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2019-20 Status of the High Performance Athlete

Final Report

Prepared for Sport Canada, Department of Canadian Heritage

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Canada 

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This public opinion research report presents the results of an online survey conducted by EKOS Research Associates Inc. on behalf of Sport Canada (Canadian Heritage). The research study was conducted with 846 Canadian high performance athletes, as well as 84 National Team Coaches and High Performance Directors and 13 Presidents and Athlete Service Managers of Canadian Sport Institutes between March 2019 and February 2020.

Cette publication est aussi disponible en français sous le titre : La situation de l'athlète de haut niveau en 2019-2020 : rapport final.

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Communications Branch
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EXECUTIVE SUMMARY

A. BACKGROUND AND OBJECTIVES

This report represents the sixth study of high performance athletes since the early 90's. As was the case with the previous studies in 1992, 1997, 2004, 2009, and 2014 the primary goal is to gather information from various sport stakeholders in order to paint a current picture of the characteristics of high-performance athletes. The original 1992 study provided a comprehensive examination of athletes' sport, social and economic characteristics and was a key contributor to the development of athlete support policies at Sport Canada. Each report has drawn upon multiple lines of evidence collected from carded athletes, coaches and National Sport Organizations, updating information collected from previous research. A key objective of the research is to provide a picture the costs of sport and the needs of athletes with respect to assistance through Sport Canada's Athlete Assistance Program.

This survey of high performance athletes builds on much of the data from the earlier studies. The specific areas of investigation include:

- Training, competition and other sport-related activities;
- Adequacy of support services available to athletes;
- Social and economic characteristics; and
- Satisfaction with the Athlete Assistance Program (AAP)

B. METHODOLOGY

This project involved three individual lines of evidence with different target populations. The employed methodologies included:

- An online survey of AAP carded high-performance athletes;
- Online survey of Presidents and Athlete Service Managers of the seven Canadian Sport Centres; and
- Online survey of National Team Coaches and High Performance Directors.

In each case, a census approach was taken (i.e., attempts were made to include all members of the population). Since no sampling was conducted, a margin of error is also not applicable to the results. In each survey, sizable and representative proportions of the population were captured in the survey, and results are therefor considered projectable to the broader population.

Online Survey of High Performance Athletes

The survey of athletes was designed as a self-administered, web-based survey. All 1,955 high-performance athletes carded at the time of the survey were invited to participate and every attempt was made to reach as many of these athletes as possible. Specifically, Sport Canada circulated advance communications to athletes, National Sport Organizations and Canadian Sport Centres, and communicated with National Sport Organizations at several intervals throughout the data collection period. National Sport Organizations and Canadian Sport Centres were also sent an announcement to distribute or post on their social media feeds. EKOS, who conducted the study under contract for Canadian Heritage, also offered a cash lottery draw as an incentive to respond. Additional e-mail reminders were issued over several months, as well as reminder calls made to more than 1,000 non-responding athletes by telephone at two separate intervals (July 2019 and February 2020 prior to the close of the survey collection). The survey was conducted between March 2019, and end of February 2020, collecting 846 completed interviews. The overall response rate for the survey, out of the athlete pool for which there was full, valid contact information is 44%, which is lower than the 51% achieved in 2014, but similar to the 46% achieved in 2009.

Over the course of the 12 months a total of seven attempts were made by email to remind all non-responding athletes.

The survey instrument relied on previous questionnaire (2014), although some revisions were made to reduce the overall length of the survey. The questionnaire focused on the areas of investigation already cited and included some of the questions that were asked of athletes in the 1992, 1997, 2004 and 2009 surveys of high-performance athletes in order to track changes in status and experiences. Prior to the survey start-up, the instrument was tested with 15 athletes in English and French and changes were made to the wording, programming, and language as needed. The average time to complete the interview was 25 minutes.

Based on a review of the complete set of records (1,955 carded athletes as of February 2019), a weighting scheme was applied to increase the representativeness of the final sample of 846 athletes, based on type of sport (team/individual), by card level, and by gender.

Online Survey of National Team Coaches and High Performance Directors

The second component of the study involved an online survey of 84 National Team Coaches and High Performance Directors (of the 143 that were invited to participate from a list provided by Sport Canada). The online survey required an average of 25 minutes to complete. The survey data

was collected during the same data collection period as that of the CSC Presidents/Service Managers and athletes. All respondents received an e-mail invitation as well as several reminders. Calls were also made by telephone to all non-respondents in the month prior to the close of the survey. The overall survey collection took place between March 2019 and late February 2020. The response rate for the survey was 59 per cent.

Survey of Presidents and Service Managers of CSCs

The third data collection activity for this project was a small survey conducted online with the seven Presidents and 11 Athlete Service Managers of the four CSIs (Quebec, Ontario, Calgary, and Pacific) and three CSCs (Atlantic, Manitoba, and Saskatchewan). All contact information on potential respondents (name, organization, and telephone number) was provided by Sport Canada, who also helped determine which staff to survey. Some of the questions in the survey questionnaire were qualitative, open-ended in nature and others were closed ended. Each questionnaire took an average 25 minutes to complete. The questionnaire was administered over the same data collection period as that of the athletes and coaches. Of the 18 individuals invited, 13 responded (i.e., 72 per cent).

C. KEY FINDINGS

Motivation and Satisfaction

According to survey results most athletes are motivated largely by enjoyment of their sport, pursuit of excellence, and a sense of personal fulfillment, rather than by recognition or monetary gains. Desire to win, however, is also a strong motivator. Only 18% of athletes said that they are in it to pursue a professional career in sport which is in line with the 13% to 15% found in 2009 and 2014.

As seen in previous years, high performance athletes continue to exhibit high levels of satisfaction with their career as a high performance athlete. Virtually all athletes said that they are content with the level of enjoyment they get from their sport, and nine in ten are satisfied with their confidence in experiencing a sport that is safe, and free of both performance enhancing drugs and violence. Over eight in ten are satisfied with their level of performance and an environment that is free from abuse. Only slightly fewer are content with the respect with which they are treated and satisfied that their sport environment is fair and inclusive. Satisfaction with recognition received is modest with only six in ten saying they are satisfied, although it has climbed significantly from 2004, and remained steady since 2009. There is considerable dissatisfaction, however, with regards to income/material rewards, where fewer than four in ten

are satisfied and a higher proportion is dissatisfied than satisfied. That being said, satisfaction levels with income/material rewards have climbed since 1992 when only 16% were satisfied.

Training, Training Plans and Coaching

As found in 2009 and 2014, findings from the athletes' survey show that although the majority of athletes (two in three) have individual, formalized plans for their development, there is a sizable proportion that do not. Of the respondents who have a written plan, one in three were drawn up by the national team coach, one in four were created by a personal coach and in nearly one in ten cases (9%) athletes developed their own plan. Six in ten athletes indicate a high degree of satisfaction with their involvement in their development of the training and competition plan. Just over six in ten athletes indicate high levels of satisfaction with their plan overall, although athletes without personal coaches are also less often satisfied with it.

Nearly half of athletes have a principal coach who is employed by their National Sport Organization (NSO) on a full-time basis. One in four athletes follow the direction of a personal coach who is not employed or contracted by their NSO. Athletes spent an average of 19 hours per week with a coach out of the 34 hours a week that athletes spend in training. Findings point to a reasonably high level of satisfaction with both the overall quality of the coaching and the technical expertise demonstrated by their coaches, although satisfaction with the overall quality of coaching has declined since 2009 (68% and 67% in 2019 and 2014 respectively, versus 74% in 2009). Results are marginally weaker, in terms of satisfaction with the time the coaches spend with their athletes with only just over half of athletes expressing satisfaction with this indicator.

CSC Services and Supports

The majority of athletes (two out of three) feel that they are adequately supported in terms of the training experience, quality of training and type of competition experience. Six in ten rate the adequacy of access to training facilities high, an increase to 61% from 54% in 2014. Over half rate the amount of competition they are getting or the sport science and medicine they are getting highly. The financial support that athletes receive is rated much lower, with only one in four saying it is adequate and half saying it is moderately adequate. Results are largely on par, however, with those found in 2014 and 2009. Coaches provide generally lower responses than athletes, particularly in the areas of access to high quality training facilities and the amount of competition experience.

Similar to 2014, just over half of athletes say they have been able to access all the needed sport science and sport medicine services from their CSC. CSC sport science services rated most

important by both athletes and coaches surveyed are strength and conditioning, nutrition, and sport psychology. The importance of skill and technique analysis increased to 66% from 57% in 2014. Coaches largely place a higher importance on each service, particularly strength and conditioning, and sport psychology. When asked about services in need of improvement, as with 2014, there is a diverse response across a range of services, with no one or two standing out strongly. Among coaches, far fewer identify the need to improve sport psychology as reported in 2014.

Athletes report that of sport medicine services provided by CSCs, massage and physiotherapy are the most highly valued.

Financial Picture

Carded athletes reported an average annual income of \$28,858 for 2018. The largest proportion of this income is derived from Federal and/or Provincial athlete assistance. The average is \$13,613 annually from Sport Canada's Athlete Assistance Program (AAP) and \$3,689 from Provincial Assistance. Smaller proportions of athletes' incomes are derived from employment income (\$10,074 annually), sport-related sources (\$5,218), and sports awards (\$1,264). Only a small proportion is derived from the National Sport Organization (\$864) or other sources combined (\$1,143 annually). The 2018¹ annual average personal income for high performance athletes is exactly the same as the 2013-14 annual income and lower than reported in 2009 when these income figures are adjusted for inflation to 2019 constant dollars.

Expenses, on the other hand, are close to \$4,400 per month and have increased more than 15% since 2013-14, and nearly 30% since 2009. In particular, shelter costs have increased considerably (over 35%), followed by both living expenses and sport-related expenses, which have gone up by about 15% since 2013-14. Overall, athletes are spending over \$600 a month more in 2018 than they were in 2013-14, which is nearly double the \$300 increase between 2009 and 2013-14.

This picture of increasing expenses but stable income leaves athletes facing a deficit of \$1,800 per month, or close to \$22,000 a year. This is a considerable increase in the deficit athletes reported in 2013-2014 (\$15,300 in 2019 constant dollars), and in 2009 (\$6,100 in 2019 constant dollars).

¹ Because of some very large incomes reported by a few respondents new ceilings were set for outliers in each income source in 2013-14. As a result these same outliers were applied to the 2009 data for the purposes of comparing results in the current study. As such 2009 numbers may vary from those cited in the 2009 report.

In terms of personal debt, almost one in five athletes said that they have incurred some level of repayable debt in the pursuit of their athletic career, which is on par with 2014 and lower than the 24% in 2009. Loans from family and credit cards are at the top of the list, followed by loans to financial institutions and then student loans. When loan amounts are added together they amount to an average of just under \$4,300 in repayable debt across all athletes, which is lower than reported in 2013/14 (closer to \$8,000), suggesting that non-repayable support has increased from parents, spouses and other family members.

Athletes reported that they rely heavily on Sport Canada's AAP as the most prevalent source of financial support; according to three in four athletes, as was also the case in 2014 and 2009. This is followed at a distance by a reliance on family and/or Provincial AAP; key sources for just over four in ten athletes in each case.

Although athletes are operating in the red, money is typically not a large barrier to accessing most of the basic necessities and things that athletes need to concentrate on and excel in their sport. That being said, some athletes (about one in five) see money as a strong barrier to international competitions and sport medicine services.

Views about AAP Support

Over four in five athletes agree that the AAP has made it possible to achieve higher levels of athletic performance. Coaches were in relatively similar agreement at 86%. Less than half of athletes report that the AAP is assisting (or has assisted) them in pursuing post-secondary education. Three in four coaches, however, agree. A less strong, but still relatively positive result: two in five athletes agree that the funding by AAP is sufficient to meet living and training needs, which has continually increased from just under one in four in 2004. It is interesting to note that one in four athletes say that they received their funding too late in their career. This level of agreement has decreased steadily over time, however, from 38% in 2004.

Most athletes are aware that Tuition and Deferred Tuition support can be applied to coaching courses (just under three in four). Only about six in ten athletes are aware of the three supplementary support measures that have been changed in AAP benefits (allowance for Paralympic athletes, excellence living and training allowance, and child dependent allowance). Further, only one in four are aware that the tuition and deferred tuition includes \$5,500 per carding cycle and a lifetime maximum of \$26,500.

Satisfaction with AAP Client Services

The main contact for athletes receiving AAP support is their NSO, however, from time to time athletes contact AAP staff for information about the Program or questions regarding the benefits of the Program. Similar to 2014 results, one in three athletes have contacted this part of Sport Canada in the past 12 months, primarily for financial issues (primarily tuition or payments), which has remained higher than the 22% reported in 2009. When contacting AAP staff, email is the most prevalent method of contact (by nearly nine in ten). Satisfaction with service is very high among athletes that have contacted Sport Canada's AAP staff in the recent past. Virtually all athletes (88%) indicate that they were satisfied or very satisfied with the overall quality of service they received when contacting Sport Canada. Similarly, nine in ten coaches were satisfied or very satisfied with the overall quality of service from AAP staff.

D. NOTE TO READERS

Detailed findings are presented in the sections that follow. Overall results are presented in the main portion of the narrative and are typically supported by graphic or tabular presentation of results. Bulleted text is also used to point out any statistically and substantively significant differences between sub-groups of respondents. If differences are not noted in the report, it can be assumed that they are either not statistically significant² in their variation from the overall result or that the difference was deemed to be substantively too small to be noteworthy. The programmed survey instruments can be found in the appendices.

Results for the proportion of respondents in the sample who either said "don't know" or did not provide a response may not be indicated in the graphic representation of the results in all cases, particularly where they are not sizable (e.g., 10% or less). Results may also not total to 100% due to rounding.

² Chi-square and standard t-tests were applied as applicable. Differences noted were significant at the 95% level.

E. CONTRACT VALUE

The contract value for the POR project is \$69,938.98 (including HST).

Supplier Name: EKOS Research Associates

PWGSC Contract Number: C1111-180883/001/CY

Contract Award Date: December 13, 2018

To obtain more information on this study, please e-mail por-rop@pch.gc.ca

F. POLITICAL NEUTRALITY CERTIFICATION

I hereby certify as Senior Officer of EKOS Research Associates Inc. that the deliverables fully comply with the Government of Canada political neutrality requirements outlined in the Communications Policy of the Government of Canada and Procedures for Planning and Contracting Public Opinion Research.

Specifically, the deliverables do not include information on electoral voting intentions, political party preferences, standings with the electorate, or ratings of the performance of a political party or its leaders.

Signed by:



Susan Galley (Vice President)

DETAILED FINDINGS

A. PROFILE OF ATHLETES

The following table provides details on the sample of athletes represented in this report. The comparison shows that the sample is well aligned with the population on all parameters. The sample is weighted to restore it to population proportions in terms of gender, type of sport (individual/team), class (Olympic, Paralympic and Non-Olympic), as well as preferred language. That is, where the number of athletes responding to the survey in a certain category was higher or lower than expected given the number in the full universe of carded athletes, a weight was applied to the cases so that across the entire sample, they accounted for the expected proportion of respondents.

The table also compares the sample distribution in 2019-20 with the sample collected in 2014-2015. By and large the samples are very similar. There are more summer athletes in the current population and sample relative to 2014. There are also slightly fewer athletes who are between the ages of 20 and 24.

Table 1: Sample and Population Profile

	2019-2020 Population n=1,955		2019-2020 Unweighted Sample n=846		2014 Population n=1,973		2014 Unweighted Sample n=967	
	#	%	#	%	#	%	#	%
Season								
Summer	1,368	70	584	69	1,510	77	726	75
Winter	587	30	262	31	463	24	241	25
Sport Type								
Individual	1,218	62	542	64	1,177	60	622	64
Team Sport	737	38	304	36	796	40	345	36
Sport Class								
Olympic	1,649	84	697	82	1,583	80	762	79
Paralympic	285	15	137	16	291	15	157	16
Non-Olympic	21	1	12	1	98	5	47	5
Carding Level								
D	874	45	374	44	886	45	382	40
C1	165	8	67	8	182	9	100	10
SR	549	28	245	29	475	24	244	25
SR1/2's	367	19	160	19	428	22	241	25
Gender								
Male	983	50	379	45	1,024	52	472	49
Female	972	50	467	55	948	48	493	51
Language								
English	1,666	85	739	87	1,677	85	807	83
French	289	15	107	13	195	15	159	16
Age								
<20	342	18	163	19	--	--	137	14
20-24	679	35	262	31	--	--	365	38
25-29	519	27	215	25	--	--	260	27
30+	401	21	203	24	--	--	202	21

- Of interest in interpreting some of the demographic patterns cited in the report, there is a slightly higher concentration of summer team sport athletes, compared with winter team sport athletes, whereas the concentration of individual sport athletes is higher in the winter sports. There is a higher concentration of younger athletes in summer sports.
- Ontario has a somewhat higher concentration of young athletes (43% of the under 20 cohort of the sample live in Ontario). BC has a high concentration of summer sport athletes, while Alberta has the highest concentration of winter sport athletes.
- Quebec has a higher concentration of individual sport athletes compared with all other regions.
- Paralympic athletes are more often represented by men (63% compared with 37% who are women) and 32% of all athletes over 30 in the sample are Paralympic athletes. There is also a higher concentration of SR1 carded athletes among Paralympic athletes. Summer sport athletes also have a higher concentration of SR cards, while winter sport athletes have a higher concentration of SR1 cards.

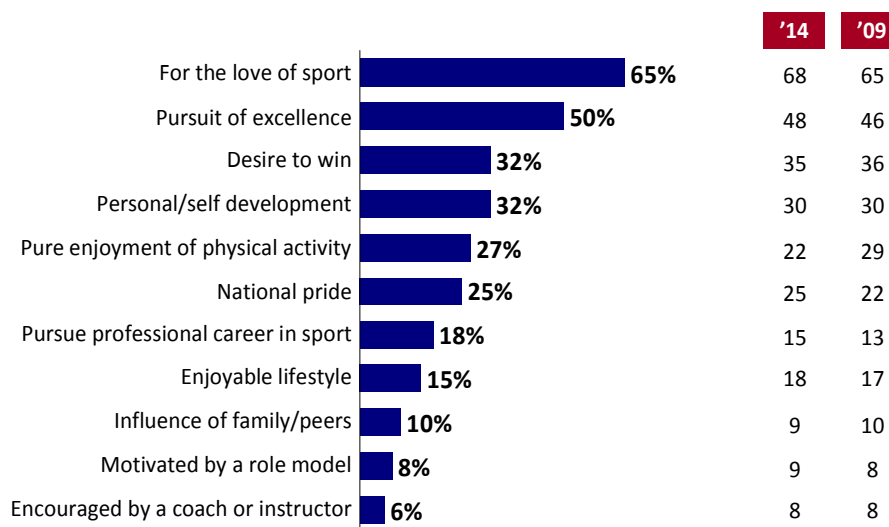
B. OVERALL VIEWS

Motives for Pursuing Athletic Career

Athletes responding to the survey were asked to identify the top three factors in their decision to pursue an athletic career. As was found in previous surveys, responses suggest that most athletes are motivated largely by enjoyment of their sport and a sense of personal fulfillment, rather than by recognition or monetary gains. Two in three athletes (65%) identified love of the sport as one of their primary motivations for becoming a high performance athlete and half (50%) cited the pursuit of excellence. A compelling desire to win was also listed by one in three (32%) as a major factor in their career choice, as was personal development. Pure enjoyment of physical activity (27%, an increase from 22% in 2014, but closer to the 29% reported in 2009) and national pride (25%) are key for about one in four. Pursuit of a professional career in sport was noted by 18% of athletes and 15% said they enjoy the lifestyle. Influences of others (family, peers, coach or a role model) are also important influencers for a sizable proportion of athletes (24% when combined). Money/material rewards, and fame and glory were only indicated by two and three percent respectively (not shown in chart).

Motives are similar to those found in previous years (i.e., 1992 through 2004), however, results are not directly comparable as the method of administration was changed in 2009. The love of sport, pursuit of excellence and desire to win have traditionally been the top three motives since 1992. Personal development, national pride, pure enjoyment of physical activity and enjoyable lifestyle have traditionally also been at a middle tier, although national pride may have moved up slightly as a motive cited by a moderate number of athletes. Influence of others have always been among the least likely to motivate athletes.

Chart 1: Motives for Pursuing Athletic Career



Only items with 4% or more shown on slide

Q1. There are a number of reasons why a person might become a high performance athlete. Which of the following are the top three factors in your decision to pursue an athletic career?

Base: n=846

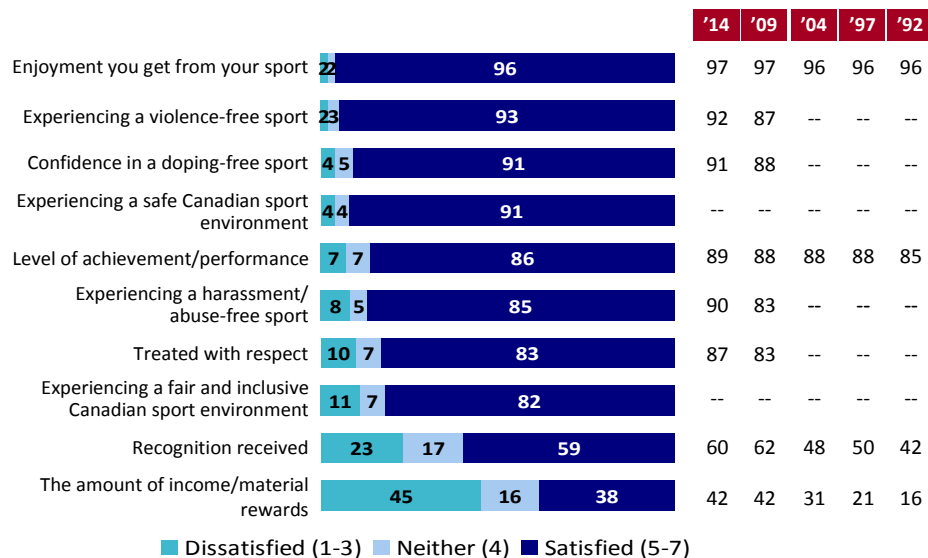
- Athletes driven by their love of sport are more often women and team sport athletes compared with their counterparts.
- Pursuit of excellence is also more commonly cited by women than men, as well as among younger athletes (under 20). The desire to win, on the other hand, is more pronounced among men than it is among women.
- Personal development is more often seen as a key driver among Paralympic athletes, Francophones (and athletes in Quebec), and those involved in individual sports.
- National pride is more pronounced as a motivator among Paralympic athletes and D card athletes, as well as those involved in team sports.
- Pursuit of a career in sport is more commonly seen as a motivator among D card athletes, and those residing in Ontario.

Satisfaction with Athletic Career

As seen in previous years, high performance athletes continue to exhibit high levels of satisfaction with their athletic career. Virtually all athletes (96%) said that they are content with the level of enjoyment they get from their sport. Approximately nine in ten respondents expressed satisfaction with their confidence in experiencing a sport that is free of violence (94%), performance enhancing drugs (91%), and experiencing a safe sport environment (91%; new item in 2019). Only slightly fewer (86%) are satisfied with their level of performance, and a sport environment that is free from harassment and abuse (85%, although down from 90% in 2014, but similar to levels in 2009). Respectful treatment is also an area where 83% indicated satisfaction, although this is down marginally from 87% in 2014, but on par with 2009. Similarly, 82% said they are satisfied with the extent to which they feel they are in a fair and inclusive sport environment. Only slightly fewer (86%) are satisfied with their level of performance, and a sport environment that is free from harassment and abuse (85%, although down from 90% in 2014, but similar to levels in 2009). Respectful treatment is also an area where 83% indicated satisfaction, although this is down marginally from 87% in 2014, but on par with 2009. Similarly, 82% said they are satisfied with the extent to which they feel they are in a fair and inclusive sport environment.

