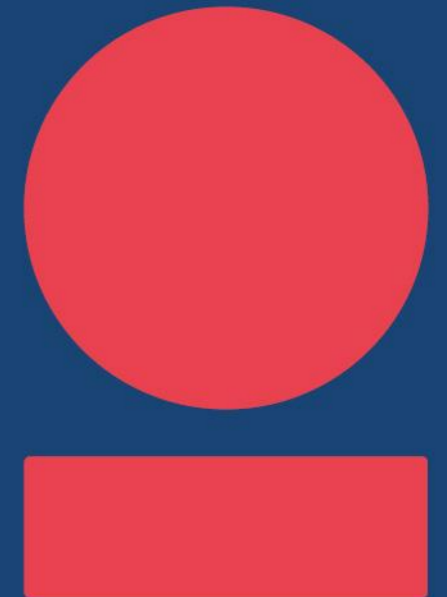


# Coaching in the UK, 2019

## A Spotlight on BAME



Indicates where %s are significantly higher or lower than white respondents at 0.95 difference

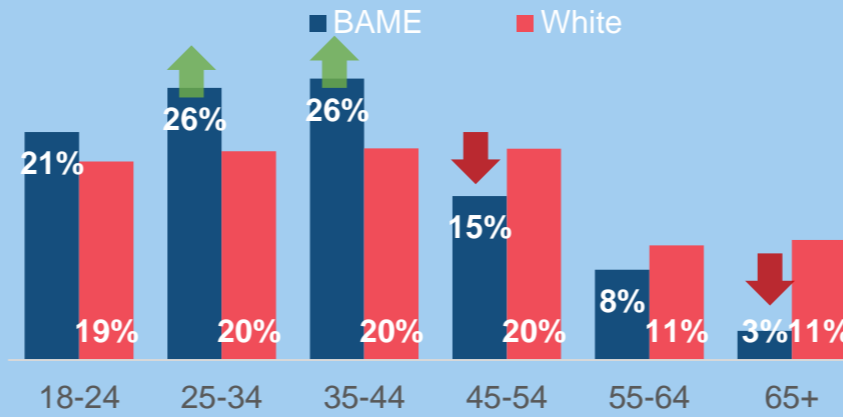


# 9% OF BAME ADULTS ARE TAKING PART IN COACHING

18% of active coaches are from a BAME background compared with 11% of the UK population who are from a BAME background.

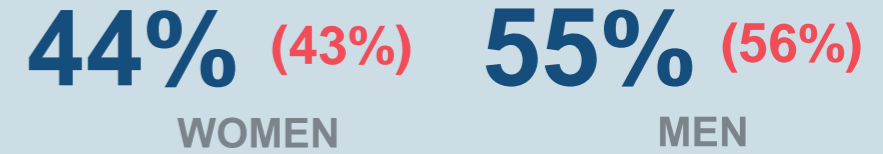
## AGE

Coaches from a BAME background are younger than white coaches, with 47% under 35.



