

**Saskatchewan Children and Youth
Participation in
Sport, Recreation and Cultural Activities:**

**A Re-analysis of data from the
*2005 Aboriginal Participation in
Sport, Culture and Recreation Study***

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EXECUTIVE SUMMARY

In 2005, Pulse Research Ltd. released the report *Aboriginal Youth Participation in Sport, Culture and Recreation*. This report was based on a random digit dial phone survey that was administered to two samples of Saskatchewan households with children and youth between 5 and 19 years of age: 1) General Public Households (n=400); and 2) Aboriginal Households (n=401). Survey responses were provided by children and youth between 5 and 19 years of age or persons most knowledgeable about the child/youth in the household.

The purpose of this report is to present the re-analysis of data collected by Pulse Research Ltd. The data was re-analyzed to resolve several issues with the original analyses to more accurately represent Aboriginal and Non-Aboriginal children and youth residing in Saskatchewan. The results are presented in three sections: 1) Overall descriptive results; 2) Comparisons of four groups based on Aboriginal status and Gender; and 3) Comparisons of three groups based on Saskatchewan Regional Recreation Areas.

Participation in Sport and Recreation

Almost all children and youth participated in at least one sport or recreation activity. Significantly fewer children and youth participated in coached sport than either informal sports or recreation activities. However, survey results indicated those who participated in coached sport were twice as likely to do so at least once per week compared to those who participated in informal sport and recreation activities.

Non-Aboriginal children and youth were more likely to participate in coached sport than Aboriginal children and youth. Aboriginal children and youth began participating in coached sport about one year later than Non-Aboriginal children and youth. Male children and youth were significantly more likely to participate in coached sport than female children and youth. South and Metro children and youth were more likely to participate in coached sport than North children and youth.

The seven coached sports with the highest overall participation were: 1) soccer; 2) hockey; 3) swimming; 4) baseball; 5) basketball; 6) volleyball; and 7) track & field. A greater proportion of male children and youth participated in coached hockey and baseball. Female children and youth were more likely to participate in coached volleyball. Non-Aboriginal children and youth were more likely to participate in swimming than Aboriginal children and youth. A greater proportion of South children and youth participated in coached hockey and baseball than Metro or North children and youth. Metro children and youth were more likely to participate in swimming than North or South children and youth.

About two-thirds of children and youth participated in coached sport activities in arenas and recreation or community centers, while just over one-quarter participated at schools. A greater proportion of North children and youth received sport coaching or instruction at local schools while Metro and South children and youth were more likely to receive coaching or instruction at private facilities. Over three-quarters of coached sport activities were conducted by clubs or associations.

The six informal sport activities with the highest overall participation rates were: 1) cycling; 2) swimming; 3) soccer; 4) basketball; 5) baseball; and 6) hockey. Aboriginal males were more likely to participate in soccer or basketball than other children and youth. A significantly greater proportion of males participated in hockey or baseball than

females. North and South children and youth were more likely to participate in baseball than Metro children and youth.

The seven recreation activities with the highest overall participation rates were: 1) swimming; 2) cycling; 3) camping; 4) ice skating; 5) fishing; 6) walking; and 7) hiking. Female children and youth were more likely to participate in walking while male children and youth were more likely to participate in fishing. Non-Aboriginal children and youth were more likely to participate in hiking for recreation compared to Aboriginal children and youth. A greater proportion of North children and youth participated in walking and fishing than Metro or South children and youth. Aboriginal children and youth began participating in recreational activities over one year later than Non-Aboriginal children and youth.

Participation in Art and Cultural Activities

The art and cultural activities with the highest level of participation were; 1) clubs, groups or programs with leadership; 2) arts and crafts; and 3) music.

A significantly greater proportion of female children and youth participated in lessons in art and culture compared to male children and youth. Non-Aboriginal female children and youth were more likely to participate in music lessons and a club, group or community program with leadership than other children and youth. Aboriginal children and youth and North children and youth were significantly more likely to participate in heritage language lessons than Non-Aboriginal children and youth. North and South children and youth were more likely to participation in lessons in art and culture than Metro children and youth

A greater proportion of Aboriginal children and youth took lessons in art and cultural activities at local schools while Non-Aboriginal children and youth were more likely to take art and cultural lessons privately. Northern children and youth were more likely to take lessons in art and cultural activities at local schools while a greater proportion of Metro and South children and youth took those lessons privately. North and South children and youth were more likely to take lessons through community centers than Metro children and youth.

Almost all children and youth attended a culture and heritage event/facility in the year prior to the survey. Four out of seven events/facilities were attended by the majority of children and youth: 1) art gallery/museum; 2) historic park/place; 3) concert; and 4) musical/play.

Non-Aboriginal children and youth were more likely to attend an art gallery/museum and musical/play. Aboriginal children and youth were significantly more likely to attend a cultural festival. Non-Aboriginal female children and youth were significantly more likely to attend a concert than other children and youth. A greater proportion of female children and youth attended an arts or crafts fair than male children and youth. Metro and South children and youth were more likely to attend an art gallery/museum or concert than North children and youth. Metro and North children and youth were more likely to attend a children's or cultural festival than South children and youth.

Benefits and Value of Sport, Culture and Recreation

The top five benefits of participation in sport, culture and recreational activities identified by parents were: 1) socializing; 2) exercise; 3) being healthy; 4) self-confidence; and 5) sportsmanship.

Parents of Non-Aboriginal children and youth were more likely to cite socializing and exercise as benefits than parents of Aboriginal children and youth. Parents of Aboriginal children and youth were more likely to cite having fun as a benefit of participation than Non-Aboriginal Parents. A greater proportion of parents of South and Metro children and youth cited socializing and exercise as benefits of participation than parents of North children and youth.

Almost all parents indicated that sport and recreation activities were valuable in their child's life. Most parents agreed or strongly agreed that music played a valuable role in their child's life. Parents of Aboriginal females were more likely to value dance than parents from the other three groups. Parents of Aboriginal children and youth valued heritage language significantly more than parents of Non-Aboriginal children and youth.

Awareness of Lottery-Funded Sport, Cultural and Recreation Opportunities

The majority of parents were fully or somewhat aware of lottery-funded opportunities for children and youth available in the community. Parents of Aboriginal and Northern children and youth had a lower level of awareness than the other comparison groups.

Barriers to Participation

A large majority of children and youth had not stopped participating in sport activities. However, most children and youth wanted to participate more often in sport activities than they currently did. Parents of Aboriginal children and youth were more likely than Non-Aboriginal parents to report that their child wanted to participate in sport more often than they currently do. The four most frequently cited reasons for children and youth not participating in sport activities more often were: 1) lack of time; 2) cost of participation; 3) lack of local programs; and 4) lack of transportation.

Parents of Aboriginal children and youth were more likely to cite lack of transportation and lack of local programs as barriers to participating compared to parents of Non-Aboriginal children and youth. Parents of Metro children and youth were more likely to cite cost of participation and lack of time as barriers compared to parents of North and South children and youth. Parents of North and South children and youth were more likely to cite lack of transportation and lack of local programs than parents of Metro children and youth.

1. BACKGROUND

In 2005, Saskatchewan Culture, Youth and Recreation, now the Saskatchewan Ministry of Tourism, Parks, Culture and Sport, commissioned Pulse Research Ltd. to conduct a survey for the purpose of increasing understanding of Aboriginal youth participation in sport, culture and recreation activities in the province of Saskatchewan.

Pulse Research Ltd. released the report, *Aboriginal Youth Participation in Sport, Culture and Recreation*, in June, 2005. This report was based on a random digit dial phone survey that was administered to two samples of households with children and youth between the ages of 5 and 19 years in Saskatchewan: 1) General Public Households (n=400); and 2) Aboriginal Households (n=401). Survey responses were provided by children and youth between the ages of 5 and 19 years of age or persons most knowledgeable about the child/youth in the household. Eighty-eight percent (88.4%) of the surveys were completed by parents/guardians on behalf of their child.

