

Women in Coaching Survey

Welcome to Sport Ireland's first ever survey exclusively targeting female coaches and ex-coaches across all sports on the island of Ireland. Our hope is that this survey will help us to gather the most up to date information from female coaches and ex-coaches in Ireland on their coaching experiences in order to help inform the development of future plans, programmes and initiatives for female coaches in the country.

We hope that as many as possible current and former coaches will submit their responses to enable Sport Ireland to develop resources, programmes and strategies that can support the ongoing work of the National Governing Bodies (NGBs) and Local Sports Partnerships (LSPs), as well as advising them on future work plans in the topic of females in coaching.

We hope that as a result of this survey we can:

- Develop a more in-depth understanding of the status of females in coaching roles on the island of Ireland
- Investigate the challenges and opportunities to increase the numbers of women coaching across all sports and at all levels; and
- Use the feedback to develop good practice programmes, resources or strategies available for NGBs and LSPs to utilise that will lead to successful recruitment, retention, development and progression of female coaches.

We thank you very much for taking part in this research which we hope will ultimately bring benefit to you as a coach.

The information below should be read in conjunction with Sport Ireland's privacy policy -> <https://www.sportireland.ie/privacy-policy>

The purpose of this survey is to help inform future plans, developments and initiatives for female coaches in the country. Sport Ireland has a statutory responsibility to support the development of coaches in Ireland and also to conduct research into competitive and recreational sport.

Individual responses to the survey will only be analysed and assessed by Sport Ireland's Research Unit.

Aggregate results and outcomes will be shared between relevant Sport Ireland Units (Sport Ireland Coaching, Women in Sport, National Governing Bodies Unit, Research Unit, Participation Unit) and communicated publicly. No personal data will be communicated publically.

Responses to this survey will be held for 18 months after which they will be destroyed. Aggregate data will be held longer to track changes over time.

Your data will only be processed for the purpose of conducting this research and will not be used for any further purpose(s).

You are free to withdraw from this study at any time.

If at the end of this questionnaire you want to be available to participate in a focus group and to be contacted to provide further information on your coaching, you can enter your email address.

If you have any queries about the survey, you can email: eloughren@sportireland.ie

Women In Sport Coaching Survey

About You

1. Gender*

- Female
- Male
- Other/Non-binary
- Prefer not to say

2. Age range*

- 16-19
- 20-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65+
- Prefer not to say

3. Which of the following best describes where you live?* Please tick only one.

- In a city
- In a town
- In a village
- Isolated location
- Don't know

4. Which county do you live in?*

Drop down menu 32 counties

4b. [IF DUBLIN]*

Which of the following is your local authority?

- Dublin City
- Dun Laoghaire-Rathdown
- Fingal
- South Dublin

5. If you played or are currently playing, what was/is the highest level of your sport participation?*

- Local
- Community/Club
- School/Third level
- County
- Province
- International
- I didn't play sport
- Prefer not to say

6. When participating in sport yourself, did you ever have a female coach?*

Yes

No

Prefer not to say

6b. If Yes, would you say that the effect was:

Strongly Positive

Positive

Negative

Strongly Negative

Don't Know

7. For the purposes of this survey we define an active coach as somebody who has been coaching on an ongoing basis for at least the 6 months prior to the current Covid-19 period? Based on this definition would you describe yourself as an Active Coach?*

Yes

No

7b. if no, route to inactive coach questions

About Your Coaching

Section 1: Your Coaching in General

This next section is about your coaching across all the sports you are involved with. Please tell us about the teams/athletes you coach.

8. What sport(s) do you coach?* Please tick all that apply.

Drop down menu with other ended (ensure Paralympic or Special Olympics are included)

All NGBs and funded bodies listed

9. What gender are the teams/athletes you coach?* Please tick all that apply.

Female

Male

Mixed genders

10. What level (s) are you coaching at?* Please tick all that apply.

Recreational or casual club

Competitive club

School

Third Level

County

Provincial Representative (e.g. Leinster U18)

National Representative (e.g. Ireland U16s)

Semi-Professional/Professional (e.g. carded athletes)

11. What age ranges are your teams/athletes?* Please tick all that apply.

- 4-12 years
- 13-17 years
- 18+
- Masters (35+)

Section 2: Your Specific Coaching

In this section please focus your responses ONLY on the sport where you spend the main amount of time coaching.

