Podium ANALYTICS

# SAFETY IN SPORT PERCEPTION SURVEY 2022

Conducted in collaboration with YouGov

FOR A SAFER WORLD OF SPORT

# HEADLINES

### Sports injury is common.

**40%** of respondents have experienced a sports-related injury.

### Sports injury can have a lifelong impact.

Of those who have experienced a sports-related injury, **30%** are still affected by their injury now and **4%** stated their sports injury resulted in a permanent disability. **9%** of 18–24-year-olds who have had at least one sports injury stated their sports injury had resulted in a permanent disability.

### There is a high level of concern about sports injury amongst parents.

**37%** of parents/guardians (with at least one child aged 18 or under) are worried about their child getting injured playing sport.

### There is low awareness as to who is responsible for safety in sport.

**35%** of respondents answered 'do not know' to 'who currently has the overall responsibility for sports safety in the UK?'

### In the school environment, there is a clear gap between expectation and reality in relation to the overall management of sports injury.

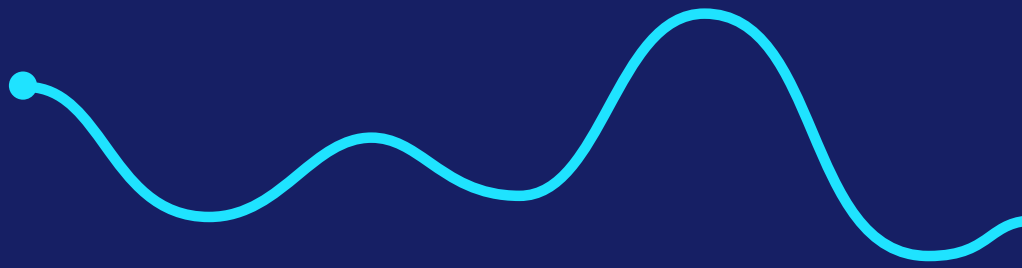
**89%** of respondents who have children expect sports-related injuries to be recorded and monitored at school. In reality, there is no mandate to record sports injuries and there is no centralisation of sports injury data that would enable safety improvement as a result of monitoring.

### It is not clear within sport where to access mental health information.

Just **19%** of respondents know where to access information on mental health issues in sport, and only **28%** of respondents with children 18 and under know.

### There is widespread support for rule changes in sport to address the issue of sports injury.

**78%** of respondents with a preferred sport are supportive of rule changes which aim to reduce the incidence and impact of injury in sport.



# INTRODUCTION

## FROM ANDY HUNT, CEO, PODIUM ANALYTICS

In July 2022, in collaboration with YouGov and our Sports Governing Body partners (RFU, England Athletics, England Hockey), Podium conducted its first Safety in Sport Perception Study.

Designed to become an annual public tracking tool for the status of real and perceived issues in sports safety, the study is intended to provide insight into the public's perceptions, attitudes and behaviours around sports safety and sports injury and, over time, will assess the public's general understanding and awareness of sports safety as an issue.

**The study explored broad, multi-sport questions and topics including:**

- **Sporting issues considered most important**
- **Whether injury is considered a top issue in sport**
- **Why some sports are considered to have a higher likelihood of injury**
- **Causes and consequences of injury**
- **Who should be responsible for sports safety**
- **Experiences of sports injury**
- **Behaviours relating to sport and injury mitigation**
- **Sports equipment**
- **Views on respondents' children's participation in sport**
- **The mental health and wellbeing impact of sports injury**

This inaugural report presents the results from the 2022 study based on a representative sample of the UK adult population, with some interesting findings.

With the protection of long-term participation in sport at the heart of our approach, the findings and our accompanying recommendations for action affirm Podium's focus to date, as well as highlight research gaps and areas where further collaboration is needed.

It is clear from the study that sports injury is common, that it can have a lifelong impact, and that parents are concerned about their children becoming injured.

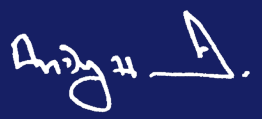
There is overall support for rule changes to address the issue of sports injury but there is low awareness of who is responsible for safety in sport and there is a clear gap between expectation and reality when it comes to the recording and monitoring of sports injury in the school environment.

The following pages delve deeper into some of the key headlines, as well as offer some suggestions on next steps in a number of important areas.

Podium aims to expand the study over time, surveying both a representative UK population sample, alongside a more targeted sports stakeholder sample. This will enable analysis between what the general public thinks versus what the sports world thinks.

We will monitor responses year-on-year to see how perceptions change and will identify, working with our partners, education and behavioural change opportunities for each sport and in collaboration across all sports.

Perceptions matter and we feel that having an understanding of public sentiment towards the topic of sports safety and injury will better help us to improve knowledge and awareness, as well as raise support for any changes that can be made to help create a safer world of sport.



**Andy Hunt**
**CEO, Podium Analytics**

# HIGHLIGHTS AND RECOMMENDATIONS

## Historically, safety in sport is not a topic that has been top of mind within the UK population.

However, with increased media attention and awareness of the long-term risks of sport-related concussion, an ever-growing understanding and willingness across all age groups to discuss mental health issues more openly, and high-profile reports raising concerns about safeguarding issues in sport, it is no wonder that these topics are rapidly entering public consciousness.

This is particularly the case amongst parents of school-age children, who are grappling with the perceived risks associated with participating in contact sports, balanced with what they know are the significant physical and mental health benefits of undertaking sport and physical activity.

This report identifies some of the current perceptions on the topic of safety in sport across the UK population. There are some clear indicators that could begin to be addressed by sports and other stakeholders, in order to close the gap to reality on these important topics.

### LONG-TERM IMPACT OF SPORTS INJURIES

## 40% of respondents have experienced a sports-related injury. Of those, 30% are still affected by their injury now.

4% of respondents who have had at least one sports injury stated their sports injury resulted in a permanent disability.

9% of 18–24-year-olds who have had at least one sports injury stated their sports injury had resulted in a permanent disability – particularly concerning given this may well impact their ability to enjoy the health benefits of lifelong sport and physical exercise. There is currently not enough academic evidence that can support or challenge this perception of the long-term impact of injury and that in itself indicates a research gap that needs to be filled.

Due to their age and the representative nature of the respondents, it is reasonably likely that survey respondents (18–24 years of age) incurred these injuries whilst participating in school or youth grassroots sport. This is an age group and level of sport where we already know that there is minimal data currently being collected on sports injury, not enough training on injury prevention for volunteers and teachers, and insufficient provision of trained sports and exercise medicine professionals within the NHS.

At Podium, our focus from the outset has been on young people and the importance of this age group – an often-overlooked cohort, in particular relating to the sports injury data and research that is needed.

We will continue to raise the profile of the importance of this age group and these issues with Government, and work closely with the National Governing Bodies (NGBs) of sport and existing actors within youth sport, to provide research, content and insights that are focused on injury prevention, supported by data and science.

## INJURY REPORTING AND MONITORING

84% of respondents expect sports-related injuries to be recorded and monitored at school, rising to 89% for respondents who have children.

In reality, our landscape analysis at Podium suggests that less than 5% of schools and NGB-affiliated sports clubs currently record sports-related injuries, including concussion.

There is currently no requirement under 'Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 2013' (RIDDOR) that mandates the recording of sports-related injuries.

The Health and Safety Executive (HSE) guidance in fact state that within schools "the essential test is whether the accident was caused by the condition, design or maintenance of the premises or equipment, or because of inadequate supervision that results in injury. If an accident that results in injury arises because of the normal rough and tumble of a game, the accident and resulting injury would not be reportable".

Within clubs, the HSE guidance references the fact that National Governing Bodies (NGBs) can create their own rules which bind clubs and players. These "may go beyond the requirements of workplace health and safety".

There are of course some good examples of NGBs undertaking proactive work in this area.

The RFU has been pioneering in its undertaking of injury surveillance within school and grassroots club rugby and has done so since 2009.

England Hockey has created its own injury reporting obligations, which are flowed through to the individual clubs via the sign-up process of a club being a member of England Hockey, and is currently rolling out the Podium Injury Insight platform to all 860 clubs in England at no cost to the sport.

Of course, grassroots and school sports cannot practically record every injury, so Podium recommends that sports injuries are recorded if they result in the removal of the player from the pitch, whether during training or competition.

However, despite the positive work by some sports governing bodies and schools, a majority do not record or monitor sports injury and there is no centralisation or utilisation of sports injury data across sports that would enable positive change in this space – this is incredibly important in the context of head injury.

Podium proposes that the Department for Digital, Culture, Media and Sport (DCMS) and Sports Councils (UK Sport, Sport England/Wales/Scotland and Northern Ireland) strongly consider requiring NGBs to obligate their affiliated grassroots sports clubs to record sports injuries and at a minimum all sport-related concussions. From a governance perspective, this could be simply achieved through this being a requirement of the funding agreements that exist between Sports Councils and funded NGBs for the receipt of government funding.

Similarly, Podium strongly encourages the Department for Education (DfE), Education Scotland/Wales/Northern Ireland to provide clear requirements for the recording of sports-related injuries and in particular sport-related concussion within schools in the UK. This aligns closely to Recommendation 5 of the Government's response to the DCMS Select Committee report into concussion in sport, to which the Government is already committed.

Podium, for its part, provides a free-to-use injury surveillance system for schools and clubs, and is using the injury data, on an anonymised basis, to drive much-needed research into the cause and effect of sports injury.

## MENTAL HEALTH AND SPORTS SAFETY

Good mental health means being able to think, feel, relate and behave in ways that allow us to live our lives well. In the UK, one in six young people are experiencing mental health problems significant enough to interfere with their daily lives (NHS Digital, 2022).

Set against this challenge, school and grassroot sport's potential to support both mental and physical health has put long-term participation at the heart of the UK's public health strategy. If young people stay engaged and active in sport through the formative years of adolescence, their life chances, quite simply, are better.

Respondents highlighted the importance of good mental health when engaging in sporting activities. Whether or not they play sport, they perceive a clear link between poor mental states, risk-taking and sports injury.

Of those surveyed, 45% agreed that if they participate in sport in a poor state of mind, they are more likely to take risks and 52% agreed they were more likely to get injured.

Mental health for injury prevention is an important aspect of a wider opportunity. It is clear from Podium's early scoping work that sports governing bodies want to deliver active support for youth mental health through their grassroots networks.

Prevention programmes that focus on reducing sport-related mental health risk factors and promoting protective strategies are being developed and, in some areas, delivered. Early intervention strategies, including education, signposting of mental wellbeing resources and clinical support, are also in place.

This survey has revealed that these resources could go further. Only 19% of respondents knew where to access information on mental health issues in sport (against 29% who did not know), and just 16% were satisfied with the quality of the information on offer (20% were not satisfied).

Parents were more positive about the quality of available guidance for their children: just less than a third were satisfied (a fifth not satisfied) with information on how to support their child's mental health in relation to sport, and in relation to sports injury.

To help progress the agenda of youth mental health in sports, and sports injury, Podium proposes that the Department for Digital, Culture, Media and Sport (DCMS), Department for Health and Social Care (DHSC) and the Department for Education (DfE) together with National Governing Bodies and Sports Councils (UK Sport, Sport England/Wales/Scotland and Northern Ireland), develop a youth sports mental health policy framework.

This could include the setting of national standards for mental health information, education and training for schools and grassroots sport with protocols for safeguarding, injury prevention and recovery alongside pathways for signposting and referral to care and support.

Podium is willing to convene a group to help scope what this policy framework could include and how it can be developed and delivered collaboratively to make a positive impact on mental health, injury and sports participation for young people.

## RESPONSIBILITY FOR SPORT SAFETY

35% of respondents answered ‘do not know’ to ‘who currently has the overall responsibility for sports safety in the UK?’ and 29% of respondents believe this should be the National Governing Bodies of sport.

Responsibility for sports safety in the school environment (as opposed to generally across the UK) appears to be much clearer, with 39% of respondents believing that schools have responsibility for sports safety, rising to 47% for respondents with children 18 years or under. Schools after all act ‘in loco parentis’, so it is right that parents perceive schools to have complete responsibility for the welfare of their children including safety in sport-related activity within schools.

What is more challenging is the reality of setting common protocols or standards for sport safety within schools.

Schools are left in the extremely challenging position of having to identify and then decide whether information from National Governing Bodies (NGBs), other sports bodies and stakeholders represents best-practice protocols based upon scientific evidence and expert consensus.

The communication of sports safety guidance from each sport can be difficult for a teacher to assimilate when they often have responsibility for delivering multiple sports. Overlay this with the challenge within schools of needing a common protocol for sport-related head injury as well as general head injury incidents; it is no wonder that parents and teachers are often confused and largely inadequately equipped.

For overall responsibility for sports safety in the UK, it should be clearer (in excess of 29%) that sports governing bodies have the primary role for setting the rules of a sport, training and education of coaches and officials and the setting of common protocols for sports safety matters and player welfare within the sport. However, NGBs do rely on their largely volunteer community to deliver on these important issues and few NGBs have adequate resources to be able to deliver on the expectations of the public.

Further work is required by NGBs to raise the profile of player welfare within clubs, deliver consistent protocols and education materials for coaches and volunteers, and for arms-length bodies of government to raise sport safety up the funding agenda.

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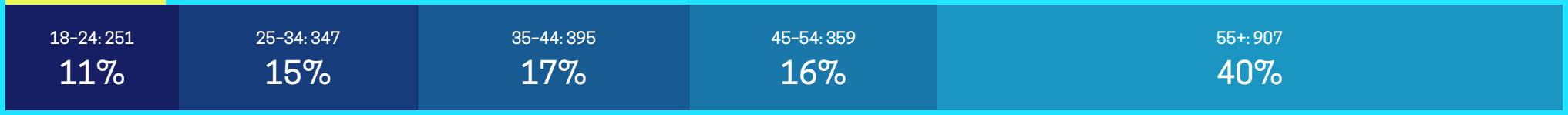
# KEY DEMOGRAPHICS: WHO TOOK PART?

