Doorstep Sport Clubs (DSCs) form part of the Sport England and Department for Culture, Media and Sport (DCMS) 2012-17 Strategy ‘Creating a Sporting Habit for Life’.

Through Sport England Lottery Funding, StreetGames together with our network of local partners has been delivering Doorstep Sport Clubs since an initial pilot project in 2012 and there are now 1000 DSCs operating across the Country.

The aim of the Doorstep Sport Club programme is for StreetGames to create 1,000 different places for young people from disadvantaged communities to take part in doorstep sport, thereby helping to change the sporting landscape in these communities and give young people a chance to develop a sporting habit for life.

Doorstep Sport Clubs exist in many different forms and are hosted by different types of organisations. However, at their core, they provide young people aged 14-25 years living in areas of high deprivation with accessible and affordable opportunities to take part in sport within their local community. Providing vibrant, varied, fun and sociable sessions, with a strong emphasis on youth leadership.

Developing and maintaining a youth-led approach has been one of the cornerstones to the success of the DSC programme. We know that for sessions to be successful, the young people who attend should be encouraged to take ownership and shape the way in which they take part in their sport. As such, this survey is a great opportunity to listen to the views and opinions of the most important people in this programme - the young people.

This survey was designed to capture information across a wide range of topics including: participant likes and dislikes; elements that make a good session; a good leader and suggested improvements. Furthermore, we hoped to capture information which will help us to explore participation patterns and demonstrate impact.

**METHODOLOGY**

This Survey was designed with the aim of making it as easy as possible to complete. Most of the questions were closed ‘tick box’ style questions, with a small number of questions added to enable participants to provide comments and feedback in their own words.

Based on previous experience, we have found that hard copy printed surveys work better with DSC participants, therefore, we sent all DSC organisations printed versions and asked them to support a small sample (circa 10) of their young people to complete the survey and send it back to us via freepost envelopes which we provided.

In addition, we collected responses at the London and Manchester summer festivals as well as also offering an online version of the survey.

The surveys were collected during August and September 2015 and 559 responses were collected.

**PARTICIPATION BARRIERS**

Respondents were asked to indicate what barriers had previously prevented them from taking part in sport, the main responses comprised the following:

- Not enough time due to school/college work
- Too busy socialising
- No one to go with
- Not confident enough
- Too expensive
- I’m unfit

In line with Sport England’s findings, ‘Fear of Judgement’ barriers were more prevalent amongst female respondents - with a higher proportion citing factors such as not being confident enough and being embarrassed about their body.
**Participation Patterns**

**How Long Have You Been Coming to These Sessions?**

- 18% first time
- 7% a few weeks
- 8% about a month
- 5% 2-3 months
- 9% 3-6 months
- 18% 6-12 months
- 36% 1+ years

**How Often Do You Attend?**

- 25% more than once per week
- 48% once per week
- 5% once in 2 weeks
- 4% once a month
- 2% <1 per month
- 15% first time

**Do You Tend to Come to These Sessions?**

- 17% on your own
- 73% with friends
- 10% with family members

Our results showed that a higher proportion of Females are likely to come with friends than on their own.

**Do You Attend Any Other Sports/Group Sessions?**

- YES 53%
- NO 37%
- USED TO* 10%

*but stopped when I started coming here

The majority of respondents that take part in sport outside of their DSC, do so at a School or College

- For Most (24%) this is at school/college
- Only 14% are members of a sports club and only 14% use a local leisure centre
- 70% of respondents only take part in sport either at their DSC or in school/college
- A slightly higher (7%) proportion of females than males said that they take part in sport outside of their DSC.
- Males were more likely to be members of a team/club whilst females were more likely to attend dance classes.
- There was also a difference when comparing ethnicity, with the data showing that: White respondents were 10% more likely to take part in sport outside of their DSC than respondents from BME communities.

**Impact**

**Since Coming to This Club Do You Think You Are...**

- 69% Taking part in sport more regularly
- 7% Taking part in sport less often
- 24% No change

**Thinking About the Sessions Here - How Much Have You...**

- Tried new sports/activities: 69%
- Enjoyed being active: 7%
- Made new friends: 24%
- Learnt new skills: 69%
- Improved skills: 7%
- Increased confidence: 69%

A higher proportion of respondents from BME communities (75%) said that they were taking part in sport more regularly since attending DSC sessions and were also more likely to have answered that they were taking ‘a lot’ from attending.

