module 1**

**Moving on, I would now like to ask you some questions relating to well-being....**

**ASK ALL**

**Q.1-4** I am going to read you some statements in relation to your well-being, with a focus on how you have been feeling over the **PAST FOUR WEEKS**. I will provide you with 6 answers from which you can choose from. Please choose the answer which is closest to how you have been feeling over the **PAST FOUR WEEKS**.

The answers are: All of the time, Most of the time, A good bit of the time, Some of the time, A little of the time or None of the time.

So, how much of the time during the past four weeks...

<b>RANDOMISE ORDER OF STATEMENTS</b>	<b>All of the time</b>	<b>Most of the time</b>	<b>A good bit of the time</b>	<b>Some of the time</b>	<b>A little of the time</b>	<b>None of the time</b>
Did you feel full of life?	1	2	3	4	5	6
Have you felt calm and peaceful?	1	2	3	4	5	6
Did you have a lot of energy?	1	2	3	4	5	6
Have you been a happy person?	1	2	3	4	5	6

**Q.5-8** Next I would like to ask you four questions about your feelings on aspects of your life. There are no right or wrong answers. For each of these questions I'd like you to give an answer on a scale of 0 to 10, where 0 is "not at all" and 10 is "completely".

	<b>Not at all</b>										<b>Completely</b>
Overall, how satisfied are you with your life nowadays?	0	1	2	3	4	5	6	7	8	9	10
Overall, to what extent do you feel that the things you do in your life are worthwhile?	0	1	2	3	4	5	6	7	8	9	10
Overall, how happy did you feel yesterday?	0	1	2	3	4	5	6	7	8	9	10
On a scale where 0 is "not at all anxious" and 10 is "completely anxious", overall how anxious did you feel yesterday?	0	1	2	3	4	5	6	7	8	9	10

**Q.9-10** Now, to what extent do you agree or disagree with each of the following statements?

**INTERVIEWER: Probe fully**

	<b>Strongly disagree</b>	<b>Disagree</b>	<b>Neither agree nor disagree</b>	<b>Agree</b>	<b>Strongly agree</b>
I can achieve most of the goals I set myself	1	2	3	4	5
Most people in my local area can be trusted	1	2	3	4	5

**Interviewer Read Out:**

If you have been affected by any of the questions I've just asked please visit [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie) or your GP. In the event of a crisis call Samaritans on their Freephone number 116 123.

**Q.11** Would you like me to repeat any of that to you?

- Yes ..... 1
- No ..... 2

**Irish Sports Monitor 2019  
Flexible Module 2**

**ASK ALL PARTICIPATING IN SPORT**

Moving on, I would now like to ask you some questions relating to the sport that you participate in. Earlier you said that you participate in <<FIRST SPORT IDENTIFIED>>.

**ASK ALL PARTICIPATING IN RECREATIONAL WALKING AND NOT SPORT**

Moving on, I would now like to ask you some questions relating to walking for recreation.

**ASK ALL PARTICIPATING IN WALKING FOR TRANSPORT AND NOT SPORT OR RECREATIONAL WALKING**

Moving on, I would now like to ask you some questions relating to walking for transport

**ASK ALL PARTICIPATING IN SPORT/RECREATIONAL WALKING/WALKING FOR TRANSPORT**

**Q.1** Would you say that you regularly [participate in <<FIRST SPORT IDENTIFIED>>, walk for recreational purposes / walk for transport]?

- Yes ..... 1
- No..... 2
- Don't know ..... 3
- Refused..... 4

**ASK REMAINDER OF SECTION IF CODE 1 AT Q.1.**

**Q.2-7** Thinking in general about your [participation in [<<FIRST SPORT IDENTIFIED>>] / walks for recreational purposes / walks for transport], would you say that you mainly do it....