The purpose of this report is to present the re-analysis of data collected by Pulse Research Ltd. to resolve several issues with the original analyses. First, there were 51 Aboriginal respondents included in the sample of 400 General Public Households. Second, both samples were not combined. As a result, no statistical comparisons could be made to compare responses from Aboriginal and Non-Aboriginal children and youth. Third, the original data was not weighted by age, gender or Aboriginal status to reflect the population of Saskatchewan children and youth (5 to 19 years of age). In short, the results presented in the original report do not accurately represent Aboriginal or Non-Aboriginal children and youth residing in Saskatchewan.

The Evaluation Unit in the Ministry of Tourism, Parks, Culture and Sport has resolved the above data analyses issues in the original report. The results are presented in this report in three sections: 1) Overall descriptive results; 2) Comparisons of four groups based on Aboriginal status and Gender; and 3) Comparisons of three groups based on Saskatchewan Regional Recreation Areas.

Survey respondents were coded to one of 23 Saskatchewan Regional Recreation Areas (SRRAs) based on the postal code of their household. A map of the 23 SRRAs is located in Appendix A. The 23 SRRAs were grouped into three regions for this report as follows:

- 1) North - Non-Metro: Regions 13, 15, 16, 17, 18, 19, 20, 21, 22, 23;
- 2) Metro: Regions 6 (Regina) and 14 (Saskatoon); and
- 3) South – Non-Metro: Regions 1, 2, 3, 4, 5, 7, 8, 9, 10, 11, 12

1.1 Demographics

Respondents Who Completed the Survey:

- Child or youth: 11.6%
- Parent for child or youth: 88.4%

Aboriginal Status:

- Non-Aboriginal 78.5%
- Aboriginal 21.5%

Annual Household Income:

- Under \$25,000 18.0%
- \$25,001 to \$50,000 26.8%
- \$50,001 to \$75,000 23.4%
- Over \$75,000 31.8%

Region (Location of Respondents' Household):

- North-Non-Metro 31.3%
- Metro (Regina or Saskatoon) 38.5%
- South-Non-Metro 30.2%

Gender of Child or Youth:

- Male 51.5%
- Female 48.5%

Age of Child or Youth:

- 5 to 9 yrs old 31.0%
- 10 to 14 yrs old 34.3%
- 15 to 19 yrs old 34.7%

2. OVERALL RESULTS

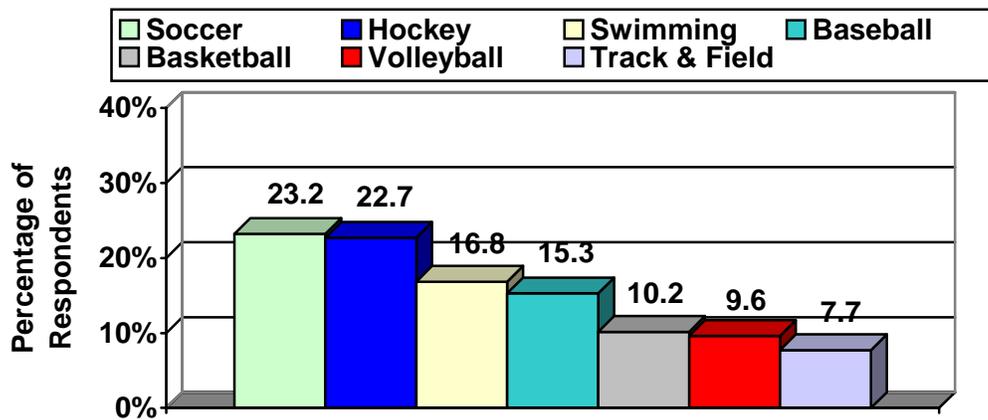
This section includes discussion of the overall results on: 1) participation in sport and recreation; 2) participation in art and cultural activities; 3) benefits of participation; 4) value of sport, culture and recreational activities; 5) awareness of lottery-funded sport, cultural and recreation opportunities and 6) barriers to participation.

2.1 Participation in Sport and Recreation Activities

2.1.1 Coached Sport

Seventy percent (69.8%) of children and youth participated in a coached sport activity during the year prior to the survey. Of those that took part in coached sport, 93.8% participated at least once per week. The seven coached sport activities with the highest level of participation were: 1) *soccer* (23.2%); 2) *hockey* (22.7%); 3) *swimming* (16.8%); 4) *baseball* (15.3%); 5) *basketball* (10.2%); 6) *volleyball* (9.6%); and 7) *track and field* (7.7%).

Fig. 2.1.1 - Level of Participation in Coached Sport Activities



Of the children and youth who participated in coached sport, 93.8% participated at least once per week.

The reported average age participants began taking part in coached sport activities was six (6.0) years old.

2.1.2 Formal Games, Tournaments or Competitions

The majority of children and youth participated in coached sport activities in *arenas, recreation or community centres* (62.6%), followed by *schools* (27.7%), and *other* locations (9.7%). Coached sport activities were mainly conducted by the following organizations and groups:

- *Clubs or Associations:* 77.1%
- *Municipalities:* 7.7%
- *Schools:* 5.8%
- *Community Volunteers:* 4.3%
- *Family and Private Citizens:* 2.7%
- *Tribal Councils:* 2.3%

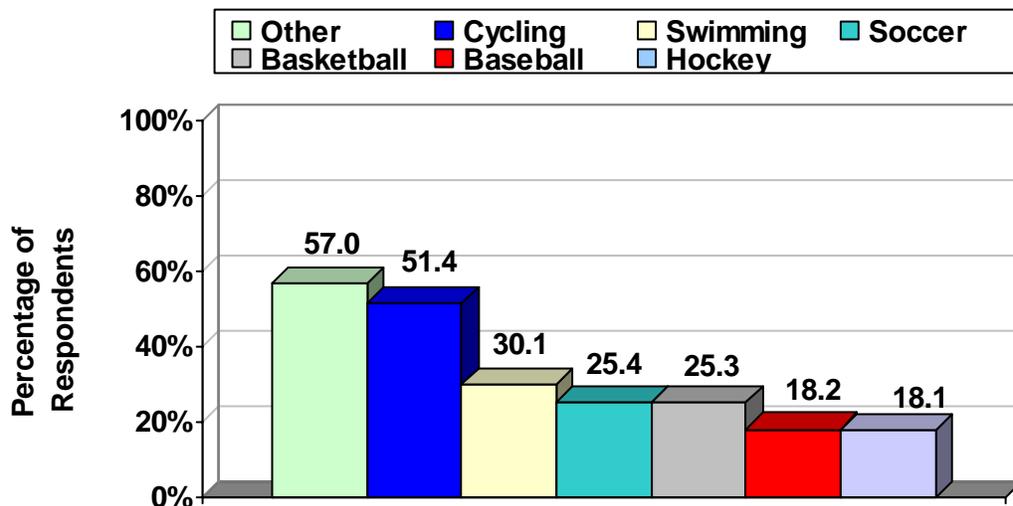
Overall, 59.6% of children and youth participated in formal games, tournaments or competitions in the year prior to the survey. The survey did not ask children and youth to specify the type of activities related to formal games, tournaments or competitions.

Of the children and youth who participated in formal games, tournaments or competitions, 51.5% participated at least once per week.

2.1.3 Informal Sports or Physical Activity

Almost all (96.6%) children and youth participated in informal sports or physical activities during the year prior to the survey. Informal activity was defined as self-directed activity outside of school hours. Of those who participated in informal sports, 93.7% participated at least once per week. The majority of children and youth (57.0%) participated in “other” informal sport or physical activities. The survey did not ask children and youth to specify the type of “other” activities. Respondents were asked to choose “all” activities that children and youth participated in. Of the nineteen specified activities in the survey, the six activities with the highest level of participation among children and youth were: 1) *cycling* (51.4%); 2) *swimming* (30.1%); 3) *soccer* (25.4%); 4) *basketball* (25.3%); 5) *baseball* (18.2%); and 6) *hockey* (18.1%).

