



Calgary



Recreation Benefits Survey Report

May 13, 2021

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Background & Methodology

Background

On behalf of Recreation, a survey on the topic of participation in and benefits of recreational activities (specifically physical recreational activities) was conducted. The survey measured frequency of participation in recreational activities during the year prior to the COVID-19 pandemic, perceived benefits of participation, and the impact of the pandemic on frequency of participation and benefits received.

Methodology

An online survey was conducted with Citizens' View panelists. Citizens' View is an online panel that encourages citizens to participate in shaping City of Calgary programs and services through surveys, discussions, and engagement activities.

The survey was conducted April 6 – 16, 2021 and was sent to all 2,732 panelists, with 1,057 completing the survey (a 39% completion rate).

NOTE: These survey findings are not considered statistically representative of all Calgarians. Due to the composition of the group of panelists who completed the survey, results should be regarded as directional and should not be projected to the larger population without research with a representative sample of citizens.

Compared to the overall population of Calgary, respondents to this survey tend to be older, more likely to be born in Canada, much less likely to identify as a visible minority, and less likely to have children under the age of 18 years in their household.

	Survey respondents	Calgary overall ¹
55 to 64	28%	13%
65 or older	34%	17%
Born in Canada (yes)	82%	73%
Visible minority (yes)	10%	27%
Children <18 in household (yes)	19%	31%

¹Source: 2020 Fall Citizen Satisfaction Survey

Summary of Findings

The majority of respondents say that during the year prior to the pandemic, they participated in recreational activities¹ at least weekly, with walking/running being by far the most common activity.

- In the year prior to the pandemic, four fifths of respondents participated in recreational activities a minimum of once per week (33% six to seven days per week and 50% one to five times per week).
- Nearly nine-in-ten respondents who participated in recreational activities at least a few times per month in the year prior to the pandemic say they walked/ran (88%), followed by hiked (42%), cycled (39%) and did cardio fitness such as using a treadmill, elliptical machine or stationary bike (36%).

The most common location used for recreational activities in the year prior to the pandemic was outside.

- Most respondents who participated in recreational activities at least a few times per month in the year prior to the pandemic regularly did this outside (89%). Around half used a recreational facility/gym (54%) and/or participated in recreational activities at home (50%). Note that respondents were able to select more than one response to this question.
- Two fifths (41%) regularly used a City of Calgary facility for their recreational activities during the year prior to the pandemic.

¹Defined as individual and group sports and physical activity (e.g. walking, running, cycling, swimming, tennis, golf, weight lifting, martial arts).

Summary of Findings – cont'd

A slight majority of respondents say their participation in recreational activities has decreased since the beginning of the pandemic, mainly due to the closure of recreational facilities/gyms and a desire to avoid people during the pandemic.

- For just over one-half (56%) of respondents, participation in recreational activities has decreased during the pandemic while for a third (33%), it's stayed the same. One-in-ten respondents (11%) say it's increased since the beginning of the pandemic.
- Among those for whom recreational activity has decreased, the most common reason for this change in frequency is the closure of recreational facilities/gyms (69%). Other frequently cited reasons include not wanting to be around others during the pandemic (56%) and fewer recreational opportunities available during this time (52%).
- Reasons given for an increase in one's recreational activity during the pandemic include improving mental health/helping with stress (73%), to stay or get healthy to avoid getting sick (72%), and having more time for recreational activities (55%).

Summary of Findings – cont'd

Overall, respondents report negative impacts of the pandemic on the benefits they get from participating in recreational activities, especially the benefits of meeting people/socializing, a place for their children to spend time, fun/entertainment, and a sense of community.

- Among those who say meeting people/socializing is a benefit of recreational activities, a majority (72%) report a negative impact on this benefit as a result of the pandemic. A majority also say the pandemic has had a negative impact on their children having a place to spend time (70%) and the benefits of fun/entertainment (60%) and their sense of community (60%).
- Notably, among those for whom improved mental health and/or enhanced quality of life are benefits of recreational activities, a slight majority report the pandemic has had a negative impact on these benefits (51% and 55%, respectively).
- Some respondents report that the pandemic has had a positive impact on the benefits they get from recreational activities, particularly among those for whom quality time with family is a benefit (45%) and those who say creativity is a benefit (38%).

