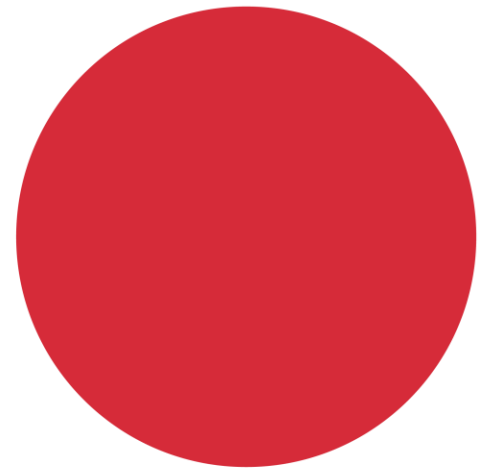


UK Coaching Population Study 2024 Report **Disability Spotlight**

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Background and Methodology

Aims and Method

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

In this report, disability or long term health condition has been defined as 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

All responses were collected online via **YouGov's online panel**. The results are **weighted to be representative** of the UK population by gender, age, region, social grade and ethnicity.

Definitions for this report:

- *Coaches* – people who have coached in the past 12 months
- *Coaching* – 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.



Background and Methodology

Notes for Interpretation

Quantitative findings throughout the report are presented in the form of percentages, and all differences highlighted between sub-groups are statistically significant at an alpha level of 0.05 unless otherwise indicated.

Statistical significances are denoted with:

 **Statistically significantly higher than average**

 **Statistically significantly lower than average**

In some instances, apparent differences between figures may not be considered 'statistically significant' due to sample sizes.

Where percentages do not sum up to 100, this is due to rounding, the exclusion of 'don't know' and 'prefer not to say' responses, or because respondents could give multiple answers.

Where relevant, results based on a sample of fewer than 50 have not been reported on.