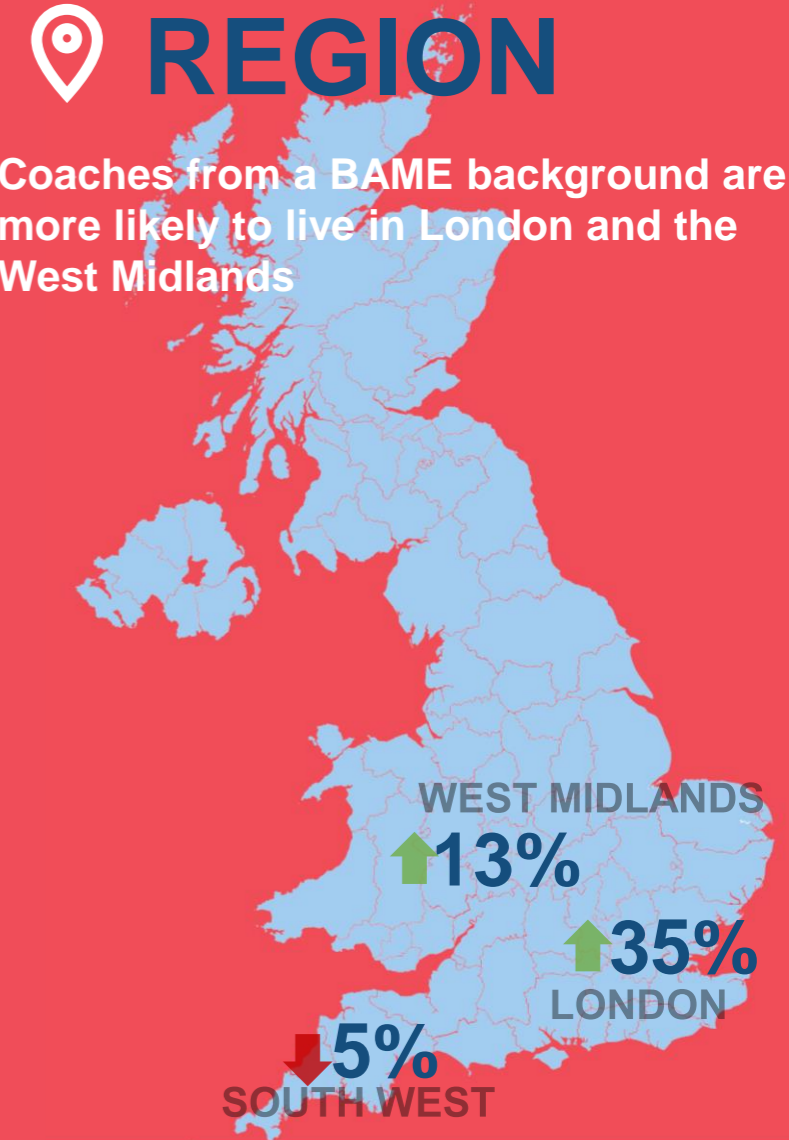
## GENDER

■ BAME  
■ White



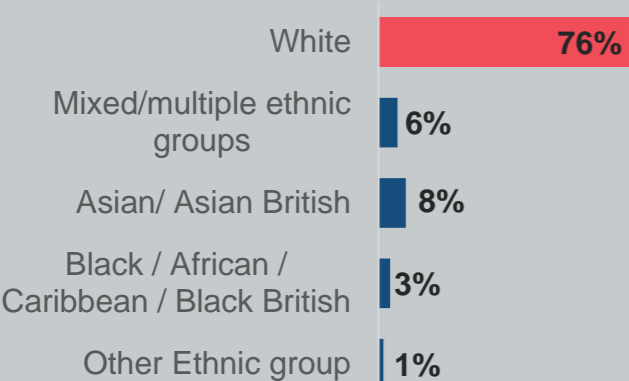
## REGION

Coaches from a BAME background are more likely to live in London and the West Midlands



## GROUP

8% of coaches are from an Asian/Asian British background



## WELLBEING

% of coaches who rate their mental health as 'good/excellent'

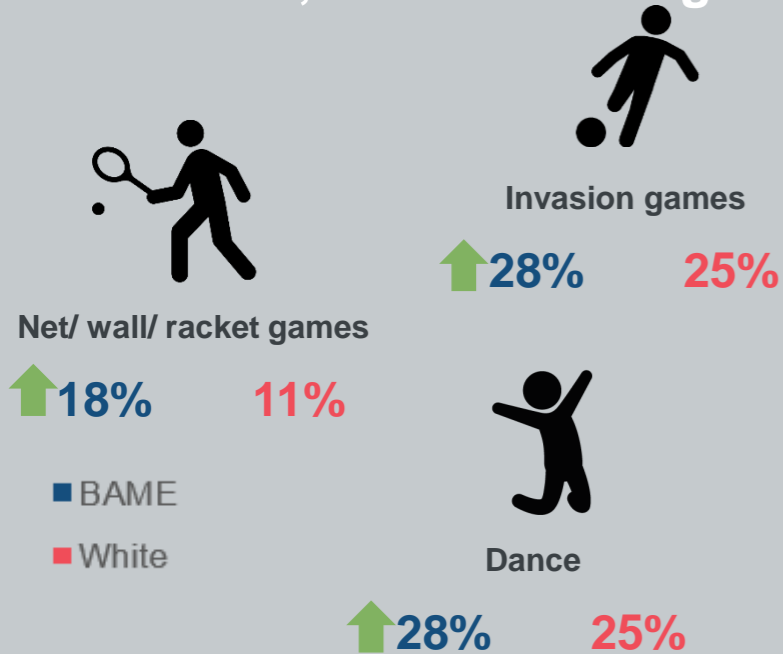


% who rate their physical health as 'good/excellent'



# WHAT?

Coaches from a BAME background are more likely than white coaches to coach net, wall or racket games



Coaches from a BAME background are more likely to coach most sports, apart from target sports (8% of coaches from a white background, 6% of coaches from a BAME background)



