

# Disability and Long-Term Health Condition Spotlight Report

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# Background

- This report presents the key findings from a study commissioned by UK Coaching to explore the number of coaches in the UK, their activity and demographic characteristics.
- A survey of 30,088 UK Adults aged 18+ was conducted online between 20<sup>th</sup> September and 19<sup>th</sup> October 2022. The results were weighted to be representative of the UK population by gender, age, region, social grade and ethnicity. The survey reached 7,751 respondents who have ever coached.
- For this report, Active Coaches have been defined as people who have coached in the past 12 months. In order to explore all forms of coaching and participation, 'coaching' has been defined for the purposes of this research as: "Coaching, instruction, training or tuition in ANY sport or physical activity, outside of formal education. This can include any environment, such as formal sports club settings as well as informal community settings. It can include any sport or physical activity, including recreational or competitive sport, exercise, fitness, gym, dance, etc."
- In this report, the term disability or long term health condition refers to anyone whose day-to-day activities are limited because of a health problem or disability which has lasted or is expected to last at least 12 months.



**23%** of active coaches have a disability or long term health condition. This comprises of:

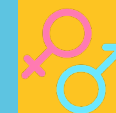
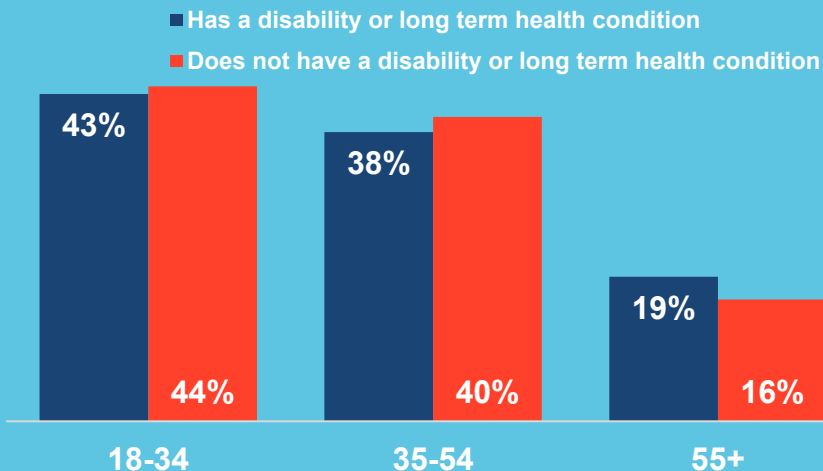
- 8% who have their day-to-day activities limited a lot
- 15% who are limited a little

compared with **17.7%\*** of the UK population



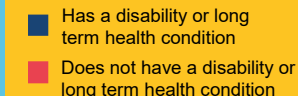
## Age

There are no significant differences in age between coaches with a disability or long term health condition or those without.