**Since Coming to This Doorstep Sport Club, How Confident/Motivated Do You Feel About Participating in Sport/Physical Activity?**

<table>
<thead>
<tr>
<th>Scores</th>
<th>Confident</th>
<th>Motivated</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very High (9-10)</td>
<td>62.1%</td>
<td>61.5%</td>
</tr>
<tr>
<td>High (7-8)</td>
<td>24.9%</td>
<td>25.5%</td>
</tr>
<tr>
<td>Medium (5-6)</td>
<td>9.3%</td>
<td>8.3%</td>
</tr>
<tr>
<td>Low (0-4)</td>
<td>3.7%</td>
<td>4.7%</td>
</tr>
</tbody>
</table>

0 is not at all confident/motivated. 10 is completely confident/motivated

**Well-Being**

The survey included a number of short questions taken from the national ONS Wellbeing survey. DSC participants scored very positively across a range of aspects including life satisfaction, happiness and worth. Compared to national data for 16-19 year olds, more DSC participants scored in the ‘Very High’ category.
WHAT PARTICIPANTS TELL US

THINKING ABOUT THE THINGS WHICH ARE IMPORTANT TO YOU IN A SPORTS SESSION - OVERALL WHAT DO YOU THINK ABOUT THIS CLUB?

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>65%</td>
<td>IT IS VERY GOOD</td>
</tr>
<tr>
<td>28%</td>
<td>IT IS GOOD</td>
</tr>
<tr>
<td>7%</td>
<td>IT IS OK</td>
</tr>
<tr>
<td>0%</td>
<td>IT IS POOR</td>
</tr>
<tr>
<td>0%</td>
<td>IT IS REALLY POOR</td>
</tr>
</tbody>
</table>

WHAT MAKES A GOOD SPORTS SESSION FOR YOU?

- 58% - THE COACH/LEADER
- 48% - GOOD QUALITY FACILITIES
- 47% - SESSIONS ARE EASY TO GET TO
- 43% - SESSIONS ARE AFFORDABLE/FREE
- 39% - SESSIONS AT A TIME THAT SUITES ME
- 38% - VARIETY OF ACTIVITIES
- 18% - NUMBERS/REDRESS

The responses above demonstrate the importance of the Doorstep Sport approach - Right Time; Right Price; Right Style & Right Place in creating successful sessions.

WHAT MAKES A GOOD SPORTS ENVIRONMENT FOR YOU?

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>48%</td>
<td>OPPORTUNITIES TO TRY DIFFERENT/New Sports</td>
</tr>
<tr>
<td>36%</td>
<td>TIME TO SOCIALISE WITH FRIENDS</td>
</tr>
<tr>
<td>34%</td>
<td>BANTER</td>
</tr>
<tr>
<td>32%</td>
<td>OPPORTUNITIES TO IMPROVE/LEARN NEW SKILLS</td>
</tr>
<tr>
<td>31%</td>
<td>OPPORTUNITIES TO PLAY MATCHES/TOURNAMENTS</td>
</tr>
<tr>
<td>31%</td>
<td>BEING WITH FRIENDS</td>
</tr>
<tr>
<td>23%</td>
<td>BEING WITH OTHERS MY OWN AGE</td>
</tr>
<tr>
<td>20%</td>
<td>MUSIC</td>
</tr>
<tr>
<td>17%</td>
<td>INFORMAL/FUN ATMOSPHERE</td>
</tr>
<tr>
<td>15%</td>
<td>FAIRNESS/CLEAR GROUND RULES</td>
</tr>
<tr>
<td>12%</td>
<td>OPPORTUNITIES TO VOLUNTEER/LEAD</td>
</tr>
<tr>
<td>11%</td>
<td>HAVING A SAY IN WHAT WE DO</td>
</tr>
</tbody>
</table>

The aspects which most participants think make a good sports environment emphasises the importance of variety and the social aspects of DSC sessions. There were some differences when comparing the responses by gender, a higher proportion of female participants said that having a wide variety of activities (17%), Music (8%) and time to socialise with friends (13%) were important, whereas male participants answered that opportunities to play matches/tournaments (12%) and Banter (12%) were important factors in creating a good sports environment for them.

WHAT MAKES A GOOD SPORTS COACH/LEADER FOR YOU?