2259
PARTICIPANTS

1163
(51% FEMALES)

1096
(49% MALES)

**Participant age**




**Working status**

60%
WORKING

5%
STUDENTS

23%
RETIRED

3%
UNEMPLOYED

9%
NOT WORKING /OTHER

**Parent/guardian status**

24%
**parents/ guardians of children 18 years or younger**

56%
**parents/ guardians of children of any age**

44%
**not a parent or guardian**

**Sport participation**

35%
**of those surveyed have not taken part in any sporting activity in the past 12 months**

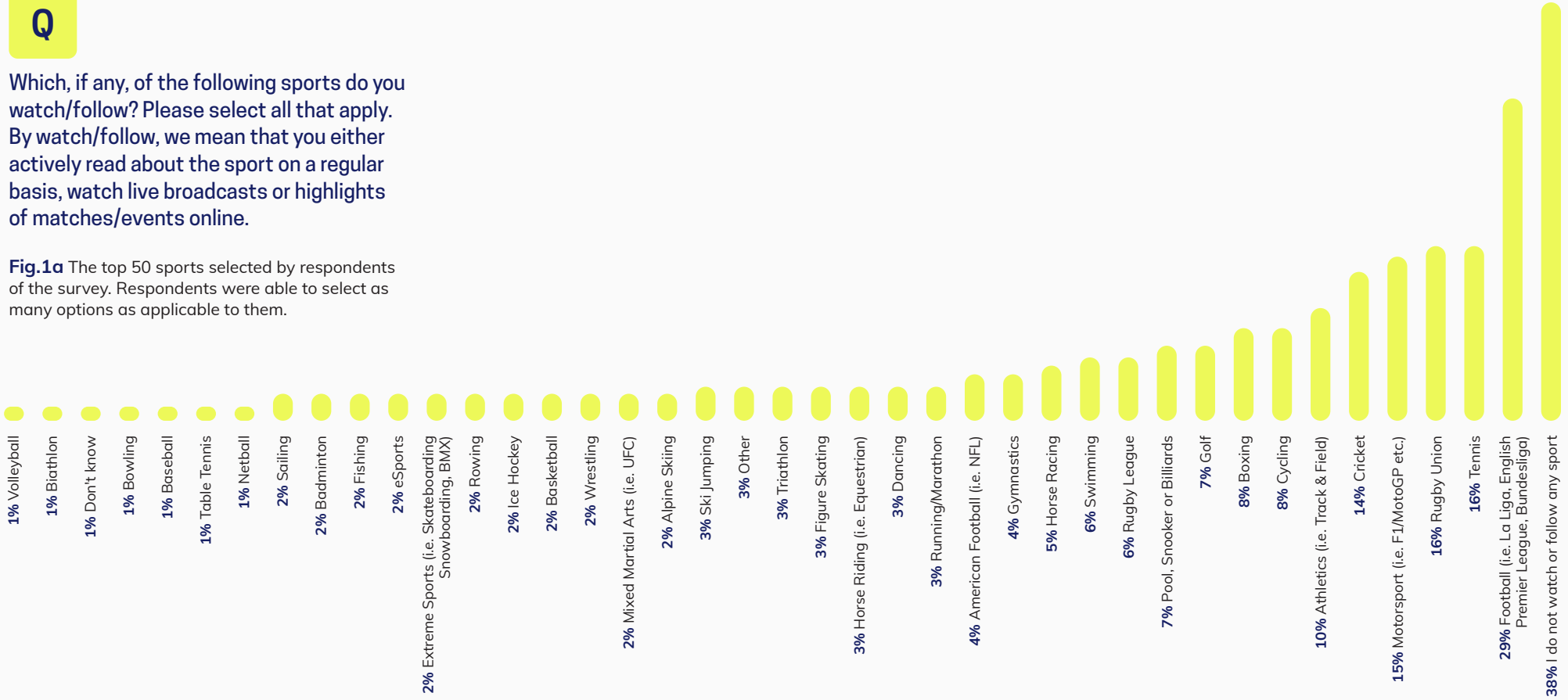
16%
**of those surveyed who have children (18 or under) stated that their children do not play any sport**

# SPORTS WATCHED

**Q**

Which, if any, of the following sports do you watch/follow? Please select all that apply. By watch/follow, we mean that you either actively read about the sport on a regular basis, watch live broadcasts or highlights of matches/events online.

**Fig.1a** The top 50 sports selected by respondents of the survey. Respondents were able to select as many options as applicable to them.




The most commonly followed/watched sports were Football **(29%)**, Rugby Union **(16%)**, Tennis **(16%)**, Motorsport **(15%)** and Cricket **(14%)**.

**38%** of the respondents do not watch and/or follow any sport.

When analysing the data by gender, **24%** of male respondents noted they do not watch/follow any sport compared to **51%** of female respondents.

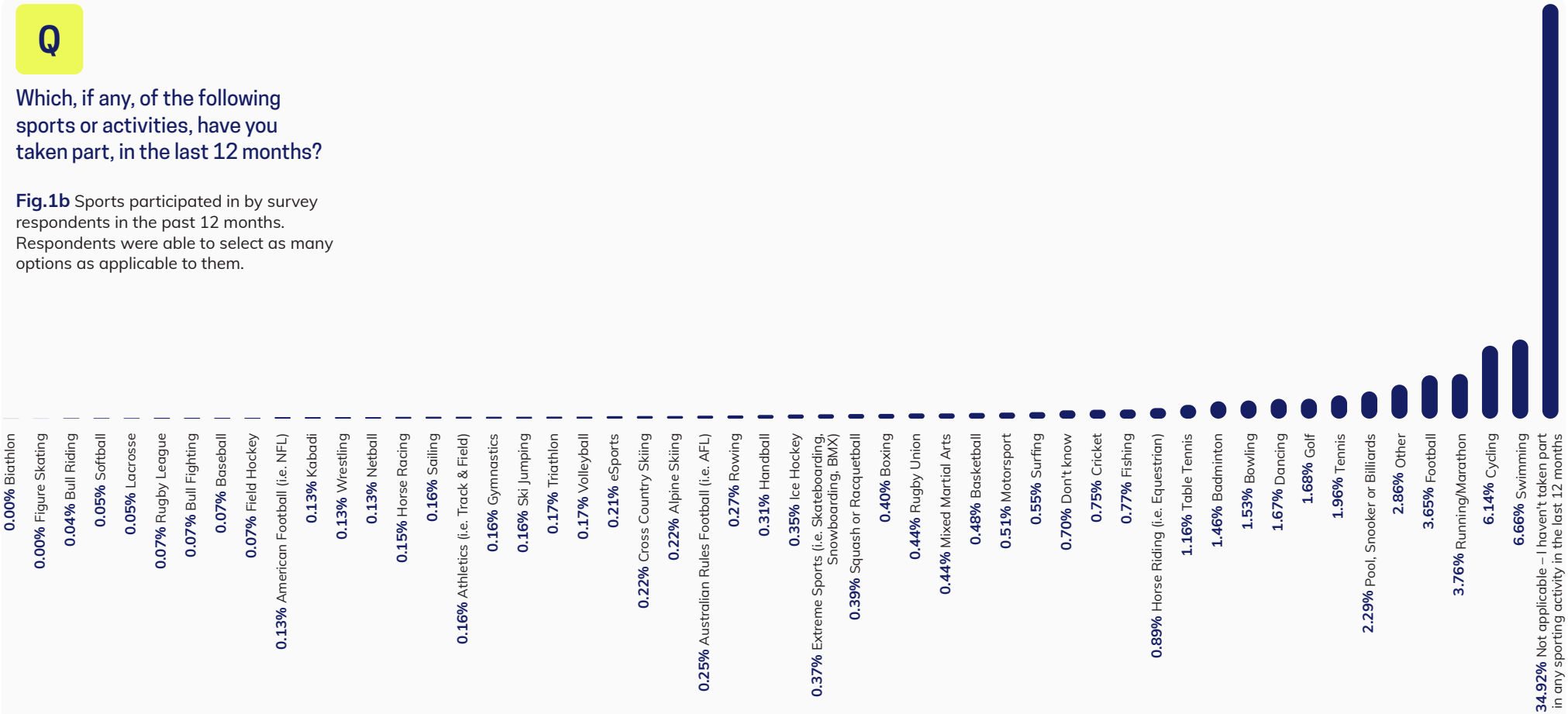
**47%** of the respondents who do not watch and/or follow any sport have also not taken part in any sporting activity in the past 12 months.

# SPORTS PLAYED

**Q**

Which, if any, of the following sports or activities, have you taken part, in the last 12 months?

**Fig.1b** Sports participated in by survey respondents in the past 12 months. Respondents were able to select as many options as applicable to them.




**35%** of respondents have not taken part in any sporting activity in the past 12 months.

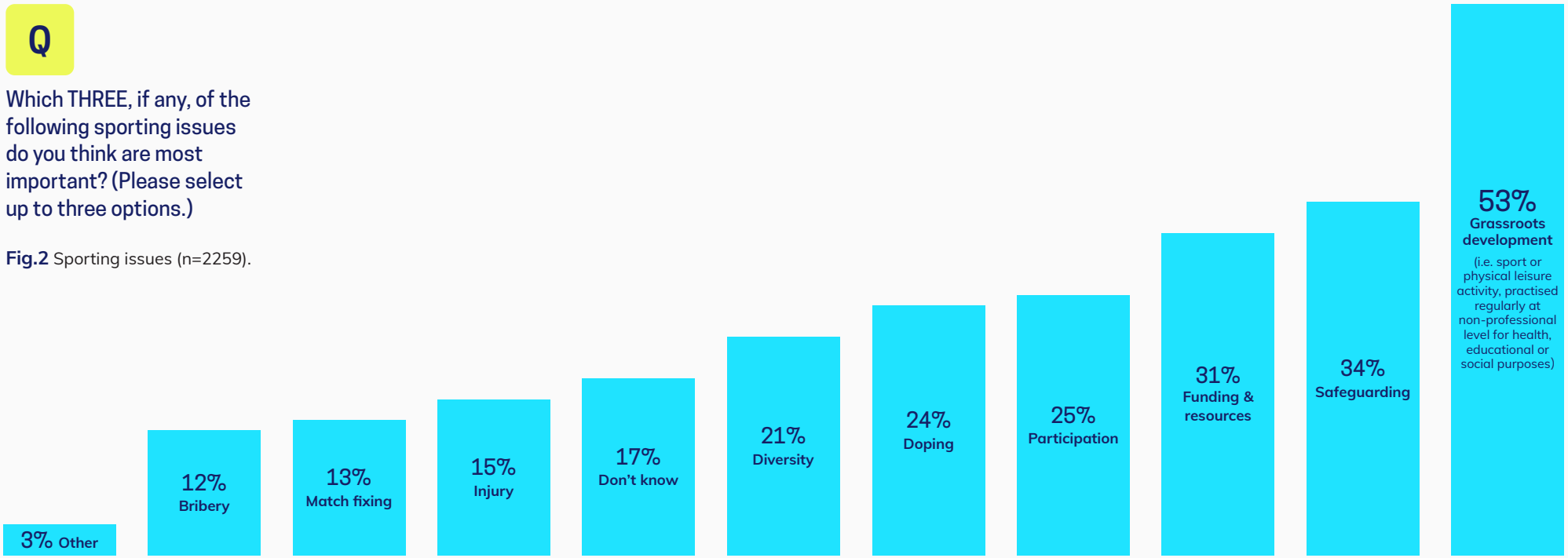
Swimming **(6.66%)**, Cycling **(6.14%)**, Running **(3.76%)**, Football **(3.65%)** and Pool, Snooker or Billiards **(2.29%)** were the four most commonly played sports in the past 12 months.

# SPORTING ISSUES

**Q**

Which THREE, if any, of the following sporting issues do you think are most important? (Please select up to three options.)

**Fig.2** Sporting issues (n=2259).




As shown in Figure 2, grassroots development (i.e. sport or physical leisure activity, practised regularly at non-professional level for health, educational or social purposes) was the most common issue, selected by 53% of all adults. This was followed by safeguarding (34%), funding and resources (31%), participation (25%), doping (24%), diversity (21%), don't know (17%), injury (15%), match fixing (13%), bribery (12%) and other (3%).

When the data was split, looking at those adults who have children (both those with children aged 18 and under, and those with children of any age) compared to those who do not have children, all groups reported the same top three responses (grassroots development, safeguarding and funding and resources) and the same bottom three responses (match fixing, bribery and other).

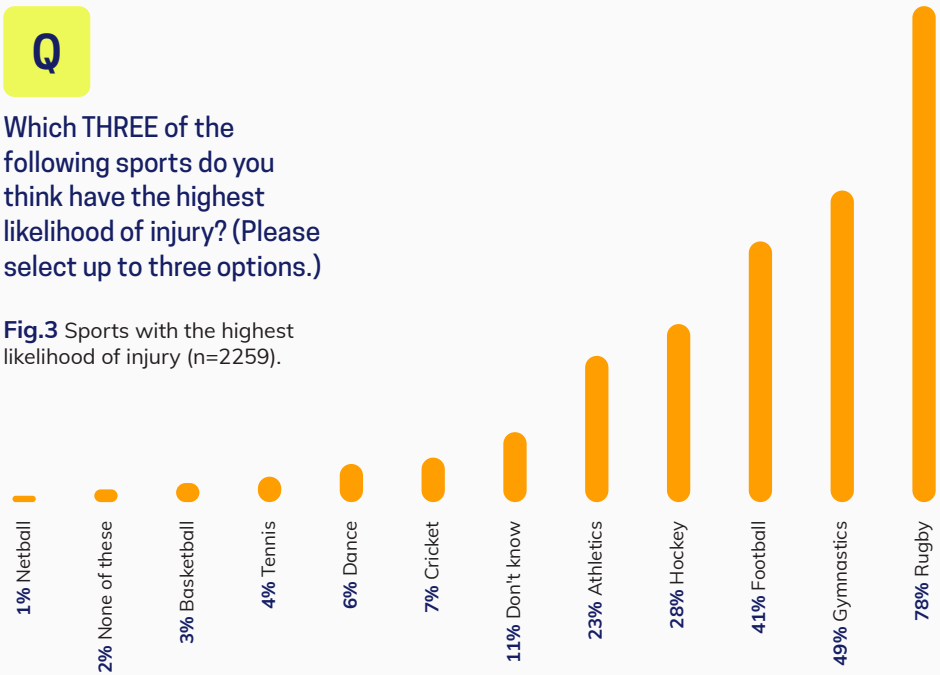
Injury was not deemed a top five priority by any demographic (age, gender, job role etc.).

# SPORTS INJURIES

**Q**

**Which THREE of the following sports do you think have the highest likelihood of injury? (Please select up to three options.)**

**Fig.3** Sports with the highest likelihood of injury (n=2259).



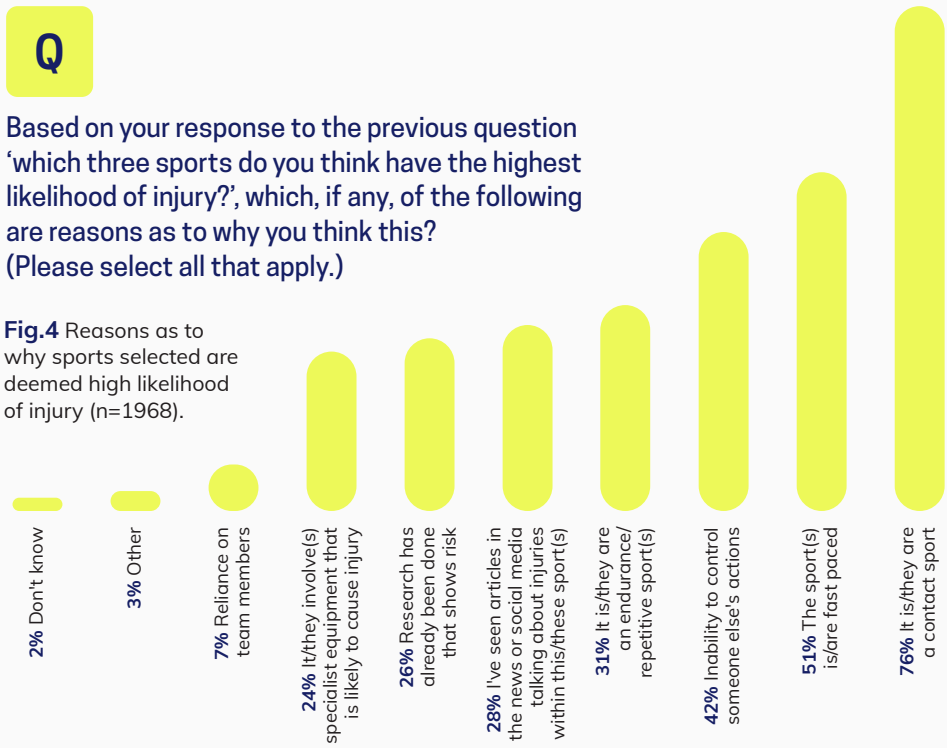

Rugby (78%), Gymnastics (49%) and Football (41%) were the three top reported responses across all adults (Figure 3). These were also the top three sports selected when the data was split by all demographic options. The survey only gave the option of 10 sports, selected based on the priority sports at Podium Analytics.