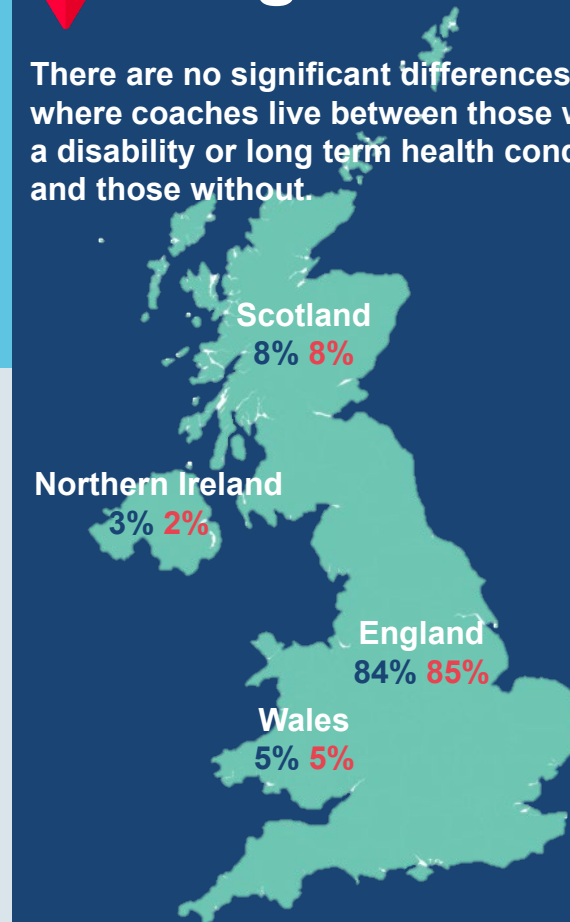
## Gender

**42%** **45%** **55%** **54%**  
**Women** **Men**



## Region

There are no significant differences in where coaches live between those with a disability or long term health condition and those without.

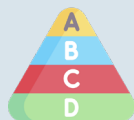
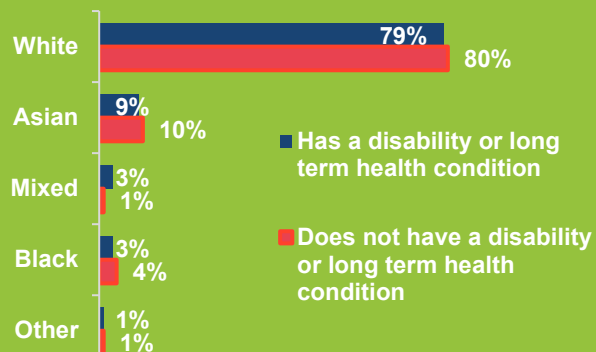


\*2021 Census data



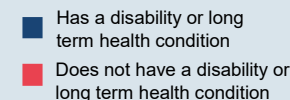
## Ethnicity

There are no differences in ethnicity between those with a disability or long term health condition and those without.



## Social Grade

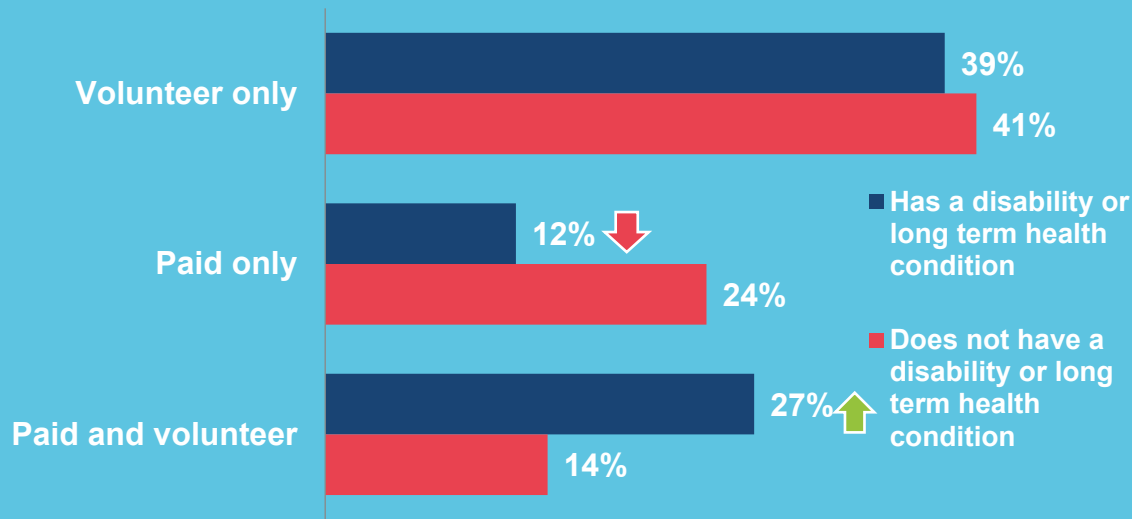
Coaches with a disability or long term health condition are significantly more likely to be from C2DE backgrounds.



\*Social grade is defined by the occupation of a household's Chief Income Earner (CIE). It factors in the CIE's job as well as details such as their qualifications and the number of people they are responsible for. More information can be found [here](#)

# £ Pay Status

Coaches with a disability or long term health condition are more likely than those without to be both paid and volunteer coaches.