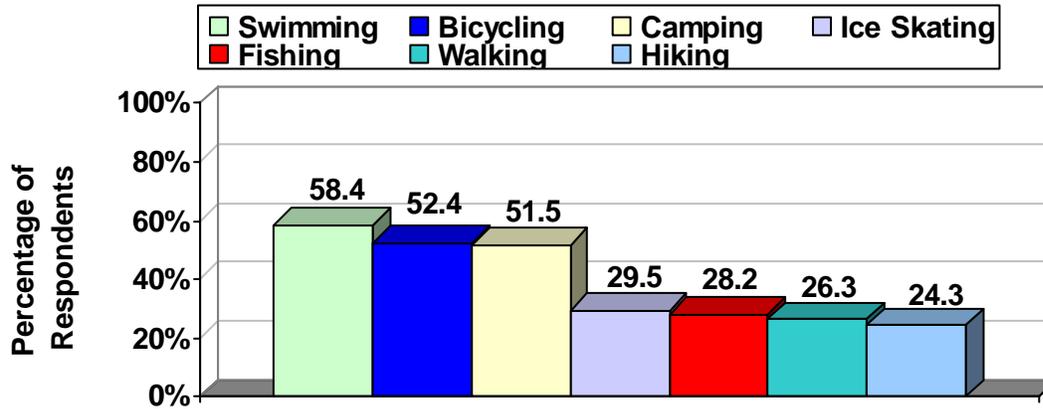
Fig. 2.1.3 - Level of Participation in Informal Sport or Physical Activities



2.1.4 Recreation Activities

Overall, 93.6% of children and youth participated in recreation activities during the year prior to the survey. Of those who participated in recreation activities, 51.0% participated at least once per week. The reported average age participants began taking part in recreational activities was 4.4 years old. The recreation activities with the highest level of participation among children and youth were: 1) *swimming* (58.4%); 2) *bicycling* (52.4%); 3) *camping* (51.5%); 4) *ice skating* (29.5%); 5) *fishing* (28.2%); 6) *walking* (26.3%); and 7) *hiking* (24.3%).

Fig. 2.1.4 - Level of Participation in Recreation Activities

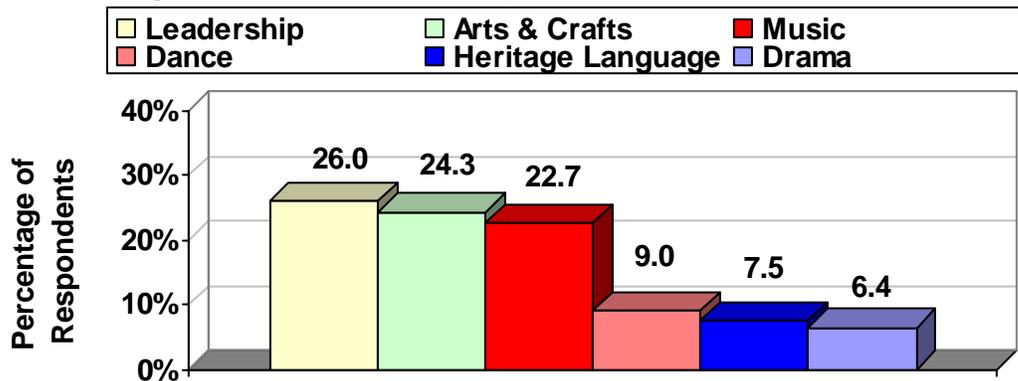


2.2 Participation in Art and Cultural Activities

2.2.1 Lessons in Art and Cultural Activities

Almost half (47.5%) of children and youth reported participating in at least one of six art or cultural activities during the year prior to the survey. The participation rates of the six surveyed activities were: 1) *clubs, groups or programs with leadership* (26.0%); 2) *arts and crafts* (24.3%); 3) *music* (22.7%); 4) *dance* (9.0%); 5) *heritage language* (7.5%); and 6) *drama* (6.4%).

Fig. 2.2.1a - Level of Participation in Art and Cultural Activities



There was a lot of variation in the frequency of lessons or instruction taken in art and cultural activities. The participation rates for those who took art and cultural activities at least once per week were as follows:

- Music: 90.5%
- Dance: 80.0%
- Clubs, Groups or Programs with Leadership: 74.5%
- Heritage Language: 68.1%
- Arts or Crafts: 51.1%
- Drama: 50.6%

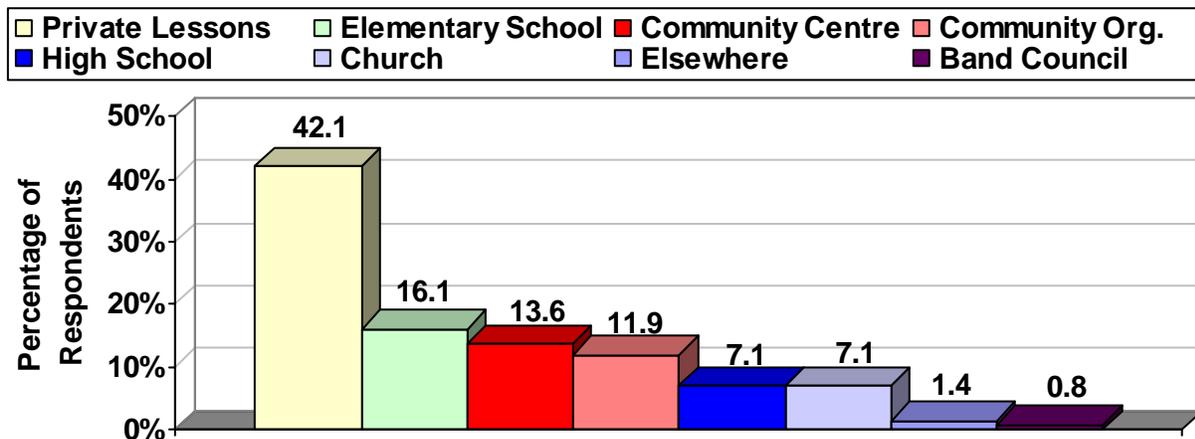
Of those who participated in art and cultural activities, 77.0% of music participants engaged in a public performance. Seventy-six per cent (75.9%) of those who participated in dance and 75.8% who participated in drama also engaged in public performances. Only 19.0% of those participating in crafts engaged in public performances or shows.

The average age children and youth began participating in art and cultural activities were as follows:

- Drama: 9.7 years old
- Clubs, Groups or Programs with Leadership: 8.6 years old
- Arts and Crafts: 7.0 years old
- Music: 7.7 years old
- Dance: 7.3 years old
- Heritage Language: 4.7 years old

The most frequently cited location that children and youth participated in art and cultural lessons was at private lessons (42.1%).