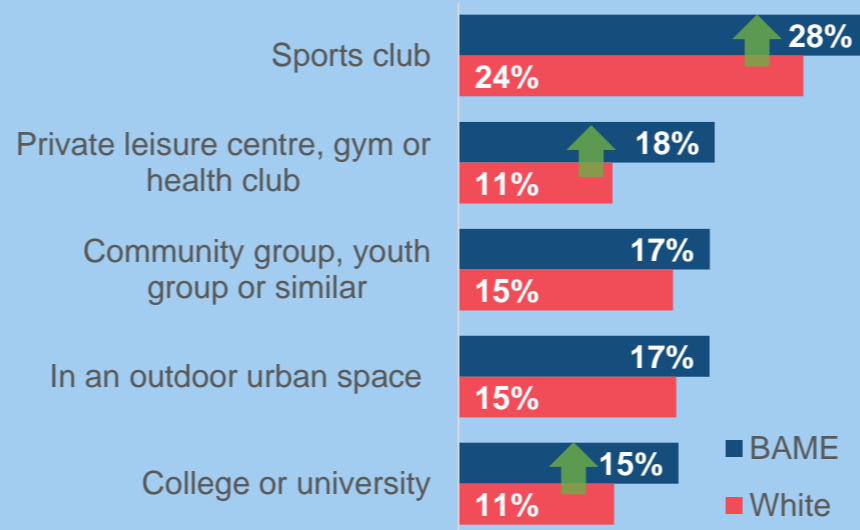
45% of Black coaches currently coach invasion games

# WHERE?

You are most likely to find Asian British coaches in a sports club (31%)



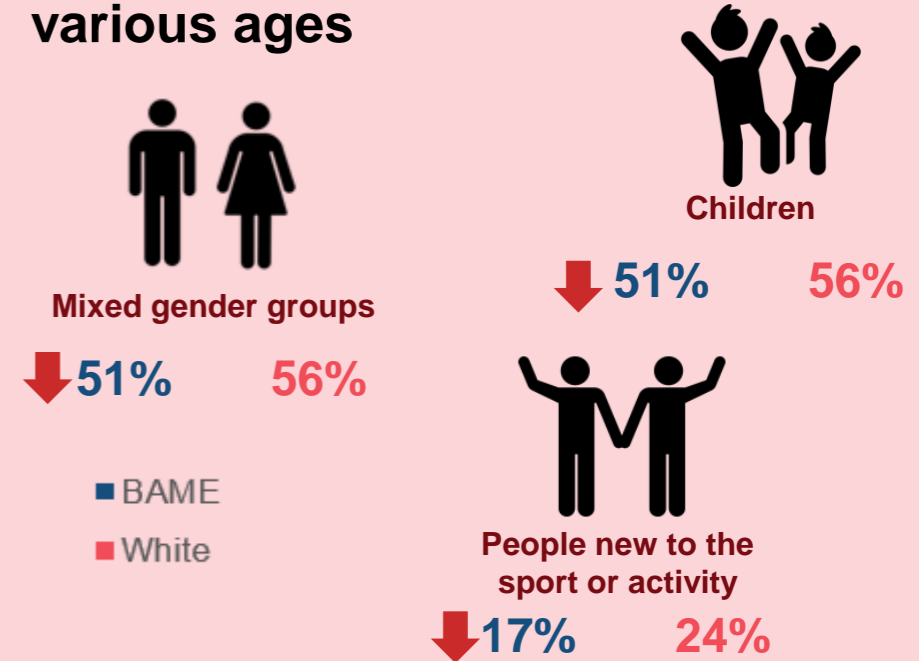
Black coaches are the most likely group to be coaching in community or youth groups (23%)



Coaches from a white background are more likely to coach in an outdoor countryside setting (15% compared 9%)

# WHO?

Half of coaches from a BAME background instruct children of various ages



White coaches are more likely to coach most types of groups and therefore more likely to coach more than one type of group

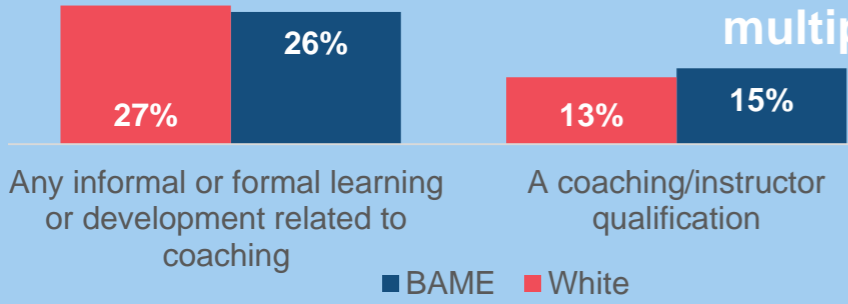
Mixed/ multiple ethnic group coaches are the most likely to coach those who are new to the sport or activity (26%)



