



Dwarf Sports Association UK
Empowering People Through Sport
www.dsauk.org

Giving you clear results

Sport and Activity Survey 2016



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Introduction

About DSAuk

The Dwarf Sports Association (DSAuk) was formed in 1993 after a group of families returned from, and were inspired by, the World Dwarf Games which had been held in Chicago, USA. From those humble beginnings, DSAuk now has a current membership of over 1900 people, with 630 of those having a form of dwarfism.

DSAuk have 10 regional groups covering the whole of the UK, each providing sport, physical activity and leisure opportunities along with a local support network for people with dwarfism and their families.

DSAuk promote grassroots participation for all ages and also hold an annual National Games competition covering a wide range of sports.

For more information, please visit www.dsauk.org

A word from the Chair

I would like to thank everyone who took part in our sports and activity survey. As DSAuk continues to flourish, it is important to know we are meeting the needs of our members. The survey results give a very positive message that the activities we provide are enjoyed and well received by everyone who takes part in them.

As our Regional Development Officers continue their work in supporting the regions, this survey will help guide them with the continuation of popular activities and provide insight into potential new and exciting regional opportunities for the future.

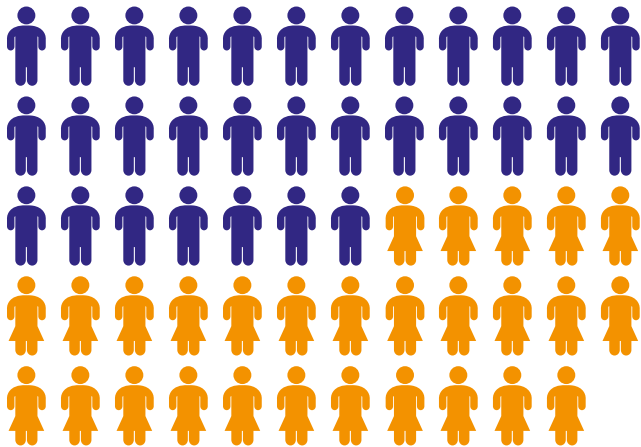
Penny Dean O.B.E
Chair, DSAuk



Survey Information and Demographics

Who we spoke to

59 people
with dwarfism/
restricted growth.



The average age
of respondent.

24

Condition



of respondents have **Achondroplasia**.

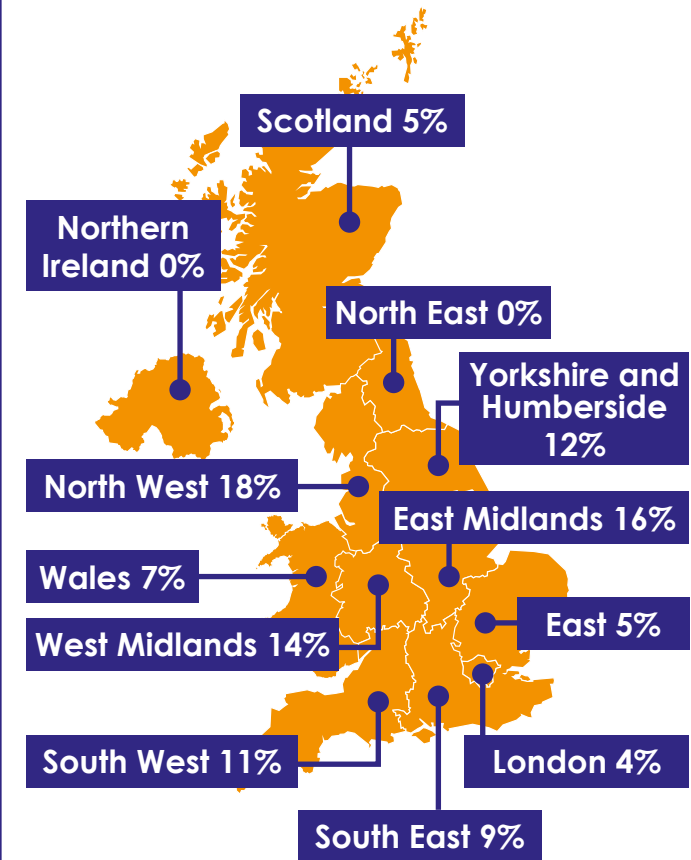
Achondroplasia is the most common
form of dwarfism/restricted growth.

1 in 25,000

people in the UK are born
with this condition.



Location



7 out of 8

Dwarf Sports Association UK regions
were represented in the survey.

Membership

Respondents and Regions



85% of respondents are current members of DSAuk.



74% of members attend regional events.

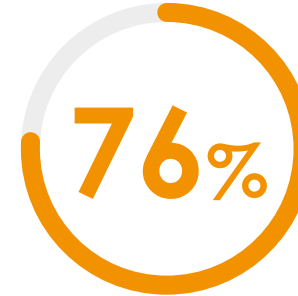


62% of members travel more than 30 miles to access regional events.



80% of members are happy with the sports and activities offered at regional events.

Benefits



76% of DSAuk members feel that their membership **'very much'** meets their expectations.



The main benefits that members feel they are getting out of the membership are **opportunities to take part in a variety of organised sport, physical activity and leisure activities.**



Sport and Physical Activity Participation

Participation



of respondents currently take part in some sport or physical activity.

This survey consulted with people actively engaged with DSAuk. The majority of people with dwarfism who are not engaged with DSAuk are much less likely to be currently active. Sport England's active people survey reports that only **25%** of people with a physical disability take part in sport once a month or more.