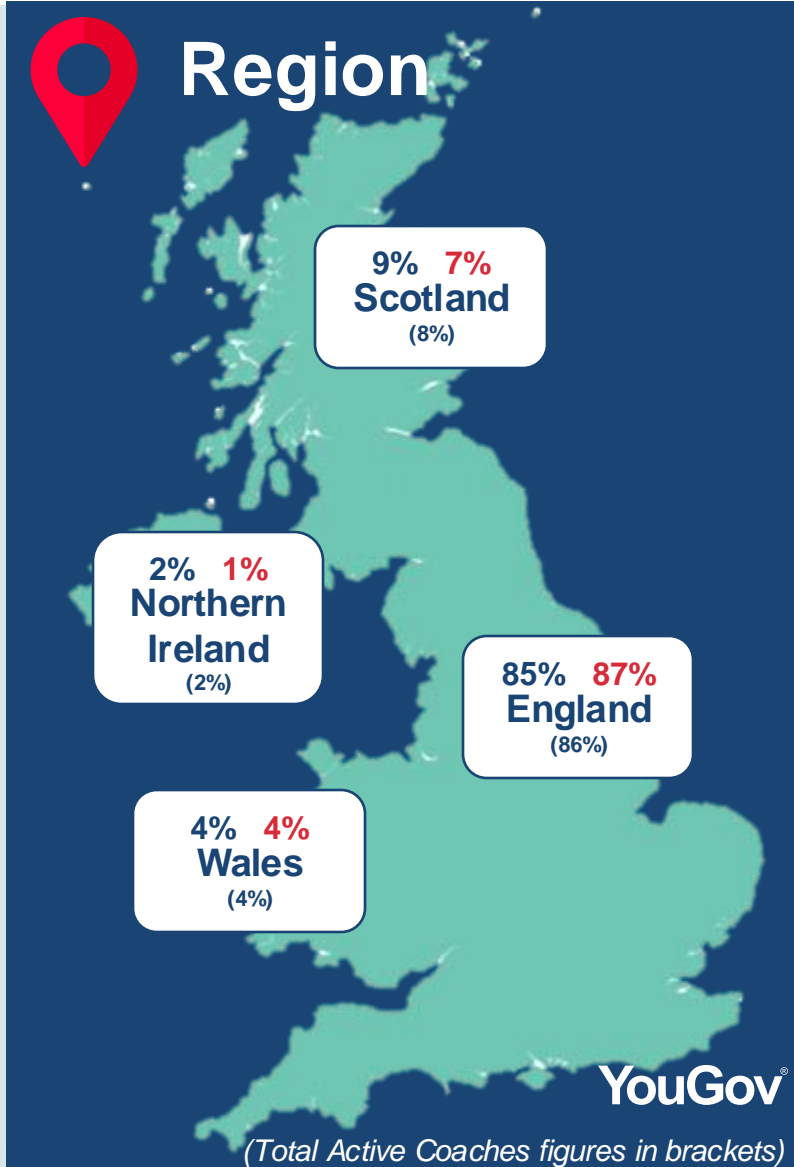
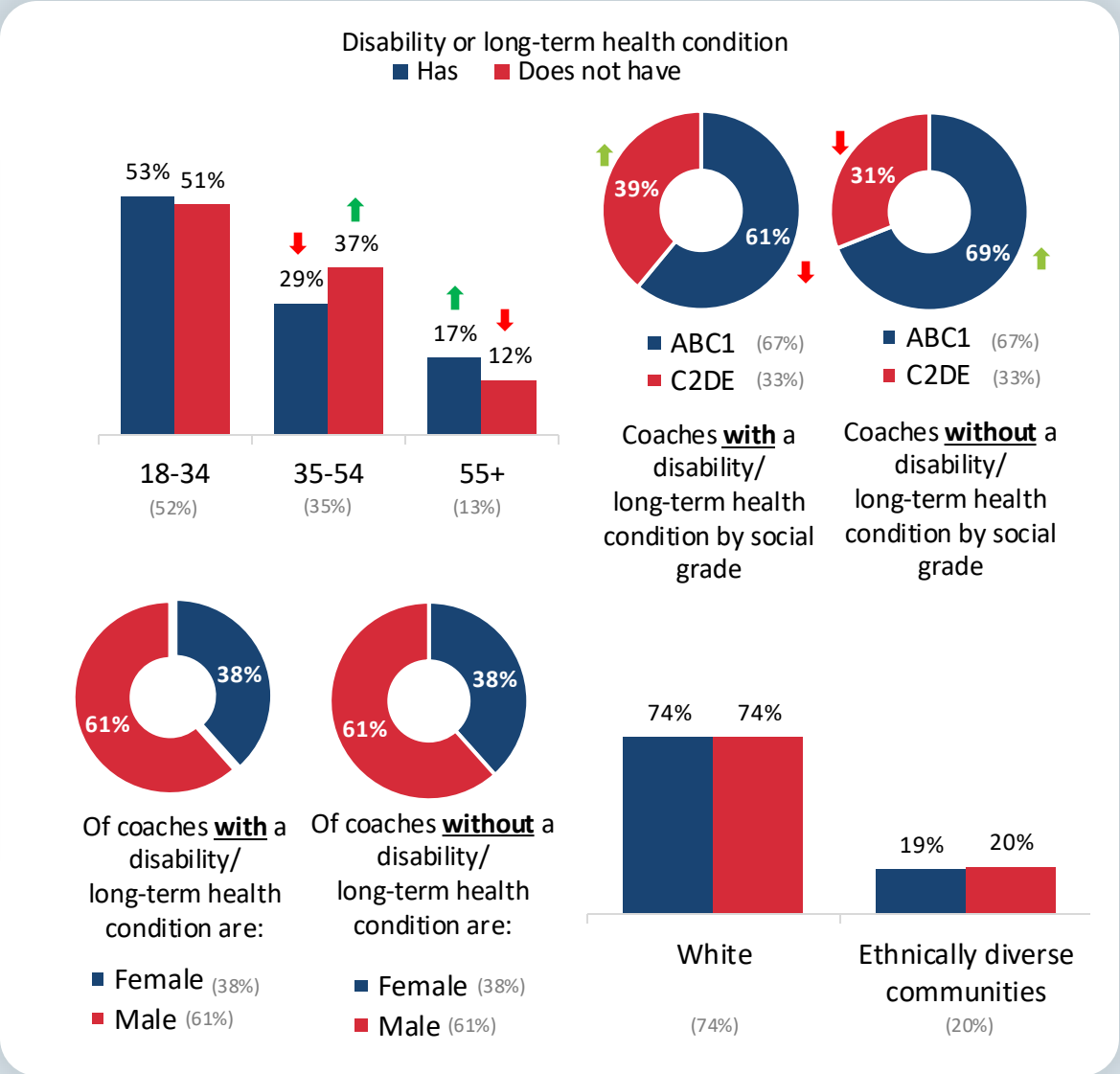
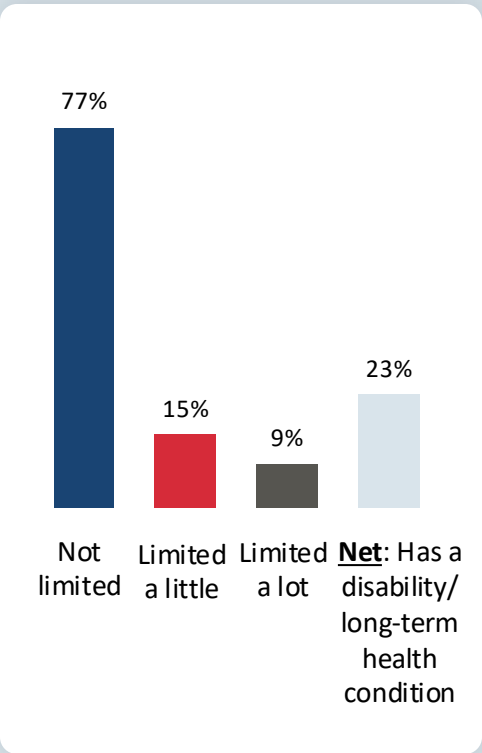
Key Findings

