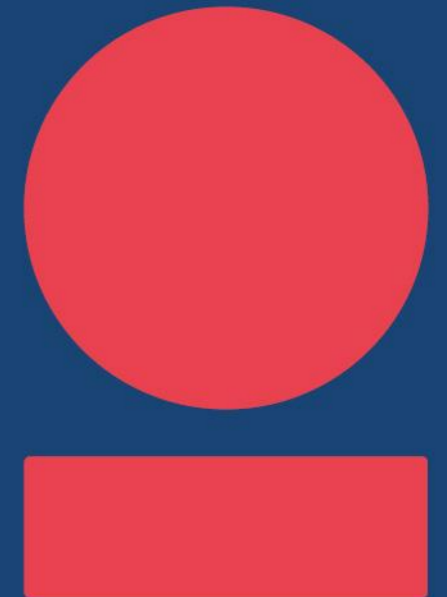


Coaching in the UK, 2019

A Spotlight on Disability



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

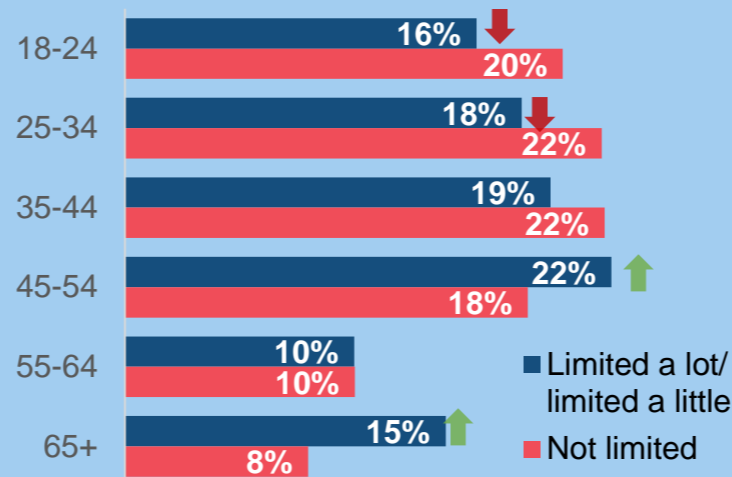


4% OF ADULTS IN THE UK WHOSE DAY-TO-DAY ACTIVITIES ARE LIMITED BECAUSE OF A HEALTH PROBLEM OR DISABILITY HAVE COACHED IN THE PAST 12 MONTHS

7% of people who have coached in the last 12 months are limited a lot by disability while a further 16% are limited a little. 77% are not limited at all

AGE

The age profile of coaches with a disability is notably older



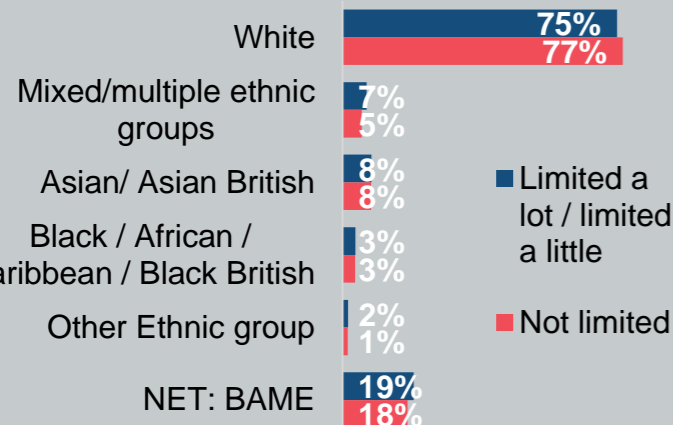
REGION

Those with a disability more likely than average to coach in the South West



GROUP

19% of UK coaches with a disability are BAME



WELLBEING

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

44% ↓

Limited a lot/ a little

55%

Not limited

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

26% ↓

Limited a lot/ a little




45%

Not limited




Chart shows the distribution of coaches with a disability by region. Where there is significant difference, disability status (net limited/ not limited) is shown

WHAT?

