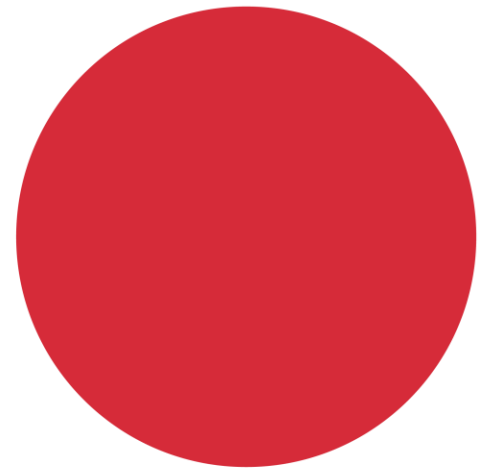


UK Coaching Population Study 2024 Report

Ethnicity Spotlight

All reports are produced by **YouGov** and edited by UK Coaching

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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, Ethnically diverse communities have been defined as people from a range of ethnic backgrounds, excluding those who are White.

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.



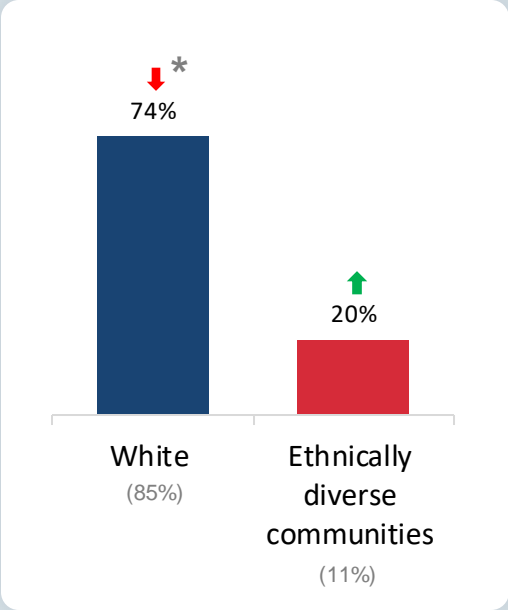
Key Findings

- Individuals from ethnically diverse communities make up a higher proportion of the active coaching population than the overall population in the UK (20% vs 11% of UK population); active coaches from these communities are more likely to be aged 18-34 and less likely to be 55+. The reverse is true for White active coaches.
- There are also differences regarding ethnicity across paid vs voluntary coaching: White active coaches are more likely to volunteer or be paid only; whereas active coaches from ethnically diverse communities are more likely to do both together.
- When looking at the type of sports that are coached, active coaches from ethnically diverse communities are more likely to coach team sports, racket games, dance, bat & ball sports, and combat sports.
- Active coaches from ethnically diverse communities are more likely to coach a community group (or similar), at a private leisure centre, and in an outdoor urban space.
- Finally, active coaches from ethnically diverse communities are more likely to be providing coaching support despite no difference in accessing support.