Football and Rugby were the first and third most commonly watched/followed sport by adults, so it could be hypothesised that they were selected as two of the top three sports most likely to have the highest likelihood of injury due to the higher proportion of respondents watching and/or following the sport.

**Q**

**Based on your response to the previous question 'which three sports do you think have the highest likelihood of injury?', which, if any, of the following are reasons as to why you think this? (Please select all that apply.)**

**Fig.4** Reasons as to why sports selected are deemed high likelihood of injury (n=1968).




'It is/they are a contact sport' was selected by 76% of adults (who had selected at least one sport on the previous question) as a reason to why they thought a sport had a high likelihood of injury (Figure 4). It could be hypothesised that Rugby was therefore the number one sport selected by 78% of adults due primarily to its contact nature.

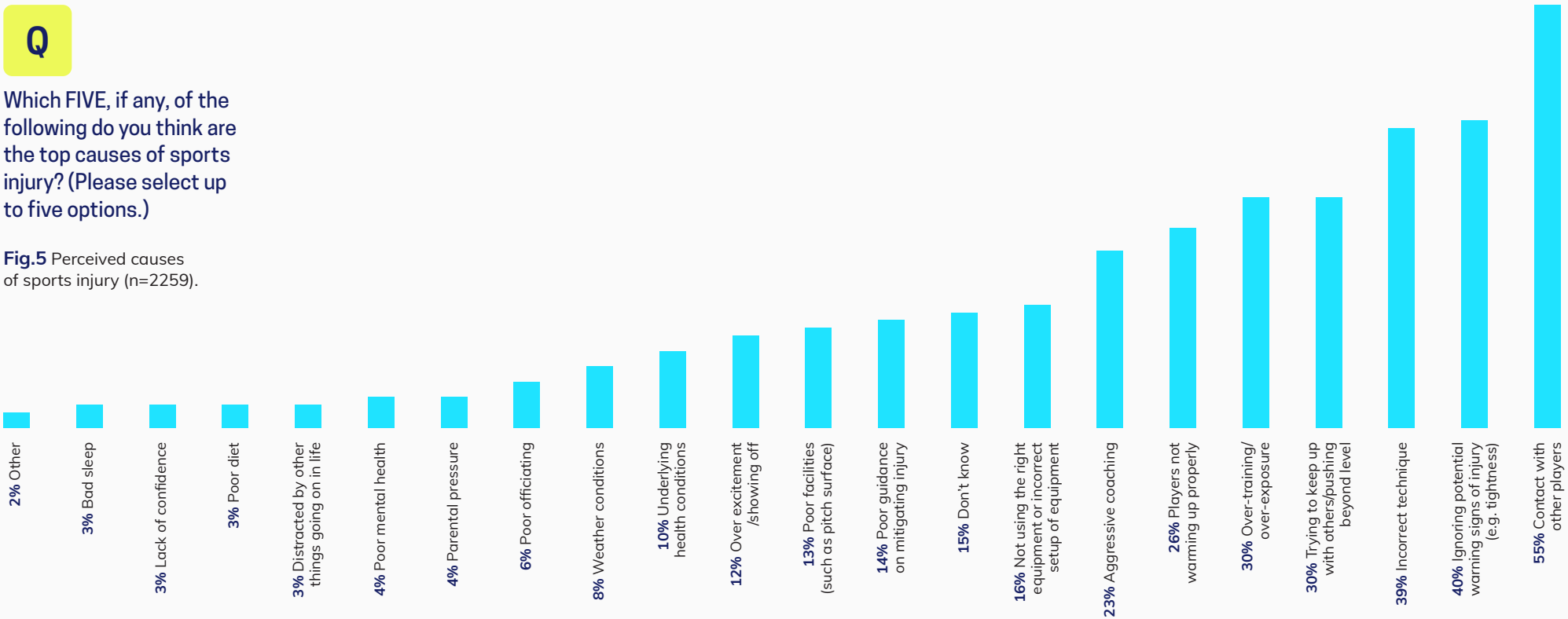
Interestingly, Gymnastics was the second most selected sport despite it being an individual, non-contact sport. Although it could be argued that it is fast paced and of a repetitive nature, we could hypothesise that due to the recent negative media coverage on the sport and 28% of adults selecting 'I've seen articles in the news or social media talking about injuries within the sport', this may have influenced some respondents.

# SPORTS INJURIES

**Q**

**Which FIVE, if any, of the following do you think are the top causes of sports injury? (Please select up to five options.)**

**Fig.5** Perceived causes of sports injury (n=2259).




Following on from 'contact sport' being selected as the most common response for highest likelihood of injury, perhaps unsurprisingly, 'contact with other players' was selected by 55% of adults as a top cause of injury (Figure 5). 40% of respondents selected 'ignoring potential warning signs on injury', 39% selected 'incorrect technique' and 30% selected both 'trying to keep up with others/pushing beyond level' and 'over-training/over-exposure' respectively.

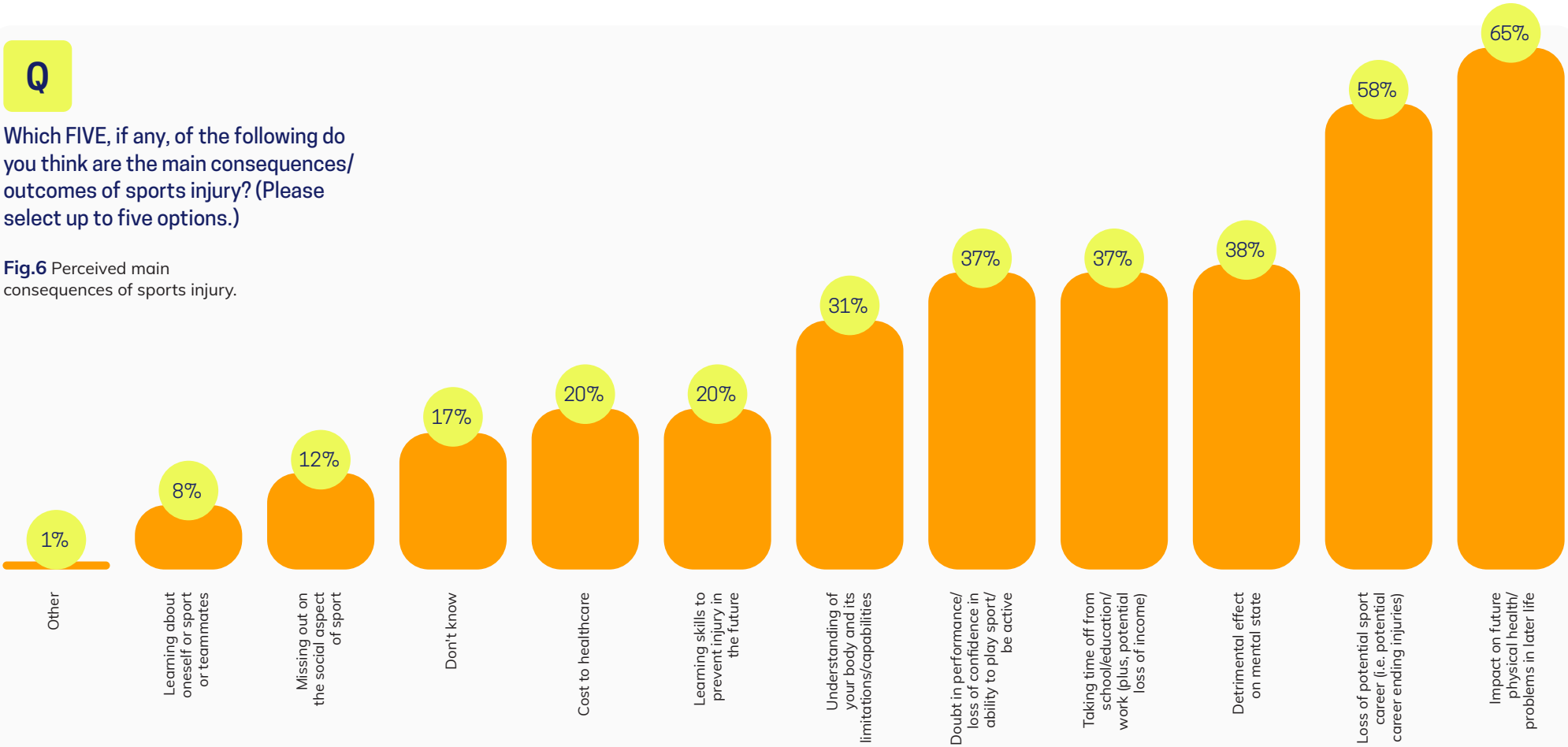
'Contact with other players', 'ignoring potential warning signs of injury' and 'incorrect technique' were the top three responses selected across all demographics and subgroups.

# SPORTS INJURIES

**Q**

**Which FIVE, if any, of the following do you think are the main consequences/ outcomes of sports injury? (Please select up to five options.)**

**Fig.6** Perceived main consequences of sports injury.




65% of respondents believe impact on future physical health/problems in later life is a main consequence/ outcome of sports injury, with 58% selecting loss of potential sport career, 38% selecting detrimental effect on mental state, 37% selecting doubt in performance/ loss of confidence and 37% selecting taking time off from school/education/work (plus, potential loss of income).

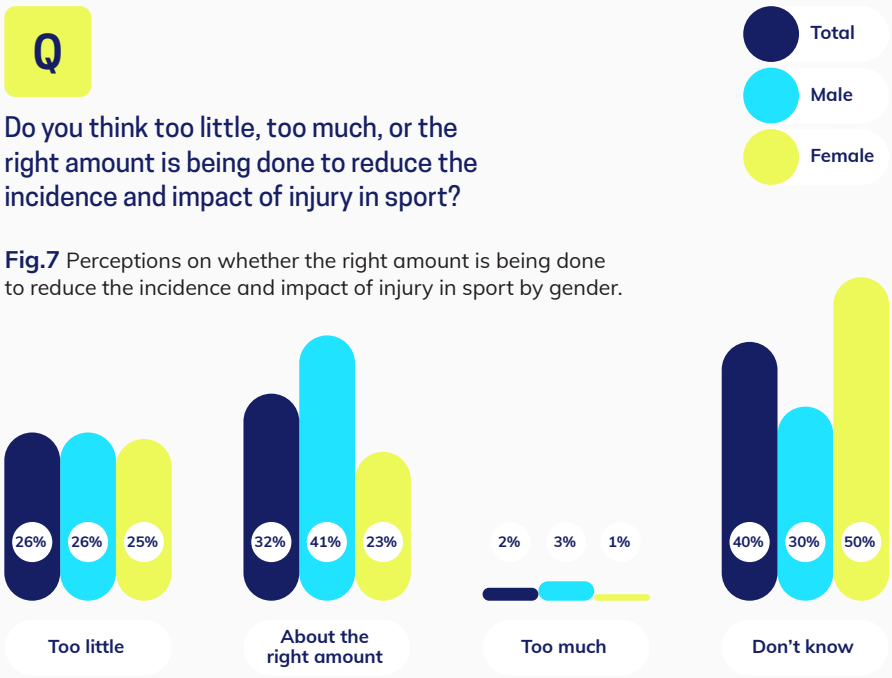
The top five responses selected were the same for respondents with children (both under 18 and over 18) and those without any children.

# SPORTS INJURIES

**Q**

**Do you think too little, too much, or the right amount is being done to reduce the incidence and impact of injury in sport?**

**Fig.7** Perceptions on whether the right amount is being done to reduce the incidence and impact of injury in sport by gender.




40% of respondents selected 'don't know' when asked their perceptions about whether the right amount is being done to reduce the incidence and impact of injury in sport, with 32% stating 'about the right amount' and 26% 'too little' (Figure 7). Just 2% of total respondents responded 'too much' was being done.

When the data was split by gender, male respondents had a majority of 41% who believed 'about the right amount' was being done compared to 23% of females. 30% of males responded 'don't know', with a higher proportion of females choosing this option (50%). It could be hypothesised that a higher percentage of females selected 'don't know' due to the higher percentage of females who do not watch or follow any sport.

Respondents with children under 18 years old responded equally to the options 'about the right amount' and 'don't know', with 38% of the subgroup selecting each option. Again, 'too much' was the least selected answer.

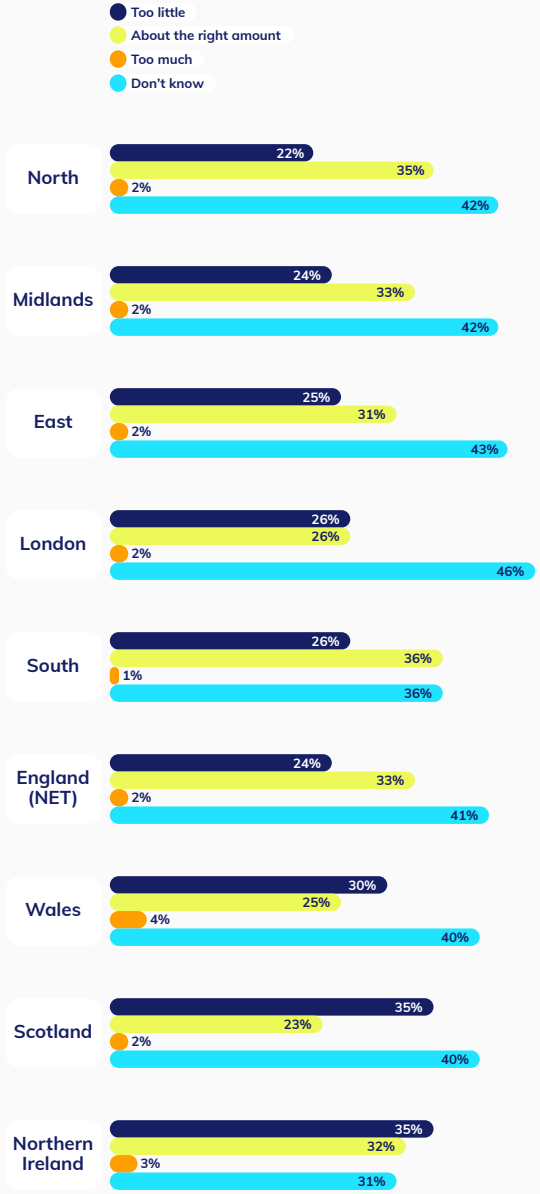



**Fig.8** Perceptions on whether the right amount is being done to reduce the incidence and impact of injury in sport by geographical location.

When the data was split by respondents' geographical location, the following was identified:

All geographical locations (Figure 8) had 'don't know' as the most common answer apart from respondents from the South East of England who selected 'about the right amount' (37% of respondents with 35% stating don't know) and Northern Ireland, who believe 'too little' is being done (35% of respondents, followed by 32% responding 'about the right amount' and 31% 'don't know').