Fig. 2.2.1b - Location of Lessons in Art and Cultural Activities

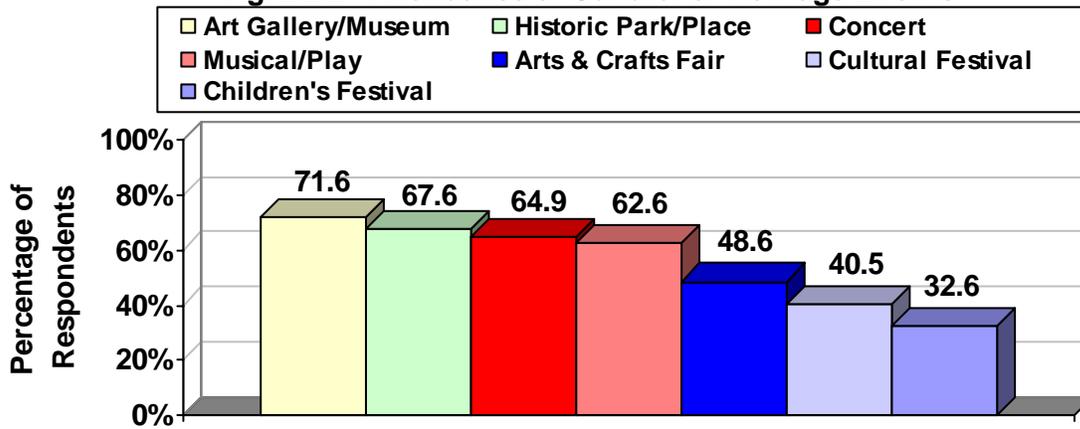


2.2.2 Culture and Heritage Event Attendance

Almost all (93.6%) children and youth attended at least one of seven cultural or heritage events during the year prior to the survey. The seven heritage and cultural events were: 1) *art gallery or museum*; 2) *historic park, monument or place for its historic value*; 3) *concert or music performance*; 4) *musical or stage play*; 5) *arts and crafts fair/festival*; 6) *cultural festival*; and 7) *children’s festival*.

Out of these seven items, attending an *art gallery or museum* was the event with the highest attendance rate (71.6%). The majority of children and youth also attended three other events: 1) *historic park or place* (67.6%); 2) *concert* (64.9%); and 3) *musical or play* (62.6%).

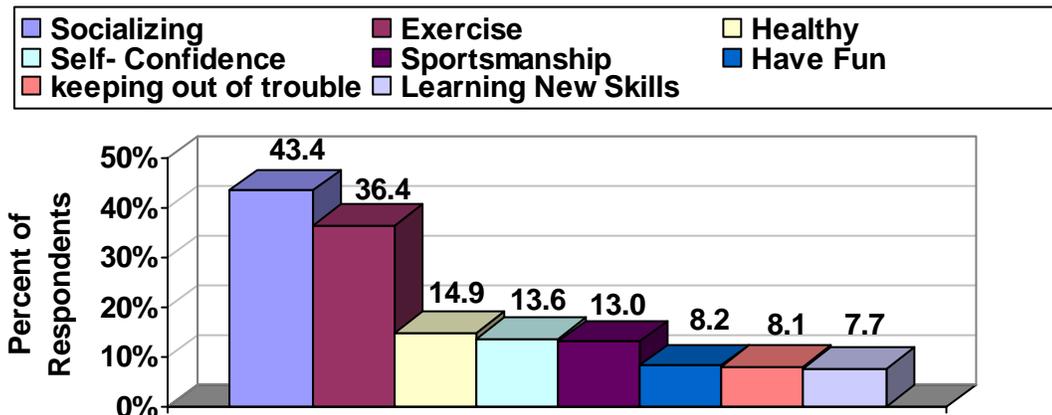
Fig. 2.2.2 - Attendance at Cultural or Heritage Events



2.3 Benefits of Participation

Based on responses to an open-ended question, the top benefits of participation in sport, culture and recreation for children and youth were *socializing* (44.1%) and *exercise* (37.0%). Other benefits that were frequently cited included *health and well-being*; *self-confidence*; *sportsmanship*; *having fun*; *keeping out of trouble*; and *learning new skills*.

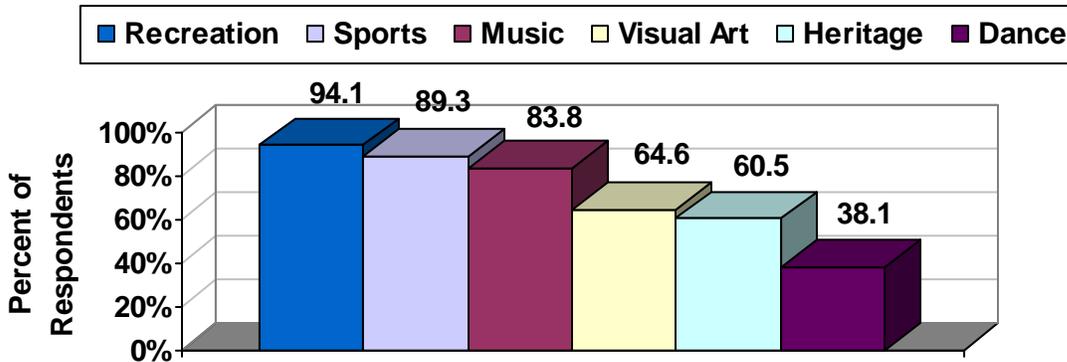
Fig. 2.3 - Benefits of Participation in Sport, Culture and Recreation Activities



2.4 Parents' Value of Sport, Culture and Recreation to the Life of their Child

Using a five point scale (1 = strongly agree; 5= strongly disagree), parents were asked to rate whether sport, recreation, visual arts, music, dance and heritage language played a valuable role in the life of their child. Almost all parents agreed or strongly agreed that *recreation* (94.1%) played a valuable role in their child's life, followed by *sports* (89.3%) and *music* (83.8%).

Fig. 2.4 - Activities that Played a Valuable Role in Child's Life



2.5 Parents' Awareness of Lottery-Funded Sport, Cultural and Recreation Opportunities

Parents were asked about their awareness of lottery-funded sport, cultural and recreational opportunities available for children and youth in their community. They were given a choice between *fully aware*, *somewhat aware* and *unaware* of lottery-funded opportunities.

Three quarters (74.0%) of the parents were fully or somewhat aware of lottery-funded sport, cultural and recreation opportunities available for children and youth in their community.

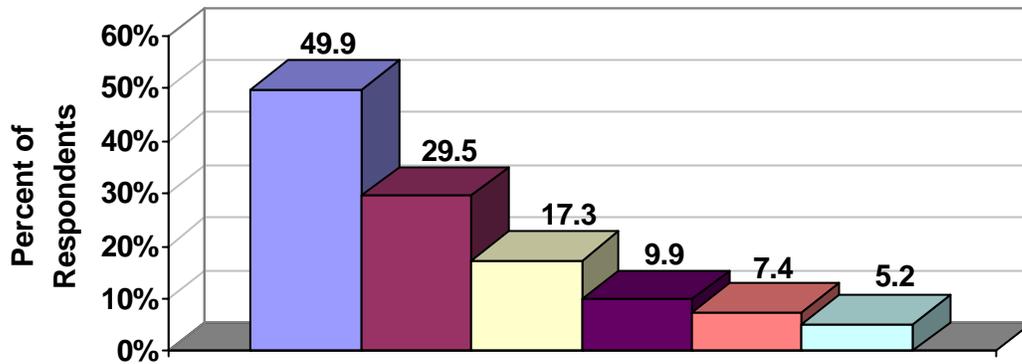
2.6 Barriers to Sport and Physical Activity Participation

2.6.1 Barriers to Sport Participation

Overall, 86.3% of parents indicated that their child had not stopped participating in sport activities. Over half of the children and youth (53.8%) stopped participating in sport during their first year of participating (0 to 3 months: 23.2%; 3 to 6 months: 10.0%; 6 to 12 months: 20.6%).

Parents were asked if their child would like to participate in sport more than they currently do. Overall, 62.9% of children and youth would have liked to take part in sport more often. The three most frequently cited reasons for not participating in sport more often were: 1) *lack of time* (49.9%); 2) *cost of participation* (29.5%); and 3) *lack of local programs* (17.3%).

Fig. 2.6.1 - Reasons for Not Participating in Sport More Often



2.6.2 Intrapersonal, Interpersonal and Structural Barriers to Activity Participation

A total of 144 youth respondents, aged 14 to 19 years, were asked whether they agreed or disagreed with potential intrapersonal, interpersonal and structural barriers to their participation on a five point scale (1= strongly agree; 5= strongly disagree).