<b>READ OUT ANSWER CATEGORIES FOR FIRST STATEMENT. REPEAT AS NECESSARY.</b>	<b>Yes</b>	<b>No</b>	<b>Don't know</b>	<b>Refused</b>
With the same people	1	2	3	4
At the same place	1	2	3	4
For the same number of days each week	1	2	3	4
On the same day or days of the week	1	2	3	4
At the same time on those days	1	2	3	4
For the same amount of time each week	1	2	3	4

**Q.8** On a scale of 1 to 5 where 1 is very easy and 5 is very difficult, how easy or difficult is it for you to motivate yourself to [participate in [<<FIRST SPORT IDENTIFIED>>] / walk for recreational purposes / walk for transport]...

- Very easy ..... 1
- ..... 2
- ..... 3
- ..... 4
- Very difficult..... 5
- Don't know ..... 6
- Refused..... 7

**ASK ALL PARTICIPATING IN SPORT**

**Q.9** And would you consider <<FIRST SPORT IDENTIFIED>> to be the main sport that you participate in?

- Yes ..... 1
- No..... 2
- Don't know ..... 3
- Refused..... 4



**Irish Sports Monitor 2019  
Flexible Module 3**

Moving on, I would now like to ask you some questions relating to your volunteering in <<FIRST SPORT IDENTIFIED [Q. A23a]>>.

**ASK ALL COACH, CLUB OFFICIAL, ACTIVITY ORGANISER, KIT MAINTENANCE, SELECTOR, MENTOR, REFEREE at Q. A24**

**SINGLE CODE**

**Q.1** On a scale of 1 to 5, where 1 is “Very Dissatisfied” and 5 is “Very Satisfied”, how satisfied or dissatisfied are you with the training and support you get from the club/organisation to carry out your volunteering?

- 1 - Very dissatisfied ..... 1
- 2 ..... 2
- 3 ..... 3
- 4 ..... 4
- 5- Very satisfied ..... 5
- I don't receive any support (DNRO)..... 6
- N/A (DNRO) ..... 7

**ASK ALL COACH, CLUB OFFICIAL, ACTIVITY ORGANISER, KIT MAINTENANCE, SELECTOR, MENTOR, REFEREE at Q. A24**

**INTERVIEWER READ OUT.**

**Q.2** For each of the following, can you tell me if you are aware, or unaware that your club has it in place:

<b>RANDOMISE ORDER OF STATEMENTS</b>	<b>Aware</b>	<b>Unaware</b>	<b>Don't Know (DNRO)</b>	<b>N/A (DNRO)</b>
A volunteer policy				
A volunteer agreement				
Volunteer role descriptions				

**ASK ALL COACH, CLUB OFFICIAL, ACTIVITY ORGANISER, KIT MAINTENANCE, SELECTOR, MENTOR, REFEREE at Q. A24**

**SINGLE CODE**

**Q.3** On a scale of 1 to 5, where 1 is “Strongly disagree” and 5 is “Strongly agree”, to what extent do you agree or disagree with the following statement:

*“I feel appreciated for the volunteering I undertake with the club/organisation”*

- 1 - Strongly disagree ..... 1
- 2 ..... 2
- 3 ..... 3
- 4 ..... 4
- 5 - Strongly agree..... 5
- N/A (DNRO) ..... 6

**ASK ALL COACH, CLUB OFFICIAL, ACTIVITY ORGANISER, KIT MAINTENANCE, SELECTOR, MENTOR, REFEREE at Q. A24**

**SINGLE CODE.**

**Q.4** As a volunteer within the club/organisation, who is your main point of contact or support within the club?

- Another volunteer ..... 1
- A volunteer manager ..... 2
- A volunteer coordinator ..... 3
- Other (specify) ..... 4
- I do not have a main point of contact or support ..... 5
- N/A (DNRO) ..... 6

**ASK ALL EMPLOYED at WORK, AND ALL COACH, CLUB OFFICIAL, ACTIVITY ORGANISER, KIT MAINTENANCE, SELECTOR, MENTOR, REFEREE at Q. A24**

**SINGLE CODE**

**Q.5** Does your employer actively support your volunteering in sport?

- Yes ..... 1
- No ..... 2
- Don't know ..... 3
- Refused ..... 4

**ASK ALL EMPLOYED at WORK, AND ALL COACH, CLUB OFFICIAL, ACTIVITY ORGANISER, KIT MAINTENANCE, SELECTOR, MENTOR, REFEREE at Q. A24, AND ALL CODE 1 at Q.5**

**MULTICODE.**

**Q.6** How does your employer support your volunteering in sport?

- By giving me time off in lieu of my volunteering ..... 1
- By promoting opportunities to volunteer ..... 2
- Other (Specify) ..... 3
- Don't know ..... 4
- Refused ..... 5

**ASK ALL NO at A.22**

Moving on, I would now like to ask you some questions relating to volunteering. By volunteering, we mean any role you may have fulfilled in support of sport or recreational physical activity, for adults or children.