13% of coaches with a disability or long term health condition say coaching is their primary occupation, significantly more than those without (8%).



There are no significant differences between those with a disability or long term health condition and those without in terms of whether they are volunteers only.



# Time spent coaching each week



In a paid capacity:

4.0 hours 4.0 hours



In a volunteer capacity:

6.9 hours 6.1 hours

- Has a disability or long term health condition
- Does not have a disability or long term health condition

There is no significant difference in the hours spent coaching in a paid or voluntary capacity between coaches with a disability or long term health condition and those without.



# What?

More than a quarter (27%) of coaches with a disability or long term health condition coach team sports.

## Team sports

27% 26%

## Racquet games

12% 10%

## Combat sports

↑12% 6%

## Swimming & aquatics

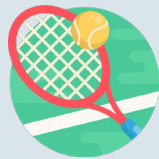
↑11% 7%

## Dance

11% 10%

## Target Sports

↑11% 5%



Coaches with a long term health condition or disability are significantly more likely than those without to coach swimming and aquatics, combat sports and target sports.

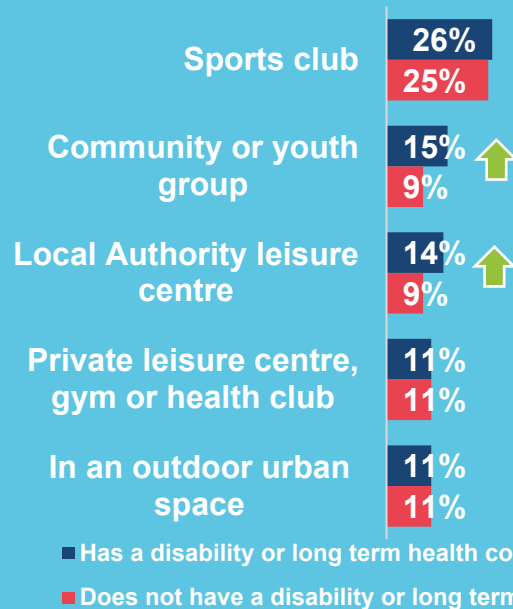


# Where?

Those with a disability or long term health condition are more likely to coach at a local authority leisure centre.

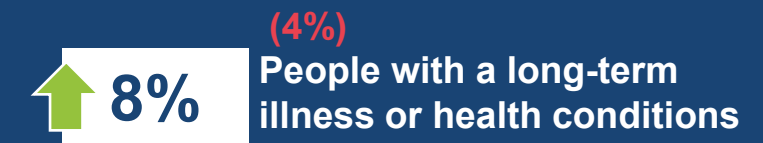


Those with a disability or long term health condition are also more likely to coach at a community or youth group.



# Who?

Two in five (39%) coaches with a disability or long term health condition coach mixed gender groups, which is statistically fewer than those without.

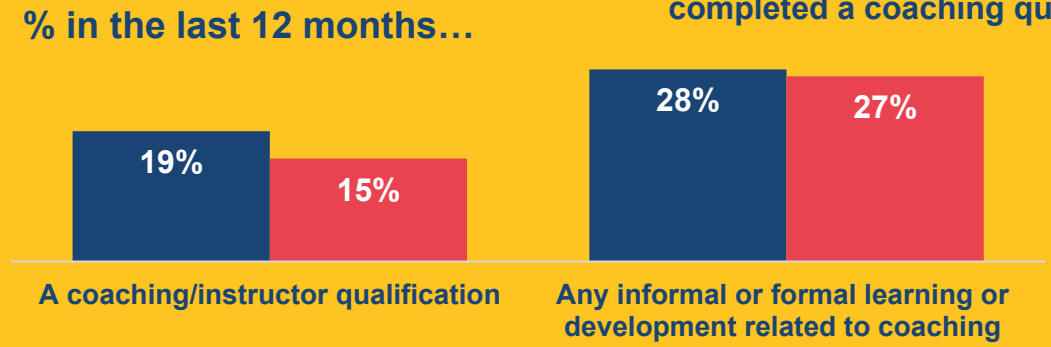


Coaches with a disability or long term health condition are more likely to coach people with a physical disability, long-term illness or health condition.