Table 2.6.2 – Children and Youth Perceptions of Barriers to Activity Participation

	Percent of Respondents who Agreed or Strongly Agreed
Intrapersonal Barriers	
<i>I am...</i>	
more likely to do an activity that makes me feel comfortable	85.3%
more likely to do an activity that my friends thought was alright	71.4%
more likely to do a new activity that my family would think is alright	69.3%
not too shy to start a new activity	64.9%
more likely to do a new activity that does not make me feel self-conscious	64.8%
more likely to do a new activity that does not require a lot of skill	52.2%
Interpersonal Barriers	
<i>People I know...</i>	
have enough skills to start a new activity with me	84.1%
have transportation to get to the new activity with me	79.2%
live close enough to start a new activity with me	61.0%
usually do not have too many family obligations to start a new activity with me	57.5%
usually have enough money to start a new activity with me	55.1%
usually have time to start a new activity with me	55.8%
Structural Barriers	
<i>I am more likely to do a new activity if...</i>	
I know what is available	90.2%
I have the time	89.9%
I have money	88.4%
I have no other things to do	88.5%
I have transportation	87.6%
the facilities are convenient	86.5%
the facilities are not crowded	77.5%

3. COMPARISONS BY ABORIGINAL STATUS AND GENDER

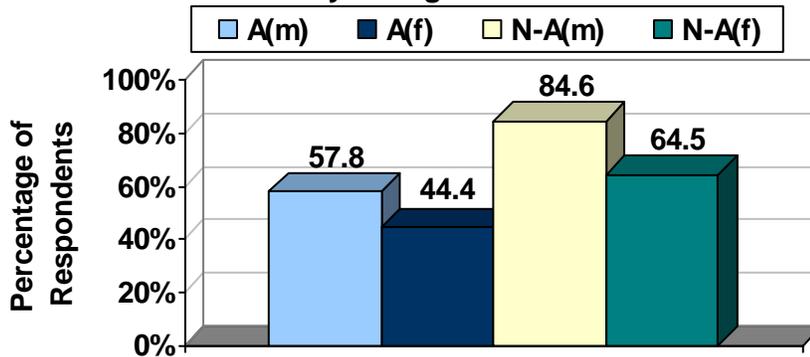
This section discusses results that were significantly different by Aboriginal status and Gender. Children and youth were categorized into four groups by Aboriginal status and Gender: **A_m**: Aboriginal Males; **A_f**: Aboriginal Females; **NA_m**: Non-Aboriginal Males; and **NA_f**: Non-Aboriginal Females.

3.1 Participation in Sport and Recreation Activities by Aboriginal Status and Gender

3.1.1 Coached Sport

Non-Aboriginal male (84.6%) children and youth had a higher level of participation in *coached sport* activities than Non-Aboriginal female (64.5%), Aboriginal male (57.8%), and Aboriginal female (44.4%) children and youth.

Fig. 3.1.1a - Level of Participation in a Coached Sport Overall by Aboriginal Status and Gender

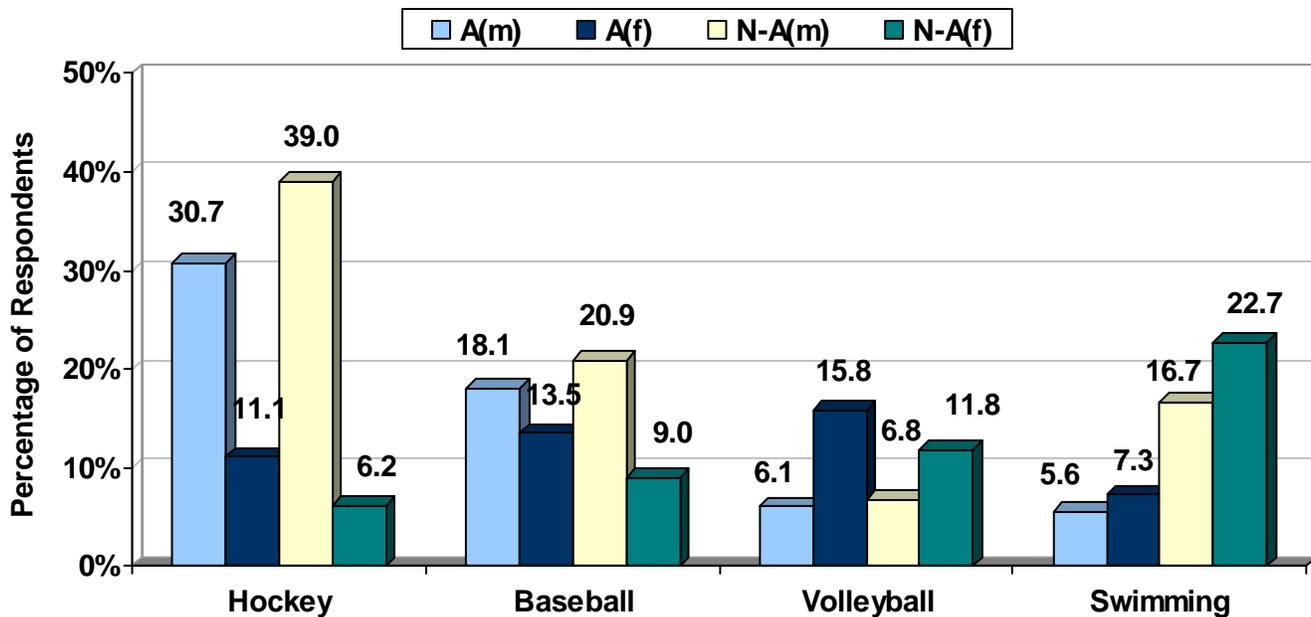


The results indicated that Aboriginal female (7.1 years) and Aboriginal male (6.6 years) children and youth started participating in a coached sport activity at a later age, compared to Non-Aboriginal female (6.0 years) and Non-Aboriginal male (5.7 years) children and youth.

There were differences in participation by Aboriginal status and Gender in four of the top seven coached sport activities: *hockey*; *swimming*; *baseball*; and *volleyball*.

- *Hockey*: A higher proportion of Non-Aboriginal male (39.0%) and Aboriginal male (30.7%) children and youth participated in *hockey* compared to Aboriginal female (11.1%) and Non-Aboriginal female (6.2%) children and youth.
- *Swimming*: A higher proportion of Non-Aboriginal male (22.7%) and Non-Aboriginal female (16.7%) children and youth participated in *swimming* compared to Aboriginal female (7.3%) and Aboriginal male (5.6%) children and youth.
- *Baseball*: A higher proportion of Non-Aboriginal male (20.9%) and Aboriginal male (18.1%) children and youth participated in *baseball* compared to Aboriginal female (13.5%) and Non-Aboriginal female (9.0%) children and youth.
- *Volleyball*: A higher proportion of Aboriginal female (15.8%) and Non-Aboriginal female (11.8%) children and youth participated in *volleyball* compared to Non-Aboriginal male (6.8%) and Aboriginal male (6.1%) children and youth.

