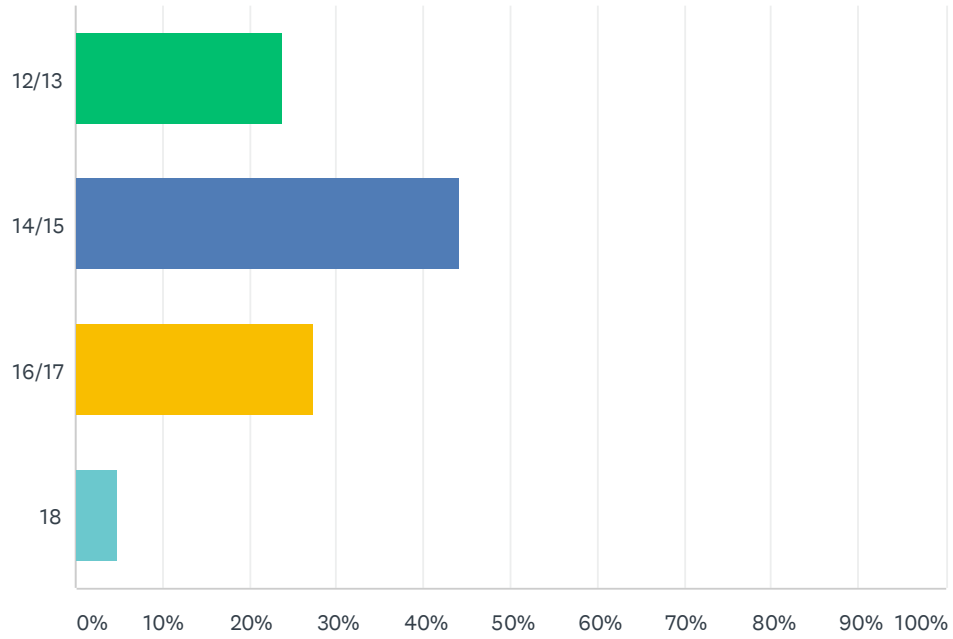


Q1 How old are you?

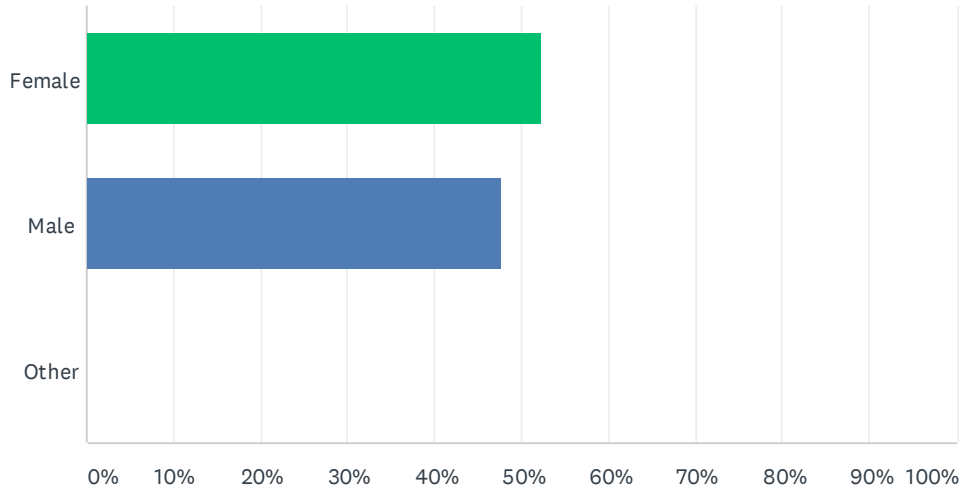
Answered: 84 Skipped: 0



ANSWER CHOICES	RESPONSES	
12/13	23.81%	20
14/15	44.05%	37
16/17	27.38%	23
18	4.76%	4
TOTAL		84

Q2 Are you...