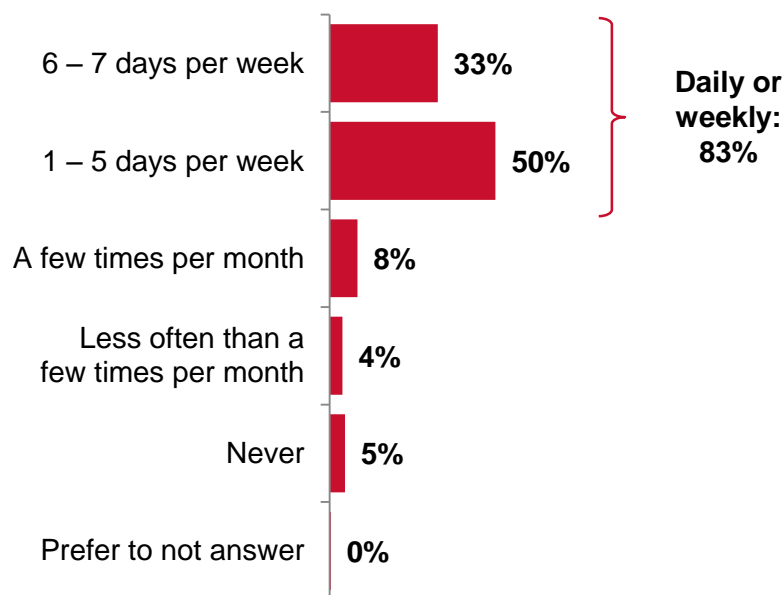
Detailed Results



Frequency of Recreational Activity Pre-pandemic

One-third (33%) of respondents report having participated in recreational activities such as individual and group sports and physical activity daily or almost daily during the year prior to the COVID-19 pandemic. Another one-half (50%) of respondents say they do this one to five days per week, for a total of 83% participating in these types of recreational activities at least weekly, if not more often.

Frequency of Participation in Recreational Activities** During the Year Prior to the Pandemic