For coaches with a disability, the top 3 coached activities among those who are limited a lot are:

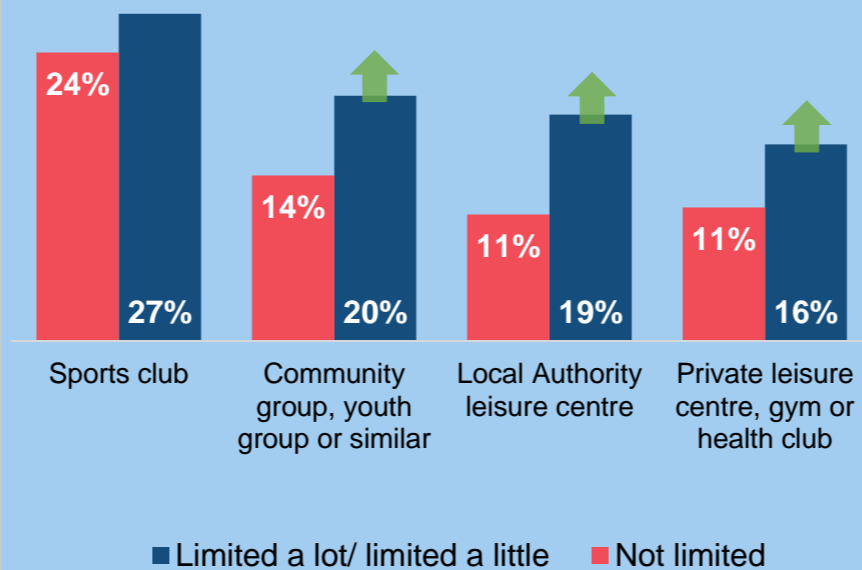
-  Invasion games **25%**
-  Target sports **20%**
-  Net/ wall/ racket games **16%**

Among those who are limited a little the top 3 are:

-  Invasion games **26%**
-  Net/ wall/ racket games **13%**
-  Exercise & fitness **12%**

WHERE?

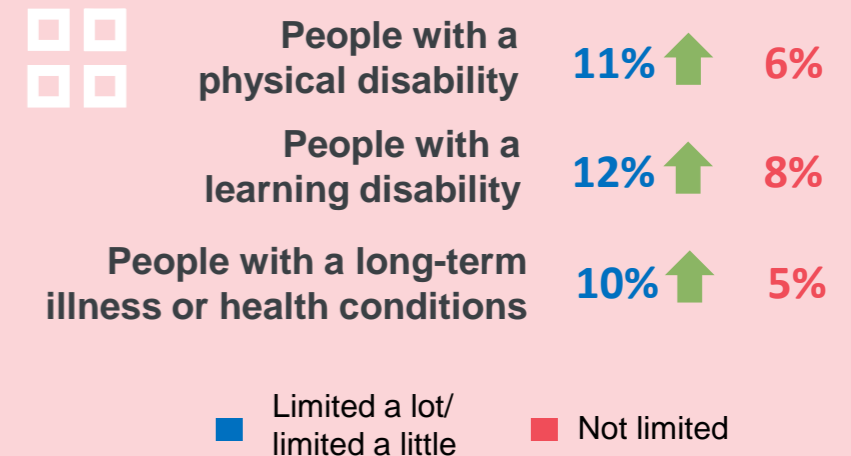
Coaches with a disability are most likely to be coaching in sports clubs.



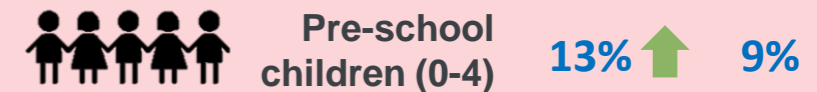
Coaches with a disability are more likely to be running sessions in local authority leisure centres and community groups compared to coaches without a disability

WHO?