Fig. 3.1.1b - Level of Participation in Coached Hockey, Baseball, Volleyball and Swimming by Aboriginal Status and Gender



A higher proportion of Aboriginal female (42.5%) children and youth participated in a coached sport activity at their local schools compared to Aboriginal male (30.0%); Non-Aboriginal male (26.8%); and Non-Aboriginal female (25.3%) children and youth. Other locations where participation in a coached sport occurred were:

- *Local Arena/Recreation-Community Centre:* A_m: 66.0%; A_f 45.0%; NA_m: 65.2%; NA_f: 61.5%
- *Other:* A_m: 4.0%; A_f 12.5%; NA_m: 8.0%; NA_f: 13.3%

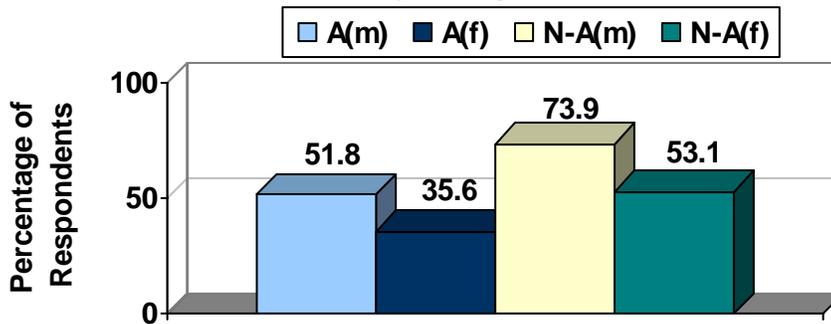
A higher proportion of both Non-Aboriginal male (82.4%) and Non-Aboriginal female (76.9%) children and youth received coaching and/or instruction from a *club or association* compared to Aboriginal males (62.5%) and Aboriginal females (61.5%). Other sources of coaching and instruction in sport that were significantly different by Aboriginal status and Gender were:

- *Tribal Councils:* A_m: 18.8%; A_f: 10.3%; NA_m: 0%; NA_f: 0%
- *Municipality:* A_m: 4.2%; A_f 10.3%; NA_m: 5.9%; NA_f: 10.3%
- *Local Schools:* A_m: 6.3%; A_f 10.3%; NA_m: 3.3%; NA_f: 7.7%

3.1.2 Formal Games, Tournaments or Competitions

Participation by Aboriginal female children and youth (35.6%) was significantly lower in formal games, tournaments or competitions compared to the other three groups (NA_m: 73.9%; NA_f: 53.1%; A_m: 51.8%).

Fig. 3.1.2 - Level of Participation in Formal Games, Tournaments or Competitions by Aboriginal Status and Gender



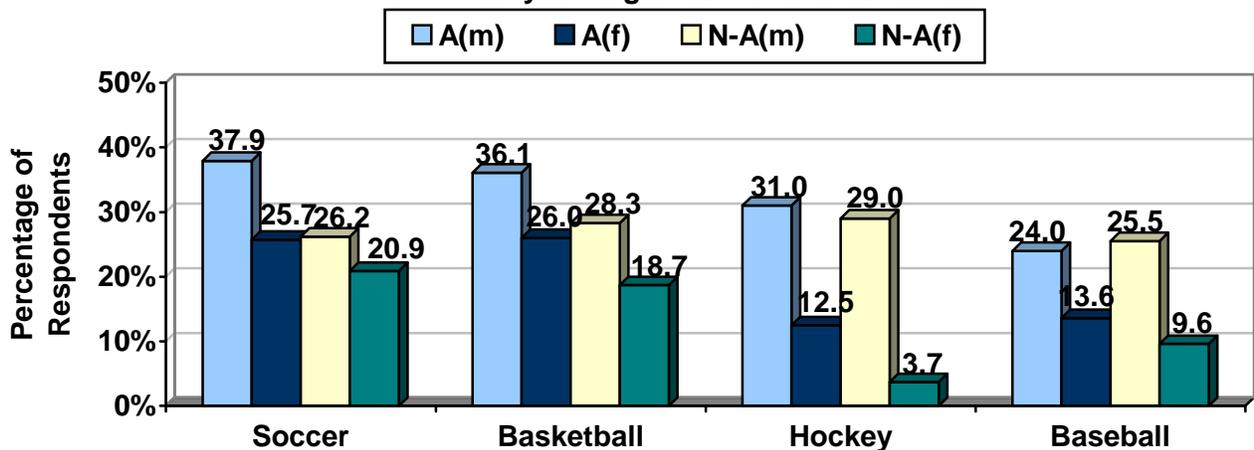
3.1.3 Informal Sports or Physical Activity

A lower proportion of Aboriginal female (90.7%) children and youth participated in informal sports or physical activity, than the other three groups (NA_m: 98.7%; A_m: 96.7%; NA_f: 96.0%).

There were significant differences by Aboriginal Status and Gender in the level of participation in five of the top eight informal sport or physical activities: *soccer*; *basketball*; *baseball*; *hockey*; and *other*.

- *Soccer*: A higher proportion of Aboriginal male (37.9 %) children and youth participated in *soccer* compared to the other three groups (NA_m: 26.6 %; A_f: 25.7%; NA_f: 20.9%).
- *Basketball*: A higher proportion of Aboriginal male (36.1%) children and youth participated in *basketball* compared to the other three groups (NA_m: 28.3 %; A_f: 26.0%; NA_f: 18.7%).
- *Hockey*: A higher proportion of male children and youth (A_m: 31.0%; NA_m: 29.0%) participated in *hockey* compared to female children and youth (A_f: 12.5%; NA_f: 3.7%).
- *Baseball*: A higher proportion of Non-Aboriginal male (25.5%) and Aboriginal male (24.0%) children and youth participated in *baseball* compared to Aboriginal female (13.6%) and Non-Aboriginal female (9.6%) children and youth.
- *Other activities*: A significantly higher proportion of Non-Aboriginal female (67.4%) children and youth participated in *other* activities compared to the other respondent groups (NA_m: 53.4%; A_m: 43.0%; A_f: 47.9%). Again, the survey did not allow children and youth to specify the type of 'other' activities related to informal sports or physical activities.

Fig. 3.1.3 - Level of Participation in Informal Soccer, Basketball, Hockey and Baseball by Aboriginal Status and Gender



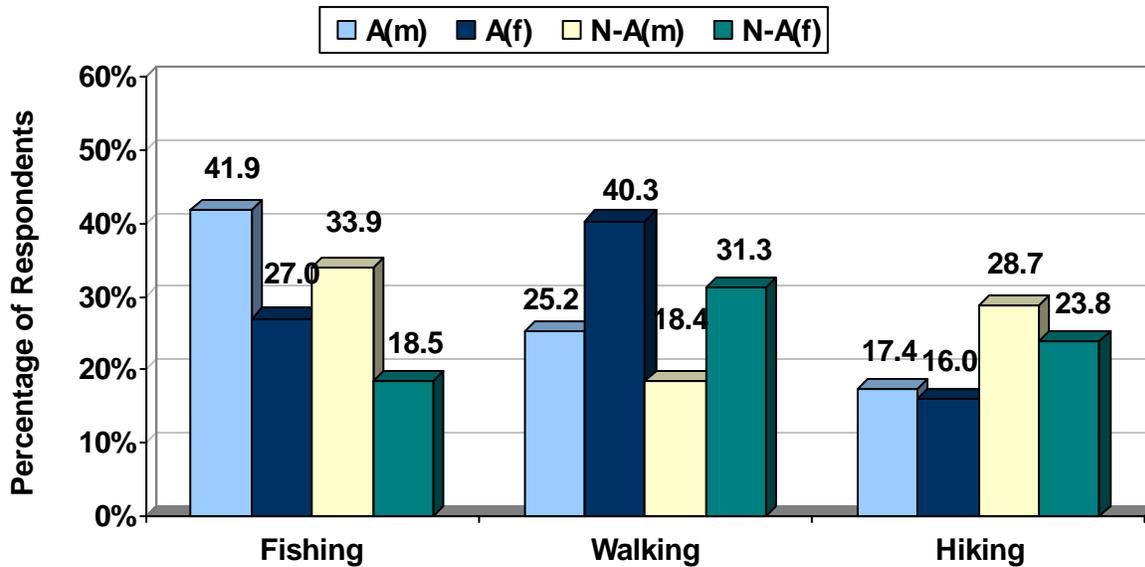
3.1.4 Recreation Activities

Overall, a greater proportion of Non-Aboriginal male (94.6%) and Non-Aboriginal female (95.0%) children and youth participated in recreational activities compared to Aboriginal male (89.3%) and Aboriginal female (89.1%) children and youth.