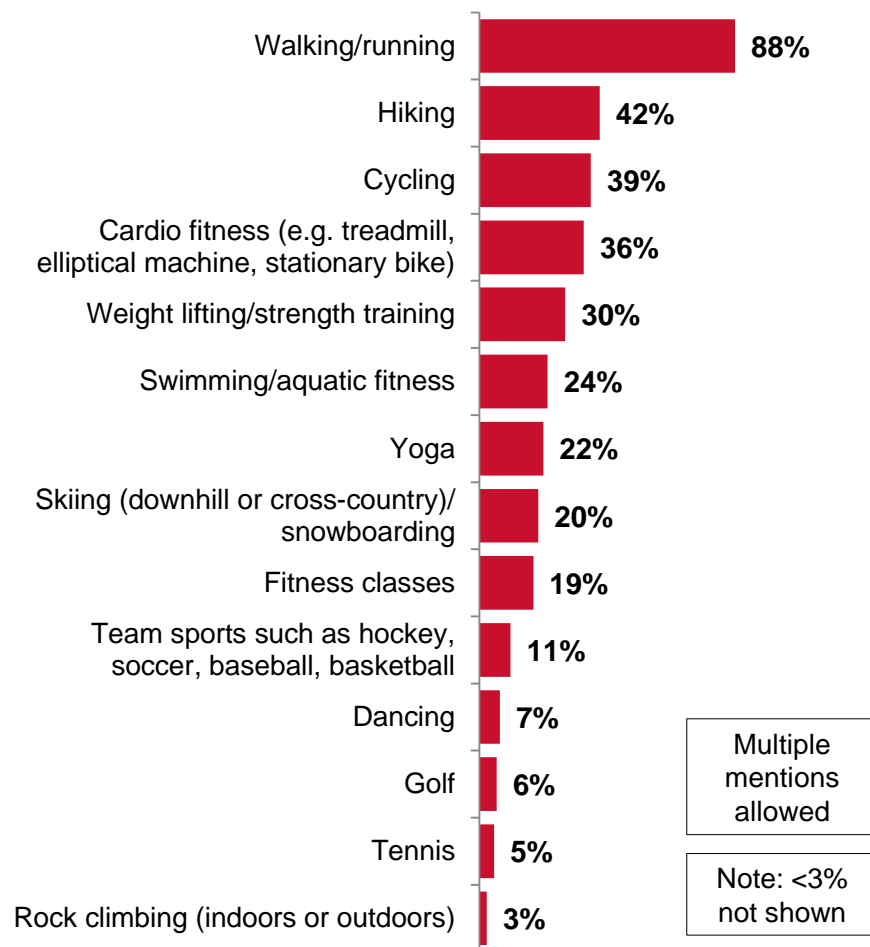


Please think back to the year prior to the pandemic, meaning approximately March 2019 to March 2020. During the year prior to the pandemic, approximately how often did you participate in recreational activities? **By 'recreational activities' we mean things such as individual and group sports and physical activity (e.g. walking, running, cycling, swimming, tennis, golf, weight lifting, martial arts)?
Base: All respondents (n=1,057)

Regular Recreational Activities Pre-pandemic

Among those respondents who participated in recreational activities at least a few times per month during the year prior to the pandemic, a vast majority (88%) say they regularly engaged in walking/running. Around two-in-five respondents participated in hiking (42%) and/or cycling (39%) and approximately one-third (36%) did cardio fitness such as using a treadmill, elliptical machine or stationary bike. Following this were weight lifting/strength training (30%), swimming/aquatic fitness (24%), yoga (22%) and fitness classes (19%). Team sports, dancing, golf, tennis and rock climbing were selected by fewer respondents.

Recreational Activities Participated in During the Year Prior to the Pandemic

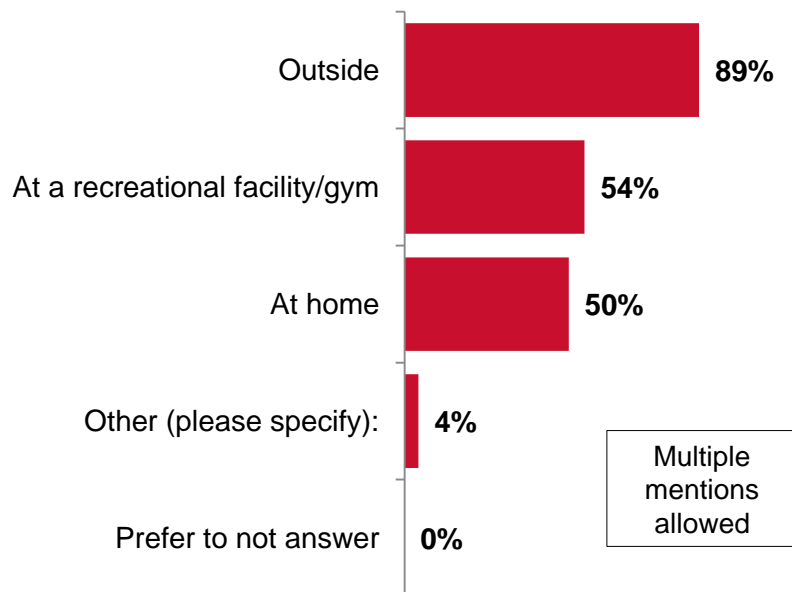


Which of the following recreational activities did you regularly participate in during the year prior to the pandemic? Please select all that apply.
Base: Respondents who participated in physical recreational activities at least a few times per month in the year prior to the pandemic (n=963)

Regular Recreation Locations Pre-pandemic

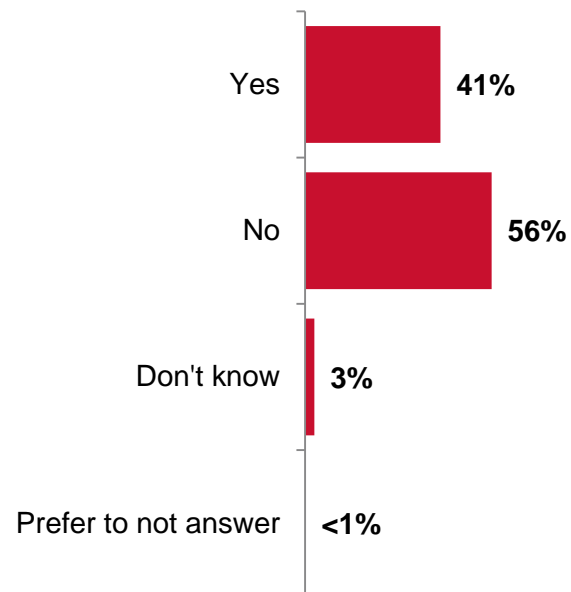
The vast majority (89%) of those who participated in recreational activities at least a few times per month during the year prior to the pandemic did so outside. Around one-half of respondents usually attended a recreational facility/gym (54%) and/or engaged in recreational activities at home (50%). Two fifths (41%) said they regularly used a City of Calgary facility in the year prior to the pandemic.