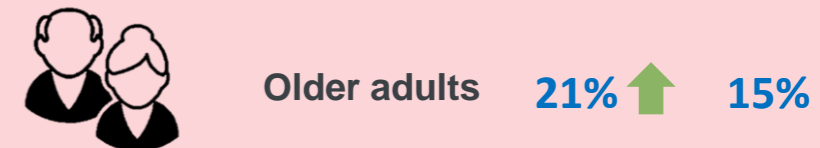
Coaches with a disability are more likely to work with the following vulnerable groups:



Those coaches who are limited a lot by disability are more likely to coach pre-school children than those limited a little



While those who are limited a little are more likely to coach older adults (>50s) than those who are limited a lot





OVER A QUARTER OF COACHES WHO ARE LIMITED A LOT STRONGLY AGREE THAT THEY WOULD LIKE SOME HELP FROM OTHERS WHEN THEY COACH

Limited a lot

Limited a little

Not limited

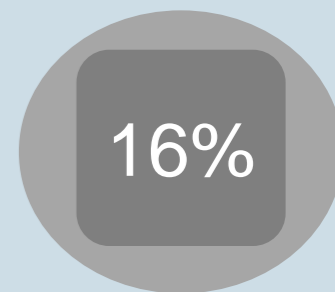
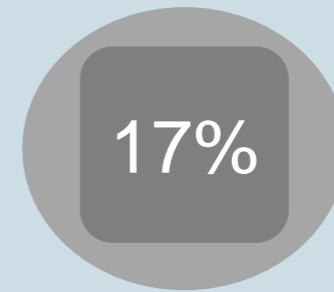
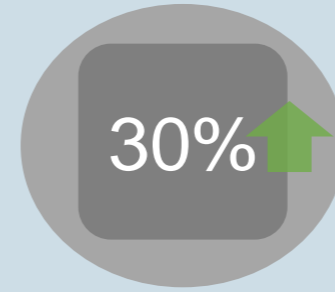


MORE COACHES WHO ARE LIMITED A LOT IN THEIR DAY-TO-DAY ACTIVITIES STRONGLY AGREE THAT THEY FEEL RECOGNISED FOR THEIR CONTRIBUTION MADE TO HELPING OTHERS THROUGH COACHING

Limited a lot

Limited a little

Not limited

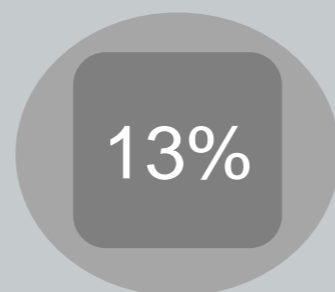
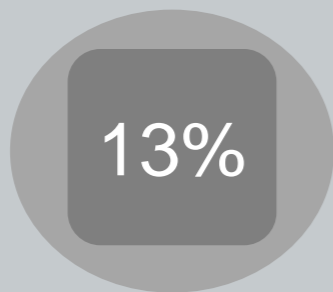
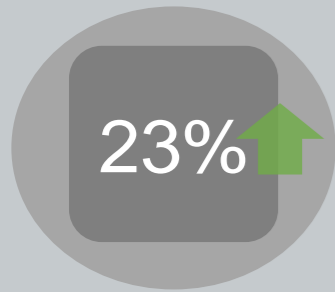


...AND JUST UNDER A QUARTER OF COACHES WHO ARE LIMITED A LOT STRONGLY AGREE THAT IT'S HARD TO BALANCE COACHING ALONGSIDE THEIR OTHER COMMITMENTS

Limited a lot

Limited a little

Not limited

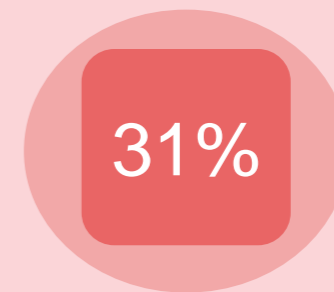
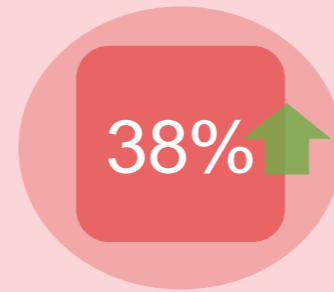