As in 2009 and 2014, when a similar wording was used, athletes expressed moderate satisfaction with the recognition they receive (59%). Meanwhile, significant levels of dissatisfaction are only present with regards to income/material rewards, where only 38% are satisfied, and a higher proportion (45%) is dissatisfied. Although never high, satisfaction with income may be slipping back towards levels found in 2004 and earlier.

Chart 2: Satisfaction with Athletic Career



Q2a-j. To what extent are you satisfied with the following aspects of your experience in high performance sport?

Base: n=846

- Winter sport athletes are somewhat more positive than summer sport athletes in terms of achievement and amount of income.
- Team sport athletes are more positive than their counterparts about the recognition and respect they receive, as well as in terms of being able to operate in a safe doping free, fair and inclusive, respectful and harassment-free environment. They are also more satisfied than individual sport athletes with the income and rewards they receive.
- Satisfaction with achievement is stronger among those with SR1/2 cards as well as among athletes with a personal coach. D card athletes are more satisfied than other athletes with the recognition they receive.
- Recognition, respect, as well as fair and inclusive treatment are also rated highly most often among athletes under 20 years of age.
- Satisfaction with an abuse-free environment is highest among Paralympic athletes and men, compared with other athletes. Winter sport athletes, Olympic athletes and individual sport athletes are least satisfied in this regard.
- Regionally, satisfaction with income and rewards is higher in Quebec (and therefore among Francophones). Athletes in Alberta are somewhat less satisfied than other athletes across the country with the respect they receive, which is also true of winter athletes in general compared with summer athletes. Confidence in a doping-free environment is lowest in Quebec and among Francophone athletes.
- Athletes working with a personal coach are more satisfied than other athletes with the recognition they receive.

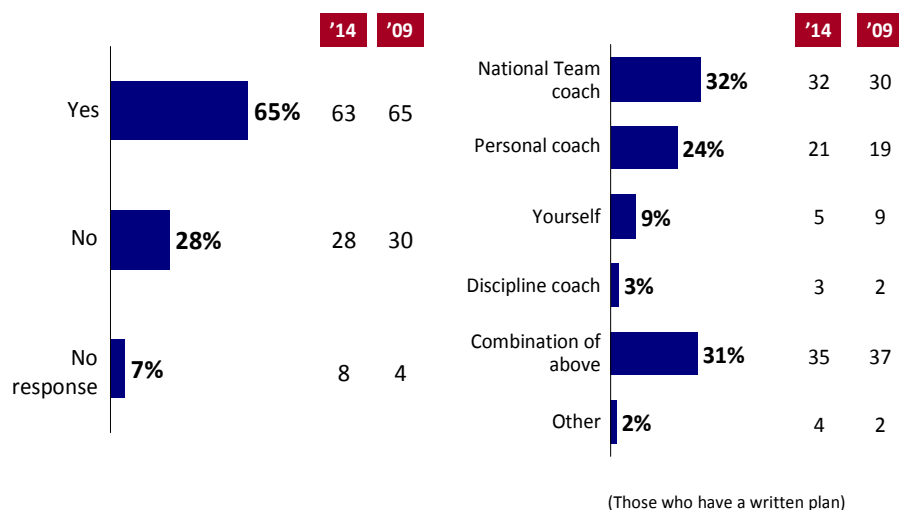
C. TRAINING AND COMPETITION

Annual Training & Competition Plan

Findings show that although the majority of athletes have individual, formalized plans for their development, there remains a sizable proportion that does not. Two in three athletes (65%) have a written annual training and competition plan that is tailored to them specifically, essentially unchanged since 2014 (63%) and 2009 (65%). That said, just over one in four (28%) do not.

Of the respondents who have a written plan, 32% had those plans created by their national team coach (consistent with 32% reported in 2014 and 30% in 2009). In 24% of cases the plan is created by their personal coach. Nearly one in ten of these respondents (9%) developed their own plan and 3% follow a plan written by a discipline coach. The training and competition plan was a collaborative effort in about three in ten cases (31%), slightly lower than the 35% reported in 2014 and 37% in 2009.

Chart 3: Annual Training & Competition Plan



Q3. Do you have a written annual training and competition plan that is tailored to you specifically? **Base:** n=846

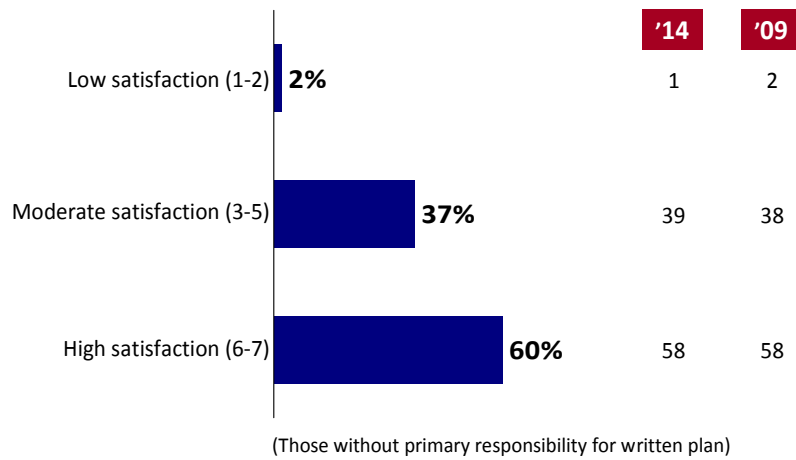
Q4. Who is primarily responsible for developing your annual training and competition plan? **Base:** n=551

- There is a large difference between athletes in individual and team sport settings. Although 74% of athletes in individual sports have plans, only half of those in most team sports report specifically tailored plans (51%). On the other hand, this is not the case with all team sports (e.g., women's softball, men's and women's curling, and men's bobsleigh, where 74% or more report having a training plan).
- Those who have a personal coach (82%) are more likely to have a tailored training plan.
- The presence of a training plan is considerably more among athletes training in Quebec (78%), followed by the Atlantic (76%).
- Not surprisingly, participants in team sports are more likely to rely on a national team coach for the creation of a written plan (36%, compared to 29% for individual sports) while participants in individual sports are more likely to rely on a personal coach (32% versus 6%).
- Athletes who compete in summer sports are more likely to rely on a personal coach (28%, compared to 15% among their winter counterparts), and therefore is also true of younger athletes.

Satisfaction with Input

Athletes were asked to rate their satisfaction with the amount of input they had in the development of their training plans. Survey results over the last three measurement periods show that athletes are largely satisfied with the amount of input they had, with six in ten (58%) rating themselves as satisfied or very satisfied (i.e., six or seven on the seven-point scale). An additional nearly four in ten (37%) indicated that they are moderately satisfied. Very few (2%) indicated a low level of satisfaction.

Chart 4: Satisfaction with Input



Q5. How satisfied are you with the extent of input that you had into the development of your training and competition plan?

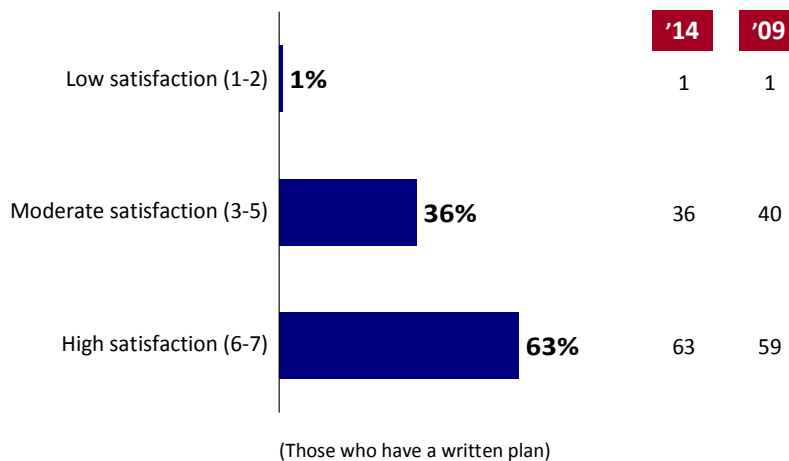
Base: n=504

- The youngest athletes (under 20) and those with personal coaches (75%) are significantly more likely to report strong satisfaction with their involvement in their training plan.

Satisfaction with Training Plan

Given the high levels of satisfaction athletes have with the amount of input they put into their training and competition plans, it is not surprising to continue to see strong satisfaction also registered with these plans overall. More than six in ten respondents (63%) rated themselves as satisfied or highly satisfied with their plan (i.e., a six or seven on the scale), which is identical to 2014 results and marginally higher than found in 2009. Another 36% are moderately satisfied, and only 1% expressed any dissatisfaction with their current plan.

Chart 5: Satisfaction with Plan



Q6. How satisfied are you with your training and competition plan overall?

Base: n=551

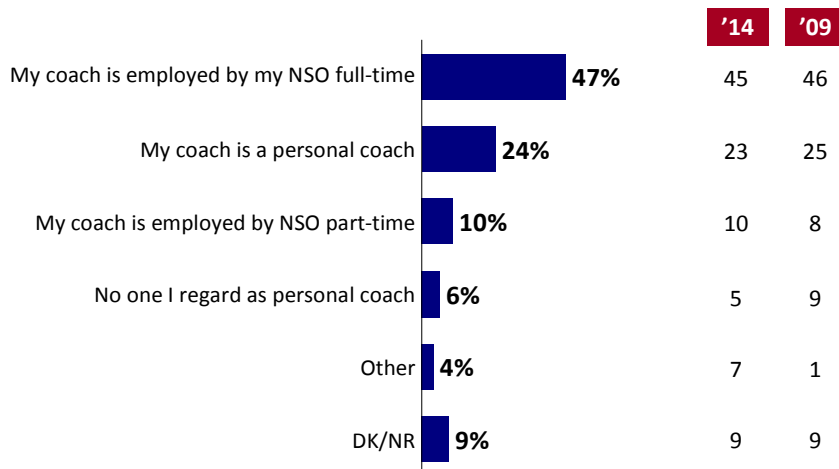
- Those in summer sports (67%), who have personal coaches (72%), as well as the youngest athletes (under 20) and D cards (68%) register higher satisfaction.

Principal Coach & Hours Spent Per Week

As in previous measurement periods, nearly half of athletes (47%) have a principal coach who is employed by their National Sport Organization (NSO) on a full-time basis. In contrast, one in four athletes (24%) follow the direction of a personal coach who is not employed or contracted by their NSO. An additional one in ten athletes is managed by a coach who is employed by their NSO on a part-time basis (10%) and 6% are not trained under a person they consider to be their coach. All figures are very similar to those found in 2014 and 2009.

Athletes with coaches spend many hours with them during training and competition periods. Reflecting the proportions reported in 2014 and 2009, only 13% report spending less than 6 hours per week with their coach. Almost one in two athletes reported spending 6-20 hours with their coaches on a weekly basis. Specifically, 23% spend 6-14 hours while another 21% spend 15-20. Meanwhile, 24% spend more than 20 hours a week with their coaches. Overall, athletes spend an average of 19 hours per week training with their coaches.

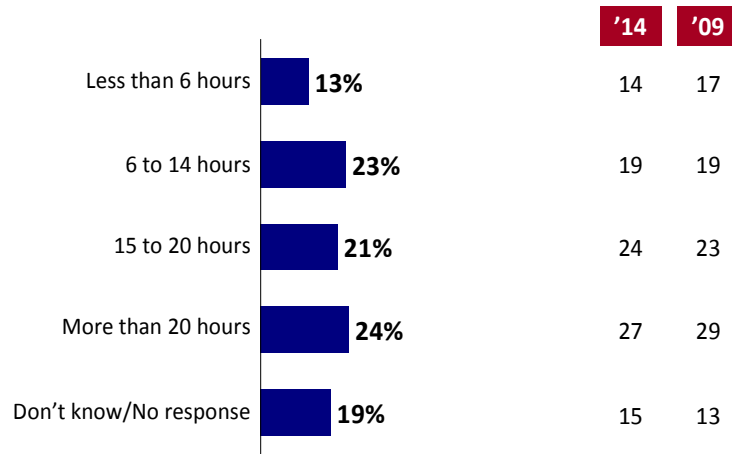
Chart 6: Principal Coach



Q7. Which of these best describes your sport-specific principal coach?

Base: n=846

Chart 7: Hours Spent Per Week



(Those who consider someone to be their coach)

QAQ8. On average, how many hours per week do you have contact with your principal coach during training and competition periods?

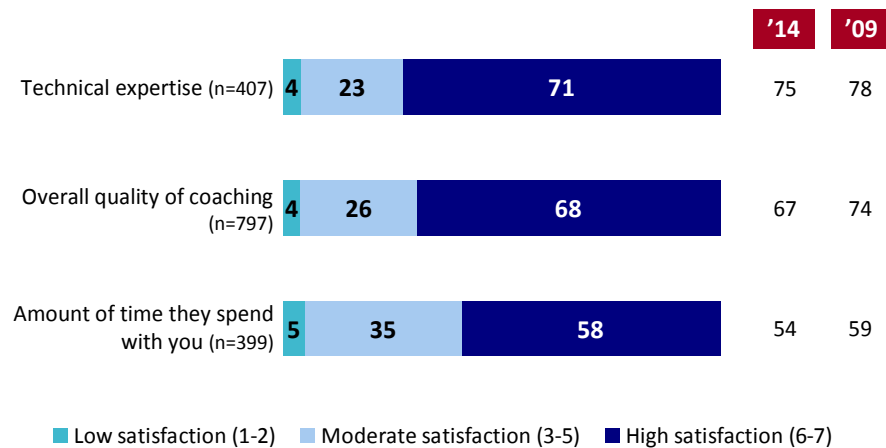
Base: n=797

- Olympic athletes, and those with SR or SR1/2 cards, are more likely to rely on a coach employed by their NSO on a full-time basis. Furthermore, these athletes spend significantly more time with their instructors. Olympic athletes spend an average of 20 hours per week training with their coaches (compared to 14 hours among Paralympic athletes).
- Athletes training in British Columbia and the Territories are more likely than those in other regions to report working with coaches employed by their NSO on a part time basis.

Satisfaction with Principal Coach

Findings identify that athletes are largely satisfied with their principal coaches, although less satisfied with the amount of time coaches spend with them. Almost three in four respondents (71%, down slightly over time from 78% in 2009) said that they are very satisfied with the technical expertise demonstrated by their principal coaches. Overall, two in three (68%) were highly satisfied with the overall quality of coaching; however as with 2014, this continues to be lower than the 74% reported in 2009 indicating that satisfaction with coaching is declining over time. Compared to ratings on quality and expertise, relatively fewer athletes, but still the majority at 58%, are satisfied with the amount of time they spend with principal coaches.

Chart 8: Satisfaction with Principal Coach



(Those who consider someone to be their coach)

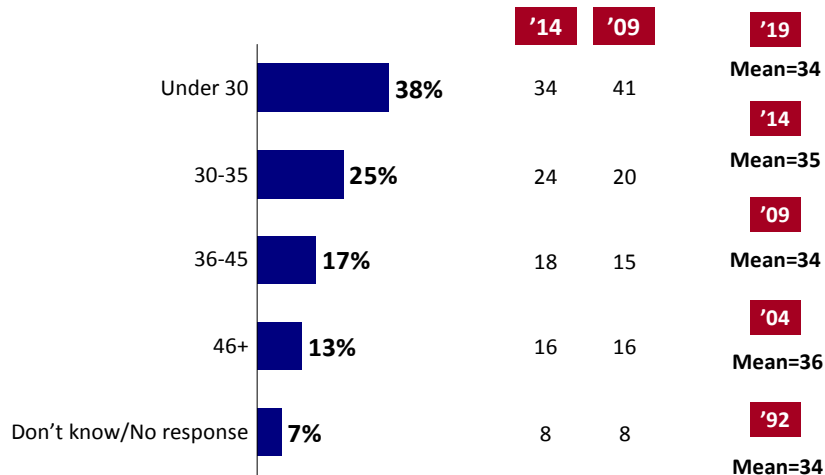
Q9a-c. How satisfied are you with the following about your principal coach?

- Those working with a personal coach are more satisfied with the quality, technical expertise, as well as the amount of time they spend with their coach.
- Athletes with an SR2 card are less likely to be satisfied with the technical expertise of their principal coach.
- There is also an age divide with athletes under 25 expressing greater satisfaction than athletes 25 or older.

Time Devoted in Past Year to Sport

The amount of time athletes devote to their sport has remained relatively unchanged over the last two decades. Overall, the average number of hours allotted by athletes in any given week stands at 34 hours per week. Nearly four in ten athletes (38%) spend less than 30 hours per week training and competing, slightly above the 34% reported in 2014 but nearly the 41% reported in 2009. A full one in four (25%) devotes between 30 and 34 hours to their weekly schedule. Another 17% spend between 36 and 45 hours per week and 13% spend in excess of 45 hours per week training.

Chart 9: Time Devoted in Past Year to Sport



AQ10. What was the average number of hours per week you devoted to your sport during the training and competitive period in the past year?

Base: n=846

- Athletes involved with winter sports devote significantly more time to training and competitions than their summer counterparts. Individual sports athletes are more apt to allocate 46 or more hours per week, while team sports athletes are more apt to spend less than 30 hours per week.
- Olympic competitors tend to spend more than 30 hours per week on the sport, while Paralympic athletes are apt to spend less than 30 hours.
- SR, SR1 and SR2 athletes spend more time on training than those with other cards. Likewise, those working with a national team coach report more hours per week than those working with a personal coach.
- Athletes under 20 spend the least time on average per week (28 hours), compared with those 20 and above who spend about 35 hours a week training.

D. TRAINING AND COMPETITION

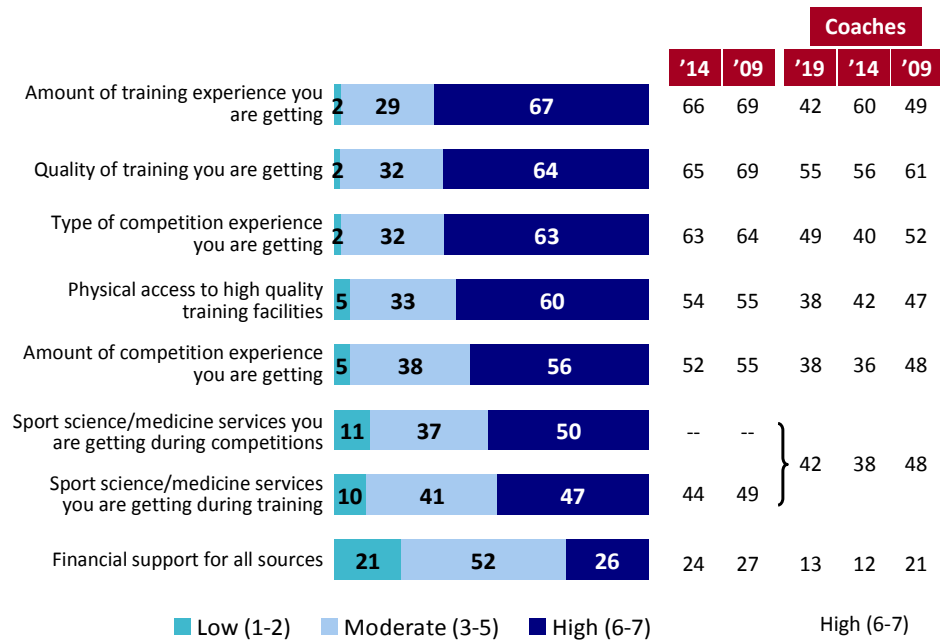
Adequacy of Supports for Athletes

In this section, athletes rated the adequacy of the support they receive for their Olympic/Paralympic/World Championship aspirations in the way of training, competitions, facilities, medical attention and financial needs. Athletes are reasonably content with the amount of training, where two in three (67%) rated the adequacy as high, on par with results from 2014 and 2009. This is followed by the perceived adequacy with the quality of training, (64%), and the type of competition experience (64%), and also reflects the 2014 and 2009 results.

Adequacy is not as strong in other areas. About six in ten athletes feel positively about their physical access to high quality training facilities (61%) and the amount of competition they are getting (57%), both marginally higher than found in 2014. Fewer still rated the type of sport science/medicine services they are receiving during competitions (50%) and during training (47%) as adequate, although the latter is marginally higher than found in 2014, but on par with 2009. As in past years, the lowest rated type of support is the level of financial support. Only one in four (26%) believe that they receive adequate monetary support, while 52% rate it as moderate and another 21% rate it as inadequate.

Reflecting similar patterns in 2009 and 2014, coaches were generally less positive than athletes in their views about the adequacy of support across all areas, particularly in the type of competition and amount of training and competition experience that athletes were receiving, as well as the physical access to high quality facilities.

Chart 10: Adequacy of Supports for Athletes



Q11a-h. How adequate or inadequate are each of the following to support your Olympic/Paralympic/World Championship aspiration?

Base: n=846

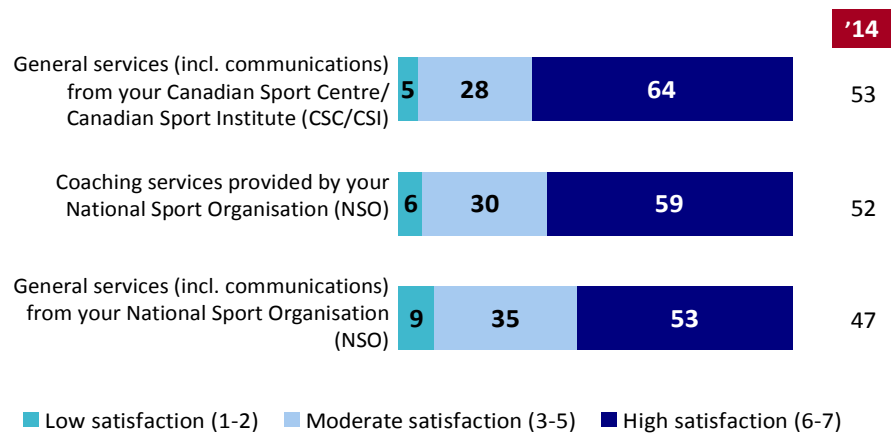
- Winter sport athletes are more positive about the adequacy of the type and amount of competition they are getting, as well as their physical access to high quality training facilities.
- Team sport athletes are more positive than others about the sport science and medicine services they receive in competition and at other times. Sport science and medicine services obtained during training are more of an issue for individual sport athletes.
- SR card athletes are least positive about their financial support compared with other athletes, while D card athletes (and those under 20 years of age) are the most positive. SR2 are more positive than other athletes about the adequacy of the type and amount of competition they receive. SR1s are more positive than others about the sports science and medicine services they receive during competitions.

- There are few regional differences; athletes in BC are less positive about the type of competition as well as the financial support they are receiving. Quebec and Francophone athletes are more positive than others about their physical access to high quality training facilities, sports science and medicine services they receive during training and their financial support.
- Paralympic athletes are less positive than Olympic athletes regarding the adequacy of the type and amount of competition they are getting. They are more positive; however than other athletes when it comes to the sports science and medicine services they receive during competitions. Olympic athletes on the other hand are less positive than others about the adequacy of sports science and medicine services during competition.
- Athletes with a personal coach are more positive than other athletes with the amount and quality of training, as well as the amount of competition they get. Those with an NSO coach stand out in their positive assessment of their physical access to high quality training facilities and sports science and medicine services they receive during competition.