Location(s) Usually Used for Recreational Activities During the Year Prior to the Pandemic



And in the year prior to the pandemic, where did you usually participate in recreational activities? Please select all that apply.
Base: Respondents who participated in physical recreational activities at least a few times per month in the year prior to the pandemic (n=963)

Regularly Used City of Calgary Facilities for Recreational Activities During the Year Prior to the Pandemic

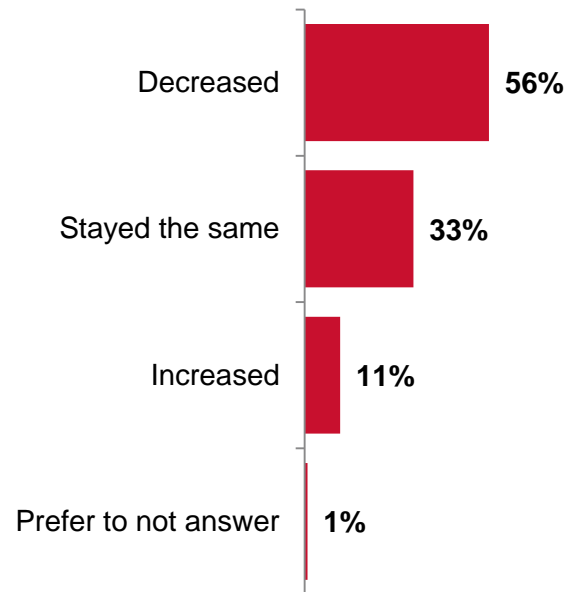


In the year prior to the pandemic, did you regularly use any City of Calgary facilities for your recreational activities?
Base: Respondents who participated in physical recreational activities at least a few times per month in the year prior to the pandemic (n=963)

Change in Frequency of Participation Since Beginning of the Pandemic

Just over one-half (56%) of respondents say their participation in recreational activities has decreased since the beginning of the pandemic while it's stayed the same for one-third (33%) and increased for one-in-ten (11%).

Change in Frequency of Participation in Recreational Activities Since the Beginning of the Pandemic



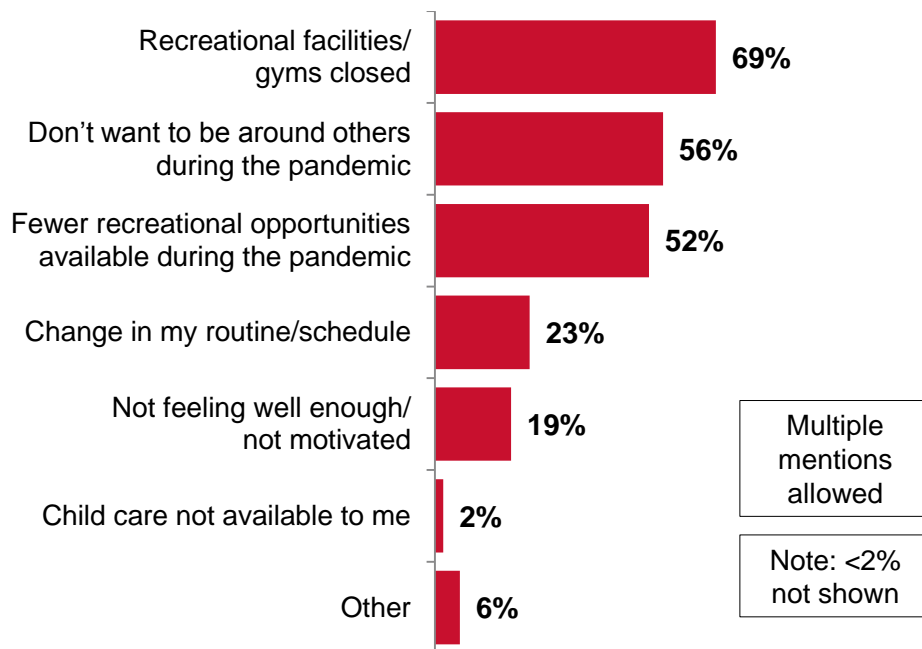
Since the beginning of the pandemic (March 2020), has your participation in recreational activities . . .