...AND NEARLY 4 IN 10 STRONGLY AGREE THAT THEY FEEL THAT THEIR COACHING MAKES A DIFFERENCE TO THEIR PARTICIPANTS

Limited a lot

Limited a little

Not limited



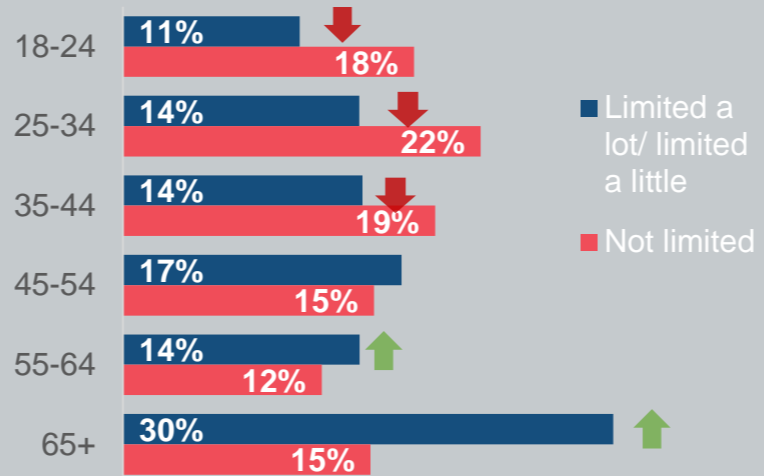


13% OF ADULTS IN THE UK WHOSE DAY-TO-DAY ACTIVITIES ARE LIMITED BECAUSE OF A HEALTH PROBLEM OR DISABILITY HAVE RECEIVED COACHING IN THE PAST 12 MONTHS

7% of people who have participated in the last 12 months are limited a lot by disability while a further 17% are limited a little. 76% are not limited at all

