COVID-19 Tennis Players Survey

How do you describe yourself?

* Male
* Female
* Transgender
* Do not identify as female, male or transgender

My age:

▼

My relationship status:

* I am single
* I am presently in a committed relationship
* Other

My employment status prior to COVID-19:

\*Note: This question also refers to self-employment. So for example if you work for yourself on full-time basis you would select 'full-time'.

▼

Have you lost income due to the COVID-19 situation?

* Yes
* No

What match format do you predominately play?

▼

How long have you been playing tennis?

▼

On average, prior to the COVID-19 situation how many hours a week were you training:

|  |  |
| --- | --- |
|  |  |
| Tennis  | ▼  |
| Strength  | ▼  |
| Endurance  | ▼  |
| Speed & Agility  | ▼  |
| Flexibility & Mobility  | ▼  |
| Coordination (e.g. balance)  | ▼  |
| Mental / tactics  | ▼  |

|  |
| --- |
|  |

On average, since the COVID-19 situation how many hours a week are you training:

|  |  |
| --- | --- |
|  |  |
| Tennis  | ▼ |
| Strength  | ▼  |
| Endurance  | ▼  |
| Speed & Agility  | ▼  |
| Flexibility & Mobility  | ▼  |
| Coordination (e.g. balance)  | ▼  |
| Mental / tactics  | ▼  |

Display This Question:

If On average, since the COVID-19 situation how many hours a week are you training: = Tennis [ 0 ]

When did you cease tennis training?

▼

Display This Question:

If On average, since the COVID-19 situation how many hours a week are you training: = Tennis [ 0 ]

Why did you cease tennis training?

* I am not allowed to access a tennis court due to COVID-19 restrictions
* I am not allowed to train with my tennis partner/coach in person due to COVID-19 restrictions
* I don't want to take the risk of being infected by COVID-19
* Other (please specify) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Display This Question:

If On average, since the COVID-19 situation how many hours a week are you training: = Strength [ 0 ]

And On average, since the COVID-19 situation how many hours a week are you training: = Endurance [ 0 ]

And On average, since the COVID-19 situation how many hours a week are you training: = Speed & Agility [ 0 ]

And On average, since the COVID-19 situation how many hours a week are you training: = Flexibility & Mobility [ 0 ]

And On average, since the COVID-19 situation how many hours a week are you training: = Mental / tactics [ 0 ]

What are the reasons for not performing off court training?
(e.g. strength, endurance or mental training)

* I don't think it's necessary to perform off court training during the COVID-19 situation
* I am unsure how to train during the COVID-19 situation
* I have no equipment/space for training during the COVID-19 situation
* I am lacking motivation to train during the COVID-19 situation

What equipment can you access for your physical training?

* None
* Free weights
* Bands/tubes
* Cones/ladders/hurdles
* Resistance Machines (e.g. leg press)
* Cardio machines (e.g. treadmill)
* Others (Please specify) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Where are you performing your physical training?

* I'm not performing any physical training during the COVID-19 situation
* Home
* Local park
* Sporting club
* Others (Please specify) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

On average, prior to the COVID-19 situation how many matches were you playing per week?
(e.g. tournaments, league matches and training matches)

▼

On average, since the COVID-19 situation how many matches are you playing per week?
(e.g. tournaments, league matches and training matches)

▼

Have you contracted COVID-19?

* Yes
* Unsure
* No

I think the response of my tennis organisation to the COVID-19 outbreak has been:

▼

Over the past month I have generally been feeling emotionally:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Not at all | A little bit | Quite a bit | A lot | Extremely |
| Happy  |  |  |  |  |  |
| Worried  |  |  |  |  |  |
| Calm  |  |  |  |  |  |
| Sad  |  |  |  |  |  |
| Confident  |  |  |  |  |  |
| Afraid  |  |  |  |  |  |