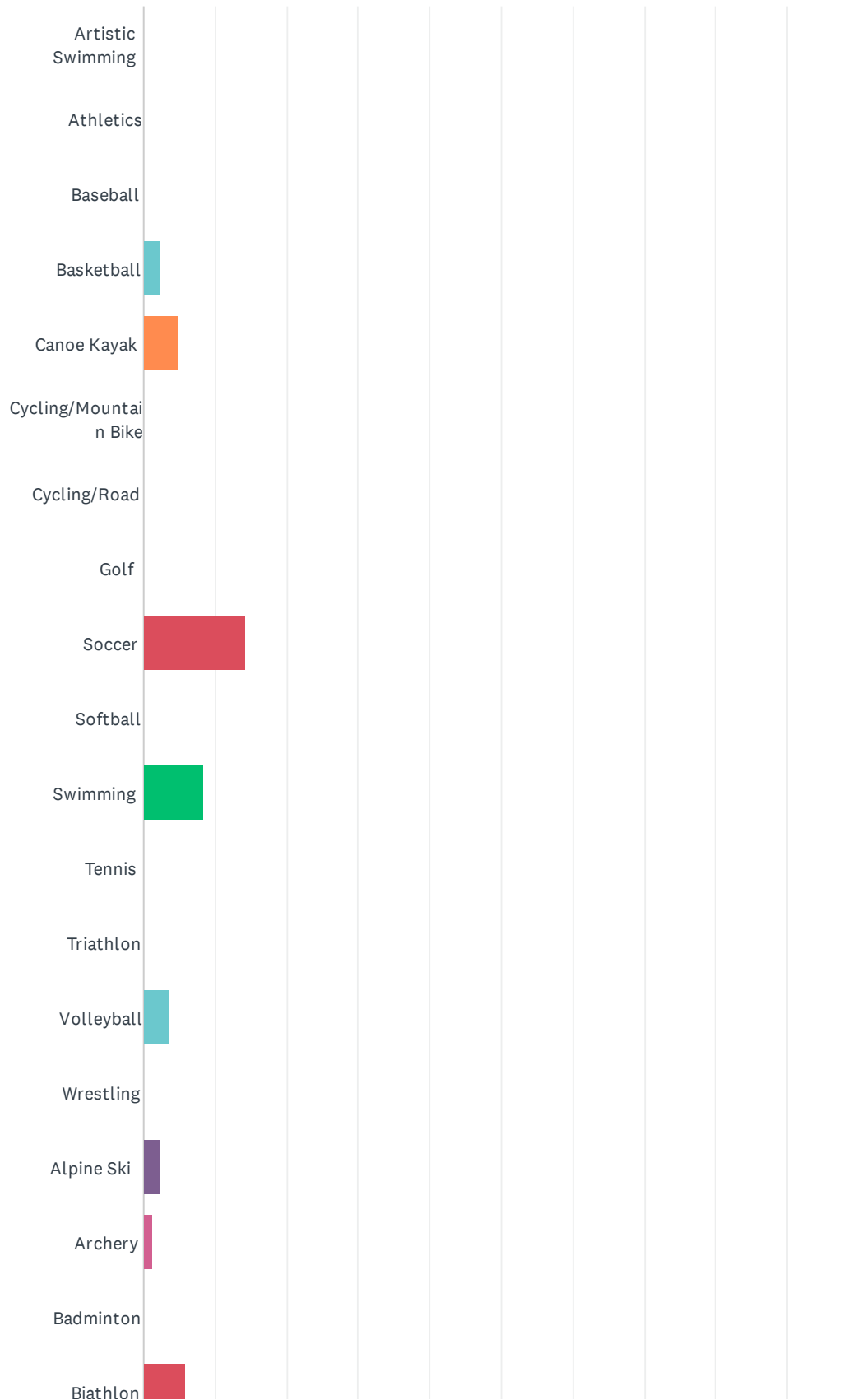
Answered: 84 Skipped: 0

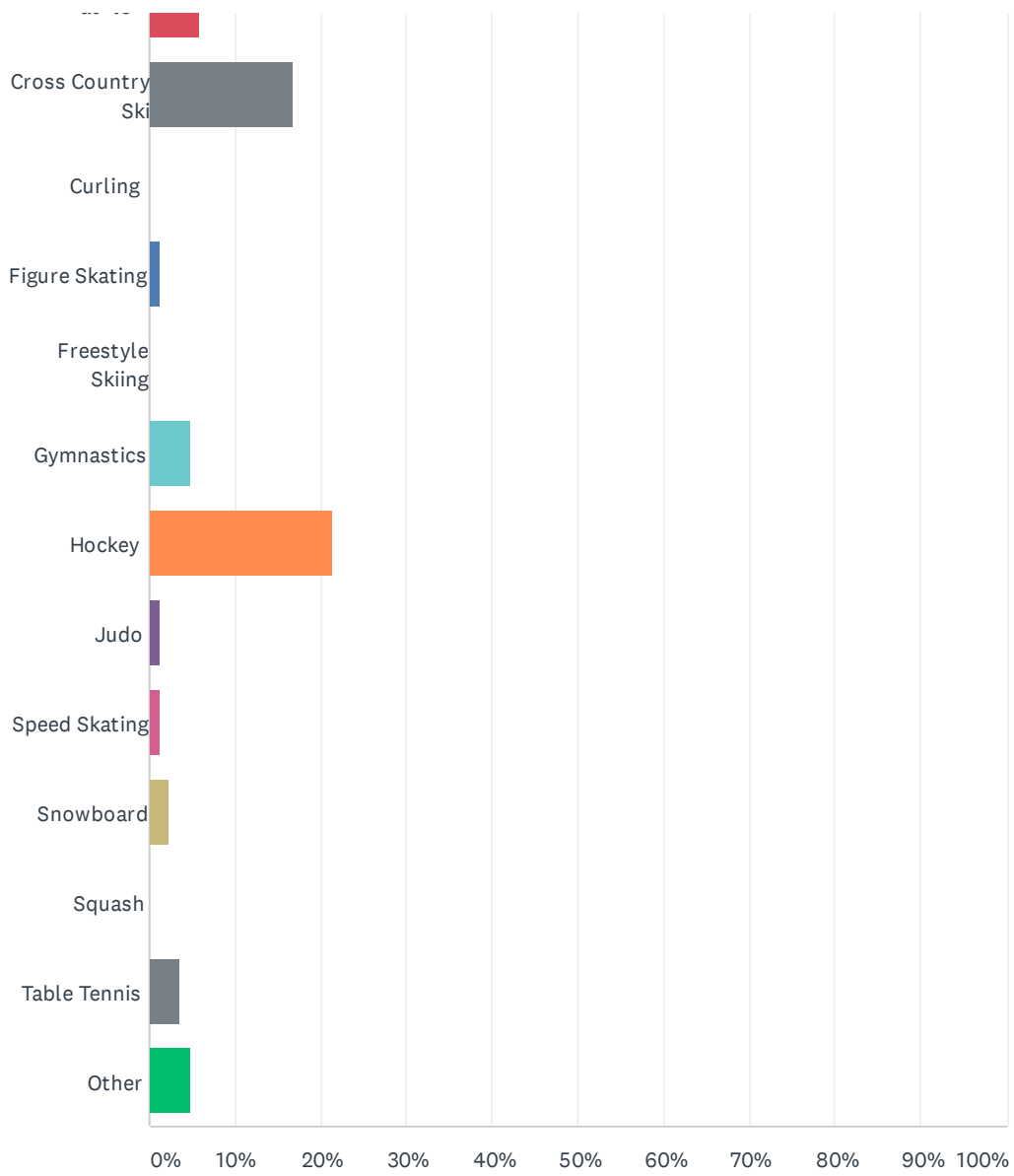


ANSWER CHOICES	RESPONSES	
Female	52.38%	44
Male	47.62%	40
Other	0.00%	0
TOTAL		84

Q3 What sport do you play?