- Just under 1 in 4 (23%) of Active coaches have a disability or long term health condition
- Active coaches with a disability/long term health condition are more likely to hold an official coaching qualification (59% vs 53%), and they are also more likely to be aged 55 and over (17% vs 13% UK average) and from lower social grades (39% vs 33%)
- Compared to Active Coaches as a whole, those with a disability/long term health condition are more likely to be paid (57% vs 53%) and report that coaching is their primary occupation (21% vs 12%)
- Active coaches with a disability/long term health condition are more likely to coach racket games (21% vs 16%) than Active Coaches as a whole, and to do so at sports clubs (39% vs 34%) and Local Authority leisure centres (16% vs 13%); however, they are less likely to coach children aged 5-9 (21% vs 25%) and aged 10-13 (21% vs 26%)
- Finally, active coaches with a disability/long term health condition are more likely to provide coaching support (34% vs 26% UK average) and have access to support (58% vs 53%) compared to Active Coaches as a whole, while those without are more likely to report both of these

Active Coaches Overview by Disability/long-term health condition

↑ Statistically significantly higher than average
↓ Statistically significantly lower than average

■ Has Disability or long-term health condition
■ Does not have Disability or long-term health condition



Disabled / Long Term health Condition coaches more often do paid coaching, say coaching is their primary occupation and spend more time coaching per week