Satisfaction with Services in Language of Choice

Responding athletes indicated reasonably high levels of satisfaction with their access to services in their language of choice. Nearly two in three (64%, an increase from 53% in 2014) rated themselves as satisfied or highly satisfied with the services that they receive from their Canadian Sport Centre/Canadian Sport Institute (CSC/CSI). Six in ten (59%) rated themselves as satisfied or highly satisfied with the services that they receive from their National Sport Organization (NSO) in terms of coaching services, and 53% are satisfied with general services provided by their NSO. About one in three is moderately satisfied and only five to nine percent indicated dissatisfaction.

Chart 11: Satisfaction with Access to Services in Preferred Language



Q12a-c. Thinking about the last 12 months, how satisfied or dissatisfied have you been with your access to the following services in the official language of your choice?

Base: n=846

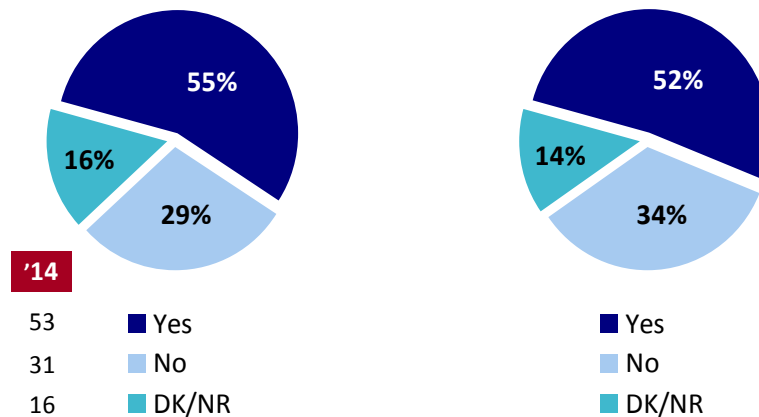
- Athletes with SR1/2 cards are the most satisfied with communications about CSC services in the language of their choice, as are Francophone athletes compared with other athletes.
- Athletes with a national team and NSO coach are more satisfied with communications from the CSC and coaching services provided by the NSO compared with other athletes.
- Team sport athletes are also more satisfied than individual sport athletes about coaching from NSOs being provided in the language of their choice.
- Younger athletes (under 20) are also more satisfied with coaching and general services from NSOs.

Accessibility of Services Required from CSC/CSI

As in 2014, just over half of the respondents (55%) indicated they were able to access all of the sport science and sport medicine services that they needed over the last twelve months. Another three in ten (29%) said that they could not (or perhaps did not) access these services.

Asked for the first time in 2019, half of athletes (52%) indicated they have enough information about the types of services available, although 33% believe they need more information and 15% are unsure.

Chart 12: Accessibility of Services Required from CSC/CSI



Q13. Were you able to access all the sport science and sport medicine services you needed over the last 12 months from your CSC/CSI? **Base:** n=846

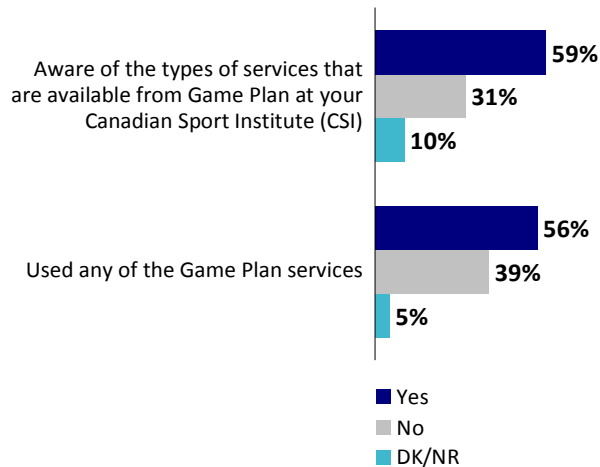
Q13b. Do you feel there is sufficient information available about the type of sport science and sport medicine services available from your Canadian Sport Institute (CSI)? **Base:** n=846

- Winter sport athletes were more likely to report access to CSC/CSI services (35%), compared with summer sport athletes (27%). This is also true of athletes in individual sports (33%) compared with team sports (22%).
- Those athletes with the national team (e.g., have an NSO coach) are the most likely to have access to CSC/CSI services, as well as to say they have enough information about these services.
- Athletes who are 30 or older are the least likely to say they can access services they need or have information about services available.

Game Plan

Game Plan is a new service offered by CSIs. Six in ten athletes (59%) indicated that they are aware of this service, although 31% are not and a further 10% said they don't know. Of athletes aware of the service, 55% said they have used Game Plan (39% have not and 5% said they don't know).

Chart 13: Awareness and Use of Game Plan



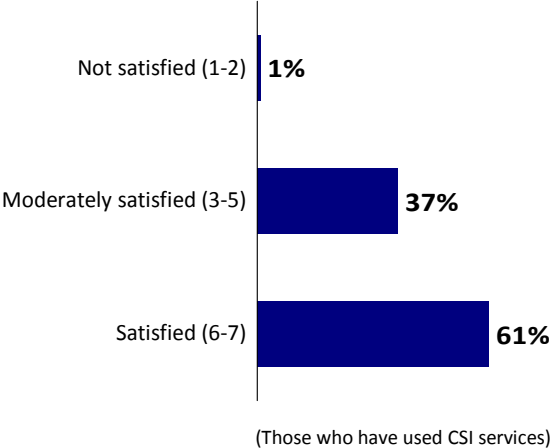
Q14. Are you aware of the types of services that are available from Game Plan at your Sport Institute (CSI)? **Base:** n=846

Q14b. Have you used any of the Game Plan services? **Base:** n=505, those who have used CSI services

- SR card athletes are considerably more likely to be aware of Game Plan compared with athletes with D and C1 cards, or younger athletes in general.
- Awareness is lower in Quebec and therefore also among Francophones.
- Awareness is highest among athletes with an NSO coach.
- It is not surprising given awareness levels that athletes with SR cards and with a national team are more likely to have used Game Plan. Olympic athletes are also more likely to have used the service compared with Paralympic athletes.
- Use of Game Plan naturally increases with age from 30% among athletes under 20 to 65% among those who are 30 or older.

Among those who have used Game Plan, satisfaction is reasonably high at 61%, although 37% indicated only moderate satisfaction (but only 1% said they are dissatisfied).

Chart 14: Satisfaction with Game Plan



Q14c. How satisfied would you say you are with the Game Plan services you have received?
Base: n=284

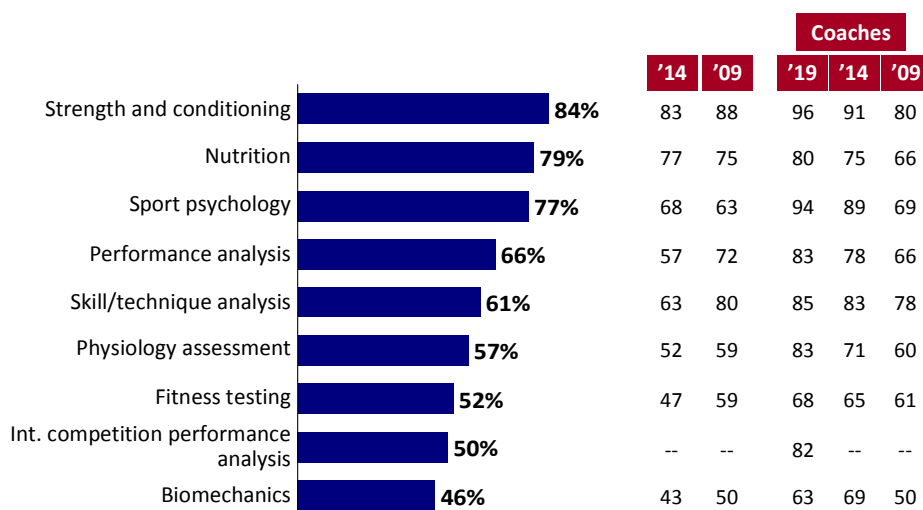
- Athletes in team sports are somewhat more likely to be satisfied with Game Plan than individual sport athletes.

Importance of Sport Science Services

Athletes were asked about the relative level of importance of various sport science services provided by the CSCs/CSIs, as well as the quality of each of the same services. At the top of the list is strength and conditioning, with 84% of respondents rating it highly important, followed closely by nearly eight in ten athletes who feel that nutrition (78%) and sports psychology (77%) are crucial services. In a second tier of importance are performance analysis (66%), skill and technique analysis (61%), and physiology assessment and monitoring (57%). In a third tier, about half of athletes find fitness testing (51%), international competition performance analysis (50%) and biometrics (46%) to be important. Note that, compared with results from 2014, the importance of sport psychology and performance analysis seem to have seen the largest increase in perceived importance over time, with some modest increase also found in fitness testing.

While everyone agrees that strength and conditioning are the most important services for athletes to receive, compared with athletes, coaches are even more likely to put sport psychology near the top of the list (94%), along with skill/technique analysis, performance analysis (83%), physiology assessment (83%) and international competition performance analysis (82%). In fact, nutrition falls to the sixth place on the list among coaches, after performance analysis. Compared with 2014, coaches place more importance on strength and conditioning, sport psychology, physiology assessment, performance analysis and nutrition than they did five years ago.

Chart 15: Important Sport Science Services



Q15. Which of the following sport science services would you consider to be important to you in terms of the positive impact that they can have on your performance?*

Base: n=846

* Note change in approach to Question since 2009

- Many services are considered more important among individual sport athletes compared with team sport athletes, including biomechanics, individual physiology assessment and performance analysis, and sport psychology.
- Winter sport athletes are more likely to place importance on strength and conditioning training and sport psychology than summer sport athletes.
- Sports psychology and nutrition are considered more important among women compared with men.
- Francophone athletes are more likely than Anglophone athletes to place importance on biomechanics, fitness testing, nutrition, competition performance analysis and sports psychology.

Based on their experience of the previous 12 months, athletes were asked the need for improvement in the quality of sport science services. A total of 45% said that they either did not know (28%) or did not see the need for improvement (17%). Just over half (55%), however, suggested one or more sport sciences where improvements are needed. Sport psychology (23%), performance analysis (21%) and nutrition (19%) services sit at the top of the list. About one in six (14% to 17%) see the need for improvements in the areas of skills and technique analysis, physiology assessment, international competition performance analysis, strength and conditioning, and biomechanics. Only 8% see a need for improvements in fitness testing.

Results are largely similar among coaches, however, compared with athletes there is a more compelling argument made by coaches for improvements in performance analysis (29%), and physiology, as well as biomechanics. Compared with 2014, coaches' views are similar, although there is less of a need for improvements in 2019 in the area of sports psychology.

Chart 16: Need for Improvements in Sport Science Services



Q16. Thinking about the quality of the sport science services you have received from the CSC/CSI over the last 12 months, which ones, if any, would you say are in need of improvement?

Base: n=833

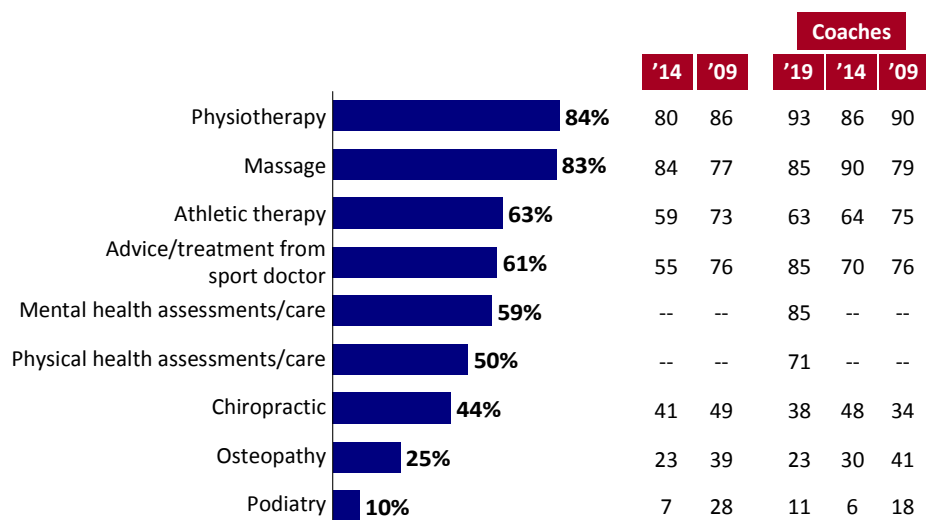
- There are limited differences in the views of athletes with regard to areas for improvements although a slightly higher proportion of Paralympic athletes, as well as SR1 carded athletes argue for improvements in the area of biomechanics compared with other athletes.
- D card athletes are more likely than other athletes to point to nutrition as an area for improvement, also more prominent in Ontario.
- Athletes who are 30 or older are slightly more likely than younger athletes to see a need for improvement in international competition performance analysis.

Impact of Sport Medicine Services

Athletes were similarly asked to rate the importance and need for improvement of various sport medicine services provided by CSCs/CSIs. In terms of importance to performance, physiotherapy (84%) and massage (82%) are perceived as the most important services. About six in ten people value athletic therapy (63%), advice and treatment from a sport doctor (60%) and mental health assessments and care (59%) as key services. This is followed by physical health assessments and care (50%) and chiropractic services (44%). Other medical services garnered lower importance ratings including osteopathy (25%), and podiatry (10%). These results are similar to those found in 2014 where comparisons are possible, with perhaps slightly greater emphasis in 2019 on advice and treatment from a sport doctor. Although the administration of this question changed after 2009 making comparison difficult, results suggest that massage has become more important over time, while athletic therapy and advice and treatment from a sport doctor have become less so over time.

Coaches are largely in agreement with athletes on the ranking of these services in terms of their relative importance, although advice from a sport doctor, and mental and physical health assessments and care are given considerably greater weight than accorded by athletes. And, although physiotherapy is seen as important by the greatest proportion of both athletes and coaches, a considerably higher proportion of coaches see this as key.

Chart 17: Important Sport Medicine Services



Q17. Which of the following sport medicine services would you consider to be important to you in terms of the positive impact that they can have on your performance?*

Base: n=846

* Note change in approach to Question since 2009

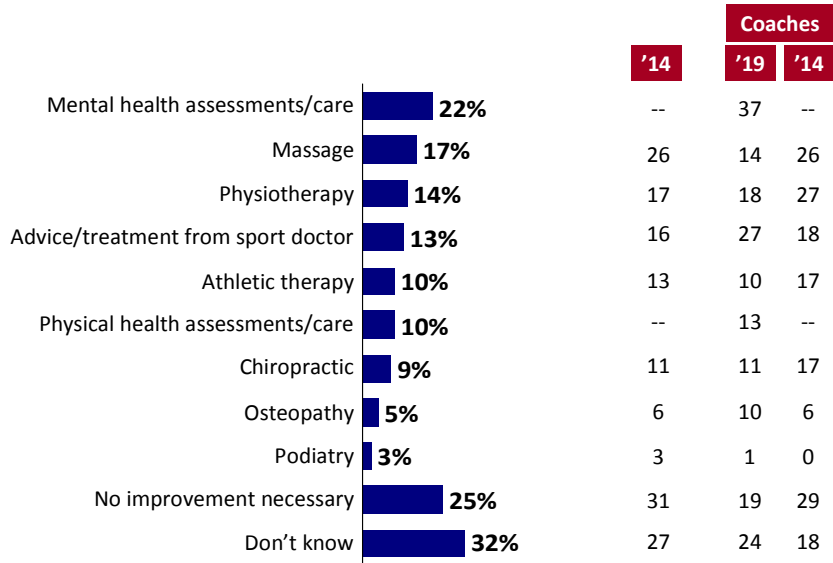
- Winter sport athletes are more apt to see chiropractic as an important service than is the case with summer sport athletes.
- Mental health assessment and care is more often seen as important among Olympic rather than Paralympic athletes.
- Osteopathy is more often cited as important among SR card athletes than other athletes, as is also the case among athletes who are 30 or older.
- Physiotherapy and massage are more commonly noted by athletes who are 25 to 29 years of age.
- Both massage and osteopathy are more often indicated as important among individual sport athletes compared with team athletes. Team sport athletes are more likely, however, to see athletic therapy as important.
- Women are more likely than men to point to the importance of mental health assessments and care, massage and to a lesser extent, osteopathy.
- Quebec, and therefore also Francophone athletes are more likely than their counterparts to point to physiotherapy and osteopathy as important sport medicine services. Massage is also seen as a more important service among athletes in Quebec

Compared with the need for improvements in sport sciences, fewer athletes put forward areas of sports medicine where improvements are required. Three in ten indicated no areas for improvement and one in four said they did not know (24%). Among the 44% suggesting areas for improvement, half pointed to mental health assessments (22% overall). Massage (17%), physiotherapy (14%), and advice and treatments from a sport doctor (13%) were also cited as areas for improvement. These are not only the areas where the most athletes suggested need for improvement they are also the top three rated services in terms of importance to athletes (and coaches). Athletic therapy, physical health assessments and care (10%), and chiropractic services (9%) were also noted. Osteopathy and podiatry are less apt to be areas where athletes see the need for improvements.

Results are similar among coaches although mental health assessments and care, advice from a sports doctor, physiotherapy and chiropractic services seem to be noticeably more in need of improvements among coaches than perceived to be the case among athletes. Compared with 2014 considerably fewer coaches see a need for improvement in physiotherapy and massage in 2019, although there is a much greater need for improvements in advice and treatment from a sports doctor. Overall, fewer coaches in 2019 say there is no need for improvements compared with 2014.

Among the coaches who identified additional sport science or sport medicine services, the suggested services include biomechanics, sport psychology, and general expansion of services.

Chart 18: Need for Improvement in Sport Medicine Services



Q18. Thinking about the quality of the sport medicine services you have received from the CSC/CSI over the last 12 months, which ones, if any, would you say are in need of improvement?

Base: n=829

- Mental health assessments and care are more often seen as an area for improvement among women than men.
- Physical health assessments are more often noted as an area for improvement among athletes who are 30 or older.
- Quebec, and therefore, Francophone athletes are less likely to feel that improvements are needed in sport medicine services.
- Massage is an area where athletes from BC are more likely than others across the country to suggest a need for improvement.

In addition to the evidence of athletes and coaches regarding importance of the various sport science and sport medicine services, CSC Presidents and Service Managers were also asked about the level of demand that they see for these same services that they offer at their CSC's. At the top of the list are strength and conditioning (13 out of 13 respondents), followed by massage (10 of 13), physiotherapy (9 out of 13), advice from a sports doctor (8 out of 13), career planning services (8 out of 13), sport psychology (7 out of 13), physiology assessment and monitoring (6 out of 13) and individual performance analysis (5 out of 13). The lowest demand reported is for podiatry and osteopathy as well as skill/technique analysis, athletic therapy, and chiropractic services.

Respondents were also asked if current services could be enhanced by increased availability, or quality, to which each of the 13 respondents agreed that services could be enhanced. When asked which services they could see enhanced, many pointed to sport psychology (10), mental health assessments (9), nutrition (9), career planning services, individual athlete performance analysis, strength and conditioning, career planning, employment assistance, and education/Game Plan support services (8 in each case).

Over the past several years CSCs have received additional funds to provide sport science/sport medicine services to athletes and targeted sports - Summer and Winter. A few CSC representatives stated that the additional funds have helped to work specifically with targeted athletes and training groups, and allowed them to "take the next step".

CSC representatives suggested areas that would enhance these services over what is currently offered. These include working toward better alignment of service and athlete development models, increase awareness of programs and services, and investments in staff (including data analytics experts and mental performance consultants).

Most of the CSC representatives (9 out of 13) said that athletes need services that they are not getting, although responses were varied in terms of what those services were. Nearly half of these representatives mention mental health support as needed services. Other mentions include staff capacity for physician and therapy services, dental and vision care, life skills coaches (including financial planning, and adjusting to relocating), and support for accommodations.

The benefit of offering these services, according to eight CSC respondents, includes greater health and wellness, or "healthier and happier athletes". As stated by one, it involves a "holistic approach to athlete health".

E. FINANCIAL PICTURE

Annual Income

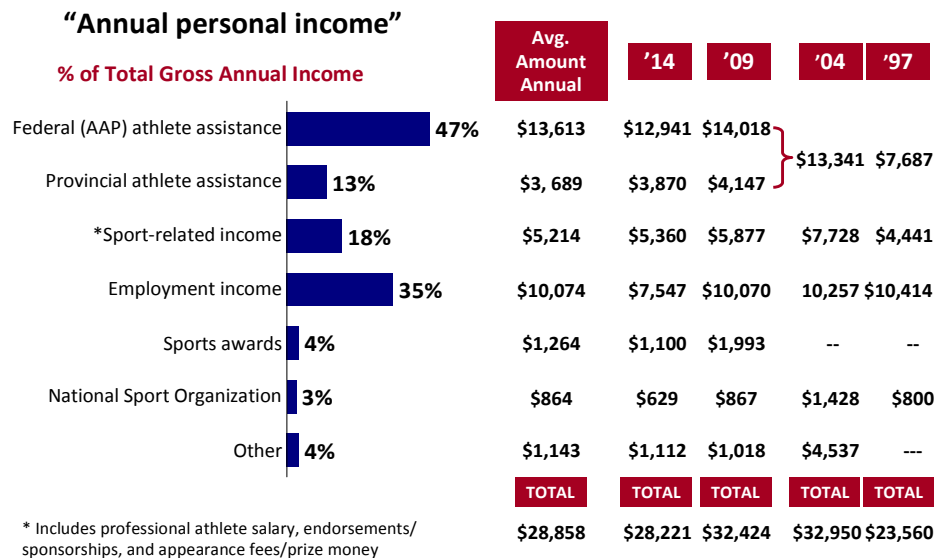
Carded athletes reported an average annual income of \$28,858³ for 2018. Consistent with the 2014 and 2009 studies, the largest proportion of this income is derived from government assistance; six in ten athletes' average income is from either Federal and/or Provincial/Territorial athlete assistance. Of this government assistance, the majority is from the Federal level (\$13,613 annually on average) while Provincial athlete assistance is less prominent (\$3,689 annually on average). Smaller proportions of athletes' incomes are derived from actual employment income (35% or \$10,074 annually among all athletes although half do not report employment income) and sport-related sources (such as professional salaries, endorsements/sponsorships or appearance fees/prize money - an average of \$5,218 across all athletes, although more than half do not report sport-related income). Only a very small proportion is derived from other sources (\$1,143 annually), sports awards (\$1,264), and the NSO's (\$864).

The average annual average personal income for high performance athletes has remained remarkably consistent over time. It is exactly on par with 2014, but has decreased slightly since 2009⁴. All figures from 2009 and 2014 are adjusted for inflation to 2019 dollars. Across most categories results are very similar to 2014, although employment income went down considerably in 2014.

³ A total income figure is calculated by adding all income sources for each individual athlete. The average total income does not necessarily match the addition of the average for each income source because of variability in figures reported across all athletes for each income source.

⁴ Because of some very high income figures reported by a few respondents new ceilings were set for outliers in each income source.

Chart 19: Employment Income



1997, 2004, 2009, and 2014 income amounts adjusted for inflation to 2019 dollars

AQ20a-f. What was the approximate (gross) amount you received in 2018 for the following sources?

Base: n=829

Table 2 provides the average annual income reported in each category across all athletes. Figures indicate that winter sport athletes are commanding considerably higher incomes than summer sport athletes, largely driven by higher employment and sport-related income. This is also true of those in team sports in terms of employment, and individual sport athletes in terms of AAP income.