Answered: 84 Skipped: 0

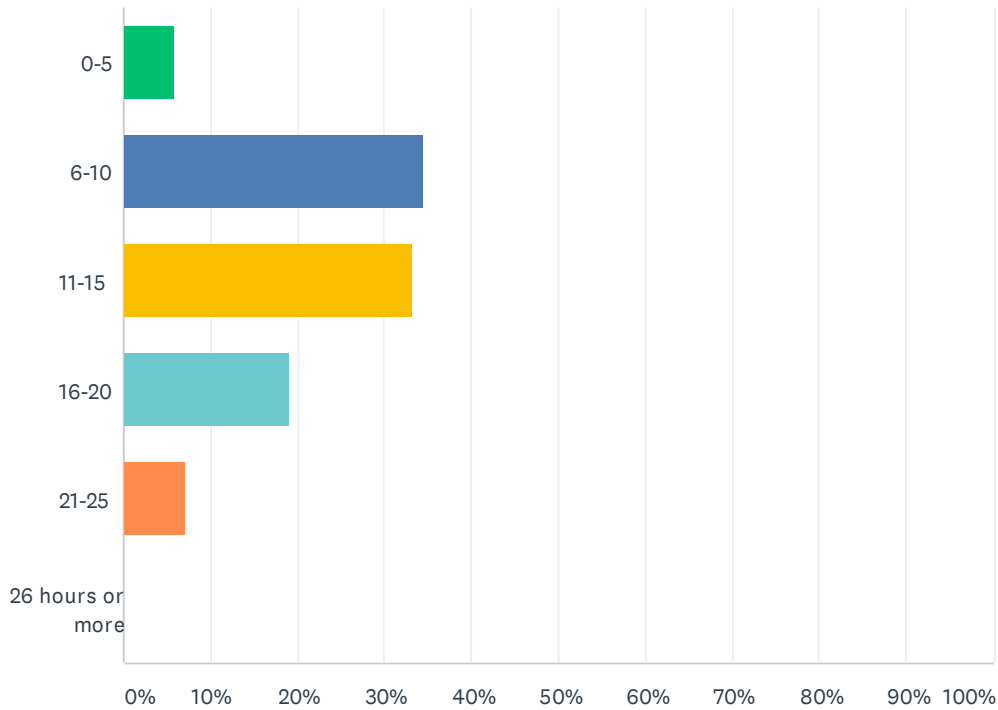




ANSWER CHOICES	RESPONSES	
Artistic Swimming	0.00%	0
Athletics	0.00%	0
Baseball	0.00%	0
Basketball	2.38%	2
Canoe Kayak	4.76%	4
Cycling/Mountain Bike	0.00%	0
Cycling/Road	0.00%	0
Golf	0.00%	0
Soccer	14.29%	12
Softball	0.00%	0
Swimming	8.33%	7
Tennis	0.00%	0
Triathlon	0.00%	0
Volleyball	3.57%	3
Wrestling	0.00%	0
Alpine Ski	2.38%	2
Archery	1.19%	1
Badminton	0.00%	0
Biathlon	5.95%	5
Cross Country Ski	16.67%	14
Curling	0.00%	0
Figure Skating	1.19%	1
Freestyle Skiing	0.00%	0
Gymnastics	4.76%	4
Hockey	21.43%	18
Judo	1.19%	1
Speed Skating	1.19%	1
Snowboard	2.38%	2
Squash	0.00%	0
Table Tennis	3.57%	3
Other	4.76%	4
TOTAL		84

Q4 Prior to COVID-19, how many hours were you training per week?

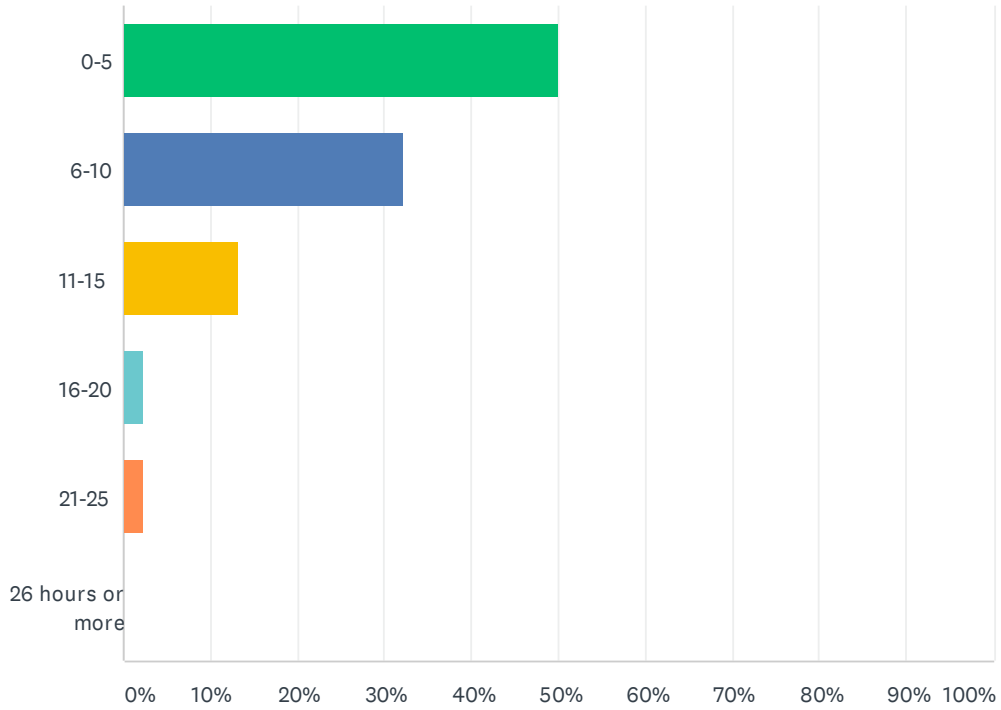
Answered: 84 Skipped: 0



ANSWER CHOICES	RESPONSES
0-5	5.95% 5
6-10	34.52% 29
11-15	33.33% 28
16-20	19.05% 16
21-25	7.14% 6
26 hours or more	0.00% 0
TOTAL	84

Q5 How many hours are you training currently?