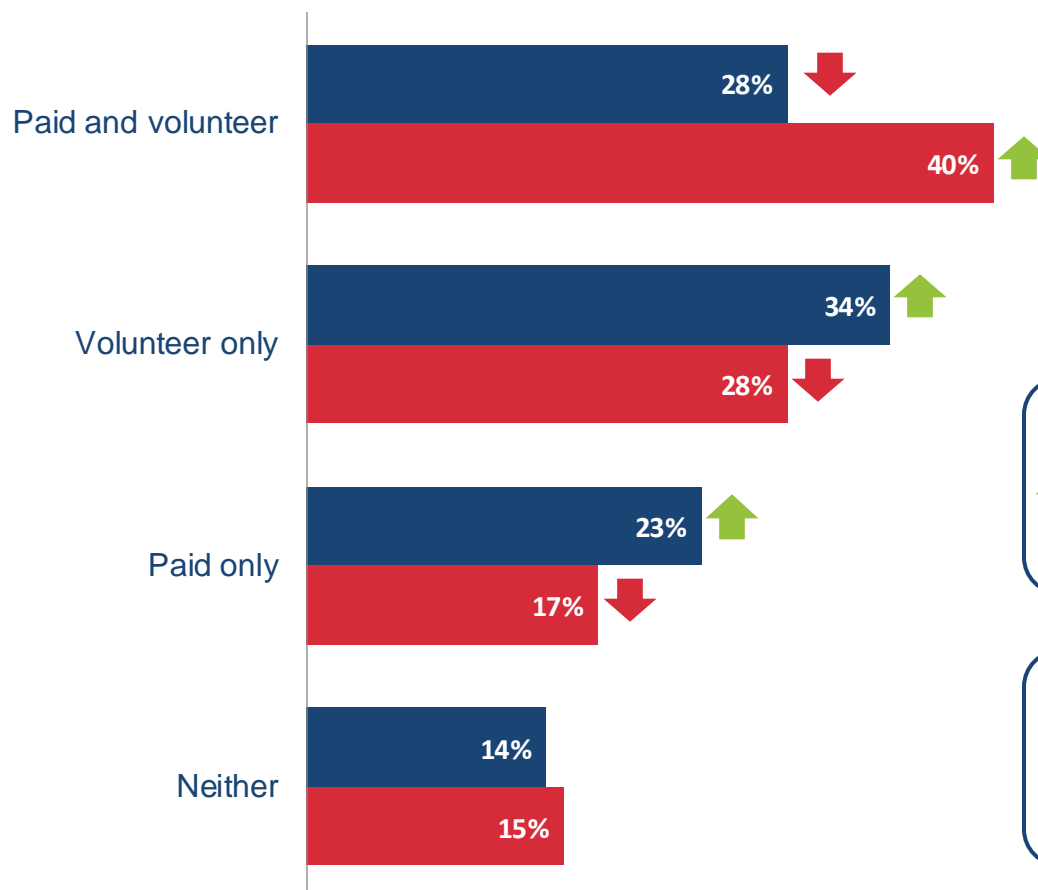
q27_rcx. On average, in a typical week, how many hours do you spend coaching or instructing sport or physical activity? - In a paid capacity.

q28_rcx. On average, in a typical week, how many hours do you spend coaching or instructing sport or physical activity? - In a voluntary capacity (volunteering excludes payment except for expenses).
MT_3. Is coaching your primary occupation? Base: Those who have coached in the last 12 months (Total: n=2,013; Coach Developers: n=173)



Pay status of active coaches

- Does not have disability/long term health condition
- Has disability/long term health condition