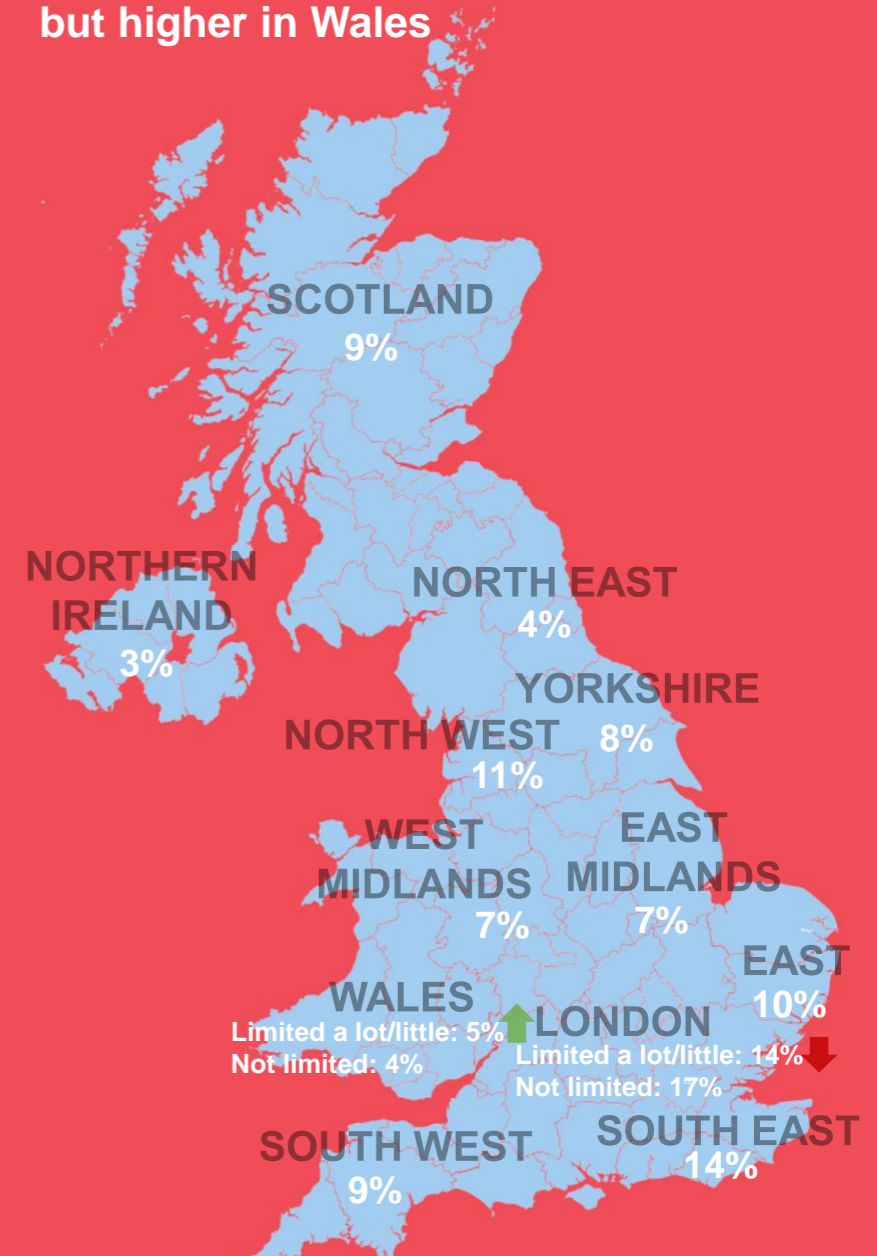
AGE

Those who have participated in coached activity in the last 12 months and who are limited by a disability or health problem are significantly more likely to be older



REGION

Disabled participation in the last 12 months is lower than average in London but higher in Wales



FREQUENCY

Those limited by a disability are less likely to have participated in the last 12 months compared to those not limited by a disability or health issue

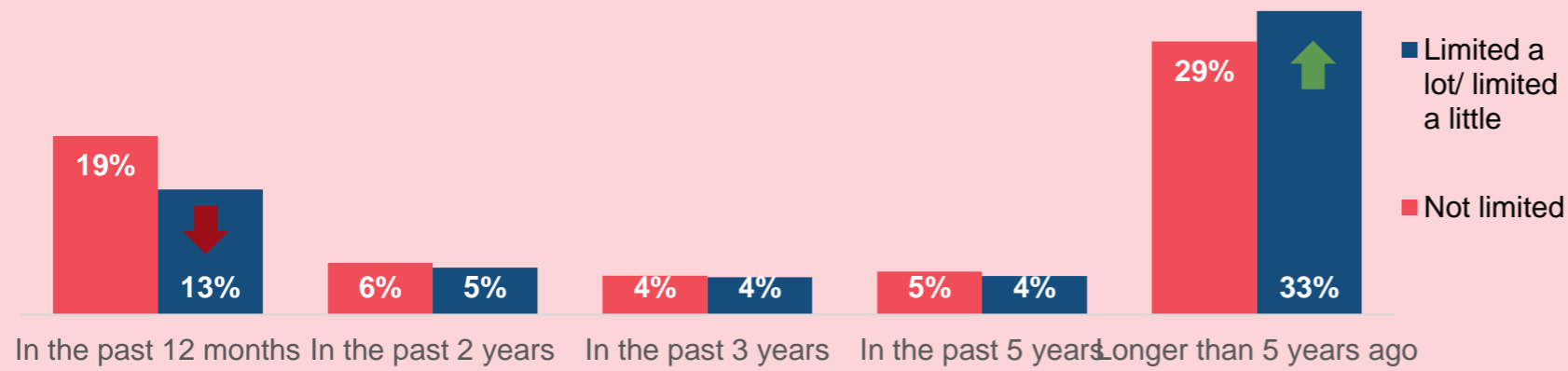


Chart shows the distribution of disabled participation by region. Where there is significant difference, disability status (net limited/ not limited) is shown

THOSE LIMITED A LOT ARE MOST LIKELY TO PARTICIPATE IN...



THOSE LIMITED A LITTLE ARE MOST LIKELY TO PARTICIPATE IN...



Both groups are more likely than those without a disability to take part in “other” activities.