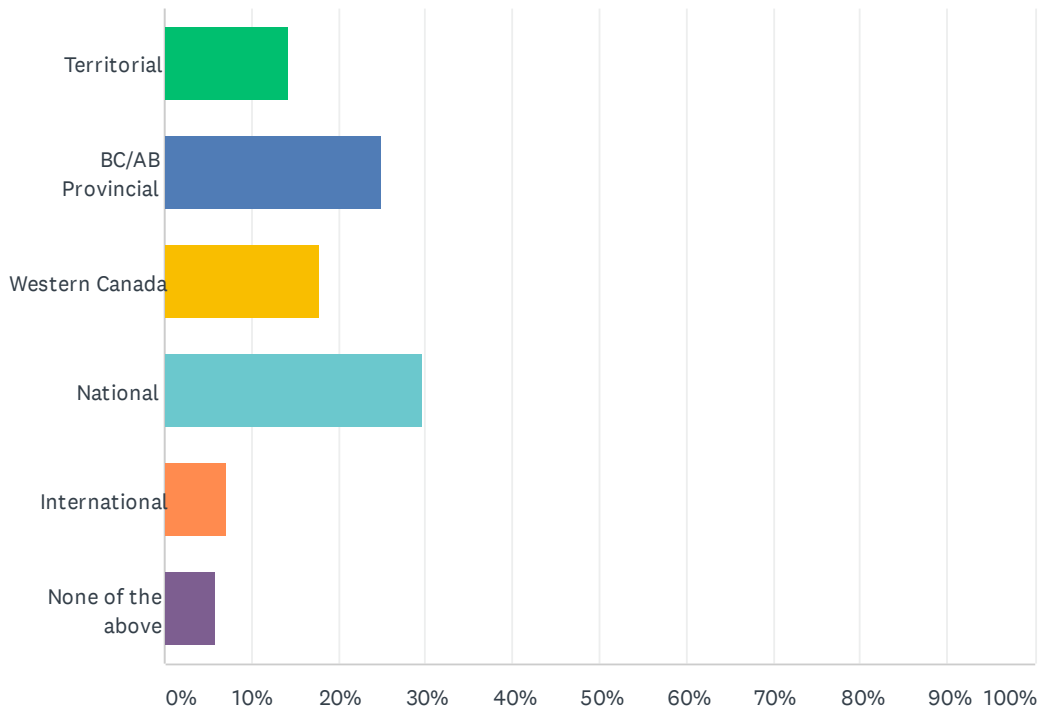
Answered: 84 Skipped: 0



ANSWER CHOICES	RESPONSES	
0-5	50.00%	42
6-10	32.14%	27
11-15	13.10%	11
16-20	2.38%	2
21-25	2.38%	2
26 hours or more	0.00%	0
TOTAL		84

Q6 What's the highest level of competition you have competed in with your sport?

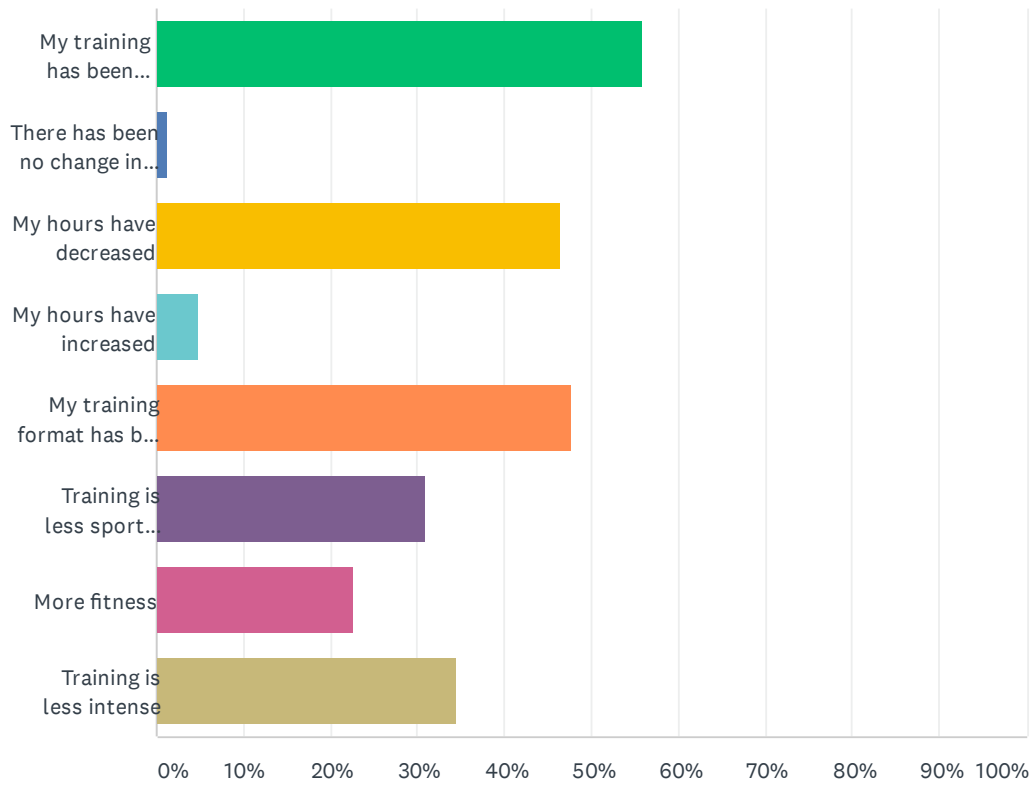
Answered: 84 Skipped: 0



ANSWER CHOICES	RESPONSES	
Territorial	14.29%	12
BC/AB Provincial	25.00%	21
Western Canada	17.86%	15
National	29.76%	25
International	7.14%	6
None of the above	5.95%	5
TOTAL		84

Q7 How has your training regimen pre COVID-19 been altered? (Select all that apply)