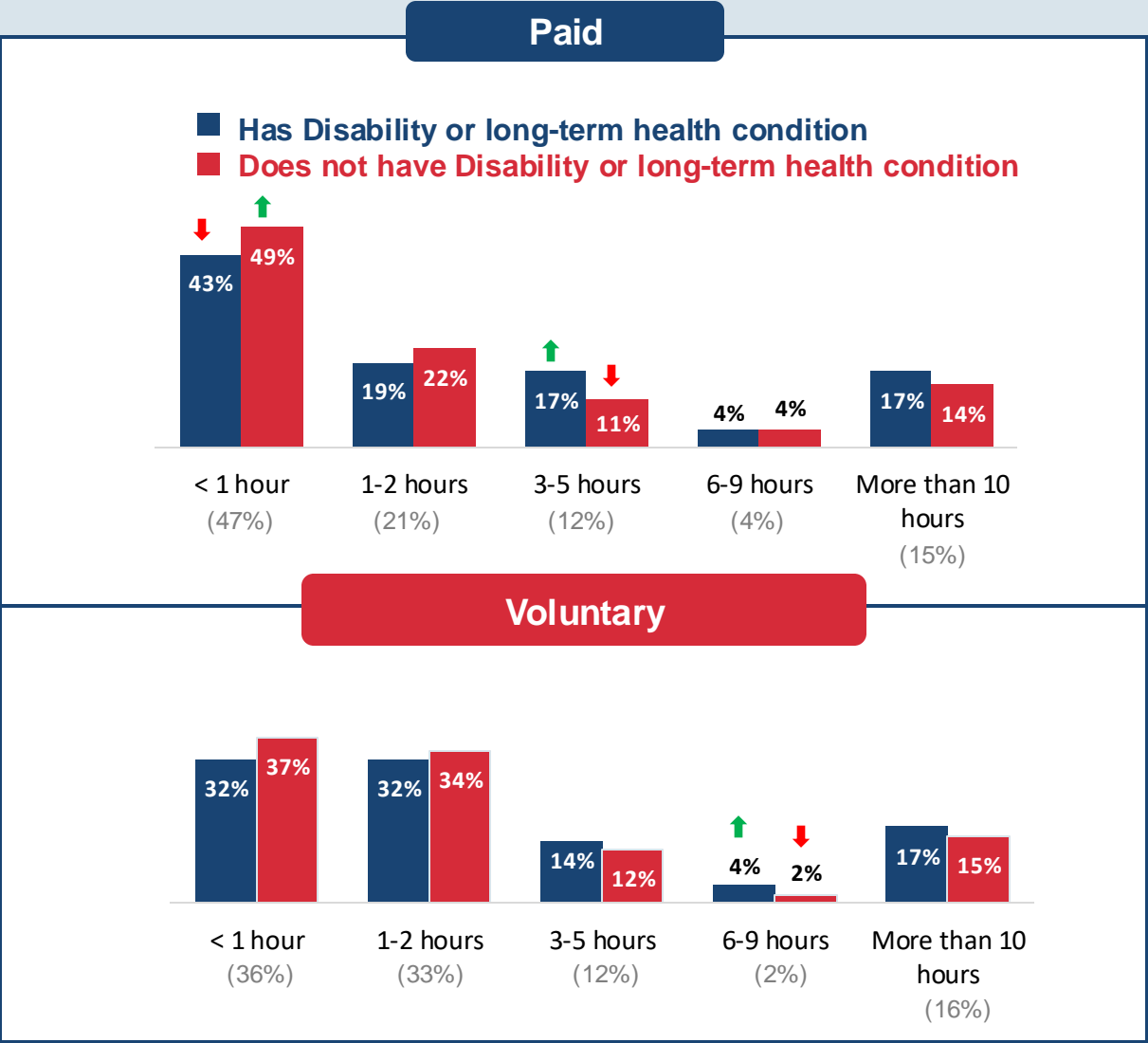


Net: Any paid
 ↑ 57% 51% ↓
 (53%)

↑ 21% 9% ↓
 are coaching as their
 primary occupation (12%)

(Total Active Coaches figures in brackets)

Hours spent coaching per week





What? (Top 5)

Disabled / Long Term health Condition coaches are most likely to coach team sports, and are more likely than Active Coaches as a whole to coach adults and children ages 10-17

UKC_Q9. Which of the following sports or physical activities have you coached or instructed in in the last 12 months? Please tick all that apply. / Q32. Where do you coach? Please tick all that apply / NT_1. Which, if any, of the following groups do you currently coach or instruct in sport or physical activity? Please tick all that apply. Base: Those who have coached in the last 12 months (Total: n=2,013; Community: n=1,933; Talent to High Performance: n=291)

Has disability/ long term health condition



Team sports
40%
(40%)



Racket games
21%↑
(16%)



Dance
15%
(14%)



Athletics
14%
(12%)



Target sports
13%↑
(8%)

Does not have disability/ long term health condition



Team sports
40%
(40%)



Racket games
14%↓
(16%)



Dance
13%
(14%)



Athletics
11%
(12%)

