

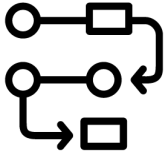
COVID-19 Insights Report

Impacts of Covid-19 across the play, active recreation
sector in Aotearoa, New Zealand

September 2020



Methodology



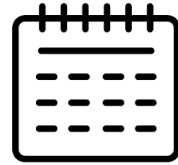
Approach

We surveyed previous Active NZ* respondents, who had given permission to be re-contacted.

We compare September 2020 data with both the April and June 2020 re-contact surveys.

Further, we compare September 2020 data with interviews completed via the Active NZ survey in September 2017, 2018 and 2019 combined.

All datasets were weighted to the 2013 census, to ensure national representativeness.



Fieldwork dates

September 9 – 24, 2020



Sample size

6,296 adults (18+)

654 children and young people (5-17)

* Sport New Zealand's Active NZ Survey measures nationwide participation in play, active recreation and sport

Key findings

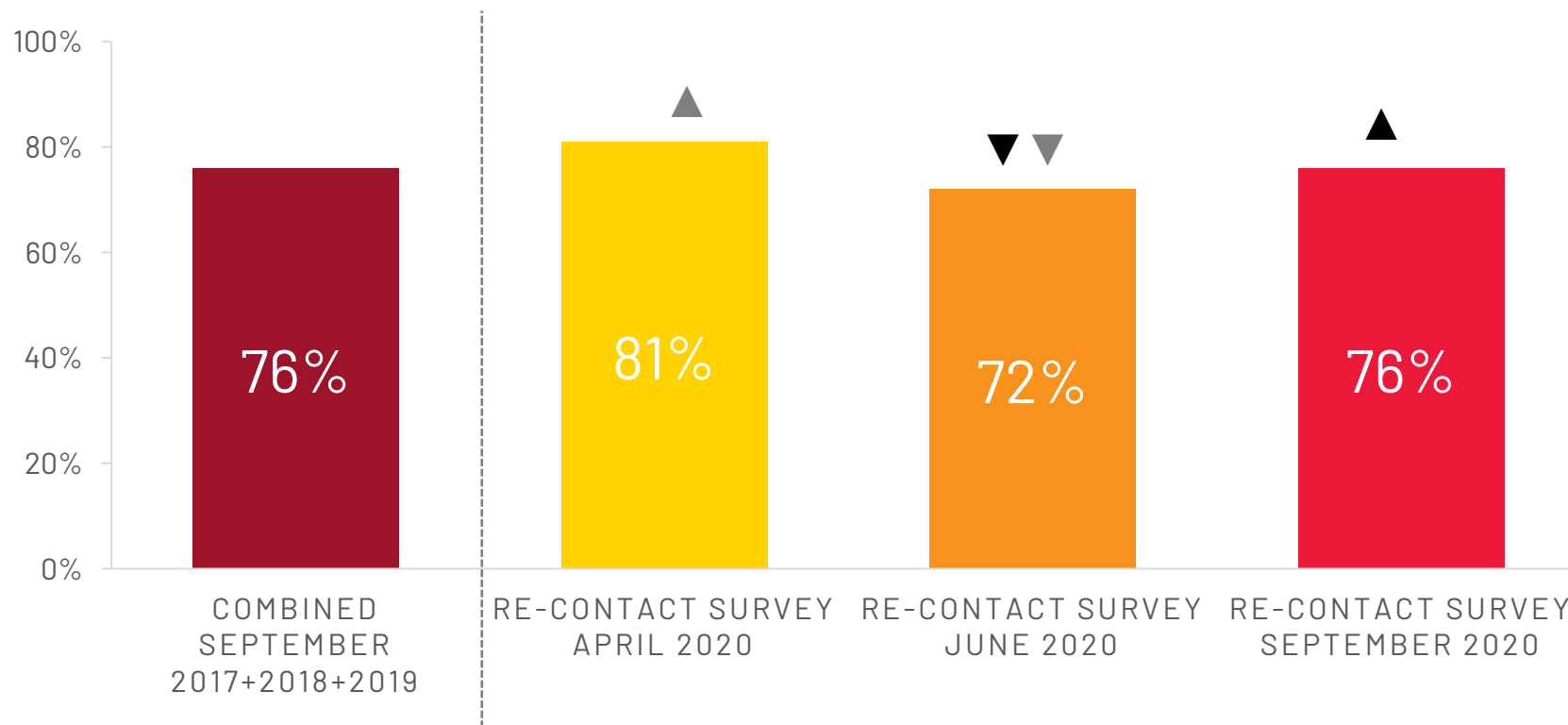
- Continued recovery of weekly participation and time spent being physically active from June to September, but we are not back to normal
- There is an unevenness to recovery – the following are all significantly below results for a normal September:
 - Time spent by adults being physically active
 - Time spent in organised sport for tamariki and rangatahi
 - Time spent by 15-17 year olds being physically active
- Auckland was impacted by Alert Level 3 in August, with indicators showing an impact on how sports recover