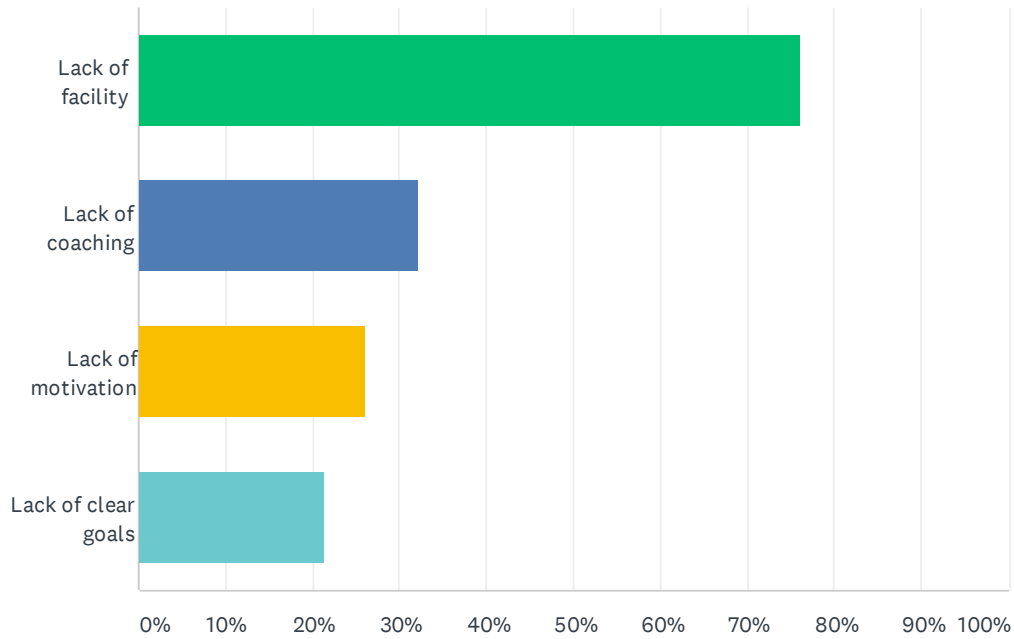
Answered: 84 Skipped: 0



ANSWER CHOICES	RESPONSES	
My training has been cancelled	55.95%	47
There has been no change in my training	1.19%	1
My hours have decreased	46.43%	39
My hours have increased	4.76%	4
My training format has been altered	47.62%	40
Training is less sport specific	30.95%	26
More fitness	22.62%	19
Training is less intense	34.52%	29
Total Respondents: 84		

Q8 What is causing this reduction in training? (Select all that apply)

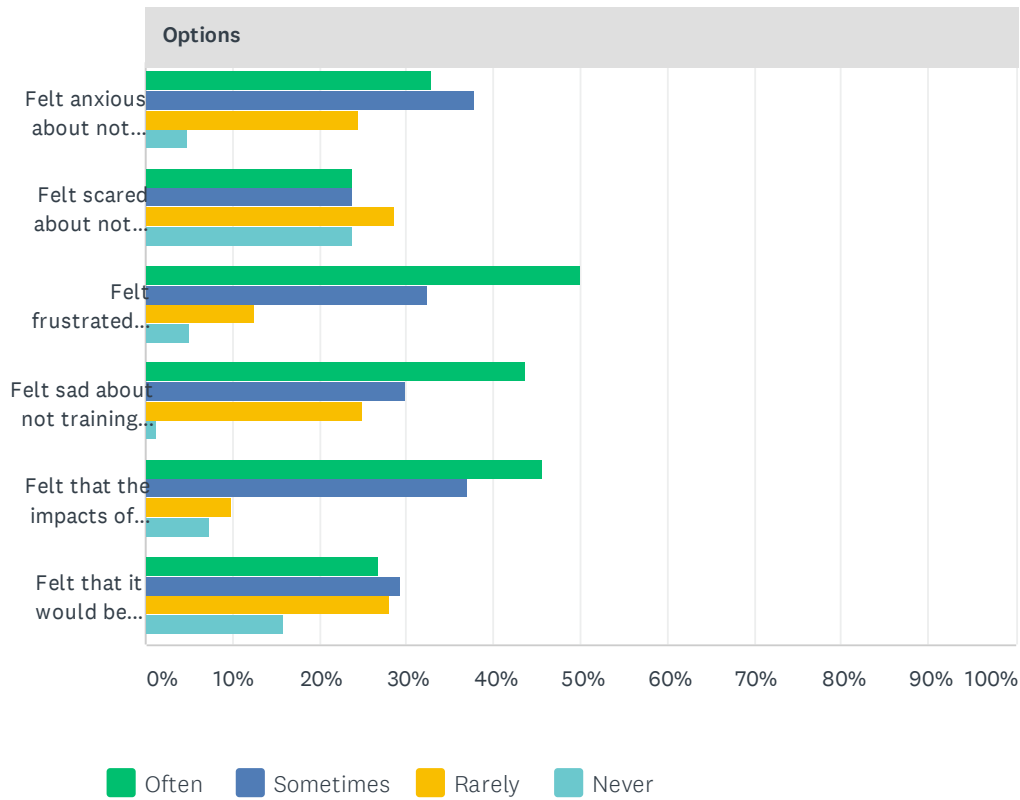
Answered: 84 Skipped: 0



ANSWER CHOICES	RESPONSES	
Lack of facility	76.19%	64
Lack of coaching	32.14%	27
Lack of motivation	26.19%	22
Lack of clear goals	21.43%	18
Total Respondents: 84		

Q9 Since the start of the COVID-19 pandemic, how often have you felt...