Popular Activities

Top five current activities:



Swimming
66% of all respondents.

Boccia

46% of all respondents.



Athletics
44% of all respondents.

Badminton

34% of all respondents.



Walking
34% of all respondents.

Regular Participation

Top five most popular regular activities (participation once a week or more).



Swimming
32% of all respondents.

Walking

31% of all respondents.



Gym
17% of all respondents.

Football

14% of all respondents.



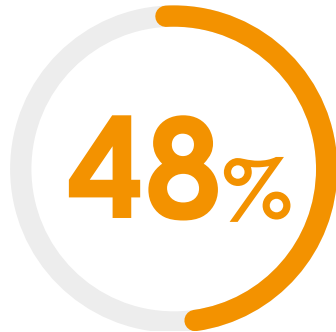
Athletics
14% of all respondents.

However, respondents took part in some activities more regularly than others...



Sport and Physical Activity Participation

Travelling to Play Sport



Almost half (**48% of sport participants**) usually travel

30 minutes or more

to take part in sport and physical activity.

Only **1 in 10**

(**12%** of sport participants) are '**very happy**' with the amount of time they spend travelling.

Current and Preferred Sport Environments



of respondents would prefer to take part in a fully inclusive environment with disabled and non-disabled people. **33%** of respondents usually do now.



of respondents would prefer to take part exclusively with other people with dwarfism. **10%** of respondents usually do now.



would prefer a mix of environments for different activities.

Just under

1 in 5

(**17%**) usually take part in sport/activity on their own at the moment. This is the preferred environment for only **2%**.



Motivations and Barriers

Motivations

The **top three motivations** to take part in sport and physical activity are:

Enjoyment



Keeping fit



Socialising



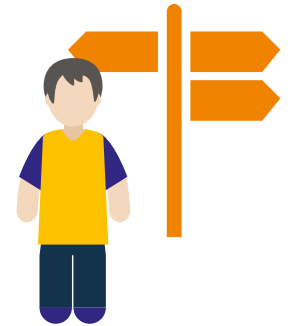
Barriers

The **top three barriers** to taking part in sport and activity are:



Health conditions

Travel difficulties



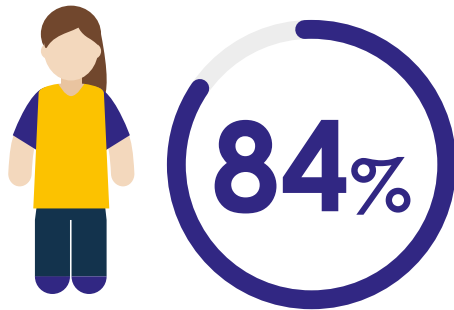
Lack of suitable opportunities

Future Participation

Future Demand

Over **8 in 10**

respondents stated they would like to do more sport or physical activity in the future.



In Current Sports and Activities

The results suggest that people intend to do more of some of their current sports and activities over the next year. The top three activities are:

Swimming

36% of swimmers
(24% of all respondents).



Badminton

35% of badminton players
(12% of all respondents).



Athletics

23% of athletics participants
(10% of all respondents).

In New Sports and Activities

The top three sports and activities people are interested in taking up in the future are:



Archery

29% of all respondents.

Canoeing/ Kayaking

20% of all respondents.

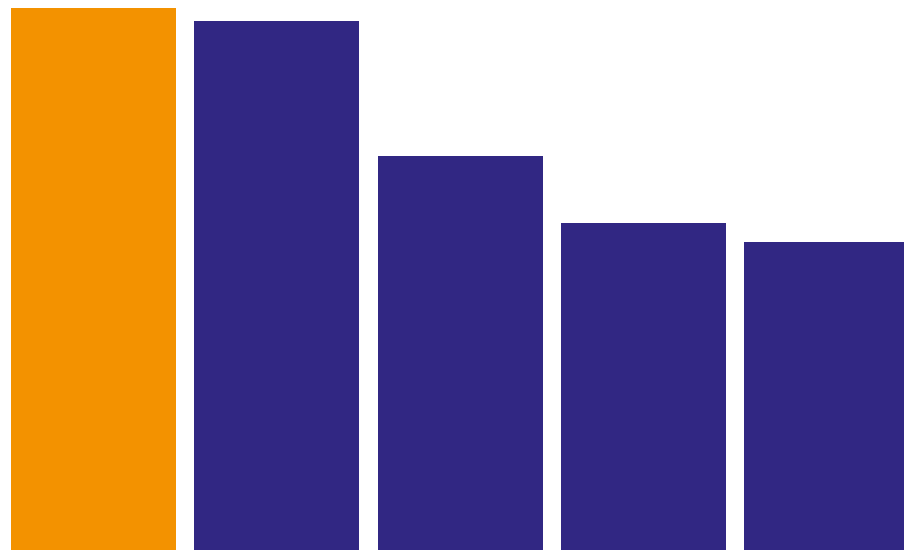


Equestrian

15% of all respondents.

Marketing and Communications

Top 5 Current Sources of Sport Information



57%

Facebook



55%

DSAuk Website



41%

Email Updates



34%

Internet Search



32%

Other Sports Organisations



Top 5 Preferred Sources of Sport Information



64%

Email Updates



50%

DSAuk Website



48%

Facebook



21%

Friends and Family



20%

Internet Search







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