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>42%</td>
<td>KNOWLEDGABLE ABOUT SPORT</td>
</tr>
<tr>
<td>38%</td>
<td>GOOD AT TEACHING/IMPROVING SPORTS SKILLS</td>
</tr>
<tr>
<td>36%</td>
<td>FRIENDLY/WELCOMING</td>
</tr>
<tr>
<td>30%</td>
<td>CARING</td>
</tr>
<tr>
<td>30%</td>
<td>MOTIVATING</td>
</tr>
<tr>
<td>28%</td>
<td>SUPPORTIVE/HELPFUL</td>
</tr>
<tr>
<td>26%</td>
<td>GOOD COMMUNICATOR</td>
</tr>
<tr>
<td>19%</td>
<td>GOOD TACTICAL SKILLS</td>
</tr>
<tr>
<td>19%</td>
<td>A GOOD ROLE MODEL</td>
</tr>
<tr>
<td>18%</td>
<td>DOWN TO EARTH</td>
</tr>
<tr>
<td>13%</td>
<td>PASSIONATE ABOUT SPORT</td>
</tr>
<tr>
<td>12%</td>
<td>COMMITTED</td>
</tr>
</tbody>
</table>

The responses suggest that whilst participants do want coaches to be knowledgeable about sport, a wide range of ‘soft skills’ were also important factors in making a good coach/leader. When looking more closely at the difference in responses by gender this was particularly prominent, with a higher proportion of females answering that being ‘caring’ (12% more) and ‘friendly/welcoming’ (13% more) as important compared to male participants responses.

WHAT DO YOU LIKE BEST ABOUT THESE SESSIONS?

We asked participants to feedback in their own words what they like best about their DSC sessions...

"MOST OF THE SESSIONS ARE DIFFERENT AND WE SEE NEW FACES ALL OF THE TIME"
"IT'S GOOD FUN, IT'S BETTER THAN BEING ON THE STREET OR BORED AT HOME"
"GREAT LAUGH AND STAYING ACTIVE WHILST HAVING FUN"
"GET TO MEET AND INTERACT WITH NEW PEOPLE AND LEARN NEW SKILLS"
"YOU GET TO TRY OUT NEW SPORTS IN A NON-COMPETITIVE ENVIRONMENT"
"THE ATMOSPHERE, THE OPPORTUNITY, THE COMPETITION AND EVERYTHING THAT IT OFFERS"
"ALL THE STAFF ARE SO WELCOMING...I LOVE IT!"

"I ENJOY IT MORE AS WE HAVE A SAY IN WHAT WE DO"
"IT'S MORE FUN AND LAID BACK. YOU CAN DO WHATEVER YOU ENJOY INSTEAD OF BEING TOLD WHAT TO DO"
"YOU AREN'T RESTRICTED TO JUST A COUPLE OF ACTIVITIES: THERE IS A WIDE RANGE"
"VERY INFORMAL, RELAXED, NO PRESSURE WITH BEING GOOD AT ANYTHING IN PARTICULAR"
"THERE IS A LOT GOING ON, FREEDOM, SPACE, CHOICE"
"DEDICATED PROJECT LEADERS"

"YOU GO BECAUSE YOU WANT TO BE THERE, NOT BECAUSE YOU HAVE TO BE THERE!"

WHAT MAKES THIS SESSION DIFFERENT FROM PE AT SCHOOL/COLLEGE OR OTHER SPORTING EXPERIENCES YOU’VE HAD IN THE PAST?

We asked participants to feedback in their own words why they think their DSCs are different to other sporting experiences they have had before.

"I ENJOY IT MORE AS WE HAVE A SAY IN WHAT WE DO"
"IT'S MORE FUN AND LAID BACK. YOU CAN DO WHATEVER YOU ENJOY INSTEAD OF BEING TOLD WHAT TO DO"
"YOU AREN'T RESTRICTED TO JUST A COUPLE OF ACTIVITIES: THERE IS A WIDE RANGE"
"VERY INFORMAL, RELAXED, NO PRESSURE WITH BEING GOOD AT ANYTHING IN PARTICULAR"
"THERE IS A LOT GOING ON, FREEDOM, SPACE, CHOICE"
"DEDICATED PROJECT LEADERS"

"YOU GO BECAUSE YOU WANT TO BE THERE, NOT BECAUSE YOU HAVE TO BE THERE!"
What do you dislike or like least about these sessions?

We also asked participants to share what they dislike or like least about their DSC sessions, the main themes are below...

**Frequency**
A common theme in responses was the frequency of sessions, with a lot of participants answering that they would like more sessions more often.

**Time**
Another prominent theme that emerged in the responses was the length of sessions, with a large number of participants saying that they would like the sessions to be longer.

**People**
Another frequent response referred to the number of people attending the sessions. Responses varied between there being either too many or too few participants at some sessions.