Base: All respondents (n=1,057)

Reasons for Decrease or Increase in Participation Since Beginning of the Pandemic

The most mentioned reason for a decrease in one's participation in recreational activities since the beginning of the pandemic is the closure of recreational facilities/gyms (69%), followed by not wanting to be around others during the pandemic (56%) and fewer recreational activities being available during the pandemic (52%). The top reasons for an increase in participation are to improve mental health/help with stress (73%), to get or stay healthy to avoid getting sick (72%), and having more time for recreational activities (55%).

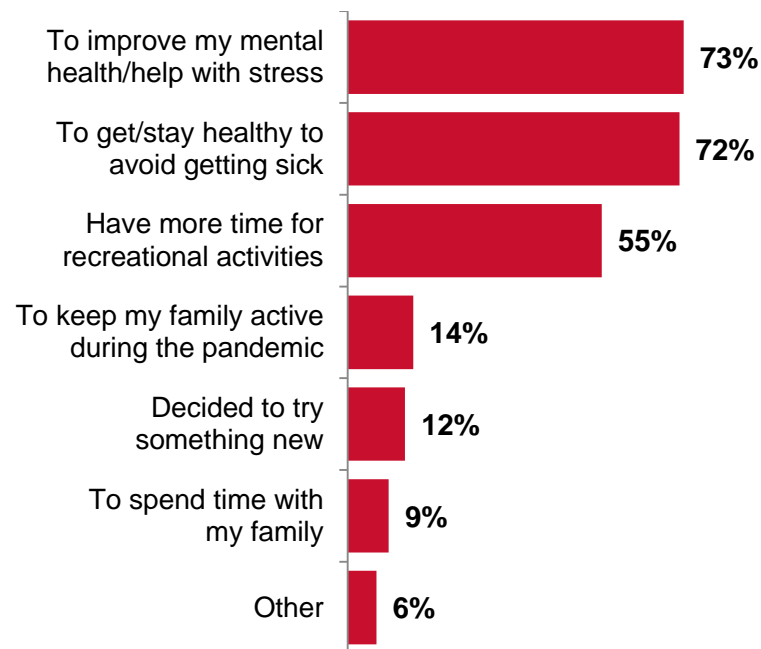
Reasons for a Decrease in Participation in Recreational Activities Since the Beginning of the Pandemic



What are the main reasons your participation in recreational activities decreased since the beginning of the pandemic? Please select up to three reasons.

Base: Respondents who say their participation in recreational activities decreased since the beginning of the pandemic (n=588)

Reasons for an Increase in Participation in Recreational Activities Since the Beginning of the Pandemic