Respondents from both Wales and Scotland listed 'don't know' as their top response (40% respectively), with 'too little' being the second most common response (30% for Wales and 35% for Scotland).

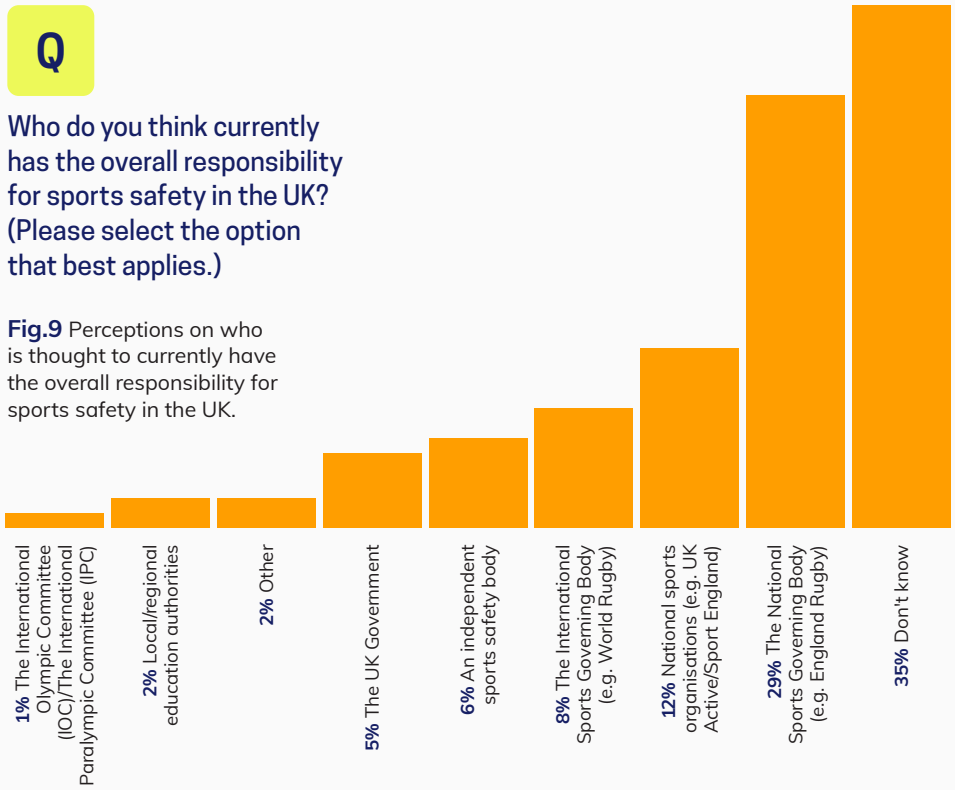
Every reportable subgroup or demographic had 'too much' as their fourth (last) response to the question.

# SPORTS SAFETY

Q

**Who do you think currently has the overall responsibility for sports safety in the UK? (Please select the option that best applies.)**

**Fig.9** Perceptions on who is thought to currently have the overall responsibility for sports safety in the UK.



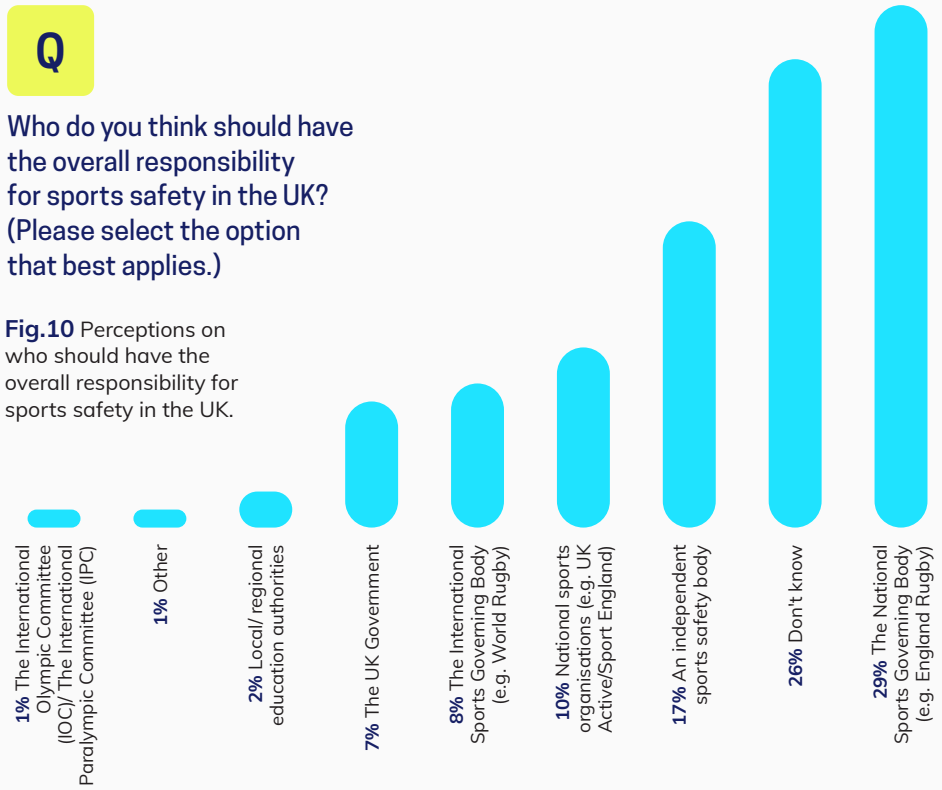

When respondents were asked who they thought currently has responsibility for sports safety in the UK (Figure 9), 35% of respondents stated 'don't know' followed by 29% stating the National Sports Governing Body. These were the top two responses across all demographics.

Males were more decisive than females with 34% believing the National Sports Governing Body currently has overall responsibility for sports safety in the UK, followed by 27% of males stating that they don't know. Females responded with 42% selecting don't know and 25% selecting the National Sports Governing Body.

Q

**Who do you think should have the overall responsibility for sports safety in the UK? (Please select the option that best applies.)**

**Fig.10** Perceptions on who should have the overall responsibility for sports safety in the UK.




When respondents were asked who they think should have responsibility (Figure 10), the National Sports Governing Body took top spot with 29% of respondents selecting it, followed by 'don't know', which 26% of respondents selected. 17% of respondents thought an independent sports safety body should be responsible (in comparison, only 6% of respondents thought a sports safety body was currently responsible).

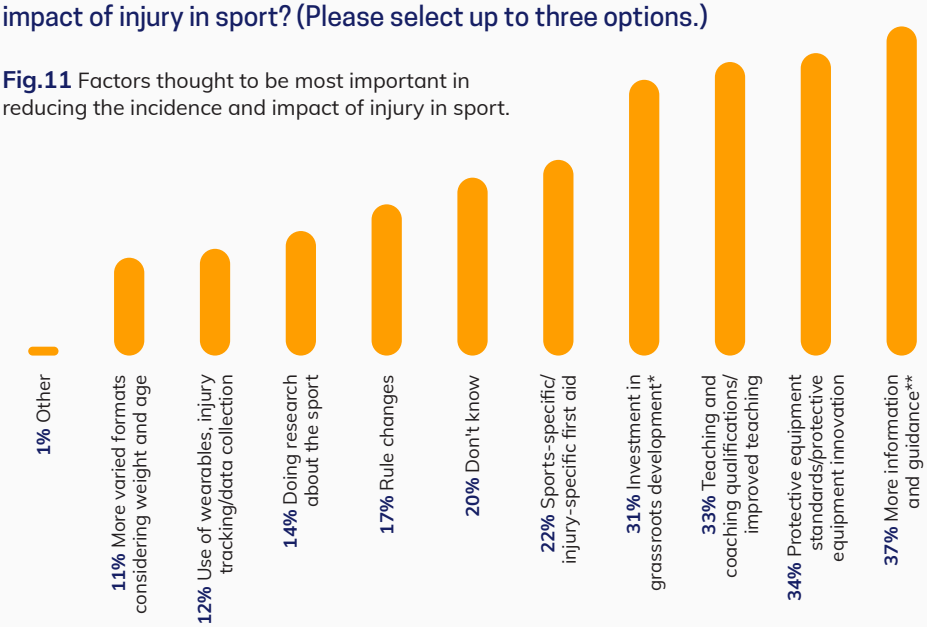
Due to participant numbers, we can only report on three roles (self-selected by the respondents). All three of the roles selected National Sports Governing Bodies as their most common answer (selected by 36% of students, 32% of non-sport educators, 33% of medical practitioners).

# SPORTS SAFETY

Q

**Which THREE, if any, of the following factors do you think are the most important in reducing the incidence and impact of injury in sport? (Please select up to three options.)**

**Fig.11** Factors thought to be most important in reducing the incidence and impact of injury in sport.




The top three factors selected by respondents as most important in reducing the incidence and impact of injury in sport (Figure 11) were more information and guidance (e.g., on sport-specific risk or injury mitigation) (selected by 37% of respondents), protective equipment standards / protective equipment innovation (selected by 34% of respondents) and teaching and coaching qualifications / improved teaching (selected by 33% of respondents). These factors were selected as the top three also by both respondents with children and respondents without children.

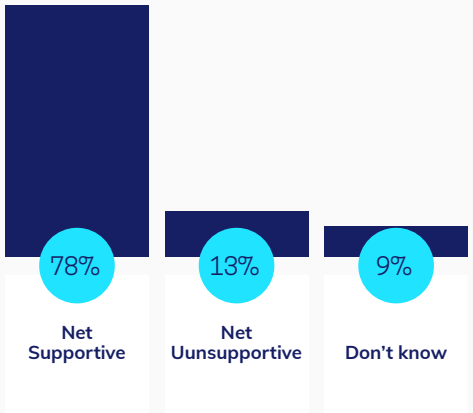
*(i.e. sport or physical leisure activity, practised regularly at non-professional level for health, educational or social purposes)

**(e.g. on sport-specific risk or injury mitigation)

Q

**For the following question, please think about your preferred sport (that you watch, follow, or play). In general, how supportive, if at all, are you for rule changes which aim to reduce the incidence and impact of injury in your preferred sport?**

**Fig.12** Support for rule changes which aim to reduce the incidence and impact of injury (n=1368*).




78% of respondents were supportive for rule changes in their preferred sport which aim to reduce the incidence and impact of injury in sport. 13% were unsupportive and 9% didn't know.

*The question was asked of 2259 respondents. 891 chose 'not applicable' as they do not have a preferred sport. 1368 answered the question.

# SPORTS SAFETY

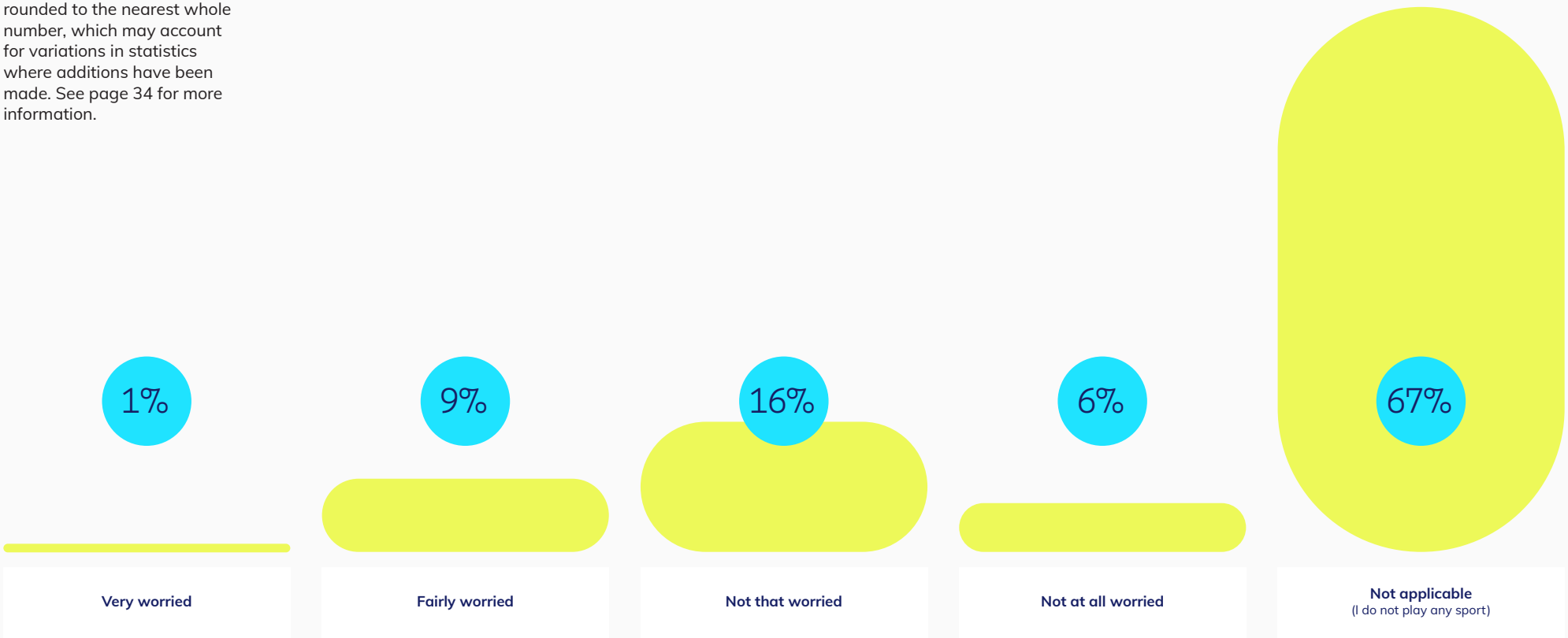
Q

**In general, how worried, if at all, are you about getting injured from sport?**

**Fig.13** Perceptions on getting injured from sport (n=2259).

*Percentages have been rounded to the nearest whole number, which may account for variations in statistics where additions have been made. See page 34 for more information.

23%* of respondents stated they were not worried about getting injured, with 10% stating they were worried and 67% selecting they do not play sport and therefore the question was not applicable (Figure 13).



# SPORTS SAFETY

Q

**To what extent do you agree or disagree with the following statement about sports injury?**

**"I choose activities and sports that have less risk of injury."**

31% of respondents (Figure 14) agreed that they chose activities and sports that have less risk of injury (10% strongly agreeing and 21% somewhat agreeing). 18% of respondents disagreed with the statement (6% of those strongly disagreeing). 50% of respondents neither agreed nor disagreed with the statement or 'did not know'.

When analysing the data by gender (Figure 15), females were approximately three times as likely to pick a sport that had less risk of injury than not (33% of females agreed with the statement, compared to 12% who did not).

The male population was more equally split, with 29% of men agreeing they choose activities and sports that have less risk of injury compared with 25% who disagreed. The remaining percentages of each population either did not know, or neither agreed nor disagreed with the statement.