# 26% HAVE RECENTLY TAKEN PART IN LEARNING DEVELOPMENT



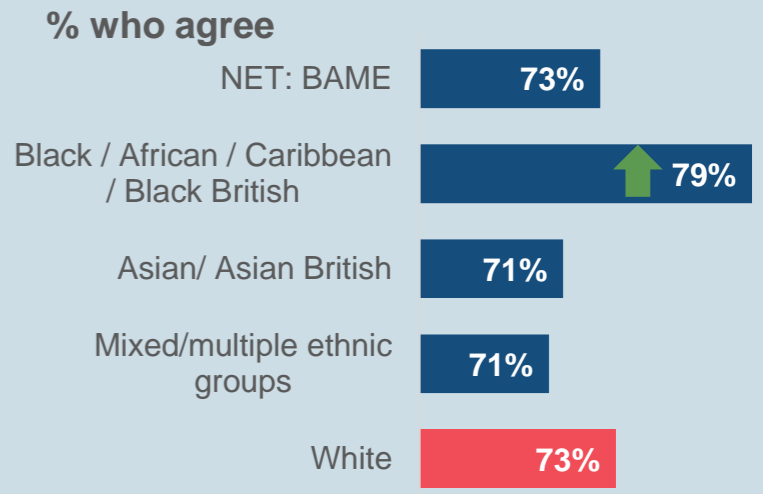
% in the last 12 months...



Coaches from mixed/multiple ethnic groups are the most likely to have done learning development in the last year (32%)

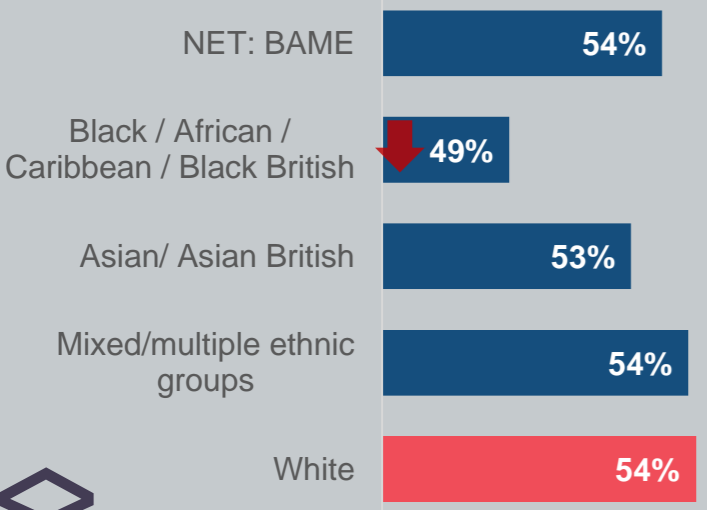
# 73% FEEL CONFIDENT WHEN THEY COACH

Black coaches are the most likely to feel confident when delivering sport or activity sessions



# 54% HAVE NO FORMAL QUALIFICATIONS

% with no qualifications

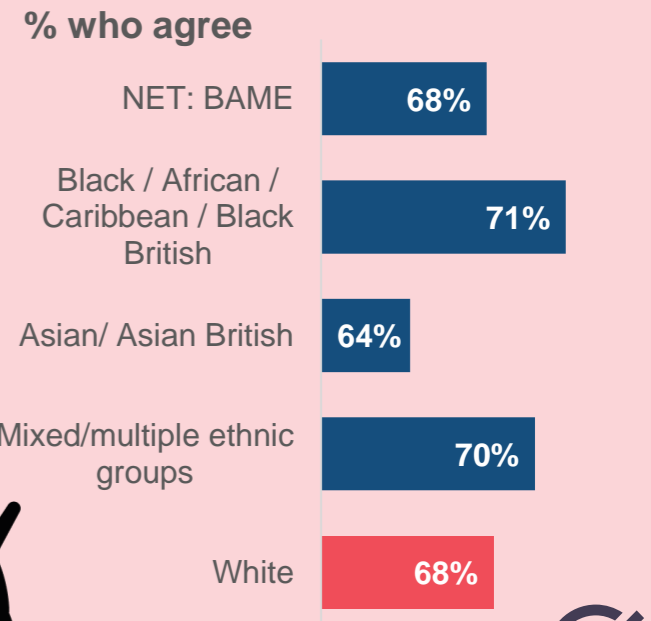


Black coaches are the most likely to have a qualification (51%) and coaches from mixed ethnic groups the least (39%)



# 68% COACH TO A STANDARD THEY ARE PLEASED WITH

Asian British coaches are the least likely to feel they can coach to a standard they are pleased with