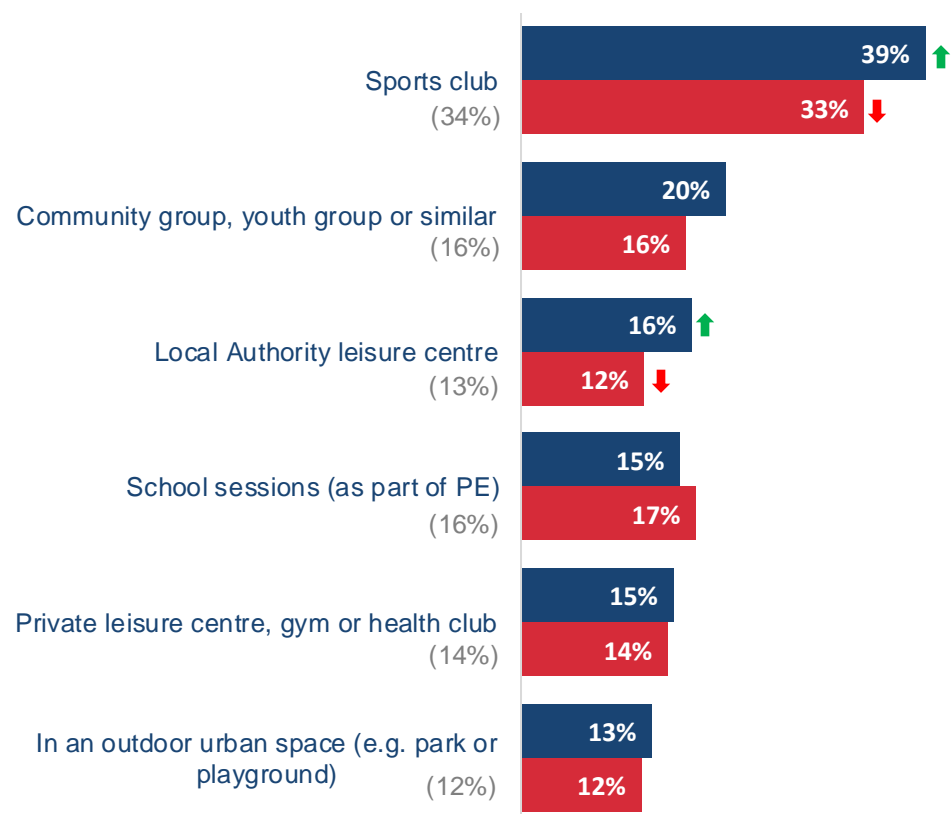


**Exercise/ Fitness/
Personal training**
10% (10%)

(Total Active Coaches figures in brackets)

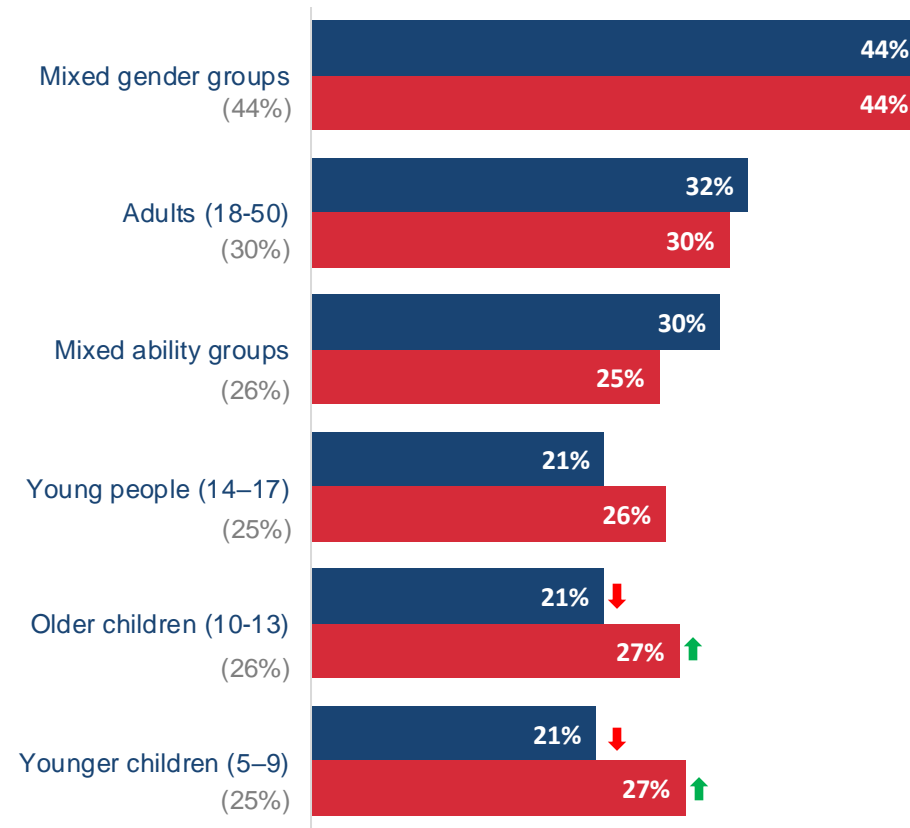
Where? (top 6)

- Has disability/long term health condition
- Does not have disability/long term health condition



Who? (top 6)