There were significant differences by Aboriginal Status and Gender in the level of participation in three recreational activities: 1) *fishing*; 2) *walking*; and 3) *hiking*.

- *Fishing*: A greater proportion of Aboriginal male (41.9%) and Non-Aboriginal male (33.9%) children and youth participated in *fishing* as a recreation activity compared to Aboriginal female (27.0%) and Non-Aboriginal female (18.5%) children and youth.
- *Walking*: A greater proportion of Aboriginal female (40.3%) and Non-Aboriginal female (31.3%) children and youth participated in *walking* as a recreation activity compared to Aboriginal male (25.2%) and Non-Aboriginal male (18.4%) children and youth.
- *Hiking*: A greater proportion of Non-Aboriginal male (28.7%) and Non-Aboriginal female (23.8%) children and youth participated in *hiking* compared to Aboriginal male (17.4%) and Aboriginal female (16.0%) children and youth.

Fig. 3.1.4 - Level of Participation in Fishing, Walking, and Hiking by Aboriginal Status and Gender



On average, Aboriginal female (5.6 years) and Aboriginal male (5.5 years) children and youth reported starting participation in recreation activities at a later age than Non-Aboriginal male (4.2 years) and Non-Aboriginal female (4.0 years) children and youth.

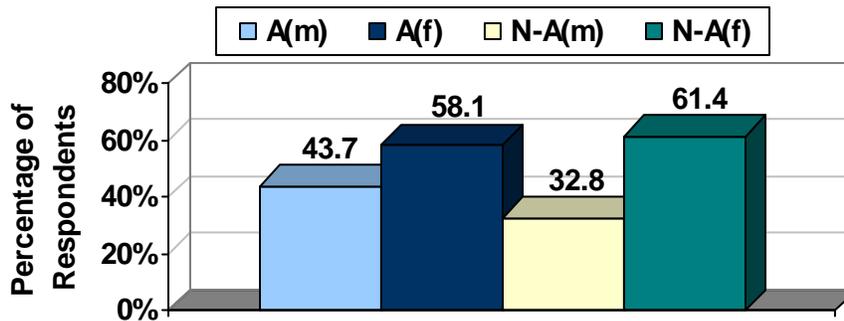
3.2 Participation in Art and Cultural Activities by Aboriginal Status and Gender

3.2.1 Lessons in Art and Cultural Activities

Results revealed significant differences in participation in lessons in art and cultural activities by Aboriginal status and Gender. Participation also varied significantly by individual art and cultural activity participation.

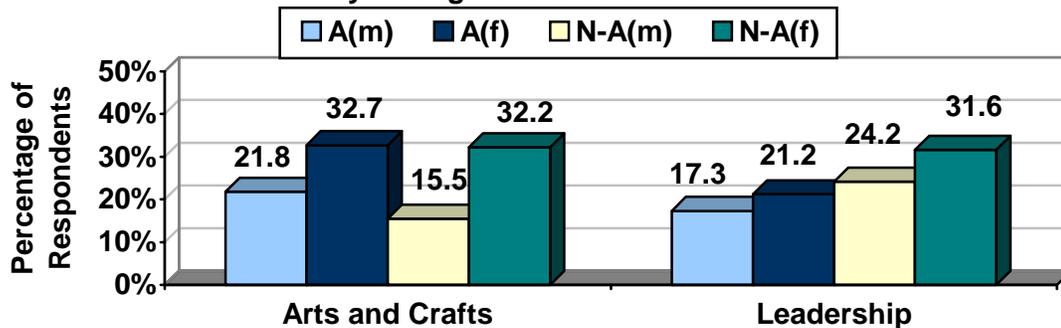
A higher proportion of Non-Aboriginal female (61.4%) and Aboriginal female (58.1%) children and youth participated in lessons in art and cultural activities compared to Aboriginal male (43.7%) and Non-Aboriginal male (32.8%) children and youth.

Fig. 3.2.1a - Lessons in Art and Cultural Activities by Aboriginal Status and Gender



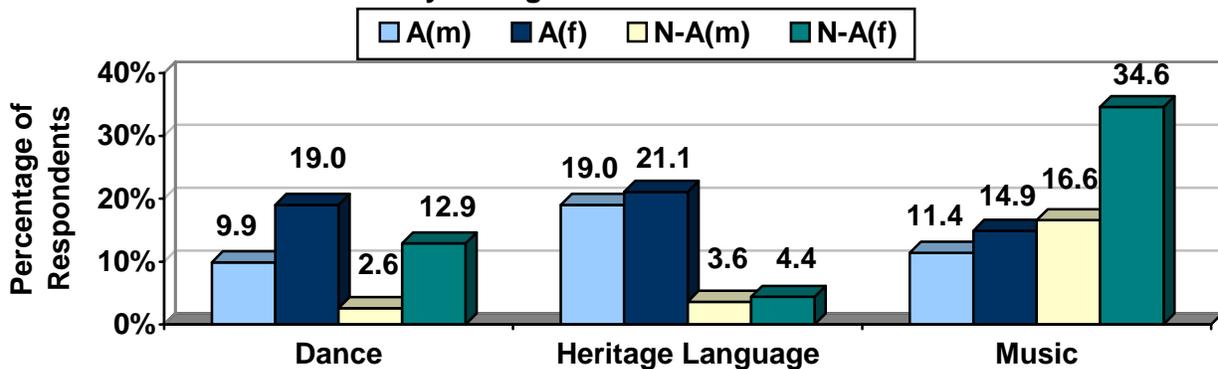
- *Arts & Crafts*: A significantly higher proportion of Aboriginal female (32.7%) and Non-Aboriginal female (32.2%) children and youth participated in lessons or instruction in *arts and crafts* compared to Aboriginal male (21.8%) and Non-Aboriginal male (15.5%) male children and youth.
- *Clubs, groups or programs with leadership*: A significantly higher proportion of Non-Aboriginal female (31.6%) children and youth participated in *clubs, groups or programs with leadership* compared to Non-Aboriginal male (24.2%), Aboriginal female (21.2%) and Aboriginal male (17.3%) children and youth.

Fig.3.2.1b - Lessons in Arts and Crafts and Programs with Leadership by Aboriginal Status and Gender



- *Music*: A significantly higher proportion of Non-Aboriginal female (34.6%) children and youth participated in lessons or training in *music* compared to Non-Aboriginal male (16.6%), Aboriginal female (14.9%) and Aboriginal male (11.4%) children and youth.
- *Dance*: A significantly higher proportion of Aboriginal female (19.0%) children and youth participated in dance compared to Non-Aboriginal female (12.9%), Aboriginal male (9.9%) and Non-Aboriginal male (2.6%) children and youth.
- *Heritage Language*: A significantly higher proportion of Aboriginal female (21.1%) and Aboriginal male (19.0%) children and youth participated in *heritage language* instruction compared to Non-Aboriginal male (3.6%) and Non-Aboriginal female (4.4%) children and youth.

Fig.3.2.1c - Lessons in Dance, Heritage Language and Music by Aboriginal Status and Gender



The location that art and cultural classes or lessons were offered or taken varied significantly by Aboriginal status and gender.

- A significantly higher proportion of Aboriginal children and youth participated in lessons in art and cultural activities at *local schools* compared to Non-Aboriginal children and youth.
- A significantly higher proportion of Non-Aboriginal children and youth participated in lessons in art and cultural activities through private lessons compared to Aboriginal children and youth.