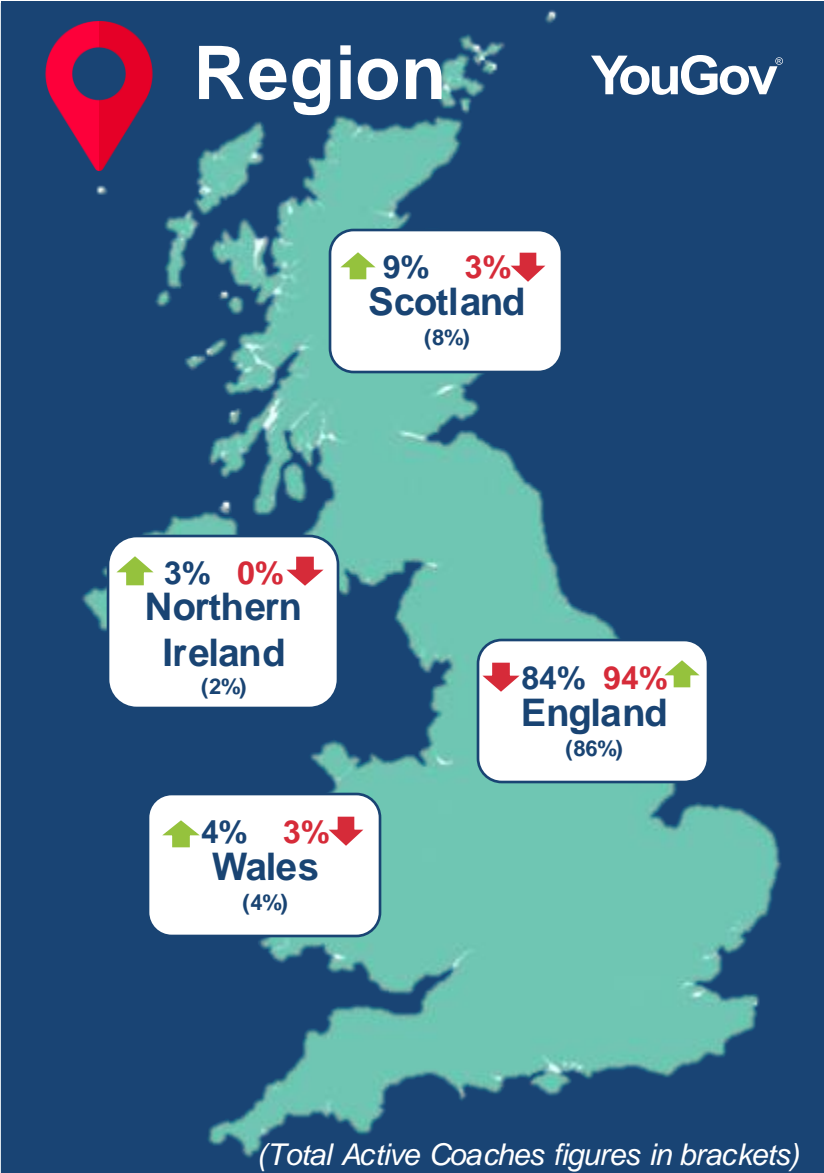
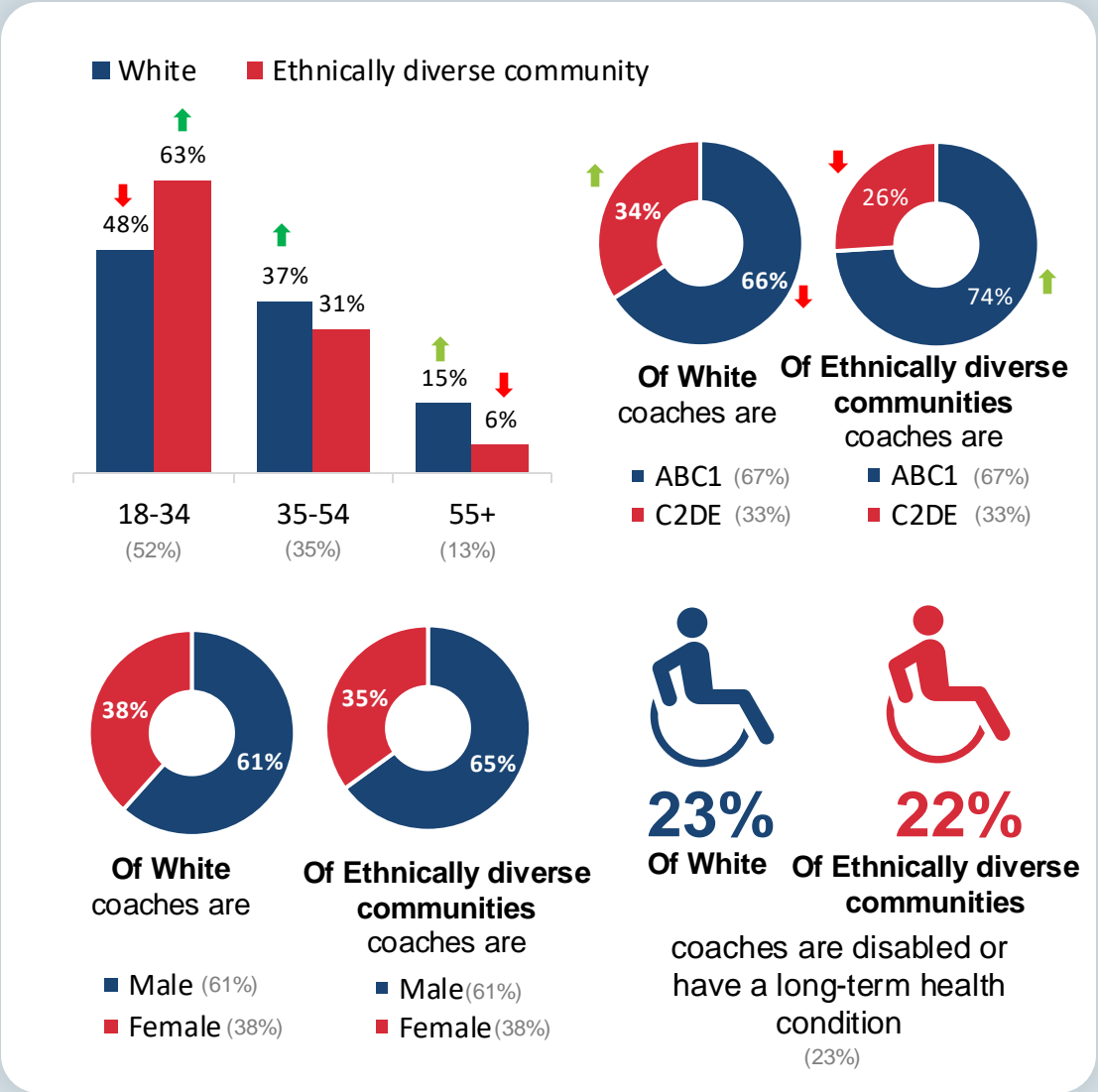
Active Coaches Overview by Ethnicity