THOSE WITH DISABILITIES ARE MORE LIKELY THAN THOSE WITHOUT TO PARTICIPATE IN LOCAL AUTHORITY LEISURE CENTRES OR IN COMMUNITY OR YOUTH GROUPS



Private leisure centre, gym or health club

29% ↓

Limited a lot/ a little

34%

Not limited

Local Authority leisure centre

26% ↑

Limited a lot/ a little

18%

Not limited

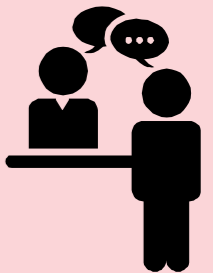
Community group, youth group or similar

22% ↑

Limited a lot/ a little

16%

Not limited



THE MAJORITY OF ACTIVE PARTICIPANTS WITH A DISABILITY FEEL THAT THE COACHING THEY RECEIVE HELPS TO IMPROVE THEIR HEALTH

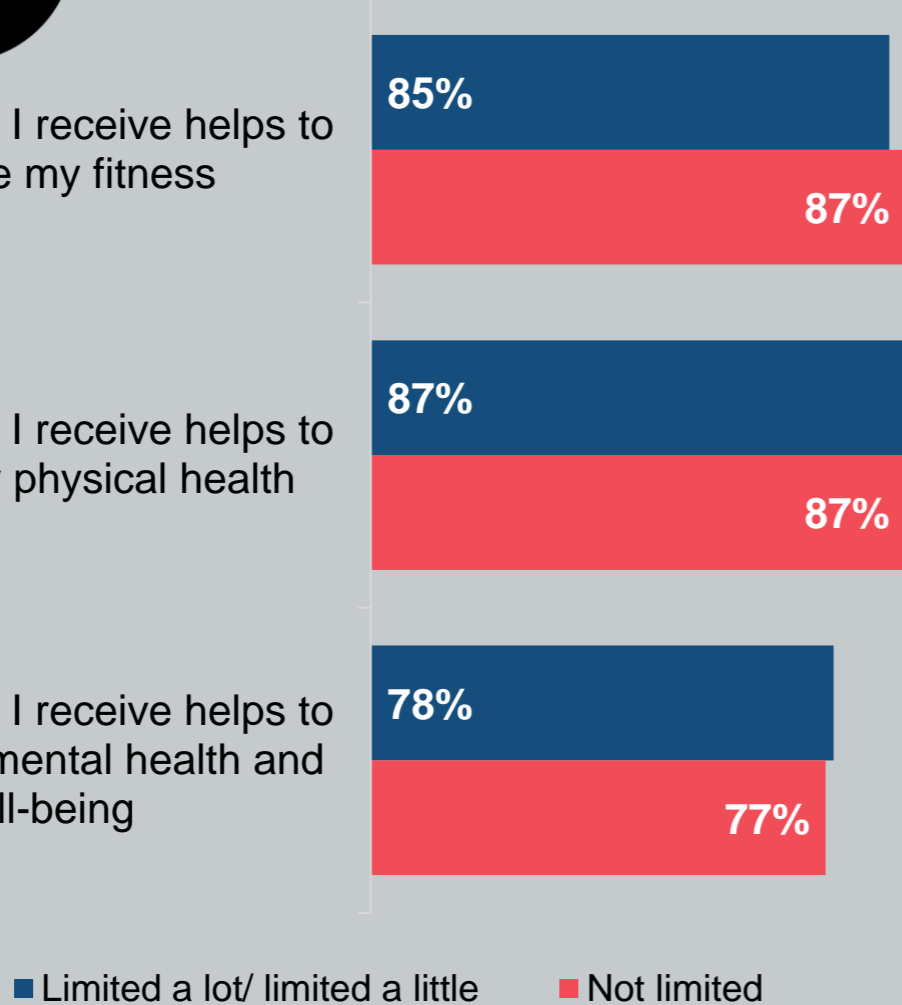


The coaching I receive helps to improve my fitness

The coaching I receive helps to improve my physical health

The coaching I receive helps to improve my mental health and well-being

Net agree %



TAILORED AND SAFE COACHING IS PARTICULARLY IMPORTANT TO PARTICIPANTS WITH DISABILITIES, WITH LESS IMPORTANCE ON SKILLS AND ABILITY RELATIVE TO PARTICIPANTS WITHOUT A DISABILITY