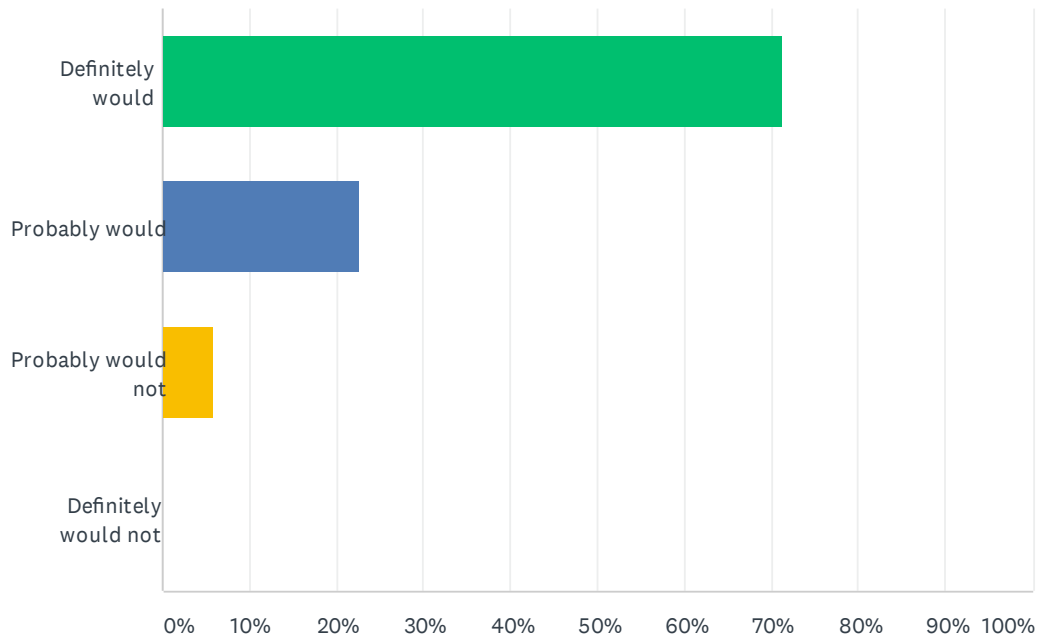
Answered: 84 Skipped: 0



Options	OFTEN	SOMETIMES	RARELY	NEVER	TOTAL
Felt anxious about not training normally	32.93% 27	37.80% 31	24.39% 20	4.88% 4	82
Felt scared about not training normally	23.75% 19	23.75% 19	28.75% 23	23.75% 19	80
Felt frustrated about not training normally	50.00% 40	32.50% 26	12.50% 10	5.00% 4	80
Felt sad about not training normally	43.75% 35	30.00% 24	25.00% 20	1.25% 1	80
Felt that the impacts of COVID-19 would damage your performance in training or competitions	45.68% 37	37.04% 30	9.88% 8	7.41% 6	81
Felt that it would be difficult to start training normally again	26.83% 22	29.27% 24	28.05% 23	15.85% 13	82

Q10 Would you return to your sport at the same level or commitment post COVID-19?

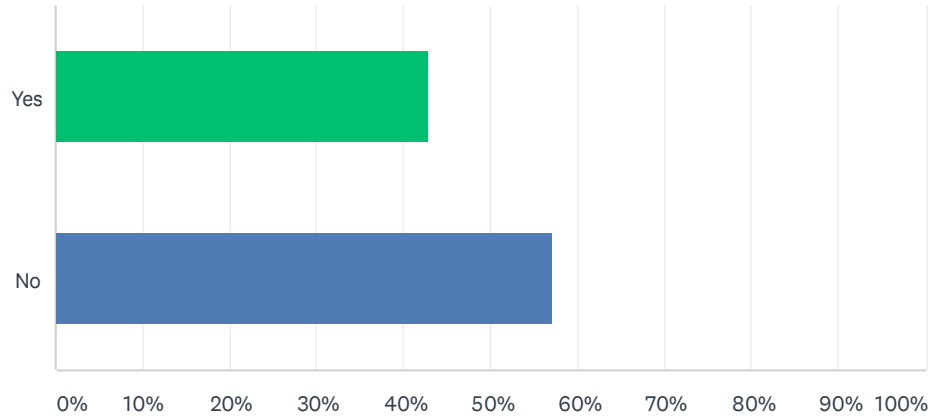
Answered: 84 Skipped: 0



ANSWER CHOICES	RESPONSES	
Definitely would	71.43%	60
Probably would	22.62%	19
Probably would not	5.95%	5
Definitely would not	0.00%	0
TOTAL		84

Q11 Have you felt more relaxed while not training normally?

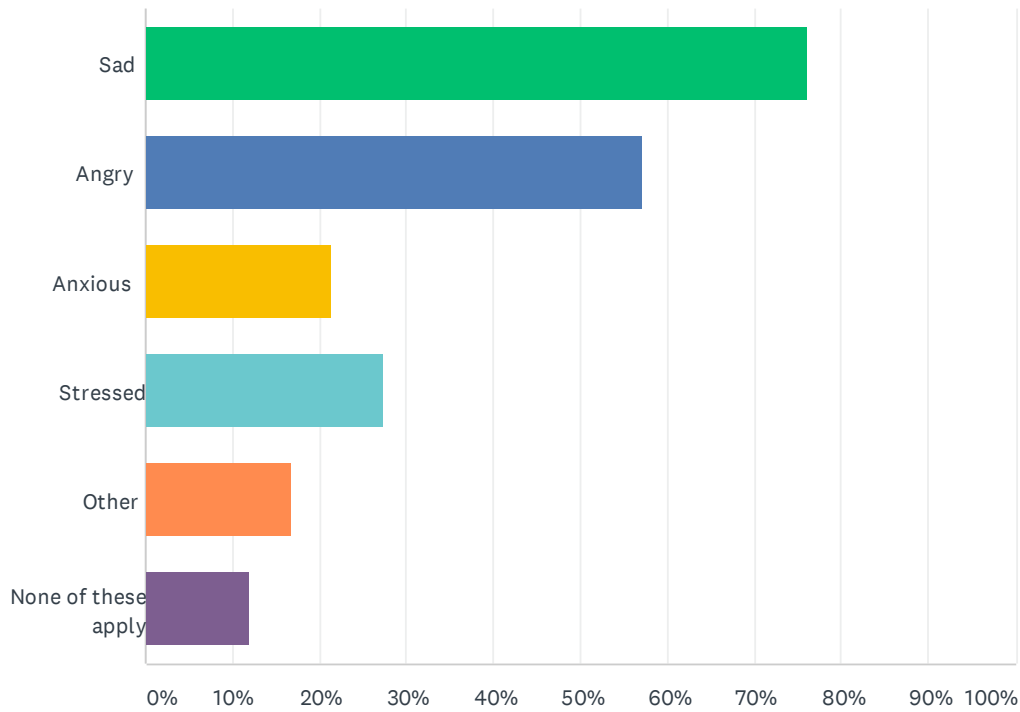
Answered: 84 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes	42.86%	36
No	57.14%	48
TOTAL		84

Q12 If you've had competitions/meets/sanctioned events cancelled due to COVID-19, are you feeling... (click all that apply)

Answered: 84 Skipped: 0



ANSWER CHOICES	RESPONSES	
Sad	76.19%	64
Angry	57.14%	48
Anxious	21.43%	18
Stressed	27.38%	23
Other	16.67%	14
None of these apply	11.90%	10
Total Respondents: 84		

Q13 Has there been anything good that has come from this situation in regards to your sport and training?