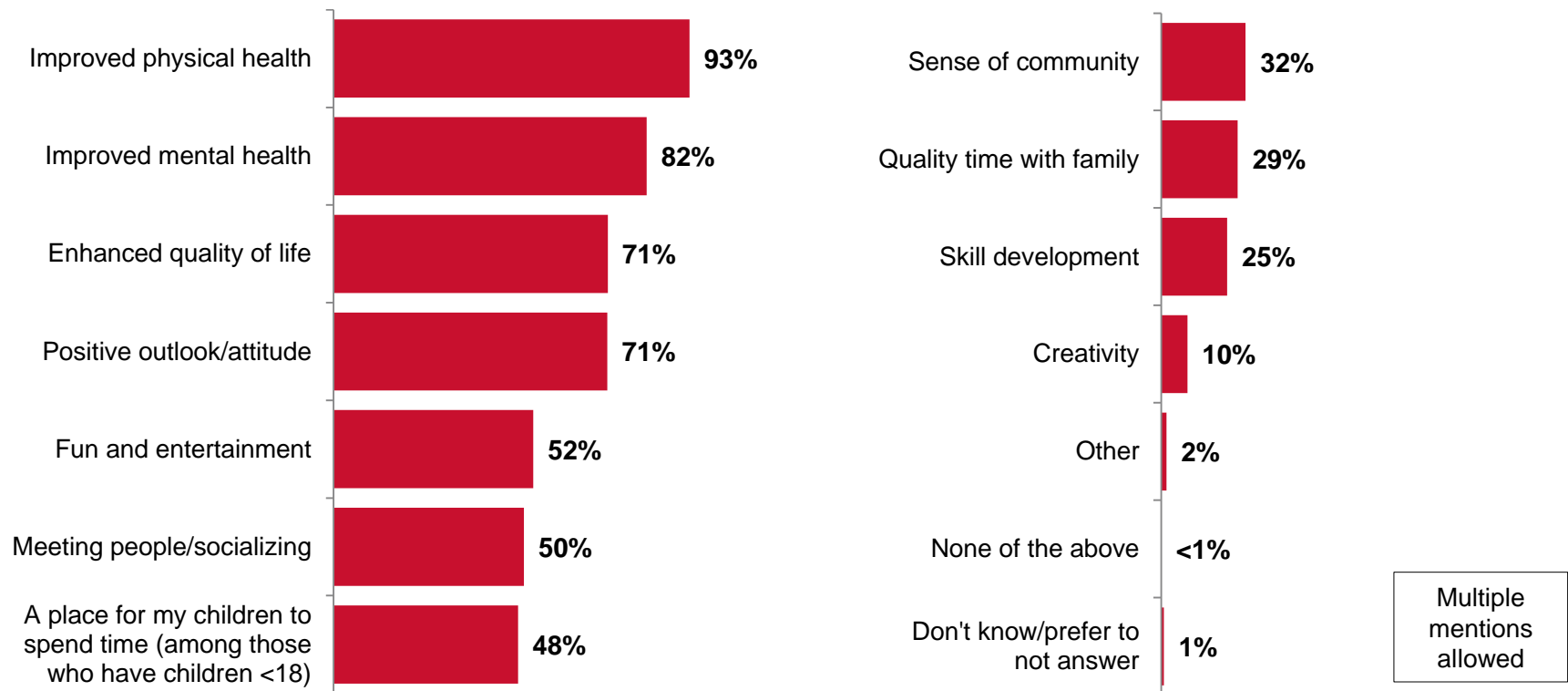
What are the main reasons your participation in recreational activities increased since the beginning of the pandemic? Please select up to three reasons.

Base: Respondents who say their participation in recreational activities increased since the beginning of the pandemic (n=113)

Self-reported Benefits of Recreational Activities

Respondents were presented a list of potential benefits that could be experienced as a result of participating in recreational activities. Those selected by the most respondents as benefits they get from recreational activities are improved physical health (93%), improved mental health (82%), enhanced quality of life (71%), and positive outlook/attitude (71%).