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

■ % of Britain's White coaches
■ % of Britain's coaches from ethnically diverse communities



*significant compared to 2021 census data



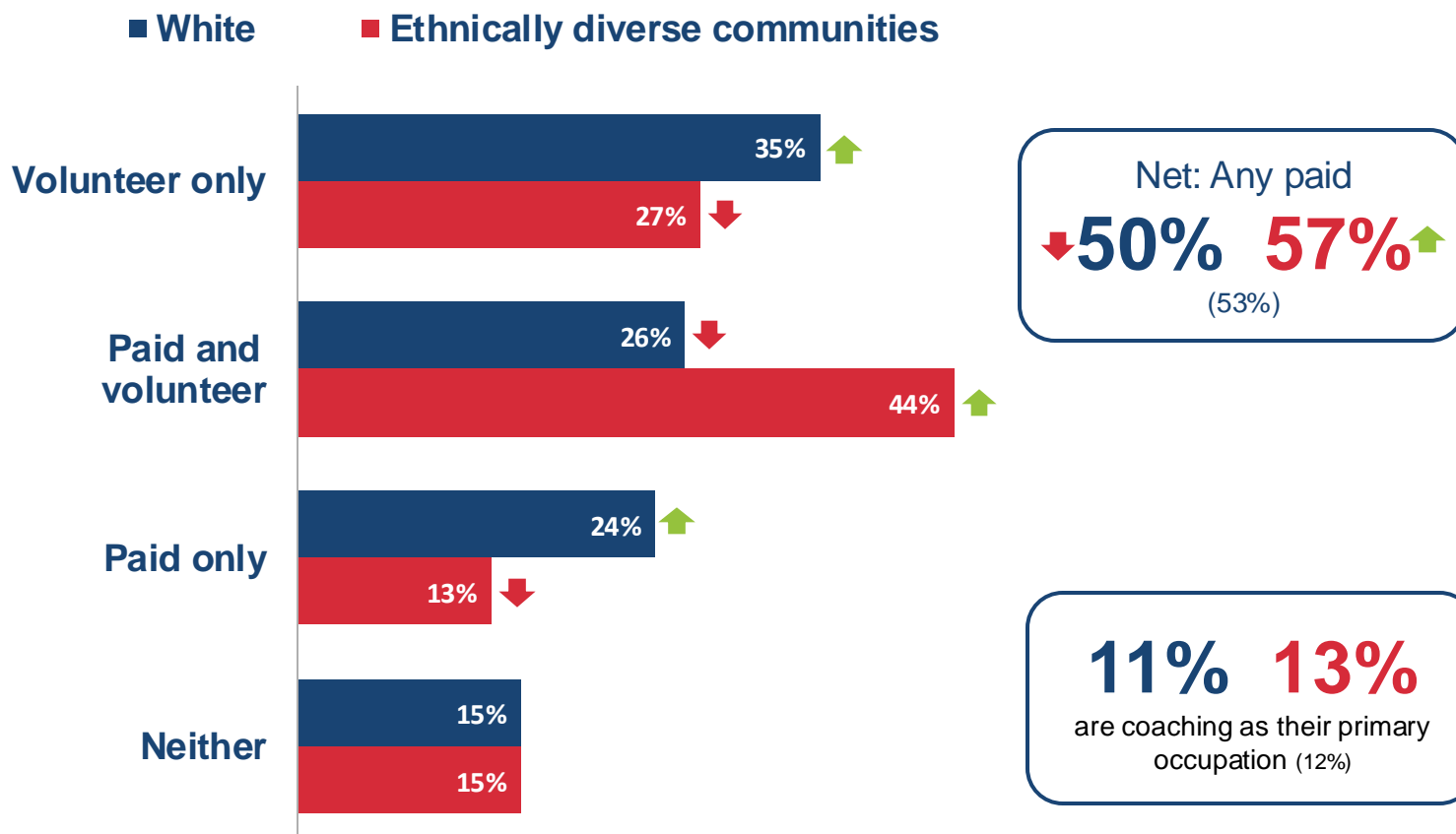
Active coaches from ethnically diverse communities are significantly more likely to be paid, which is driven by being more likely to both be paid and volunteer