**Fig.14** Perceptions on whether activities and sports are chosen that have less risk of injury (n=2259).

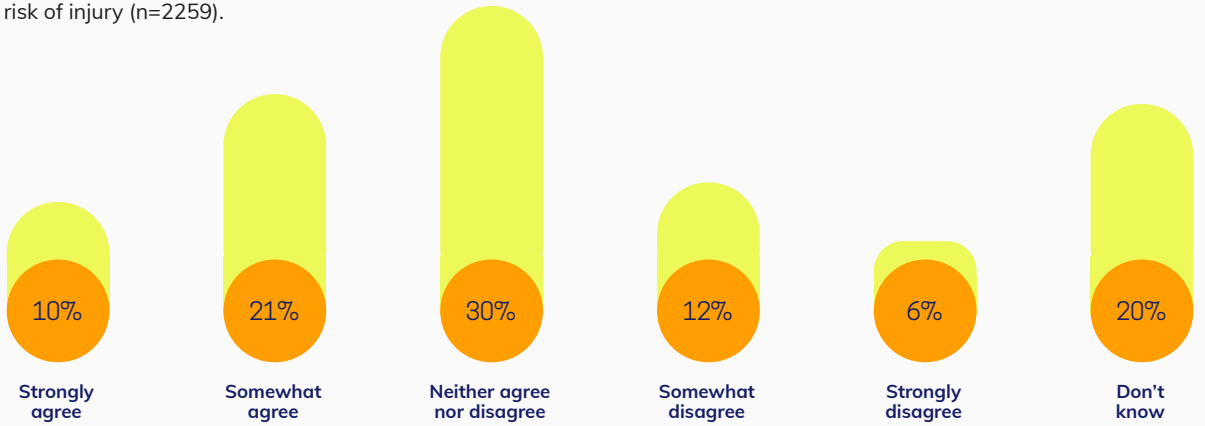
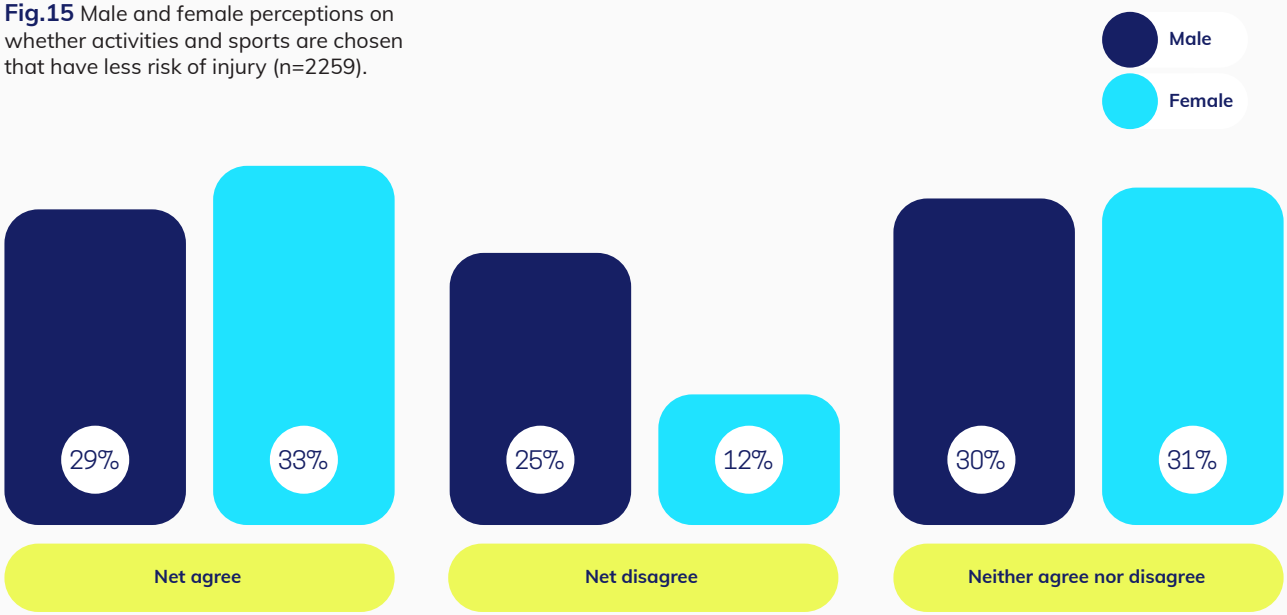



**Fig.15** Male and female perceptions on whether activities and sports are chosen that have less risk of injury (n=2259).



# SPORTS SAFETY

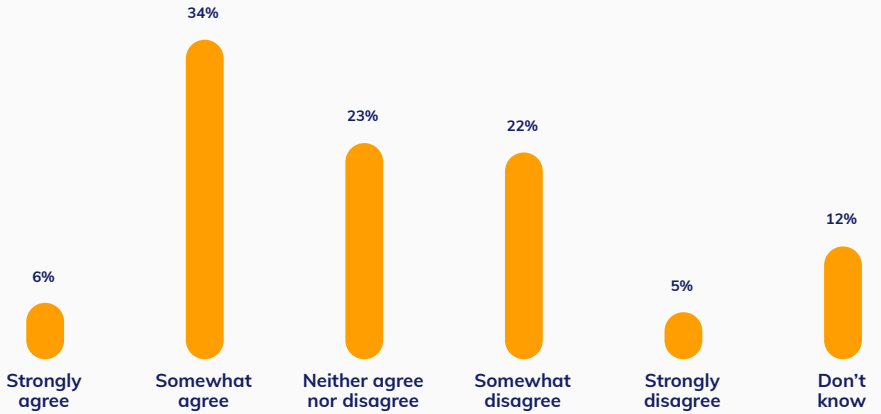
Q

To what extent do you agree or disagree with the following statement about sports injury?

"I believe injury in sport is preventable."

*Percentages have been rounded to the nearest whole number, which may account for variations in statistics where additions have been made. See page 34 for more information.

**Fig.16** Perceptions on whether injury in sport is preventable (n=2259).




Over 39%* of respondents believe injury in sport is preventable (Figure 16). 26%* of respondents disagreed with this statement. All demographics in the data followed the same pattern with a higher percentage believing injury in sport is preventable than not.

Interestingly, when the data was split by sports watched/followed, a higher percentage of respondents who watched/followed either Boxing, Horse Racing, Pool/Snooker/Billiards, Triathlon or Rugby League disagreed with the statement than agreed. We cannot make any assumptions from the data as to why this was.

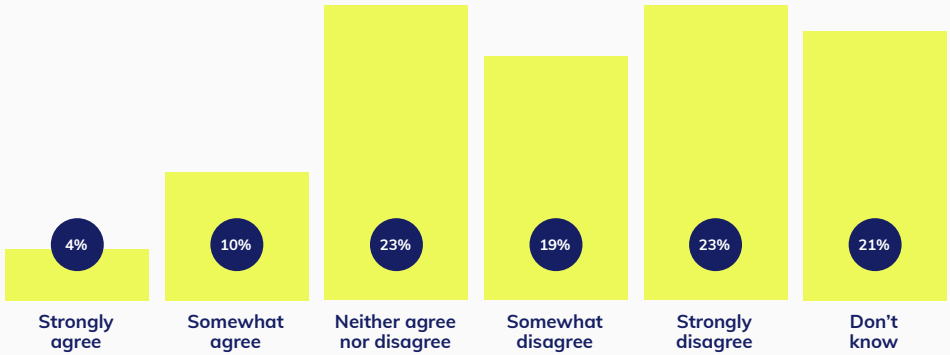
35% of respondents with children of any age agreed injury in sport is preventable (30% disagreed) compared to 45% of respondents who do not have children believing injury is preventable (21% disagreed).

Q

To what extent do you agree or disagree with the following statement about sports injury?

"There are sports that I play/have played that I wouldn't allow my children (current or future) to play."

**Fig.17** Perceptions on whether respondents would let children play sports they currently or have played (n=2259).




42% of respondents disagreed with the statement 'there are sports that I play/have played sports that I wouldn't allow my children to play', 23% of those strongly disagreeing (Figure 17). 14% of respondents agreed that they wouldn't allow their current or future children to play a sport they play/have played, with 44% selecting either I don't know or neither agreeing nor disagreeing.

15% of respondents with children of any age stated they agreed with the statement, compared to 11% of respondents that do not have children.

# SPORTS SAFETY

**Q**

**To what extent do you agree or disagree with the following statement about sports injury?**

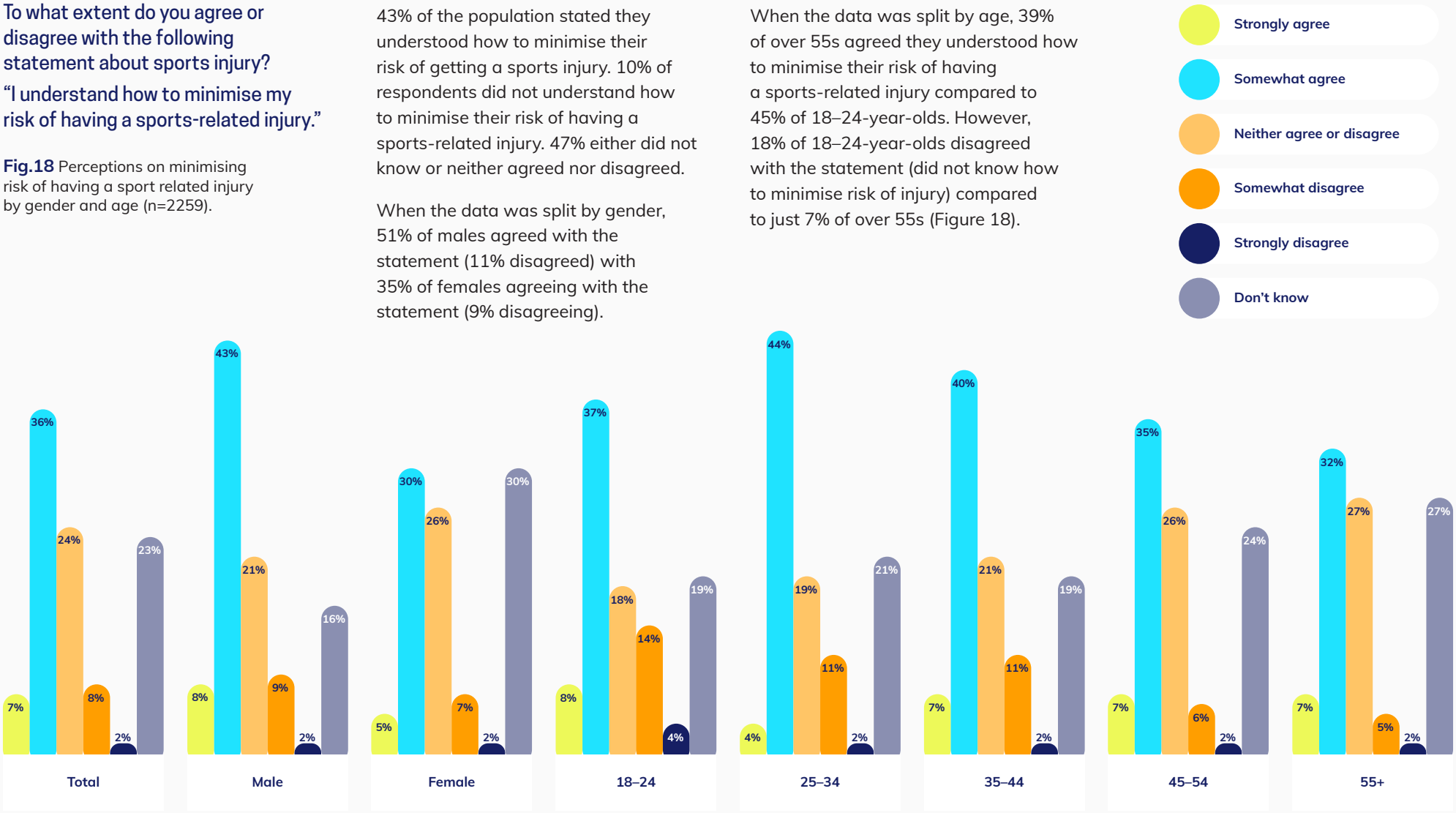
**"I understand how to minimise my risk of having a sports-related injury."**

**Fig.18** Perceptions on minimising risk of having a sport related injury by gender and age (n=2259).

43% of the population stated they understood how to minimise their risk of getting a sports injury. 10% of respondents did not understand how to minimise their risk of having a sports-related injury. 47% either did not know or neither agreed nor disagreed.

When the data was split by gender, 51% of males agreed with the statement (11% disagreed) with 35% of females agreeing with the statement (9% disagreeing).

When the data was split by age, 39% of over 55s agreed they understood how to minimise their risk of having a sports-related injury compared to 45% of 18–24-year-olds. However, 18% of 18–24-year-olds disagreed with the statement (did not know how to minimise risk of injury) compared to just 7% of over 55s (Figure 18).



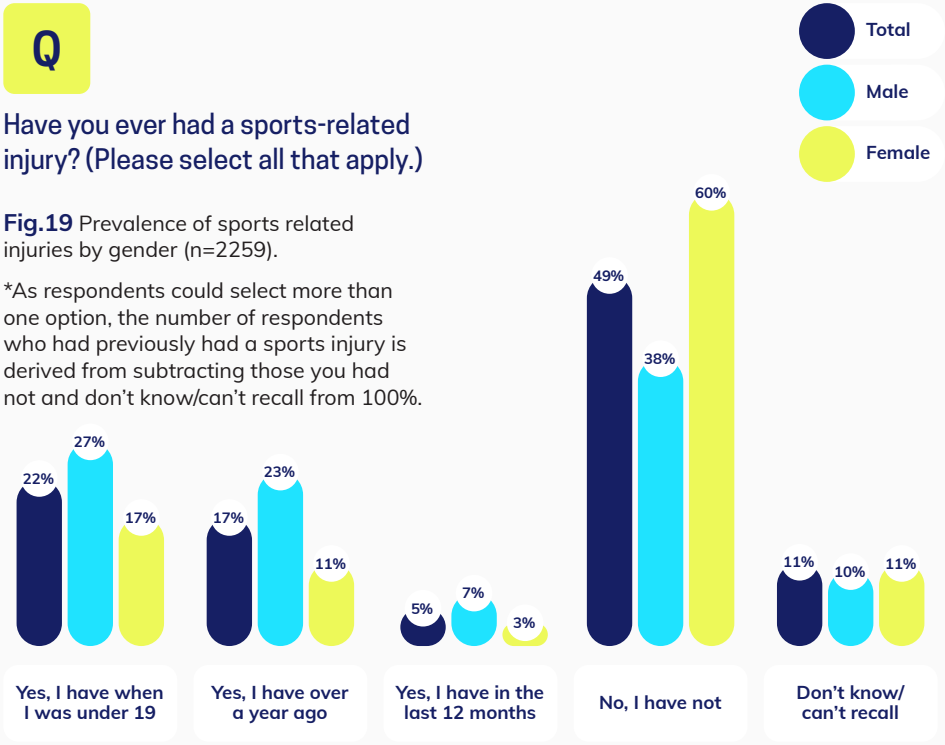
# SPORTS SAFETY

Q

## Have you ever had a sports-related injury? (Please select all that apply.)

**Fig.19** Prevalence of sports related injuries by gender (n=2259).

*As respondents could select more than one option, the number of respondents who had previously had a sports injury is derived from subtracting those you had not and don't know/can't recall from 100%.