Benefits Respondents Say They Get From Participating in Recreational Activities

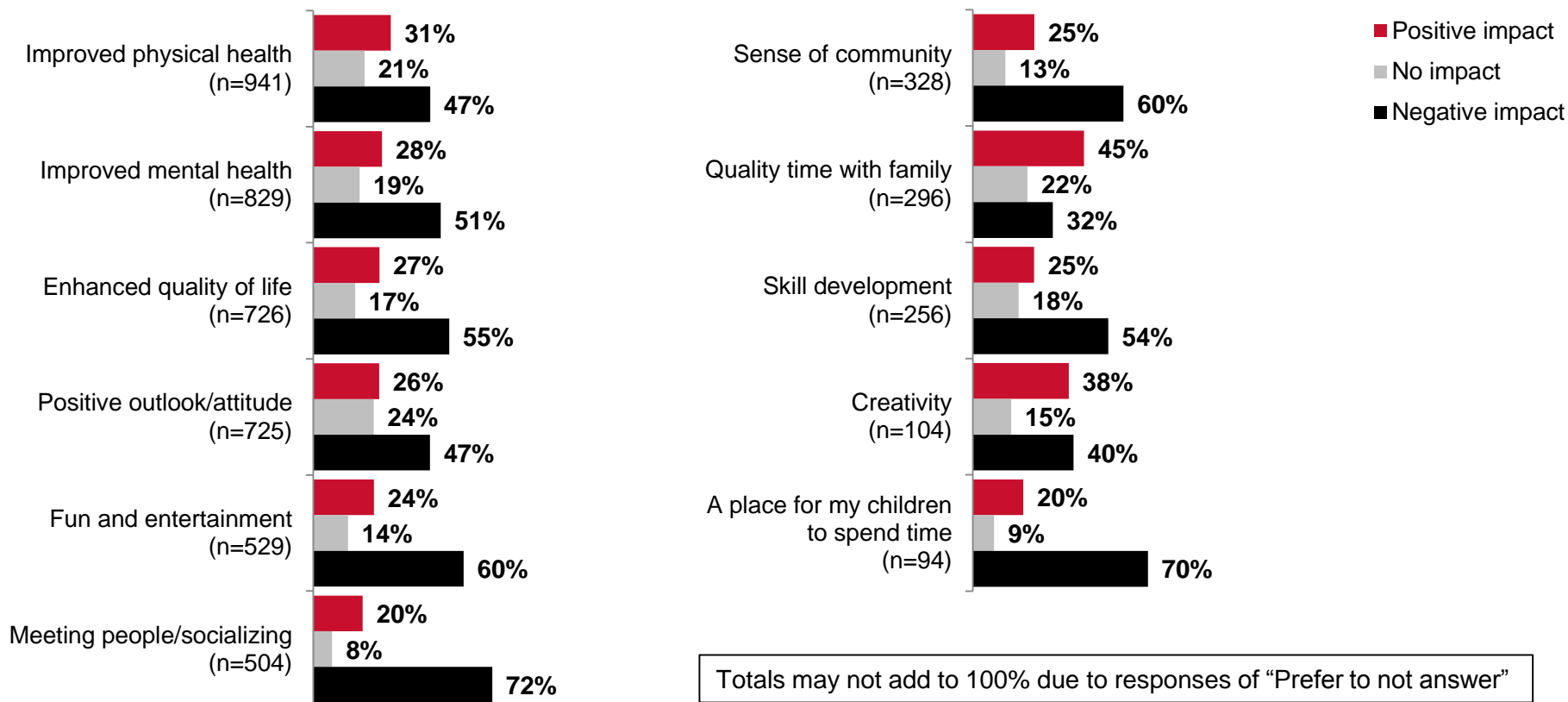


Which of the following are benefits that you, personally, get from participating in recreational activities? Please select all that apply.
 Base: Respondents who participated in physical recreational activities at all in the year prior to the pandemic or never participated in the year prior to the pandemic but did so since the beginning of the pandemic (n=1,017)

Impact of Pandemic on Benefits of Participating in Recreational Activities

For each benefit a respondent said they get from participating in recreational activities, they were asked about the impact of the pandemic on that benefit for them. The pandemic has had a negative impact on meeting people/socializing and a place for one's children to spend time for the majority of respondents (72% and 70%, respectively). A majority also report the pandemic had a negative impact on fun and entertainment (60%) and sense of community (60%) as benefits.

Impact of Pandemic on Benefits Respondents Say they get from Participating in Recreational Activities



For each of the benefits you said you get from recreational activities, please indicate if you've experienced a positive impact, no impact at all, or a negative impact as a result of the pandemic.

Base: Respondents who selected that benefit (n=varies)

Demographics

Gender	
Male	47%
Female	51%
Other	<1%

Age	
18 to 24	<1%
25 to 34	5%
35 to 44	14%
45 to 54	18%
55 to 64	28%
65 or older	34%

Children in Household	
Yes	19%
No	80%

Born in Canada	
Yes	82%
No	16%

Visible Minority	
Yes	10%
No	85%

Self or Family w/ Disability	
Yes	16%
No	81%

Questionnaire



Recreation Benefits Survey March 30, 2021

SURVEY WELCOME SCREEN

Thank you for taking the time to complete this Citizens' View survey.

This survey will be available until 4:00 pm on April 16, 2021.

If you encounter any technical issues, please contact us at citizensview@calgary.ca.

The personal information collected in this survey is done so under the authority of the *Freedom of Information and Protection of Privacy Act*, Section 33(c) and is used to provide guidance to Calgary Recreation. If you have any questions about the collection or use of your information, please contact a City of Calgary Research Coordinator by phone at 403-268-3617, by email at research@calgary.ca or by sending a letter to: Research Coordinator, The City of Calgary, Mail code 8305, P.O. Box 2100, Station M, Calgary, AB Canada T2P 2M5.

1. Please think back to the year prior to the pandemic, meaning approximately March 2019 to March 2020. During the year prior to the pandemic, approximately how often did you participate in recreational activities? By 'recreational activities' we mean things such as individual and group sports and physical activity (e.g. walking, running, cycling, swimming, tennis, golf, weight lifting, martial arts)?