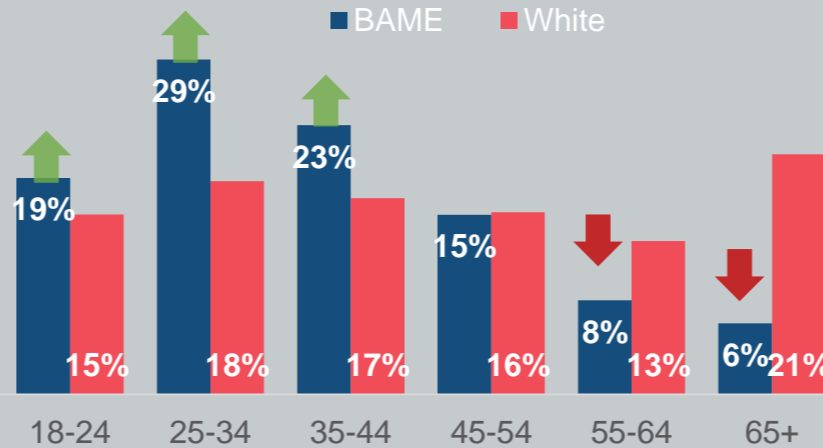


**21% FROM A BAME BACKGROUND RECEIVE SOME FORM OF COACHING**

**14%** of coached participants are from a BAME background compared with **11%** of the UK population who are from a BAME background.

## AGE

Participants from a BAME background are more likely to be younger than white participants; 29% of participants from a BAME background are aged 25 to 34