Do you have any improvements/suggestions for the club?

Following on from the above, we asked participants if they had any thoughts on how they could improve their DSC sessions. As you would expect given the themes in what people disliked, many of the suggestions for improvements were directly aimed at remedying those. For example, sessions run more often; sessions are longer and sessions with either more or less participants.

In addition, there were a variety of new themes which emerged within the responses, such as...

**Variety**
Participants want a vibrant and varied offer. This can be achieved in part by making sure the sports on offer are changed and refreshed regularly.

**Price**
Young people in disadvantaged areas don’t have much money - but do want to take part in sport and be active. As such, the barrier of cost should be minimised as much as possible.

**Venue**
The venue sessions run from are also crucial to the success of a session, it needs to be in a location that is accessible to the young people. The facilities also need to be of a sufficient quality.

Would you be interested in taking part in trips and activities outside your area with this group?

87% of DSC participants would like to take part in trips & visits outside of their DSC session with the group.

Some clubs run a loyalty scheme where participants receive rewards for attendance, what sort of rewards would encourage you to keep coming back?

We asked participants about what incentives could be used (if any) to encourage them to keep attending, popular responses included...

Apart from sports, what other activities do you do regularly/enjoy doing?

We asked participants about what sort of things they liked doing outside of their DSC sessions, popular responses included...

Have you ever been asked your opinion by the session leaders?

The above results demonstrate that participants are regularly consulted on how to shape their DSC sessions, this is important as youth leadership is a key principle within Doorstep Sport and we want young people to be able to have an input and for their voices to be heard.
THOUSANDS OF YOUNG PEOPLE ARE ATTENDING DSC SESSIONS EACH WEEK. 73% OF THESE COME TO SESSIONS WITH THEIR FRIENDS.

MOST RESPONDENTS ATTEND DSC SESSIONS ON A REGULAR BASIS. 70% ATTEND AT LEAST ONCE A WEEK.

A HIGH PROPORTION (87%) OF PARTICIPANTS SCORED HIGH/VERY HIGH IN TERMS OF FEELING CONFIDENT AND MOTIVATED TO TAKE PART IN SPORT / PHYSICAL ACTIVITY.

DSCS ARE CONTINUING TO ATTRACT NEW PARTICIPANTS, WHilst ALSO RETAINING PARTICIPANTS.

OVER 50% OF RESPONDENTS HAVE ATTENDED FOR MORE THAN 6 MONTHS.

THE KEY ASPECTS THAT MAKE A GOOD SPORTS SESSION FOR DSC PARTICIPANTS ARE:

- THE COACH/LEADER, GOOD QUALITY FACILITIES, SESSIONS EASY TO GET TO, VARIETY OF ACTIVITIES AND TIME.
- TIME TO SOCIALISE, OPPORTUNITIES TO LEARN NEW SKILLS AND OPPORTUNITIES TO PLAY IN TOURNEMENTS.
- COACHES AND LEADERS THAT ARE KNOWLEDGEABLE, GOOD AT IMPROVING SKILLS, FRIENDLY, CARING AND MOTIVATING.

87% OF RESPONDENTS WOULD LIKE TO TAKE TRIPS AND VISITS OUTSIDE OF THEIR DSC.

A HIGH PROPORTION OF DSC PARTICIPANTS SCORED HIGH / VERY HIGH WHEN ASKED HOW THEY FELT ABOUT THEIR HAPPINESS (79%) AND LIFE SATISFACTION (84%).

RESPONDENTS TOLD US THAT THEY HAVE ENJOYED: BEING ACTIVE, LEARNING / IMPROVING NEW SKILLS, TRYING NEW SPORTS AND MAKING NEW FRIENDS.

MOST RESPONDENTS (69%) SAID THEY ARE TAKING PART IN SPORT MORE REGULARLY SINCE COMING TO THEIR DSC SESSIONS.

93% OF RESPONDENTS RATED THEIR DSC SESSIONS AS GOOD / VERY GOOD.
THANK YOU!

TO ALL THE DOORSTEP SPORT CLUB PROJECTS AND PARTICIPANTS

FINDINGS WILL BE USED BY STREETGAMES AND SHARED WITH DSCS AND PARTNERS TO HELP SHAPE IMPROVEMENTS WHERE NEEDED, GUIDE FUTURE PROVISION AND HELP LOCAL PROJECTS TO DEMONSTRATE THEIR IMPACT

STREETGAMES DSC PARTICIPANT SURVEY 2015