Answered: 77 Skipped: 7

#	RESPONSES	DATE
1	no	6/9/2020 5:10 PM
2	More time to work on our mental performance and techniques	6/7/2020 10:49 PM
3	I have been able to take a break and Live in the moment	6/6/2020 2:44 PM
4	more time	6/4/2020 12:11 PM
5	no	6/4/2020 9:35 AM
6	no	6/3/2020 8:25 PM
7	every thing hurt less when we were not training and I was less tight.	6/2/2020 10:22 PM
8	no	6/2/2020 6:14 PM
9	I get to focus more on my training and doing what helps me.	6/1/2020 2:55 PM
10	no	6/1/2020 9:46 AM
11	we have learned many other ways to train	5/31/2020 5:52 PM
12	No	5/31/2020 3:50 PM
13	Yes, in the skiing off season (summer) I'm a competitive road biker. Thanks to COVID I started road biking on the road earlier for I was not skiing. My hours of both road biking and dry land (for skiing) have increased because I'm no longer attending school each day at a regular time.	5/31/2020 9:32 AM
14	no	5/30/2020 8:44 PM
15	Get to sleep in	5/30/2020 3:03 PM
16	NOPE	5/30/2020 2:55 PM
17	Not really	5/30/2020 11:53 AM
18	no	5/30/2020 11:44 AM
19	im not in the penalty box as much	5/29/2020 4:29 PM
20	Nope	5/29/2020 3:05 PM
21	There's more time to go and get things done you usually wouldn't have time to	5/29/2020 3:03 PM
22	No	5/29/2020 2:47 PM
23	I have gone on faster and longer runs.	5/29/2020 1:10 PM
24	More fitness	5/29/2020 11:35 AM
25	No	5/29/2020 9:04 AM
26	Nothing yet. I hope that they would allow us to take a team outside of the territory to compete after all this covid is done. I feel extremely confident that when my sport comes back that I'll be prepared and confident because all I have been doing is training and watching old games to learn what i do right and okay or something that I could improve on.	5/29/2020 12:59 AM
27	It's given me time to think about my commitment to my sport and if I want to continue.	5/29/2020 12:18 AM
28	more time with family	5/28/2020 11:38 PM
29	No	5/28/2020 11:07 PM
30	No	5/28/2020 8:15 PM
31	No	5/28/2020 8:13 PM
32	gained other abilities	5/28/2020 8:04 PM
33	no	5/28/2020 7:57 PM
34	More cross training/ strength work	5/28/2020 7:57 PM

35	Staying in healthier condition	5/28/2020 7:51 PM
36	There's going to be less canoe kids distracting us during training	5/28/2020 6:32 PM
37	No	5/28/2020 5:15 PM
38	No	5/28/2020 4:54 PM
39	More weight training	5/28/2020 4:45 PM
40	No	5/28/2020 4:13 PM
41	It has become a regular thing to train for a few hours every day	5/28/2020 3:38 PM
42	No	5/28/2020 3:16 PM
43	No	5/28/2020 1:38 PM
44	Injuries had more time to heal	5/28/2020 1:31 PM
45	N/A	5/28/2020 1:30 PM
46	Nothing	5/28/2020 1:00 PM
47	no	5/28/2020 12:57 PM
48	Given me a chance to focus on other things like school and family and future opportunities	5/28/2020 12:55 PM
49	i have been able to focus on my fitness and build muscle.	5/28/2020 12:53 PM
50	*question 8 I had to answer but I didn't want to so please don't count it! Yes I feel as if my training is better planned and executed because of all the extra time I have.	5/28/2020 12:35 PM
51	No	5/28/2020 12:21 PM
52	No	5/28/2020 11:48 AM
53	Not really, just some rest time I guess but it would have been better to continue on with the season	5/28/2020 11:44 AM
54	Covid-19 has made me appreciate my sport, biathlon, much more and it has made me realize how much I love my sport, by letting me play it as much.	5/28/2020 11:42 AM
55	More time to sleep	5/28/2020 11:23 AM
56	Not really. It did give me time to relax a bit and think of what I would do when I came back	5/28/2020 11:21 AM
57	No	5/28/2020 11:20 AM
58	Less bodily stress	5/28/2020 11:16 AM
59	I have been able to really focus on my flexibility and mobility	5/28/2020 11:09 AM
60	No	5/28/2020 10:58 AM
61	Focus more on school and family. Working with a very good sports trainer and it's nice to have a little break	5/28/2020 10:48 AM
62	nope	5/28/2020 10:40 AM
63	Not really but I like having more flexibility in my schedule	5/28/2020 10:37 AM
64	Not really but i have more flexibility with my schedule	5/28/2020 10:32 AM
65	creating a better schedule to do my own workouts	5/28/2020 10:22 AM
66	More sleep, more relaxing	5/28/2020 10:22 AM
67	It makes me more motivated and it makes me realise why im really doing my sport	5/28/2020 10:02 AM
68	yes	5/28/2020 9:42 AM
69	I've been able to experience a situation where i can relax and take time for myself.	5/28/2020 9:34 AM
70	Not really	5/28/2020 9:30 AM

71	More flexible training times	5/28/2020 9:29 AM
72	More support for mental training	5/28/2020 9:21 AM
73	More independence	5/28/2020 9:08 AM
74	Have more time to train	5/28/2020 9:08 AM
75	Started road biking	5/27/2020 11:20 PM
76	I am looking at coaching instead of training now	5/27/2020 11:18 PM
77	less stress to get somewhere at a certain time	5/27/2020 6:26 PM

Q14 Have you had the support you believe you have needed from your coaches, family, fellow athletes during this challenging time? If no, please specify what supports would be appreciated.