Income increases by card level contributed to mostly by higher employment income and from higher government assistance, although sport-related income and even awards are also significantly higher among SRs compared with C1 and D card athletes.

Paralympians are also making much more income, largely from higher employment income, which is perhaps not surprising given that employment income rises with age and Paralympians are typically much older and have a higher incidence of being employed. The amount indicated under “other” is also much higher. They also receive a higher amount in AAP, which may be necessitated by the fact that Olympic athletes have a sport-related income that is much higher than that of Paralympic athletes.

Income goes up with age (in most income categories). There is very little difference based on gender.

Table 2: Average Personal Income by Athlete Characteristic

	Total (\$)	Employment Income (\$)	AAP (\$)	Provincial Assistance (\$)	Sport-Related Income (\$)	Sport Awards (\$)	Other (\$)	NSO (\$)
All athletes (2009)	27,125	8,424	11,727	3,469	4,916	1,667	852	725
All athletes (2009 after inflation) ⁵	29,424	10,070	14,018	3,147	5,877	1,993	1,018	867
All athletes (2014)	25,616	6,850	11,746	3,513	4,865	998	1,009	571
All athletes (2014 after inflation)	28,221	7,547	12,941	3,870	5,360	1,100	1,112	629
All athletes (2018)	28,858	10,074	13,613	3,689	5,214	1,264	1,143	864
Season								
Summer	28,136	9,244	14,044	3,733	4,073	1,459	1,072	929
Winter	33,031	12,114	14,525	4,048	7,743	944	1,234	674
Sport Type								
Individual	29,581	8,038	15,187	4,296	4,683	1,579	1,251	709
Team Sport	29,546	14,132	12,422	2,906	6,188	760	868	1,149
Sport Class⁶								
Olympic	28,555	9,341	13,728	3,764	5,714	1,367	794	798
Paralympic	33,073	14,095	16,432	4,080	1,695	845	2,667	900
Carding Level								
D	19,716	7,708	8,496	2,790	3,351	737	731	328
C1	29,080	12,553	9,132	2,965	6,952	380	1,530	1,888
SR	34,860	11,571	17,593	4,185	5,784	1,390	1,302	817
SR1	42,733	12,574	20,716	5,317	8,554	2,273	1,442	1,768
SR2	44,452	13,352	20,798	5,046	7,014	2,984	2,076	1,620
Age								
Under 20	13,103	1,533	8,973	2,338	1,704	812	409	587
20 – 24	23,616	4,633	12,488	3,779	4,569	1,460	1,082	287

⁵ <http://www.bankofcanada.ca/rates/related/inflation-calculator/>

⁶ Non-Olympic athletes not specified given the small number of cases.

--	Total (\$)	Employment Income (\$)	AAP (\$)	Provincial Assistance (\$)	Sport-Related Income (\$)	Sport Awards (\$)	Other (\$)	NSO (\$)
25 – 29	34,657	11,294	14,201	3,898	6,807	1,368	856	1,114
30 or older	41,878	19,874	17,572	4144	6,295	1,206	1,971	1,360
Gender								
Male	28,324	10,361	13,612	3,645	4,855	1,101	1,610	492
Female	29,379	9,810	13,614	3,733	5,562	1,419	664	1,249

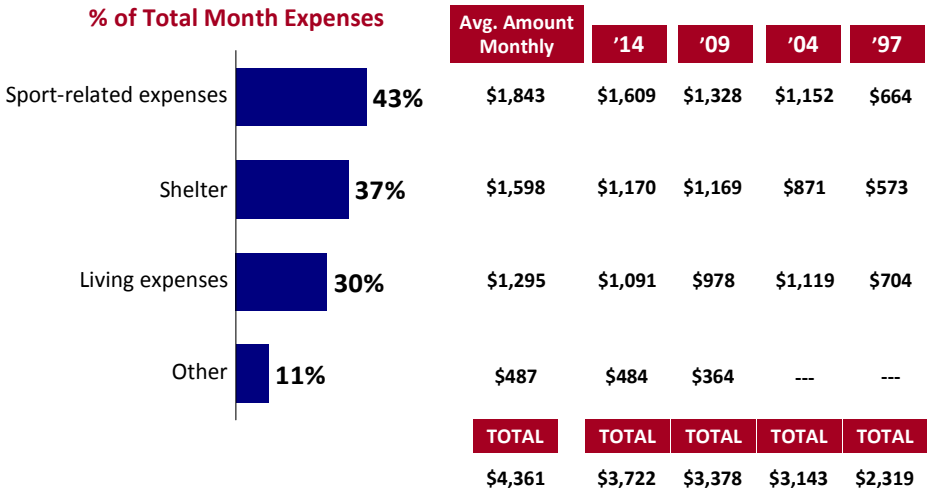
A separate table is available with the proportion of athletes reporting some income in each of the seven income categories as well as the average annual income among those reporting some level of income (e.g., proportion reporting employment income and average income reported for those employed). This table can be found in Appendix C.

Monthly Expenses

Looking at monthly expenses, athletes reported an average of close to \$4,400⁷ and about \$600 per month more than reported in 2014 even when accounting for inflation (i.e., in 2019 dollars), and seems to be growing at a steadily increasing rate over time. This increase is driven by increases in sport-related costs, housing and living expenses, with the largest jump in shelter costs (over \$400 a month even after indexed to inflation). As in the past, sport-related expenses are the single biggest expense averaging over \$1,800 a month, accounting for 43% of expenses. Shelter costs take up 37%, followed closely by living expenses at 30%.

⁷ A total expenses figure is calculated by adding all expense sources for each individual athlete. The average total monthly expenses does not necessarily match the addition of the average for each expense source because of variability in figures reported across all athletes for each expense source.

Chart 20: Average Monthly Expenses



1997, 2004, 2009, and 2014 income amounts adjusted for inflation to 2019 dollars

AQ25a-d. What are your average (monthly) personal expenses in each of the following areas?

As shown in Table 3, SR card, as well as Paralympic athletes report the highest shelter costs. Living costs are highest among SR1 card athletes and those pursuing individual sports, along with those training with the NSO coaching services.

Table 3: Average Monthly Expenses by Athlete Characteristic

--	Total (\$) ⁸	Sport-Related (\$)	Living (\$)	Shelter (\$)	Other (\$)
All athletes (2009)	2,826	1,111	818	978	304
All athletes (2009 - with inflation)	3,379	1,328	978	1,169	364
All athletes (2014)	3,378	1,460	990	1,062	439
All athletes (2014 – with inflation)	3,722	1,609	1,091	1,170	484
All athletes (2018)	4,361	1,843	1,295	1,598	487
Season					
Summer	4,517	1,726	1,378	1,723	476
Winter	4,095	2,038	1,223	1,400	493
Sport Type					
Individual	5,036	2,367	1,512	1,590	538
Team Sport	3,228	791	996	1,676	379
Sport Class⁹					
Olympic	4,215	1,790	1,317	1,463	473
Paralympic	4,667	1,528	1,382	2,348	483
Carding Level					
D	3,669	1,841	1,034	1,247	380
C1	3,950	2,179	713	1,083	376
SR	4,495	1,702	1,471	1,673	521
SR1	6,469	1,640	2,135	2,493	687
SR2	4,428	2,073	1,095	2,050	511

⁸ Includes additional expenses reported as “other” not shown.

⁹ Non-Olympic athletes not specified given the small number of cases.

--	Total (\$) ⁸	Sport-Related (\$)	Living (\$)	Shelter (\$)	Other (\$)
Age					
Under 20	3,350	1,981	782	920	539
20-24	4,540	2,258	1,440	1397	451
25-29	4,077	1,360	1,311	1506	508
30 or Older	4,976	1,774	1,360	2275	489
Gender					
Male	4,681	2,002	1,405	1,750	532
Female	4,046	1,686	1,187	1,450	446

Financial Gap

Considering the average income of \$28,853 and the expenses of \$4,361 a month, athletes seem to be facing a monthly shortage of over \$1,800 or \$21,900 a year. Previous results highlight the ever widening gap between income and expenses for high performance athletes. In 2009, income and expenses showed an annual deficit of \$5,100 (just over \$6,100 once indexed to 2019 dollars). In 2014, the deficit had more than doubled to \$13,900 (\$15,300 after indexation for inflation). In 2018 it has risen again, this time by closer to 50% to \$21,900 annually.

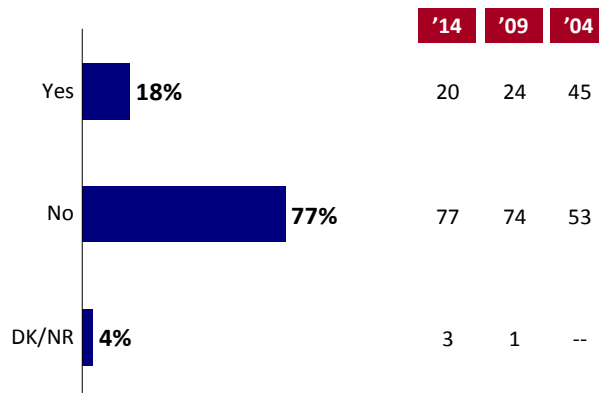
This gap is highest among younger athletes. Among those under 20 years of age it is \$27,100, and among those 20 to 24 it is \$29,700. Athletes who are 25 or older have a gap of roughly \$15,000, although this gap has increased most significantly for those over 30, where the gap used to be closer to \$5,000 annually. Athletes with the lowest annual deficit are involved in winter sports (\$11,900) and team sports (\$8,300), as well as athletes who are employed (\$11,700). Deficits are highest, however, among athletes in summer sports (\$27,100), individual sports (\$28,900), as well as those with SR cards (\$27,100). It is highest across the country among Francophone athletes (\$39,900) and those living in Quebec (\$38,000).

Personal Debt and Sources of Support

In terms of personal debt, on par with 2014, close to one in five athletes (18%) said that they have incurred some level of repayable debt in the pursuit of their athletic career. The numbers show a trend since 2004, where levels of debt have consistently lowered: in 2004, 45% said that they had debt, in 2009 24% had incurred debt, and in 2014 this was 20%. Results suggest that while athletes' personal debt levels are lowering, the families of athletes are carrying a significant portion of debt related to their development (see page 53).

The average gap between income and expenses is not significantly higher among those reporting loans (i.e., less than \$3,000 higher than it is among those without loans), nor is the gap very different based on type of loan, largely because of the lack of cases to detect a statistically significant difference.

Chart 21: Financial Loans



Q22a. Have you incurred any loans to assist you to pursue your athletic career?

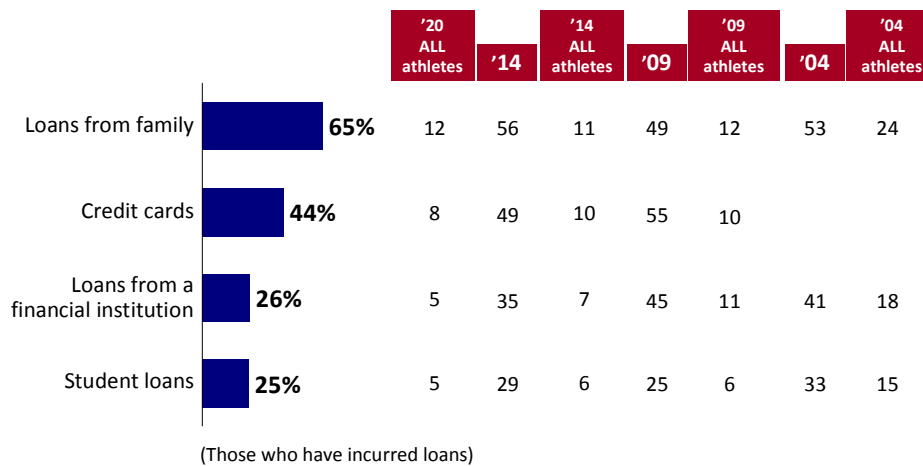
Base: n=846

- Athletes more apt to have incurred loans have SR cards, and are involved in individual sports, compared with other athletes. Those with a D card are least likely to have had loans.
- The incidence of incurring loans increases with age, from 8% among those under 20, to 29% of those who are 30 or older.

With regard to the types of repayable loans, results are similar to the previous study. Loans from family (including parents, spouse, and friends) top the list at 65% of those who have taken loans (12% of all athletes). This is significantly higher than found in the past at 49% to 56%. Credit card debt is also significant at 44% among those with loans (8% of all athletes), although this is decreasing steadily over time from 2014 (49%) and 2009 (55%). One in four athletes with loans (26%; 5% of all athletes) received loans from financial institutions for something other than a mortgage. This has also been decreasing steadily over time from 2014 (35%) and 2009 (45%). Even student loans, with much better loan conditions, are lower at 25% of students with loans (5% of all athletes), compared with 2014 (29%), although similar to 2009. Overall, results suggest that families are bearing the brunt of supporting athletes, which is successfully keeping athletes out of debt to other, presumably higher interest sources.

When loan amounts are added together they amount to an average of just under \$4,300 in repayable debt across all athletes. Including only the 18% of athletes with loans, however, the amount is almost \$28,400.

Chart 22: Type of Loans



Q22b. Which of the following type of loans do you have currently?

Base: n=155

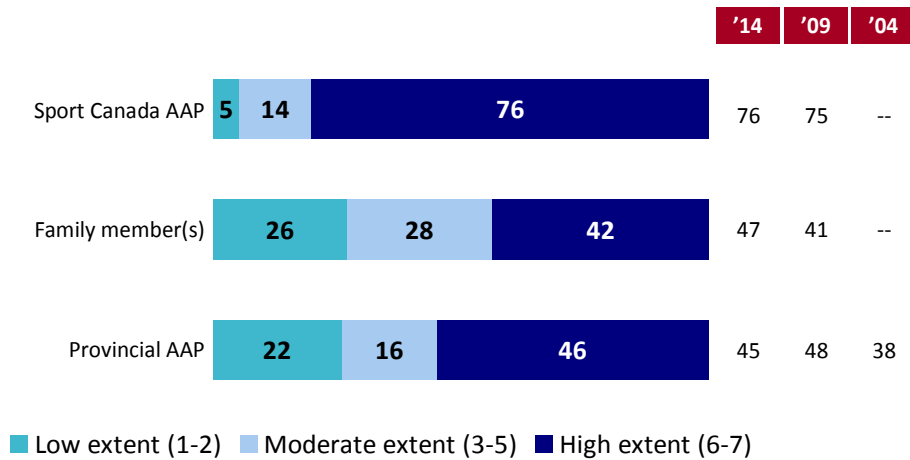
- Athletes in individual sports are more apt to report loans from credit cards (51%), which is also true for winter sport athletes (60%) compared with those in team and summer sports.
- Athletes with a SR card are more likely than others to have loans with a financial institution (35%).
- Similarly, athletes who are 30 or older are the most likely to have loans with financial institutions as well as credit card debt. In fact, among athletes who are 30 or older 18% have

credit card debt, and 12% have loans with financial institutions, along with the 22% who have loans with family or friends. They also have the highest overall amount of debt, at just over \$37,000 on average.

- Loan amounts are highest among those borrowing from a financial institution (\$38,000).

Athletes were also asked to indicate the extent to which they are dependent on various sources for financial or material support that they are not required to pay back. As in 2014 and 2009, Sport Canada’s AAP is by far the most prevalent source of financial support; three in four (76%) rely on the AAP to a great extent. The next most relied-upon sources of financial support are family and Provincial/Territorial AAP, rated as strong sources by 42% and 46% of athletes, respectively.

Chart 23: Source of Financial Support



Q24a-b. To what extent do you depend on each of the following sources for financial or material support that you are not required to pay back?

Base: n=846

- Significant dependency on Sport Canada’s AAP is more often the case among SR, SR1&SR2 carded athletes, along with those who are 30 or older, as well as those who train with their NSO/National Team coach. It is also more often true of women, as well as winter, and individual sport athletes compared with their counterparts. This is least likely to be the case among athletes in British Columbia and D card athletes.
- Dependency on family is more likely to be significant among the youngest athletes (under 20), at the D card level and in Ontario, whereas it is least likely among SR, SR1&2 card athletes, Paralympic athletes and those in team sports.

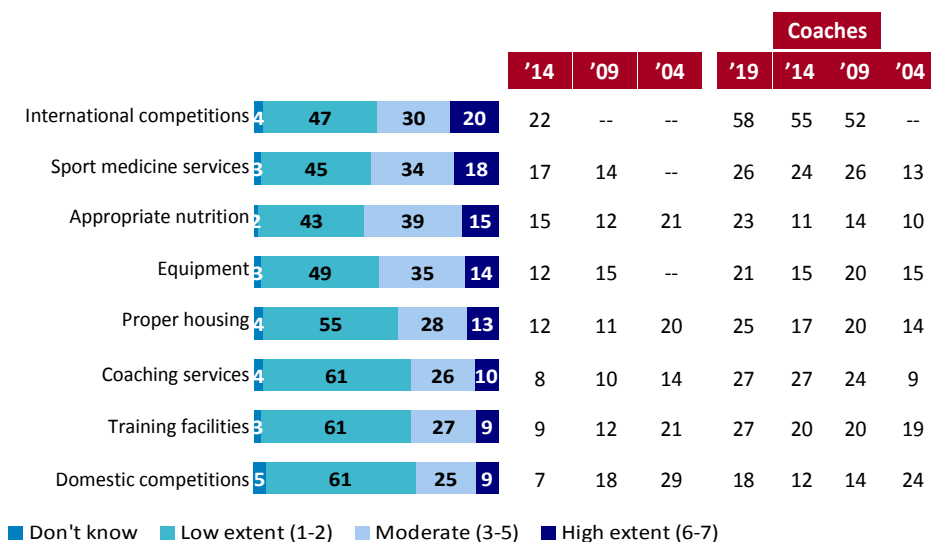
- Reliance on Provincial/Territorial AAP is more often significant among athletes in Quebec (and Francophones), winter and individual sport athletes as well as those at the SR1 card level. This is least often the case among athletes in British Columbia and D card athletes.

Financial Barriers

Athletes were asked to indicate the extent to which money has been a barrier to accessing a variety of resources. Perceptions of money as a barrier to a high extent are roughly on par with 2014 and also fairly similar to 2009; the highest number is one in five athletes believing that money has been a significant barrier to international competitions. Note that in 2009 athletes were asked about “competitions” without the specification of international vs. domestic. After international competitions, money is seen as a significant barrier to obtaining sport science services for 18%; also on par with 2014, but marginally higher than in 2009 when it was posed as sport-related expenses. Appropriate nutrition, equipment, and proper housing are also areas where 13% to 15% have financial barriers. Money also presents a barrier in accessing coaching services, training facilities and domestic competitions for one in ten athletes.

Compared with athletes, coaches see money as a greater barrier for athletes for most of the aspects of sport tested – international competitions in particular, followed by sport medicine facilities, coaching services, proper housing, and training facilities.

Chart 24: Financial Barriers



Q26a-h. Thinking about the last 12 months, how much has money been a barrier to your accessing each of the following?

Base: n=846

- In general, the youngest athletes (under 20) are least likely to rate most of these as areas where they experience financial barriers. Athletes who are 30 or older are the most likely to note financial barriers to equipment and competitions, while 25 to 29 year old athletes see money as a barrier to appropriate nutrition.
- Men are more likely than women to note proper nutrition, equipment and domestic competitions where they experience limitations due to money.
- Athletes in summer sports are more likely to see access to international and domestic competitions, as well as nutrition as cost prohibitive compared with winter athletes. Summer sport athletes, on the other hand are less apt to experience financial barriers with coaching services compared with athletes in winter sports.
- Those in individual sports are also more apt to report that money holds them back from accessing the equipment they need, although they are less likely than athletes pursuing team sports to say they experience financial barriers to nutrition, for whom access to nutrition is a bigger issue.
- Paralympic athletes are more likely to experience financial barriers to international and domestic competitions as well as equipment, compared with Olympic athletes. The latter are also less likely than Paralympic athletes to experience financial barriers to coaching services. Paralympic athletes however, are less apt to list proper housing as an area where they experience financial burden compared with Olympic athletes.

- There are few differences based on card level, although C1 carded athletes more often point to financial barriers to international competitions, while SR card athletes are least likely to say the same. SR card athletes, on the other hand, are the most likely group to report financial barriers to proper housing.
- Although there are few differences between barriers experienced by athletes in English Canada, those in British Columbia are more likely than others across the country to point to international as well as domestic competitions as an area where they experience limitations. Across all areas, Quebec athletes, and as a result Francophone athletes, are less apt to say they experience financial limitations compared with other athletes.
- Athletes training with the national team coach are, naturally, less likely to experience financial barriers to training facilities, coaching services and sports medicine services compared with other athletes.

As follow-up questions, athletes were asked about the level of income at which AAP funds would no longer be necessary and for the minimum necessary amount they would need to support themselves and train full-time. Just as in previous years, about half of athletes (48%) want between \$30,000 and \$59,999 to not have to rely on AAP funding. This has also been 47% to 50% since 2004. In 2019 only 17% said they could get along with less than \$30,000, which has decreased consistently as a proportion of carded athletes since 2004 when it was 35%.

The amount of personal income at which AAP would not be necessary continues to be a great deal more than the presumed amount needed to train full-time. There is a lean towards the upper end of the scale in a similar range to previous years at roughly \$50,000 (i.e., only about a quarter to a third of athletes put the limit below \$50,000 even as far back as 2004, although only one in four in 2019).

Chart 25: Required Income Levels

	Q27. What level of total annual personal income would be the minimum necessary to support yourself to enable you to train on a full-time basis?				Q28. At what level of personal income do you believe that support from the Athlete Assistance Program (AAP) would no longer be necessary to cover your own annual living and training expenses?			
	2019	2014	2009	2004	2019	2014	2009	2004
\$0,000-\$19,999	3%	4%	6%	10%	2%	2%	4%	3%
\$20,000-\$29,999	14%	20%	18%	25%	6%	7%	8%	7%
\$30,000-\$39,999	17%	22%	23%	23%	6%	11%	9%	12%
\$40,000-\$49,999	18%	16%	13%	16%	10%	10%	9%	12%
\$50,000-\$59,999	13%	12%	11%	8%	10%	13%	12%	14%
\$60,000-\$69,999	10%	7%	7%	7%	9%	9%	9%	11%
\$70,000-\$79,999	5%	4%	5%	3%	8%	7%	6%	4%
\$80,000 +	10%	8%	6%	3%	11%	11%	8%	6%
"No upper limit"	--	--	--	--	22%	17%	16%	21%

Base: n=846

- The level of gross annual income required by athletes to support a full-time training regime is higher among athletes who are 30 or older.
- This corresponds to the pattern by card level (with D's reporting the least income requirements and SR1/2s reporting the highest requirement). Athletes in winter sports tend to have higher income needs than those in summer sports.
- The same age and card level patterns are also seen in the income reported by athletes with those reporting higher incomes indicating a higher requirement to train full-time.