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).

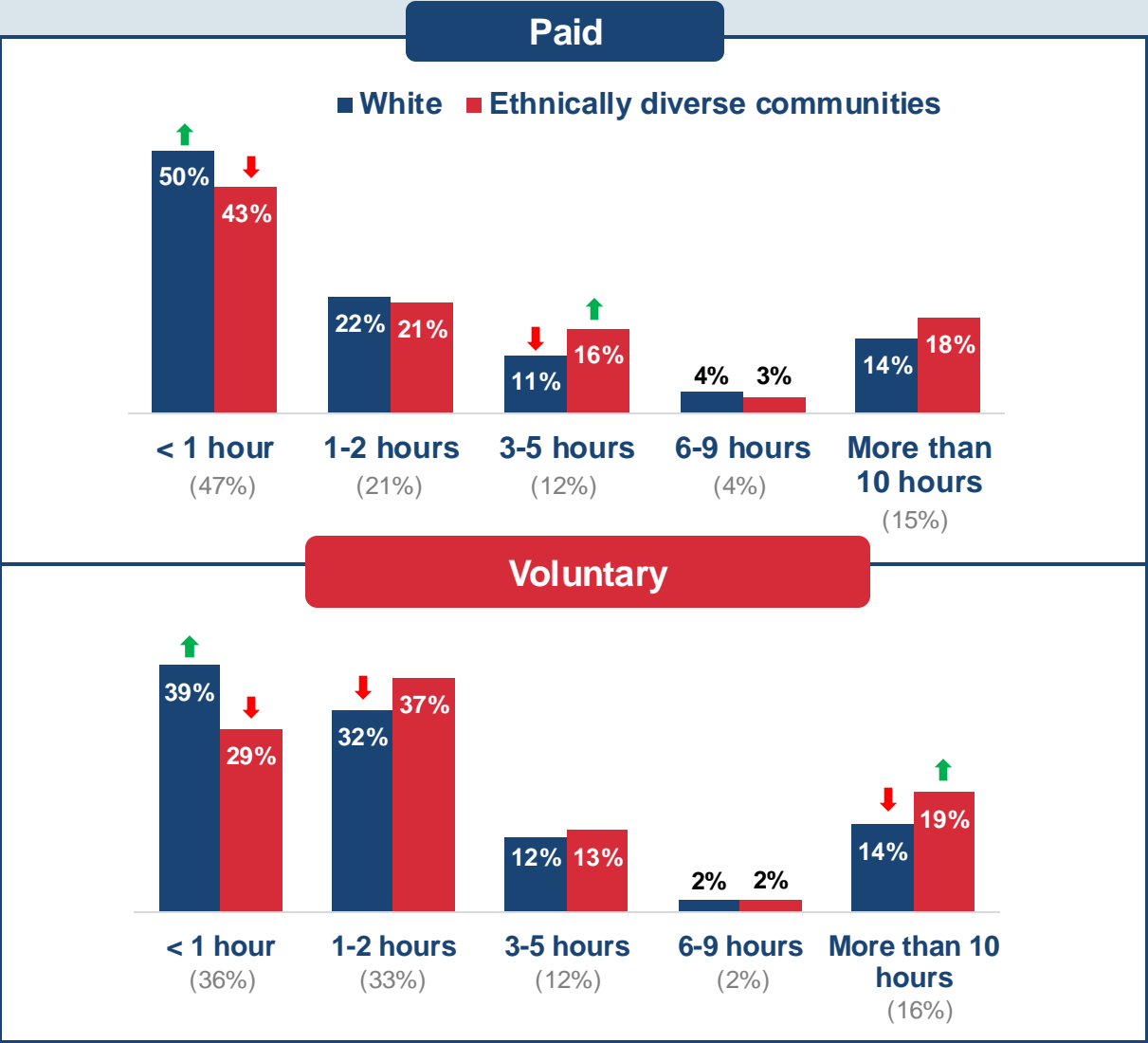
MT_3. Is coaching your primary occupation? Base: Those who have coached in the last 12 months (Total: n=2,013; White: n=1,512; Ethnically diverse communities: n=386)