- Has disability/long term health condition
- Does not have disability/long term health condition



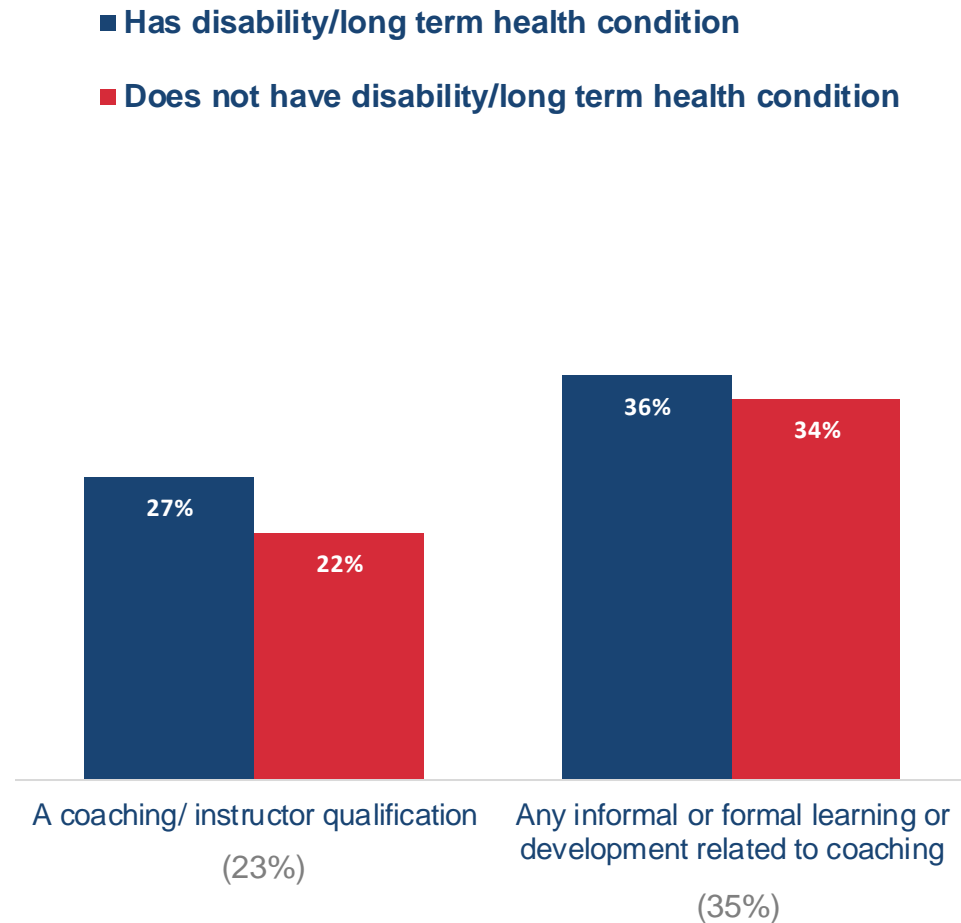
Coaches with a disability/long term health condition are more likely than Active Coaches as a whole to have taken a coaching/instructor qualification in the last 12 months

q40. What is your highest level of coaching qualification? Base: Those who have coached in the last 5 years (Total: n=4,023, Has disability/long term health condition: n=1,043, Does not have disability/long term health condition: n=2,872)

MT_8. When, if at all, was the last time you completed...? / q40. What is your highest level of coaching qualification? / q37. Thinking about your experience of being a coach or physical activity instructor, how much do you agree or disagree with the following statements?

Base: Those who have coached in the last 12 months (Total: n=2,013; Has disability/long term health condition: n=445; Does not have disability/long term health condition: n=1,517)

Qualifications taken in last 12 months



↓ 41% 50% ↑
Have no formal
coaching
qualifications
(47%)

(Total Active Coaches figures in brackets)

Coaching statements (net % agree)