**SINGLE CODE. READ OUT**

**Q.7** Firstly, have you:

- Volunteered at any point within the last year ..... 1
- Volunteered longer than a year ago..... 2
- Never volunteered..... 3
- Don't know (DNRO) ..... 4
- Refused (DNRO)..... 5

**ASK ALL NO at A.22 and CODE 1 at Q.7**

**SINGLE CODE. READ OUT.**

**Q.8** Was this volunteering...

- Ongoing and regular (i.e. at least once a week) ..... 1
- Infrequent ..... 2
- For a one-off sporting event..... 3
- Don't know (DNRO) ..... 4
- Refused (DNRO)..... 5

**ASK ALL NO at A.22 and CODE 1 at Q.8**

**SINGLE CODE**

**Q.9** On a scale of 1 to 5, where 1 is "Very Dissatisfied" and 5 is "Very Satisfied", how satisfied or dissatisfied were you with the support you got from the club/organisation, during the time you volunteered?

- 1 - Very dissatisfied..... 1
- 2 ..... 2
- 3 ..... 3
- 4 ..... 4
- 5 - Very satisfied ..... 5
- I don't receive any support (DNRO)..... 6
- N/A (DNRO) ..... 7

**ASK ALL NO at A.22 and CODE 1 at Q.7**

**MULTICODE. INTERVIEWER READ OUT.**

**Q.10** Were you aware of any of the following at the club/organisation where you volunteered?

<b>RANDOMISE ORDER OF STATEMENTS</b>	<b>Aware</b>	<b>Unaware</b>	<b>Don't Know (DNRO)</b>	<b>N/A (DNRO)</b>
A volunteer policy				
A volunteer agreement				
Volunteer role descriptions				

**ASK ALL NO at A.22 and CODE 1 at Q.7**

**SINGLE CODE**

**Q.11** On a scale of 1 to 5, where 1 is “Strongly disagree” and 5 is “Strongly agree”, to what extent do you agree or disagree with the following statement:

*“I felt appreciated for the volunteering I did with the club/organisation.”*

1 - Strongly disagree .....	1
2 .....	2
3 .....	3
4 .....	4
5 - Strongly agree.....	5
N/A .....	6

**ASK ALL NO at A.22 and CODE 2 at Q.7**

**SINGLE CODE.**

**Q.12** What was the main reason you stopped volunteering?

I no longer had the time .....	1
My child finished taking part.....	2
I did not feel appreciated/valued in my role .....	3
I did not feel supported in my role.....	4
My role wasn't clear .....	5
They were asking me to do too much .....	6
I am taking a break from volunteering.....	7
The experience is not what I expected .....	8
Other (Specify) .....	9
Don't know/Refused .....	10

**ASK ALL NO at A.22 and CODE 3 at Q.7**

**SINGLE CODE.**

**Q.14** You say you have not volunteered in sport, what is the main reason you haven't volunteered?

I'm not interested in sport.....	1
Not enough time, due to other commitments .....	2
I haven't heard about any opportunities.....	3
It would cost me too much to get involved .....	4
I couldn't find a sport I was interested in.....	5
There weren't any roles I could do, or was interested in .....	6
Nobody asked or invited me to volunteer .....	7
Other (Specify) .....	8
Don't know/Refused .....	9

**Irish Sports Monitor 2019  
Flexible Module 4**

**INTERVIEWER READ OUT:**

I'd now like to ask you a few, more general questions, about sport.