Answered: 75 Skipped: 9

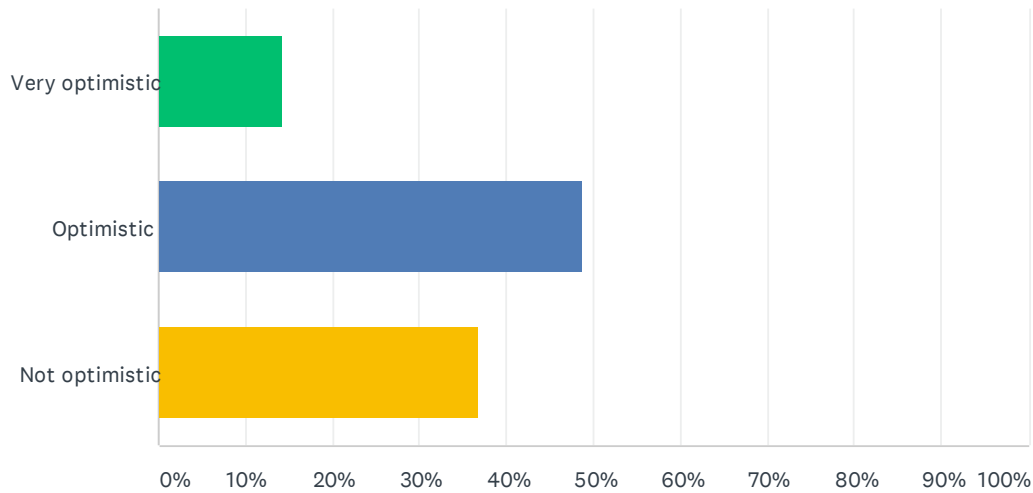
#	RESPONSES	DATE
1	yes.	6/7/2020 10:49 PM
2	yes	6/6/2020 2:44 PM
3	yes	6/4/2020 12:11 PM
4	somewhat.	6/4/2020 9:35 AM
5	Yes everyone has been great!	6/3/2020 8:25 PM
6	yes	6/2/2020 10:22 PM
7	yes	6/2/2020 6:14 PM
8	yes	6/1/2020 2:55 PM
9	yes	6/1/2020 9:46 AM
10	yes	5/31/2020 5:52 PM
11	Yes	5/31/2020 3:50 PM
12	Yes	5/31/2020 9:32 AM
13	no but i dont know what else could have been done. it has been difficult to adapt	5/30/2020 8:44 PM
14	Yes	5/30/2020 3:03 PM
15	Yes	5/30/2020 2:55 PM
16	Don't no	5/30/2020 11:44 AM
17	Whitehorse needs to have a clear set of rules and restrictions for people to follow	5/29/2020 4:29 PM
18	Definitely felt support	5/29/2020 3:05 PM
19	Kind of. I can get support if I'm really into doing something but I'm not motivated enough	5/29/2020 3:03 PM
20	Yes	5/29/2020 2:47 PM
21	Yes	5/29/2020 1:10 PM
22	Yes	5/29/2020 11:35 AM
23	No, there's just 0 opportunity to do anything	5/29/2020 9:04 AM
24	Well, since Arctics have been cancelled I received a lot of support from my coaches and especially my family and friends.	5/29/2020 12:59 AM
25	My family has told me that I should continue with my sport, but do what I feel is necessary to keep myself healthy and happy	5/29/2020 12:18 AM
26	Yes	5/28/2020 11:07 PM
27	I think more communication from the coach's maybe workouts or even just checking in on us and letting us know what's happening with volleyball	5/28/2020 8:15 PM
28	Yes	5/28/2020 8:13 PM
29	yes	5/28/2020 8:04 PM
30	yes	5/28/2020 7:57 PM
31	Yes	5/28/2020 6:32 PM
32	Some times	5/28/2020 5:15 PM
33	Yes	5/28/2020 4:54 PM
34	Yes	5/28/2020 4:45 PM
35	Yes	5/28/2020 4:13 PM

36	Kind of	5/28/2020 3:38 PM
37	Yes	5/28/2020 3:16 PM
38	Idk	5/28/2020 1:38 PM
39	Yes	5/28/2020 1:31 PM
40	N/A	5/28/2020 1:30 PM
41	Yes	5/28/2020 1:00 PM
42	not at all	5/28/2020 12:57 PM
43	I think that more information on what sports will look like later in the year would be nice but that is ver hard for people to do so I get it	5/28/2020 12:55 PM
44	Absolutely	5/28/2020 12:53 PM
45	Yes	5/28/2020 12:35 PM
46	Yes	5/28/2020 12:21 PM
47	Yes	5/28/2020 12:18 PM
48	Yes. I am able to contact my coaches and friends	5/28/2020 11:48 AM
49	Yes for sure	5/28/2020 11:44 AM
50	I have had enough support from fellow athletes and coaches, thanks to phone calls.	5/28/2020 11:42 AM
51	Yes	5/28/2020 11:34 AM
52	yes	5/28/2020 11:23 AM
53	Yes. My coaches have worked very hard to bring us back to training and they made us the first gym in Canada to reopen	5/28/2020 11:21 AM
54	Yes	5/28/2020 11:20 AM
55	Definitely	5/28/2020 11:16 AM
56	Yes, I have had the support from my coaches, family, and fellow athletes	5/28/2020 11:09 AM
57	yes	5/28/2020 11:00 AM
58	Coaches	5/28/2020 10:58 AM
59	Yes I have.	5/28/2020 10:44 AM
60	Yes	5/28/2020 10:37 AM
61	Yes	5/28/2020 10:32 AM
62	no, more communications from coaches	5/28/2020 10:22 AM
63	My gymnastic coaches have been super supportive from day one. They organized zooms for us to allow us to work out together and a team on strava. They where really supportive all along. My family is always supportive and and the fellow athletes I train with have been good company through zoom.	5/28/2020 10:22 AM
64	yes	5/28/2020 9:42 AM
65	Yes I have plenty of support	5/28/2020 9:34 AM
66	yes	5/28/2020 9:30 AM
67	Check in more from coaches	5/28/2020 9:30 AM
68	Yes i have had the support	5/28/2020 9:29 AM
69	Yes	5/28/2020 9:21 AM
70	Yes	5/28/2020 9:08 AM

71	Yes	5/28/2020 9:08 AM
72	Yes	5/27/2020 11:20 PM
73	The lack of people is what makes it hard so there are not really options for the time being.	5/27/2020 11:18 PM
74	yes	5/27/2020 6:26 PM
75	Yes, my coaches have been diligent in keeping up my training.	5/27/2020 3:31 PM

Q15 What level of optimism do you have that your sport will be altered to offer competitions before a vaccine is developed and distributed?

Answered: 84 Skipped: 0



ANSWER CHOICES	RESPONSES	
Very optimistic	14.29%	12
Optimistic	48.81%	41
Not optimistic	36.90%	31
TOTAL		84