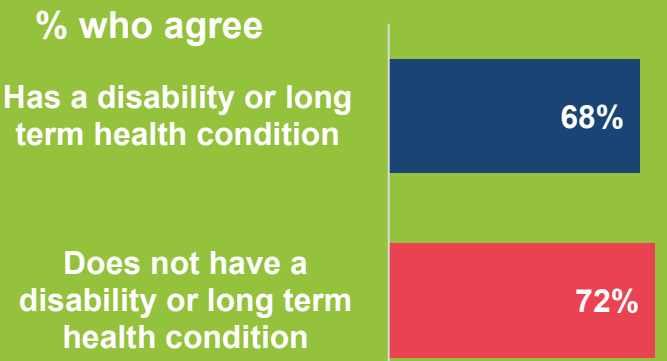
## 28% of those with a disability or long-term health condition have done recent learning development

There is no significant difference between coaches with a disability or long term health condition and those without when looking at those who have completed a coaching qualification.



## 68% of those with a disability or long-term health condition feel confident when they coach

There are similar levels of agreement between those with a disability or long term health condition and those without.

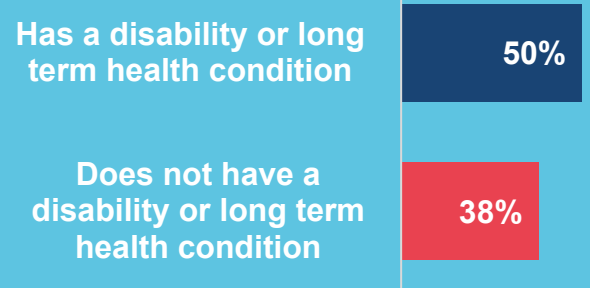


## 50% of those with a disability or long-term health condition have formal coaching qualifications

Conversely, 46% of those with a disability or long term health condition have no formal qualifications. This is less than the 57% of those without a disability or long term health condition who have no formal qualifications.

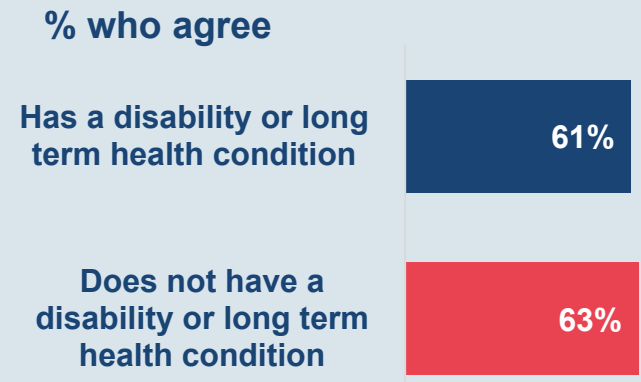


### % with qualifications



## 61% of those with a disability or long-term health condition would recommend coaching to a friend or colleague

There are no significant differences in agreement between those with a disability or long term health condition and those without.



# 47% have access to coaching support

...which is not significantly different to the proportion of those without a long term health condition or disability who have access to coaching support (44%).



Nearly three in ten (28%) coaches with a disability or long term health condition who have access to coaching support self-sourced. More than a quarter (27%) accessed their coaching support via a national governing body, which is more than coaches without a disability or long term health condition (17%).

# 25% support other coaches themselves

...which significantly more than the proportion of coaches without a long term health condition or disability

% who support other coaches

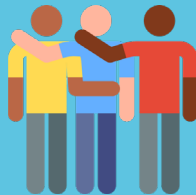
Has a disability or long term health condition

25%



Does not have a disability or long term health condition

14%



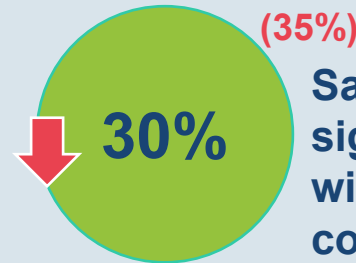
# Top barriers to coaching



Say lack of investment in facilities and equipment.