F. AAP POLICY

Support to Changes to AAP Criteria

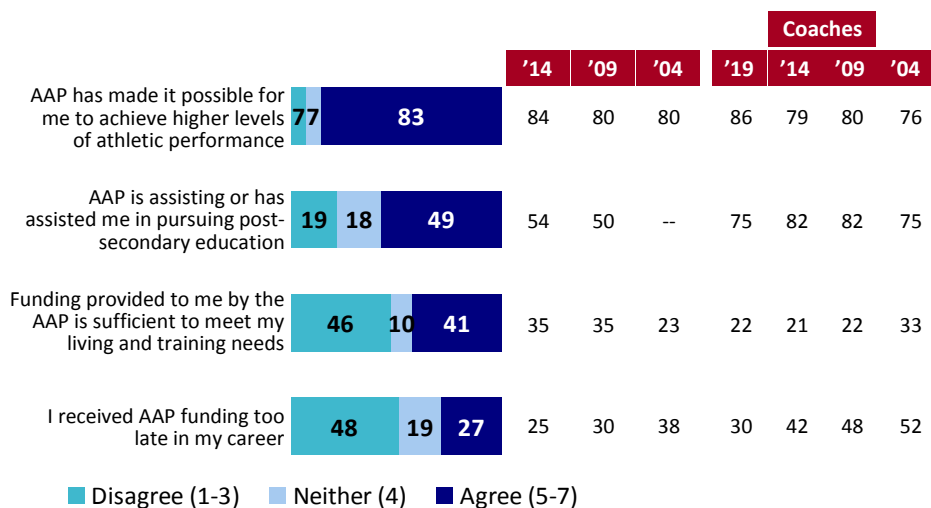
Athletes were asked to provide their opinion on a number of statements relating to the Athlete Assistance Program (AAP). Athletes most often agree (83%) that the AAP has made it possible to achieve higher levels of athletic performance; only a small number (7%) disagrees that this is the case. These results are consistent across coaches and athletes over the past measurement periods.

Nearly half (49%) of athletes agree that the AAP is assisting or has assisted them in pursuing post-secondary education. This is a slight decrease from 2014, but consistent with 2009 results. Nonetheless, almost two in ten (19%) disagree. Agreement rises to 71% among those currently attending post-secondary education, although only 42% post-secondary graduates agree. Coaches are considerably more positive than the athletes on this point with 75% agreeing that AAP has assisted with post-secondary education. Agreement among coaches has gone down, however, from 82% in 2014.

Although athletes tend to agree that the AAP has helped make their training possible, relatively few (41%, although a slight increase from 35% in 2014 and 2009) feel the AAP funding is sufficient to meet their living and training needs. A higher proportion (46%) disagrees with this statement. This opinion is much less apt to be supported by coaches where only 22% believe that funding is sufficient.

In terms of timing of AAP funding, over one in four (27%) athletes agree that funding came too late in their career. Nearly half (48%) of athletes, however, disagree that the funding came too late. The trend over time is finding that less athletes agree that funding came too late since the high of 38% in 2004. Coaches share a similar view about AAP funding being received too late in the athletes' careers (30%), although agreement was as high as 42% in 2014, and 48% in 2009.

Chart 26: AAP Positive/Negative Aspects



Q29a-d. To what extent do you agree or disagree with each of the following statements?

Base: n=846

- Summer athletes are more likely to agree that AAP made it possible to achieve a higher level of performance (86%), helped in pursuing a post-secondary education (53%), and that funding was sufficient (44%).
- Paralympic athletes (86%), along with those in individual sports (86%), and with SR (90%), SI (93%), and SR2 (93%) cards, tend to agree that AAP funding made it possible to achieve a higher level of athletic performance. This is also the case among those with a national sports organization coach (89%).
- Athletes with an SR card (59%), along with those with a national sports organization coach (53%), are more apt to agree that funding helped them pursue a post-secondary education.
- Francophone athletes are much more likely (54% compared to the average of 41%) to agree that AAP funding is sufficient to meet living and training needs. Those in British Columbia (28%) are least likely to agree.
- Athletes with a C1 card are most likely to agree that funding came too late in their career (44% agree compared to the average of 27%). Francophones and those living in Quebec are also likely to agree that funding came too late; although Francophones were more apt to agree that funding is sufficient.
- Agreement that the AAP has made higher levels of athletic performance possible is higher among those who are between 25 and 29 years of age. It is least apt to be the case among the youngest athletes (72% among those under 20).

- AAP assistance in pursuing post-secondary education (both past and present) is considerably higher among those between the ages of 20 and 29 (50%) but drops off among athletes that are 30 years of age and older (37%) and, as would be expected, also lower among athletes under 20 years of age (36%), who may or may not have had the opportunity to access PSE.
- While agreement that AAP funding is sufficient is generally low across the board, there are some differences across the subgroups. Notably younger athletes, under 25, are somewhat more positive (44% among those under 20, and 49% of those 20 to 24), and agreement drops over 25 (39% among those 25 to 29, and 29% among those 30 or older).

Coaches who do not feel that AAP assistance is adequate to meet the living and training needs of athletes cite a variety of reasons, most commonly that the level of support is not high enough for the cost of the sport and associated travel and training, or that the support does not cover living expenses, particularly in major Canadian cities. A few argue that the level of support needs to be augmented with other income to be sufficient for training and living expenses. A few also mention that the level of support has not increased proportionally with the cost of living. As one coach articulated, “It's simply not enough dollars to get by. Athletes use that money for basic living requirements but also for expenses”.

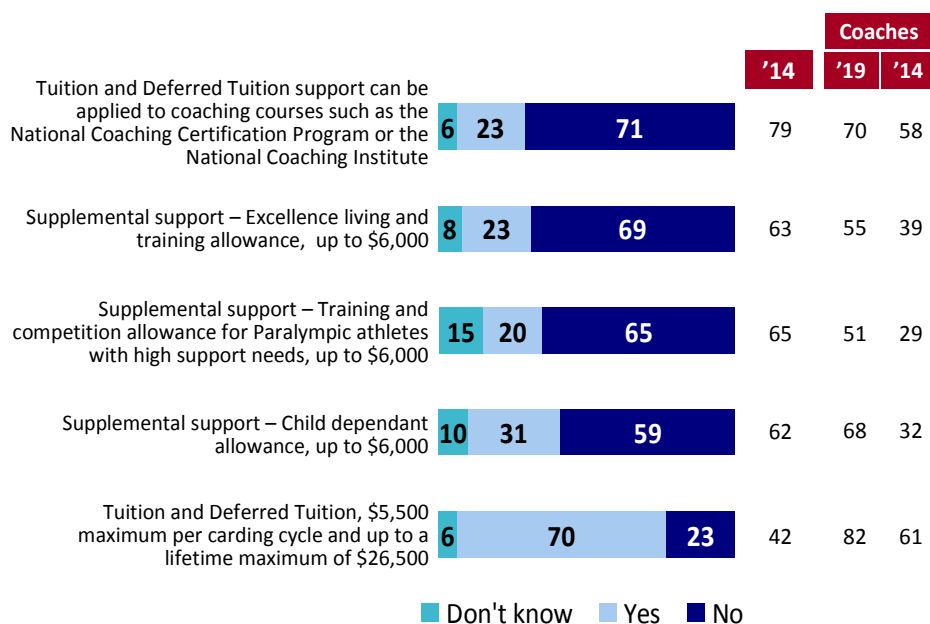
As noted, 30% of coaches feel that athletes receive AAP funding too late in their career. Through open end responses, most of these coaches stated that the current funding model supports athletes who have already achieved success; as noted, “it’s a reward for past performance” or that “we tend to prioritize funding once they get to the podium potential level”. Many coaches who feel funding comes too late state that funding should come earlier, often in teenage years, to aid in developing athletes to reach their potential and avoid elite athletes leaving the sport or the system (such as to NCAA).

Awareness of Changes to AAP Tuition and Supplementary Support

Awareness of Tuition and Deferred Tuition, up to a lifetime maximum of \$26,500 (in 2019 and will increase by \$500 each year until it reaches \$27,500), is strong among athletes with seven in ten (70%) aware of this support. Awareness of further AAP supplementary support services remains very low among athletes. Nearly one in three (31%) are aware of the supplementary support for the child dependant allowance, up to \$6,000. Two in five (23%) athletes are aware that tuition and deferred tuition support can be applied to coaching courses; however, 70% are unaware, fewer than in 2014 (79%). A similar proportion are aware of supplementary support for excellence living and training allowance up to \$6,000 (23%), or for training and competition allowance for Paralympic athletes with high support needs, up to \$6,000 (20%).

As with 2014, coaches are more apt to be aware of the \$5,500 (\$5,000 in 2014) annual tuition assistance (82% awareness in 2019 and 61% in 2014) than athletes. In the case of some of the supplementary support programs, however, coaches are less familiar with the programs than athletes are (e.g. excellence living and training allowance, and training and competition allowance for Paralympic athletes with high support needs). Overall, awareness among coaches is considerably higher than it was in 2014.

Chart 27: Awareness of AAP Supplementary Support



Q30a-d, Q31. Are you aware of these other AAP supplemental support services?

Base: n=846

- Winter athletes, along with those on SR, SR1 and SR2 cards, are more likely to be aware of all measured supplemental support services. Paralympic athletes report higher awareness of all supports with the exception that Tuition and Deferred Tuition support to be applied to coaching courses.
- Athletes with a national sports organization coach are more likely to be aware of Tuition and Deferred Tuition support.
- Athletes who are 30 or older are more apt to be aware of each of these. In some cases, the 25 to 29 age segment also shows increasing awareness (tuition and deferred tuition supplement, use of tuition allowance for coaching courses, and child dependent allowance).

Awareness of Other AAP Supplementary Support Assistance

CSC representatives were also asked about their awareness of three other AAP supplementary support for athletes: Child-care assistance; relocation assistance; and retirement assistance. Results indicate that awareness is high among CSC representatives, with nine or 10 respondents aware, out of the 13 in each case.

Generally CSC Presidents and Service Managers are also aware of supplementary support for Excellence living and training allowance, child dependant allowance and training and competition allowance for Paralympic athletes with high needs (9 to 11 out of 13), as well that Tuition and Deferred Tuition could be applied to coaching courses (10 of 13). When asked about other areas where they believe that Sport Canada should consider providing assistance, two CSC representatives stated that mandatory on-boarding and an annual renewal for athletes with their local CSI/CSC which would include Game Plan as a condition of receiving AAP funding would be helpful. Other areas included support for purchase of training related equipment and technologies, or funding for Paralympic athletes to participate in extra competitions to be classified.

Some coaches offered suggestions around the carding system such as carding for university athletes for a longer period and allowing more cards (including D cards) in the system. Some others specified the need for more supports, including extended health insurance (physio, dental, drug), post-career support, and increased funding levels to cover higher associated costs for para-athletes. A few said that athletes would benefit from a move away from the “one size fits all” approach as the funding and expense realities among all sports can be vastly different.

G. AAP CLIENT SATISFACTION

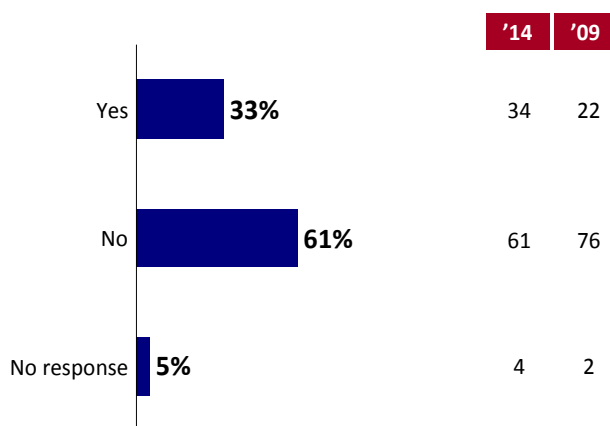
Contact with AAP

The main contact for athletes receiving AAP support is their NSO, however, from time to time athletes contact AAP staff for information about the Program or questions regarding the benefits of the Program. The study explored athletes' and coaches' levels of satisfaction with AAP staff. Contact with Sport Canada's AAP staff is relatively low among athletes; however, the contact has remained higher than in 2009. Similar to 2014, one in three (33%) have contacted Sport Canada AAP in the past 12 months compared with only 22% in 2009. This may be driven by the considerable increase in contact by email (see next page) and the addition of an AAP email address since 2009.

Athletes were asked if they felt they were served in the official language of their choice. Nearly all, 95%, stated that they were served in their language of choice, down slightly from 99% in 2014.

Coaches reported a higher incidence of contacting Sport Canada, with 62% indicating they have contacted the organization in the past year. Two in three CSC representatives (8 of the 13) indicated contact with AAP staff.

Chart 28: AAP Contact in Past Year



Q36. Have you contacted Sport Canada AAP staff in the past 12 months?

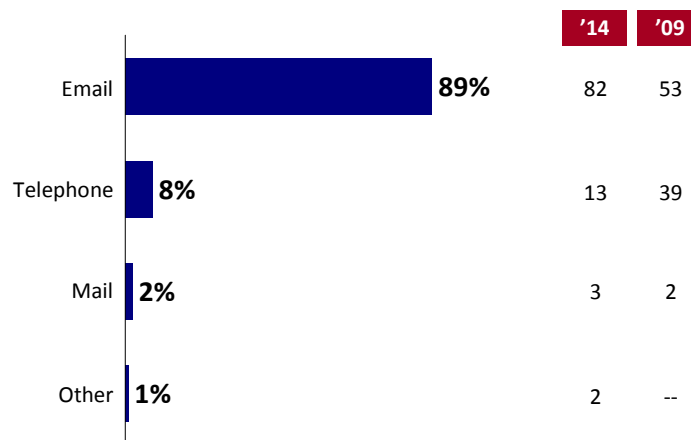
Base: n=846

- Individual sport athletes were more likely to have contacted Sport Canada AAP staff in the last year, along with those with personal coaches. Regionally, those in Alberta are least likely to have contacted.
- Athletes between the ages of 20 and 24 are more likely than other athletes to have made contact in the past year (41%).

Email is by far the most prevalent method of contacting Sport Canada’s AAP staff. The use of email for contact has increased from 53% in 2009 to 89% in 2019. Far fewer, 8%, are using the telephone as a method of contact, a notable decrease in the past decade from 39% in 2009. The use of traditional mail remains low at 2%.

Results for coaches and CSC representatives are similar, with the highest concentration of contact occurring by email, although one in four coaches contacted by telephone.

Chart 29: Method of AAP Contact



(Those saying yes, have contacted Sport Canada AAP staff)

Q38. How did you contact the Sport Canada AAP staff?

Base: n=285

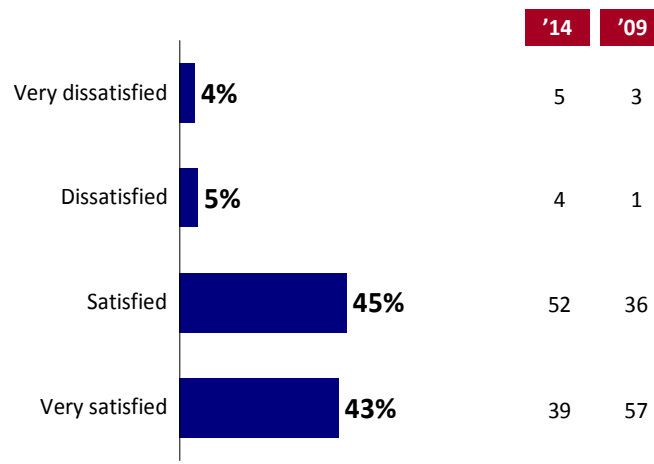
- The incidence of contacting Sport Canada is generally consistent across the subgroups.

Satisfaction with AAP

Satisfaction with the overall quality of service is high among athletes that have contacted Sport Canada's AAP staff. Most athletes were either satisfied (45%) or very satisfied (44%) with the overall quality of service they received when contacting Sport Canada. The proportion of those very satisfied have increased since 2014 when 39% indicated very satisfied, but remains lower than the 57% who were very satisfied in 2009.

Coaches were 85% satisfied or very satisfied with the overall quality of service from AAP staff; with 23% being satisfied and 62% very satisfied. Seven of the eight CSC representatives contacting AAP also said that they were satisfied or very satisfied. Each of the eight also felt that they were provided service in the language of their choice, as was also the case among coaches.

Chart 30: Satisfaction of Overall Quality of Service Received



(Those who contacted Sport Canada AAP staff)

Q39. How satisfied were you with the overall quality of service you received?

Base: n=285

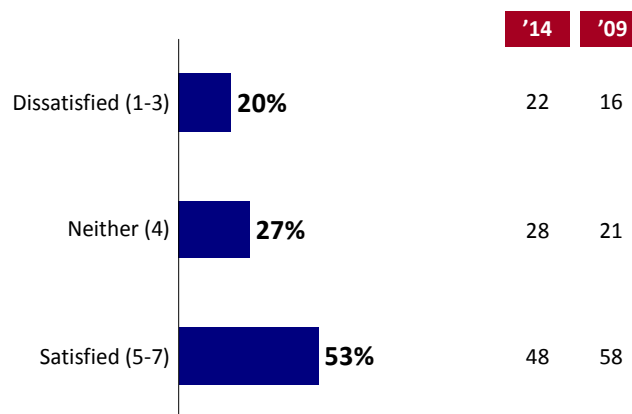
- These levels of satisfaction do not vary significantly across most subgroups, although satisfaction is higher among athletes who are 30 or older compared with younger athletes.

H. ATHLETE REPRESENTATION

Relationship with National Sport Organization

Athletes were asked about their satisfaction with their NSO athlete representative. Three in ten (30%) said that they did not know who their athlete representative is or indicated “don’t know”. Of those who are familiar with their athlete representative, over half (54%) said that they are satisfied with the communication they have had with their NSO athlete representative, although 27% are neither satisfied nor dissatisfied, and one in five (20%) athletes expressed dissatisfaction with their NSO representative. Satisfaction is lower than the 58% reported in 2009, although an increase from the 48% in 2014.

Chart 31: Satisfaction with Athlete Representative



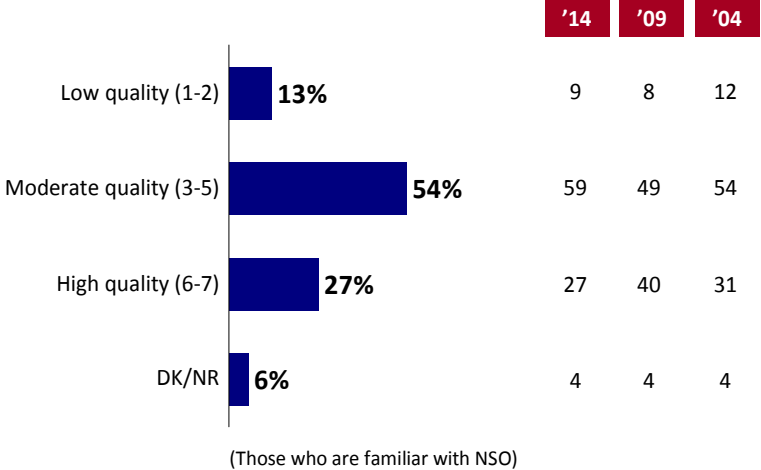
Q32. How satisfied are you with the contact and consultation that you have with your NSO athlete representative for your sport?

Base: n=607, those aware of athlete representative

- Satisfaction is higher among SR1's, as well as among athletes training in Alberta and/or living in BC.

Only one in four athletes indicates that they have a high-quality relationship with their National Sports Organization. The majority (55%) are fairly neutral, rating three, four or five out of seven. Ratings have fluctuated over time, the high point of 40% in 2009.

Chart 32: Quality of Relationship



Q33. How would you rate the quality of your relationship with your National Sport Organization?
Base: n=607

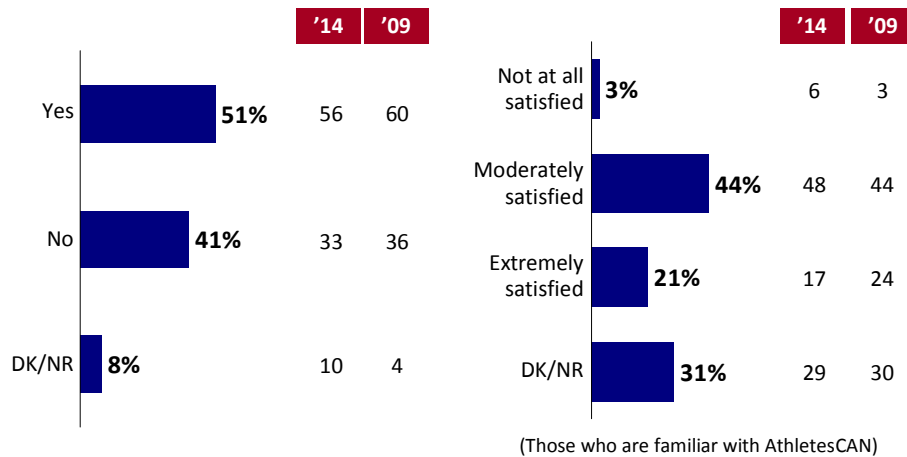
- The quality of relationships with NSO’s is stronger among athletes with personal coaches. Regionally, those in Quebec (along with Francophones) rate the relationship higher.

AthletesCAN Purpose/Representation of Athlete Rep.

Survey results point to a moderately high level of awareness of AthletesCAN, with just over half (51%) of athletes claiming that they know its purpose. That said, two in five (41%) said that they are not familiar with this organization. These results are marginally lower than found in 2014 (56% aware) and 2009 (60% aware).

Even among those familiar, nearly one in three (32%) were not able to rate their satisfaction with the representation of AthletesCAN on issues relevant to their sport. Among those who could rate it, 21% indicated they were extremely satisfied. Over two in five (43%) rated their satisfaction as moderate and few rated their satisfaction as low (4%).

Chart 33: AthletesCAN Purpose/Representation of Athlete Rep.



Q34. Do you know what the purpose of AthletesCAN is? **Base:** n=403

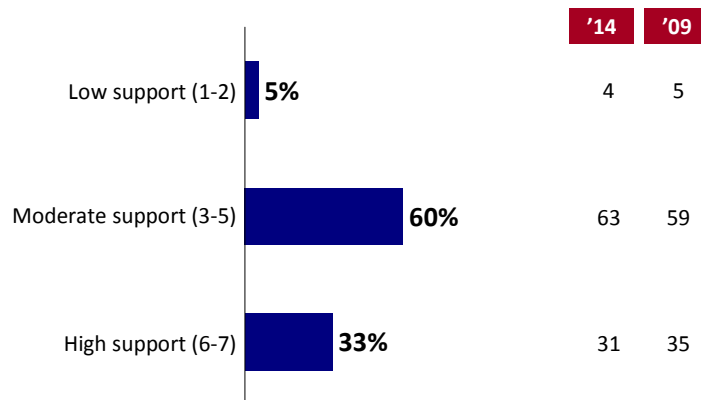
Q35. How satisfied are you with the athlete representation that you think AthletesCAN provides on issues relevant to your sport? **Base:** n=211

- Awareness of the purpose of AthletesCAN is higher among summer sport athletes, athletes in team sports, those with SR and SR1 cards and athletes 25 years of age or older.

I. PERCEPTIONS OF OVERALL SUPPORTIVENESS OF CANADIAN SPORT SYSTEM

Athletes were asked about their perceptions of the supportiveness of the Canadian sport system overall. One in three (33%, consistent with previous measurement periods) rated the system as supportive or very supportive, however, most athletes (60%) said that it is only moderately supportive, rating it a three, four or five out of seven. Only a handful of athletes (5%) gave it a lower rating.

Chart 34: Perceived Supportiveness of Canadian Sport System



Q47. Thinking about what you need to reach your potential, how supportive would you say the Canadian sport system has been overall?

Base: n=846

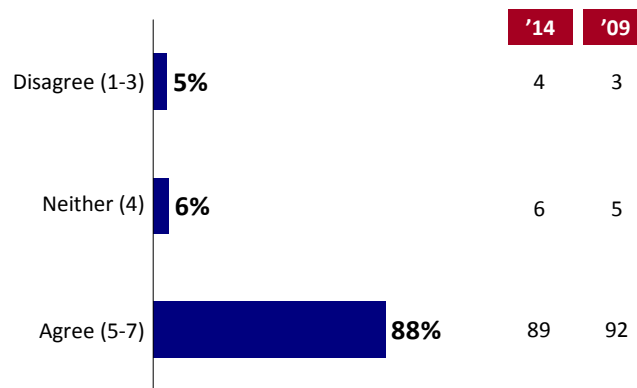
- Satisfaction did not vary significantly by most subgroups, although somewhat higher among the youngest athletes (under 20).