**ASK ALL PARTICIPATING IN SPORTS/RECREATIONAL WALKING [YES AT A.1 AND/OR A.5]  
ROTATE STATEMENTS. SINGLE CODE**

**Q.1** I'd now like you to think about the reasons why you choose to participate in sport or other physical activity. On a scale of 1 to 5, where 1 is not at all important and 5 is very important, how important are the following factors to you in being physically active?

	Not at all important				Very important	Don't Know (DNRO)
To improve my health and fitness	1	2	3	4	5	99
To relax	1	2	3	4	5	99
To improve my athletic skills	1	2	3	4	5	99
To compete with others	1	2	3	4	5	99
To spend time with friends and family	1	2	3	4	5	99
To control my weight	1	2	3	4	5	99
To improve how I look	1	2	3	4	5	99
To have fun	1	2	3	4	5	99

**ASK ALL**

**Q.2** I'm now going to read you a list of statements. On a scale of 1 to 5, where 1 is strongly disagree and 5 is strongly agree, could you please tell me how much you agree or disagree with each statement.

**SINGLE CODE  
ROTATE STATEMENTS**

	Strongly Disagree				Strongly Agree	Don't Know (DNRO)
Young girls aged 12 and under have the same opportunities to participate in sport as boys of the same age	1	2	3	4	5	99
Teenage girls have the same opportunities to participate in sport as boys of the same age	1	2	3	4	5	99
Adult women have the same opportunities to participate in sport as men	1	2	3	4	5	99
The Irish media generally does not include enough coverage of female sport	1	2	3	4	5	99
Overall, female sport is less competitive than male sport.	1	2	3	4	5	99

**ASK ALL**

**Q.3** I'd now like you to think about the administration and management of sport in Ireland. By that I mean acting in an official capacity in relation to an event, team or organisation. This includes roles such as coaching, leadership and committee membership both at national and local levels. Would you say that this aspect of sport is...?

**READ OUT.**

**ROTATE OPTIONS 1 AND 2**

...too male dominated .....	1
...too female dominated .....	2
...or that the balance between males and females is about right .....	3
Don't know (DNRO) .....	99

**ASK TO ALL CLUB MEMBERS [YES AT A.28]**

**Q.4** You mentioned earlier that you are a member of a <insert answer from A30a> club. Thinking of the administration and management of a <insert answer from A30a> club, would you say that it is...?

**INTERVIEWER READ OUT.**

**ROTATE OPTIONS 1 AND 2**

...too male dominated .....	1
...too female dominated .....	2
...or that the balance between males and females is about right .....	3
Don't know (DNRO) .....	4

**Irish Sports Monitor 2019  
Flexible Module 5**

**ASK ALL CLUB MEMBERS**

**ASK ABOUT FIRST CLUB IDENTIFIED, UNLESS RESPONDENT IS A MEMBER OF A GYM IN WHICH CASE ASK ABOUT OTHER CLUB IDENTIFIED. IF NO OTHER CLUB IDENTIFIED, ASK ABOUT GYM**

**Moving on, I would now like to ask you some questions relating to the club that you are a member of. Earlier you said that you are a member of a <<FIRST CLUB IDENTIFIED>> (club).**

**Q.1** From your knowledge, does your club have any of the following?

**READ OUT. MULTICODE.**  
**ROTATE START**

	Yes	No	Don't know (DNRO)
Accessible facilities such as accessible car parking ramps or changing facilities.....	1	2	99
Inclusion days inviting those with a disability to try out the club activities.....	1	2	99
A club volunteer or staff member with a disability.....	1	2	99
Club members with a disability.....	1	2	99

**Q.2** To what extent do you agree or disagree with the following statement – ‘my club welcomes all participants, including those with a disability’?

**SINGLE CODE**  
**PROBE TO PRECODE**

Strongly disagree .....	1
Tend to disagree .....	2
Neither agree nor disagree .....	3
Tend to agree.....	4
Strongly agree.....	5
Don't know (DNRO) .....	99

**Q.3** An objective for sport in Ireland is to improve participation among those with a disability. With that in mind, to what extent do you agree or disagree with each of the following statements ...?