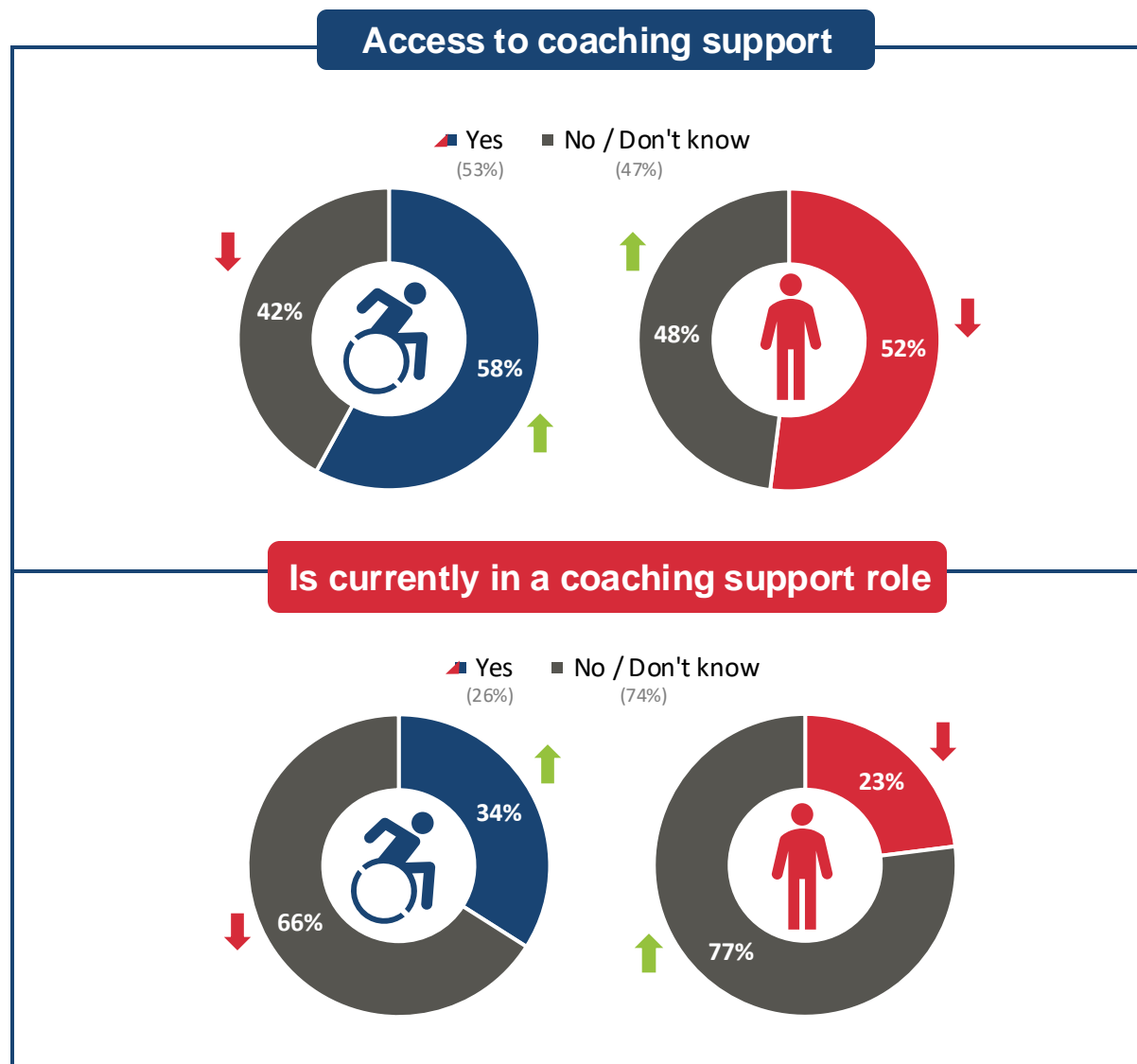


Coaches with a disability/long term health condition are more likely than Active Coaches to have both be supporting other coaches and have access to support

SE_7. Do you currently have access to someone who can support you in your coaching role? (i.e. a coach developer or a mentor who can help educate, support or teach you about coaching) / MT_5. Do you currently work with other coaches or instructors to educate, support, mentor or teach them about coaching? / q46. What do you think are the main challenges or barriers facing coaches in the United Kingdom?

Please tick all that apply.

Base: Those who have coached in the last 12 months (Total: n=2,013; Has disability/long term health condition: n=445; Does not have disability/long term health condition: n=1,517)



(Total Active Coaches figures in brackets)

Challenges / barriers facing coaches (top 5)