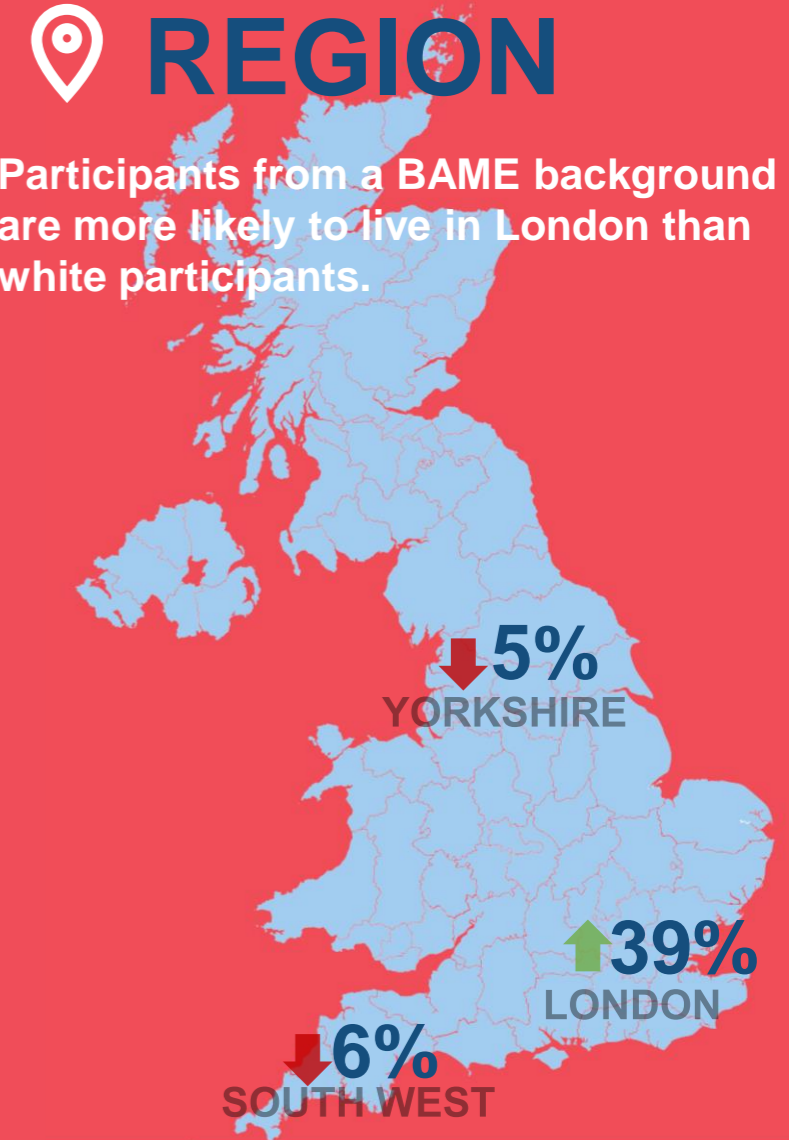
## GENDER

■ BAME  
■ White

**58%**↓ (64%) **41%**↑ (35%)  
WOMEN MEN

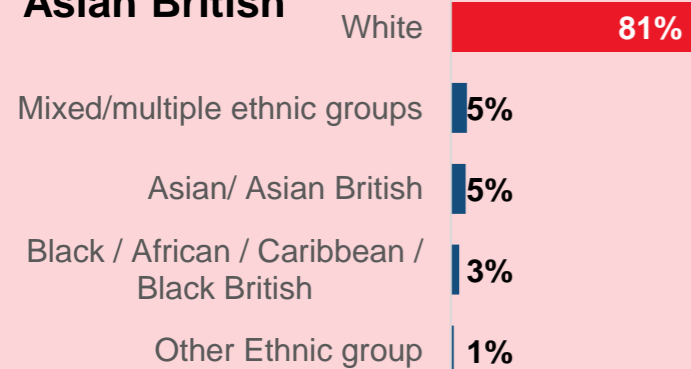
## REGION

Participants from a BAME background are more likely to live in London than white participants.



## GROUP

Participants from a BAME background tend to be from a mixed/ multiple ethnic group or Asian British



## WELLBEING

% of coaching participants who rate their mental health as 'good/excellent'

**44%**

BAME

**46%**

WHITE

% who rate their physical health as 'good/excellent'

**35%**

BAME

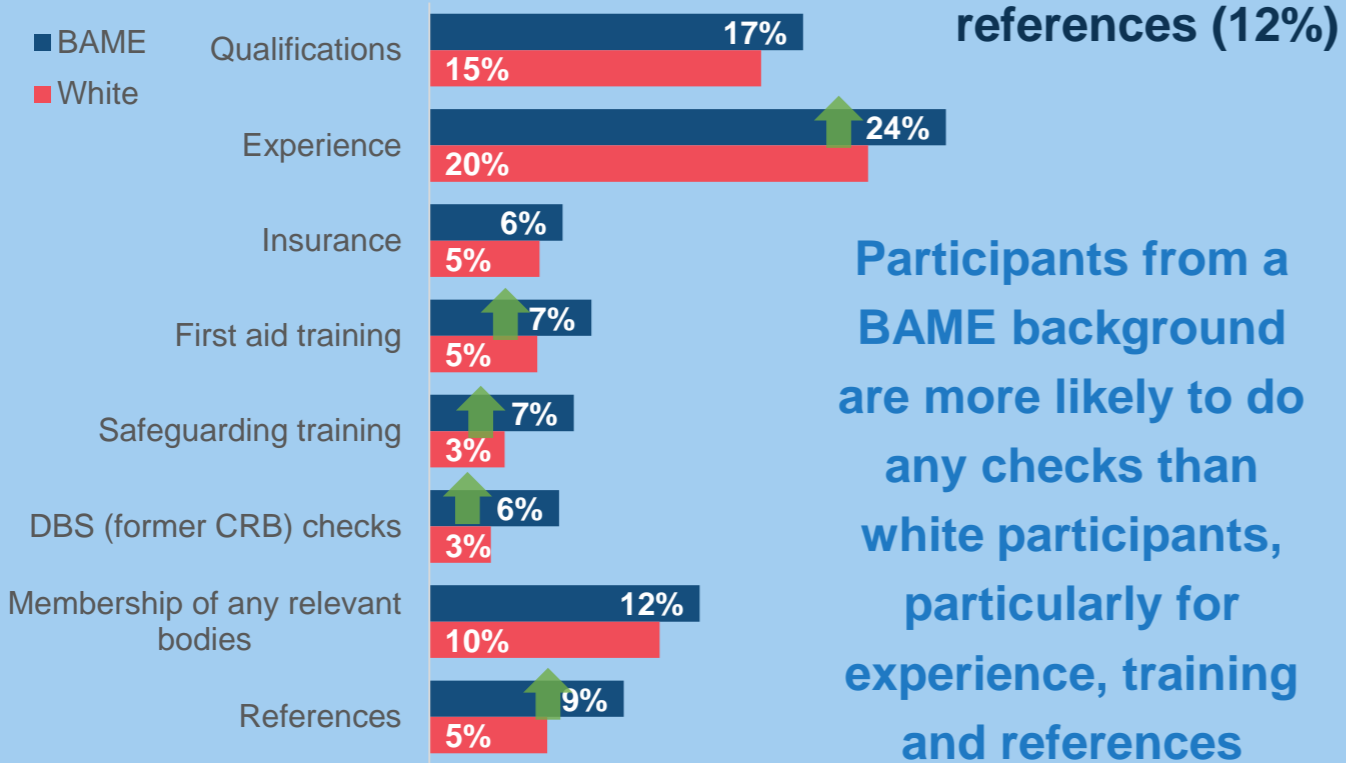
**36%**

WHITE

# 17% FROM A BAME BACKGROUND CHECKED THEIR QUALIFICATIONS BEFORE CHOOSING A COACH



Asian British participants are the most likely to have checked their coaches references (12%)