**PROBE TO PRECODE**

	Strongly disagree	Tend to disagree	Neither agree nor disagree	Tend to agree	Strongly agree	Don't Know (DNRO)
My club wouldn't know where to start to actively engage people with disability into their activities.....	1	2	3	4	5	99
My club should arrange more training for coaches and volunteers around inclusion .....	1	2	3	4	5	99
My club would benefit from having more information and support to assist them in including people with disabilities.....	1	2	3	4	5	99

**ASK ALL VOLUNTEERS (EXCEPT THOSE SOLELY PROVIDING TRANSPORT)**

**Moving on, I would now like to ask a question relating to your volunteering activity. Earlier you said that you volunteered for <<FIRST SPORT IDENTIFIED>>.**

**Q.4** Thinking of this voluntary role, do you have any involvement with anyone with a disability. By this I mean a disability covers impairments, activity limitations, and participation restrictions.

**SINGLE CODE**

Yes .....	1
No.....	2
Not applicable .....	3
Don't know (DNRO) .....	99

**IF YES AT Q.4**

**Q.5a** How confident or not are you in your voluntary role in dealing with people with a disability?

**SINGLE CODE**

**PROBE TO PRECODE**

Very confident .....	1
Fairly confident .....	2
Not very confident .....	3
Not at all confident .....	4
Don't know (DNRO) .....	99

**IF NO OR NOT APPLICABLE AT Q.4**

**Q.5b** Thinking of this volunteering activity, to what extent do you agree or disagree with the following statement. If my role had involvement with someone with a disability, I would be fearful that I may make a mistake and cause offense?

**SINGLE CODE**

**PROBE TO PRECODE**

Strongly disagree .....	1
Tend to disagree .....	2
Neither agree nor disagree .....	3
Tend to agree.....	4
Strongly agree.....	5
Don't know (DNRO) .....	99

**Q.6** In respect of your volunteering role, have you been provided with support or training in relation to working with people with a disability?

**SINGLE CODE**

**PROBE TO PRECODE**

Yes .....	1
No.....	2
Not applicable .....	3
Don't know (DNRO) .....	99

**Q.7** Which one, if any, of the following types of training do you feel would be most useful to your



role as a volunteer for <<FIRST SPORT IDENTIFIED>>?

**READ OUT. SINGLE CODE**

**ROTATE START**

How to adapt sport to people with a disability .....	1
Communication and the proper use of inclusive language .....	2
Increased understanding of different impairments.....	3
None of these (DNRO) .....	4
Don't know (DNRO) .....	99

**Irish Sports Monitor 2019  
Flexible Module 6**

**ASK ALL**

**Moving on, I would now like to ask you a few questions about your attitudes towards sport and physical activity.**

To what extent do you agree, or disagree, with the following statements about how you feel generally about sport and physical activity? Please answer on a scale of 1 to 5, where 1 is “Strongly disagree” and 5 is “Strongly agree”,

**ROTATE STATEMENTS**

	<b>Strongly disagree (1)</b>	<b>(2)</b>	<b>(3)</b>	<b>(4)</b>	<b>Strongly agree (5)</b>	<b>Don't Know</b>
My level of fitness prevents me from doing physical activity.....	1	2	3	4	5	6
I'm not skilful enough to do physical activity.....	1	2	3	4	5	6
I know exactly where I can go to do physical activity .....	1	2	3	4	5	6
I know what days and times I can go to do physical activity .....	1	2	3	4	5	6
My local area is not very attractive and this puts me off doing physical activity.....	1	2	3	4	5	6
There is nowhere near me to do physical activity.....	1	2	3	4	5	6
I think people like me do physical activity	1	2	3	4	5	6
I don't have anyone to do physical activity with.....	1	2	3	4	5	6
Doing physical activity is helping me achieve a current goal.....	1	2	3	4	5	6
I want to do physical activity.....	1	2	3	4	5	6
Doing physical activity is part of my weekly routine.....	1	2	3	4	5	6
I don't like doing any physical activities ....	1	2	3	4	5	6





SPÓRT ÉIREANN  
SPORT IRELAND