31%

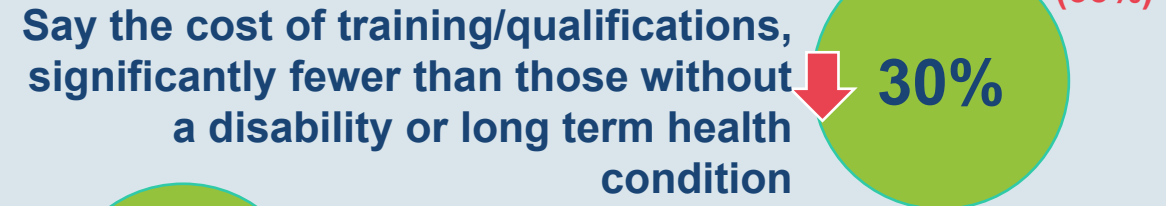
(31%)



(35%)

30%

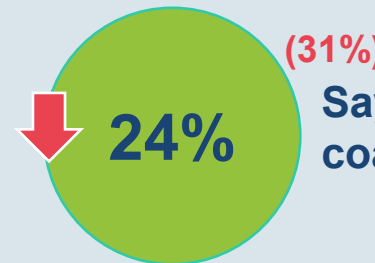
Say balancing work and home life, significantly less than those without a long term health condition or disability



(35%)

30%

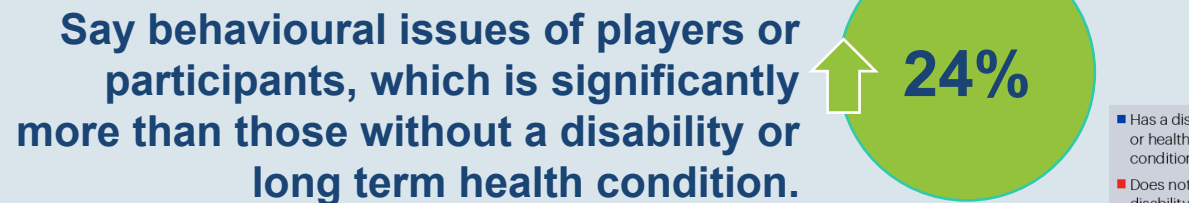
Say the cost of training/qualifications, significantly fewer than those without a disability or long term health condition



(31%)

24%

Say the voluntary nature of coaching/lack of pay.



(17%)

24%

Say behavioural issues of players or participants, which is significantly more than those without a disability or long term health condition.

■ Has a disability or health condition  
■ Does not have a disability or health condition

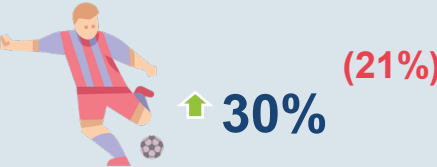




# 43% coached during lockdowns

Those with a disability or long term health condition were significantly more likely to have coached during lockdowns than coaches without a disability or health condition (30%).

In person coaching:



Virtual coaching:



Those with a disability or long term health condition were also more likely to have coached in person but not virtually.

- Has a disability or long term health condition
- Does not have a disability or long term health condition

# Of those who coached during lockdowns, 54% participated in online learning



Similar numbers of coaches without a long term health condition or disability participated in online learning (51%).

However, coaches with a disability or long term health condition were significantly more likely to have run online or remote coaching sessions when in-person coaching was not possible, than coaches without a disability or long term health condition (58% vs 44%).



# 53% agree it was difficult to return to coaching

Significantly more coaches with a long term health condition or disability agree that it was difficult to return to coaching after the final lockdown, compared to those without a health condition or disability (41%).



Coaches with a long term health condition or disability were also more likely to agree that they enjoyed the break.

Coaches with a long term health condition or disability were significantly less likely to agree that it was exciting to return to coaching after the lockdowns than those without (63% vs. 72%).





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