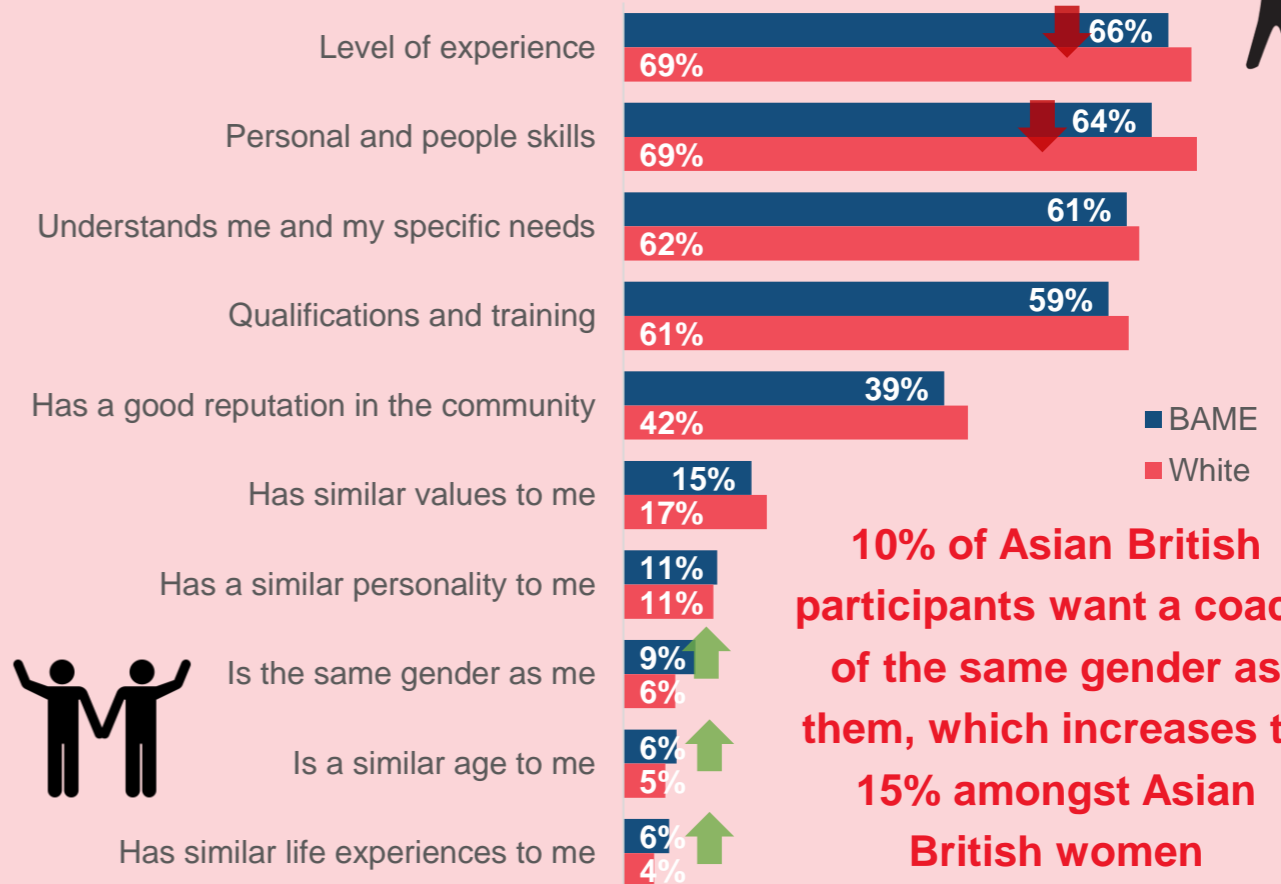
Participants from a BAME background are more likely to do any checks than white participants, particularly for experience, training and references



Black participants are the most likely to have checked for first aid (10%) or safeguarding training (10%)

# PARTICIPANTS FROM A BAME BACKGROUND ARE MOST INTERESTED IN A COACH WITH GOOD EXPERIENCE

For these participants, people skills and experience is less important than for white participants



10% of Asian British participants want a coach of the same gender as them, which increases to 15% amongst Asian British women



Participants from a BAME background are more likely than white participants to want a coach who is the same gender and age as them, and has similar life experiences