Coaches are similarly tepid in their view of the supportiveness of the Canada sport system, with 32% rating it a six or seven and another 63% giving it a three, four or five, again with the majority rating it a four or five. One in ten said that the system is poor in regards to supporting athletes reach their potential. CSC representatives are more positive about the Canadian sport system than athletes, with 7 out of the 13 rating it with a six or seven, and another five giving it a five.

Through closing comments in the survey, a few coaches advocated for the need for Sport Canada to work more closely with NSOs (through sharing of information, best practices, support mutual understanding), and for AAP to increase communication of programs to athletes. A few CSC representatives also identified the need for improved communication with athletes, NSOs, Athlete Services Managers, and the Canadian Olympic and Paralympic Sport Institute Network.

Nonetheless, the vast majority (88%) of carded athletes said that, if faced with the same decision again, they would still choose to become a high performance athlete. Only one in ten were less apt to agree. Again, results are similar to 2014 (89% agreed), and marginally less positive than they were in 2009 when 92% agreed.

Chart 35: Satisfaction with Decision



Q48. To what extent would you say you agree or disagree with the statement: If faced with the same decision again, I would still choose to become a high performance athlete?

Base: n=846, Don't know – 2%

- Athletes in team sports are more apt to agree that they would choose again to become a high performance athlete.

Perceived Trends in Premature Retirement

The results indicate that premature retirement is a significant concern among coaches. Three out of four coaches (74%) indicated they are aware of high performance athletes in their sport who have retired before reaching their full potential; higher than the 50% who believed this in 2014 although the question changed from more of a belief to an actual awareness in 2019. Nine of the 13 CSC representatives also believe that athletes retire prematurely. That said, 24% of athlete respondents to the survey are 30 years of age or older.

These 74% of coaches aware of athletes in their sport retiring too early were asked to identify what they believe to be the primary factors that motivate athletes to leave their sport. The results point to financial issues and outside career goals as the perceived leading causes of premature retirement. Fully seven in ten of these respondents rated the impact of insufficient income as important. Similarly, about half pointed to family commitments (60%), full-time career pursuits (53%), and conflicts with non-sports career goals (44%) as important. Other areas cited by one in three include lack of financial support, lack of placement on a national team or professional options, or general life balance.

According to CSC representatives, athletes often leave for a wide variety of reasons, but place injury at the top of the list (9 of 13). This is followed by 5 or 6 out of 13 pointing to inadequate technical support, insufficient income, conflict with non-sport career or educational goals, and dissatisfaction with performance. Other reasons offered by CSC representatives include difficulty managing stress, undesirable training environment, lack of transparency (in selection process, or unfair playing field), lack of support from NSO, or insufficient income.

APPENDICES

A. ATHLETE QUESTIONNAIRE (ENGLISH)

PENG

Pretest email

Survey of Canada's high performance athletes / Sondage auprès des athlètes canadiens de haut niveau

La version française du message suit

Dear Sir/Madam;

Sport Canada is sponsoring an important study designed to provide up-to-date information on the needs of Canada's high performance athletes. This study looks at training, economic, social, education, work, and other areas of athletes' lives, as well as the environment of Canadian high performance sport. This research is aimed at updating information collected in the 90's, 2004, 2009 and in 2013, which will help to develop policies and programs that are responsive to the needs of Canadian athletes and reflect the realities of international sport.

We have created an online questionnaire which is straightforward and interesting to complete to collect this information. An electronic message informing National Sport Organizations about this survey was also disseminated from Sport Canada this week. The survey is being conducted by EKOS Research Associates, an independent research consultant and only we will see your responses. Your answers are completely confidential. No results will be associated with any personal identities. The reporting of results will be rolled up into large categories of athletes (with no fewer than 30 people in any group reported), so that confidentiality may be protected.

To participate, please visit the survey web site by using one of these two links:

For an accessible version of the survey use the link here:

[https://97.ca/ekos/cwx.cgi?_proj=02519A&_lang=EN&_access=1&_telkey={\\$telkey}](https://97.ca/ekos/cwx.cgi?_proj=02519A&_lang=EN&_access=1&_telkey={$telkey})

For a traditional version of the survey use the link here:

[https://97.ca/ekos/cwx.cgi?EN:02519A:{\\$telkey}](https://97.ca/ekos/cwx.cgi?EN:02519A:{$telkey})

Note that this link contains an access code unique to you, so please do not forward it to others. Everyone will receive their own unique link.

The questionnaire could take about 20 to 25 minutes to complete, so you may prefer to do it in stages. If you leave the survey before completing it, you can return to the survey URL later, and you will be returned to the page where you left off. Your answers up to that point in the survey

will be saved.

Because this is a test of the survey questionnaire, we would ask you to try and complete it over the next few days. (The finalized survey for all carded athletes is due to commence in a few weeks.) You should also know that your responses from this test will be retained for the survey analysis (so, you will not be asked to participate a second time during the main survey collection period).

If you have any questions regarding this survey, please email us at athletes@ekos.com or call us at 1-800-388-2873. You may also call Bob Price, Manager of the Athletes Assistance Program, at Sport Canada at (819) 956-8027 if you have any questions about the legitimacy of or context for the survey.

Thank you in advance for your participation.

Susan Galley

Senior Vice President, Quantitative Research

sgalley@ekos.com

Telephone (613) 235-7215 ext. 123

Facsimile (613) 235-8498

www.ekos.com

Madame/Monsieur,

Sport Canada parraine une importante étude destinée à procurer une information à jour sur les besoins des athlètes canadiens de haut niveau. L'étude porte sur leur formation, leur situation socioéconomique, leurs études, le travail et divers autres aspects de la vie d'un athlète, de même que sur l'environnement de la pratique sportive de haut niveau au Canada. La présente recherche permettra une mise à jour des renseignements obtenus dans les années 1990 et en 2004, de manière à concevoir des lignes de conduite et des programmes qui répondent aux besoins des athlètes canadiens et qui reflètent la réalité du sport à l'échelle internationale.

Nous avons créé un questionnaire en ligne à la fois simple à remplir et intéressant afin de recueillir les renseignements voulus. Sport Canada a adressé cette semaine aux organismes nationaux de sport un message électronique pour les informer de la tenue du présent sondage. Le sondage est mené par les Associés de recherche EKOS, une maison de recherche indépendante, et nous serons les seuls à prendre connaissance de vos réponses. Celles-ci vont demeurer absolument confidentielles. Aucun résultat ne pourra être attribué à quelqu'un en particulier. Pour le rapport, les résultats seront groupés en de grandes catégories d'athlètes (tout groupe dont le rapport fera état sera composé d'au moins 30 personnes), de manière à garantir l'anonymat des répondants.

Pour prendre part au sondage, veuillez vous servir d'un des liens suivants :

Pour une version du sondage accessible, utilisez ce lien :

[https://97.ca/ekos/cwx.cgi? proj=02519A& lang=FR& access=1& telkey={\\$ telkey}](https://97.ca/ekos/cwx.cgi? proj=02519A& lang=FR& access=1& telkey={$ telkey})

Pour une version du sondage traditionnelle, utilisez ce lien :
[https://97.ca/ekos/cwx.cgi?FR:02519A:{\\$_telkey}](https://97.ca/ekos/cwx.cgi?FR:02519A:{$_telkey})

Précisons que ce lien renferme un code d'accès qui vous appartient en propre; par conséquent veuillez ne pas le transmettre à quelqu'un d'autre. Chaque répondant aura son lien unique en soi.

Puisqu'il pourrait vous falloir de 20 à 25 minutes pour répondre au questionnaire, vous préférerez peut-être procéder par étapes. Si vous quittez le sondage avant de l'avoir terminé, vous pourrez recomposer l'adresse URL plus tard pour être ramené à la page où vous étiez en quittant. Les réponses que vous aurez données jusque là auront été sauvegardées.

Comme le présent questionnaire constitue un test, nous vous saurions gré d'essayer de le remplir dans les prochains jours. (Le sondage définitif à l'intention de tous les athlètes brevetés devrait commencer d'ici quelques semaines.) Vos réponses au test actuel seront retenues aux fins de l'analyse (on ne vous demandera donc pas de refaire le sondage une seconde fois lors de la véritable collecte de données).

Pour toute question au sujet du présent sondage, veuillez adresser un courriel à athletes@ekos.com ou nous téléphoner au 1-888-688-0709. Vous pourrez également communiquer avec Bob Price, gestionnaire du Programme d'aide aux athlètes à Sport Canada, au (819) 956-8027, si vous avez des questions concernant l'authenticité de ce sondage ou son contexte.

Merci à l'avance de votre participation.
Susan Galley
Vice-présidente principale, Recherche quantitative
sgalley@ekos.com
Téléphone (613) 235-7215, poste 123
Télécopieur (613) 235-8498
www.ekos.com

WINTRO

WEB INTRO

Welcome to the 2019 Status of the High Performance Athletes survey! EKOS Research Associates has been commissioned by Sport Canada to conduct a survey of high performance athletes. The purpose of this research is to provide up-to-date information on the needs of Canada's high performance athletes. This study looks at training, economic, social, education, work, and other areas of athletes' lives, as well as the environment of Canadian high performance sport. This research is aimed at updating information collected in the 90's, 2004, 2009 and in 2013, which will help to develop policies and programs that are responsive to the needs of Canadian athletes and reflect the realities of international sport. Appreciating how busy the schedules of high performance athletes are and the 25 minutes or so that it will take to participate in this survey, your name will be entered into a lottery-style draw. **You will have a one in 500 chance of winning several prizes valued at roughly \$500.**

Your participation is voluntary and completely confidential. Any information you provide will be administered in accordance with the Privacy Act and other applicable privacy laws.

INSTRUCTIONS

Please consider the questions and your answers carefully. On each screen, after selecting your answer, click on the "Back" or "Continue" buttons at the bottom of the screen to move forward or backward in the questionnaire.

If you leave the survey before completing it, you can return to the survey URL later, and you will be returned to the page where you left off. Your answers up to that point in the survey will be saved.

If you have any questions about how to complete the survey, please call EKOS Research Associates at 1-800-388-2873 or send an email to athletes@ekos.com. Thank you in advance for your participation.

Q1 [1,3]

There are a number of reasons why a person might become a high performance athlete. Which of the following are the top three factors in your decision to pursue an athletic career?

Desire to win	1
Pursuit of excellence	2
Money/material rewards	3
Fame and glory	4
National pride	5
Pure enjoyment of physical activity	6
Enjoyable lifestyle	7
Influence of family/peers	8
Personal/self development	9
Motivated by a role model	10
Encouraged by a coach or instructor	11
Pursue professional career in sport	12
For the love of sport	13
Other (please specify)	77
Don't know/No response	99

PQ2

Following is a list of factors that can influence how satisfied you are with your career as a high performance athlete. Using the scale provided, to what extent are you satisfied with the following aspects of your experience in high performance sport?

Q2A

Your level of achievement/performance

Extremely dissatisfied 1	1
2	2
3	3
Neither 4	4
5	5
6	6
Extremely satisfied 7	7
Not applicable	98
Don't know	99

Q2B

The recognition you receive

Extremely dissatisfied 1	1
2	2
3	3
Neither 4	4
5	5
6	6
Extremely satisfied 7	7
Not applicable	98
Don't know	99

Q2C

Enjoyment you get from your sport

Extremely dissatisfied 1	1
2	2
3	3
Neither 4	4
5	5
6	6
Extremely satisfied 7	7
Not applicable	98
Don't know	99

Q2D

The amount of income/material rewards derived from your involvement in sport

Extremely dissatisfied 1	1
2	2
3	3
Neither 4	4
5	5
6	6
Extremely satisfied 7	7
Not applicable	98
Don't know	99

Q2E

Confidence in a doping-free Canadian sport environment

Extremely dissatisfied 1	1
2	2
3	3
Neither 4	4
5	5
6	6
Extremely satisfied 7	7
Not applicable	98
Don't know	99

Q2F

Experiencing a violence-free Canadian sport environment	
Extremely dissatisfied 1	1
2	2
3	3
Neither 4	4
5	5
6	6
Extremely satisfied 7	7
Not applicable	98
Don't know	99

Q2G

Treated with respect within your Canadian sport environment	
Extremely dissatisfied 1	1
2	2
3	3
Neither 4	4
5	5
6	6
Extremely satisfied 7	7
Not applicable	98
Don't know	99

Q2H

Experiencing a harassment/abuse-free Canadian sport environment	
Extremely dissatisfied 1	1
2	2
3	3
Neither 4	4
5	5
6	6
Extremely satisfied 7	7
Not applicable	98
Don't know	99

Q2I

Experiencing a safe Canadian sport environment	
Extremely dissatisfied 1	1
2	2
3	3
Neither 4	4
5	5
6	6
Extremely satisfied 7	7
Not applicable	98
Don't know	99

Q2J

Experiencing a fair and inclusive Canadian sport environment

Extremely dissatisfied 1	1
2	2
3	3
Neither 4	4
5	5
6	6
Extremely satisfied 7	7
Not applicable	98
Don't know	99

Q3

Do you have a written annual training and competition plan that is tailored to you specifically?

Yes	1
No	2
Don't know/No response	99

Q4

Who is primarily responsible for developing your annual training and competition plan?

National Team Coach	1
Discipline Coach	2
Personal Coach	3
Yourself	4
Combination of above	5
Other (please specify)	77
Don't know/No response	99

Q5

How satisfied are you with the extent of input that you had into the development of your training and competition plan?

1 Not at all satisfied	1
2	2
3	3
4 Moderately satisfied	4
5	5
6	6
7 Extremely satisfied	7
Don't know/No response	99

Q6

How satisfied are you with your training and competition plan overall?

1 Not at all satisfied	1
2	2
3	3
4 Moderately satisfied	4
5	5
6	6
7 Extremely satisfied	7
Don't know/No response	99

Q7

Which of these best describes your sport-specific principal coach?

My coach is employed by my National Sport Organization (NSO) on a full-time basis	1
My coach is employed or contracted by my NSO on a part-time basis	2
My coach is my personal coach (i.e. not employed or contracted by my NSO)	3
There is no one person whom I regard as my principal coach	4
Other (please specify)	77
Don't know/No response	99

Q8P

The next few questions are referring to this same "principal coach".

Q8

On average, how many hours per week do you have contact with your principal coach during training and competition periods?

Hours per week	1
Don't know/No response	99

Q8A

How much do you pay annually, on average for the services provided by principal coach?

Fee per year	1
Don't know/No response	99

PQ9

How satisfied are you with the following about your principal coach?

Q9A

Amount of time they spend with you

Not at all satisfied 1	1
2	2
3	3
Moderately satisfied 4	4
5	5
6	6
Extremely satisfied 7	7
Don't know	99

Q9B

Technical expertise

Not at all satisfied 1	1
2	2
3	3
Moderately satisfied 4	4
5	5
6	6
Extremely satisfied 7	7
Don't know	99

Q9C

Overall quality of coaching

Not at all satisfied 1	1
2	2
3	3
Moderately satisfied 4	4
5	5
6	6
Extremely satisfied 7	7
Don't know	99

Q10

What was the average number of hours per week you devoted to your sport during the training and competitive period in the past year? Please include the time you devoted to training, meetings with coaches and sport scientists, competitions, travel, recovery activities, etc.

Hours per week	1
Don't know/No response	99

PQ11

How adequate or inadequate are each of the following to support your Olympic/Paralympic/World Championship aspiration?

Q11A

The type of competition experience you are getting

Not at all adequate 1	1
2	2
3	3
Moderately adequate 4	4
5	5
6	6
Completely adequate 7	7
Not applicable	98
Don't know	99

Q11B

The amount of competition experience you are getting

Not at all adequate 1	1
2	2
3	3
Moderately adequate 4	4
5	5
6	6
Completely adequate 7	7
Not applicable	98
Don't know	99

Q11C

The quality of training you are getting

Not at all adequate 1	1
2	2
3	3
Moderately adequate 4	4
5	5
6	6
Completely adequate 7	7
Not applicable	98
Don't know	99

Q11D

The amount of training experience you are getting

Not at all adequate 1	1
2	2
3	3
Moderately adequate 4	4
5	5
6	6
Completely adequate 7	7
Not applicable	98
Don't know	99

Q11E

The sport science and sport medicine services you are getting during training

Not at all adequate 1	1
2	2
3	3
Moderately adequate 4	4
5	5
6	6
Completely adequate 7	7
Not applicable	98
Don't know	99

Q11F

The sport science and sport medicine services you are getting during competition periods

Not at all adequate 1	1
2	2
3	3
Moderately adequate 4	4
5	5
6	6
Completely adequate 7	7
Not applicable	98
Don't know	99

Q11G

The physical access you have to high quality training facilities

Not at all adequate 1	1
2	2
3	3
Moderately adequate 4	4
5	5
6	6
Completely adequate 7	7
Not applicable	98
Don't know	99

Q11H

Financial support from all sources

Not at all adequate 1	1
2	2
3	3
Moderately adequate 4	4
5	5
6	6
Completely adequate 7	7
Not applicable	98
Don't know	99

PQ12

Thinking about the last 12 months, how satisfied or dissatisfied have you been with your access to the following services in the official language of your choice?

Q12A

Coaching services provided by your National Sport Organisation (NSO)

Not at all satisfied 1	1
2	2
3	3
Moderately satisfied 4	4
5	5
6	6
Extremely satisfied 7	7
Not applicable	98
Don't know	99

Q12B

General services (including communications) from your National Sport Organisation (NSO)

Not at all satisfied 1	1
2	2
3	3
Moderately satisfied 4	4
5	5
6	6
Extremely satisfied 7	7
Not applicable	98
Don't know	99

Q12C

General services (including communications) from your Canadian Sport Institute (CSI)

Not at all satisfied 1	1
2	2
3	3
Moderately satisfied 4	4
5	5
6	6
Extremely satisfied 7	7
Not applicable	98
Don't know	99

Q13

Were you able to access all the sport science and sport medicine services you needed over the last 12 months from your Canadian Sport Institute (CSI)?

Yes	1
No	2
Don't know/No response	99

Q13B

Do you feel there is sufficient information available about the type of sport science and sport medicine services available from your Canadian Sport Institute (CSI)?

Yes	1
No	2
Don't know/No response	99

Q14

Are you aware of the types of services that are available from Game Plan at your Canadian Sport Institute (CSI)?

Yes	1
No	2
Don't know/No response	99

Q14B

Have you used any of the Game Plan services?

Yes	1
No	2
Don't know/No response	99

Q14C

How satisfied would you say you are with the Game Plan services you have received?

1 Not at all satisfied	1
2	2
3	3
4 Moderately satisfied	4
5	5
6	6
7 Extremely satisfied	7

Not applicable	98
Don't know	99

Q15 [1,9]

Which of the following sport science services would you consider to be important to you in terms of the positive impact that they can have on your performance?

Select all that apply

Biomechanics	1
Fitness testing	2
Nutrition	3
Individual athlete performance analysis [Roll over]> Measurement and analysis of an individual athlete's performance over time to determine progression toward specific performance goals in the annual training plan	4
International competition performance analysis [Roll over]> Collection of athlete performance in international competition over time to understand: Canadian athlete standing relative to world performance. Establish performance pathways and gold medal profiles over Olympic/Paralympic cycles. Understand ranking of Canadians athletes in the world to establish short and long term performance goals and requisite training and competitive programs	5
Physiology assessment and monitoring	6
Sport psychology	7
Skill/technique analysis	8
Strength and conditioning	9
None	98
Don't know	99

Q16 [1,9]

Not NA/DK/NR, Q15; Only showing items selected, Q15

Thinking about the quality of the sport science services you have received from the CSI over the last 12 months, which ones, if any, would you say are in need of improvement?

Select all that apply

Q15 = 1	
Biomechanics	1
Q15 = 2	
Fitness testing	2
Q15 = 3	
Nutrition	3
Q15 = 4	
Individual athlete performance analysis [Roll over]> Measurement and analysis of an individual athlete's performance over time to determine progression toward specific performance goals in the annual training plan.	4
Q15 = 5	
International competition performance analysis [Roll over]> Collection of athlete performance in international competition over time to understand: Canadian athlete standing relative to world performance. Establish performance pathways and gold medal profiles over Olympic/Paralympic cycles. Understand ranking of Canadians athletes in the world to establish short and long term performance goals and requisite training and competitive programs.	5
Q15 = 6	
Physiology assessment and monitoring	6
Q15 = 7	
Sport psychology	7
Q15 = 8	
Skill/technique analysis	8
Q15 = 9	
Strength and conditioning	9

No improvement necessary	98
Don't know	99

Q17 [1,9]

Which of the following sport medicine services would you consider to be important to you in terms of the positive impact that they can have on your performance?

Select all that apply

Chiropractic	1
Massage	2
Osteopathy	3
Physiotherapy	4
Podiatry	5
Advice/treatment from a sport doctor (e.g. team doctor, CSI-based doctor)	6
Athletic therapy	7
Physical health assessments and care	8
Mental health assessments and care	9
None	98
Don't know	99

Q18 [1,9]

Not NA/DK/NR, Q17; Only showing items selected, Q17

Thinking about the quality of the sport medicine services you have received from the CSI over the last 12 months, which ones, if any, would you say are in need of improvement?

Select all that apply

Q17 = 1	
Chiropractic	1
Q17 = 2	
Massage	2
Q17 = 3	
Osteopathy	3
Q17 = 4	
Physiotherapy	4
Q17 = 5	
Podiatry	5
Q17 = 6	
Advice/treatment from a sport doctor (e.g. team doctor, CSI-based doctor)	6
Q17 = 7	
Athletic therapy	7
Q17 = 8	
Physical health assessments and care	8
Q17 = 9	
Mental health assessments and care	9
No improvement necessary	98
Don't know	99

PQ19A

The following section will help to profile the current economic situation for carded athletes and the potential need for assistance. Please be assured that all responses will be seen only by the research team at EKOS Research and will be kept completely confidential. No data sent back to Sport Canada will enable the identification of individual athletes.

Q19

What was your gross annual income (i.e., before taxes are deducted) on your **2018** Canada Revenue Agency Notice of Assessment?

Please enter numbers without commas and enter zero if no income is received from a specific source on an annual basis.

Gross annual income	1
Don't know/No response	99

PQ20

What was the approximate amount you received **in 2018** for the following sources:

Please enter numbers without commas and enter zero if no income is received from a specific source on an annual basis.

Q20A

Provincial/Territorial government athlete assistance

Gross annual income	1
Don't know/ No response	99

Q20B

NSO direct support - performance bonus, living and training subsidy etc.

Gross annual income	1
Don't know/ No response	99

Q20C

Sport-related income - pro-salary, prize money, sponsorship, endorsements, athletic scholarship etc.

Gross annual income	1
Don't know/ No response	99

Q20D

Sport awards - RONA, HBC, Petro Canada, Bell, Investors Group, RBC, VISA, CAN Fund, Fast Canada, COC Athlete Excellence Fund, Fondation de l'athlète d'excellence du Québec, Fondation Nordiques etc.

Gross annual income	1
Don't know/ No response	99

Q20E

Other - donations, employment insurance or social assistance, interest or dividends, provincial/territorial sport organization financial support, etc.

Gross annual income	1
Don't know/ No response	99

Q21

Provided income, Q20

Please confirm that <Q20TOTAL> was your approximate total gross annual income (before taxes are deducted) for 2018 from all sources?