6 – 7 days per week
1 – 5 days per week
A few times per month
Less often than a few times per month [SKIP TO Q5]
Never [SKIP TO Q5]
Prefer to not answer [SKIP TO Q5]

2. Which of the following recreational activities did you regularly participate in during the year prior to the pandemic? Please select all that apply.

[RANDOMIZE]

Walking/running
Team sports such as hockey, soccer baseball, basketball
Swimming/aquatic fitness
Fitness classes
Yoga
Tennis
Badminton
Martial arts
Hiking
Dancing
Cycling
Weight lifting/strength training
Rock climbing (indoors or outdoors)

Cardio fitness (e.g. treadmill, elliptical machine, stationary bike)
Skiing (downhill or cross-country)/snowboarding
Other (please specify):
None of the above [EXCLUSIVE OPTION]
Prefer to not answer [EXCLUSIVE OPTION]

3. And in the year prior to the pandemic, where did you usually participate in recreational activities? Please select all that apply.

At home
At a recreational facility/gym
Outside
Other (please specify):
Prefer to not answer [EXCLUSIVE OPTION]

4. In the year prior to the pandemic, did you regularly use any City of Calgary facilities for your recreational activities?

Yes
No
Don't know
Prefer to not answer

5. Since the beginning of the pandemic (March 2020), has your participation in recreational activities . . .

Decreased
Stayed about the same
Increased
Prefer to not answer

[IF 'DECREASED' AT Q5, ASK Q6]

6. What are the main reasons your participation in recreational activities decreased since the beginning of the pandemic? Please select up to three reasons.

[RANDOMIZE]

Fewer recreational opportunities available during the pandemic
Recreational facilities/gyms closed
Change in my routine/schedule
Not feeling well enough/not motivated
Child care not available to me
Don't want to be around others during the pandemic
Other (please specify):
No reason [EXCLUSIVE OPTION]
Don't know [EXCLUSIVE OPTION]
Prefer to not answer [EXCLUSIVE OPTION]

Questionnaire – cont'd

[IF 'INCREASED' AT Q5, ASK Q7]

7. What are the main reasons your participation in recreational activities increased since the beginning of the pandemic? Please select up to three reasons.

[RANDOMIZE]

To get/stay healthy to avoid getting sick
Have more time for recreational activities
To spend time with my family
To keep my family active during the pandemic
Decided to try something new
To improve my mental health/help with stress
Other (please specify):
No reason **[EXCLUSIVE OPTION]**
Don't know **[EXCLUSIVE OPTION]**
Prefer to not answer **[EXCLUSIVE OPTION]**

[IF 'NEVER' TO Q1 AND 'DECREASED' OR 'STAYED THE SAME' TO Q5, SKIP TO DEMOGRAPHICS]

8. Which of the following are benefits that you, personally, get from participating in recreational activities? Please select all that apply.

[RANDOMIZE]

Skill development
Improved physical health
Improved mental health
Positive outlook/attitude
Meeting people/socializing
Quality time with family
Fun and entertainment
A place for your children to spend time
Creativity
Enhanced quality of life
Sense of community
Other (please specify):
None of the above **[EXCLUSIVE OPTION]**
Don't know **[EXCLUSIVE OPTION]**
Prefer to not answer **[EXCLUSIVE OPTION]**

9. For each of the benefits you said you get from recreational activities, please indicate if you've experienced a positive impact, no impact at all, or a negative impact as a result of the pandemic.

[ROWS; RANDOMIZE; SHOW ONLY THOSE SELECTED IN Q8]

Skill development
Improved physical health
Improved mental health
Positive outlook/attitude
Meeting people/socializing

Quality time with family
Fun and entertainment
A place for your children to spend time
Creativity
Enhanced quality of life

[COLUMNS]

Positive impact
No impact
Negative impact
Don't know
Prefer to not answer

10. How, if at all, has the pandemic impacted the benefits you get from participating in recreational activities? Please be as specific as possible.

[OPEN-END]

DEMOGRAPHICS

The last few questions are to help us categorize results. Your responses will remain confidential.

11. Which of the following age groups do you belong to?

18 to 24 years
25 to 34 years
35 to 44 years
45 to 54 years
55 to 64 years
65 to 74 years
75 years or older
Prefer to not answer

12. Do you have children under the age of 18 living in your home?

Yes
No
Prefer to not answer

13. What is your gender?

Male
Female
Other (please specify):
Prefer to not answer