12. What is the MAIN sport that you coach?* Please only tick one.

Drop down menu with other ended (ensure Paralympic or Special Olympics are included)
All NGBs and funded bodies listed

13. What gender is the team/athlete you coach?* Please tick all that apply.

- Female
- Male
- Mixed genders

14. What is the MAIN level are you coaching at?* Please tick only one.

- Recreational or casual club
- Competitive club
- School
- Third Level
- County
- Provincial Representative (e.g. Leinster U18)
- National Representative (e.g. Ireland U16s)
- Semi-Professional/Professional (e.g. carded athletes)

15. What age ranges are your teams/athletes?* Please tick all that apply.

- 4-12 years
- 13-17 years
- 18+
- Masters (35+)

16. What is your status as a coach?*

- I am a volunteer (receive no money)
- I receive expenses for coaching
- I receive payment for my time coaching
- Prefer not to say

17. Thinking about a normal week, approximately how many hours would you spend in coaching duties? (In addition to the time spent coaching, please also include game time/match time/competition time BUT exclude admin or off field hours)*

- 0-2 hours
- 3-4 hours
- 5-6 hours
- 6+ hours

18. Again, thinking about a normal week, On average approximately how many hours do you spend on coaching duties off the pitch, e.g. contacting athletes, planning sessions, video analysis, etc.?*

- 0-2 hours
- 3-4 hours
- 5-6 hours
- 6+ hours

About Your Coaching Experience and Education

19. For how many years have you been coaching your MAIN sport?*

- 0-2 years
- 2-4 years
- 4-6 years
- 6-10 years
- 10+ years

20. Do you currently hold a coaching qualification for your MAIN sport?*

- Yes
- No

20.b If yes, what level is your coaching qualification?

- Fundamentals/Intro
- Level 1
- Level 2
- Level 3
- Level 4

21. In the past two years have you attended a coaching education course/workshop offered by the National Governing Body of the main sport you are coaching?*

- Yes
- No
- Prefer not to say

21b. If yes, please tick all that apply.

- Practical workshop
- Online course
- Webinar

Mentoring support/education
Coaching network
Other (please specify)

22. How would you like to be supported as a coach? Please tick up to 5 responses.

Receiving feedback on my current coaching practices
Observing (including shadowing) other coaches in my own sport
Observing (including shadowing) coaches in a different sport
Involvement in groups of coaches (communities of practice)
Attending local or club based coaching workshops
Attending coach education courses/achieving a coach education qualification
Gaining access to people/places/resources to enhance self-learning
Attending or listening to online webinars/podcasts
Getting assistance with planning for my future in coaching
Having access to someone who I can phone for assistance when needed.
Other....please state

23. Are you aware of coach education opportunities or coach training supports available to you?*

Yes
No
Prefer not to say

24. Do you have an effective coaching network to assist you?* E.g. people you can ask questions, discuss programs, a mentor, etc.

Yes
No
Prefer not to say

24b. If no, would you like in a coaching network?*

Yes
No
Prefer not to say

About Why You Coach

25. How much do you enjoy coaching?*

5. Really enjoy
4. Enjoy
3. Somewhat enjoy
2. Don't enjoy
1. Really don't enjoy

26. Reflecting on your answer to the previous question, what key words / phrases come to mind when you thought about your level of enjoyment of coaching?

Open ended

27. What motivates you to coach?* Please provide single words or short phrases to describe
Open ended
28. What challenges have you faced as a coach?* Please provide single words or short phrases to describe
Open ended
29. How would you rate your ability to coach?*
7. Excellent
 6. Very good
 5. Good
 4. Average
 3. Fair
 2. Poor
 1. Very poor
30. Based on your response to the previous question, are there particular reasons for this rating?*
- Open ended**
31. How would you rate your confidence when coaching?*
1. Complete confidence
 2. High confidence
 3. Moderate confidence
 4. Low confidence
 5. No confidence

About Your Future Coaching Ambitions

32. Do you have a desire to seek the next coaching qualification available to you?*
- Yes
No
I am unsure
33. If you don't desire to seek the next coaching qualification, what is your reason?
- Lack of time to attend the coaching course
There are no coaching courses near me
I'm not sure what coaching qualification I should obtain next
I don't have time to complete the accreditation
I'm not interested in upskilling anymore as a coach
Other (please specify: _____)
34. Do you plan to coach next year?*
- Yes
No
I am unsure
35. If you do not plan to coach next year, why not?
Open ended

36. Do you have ambitions to become a high performance or elite coach, e.g. coach at National level?*

- Yes
- No
- I am unsure

36b. If yes, what, if any, reasons do you foresee stopping you?