# 81% OF PARTICIPANTS FROM A BAME BACKGROUND FIND THAT COACHING MEETS THEIR INDIVIDUAL NEEDS



% who agree that coaching meets their individual needs

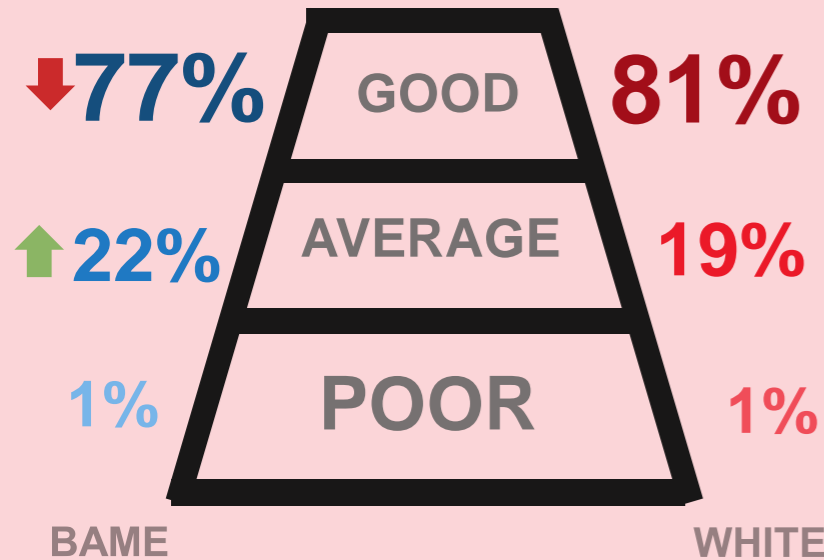
**81%**

BAME

**82%**

WHITE

# WHITE PARTICIPANTS ARE MORE LIKELY TO RATE THEIR LAST SESSION AS GOOD

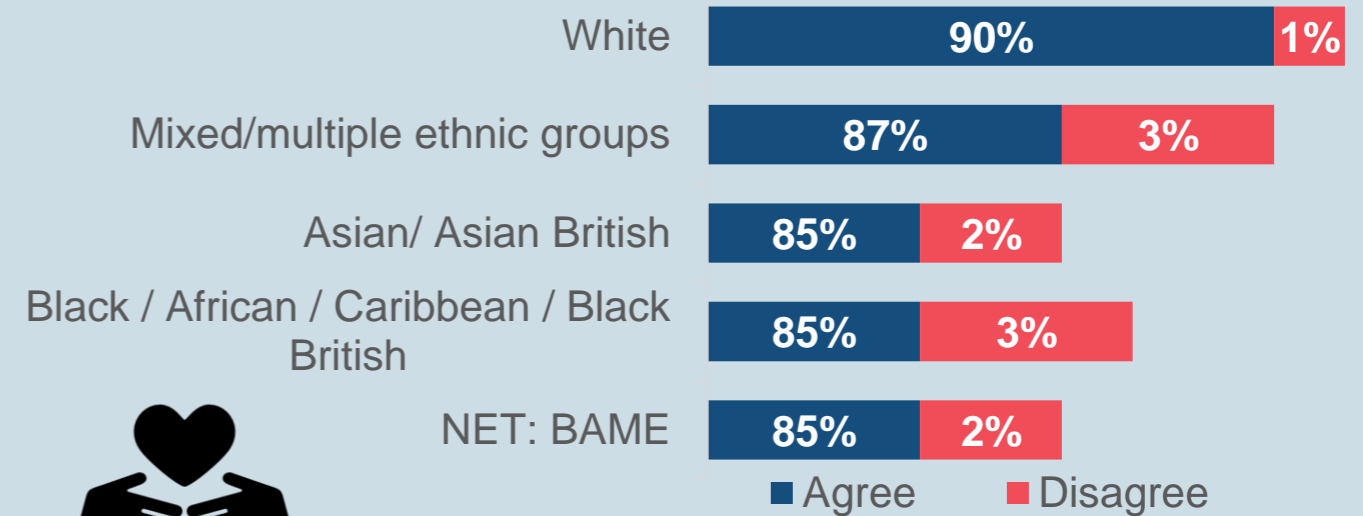


Participants from a BAME background are less likely to rate their last session as good, and more likely to rate it as average

# THOSE FROM A BAME BACKGROUND ARE LESS LIKELY TO HAVE CONFIDENCE AND TRUST IN THEIR COACH



Participants from a BAME background are less likely than white participants to feel they have confidence and trust in their coach.



Black female participants are the least likely to agree (85%), while white women are the most likely to agree (91%)