£ Pay Status



(Total Active Coaches figures in brackets)

Hours spent coaching per week





What? (Top 5)

White active coaches are less likely to coach team sports and racket games, but more likely to coach adults, mixed ability, mixed gender groups and younger children

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; White: n=1,512; Ethnically diverse communities: n=386)

White



Team sports

37%↓

(40%)



Racket games

13%↓

(16%)



Dance

13%

(14%)



Athletics

12%

(12%)



Exercise/Fitness/PT

10%

(10%)

Ethnically diverse communities



Team sports

48%↑

(40%)



Racket games

24%↑

(16%)



Dance

18%↑

(14%)



Bat & ball

15%↑

(10%)



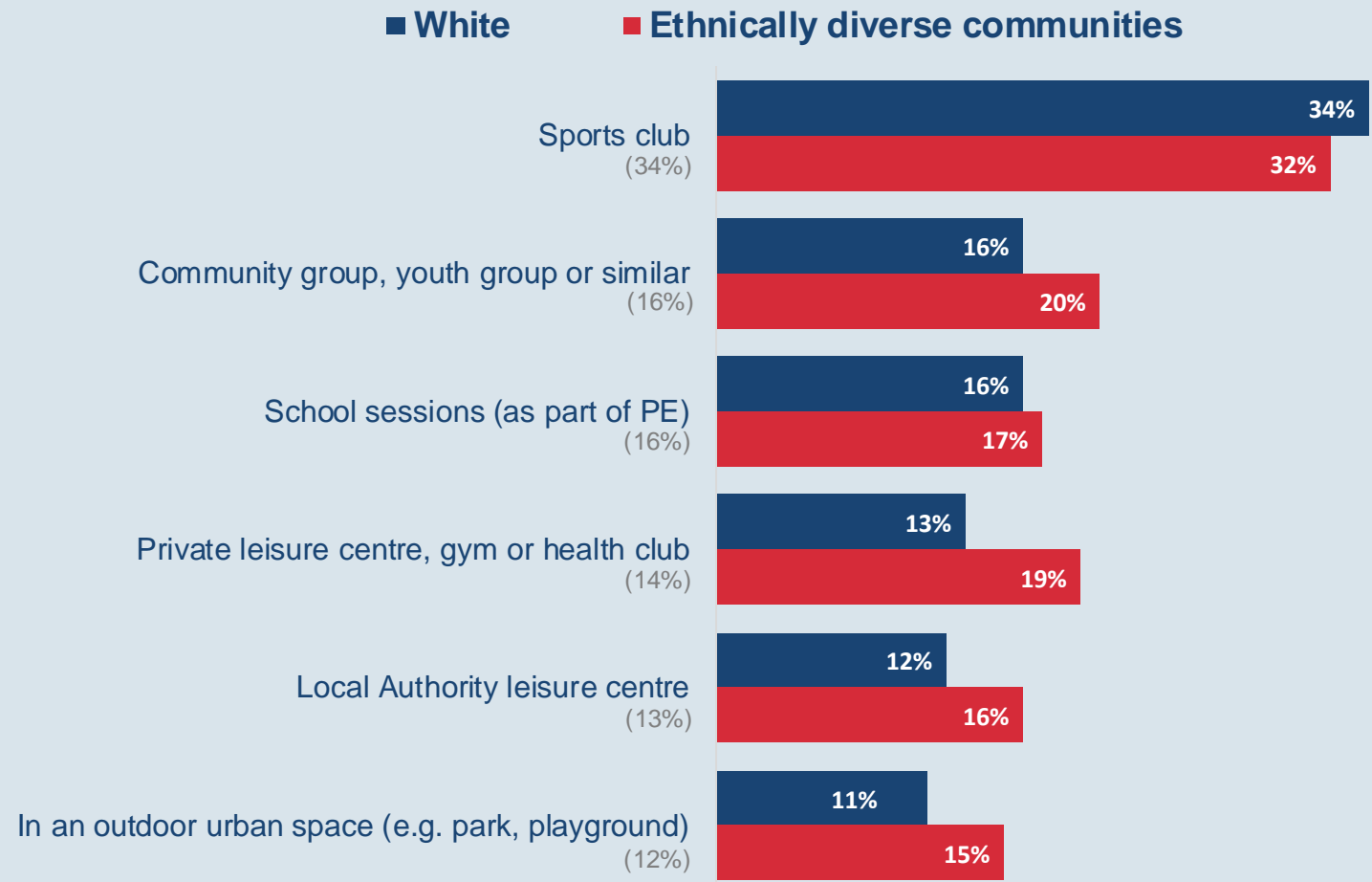
Combat sports

13%↑

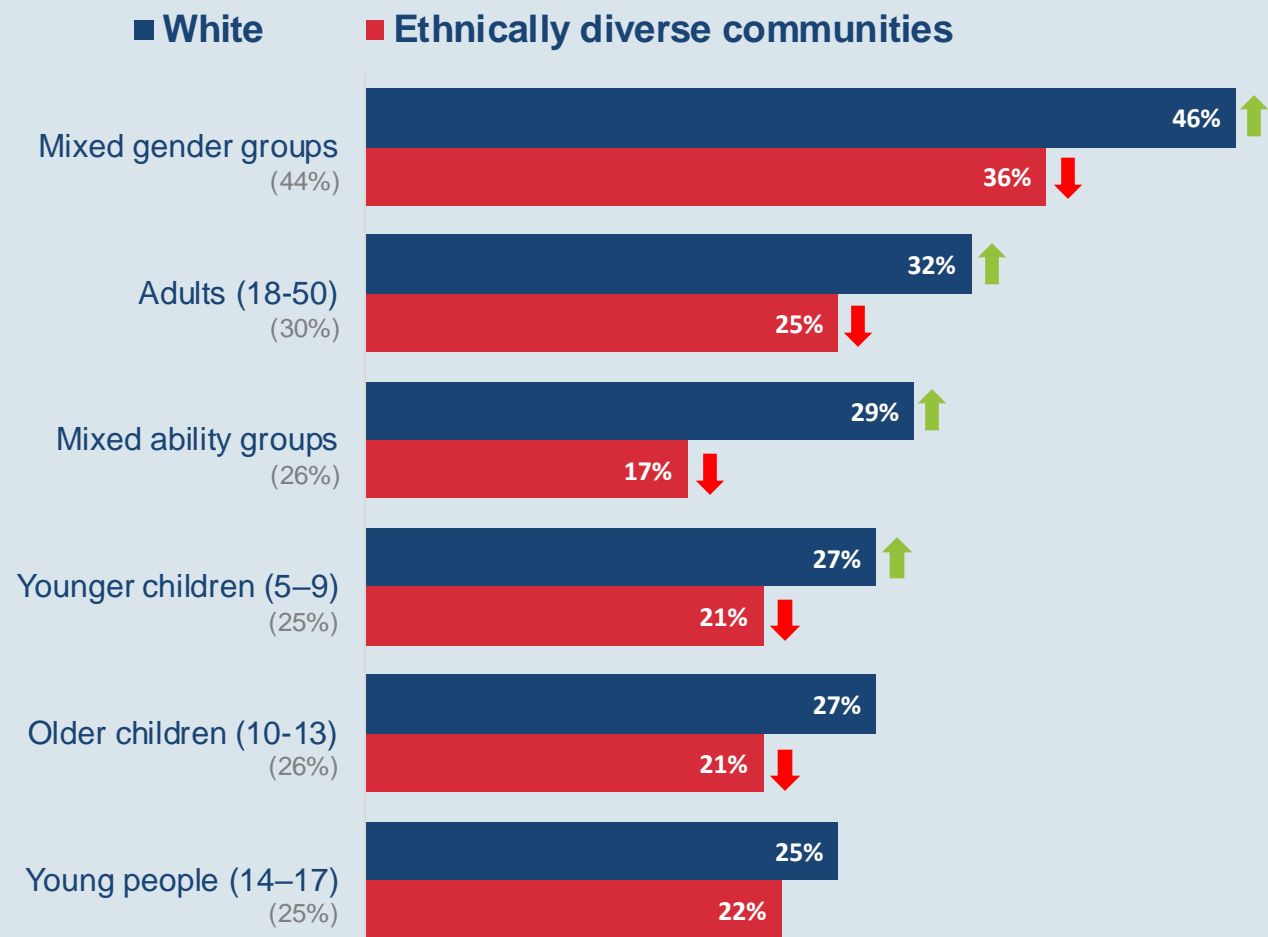
(10%)

(Total Active Coaches figures in brackets)

Where? (Top 6)



Who? (Top 6)



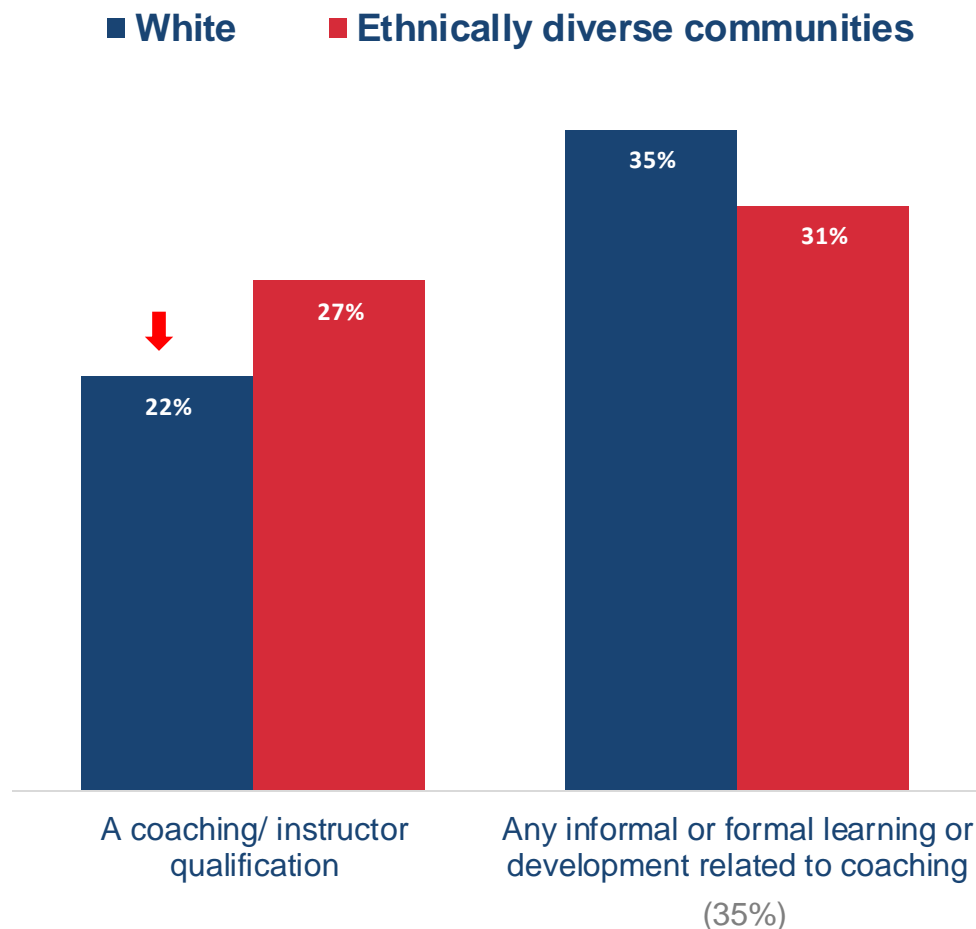
Active coaches from ethnically diverse communities are more likely to want some help from others when they coach