40%* of all respondents had previously had a sports injury, with 5% having had one in the previous 12 months. When splitting the data by gender, 52% of males had previously had a sports-related injury compared to 29% of females. We could speculate that this is due to a lower percentage of females participating in sport. 45% of respondents in social grade ABC1 had experienced a sports injury compared to 33% of those in social grade C2DE.

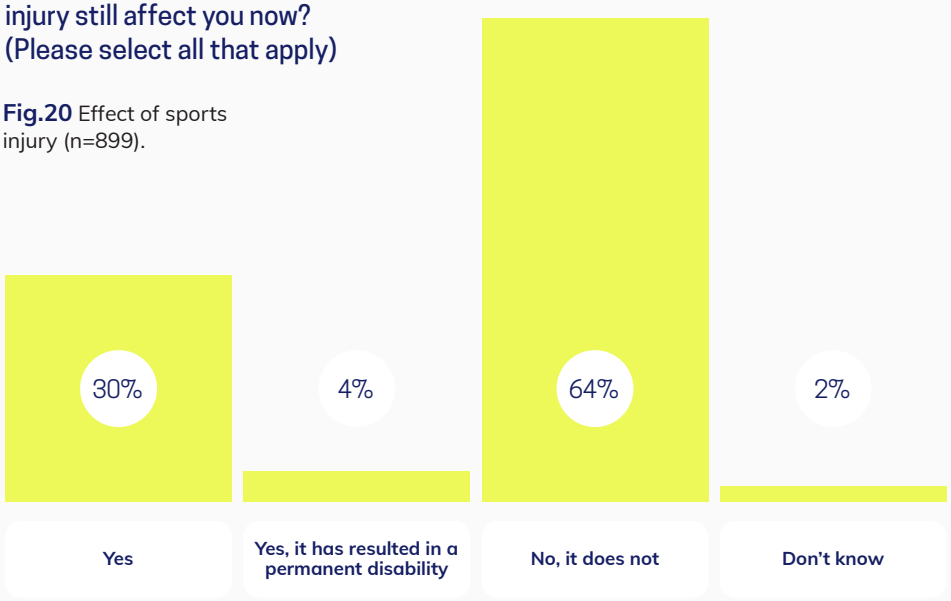
Social grades are based on the NRS social grade classification, with ABC1 equivalent to middle class, and C2DE equivalent to working class.

Those who are retired, unemployed or not working/other reported a lower percentage of respondents having had a sports injury (32%, 28% and 36% respectively) compared to those who are working or students (44% and 43% respectively).

Q

## Does your sports-related injury still affect you now? (Please select all that apply)

**Fig.20** Effect of sports injury (n=899).




30% of respondents who have had at least one sports injury were still affected by their sports injury (Figure 20). 64% of respondents stated they no longer were affected. 4% of respondents who have had at least one sports injury stated it resulted in a permanent disability. Note: no definition of permanent disability was given.

There was no difference based on gender or social grade, with both 30% of males and females confirming they were still affected by their sports injury and 30% of those in social grade ABC1 and C2DE confirming the same.

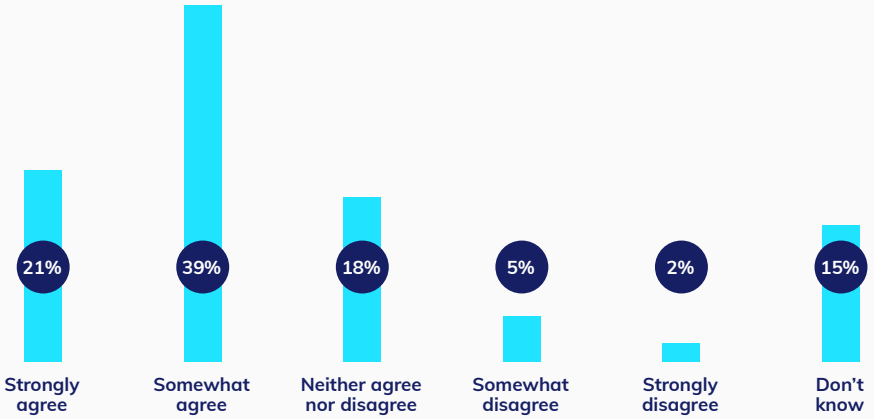
9% of 18–24-year-olds who had at least one sports injury stated their sports injury had resulted in a permanent disability. This was the highest percentage across all age brackets, with those in the age brackets of 25–55+ years old recording between 2–4%.

# SPORTS SAFETY EQUIPMENT

Q

Thinking in general about purchasing sports safety equipment: To what extent do you agree or disagree with the following statement? “I believe that sports safety equipment sold by well-known brands/ shops will have gone through adequate testing to ensure those products provide effective protection.”

**Fig.21** Belief that sports safety equipment sold by well-known brands/shops will have gone through adequate testing to ensure those products provide effective protection (n=2259).



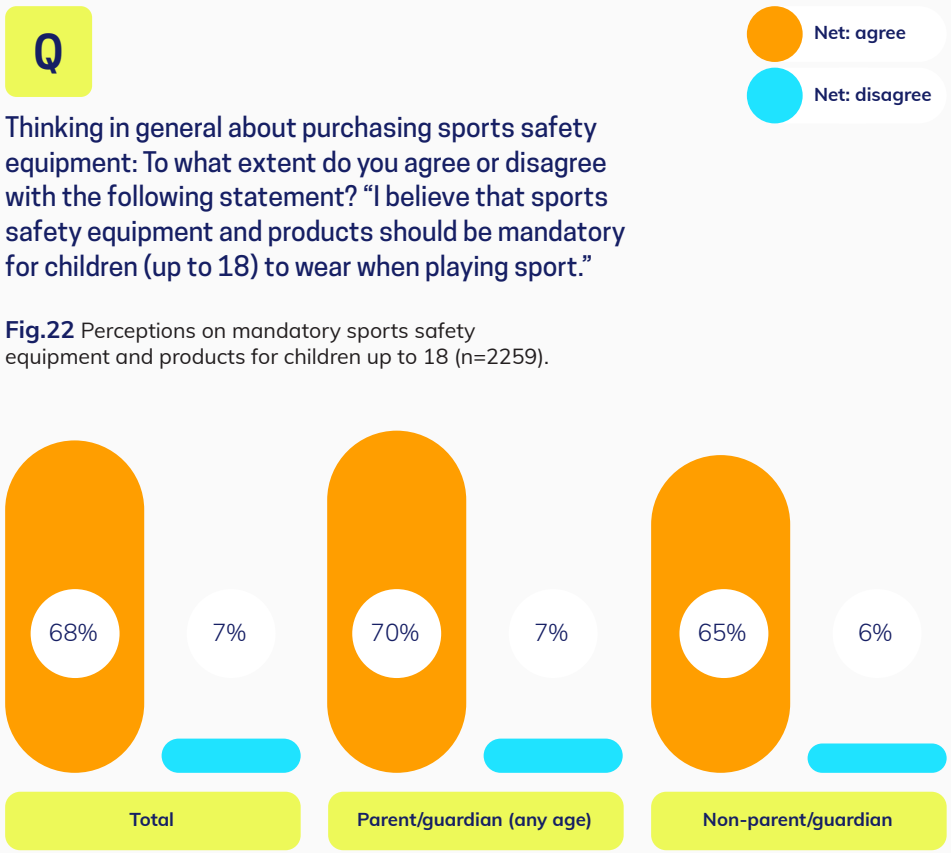

61%* of respondents agreed that sports safety equipment sold by well-known brands/shops will have gone through adequate testing to ensure those products provide effective protection (Figure 21). Just under 7%* of respondents disagreed. This was similar across all demographics.

*Percentages have been rounded to the nearest whole number, which may account for variations in statistics where additions have been made. See page 34 for more information.

Q

Thinking in general about purchasing sports safety equipment: To what extent do you agree or disagree with the following statement? “I believe that sports safety equipment and products should be mandatory for children (up to 18) to wear when playing sport.”

**Fig.22** Perceptions on mandatory sports safety equipment and products for children up to 18 (n=2259).




68% of respondents believed that sports safety equipment and products should be mandatory for children (up to 18) to wear when playing sport with just 7% of respondents disagreeing (Figure 22).

When filtering the data by parent/ guardian status, 70% of those with children agreed that sports safety equipment and products should be mandatory for children to wear when playing sport, with just 7% disagreeing. 65% of respondents without children also agreed, with just 6% disagreeing.

# SPORTS SAFETY EQUIPMENT

**Q**

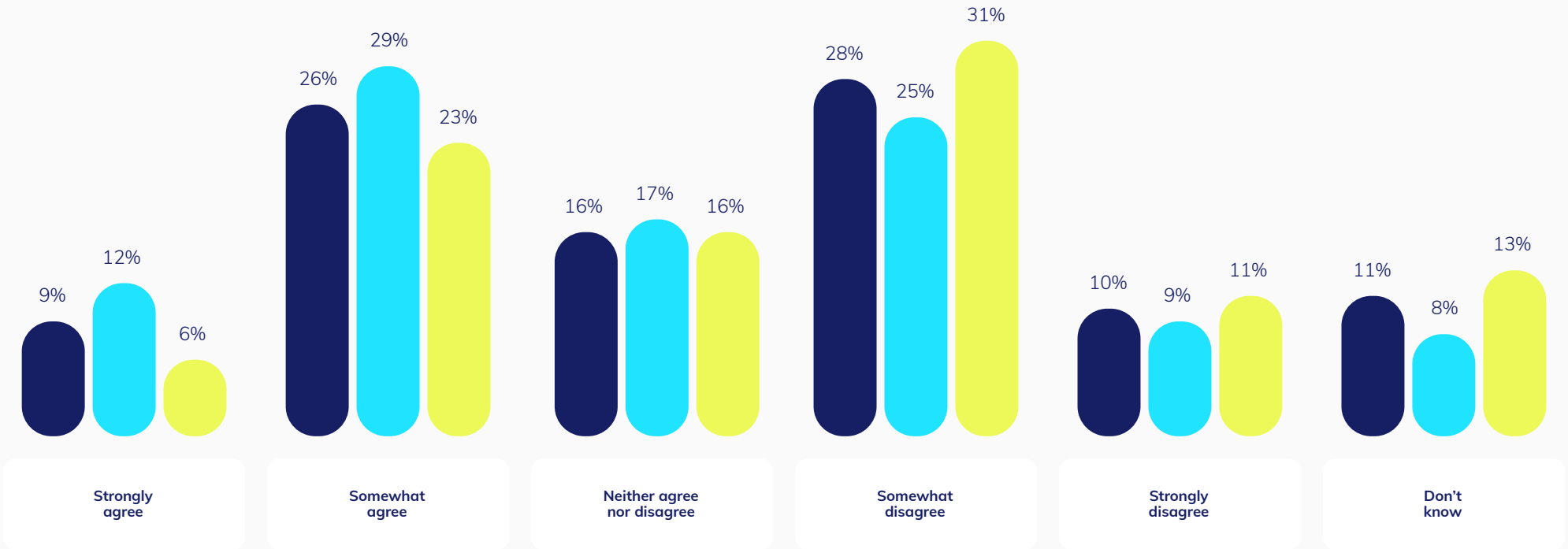
Thinking in general about purchasing sports safety equipment: To what extent do you agree or disagree with the following statement? "As an adult, I believe that the wearing of sports safety equipment and products should be a personal choice."

**Fig.23** Perceptions on wearing sports safety equipment and products as a personal choice (n=2259).

34%* of respondents believed wearing of sports safety equipment and products should be a personal choice, with 38% of respondents disagreeing (Figure 23). 27% either did not know, or neither agreed nor disagreed.

When filtered by gender, 41% of males agreed wearing sports safety equipment and products should be a personal choice (with 34% of males disagreeing). Only 28%* of females agreed that wearing sports safety equipment should be a personal choice, with 42% of females disagreeing with the statement.

*Percentages have been rounded to the nearest whole number, which may account for variations in statistics where additions have been made. See page 34 for more information.

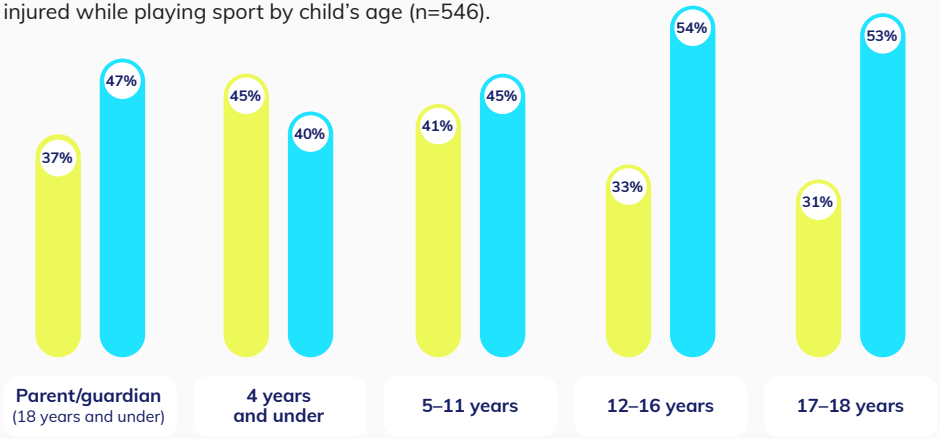


# CHILD SAFETY

Q

How worried, if at all, are you about your child/children getting injured while playing sport? (Please select the option that best applies. If your child does not play any sport, please select the "Not applicable" option.)

**Fig.24** Perceptions of worry on children getting injured while playing sport by child's age (n=546).




This question was only asked to respondents who had at least one child aged 18 or under (n=546). 47% of parents/guardians (of children 18 and under) are not worried about their child getting injured whilst playing sport. 37% of parents/guardians (of children 18 and under) were worried about their child getting injured playing sport.

The younger the children, the more seemingly concerned parents are. When looking at if parents are worried based on the child's age (Figure 24):

4 and under: 45% parents/guardians were worried

5–11: 41% parents/guardians were worried

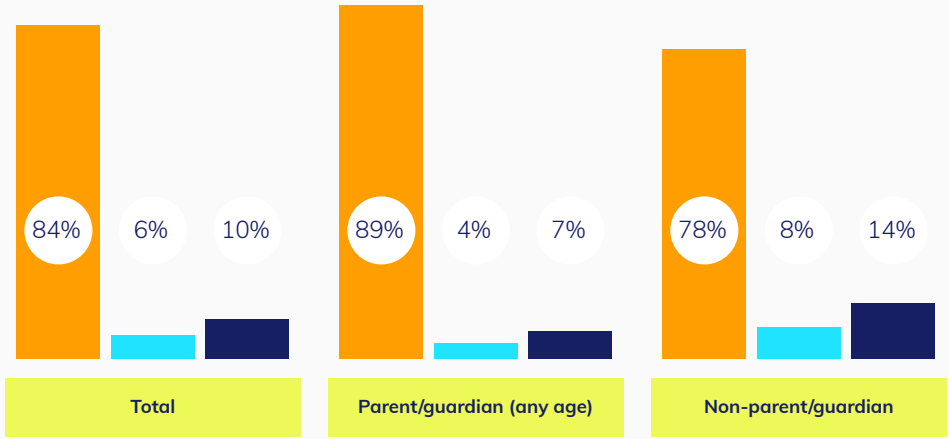
12–16: 33% parents/guardians were worried

17–18: 31% parents/guardians were worried

Q

Do you expect sports-related injuries to be recorded and monitored at school?