Active NZ: COVID-19 survey

Adults (18+)

Weekly participation rebounded in September, sitting at normal September levels

Participation (last 7 days):



Significant increases:

- Female
- 18-24 year olds
- 50-64 year olds
- European
- Pacific
- High deprivation (8-10)

Base: All respondents aged 18+ (Combined September n=2,608, Re-contact April n=11,242, Re-contact June n=7,547, Re-contact September n=6,296)

Q7. Thinking back over the last 7 days (not including today) have you done any physical activity that was specifically for the purpose of sport, exercise or recreation?

Time spent being active also rebounded but not to normal September levels

Average number of hours spent
being active (last 7 days):

5.53

Combined September
2017 + 2018 + 2019

5.61

Re-contact survey
April 2020

4.52

Re-contact survey
June 2020

5.13

Re-contact survey
September 2020

Significant increases:

- Female
- 18-24 year olds
- 50-64 year olds
- European
- Pacific
- Low deprivation (1-3)
- High deprivation (8-10)

Number of activities participated in also rebounded but not to normal September levels

Average number of activities
(last 7 days):

2.42

Combined September
2017 + 2018 + 2019

2.14

Re-contact survey
April 2020

1.78

Re-contact survey
June 2020

1.97

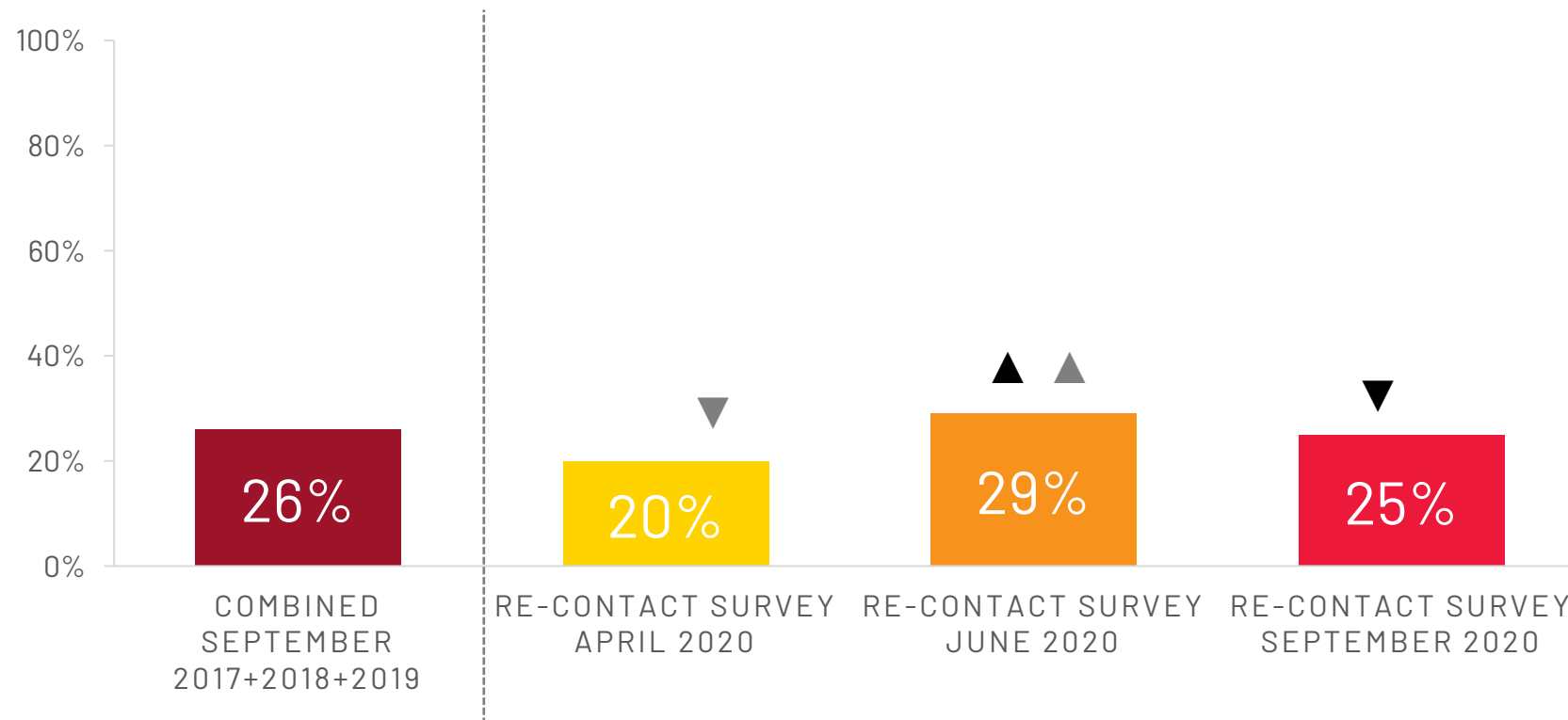
Re-contact survey
September 2020

Significant increases:

- Male
- Female
- 18-24 year olds
- 50-64 year olds
- 65-74 year olds
- European
- Low deprivation (1-3)
- High deprivation (8-10)

After the big increase in the inactive in June, this fell back to normal September levels

Less than 30 minutes of physical activity (last 7 days):



Other commitments remained the most prominent barrier

While being too tired/ lack of energy increased since September



Prioritising other commitments

52% ▼



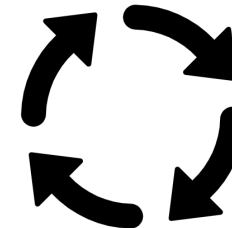
Struggle to motivate myself

25%



Too tired/ don't have the energy

25% ▲



Got out of the habit

20%



Prefer to spend time on other interests

14% ▼

Walking, gardening and day tramps increased in participation

While several activities still showed signs of recovering, sitting below a normal September

Significant increases:

	Re-contact survey April 2020	Re-contact survey June 2020	Re-contact survey September 2020
Walking	69%	51%	57% ▼
Gardening	16%	9%	14% ▼
Day tramp	0%	2%	3%

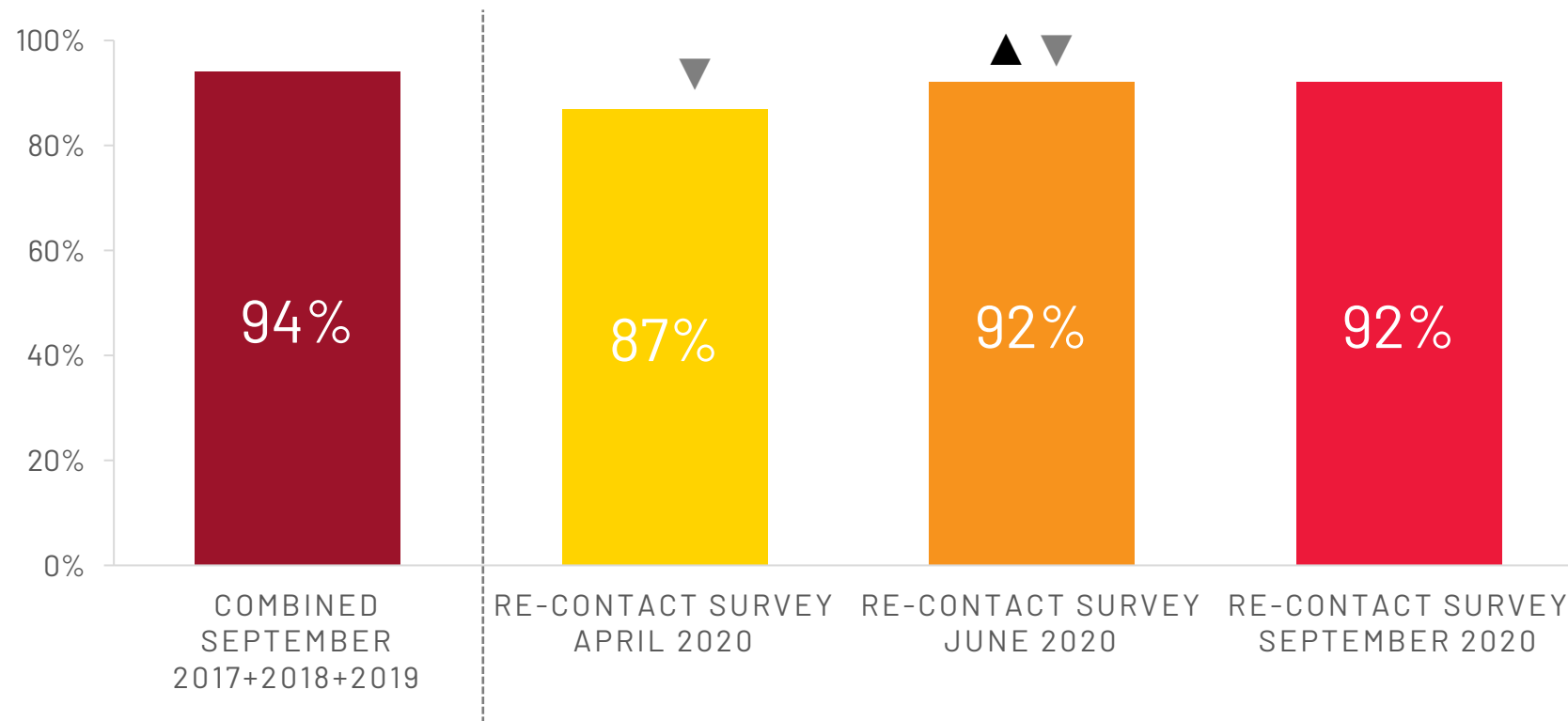
Significantly below a normal September:

	Re-contact survey September 2020
Walking	57%
Running/ jogging	18%
Gardening	14%
Group fitness class	9%
Playing games	5%
Swimming	5%
Golf	3%
Dance/ dancing	3%
Football	2%
Boxing	1%
Basketball	1%

Active NZ: COVID-19 survey

Children and Young People (5-17 year olds)

After the recovery in June, weekly participation for children and young people was stable in September



Time spent being active increased, sitting just below normal September levels

Average number of hours spent being active (last 7 days):

10.87

Combined September
2017 + 2018 + 2019

8.14

Re-contact survey
April 2020

8.2

Re-contact survey
June 2020

9.86

Re-contact survey
September 2020

Significant increases:

- Male
- 5-7 year olds
- 8-11 year olds
- European

While the upwards trend continued, number of activities participated in was still below normal September levels

Average number of activities
(last 7 days):

5.28

Combined September
2017 + 2018 + 2019

3.5

Re-contact survey
April 2020

3.95

Re-contact survey
June 2020

4.24

Re-contact survey
September 2020

Time spent playing with friends and in competition were both up significantly

However, organised participation is significantly below a normal September

	Combined September 2017 + 2018 + 2019	Re-contact survey April 2020	Re-contact survey June 2020	Re-contact survey September 2020
Playing with friends	3.82	4.40	2.53	3.47 ▲
PE (or class at school)	2.47	0.06	1.82	2.01
Training with a coach	1.67	0.24	1.76	1.69
Playing alone	1.77	2.12	1.34	1.63
Extra training	1.67	1.44	0.46	0.63
Competition	0.82	0.01	0.29	0.44 ▲▼

Compared to June:

- Significant increase in **informal participation** – just below normal September level
- No change in **organised participation** – significantly below normal September level

Base: All respondents ages 5-17 (Combined September n=1,298, Re-contact April n=2,417, Re-contact June n=1,181, Re-contact September n=654)
Q16. Where or how did you do <activity> in the last 7 days?

Being too busy remained the most prominent barrier

A lack of energy and motivation are higher than a normal September, while 'because of Covid-19' returns to the top 5 barriers



Too busy

35%



Too tired/
don't have energy

27% ▲



Too hard to
motivate myself

22% ▲



Because of
Covid-19

20% ▲



Already do a good amount
of physical activity

19%

While significant increases were seen across a number of activities, many remained below a normal September



Significant increases:

	Re-contact survey April 2020	Re-contact survey June 2020	Re-contact survey September 2020
Swimming	2%	13%	22%
Trampoline	23%	14%	21%
Basketball	6%	7%	11%
Athletics	0%	1%	4%

Significant decreases:

	Re-contact survey April 2020	Re-contact survey June 2020	Re-contact survey September 2020
Running, jogging, cross country	44%	57%	45% ▼

Significantly below a normal September:

- Running, jogging, cross country
- Playing
- Games
- Playing on a playground
- Dance/ dancing
- Gymnastics

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