Yes	1
No	2
Don't know/No response	99

Q22A

Have you incurred any loans to assist you to pursue your athletic career?

Yes	1
No	2
Don't know/No response	99

Q22B [1,5]

Loans, Q22A

Which of the following type of loans do you have currently?

Select all that apply

Government student loans	1
Loans from parents, spouse, friend	2
Loans from financial institutions (excluding mortgages)	3
Credit cards	4
Other (please specify)	77
Don't know/No response	99

Q23

Loans, Q31A

Approximately how much would you say that you owe in loans where there is an expectation that they will be paid back?

Amount owed	1
Don't know / No response	99

PQ24

To what extent do you depend on each of the following sources for financial or material support that you are not required to pay back?

Q24A

Family member(s) (Parents, spouse/partner, sister, friends, etc...)

No extent at all 1	1
2	2
3	3
Moderate extent 4	4
5	5
6	6
Great extent 7	7
Not applicable	98
Don't know	99

Q24B

Sport Canada AAP

No extent at all 1	1
2	2
3	3
Moderate extent 4	4
5	5
6	6
Great extent 7	7
Not applicable	98
Don't know	99

Q24C

Provincial/territorial AAP

No extent at all 1	1
2	2
3	3
Moderate extent 4	4
5	5
6	6
Great extent 7	7
Not applicable	98
Don't know	99

PQ25

What are the approximate average monthly expenses you incur in each of the following areas?

Please enter numbers without commas and enter zero if no expenses are incurred on a monthly basis.

Q25A

Housing (including mortgage/rent, utilities and all housing related expenses)

Amount	1
Don't know/ No response	99

Q25B

Living expenses - food, clothing, transportation etc

Amount	1
Don't know/ No response	99

Q25C

Sport expenses - equipment, competition entry fees, coaching fees, travel, facility user fees etc

Amount	1
Don't know/ No response	99

Q25D

Other (any other monthly expenses not accounted for above)

Amount	1
Don't know/ No response	99

PQ26

Thinking about the last 12 months, how much has money been a barrier to your accessing each of the following:

Q26A

Appropriate nutrition

No extent at all	1
2	2
3	3
Moderate extent	4
5	5
6	6
Great extent	7
Don't know	99

Q26B

Coaching services

No extent at all	1
2	2
3	3
Moderate extent	4
5	5
6	6
Great extent	7
Don't know	99

Q26C

Domestic Competitions

No extent at all	1
2	2
3	3
Moderate extent	4
5	5
6	6
Great extent	7
Don't know	99

Q26D

International Competitions

No extent at all	1
2	2
3	3
Moderate extent	4
5	5
6	6
Great extent	7
Don't know	99

Q26E

Equipment

No extent at all	1
2	2
3	3
Moderate extent	4
4	4
5	5
6	6
Great extent	7
7	7
Don't know	99

Q26F

Proper housing

No extent at all	1
1	1
2	2
3	3
Moderate extent	4
4	4
5	5
6	6
Great extent	7
7	7
Don't know	99

Q26G

Sport medicine services

No extent at all	1
1	1
2	2
3	3
Moderate extent	4
4	4
5	5
6	6
Great extent	7
7	7
Don't know	99

Q26H

Training facilities

No extent at all	1
1	1
2	2
3	3
Moderate extent	4
4	4
5	5
6	6
Great extent	7
7	7
Don't know	99

Q27

Approximately what level of total gross annual personal income (before taxes are deducted) would be the minimum necessary to support yourself and enable you to train on a full-time basis?

Less than \$20,000	1
\$20,000-\$29,999	2
\$30,000-\$39,999	3
\$40,000-\$49,999	4

\$50,000-\$59,999	5
\$60,000-\$69,999	6
\$70,000-\$79,999	7
\$80,000-\$99,999	8
\$100,000-\$119,999	9
\$120,000 or more	10
Don't know/No response	99

Q28

At what level of total gross annual personal income (before taxes are deducted) do you believe that support from the AAP would no longer be necessary to cover your own annual living expenses?

Less than \$20,000	1
\$20,000-\$29,999	2
\$30,000-\$39,999	3
\$40,000-\$49,999	4
\$50,000-\$59,999	5
\$60,000-\$69,999	6
\$70,000-\$79,999	7
\$80,000-\$99,999	8
\$100,000-\$119,999	9
\$120,000 or more	10
Do not believe that there should be an upper limit on personal income for AAP	98
Don't know/No response	99

PQ29

The following reflect various views on Sport Canada financial support for athletes. Please indicate the extent to which you agree or disagree with each of the following statements.

Q29A

The AAP has made it possible for me to achieve higher levels of athletic performance	
Strongly disagree 1	1
2	2
3	3
Neither 4	4
5	5
6	6
Strongly agree 7	7
Don't know	99

Q29B

The funding provided to me by the AAP is sufficient to meet my living and training needs

Strongly disagree 1	1
2	2
3	3
Neither 4	4
5	5
6	6
Strongly agree 7	7
Don't know	99

Q29C

I received AAP funding too late in my career	
Strongly disagree 1	1
2	2
3	3
Neither 4	4
5	5
6	6
Strongly agree 7	7
Don't know	99

Q29D

AAP is assisting or has assisted me in pursuing post-secondary education	
Strongly disagree 1	1
2	2
3	3
Neither 4	4
5	5
6	6
Strongly agree 7	7
Don't know	99

PQ30

Are you aware of these other AAP supplemental support services?

Q30A

Tuition and Deferred Tuition, \$5,500 maximum per carding cycle and up to a lifetime maximum of \$26,500 as of April 2019	
Yes	1
No	2
Don't know	99

Q30B

Supplemental support – Excellence living and training allowance, up to \$6,000	
Yes	1
No	2
Don't know	99

Q30C

Supplemental support – Child dependant allowance, up to \$6,000	
Yes	1
No	2
Don't know	99

Q30D

Supplemental support – Training and competition allowance for Paralympic athletes with high support needs, up to \$6,000	
Yes	1
No	2
Don't know	99

Q31

Did you know that Tuition and Deferred Tuition support can be applied to coaching courses such as the National Coaching Certification Program or the National Coaching Institute?

Yes	1
No	2
Don't know	99

Q32

How satisfied are you with the contact and consultation that you have with your NSO athlete representative for your sport?

1 Extremely dissatisfied	1
2	2
3	3
4 Neither	4
5	5
6	6
7 Extremely satisfied	7
Not aware of who my athlete representative is	98
Don't know/No response	99

Q33

Aware, Q32 1-7

How would you rate the quality of your relationship with your NSO?

1 Extremely low quality	1
2	2
3	3
4 Moderate quality	4
5	5
6	6
7 Extremely high quality	7
Don't know/No response	99

Q34

Half-sample, Q34

Do you know what the purpose of AthletesCAN is?

Yes	1
No	2
Don't know/No response	99

Q35

Yes, Q34

How satisfied are you with the athlete representation that you think AthletesCAN provides on issues relevant to your sport?

Not at all satisfied	1
Moderately satisfied	2
Extremely satisfied	3
Don't know enough to comment	99

Q36

The main contact for athletes receiving AAP support is their NSO, however from time to time athletes contact AAP staff for information about the Program or questions regarding the benefits of the Program. The following section is designed to ascertain your satisfaction as an athlete with the service provided by AAP staff.

Have you contacted Sport Canada AAP staff in the past 12 months?

Yes	1
No	2
No response	99

Q37A

Yes, Q36

Do you feel that athlete voices have an impact in decision-making at your National Sport Organization (NSO)?

Yes	1
No	2
No response	99

Q37B

Yes, Q36

Did you feel that you were being served in the language of your choice (i.e., English or French)?

Yes	1
No	2
No response	99

Q38

Yes, Q36

How did you contact the Sport Canada AAP staff?

(Please select main method if you used more than one)

Telephone	1
Email	2
Mail	3
Fax	4
Other (please specify)	77
No response	99

Q39

Yes, Q36

How satisfied were you with the overall quality of service you received?

Very dissatisfied	1
Dissatisfied	2
Satisfied	3
Very satisfied	4
Not used/Not applicable	98
Don't know/No response	99

Q40P

In this final section, you are being asked a series of questions about your background, including your education and family status. This information is being gathered in order to better understand the groups of athletes that have provided specific types of responses and your responses will be kept strictly confidential.

Q40

Are you currently attending school?

Yes	1
No	2
No response	99

Q41

Is that full-time or part-time?

Full-time	1
Part-time	2
No response	99

Q42

Do you attend:

High school	1
College/CEGEP	2
Vocational school	3
University	4
Other (please specify)	77
No response	99

Q42B

University, Q42

Is this in Canada?

Yes	1
No	2
No response	99

Q43

What is the highest level of formal education that you have completed?

Primary School	1
High School	2
College/CEGEP	3
University Undergraduate	4
University Graduate or post graduate	5
Other (please specify)	77
No response	99

Q44

What is your current marital status?

Never married	1
Now married/common law	2
Separated	3
Divorced	4
Widowed	5
No response	99

PQ45

Do you have any dependents? A dependent is a person who you provide material support for (e.g., living expenses, shelter).

Q45A

Number of dependents

Yes, specify number	1
No	98
No response	99

Q46

Do you live with your parents?

Yes	1
No	2
No response	99

Q47

Thinking about what you need to reach your potential, how supportive would you say the Canadian sport system has been overall?

1 Not at all supportive	1
2	2
3	3
4 Moderately supportive	4
5	5
6	6
7 Very supportive	7
Don't know/No response	99

Q48

To what extent would you say you agree or disagree with the statement:
If faced with the same decision again, I would still choose to become a high performance athlete.

1 Strongly disagree	1
2	2
3	3
4 Neither agree nor disagree	4
5	5
6	6
7 Strongly agree	7
Don't know/No response	99

Q49

Finally, do you have any comments on topics not addressed in the questionnaire that you wish to bring to the attention of AAP management?

Yes (please specify)	77
No other comments	98
Don't know/No answer	99

THNKW

Thank you very much for taking the time to complete this survey.

B. COACH QUESTIONNAIRE (ENGLISH)

WINTRO

WEB INTRO

Welcome to the survey! EKOS Research Associates has been commissioned by Sport Canada to conduct a survey of coaches of high performance athletes. The purpose of this research is to provide up-to-date information on the needs of Canada's high performance athletes. The purpose of this research is to provide up-to-date information on the needs of Canada's high performance athletes. This study looks at training, economic, social, education, work, and other areas of athletes' lives, as well as the environment of Canadian high performance sport. This research is aimed at updating information collected regularly since 1990, designed to help develop policies and programs that are responsive to the needs of Canadian athletes and reflect the realities of international sport.

Your participation is voluntary and completely confidential. Any information you provide will be administered in accordance with the Privacy Act and other applicable privacy laws. The survey will likely take about 15 minutes to complete.

INSTRUCTIONS

Please consider the questions and your answers carefully.

On each screen, after selecting your answer, click on the "Continue" or "Back" buttons at the bottom of the screen to move forward or backward in the questionnaire

If you leave the survey before completing it, you can return to the survey URL later, and you will be returned to the page where you left off. Your answers up to that point in the survey will be saved

If you have any questions about how to complete the survey, please call EKOS Research Associates at 1-800-388-2873 or send an email to athletes@ekos.com

Thank you in advance for your participation.

Q1

Would you describe your position as:

High Performance Director	1
National Team Coach	2
Other (please specify)	77

Q2 [1,6]

Are you employed by a:

National Sport Organization	1
Provincial Sport Organization	2
Club	3
University	4
Self-employed	5
Any other sport-related organization or group	77
No response	99

Q3

Skip if high performance director, Q1

How many nationally carded athletes do you currently coach or work with?

Total	1
Don't know/No response	99

Q4

Have you coached/worked with any athletes to Olympic, Paralympic or World Championship medals?

Yes	1
No	2
Don't know/No response	99

Q4B

Yes, Q4

In which year was the most recent medal won?

Year	1
Never	98
Don't know/No response	99

Q5P

In a number of the questions throughout the questionnaire you will be asked to respond on the basis of all athletes you work with on a regular basis. The purpose of these questions is to ask coaches and High Performance Directors to provide an overall perspective across all of the athletes that you are in contact with.

Q6

How satisfied are you with the extent of input that you have into the development of the training and competition plans of the athletes you work with?

1 Not at all satisfied	1
2	2
3	3
4 Moderately satisfied	4
5	5
6	6
7 Extremely satisfied	7
Don't know/No response	99

Q7P

How adequate or inadequate are each of the following to support the Olympic/Paralympic/ World Championship aspirations of the athletes you work with?

Q7A

The type of competition experience they are getting

Not at all adequate 1	1
2	2
3	3
Moderately adequate 4	4

5	5
6	6
Completely adequate 7	7
Not applicable	98
Don't know	99

Q7B

The amount of competition experience they are getting

Not at all adequate 1	1
2	2
3	3
Moderately adequate 4	4
5	5
6	6
Completely adequate 7	7
Not applicable	98
Don't know	99

Q7C

The quality of training they are getting

Not at all adequate 1	1
2	2
3	3
Moderately adequate 4	4
5	5
6	6
Completely adequate 7	7
Not applicable	98
Don't know	99

Q7D

The amount of training experience they are getting

Not at all adequate 1	1
2	2
3	3
Moderately adequate 4	4
5	5
6	6
Completely adequate 7	7
Not applicable	98
Don't know	99

Q7E

The sport science and sport medicine services they are getting

Not at all adequate 1	1
2	2
3	3
Moderately adequate 4	4
5	5
6	6
Completely adequate 7	7
Not applicable	98
Don't know	99

Q7F

The physical access they have to high quality training facilities

Not at all adequate 1	1
2	2
3	3
Moderately adequate 4	4
5	5
6	6
Completely adequate 7	7
Not applicable	98
Don't know	99

Q7G

Financial support they have from all sources

Not at all adequate 1	1
2	2
3	3
Moderately adequate 4	4
5	5
6	6
Completely adequate 7	7
Not applicable	98
Don't know	99

Q8

Are you aware of high performance athletes in your sport who have retired prematurely from the national team; that is before they reach their full potential?

Yes	1
No	2
Don't know/No response	99

Q9P

Relatively speaking, how important do you think each of the following reasons are for why high performance athletes in your sport retire prematurely?

Q9A

Yes, Q8

Dissatisfaction with their own performance

Extremely unimportant 1	1
2	2
3	3
Neither 4	4
5	5
6	6
Extremely important 7	7
Don't know	99

Q9B

Yes, Q8

Insufficient income to support family (that is, income from all sources)

Extremely unimportant	1
2	2
3	3
Neither 4	4
5	5
6	6
Extremely important	7
Don't know	99

Q9C

Yes, Q8

Family commitments (i.e., time constraints)

Extremely unimportant	1
2	2
3	3
Neither 4	4
5	5
6	6
Extremely important	7
Don't know	99

Q9D

Yes, Q8

Conflict with non-sport career goals

Extremely unimportant	1
2	2
3	3
Neither 4	4
5	5
6	6
Extremely important	7
Don't know	99

Q9E

Yes, Q8

Conflict with educational goals

Extremely unimportant	1
2	2
3	3
Neither 4	4
5	5
6	6
Extremely important	7
Don't know	99

Q9F

Yes, Q8

Inadequate technical support (e.g., coaches and facilities)

Extremely unimportant	1
2	2
3	3
Neither 4	4
5	5
6	6
Extremely important	7
Don't know	99

Q9G

Yes, Q8

Injury

Extremely unimportant	1
2	2
3	3
Neither 4	4
5	5
6	6
Extremely important	7
Don't know	99

Q9H

Yes, Q8

Conflict with coaches

Extremely unimportant	1
2	2
3	3
Neither 4	4
5	5
6	6
Extremely important	7
Don't know	99

Q9I

Yes, Q8

Reached personal objectives

Extremely unimportant	1
2	2
3	3
Neither 4	4
5	5
6	6
Extremely important	7
Don't know	99

Q9J

Yes, Q8

Unwillingness to relocate

Extremely unimportant 1	1
2	2
3	3
Neither 4	4
5	5
6	6
Extremely important 7	7
Don't know	99

Q9K

Yes, Q8

Pursued professional sport opportunities

Extremely unimportant 1	1
2	2
3	3
Neither 4	4
5	5
6	6
Extremely important 7	7
Don't know	99

Q9L

Yes, Q8

Pursued a full-time career

Extremely unimportant 1	1
2	2
3	3
Neither 4	4
5	5
6	6
Extremely important 7	7
Don't know	99

Q9M

Is there any other reason why athletes retire prematurely that has not already been covered here?

Response	77
No other reason	98
Don't know/No response	99

Q10P [1,9]

Which of the following sport science services would you consider to be important to you in terms of the positive impact that they can have on the performance of your athlete(s)?

Select all that apply

Biomechanics	1
Fitness testing	2
Nutrition	3

Individual athlete performance analysis [Roll over]> Measurement and analysis of an individual athlete's performance over time to determine progression toward specific performance goals in the annual training plan.	4
International competition performance analysis [Roll over]> Collection of athlete performance in international competition over time to understand: Canadian athlete standing relative to world performance. Establish performance pathways and gold medal profiles over Olympic/Paralympic cycles. Understand ranking of Canadians athletes in the world to establish short and long term performance goals and requisite training and competitive programs.	5
Physiology assessment and monitoring	6
Sport psychology	7
Skill/technique analysis	8
Strength and conditioning	9
None	98
Don't know	99

Q11P [1,9]

Not NA/DK/NR, Q10P; Only showing items selected, Q10P

Thinking about the quality of the sport science services your athlete(s) has/have received from the CSI over the last 12 months, which ones, if any, would you say are in need of improvement?

Select all that apply

Q10P = 1	
Biomechanics	1
Q10P = 2	
Fitness testing	2
Q10P = 3	
Nutrition	3
Q10P = 4	
Individual athlete performance analysis [Roll over]> Measurement and analysis of an individual athlete's performance over time to determine progression toward specific performance goals in the annual training plan.	4
Q10P = 5	
International competition performance analysis [Roll over]> Collection of athlete performance in international competition over time to understand: Canadian athlete standing relative to world performance. Establish performance pathways and gold medal profiles over Olympic/Paralympic cycles. Understand ranking of Canadians athletes in the world to establish short and long term performance goals and requisite training and competitive programs.	5
Q10P = 6	
Physiology assessment and monitoring	6
Q10P = 7	
Sport psychology	7
Q10P = 8	
Skill/technique analysis	8
Q10P = 9	
Strength and conditioning	9
No improvement necessary	98
Don't know	99

Q12P [1,9]

Which of the following sport medicine services would you consider to be important to your athlete(s) in terms of the positive impact that they can have on their performance?

Select all that apply

Chiropractic	1
Massage	2
Osteopathy	3
Physiotherapy	4
Podiatry	5
Advice/treatment from a sport doctor (e.g. team doctor, CSC-based doctor)	6
Athletic therapy	7
Physical health assessments and care	8
Mental health assessments and care	9
None	98
Don't know	99

Q13P [1,9]

Not NA/DK/NR, Q12P; Only showing items selected, Q12P

Thinking about the quality of the sport medicine services your athlete(s) has/have received from the CSI over the last 12 months, which ones, if any, would you say are in need of improvement?

Select all that apply

Q12P = 1	
Chiropractic	1
Q12P = 2	
Massage	2
Q12P = 3	
Osteopathy	3
Q12P = 4	
Physiotherapy	4
Q12P = 5	
Podiatry	5
Q12P = 6	
Advice/treatment from a sport doctor (e.g. team doctor, CSI-based doctor)	6
Q12P = 7	
Athletic therapy	7
Q12P = 8	
Physical health assessments and care	8
Q12P = 9	
Mental health assessments and care	9
No improvement necessary	98
Don't know	99

Q14

Given what you have seen from the athlete(s) that you work with, what additional sport science and/or sport medicine services would you like them to receive?

Response	77
Don't know/No response	99

Q15P

Thinking about the last 12 months, how much has money been a barrier to your athletes accessing each of the following?

Q15A

Appropriate nutrition

No extent at all	1
2	2
3	3
Moderate extent	4
4	4
5	5
6	6
Great extent	7
7	7
Don't know	99

Q15B

Coaching

No extent at all	1
2	2
3	3
Moderate extent	4
4	4
5	5
6	6
Great extent	7
7	7
Don't know	99

Q15C

Appropriate training environment

No extent at all	1
2	2
3	3
Moderate extent	4
4	4
5	5
6	6
Great extent	7
7	7
Don't know	99

Q15D

Domestic Competitions

No extent at all	1
2	2
3	3
Moderate extent	4
4	4
5	5
6	6
Great extent	7
7	7
Don't know	99

Q15E

International Competitions

No extent at all	1
2	2
3	3
Moderate extent	4
4	4
5	5
6	6
Great extent	7
7	7
Don't know	99

Q15F

Equipment

No extent at all	1
1	1
2	2
3	3
Moderate extent	4
4	4
5	5
6	6
Great extent	7
7	7
Don't know	99

Q15G

Proper housing

No extent at all	1
1	1
2	2
3	3
Moderate extent	4
4	4
5	5
6	6
Great extent	7
7	7
Don't know	99

Q15H

Sport medicine services

No extent at all	1
1	1
2	2
3	3
Moderate extent	4
4	4
5	5
6	6
Great extent	7
7	7
Don't know	99

Q15I

Training facilities

No extent at all	1
1	1
2	2
3	3
Moderate extent	4
4	4
5	5
6	6

Great extent	7
Don't know	99

Q16P

The following reflect various views on Sport Canada financial support for athletes via the Athlete Assistance Program (AAP).

Please indicate the extent to which you agree or disagree with each of the following statements.

Q16A

The AAP has made it possible for athletes to achieve higher levels of athletic performance	
Strongly disagree	1
2	2
3	3
Neither	4
4	4
5	5
6	6
Strongly agree	7
7	7
Don't know	99

Q16B

The funding provided to athletes by the AAP is sufficient to meet their living and training needs

Strongly disagree	1
1	1
2	2
3	3
Neither	4
4	4
5	5
6	6
Strongly agree	7
7	7
Don't know	99

Q16C

Athletes receive AAP funding too late in their career

Strongly disagree	1
1	1
2	2
3	3
Neither	4
4	4
5	5
6	6
Strongly agree	7
7	7
Don't know	99

Q16D

AAP assists athletes to pursue post-secondary education

Strongly disagree	1
1	1
2	2
3	3
Neither	4
4	4
5	5
6	6
Strongly agree	7
7	7
Don't know	99

Q16E2*Disagree, Q16B*

Why don't you feel that the AAP assistance is adequate to meet the living and training needs of athletes?

Response	77
Don't know/No response	99

Q16F2*Agree, Q16C*

Why do you think that athletes receive AAP assistance too late in their career?

Response	77
Don't know/No response	99

Q17

Did you know that Tuition and Deferred Tuition support can be applied to coaching courses for carded athletes such as the National Coaching Certification Program or the National Coaching Institute?

Yes	1
No	2
Don't know	99

PQ18

Are you aware of these other AAP supplemental supports for carded athletes:

Q18A

Child-care expenses

Yes	1
No	2
Don't know	99

Q18B

Relocation assistance

Yes	1
No	2
Don't know	99

Q18C

Retirement assistance

Yes	1
No	2
Don't know	99

Q18D

Tuition and Deferred Tuition, \$5,500 maximum per carding cycle and up to a lifetime maximum of \$26,500 as of April 2019

Yes	1
No	2
Don't know	99

Q18E

Supplemental support – Excellence living and training allowance, up to \$6,000	
Yes	1
No	2
Don't know	99

Q18F

Supplemental support – Child dependant allowance, up to \$6,000	
Yes	1
No	2
Don't know	99

Q18G

Supplemental support – Training and competition allowance for Paralympic athletes with high support needs, up to \$6,000	
Yes	1
No	2
Don't know	99

Q19

Did you know that Tuition and Deferred Tuition support can be applied to coaching courses for carded athletes such as the National Coaching Certification Program or the National Coaching Institute?