**Fig.25** Expectation on sports-related injuries to be recorded and monitored at school (n=2259).




84% of respondents expect sports-related injuries to be recorded and monitored at school (Figure 25). This rose to 89% when filtering the data for respondents who have children, and dropped to 78% when filtering the data for respondents who do not have children. Only 6% of respondents did not expect sports-related injuries to be recorded and monitored at school.

# CHILD SAFETY

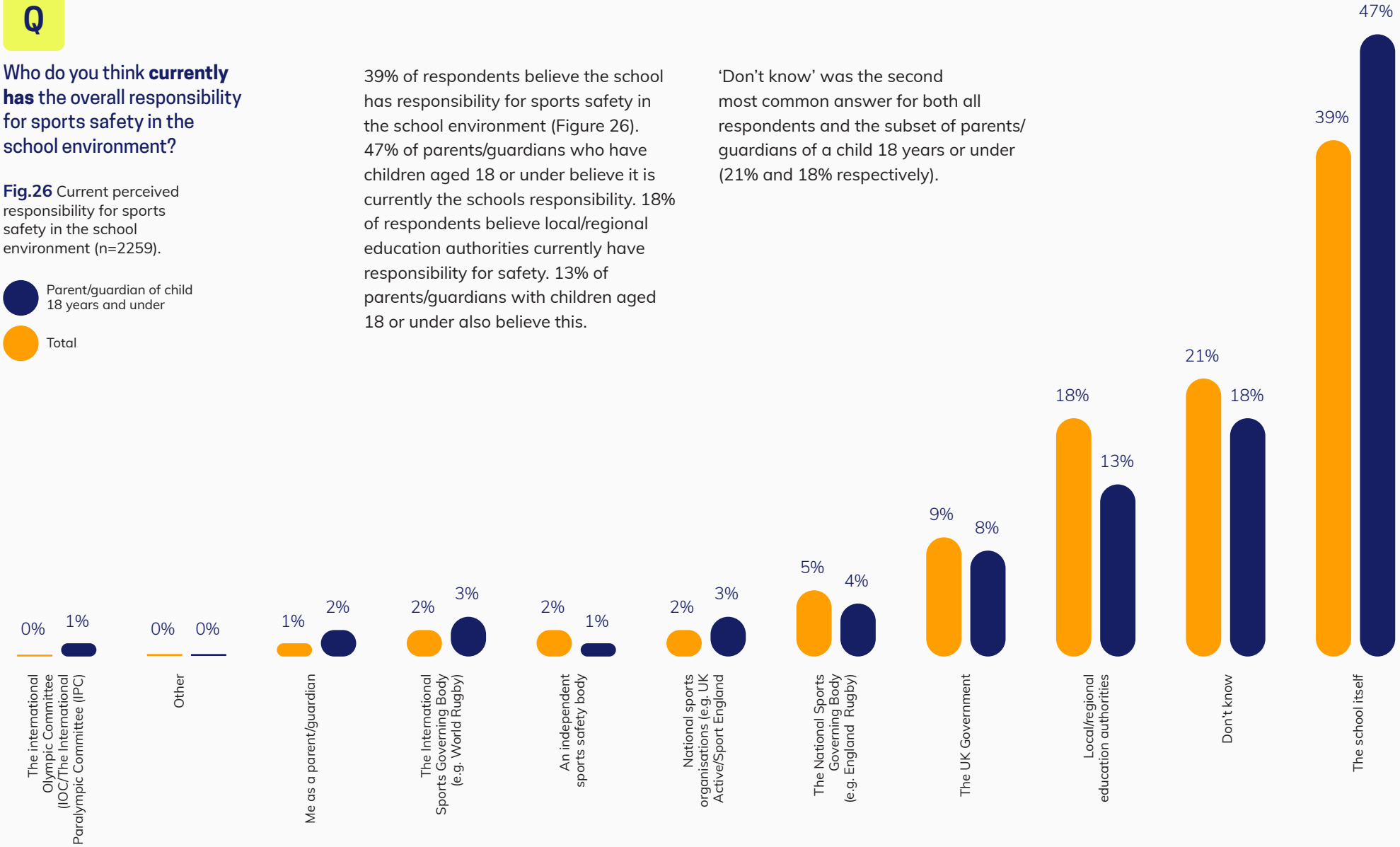
Q

**Who do you think currently has the overall responsibility for sports safety in the school environment?**

**Fig.26** Current perceived responsibility for sports safety in the school environment (n=2259).

39% of respondents believe the school has responsibility for sports safety in the school environment (Figure 26). 47% of parents/guardians who have children aged 18 or under believe it is currently the schools responsibility. 18% of respondents believe local/regional education authorities currently have responsibility for safety. 13% of parents/guardians with children aged 18 or under also believe this.

'Don't know' was the second most common answer for both all respondents and the subset of parents/guardians of a child 18 years or under (21% and 18% respectively).



# CHILD SAFETY

**Q**

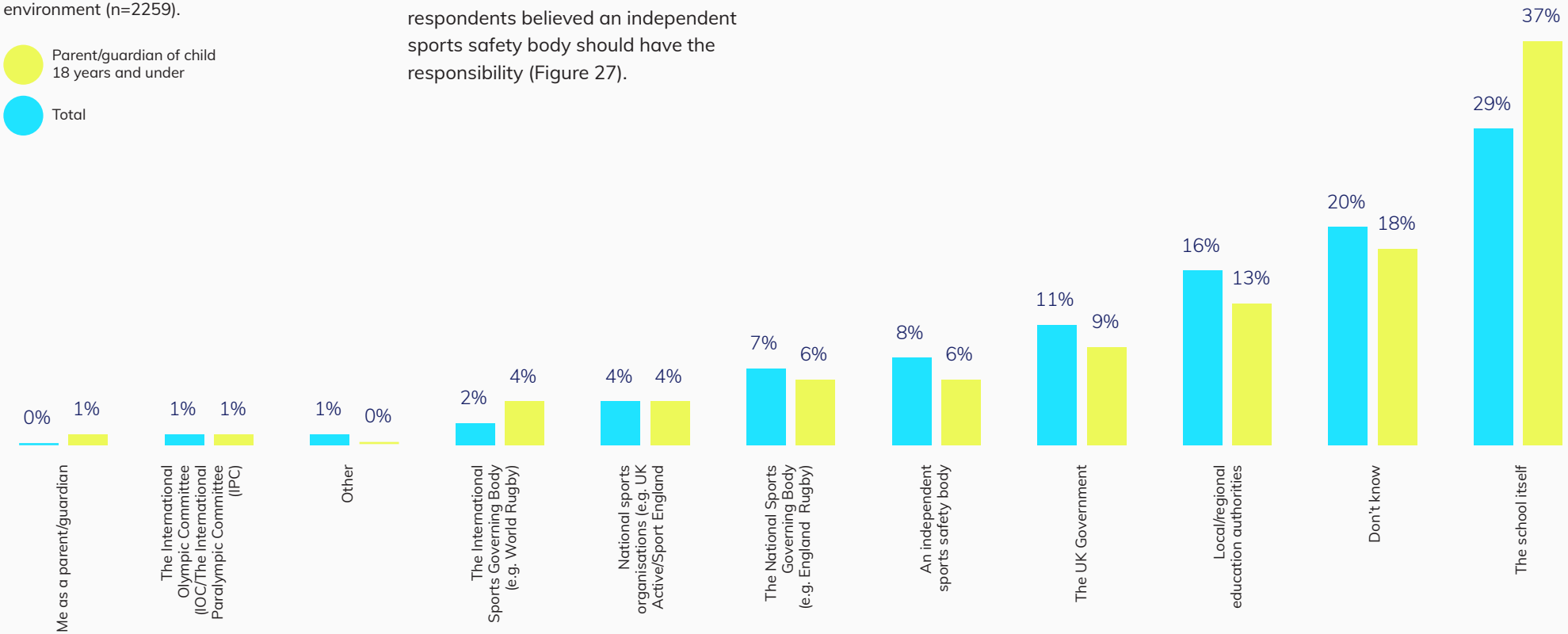
## Who do you think **should** have the overall responsibility for sports safety in the school environment?

**Fig.27** Perceived responsibility for who should be responsible for sports safety in the school environment (n=2259).

When asked who they believe **should** have responsibility, just 29% of respondents believed the school should have this responsibility (39% of respondents believe the school currently has responsibility). 20% of respondents did not know, 16% of respondents believed local/regional education authorities and 8% of respondents believed an independent sports safety body should have the responsibility (Figure 27).

Parents/guardians showed similar patterns, with 37% of parents/guardians believing the school should have the responsibility for sports safety. Just 2% of parents/guardians thought an independent sports safety body was currently responsible; however, 6% believed one should be responsible.

47% of schoolteachers (non-sport) believed schools were currently responsible for sport safety in school, with just 30% of them believing schools should be responsible. (Due to categories having fewer than 50 respondents we are unable to report on some of the other subgroups.)

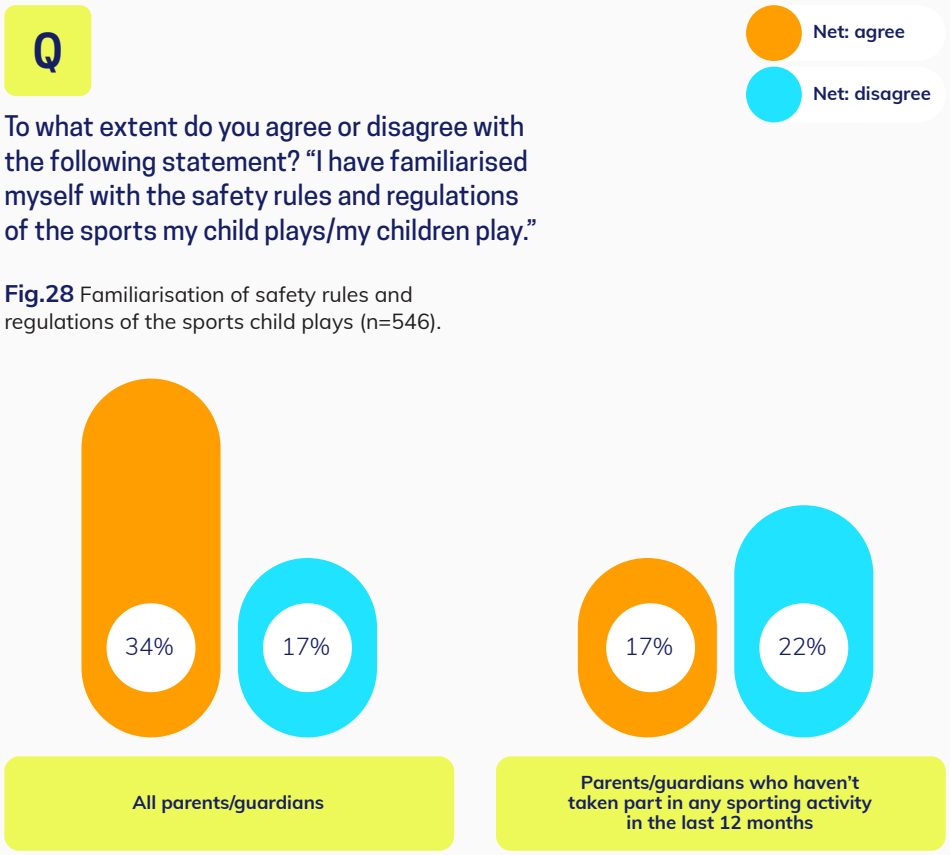


# CHILD SAFETY

Q

To what extent do you agree or disagree with the following statement? “I have familiarised myself with the safety rules and regulations of the sports my child plays/my children play.”

**Fig.28** Familiarisation of safety rules and regulations of the sports child plays (n=546).

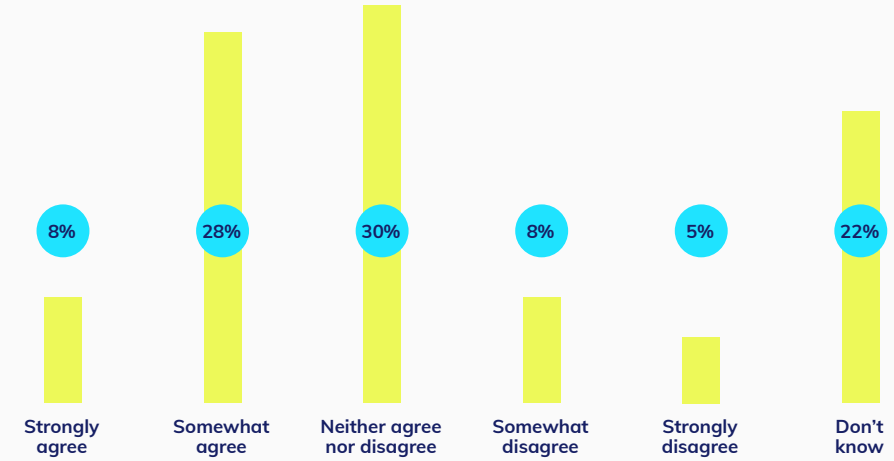



Just 34% of parents had familiarised themselves with the safety rules of the sport their child plays (Figure 28). For parents/guardians who had not played any sport in the previous 12 months, just 17% had familiarised themselves with the safety rules of their child’s sport.

Q

To what extent do you agree or disagree with the following statement? “I am satisfied with the information or guidance my child/children receive related to safety in the sports they play.”

**Fig.29** Satisfaction with the information or guidance the child/ children receive related to safety in the sports they play (n=546).




36% of parents/guardians are satisfied with the information or guidance their child/children receive related to safety in the sports they play. 5% strongly disagree with this statement. 52% either did not know or neither agreed nor disagreed.

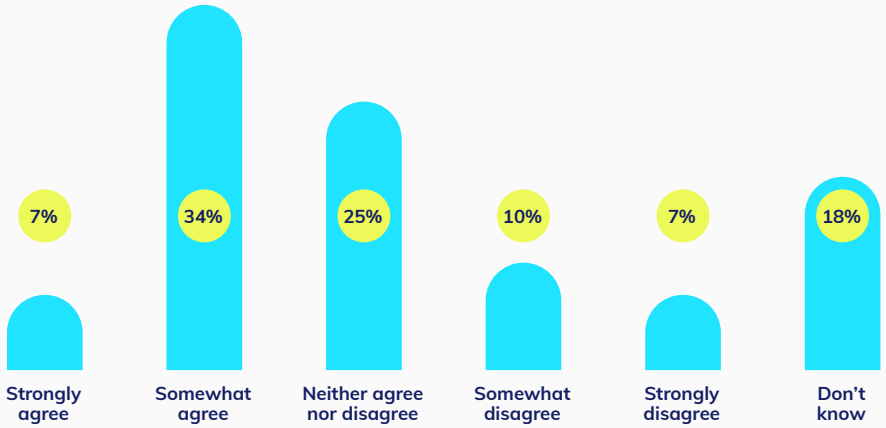
We could hypothesise that given the large percentage in this final group that more could be done to help parents/guardians be aware of the information or guidance children receive.

# MENTAL HEALTH & WELLBEING

Q

To what extent do you agree or disagree with the following statement? “I am confident that I could access information on how to support my child’s mental health and wellbeing in relation to sport.”