Open ended

36c. If no, what, if any, reasons do you foresee stopping you?

Open ended

A Few More Questions About You

37. Is being a coach/instructor your full-time employment occupation?

- Yes
- No
- Prefer not to say

38. What is your main sport affiliated role?*

- Volunteer
- Teacher
- Self-employed coach/instructor
- Employed in NGB/club/community
- Employed in non-commercial setting excluding club or community
- Employed in commercial setting
- Other (please specify: _____)
- Prefer not to say

39. Do you have any long-term illness, health problem or disability that limits your daily activities or work?*

- Yes
- No
- Prefer not to say

39b. If yes, what is your disability?

Open ended

40. To which of the following groups do you consider you belong?*

- White Irish
- White Irish Traveller
- Any other white background (please specify: _____)
- Black or Black Irish (please specify: _____)
- Asian or Asian Irish (please specify: _____)
- Other background (please specify: _____)
- Don't know
- Prefer not to say

41. We are interested in completing follow-up focus groups. If you would be keen to participate, please provide your contact details.

Name:

Email address:

Thank you for taking the time to complete the survey and provide your insights.
We appreciate you doing so.

Should you have any follow-on questions please contact eloughren@sportireland.ie.

Inactive Coaches

Section 1: Your Coaching in General

Please tell us about the teams/athletes you use to coach.

1. How many years were you a coach?*

0-2 years

2-4 years

4-6 years

6-10 years

10+ years

2. What sport(s) did you coach?* Please tick all that apply.

Drop down menu with other ended (ensure Paralympic or Special Olympics are included)

All NGBs and funded bodies listed

3. What gender was the team/athlete you coached?* Please tick all that apply

Female

Male

Mixed genders

4. What level did you coach at?* Please tick all that apply.

Recreational or casual club

Competitive club

School

Third Level

County

Provincial Representative (e.g. Leinster U18)

National Representative (e.g. Ireland U16s)

Semi-Professional/Professional (e.g. carded athletes)

5. What age was your team/athlete?* Please tick all that apply.

4-12 years
13-17 years
18+
Masters (35+)

6. What was your main sport affiliated role?*

Volunteer
Teacher
Self-employed coach/instructor
Employed in NGB/club/community
Employed in non-commercial setting excluding club or community
Employed in commercial setting
Other (please specify: _____)
Prefer not to say

7. Why did you stop coaching? Please tick all that apply.

Pregnancy
Work commitments
Family commitments
Prefer not to say
Other (please specify)
I no longer had enough time
I lost my motivation
I moved away
I felt I was getting too old
I got injured
Qualifications and training were too much to keep up to date
There was too much responsibility being a coach
I didn't get enough support from my club/organisation
Problems with parents or participants
There were not enough participants to keep the session going
My child stopped playing the sport
Problems with other coaches/the club/employers

8. Do you intend to resume coaching at any stage?*

Yes
No
Maybe
Prefer not to say

9. What would encourage you to resume coaching? Please provide a short phrase e.g., NGB to contact me.

Open ended

A Few More Questions About You

10. Was being a coach/instructor your full-time employment occupation?

Yes
No
Prefer not to say

11. Do you have any long-term illness, health problem or disability that limits your daily activities or work?*

Yes
No
Prefer not to say

11b If yes, what is your disability?

Open ended

12. To which of the following groups do you consider you belong?*

White Irish
White Irish Traveller
Any other white background (please specify: _____)
Black or Black Irish (please specify: _____)
Asian or Asian Irish (please specify: _____)
Other background (please specify: _____)
Don't know
Prefer not to say

13. We are interested in completing follow-up focus groups. If you would be keen to participate, please provide your contact details.

Name:

Email address:

Thank you for taking the time to complete the survey and provide your insights.
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