Yes	1
No	2
Don't know	99

Q20

Are there additional areas that you believe Sport Canada should consider under the AAP Supplemental Support category for carded athletes?

Yes (please specify)	77
No	2
Don't know/No response	99

Q21

The main contact for athletes receiving AAP support is their National Sport Organization or NSO, however from time to time coaches or High Performance Directors contact AAP staff for information about the Program or questions regarding the benefits of the Program. The following questions have been designed to ascertain your satisfaction as a coach or High Performance Director with the service provided by AAP staff.

Have you contacted Sport Canada AAP staff in the past 12 months?

Yes	1
No	2
No response	99

Q22*Yes, Q21*

Did you feel that you were being served in the language of your choice (i.e., English or French)?

Yes	1
No	2
No response	99

Q23*Yes, Q21*

How did you contact the Sport Canada AAP staff?

(Please select main method if you used more than one)

Telephone	1
Email	2
Mail	3
Fax	4
Other (please specify)	77
No response	99

Q24*Yes, Q21*

How satisfied were you with the overall quality of service you received?

Very dissatisfied	1
Dissatisfied	2
Satisfied	3
Very satisfied	4
Not used/Not applicable	98
Don't know/No response	99

Q25

Thinking about the needs of the athletes that you work with to reach their potential, how supportive would you say the Canadian sport system has been overall?

1 Not at all supportive	1
2	2
3	3
4 Moderately supportive	4
5	5
6	6
7 Very supportive	7
Don't know/No response	99

Q26

Finally, do you have any comments on topics not addressed in the questionnaire that you wish to bring to the attention of AAP management?

Yes (please specify)	77
No other comments	98
Don't know/No response	99

THNKW - Thank you very much for taking the time to complete this survey.

C. CSC PRESIDENTS' QUESTIONNAIRE (ENGLISH)

WINTRO

WEB INTRO

Welcome to the survey! EKOS Research Associates has been commissioned by Sport Canada to conduct a survey of CSI/NSO Presidents and Service Managers regarding high performance athletes. The purpose of this research is to provide up-to-date information on the needs of Canada's high performance athletes. This study looks at training, economic, social, education, work, and other areas of athletes' lives, as well as the environment of Canadian high performance sport. This research is aimed at updating information collected regularly since 1990, designed to help develop policies and programs that are responsive to the needs of Canadian athletes and reflect the realities of international sport.

Your participation is voluntary and completely confidential. Any information you provide will be administered in accordance with the Privacy Act and other applicable privacy laws. The survey will likely take between 10 and 15 minutes to complete.

INSTRUCTIONS

Please consider the questions and your answers carefully

On each screen, after selecting your answer, click on the "Continue" or "Back" buttons at the bottom of the screen to move forward or backward in the questionnaire

If you leave the survey before completing it, you can return to the survey URL later, and you will be returned to the page where you left off. Your answers up to that point in the survey will be saved

If you have any questions about how to complete the survey, please call EKOS Research Associates at 1-800-388-2873 or send an email to athletes@ekos.com

Thank you in advance for your participation.

Q1

Are you a CSI/NSO...?

President	1
Athlete Services Manager	2

Q2

How many Sport Canada carded athletes receive services from your Institute?

Total	1
Don't know/No response	99

PQ3

Please rate the level of demand for the services that are offered at your Institute on a scale where 1 is a very low demand and 5 is a very high demand. Use "Not Applicable" to indicate that a service is not offered at your Institute.

Q3A

Nutrition

Very low demand 1	1
2	2
Moderate demand 3	3
4	4
Very high demand 5	5
Not applicable	98
Don't know/ No response	99

Q3B

Individual athlete performance analysis [Roll over]> Measurement and analysis of an individual athlete's performance over time to determine progression toward specific performance goals in the annual training plan.

Very low demand 1	1
2	2
Moderate demand 3	3
4	4
Very high demand 5	5
Not applicable	98
Don't know/ No response	99

Q3C

International competition performance analysis [Roll over]> Collection of athlete performance in international competition over time to understand:

- Canadian athlete standing relative to world performance.
- Establish performance pathways and gold medal profiles over Olympic/Paralympic cycles.
- Understand ranking of Canadians athletes in the world to establish short and long term performance goals and requisite training and competitive programs.

Very low demand 1	1
2	2
Moderate demand 3	3
4	4
Very high demand 5	5
Not applicable	98
Don't know/ No response	99

Q3D

Physiology assessment and monitoring

Very low demand 1	1
2	2
Moderate demand 3	3
4	4
Very high demand 5	5
Not applicable	98
Don't know/ No response	99

Q3E

Sport psychology

Very low demand 1	1
2	2

Moderate demand 3	3
4	4
Very high demand 5	5
Not applicable	98
Don't know/ No response	99

Q3F

Skill/technique analysis

Very low demand 1	1
2	2
Moderate demand 3	3
4	4
Very high demand 5	5
Not applicable	98
Don't know/ No response	99

Q3G

Strength and conditioning

Very low demand 1	1
2	2
Moderate demand 3	3
4	4
Very high demand 5	5
Not applicable	98
Don't know/ No response	99

Q3H [0,1]

Other - please specify

Very low demand 1	1
2	2
Moderate demand 3	3
4	4
Very high demand 5	5
Not applicable	98
Don't know/ No response	99

PQ3I

Please rate the level of demand for the services that are offered at your Institute on a scale where 1 is a very low demand and 5 is a very high demand. Use "Not Applicable" to indicate that a service is not offered at your Institute.

Q3I

Chiropractic

Very low demand 1	1
2	2
Moderate demand 3	3
4	4
Very high demand 5	5
Not applicable	98
Don't know/ No response	99

Q3J

Massage	
Very low demand 1	1
2	2
Moderate demand 3	3
4	4
Very high demand 5	5
Not applicable	98
Don't know/ No response	99

Q3K

Osteopathy	
Very low demand 1	1
2	2
Moderate demand 3	3
4	4
Very high demand 5	5
Not applicable	98
Don't know/ No response	99

Q3L

Physiotherapy	
Very low demand 1	1
2	2
Moderate demand 3	3
4	4
Very high demand 5	5
Not applicable	98
Don't know/ No response	99

Q3M

Podiatry	
Very low demand 1	1
2	2
Moderate demand 3	3
4	4
Very high demand 5	5
Not applicable	98
Don't know/ No response	99

Q3N

Advice/treatment from a sport doctor (e.g. team doctor, CSI-based doctor)	
Very low demand 1	1
2	2
Moderate demand 3	3
4	4
Very high demand 5	5
Not applicable	98
Don't know/ No response	99

Q30

Athletic therapy

Very low demand 1	1
2	2
Moderate demand 3	3
4	4
Very high demand 5	5
Not applicable	98
Don't know/ No response	99

Q302 [0,1]

Other - please specify

Very low demand 1	1
2	2
Moderate demand 3	3
4	4
Very high demand 5	5
Not applicable	98
Don't know/ No response	99

PQ3P

Please rate the level of demand for the services that are offered at your Institute on a scale where 1 is a very low demand and 5 is a very high demand. Use "Not Applicable" to indicate that a service is not offered at your Institute.

Q3P

Career planning services

Very low demand 1	1
2	2
Moderate demand 3	3
4	4
Very high demand 5	5
Not applicable	98
Don't know/ No response	99

Q3Q

Employment assistance

Very low demand 1	1
2	2
Moderate demand 3	3
4	4
Very high demand 5	5
Not applicable	98
Don't know/ No response	99

Q3R

Accommodation assistance

Very low demand 1	1
2	2
Moderate demand 3	3
4	4

Very high demand	5
Not applicable	98
Don't know/ No response	99

Q3S

Education support services (e.g., counseling, courses, tuition support)	
Very low demand	1
2	2
Moderate demand	3
4	4
Very high demand	5
Not applicable	98
Don't know/ No response	99

Q3T

Other Game Plan services	
Very low demand	1
2	2
Moderate demand	3
4	4
Very high demand	5
Not applicable	98
Don't know/ No response	99

Q4

Over the past several years CSIs/NSOs have received additional funds to provide sport science/sport medicine services to athletes and targeted sports - Summer and Winter. Do you feel that the additional funds over the past five to six years have been beneficial, to athletes and high performance sports in Canada? Please explain why this is?

Yes, please explain	1
No, please explain	2
Don't know/No response	99

Q5

Are there services that your CSI/NSO currently provides to high performance athletes, but which could be enhanced by increasing the availability, nature or quality of the service?

Yes	1
No	2
Don't know/No response	99

Q6 [1,21]

Yes, Q5

What services could be enhanced?

Select all that apply

Nutrition	1
Individual athlete performance analysis [Roll over]>Measurement and analysis of an individual athlete's performance over time to determine progression toward specific performance goals in the annual training plan.	2

International competition performance analysis [Roll over]>Collection of athlete performance in international competition over time to understand: Canadian athlete standing relative to world performance. Establish performance pathways and gold medal profiles over Olympic/Paralympic cycles. Understand ranking of Canadians athletes in the world to establish short and long term performance goals and requisite training and competitive programs.	3
Physiology assessment and monitoring	4
Sport psychology	5
Skill/technique analysis	6
Strength and conditioning	7
Chiropractics	8
Massage	9
Osteopathy	10
Physiotherapy	11
Podiatry	12
Advice/treatment from a sport doctor (e.g. team doctor, CSI-based doctor)	13
Athletic therapy	14
Physical health assessments and care	15
Mental health assessments and care	16
Career planning services	17
Employment assistance	18
Accommodation assistance	19
Education and/or Game Plan support services	20
Other please list services	77
Don't know/No response	99

Q7

Yes, Q5; Do not show categories

What would it take to enhance these services over what is currently offered?

Select all that apply

Funding	1
Available equipment	2
Available space	3
Adequate trained personnel to provide them	4
Please specify	77
Don't know/No response	99

Q8

Are there services that you think high-performance athletes need but that are not currently being provided by your CSI/NSO?

Yes	1
No	2
Don't know	99

Q9

Yes, Q8

What are the top 3 services that are not currently provided for which there is a need?

Please specify	77
Don't know/No response	99

Q10 [1,3]*Yes, Q8*

What benefits, if any, would result from these services being offered? What evidence is there, if any, that these services would have an impact on athlete performance?

Select all that apply

Fewer injuries	1
Faster recovery time	2
Increased number of training days	3
Other (specify)	77
Don't know/No response	99

Q11

Are you aware of high performance athletes in your sport who have retired prematurely from the national team; that is before they reach their full potential?

Yes	1
No	2
Don't know/No response	99

PQ12*Yes, Q11*

Relatively speaking, how important do you think each of the following reasons are for why high performance athletes at your institute retire prematurely?

Q12A

Dissatisfaction with their own performance

Extremely unimportant 1	1
2	2
3	3
Neither 4	4
5	5
6	6
Extremely important 7	7
Don't know	99

Q12B

Insufficient income to support family (that is, income from all sources)

Extremely unimportant 1	1
2	2
3	3
Neither 4	4
5	5
6	6
Extremely important 7	7
Don't know	99

Q12C

Family commitments (i.e., time constraints)

Extremely unimportant	1
2	2
3	3
Neither 4	4
5	5
6	6
Extremely important	7
Don't know	99

Q12D

Conflict with non-sport career goals

Extremely unimportant	1
2	2
3	3
Neither 4	4
5	5
6	6
Extremely important	7
Don't know	99

Q12E

Conflict with educational goals

Extremely unimportant	1
2	2
3	3
Neither 4	4
5	5
6	6
Extremely important	7
Don't know	99

Q12F

Inadequate technical support (e.g., coaches and facilities)

Extremely unimportant	1
2	2
3	3
Neither 4	4
5	5
6	6
Extremely important	7
Don't know	99

Q12G

Injury

Extremely unimportant	1
2	2
3	3
Neither 4	4
5	5
6	6

Extremely important	7
Don't know	99

Q12H

Conflict with coaches

Extremely unimportant	1
2	2
3	3
Neither	4
5	5
6	6
Extremely important	7
Don't know	99

Q12I

Reached personal objectives

Extremely unimportant	1
2	2
3	3
Neither	4
5	5
6	6
Extremely important	7
Don't know	99

Q12J

Unwillingness to relocate

Extremely unimportant	1
2	2
3	3
Neither	4
5	5
6	6
Extremely important	7
Don't know	99

Q12K

Pursued professional sport opportunities

Extremely unimportant	1
2	2
3	3
Neither	4
5	5
6	6
Extremely important	7
Don't know	99

Q12L

Pursued a full-time career

Extremely unimportant 1	1
2	2
3	3
Neither 4	4
5	5
6	6
Extremely important 7	7
Don't know	99

Q12M

Is there any other reason why athletes retire prematurely that has not already been covered here?

Please specify	77
No other reason	98
Don't know/No response	99

PQ13

Are you aware of these other AAP supplemental supports for carded athletes:

Q13A

Child-care expenses

Yes	1
No	2
Don't know	99

Q13B

Relocation assistance

Yes	1
No	2
Don't know	99

Q13C

Retirement assistance

Yes	1
No	2
Don't know	99

Q13D

Tuition and Deferred Tuition, \$5,500 maximum per carding cycle and up to a lifetime maximum of \$26,500 as of April 2019

Yes	1
No	2
Don't know	99

Q13E

Supplemental Support – Excellence living and training allowance, up to \$6,000

Yes	1
No	2
Don't know	99

Q13F

Supplemental Support – Child dependent allowance, up to \$6,000

Yes	1
No	2
Don't know	99

Q13G

Supplemental Support – Training and competition allowance for Paralympic athletes with high support needs, up to \$6,000

Yes	1
No	2
Don't know	99

Q14

Did you know that Tuition and Deferred Tuition support can be applied to coaching courses for carded athletes such as the National Coaching Certification Program or the National Coaching Institute?

Yes	1
No	2
Don't know	99

Q15

Are there additional areas that you believe Sport Canada should consider under the supplemental support category for carded athletes?

Yes (please specify)	77
No	2
Don't know/No response	99

PQ16

The main contact for athletes receiving AAP support is their National Sport Organization or NSO, however from time to time CSI/NSO staff contact AAP staff for information about the Program or questions regarding the benefits of the Program. The following questions have been designed to ascertain your satisfaction as a CSI President or Athlete Services Manager with the service provided by AAP staff.

Q16

Have you contacted Sport Canada AAP staff in the past 12 months?

Yes	1
No	2
No response	99

Q17*Yes, Q16*

Did you feel that you were being served in the language of your choice (i.e., English or French)?

Yes	1
No	2
No response	99

Q18*Yes, Q16*

How did you contact the Sport Canada AAP staff?

(Please select main method if you used more than one)

Telephone	1
Email	2
Mail	3
Fax	4
Other (please specify)	77
No response	99

Q19*Yes, Q16*

How satisfied were you with the overall quality of service you received?

Very dissatisfied	1
Dissatisfied	2
Satisfied	3
Very satisfied	4
Not used/Not applicable	8
Don't know/No response	99

Q20

Thinking about the needs of the athletes that you work with, how supportive would you say the Canadian sport system has been overall?

1 Not at all supportive	1
2	2
3	3
4 Moderately supportive	4
5	5
6	6
7 Very supportive	7
Don't know/No response	99

Q21

Finally, do you have any comments on topics not addressed in the questionnaire that you wish to bring to the attention of AAP management?

Yes (please specify)	77
No other comments	98
Don't know/No response	99

THNKW -- Thank you very much for taking the time to complete this survey.

D. ATHLETE RESPONSE RATE BY SPORT AND CARD LEVEL

Table 4: Response Rate by Sport

	Sport	Total	Complete	Rate
1	Alpine Ski	30	14	47%
2	Alpine Ski - Paralympic	12	7	58%
3	Archery	8	5	63%
4	Archery - Paralympic	3	1	33%
5	Athletics	74	26	35%
6	Athletics - Paralympic	37	17	46%
7	Badminton	9	2	22%
8	Baseball - Men	32	14	44%
9	Basketball - Men	37	10	27%
10	Basketball - Paralympic - Men	24	7	29%
11	Basketball - Paralympic - Women	15	6	40%
12	Basketball - Women	61	28	46%
13	Biathlon	13	10	77%
14	Bobsleigh - Men	20	11	55%
15	Bobsleigh - Women	17	13	76%
16	Boccia - Paralympic	12	9	75%
17	Boxing - Men	7	2	29%
18	Boxing - Women	6	5	83%
19	Canoeing	33	18	55%
20	Canoeing Paralympic	5	1	20%
21	Cross Country Ski	33	14	42%
22	Cross Country Ski - Paralympic	10	5	50%
23	Curling - Men	22	7	32%
24	Curling - Mixed	13	9	69%
25	Curling - Paralympic	9	9	100%
26	Curling - Women	31	16	52%
27	Cycling	60	30	50%
28	Cycling - Paralympic	19	9	47%
29	Diving	28	9	32%
30	Equestrian	18	4	22%
31	Equestrian - Paralympic	5	3	60%

	Sport	Total	Complete	Rate
32	Fencing	14	8	57%
33	Fencing - Paralympic	3	2	67%
34	Field Hockey - Men	23	16	70%
35	Field Hockey - Women	31	19	61%
36	Figure Skating	44	25	57%
37	Freestyle Ski	60	16	27%
38	Goalball - Men - Paralympic	8	2	25%
39	Goalball - Women - Paralympic	5	2	40%
40	Golf	16	7	44%
41	Gymnastics - Men	9	5	56%
42	Gymnastics - Rhythmic	7	3	43%
43	Gymnastics - Trampoline	8	4	50%
44	Gymnastics - Women	19	12	63%
45	Hockey - Sledge - Paralympic	24	5	21%
46	Hockey - Women	64	25	39%
47	Judo	21	6	29%
48	Judo - Paralympic	2	1	50%
49	Karate	9	4	44%
50	Luge	22	10	45%
51	Racquetball	4	3	75%
52	Rowing	59	27	46%
53	Rowing - Paralympic	8	4	50%
54	Rugby - Men	22	4	18%
55	Rugby - Paralympic	21	5	24%
56	Rugby - Women	27	10	37%
57	Sailing	26	14	54%
58	Sailing - Paralympic	5	3	60%
59	Shooting	5	3	60%
60	Shooting - Paralympic	2	1	50%
61	Skeleton	9	6	67%
62	Ski Cross	25	13	52%
63	Ski Jumping	5	4	80%
64	Snowboard	42	14	33%
65	Snowboard Paralympic	3	3	100%
66	Soccer - Men	30	6	20%

	Sport	Total	Complete	Rate
67	Soccer - Women	24	7	29%
68	Softball - Women	22	13	59%
69	Speed Skating	79	26	33%
70	Squash	5	2	40%
71	Swimming	87	33	38%
72	Swimming - Paralympic	23	14	61%
73	Synchro Swim	12	8	67%
74	Table Tennis	5	3	60%
75	Taekwondo	5	1	20%
76	Taekwondo - Paralympic	1	0	0%
77	Tennis	24	6	25%
78	Tennis - Paralympic	3	2	67%
79	Triathlon	11	4	36%
80	Triathlon Paralympic	6	2	33%
81	Volleyball - Beach	28	9	32%
82	Volleyball - Men	71	23	32%
83	Volleyball - Sitting - Men	13	8	62%
84	Volleyball - Sitting - Women	12	12	100%
85	Volleyball - Women	33	18	55%
86	Water Polo - Men	26	9	35%
87	Water Polo - Women	25	6	24%
88	Water Ski	7	4	57%
89	Weightlifting - Men	3	2	67%
90	Weightlifting - Women	4	3	75%
91	White Water Canoe	8	5	63%
92	Wrestling - Men	13	4	31%
93	Wrestling - Women	20	9	45%
--	Total	1,955	846	43%

Table 5: Response Rate by Card Level

--	Card Level	Total	Complete	Rate
1	C1	165	67	41%
2	D	864	370	43%

3	DI	10	4	40%
4	SR	549	245	45%
5	SR1	201	87	43%
6	SR2	150	66	44%
7	SRI	16	7	44%
--	Total	1,955	846	43%

E. DETAILED INCOME (INCIDENCE REPORTING EACH TYPE AND AVERAGES REPORTED)

Table 6: Average Personal Income by Athlete Characteristic

The first column (%) indicates the proportion of respondents reporting some level of income. The second column presents the average income reported across only those athletes reporting income from this source.

--	Total		Employment Income		AAP		Provincial Assistance		Sport-Related Income		Sport Awards		Other		NSO	
	%	\$	%	\$	%	\$	%	\$	%	\$	%	\$	%	\$	%	\$
All athletes (2019-20)	85	28,858	37	10,074	80 ¹⁰	13,613	54	3,689	41	5,214	16	1,264	14	1,143	10	864
Season	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Summer	85	28,136	32	9,244	81	14,044	55	3,733	35	4,073	18	1,459	13	1,072	11	929
Winter	86	33,031	51	12,114	86	14,525	59	4,048	51	7,743	13	944	12	1,234	8	674
Sport Type	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Individual	87	29,581	37	8,038	83	15,187	64	4,296	45	4,683	21	1,579	17	1,251	10	709
Team Sport	83	29,546	38	14,132	83	12,422	43	2,906	32	6,188	9	760	7	868	10	1,149
Sport Class¹¹	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Olympic	86	28,555	36	9,341	82	13,728	55	3,764	43	5,714	17	1,367	11	794	8	798
Paralympic	85	33,073	42	14,095	86	16,432	61	4,080	24	1,695	12	845	20	2,667	16	900
Carding Level	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
D	83	19,716	36	7,708	72	8,496	43	2,790	33	3,351	12	737	12	731	7	328
C1	88	29,080	40	12,553	67	9,132	50	2,965	57	6,952	7	380	18	1,530	13	1,888
SR	89	34,860	37	11,571	89	17,593	62	4,185	44	5,784	17	1,390	13	1,302	11	817

¹⁰ In the current survey 9% did not report AAP income (and another 8% said that they "didn't know"). This resulted from misalignment of reference period in the survey (i.e., asked about 12 months prior to....) compared with the sample base of those carded as of the summer of 2013. The same result (i.e., 10% of respondents not reporting AAAP income) was found in the 2009 sample.

¹¹ Non-Olympic athletes not specified given the small number of cases.

--	Total		Employment Income		AAP		Provincial Assistance		Sport-Related Income		Sport Awards		Other		NSO	
SR1	85	42,733	40	12,574	88	20,716	73	5,317	50	8,554	27	2,273	15	1,442	18	1,768
SR2	82	44,452	44	13,352	91	20,798	64	5,046	45	7,014	31	2,984	17	2,076	13	1,620
Gender	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Male	84	28,324	35	10,361	80	13,612	52	3,645	39	4,855	14	1,101	16	1,610	9	492
Female	86	29,379	39	9,810	79	13,614	56	3,733	42	5,562	18	1,419	11	664	11	1,249
Age	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
<20	71	13,103	13	1,533	60	8,973	32	2,338	22	1,704	12	812	8	409	6	587
20-24	90	23,616	32	4,633	81	12,488	56	3,779	45	4,569	19	1,460	14	1,082	7	287
25-29	92	34,657	49	11,294	87	14,201	62	3,898	46	6,807	16	1,368	14	856	15	1,114
30+	84	41,878	52	19,874	90	17,572	61	4,144	45	6,295	15	1,206	17	1,971	14	1,360