**Fig.30** Perceptions on accessing information on how to support child’s mental health and wellbeing in relation to sport (n=546).



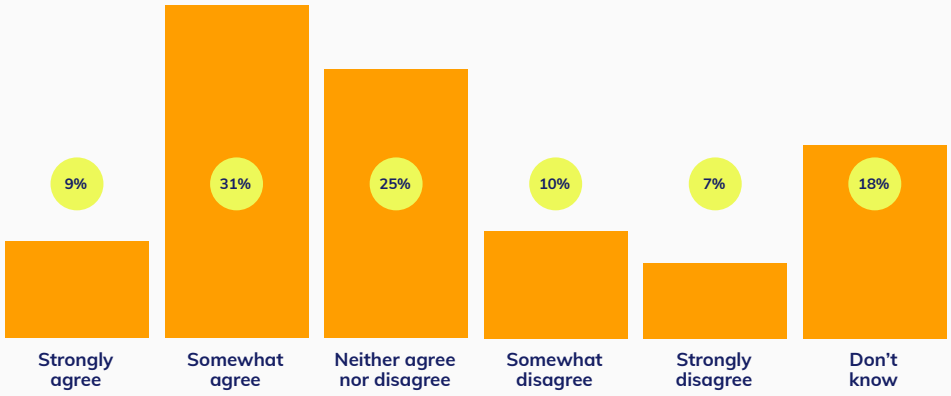

40%* of respondents with a child aged 18 and under agreed they were confident that they could access information on how to support their child’s mental health and wellbeing in relation to sport. 7% of respondents with a child aged 18 and under strongly disagreed.

*Percentages have been rounded to the nearest whole number, which may account for variations in statistics where additions have been made. See page 34 for more information.

Q

To what extent do you agree or disagree with the following statement? “I am confident that I could access information on how to support my child’s mental health and wellbeing in relation to sports injury.”

**Fig.31** Perceptions on accessing information on how to support child’s mental health and wellbeing in relation to sports injuries (n=546).



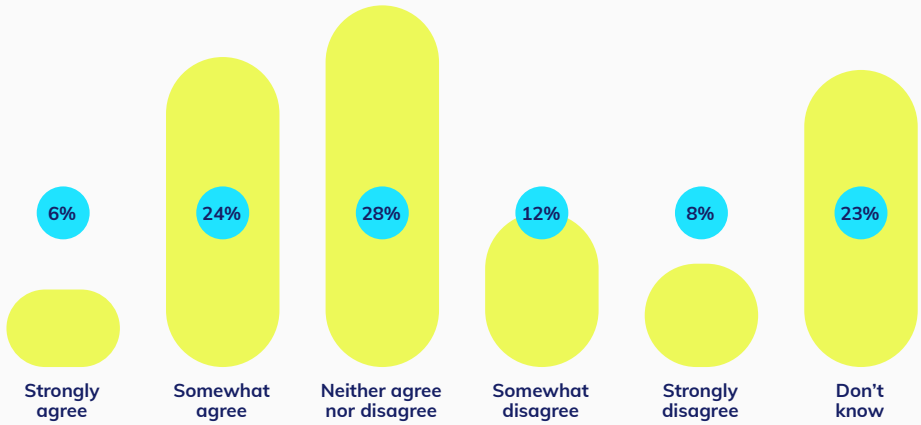

40% of respondents with a child aged 18 and under agreed they were confident that they could access information on how to support their child’s mental health and wellbeing in relation to sports injury. 7% of respondents with a child aged 18 and under strongly disagreed.

# MENTAL HEALTH & WELLBEING

Q

To what extent do you agree or disagree with the following statement? “I am satisfied with the information available on how to support my child’s mental health and wellbeing in relation to sport.”

**Fig.32** Satisfaction of information on how to support child’s mental health and wellbeing in relation to sport (n=546).

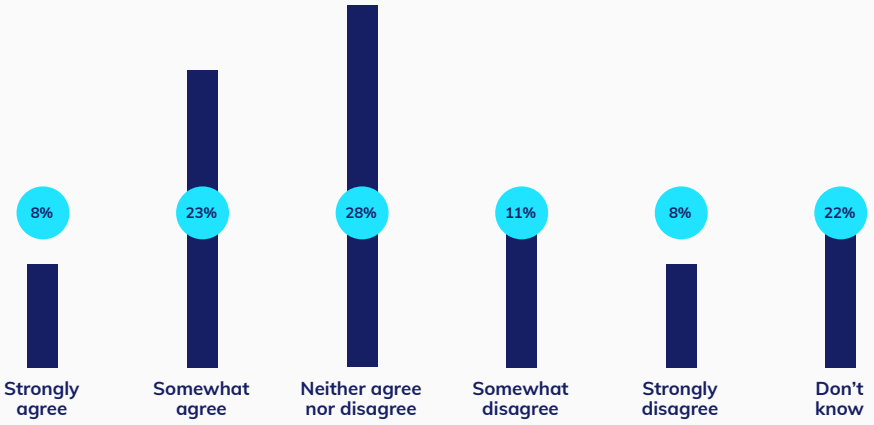



30% of respondents with a child aged 18 and under agreed they were satisfied with the information on how to support their child’s mental health and wellbeing in relation to sport. 8% of respondents with a child aged 18 and under strongly disagreed.

Q

To what extent do you agree or disagree with the following statement? “I am satisfied with the information available on how to support my child’s mental health and wellbeing in relation to sports injury.”

**Fig.33** Satisfaction of information on how to support child’s mental health and wellbeing in relation to sports injuries (n=546).



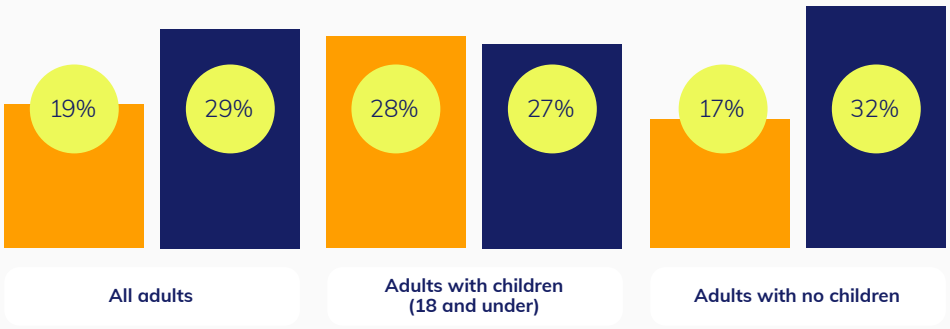

31% of respondents with a child aged 18 and under agreed they were satisfied with the information on how to support their child’s mental health and wellbeing in relation to sports injury. 8% of respondents with a child aged 18 and under strongly disagreed.

# MENTAL HEALTH & WELLBEING

Q

To what extent do you agree or disagree with the following statement? “Thinking about information on mental health issues in sport, I know where to access information.”

**Fig.34** Ease of accessing information on mental health issues in sport (n=2259).



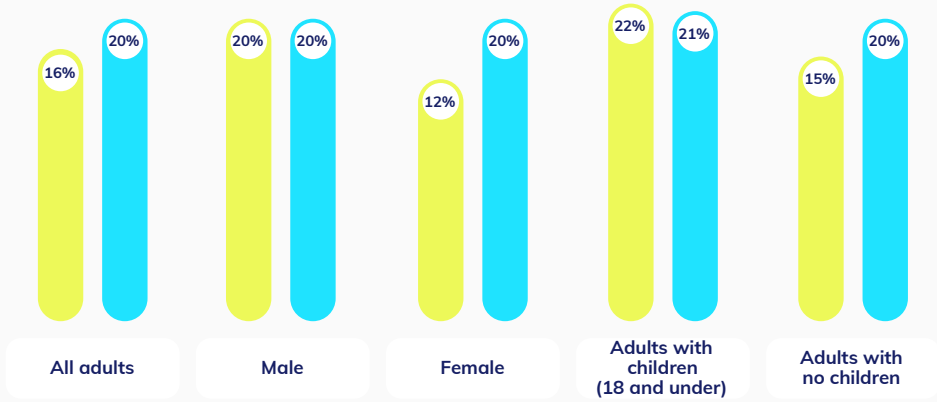

Just 19% of respondents know where to access information on mental health issues in sport. Respondents aged 55+ were least likely to know (13%), compared to 25% of respondents in the 25–34 age category.

Just 12% of retired respondents know. 28% of respondents with children aged 18 and under knew where to access information on mental health issues in sport compared to 17% of respondents who do not have children.

Q

To what extent do you agree or disagree with the following statement? “Thinking about information on mental health issues in sport, I am satisfied with the quality of information.”

**Fig.35** Satisfaction with quality of information on mental health issues in sport (n=2259).




Only 16% of all respondents are satisfied with the quality of information on mental health issues in sport (Figure 35). When filtering by gender, 20% of males were satisfied with the quality of information compared to just 12% of females. However, both 20% of males and females respectively disagreed with the statement.

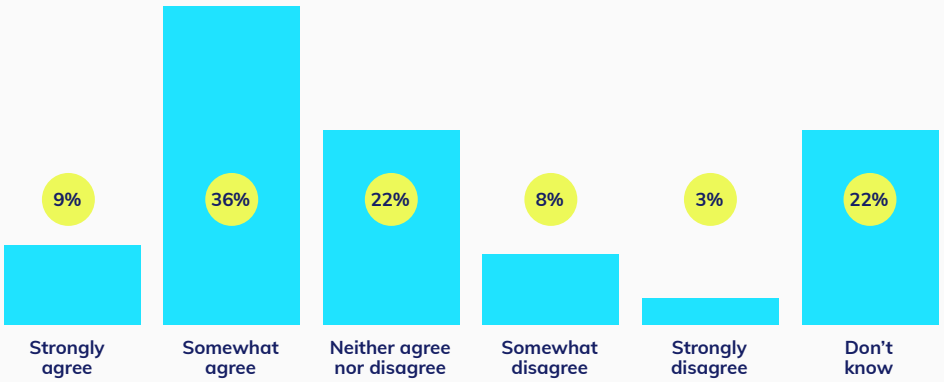
Respondents with children aged 18 and under had a 22% satisfaction rate compared to a 21% dissatisfaction rate. 15% of respondents with no children claimed to be satisfied with the quality of information.

# MENTAL HEALTH & WELLBEING

Q

To what extent do you agree or disagree with the following statement? “If I participate in sport in a poor state of mind, I am more likely to take risks.”

**Fig.36** Perceptions of taking risks whilst participating in sport in a poor state of mind.




45% of respondents agreed that they would be more likely to take risks if participating in sport in a poor state of mind. 11% of respondents disagreed with the statement.

When split by gender there was little difference, with 47% of males agreeing with the statement (13% not), compared to 43% of females agreeing with the statement (10% not).

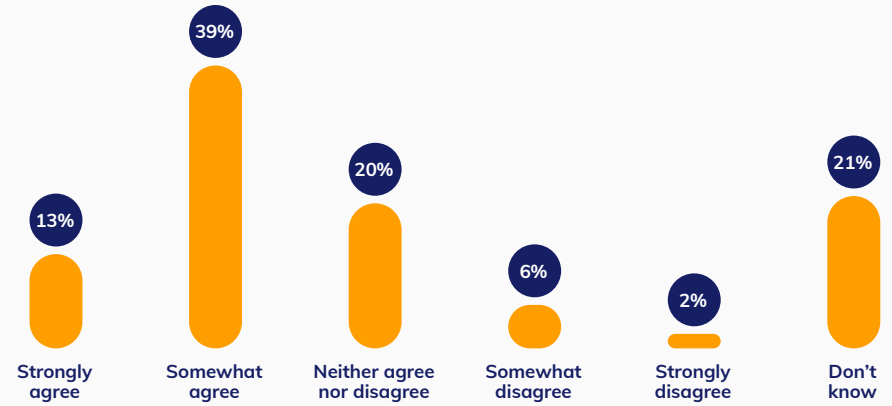
Similar patterns were seen with respondents with children versus respondents without children, with 46% of respondents with a child aged 18 and under agreeing with the statement (10% not), compared to 43% of respondents with no children agreeing with the statement (13% not).

Q

To what extent do you agree or disagree with the following statement? “If I participate in sport in a poor state of mind, I am more likely to get injured.”

**Fig.37** Perceptions of getting injured whilst participating in sport in a poor state of mind.

*Percentages have been rounded to the nearest whole number, which may account for variations in statistics where additions have been made. See page 34 for more information.




52% of respondents agreed that they would be more likely to get injured if participating in sport in a poor state of mind. 7%* of respondents disagreed with the statement.

When split by gender there was little difference, with 53% of males agreeing with the statement (9% not), compared to 51% of females agreeing with the statement (6% not).

Similar patterns were seen with respondents with children versus respondents without children, with 51% of respondents with a child aged 18 years or under agreeing with the statement (9% not), compared to 52% of respondents with no children agreeing with the statement (8% not).

# HOW WAS THE STUDY CONDUCTED?

## FIELDWORK DATES: 21-22ND JULY 2022

**The survey was conducted using an online interview administered to members of the YouGov Plc UK panel of 800,000+ individuals who have agreed to take part in surveys.**

Emails are sent to panellists selected at random from the base sample. The email invites them to take part in a survey and provides a generic survey link. Once a panel member clicks on the link, they are sent to the survey that they are most required for, according to the sample definition and quotas.

Invitations to surveys don't expire and respondents can be sent to any available survey. The responding sample is weighted to the profile of the sample definition to provide a representative reporting sample. The profile is normally derived from census data or, if not available from the census, from industry-accepted data.

### Sample errors and weighting

**Sample errors**
All results are based on a population sample and are therefore subject to statistical errors normally associated with sample-based information. Given the methodology used, we can assume that all efforts to minimise these were made.

**Weighting**
All results have been taken from the pre-calculated percentages data provided by YouGov due to the implementation of unweighted and weighted base numbers. Weight values are calculated using rim weighting (raking) which ensures that the marginal proportions in the sample match those of the target population across a set of key demographic variables.

In Great Britain, the key demographic variables targeted and weighted to are gender, age, education and political views.

The unweighted base is the total number of people who were asked a specific question (raw data).

To ensure that the sample used is as closely representative of the full population as possible, YouGov "weights" each respondent to make up for a slight discrepancy between their panel and the general population. These weights are calculated such that respondents belonging to an under-represented demographic are weighted higher than respondents belonging to an over-represented demographic.

### Rounding

All figures have been rounded to the closest whole number throughout this report.

This may account for variations in statistics where additions have been made.

For example, see Figure 37 (page 33).

The graph shows 6% disagreed and 2% strongly disagreed, whereas we state 7% net disagreed.

5.63% disagreed (rounded to 6%), 1.83% strongly disagreed (rounded to 2%) and therefore 7.49% net disagreed (rounded to 7%).

### Restrictions

Any percentages calculated on bases fewer than 50 respondents cannot be reported as they do not represent a wide enough cross-section of the target population to be considered statistically reliable. This analysis therefore does not include any data that falls into this category (condition set by YouGov).

Every effort has been made with this data set to reduce sample errors etc. However, due to the total number of respondents in many subcategories not reaching the sample size of 50, we are unable to report on these demographics. In future, a larger sample size will ensure all categories can be reported on.

Podium ANALYTICS

# THANK YOU

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