q40. What is your highest level of coaching qualification? Base: Those who have coached in the last 5 years (Total: n=4,023; White n=2,968; Ethnically diverse communities: n=824)

MT_8. When, if at all, was the last time you completed...? / 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; White: n=1,512; Ethnically diverse communities: n=386)

Qualifications taken in last 12 months



48% **46%**

Have no formal
coaching
qualifications
(47%)

(Total Active Coaches figures in brackets)

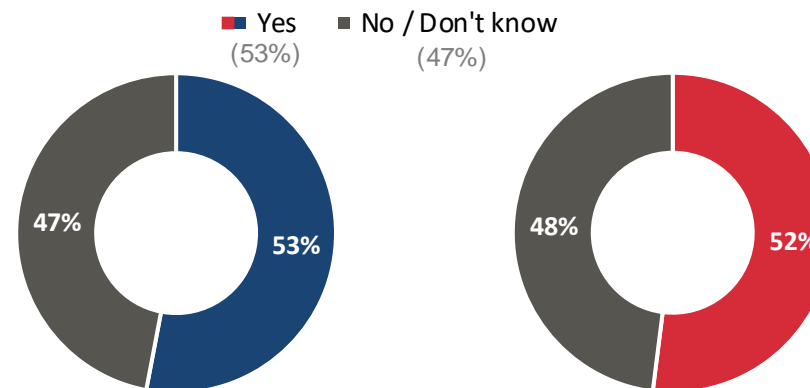
Coaching statements (net % agree)



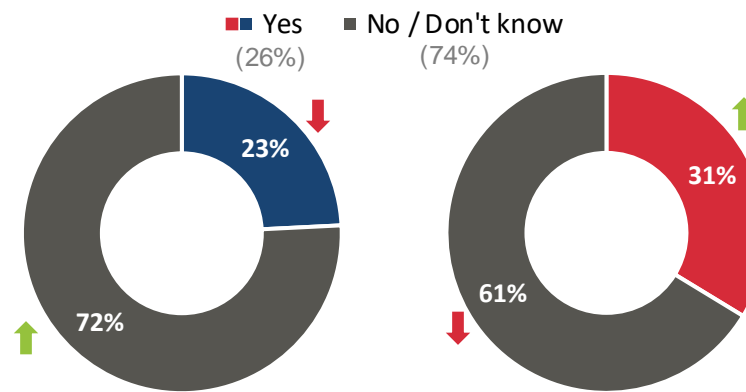
Active coaches from ethnically diverse communities are more likely to currently support other coaches despite no difference in accessing support

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 (Total: n=2,013; White: n=1,512; Ethnically diverse communities: n=386)

Access to coaching support



Is currently in a coaching support role



(Total Active Coaches figures in brackets)

Challenges / barriers facing coaches (top 5)