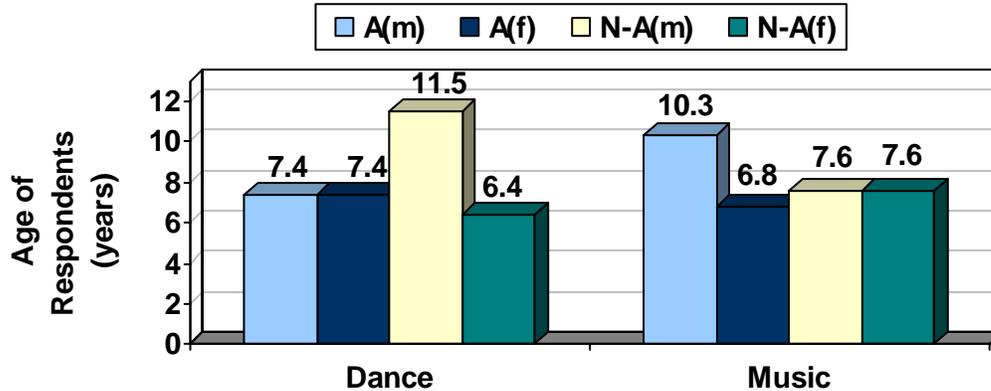
Variation in the location of lessons in art and cultural activities by Aboriginal status and Gender were as follows:

- | | | | | |
|---------------------------|-------------------------|-------------------------|--------------------------|-------------------------|
| • Local Schools: | A _m : 55.2%; | A _f : 45.2%; | NA _m : 23.8%; | NA _f : 12.4% |
| • Private Lessons: | A _m : 20.7%; | A _f : 28.6%; | NA _m : 41.0%; | NA _f : 49.4% |
| • Community Organization: | A _m : 3.4%; | A _f : 7.1%; | NA _m : 13.3%; | NA _f : 13.5% |
| • Community Centre: | A _m : 10.3%; | A _f : 9.5%; | NA _m : 15.2%; | NA _f : 14.0% |
| • Band Council: | A _m : 3.4%; | A _f : 4.8%; | NA _m : 0%; | NA _f : 0% |

Significant differences by Aboriginal status and Gender were found in the age children and youth began taking lessons in art and cultural activities in two of the five activities discussed in the survey.

- *Dance*: Non-Aboriginal male (11.5 years) children and youth started participation at a significantly later age, compared to Aboriginal female (7.4 years), Aboriginal male (7.4 years), and Non-Aboriginal female (6.4 years) children and youth.
- *Music*: Aboriginal male (10.3 years) children and youth started participation at a later age, compared to Aboriginal female (6.8 years), Non-Aboriginal male (7.6 years), and Non-Aboriginal female (7.6 years) children and youth.

Fig. 3.2.1d - Age Children and Youth Began Taking Lessons in Dance and Music by Aboriginal Status and Gender

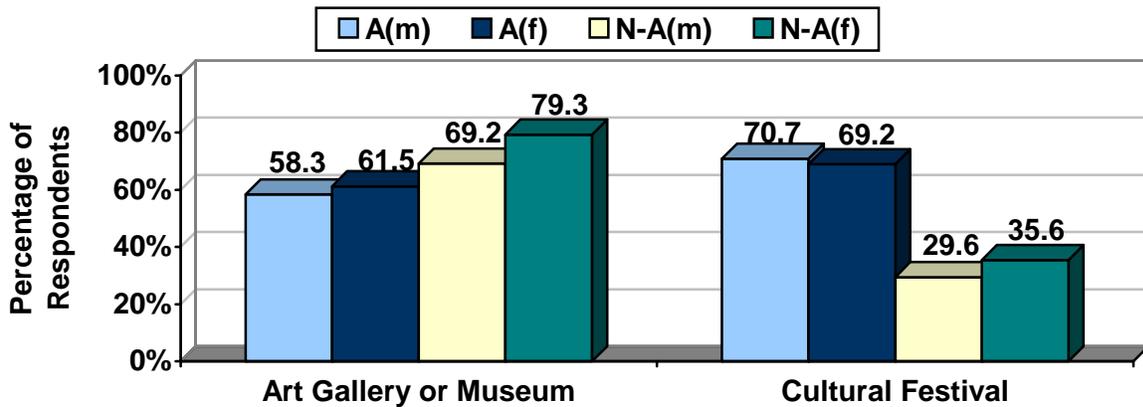


3.2.2 Culture and Heritage Event Attendance

There were differences by Aboriginal status and Gender in attendance levels in five of the seven culture and heritage events: 1) *art gallery or museum*; 2) *cultural festival*; 3) *arts or crafts fair*; 4) *musical or play*; and 5) *concert*.

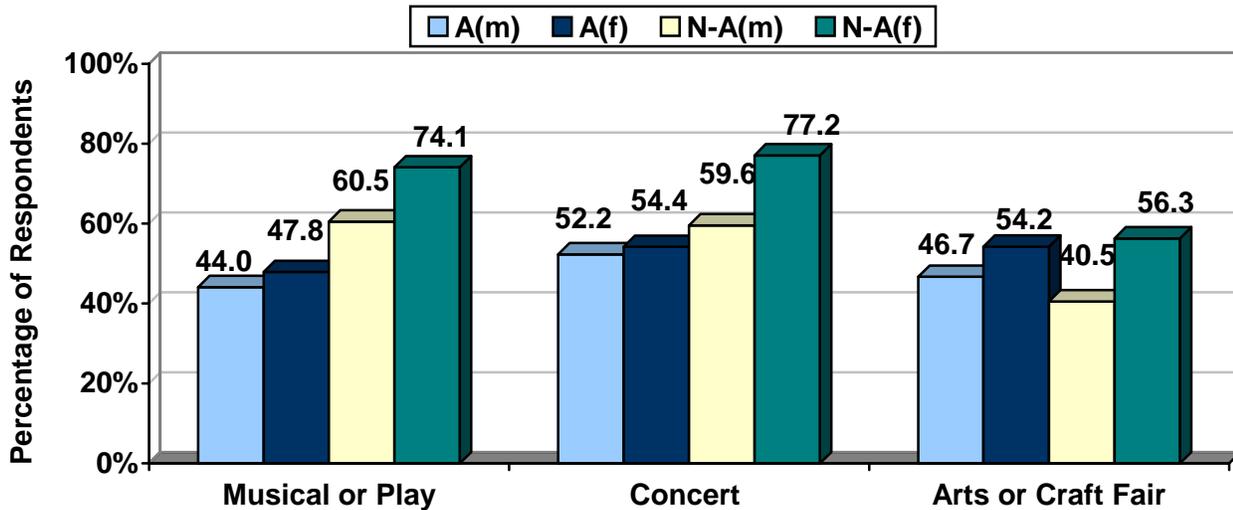
- *Gallery or Museum*: A greater proportion of Non-Aboriginal female (79.3%) children and youth visited an *art gallery or museum* compared to Non-Aboriginal male (69.2%), Aboriginal female (61.5%), and Aboriginal male (58.3%) children and youth.
- *Cultural Festival*: A greater proportion of Aboriginal male (70.7%) and Aboriginal female (69.2%) children and youth attended a *cultural festival* compared to Non-Aboriginal female (35.6%) and Non-Aboriginal male (29.6%) children and youth.

Fig.3.2.2a - Attendance at an Art Gallery/Museum or Cultural Festival by Aboriginal Status and Gender



- *Musical or Play*: A higher proportion of Non-Aboriginal female (74.1%) children and youth attended a *musical or play* compared to Non-Aboriginal male (60.5%), Aboriginal female (47.8%), and Aboriginal male (44.0%) children and youth.
- *Concert*: A greater proportion of Non-Aboriginal female (77.2%) children and youth attended a *concert* compared to Non-Aboriginal male (59.6%), Aboriginal female (54.4%), and Aboriginal male (52.2%) children and youth.
- *Arts and Craft Fair*: A higher proportion of Non-Aboriginal female (56.3%) and Aboriginal female (54.2%) children and youth attended an *arts or crafts fare* compared to Aboriginal male (46.7%) and Non-Aboriginal male (40.5%) children and youth.

Fig. 3.2.2b - Attendance at a Musical/Play, Concert or Arts/Crafts Fair by Aboriginal Status and Gender

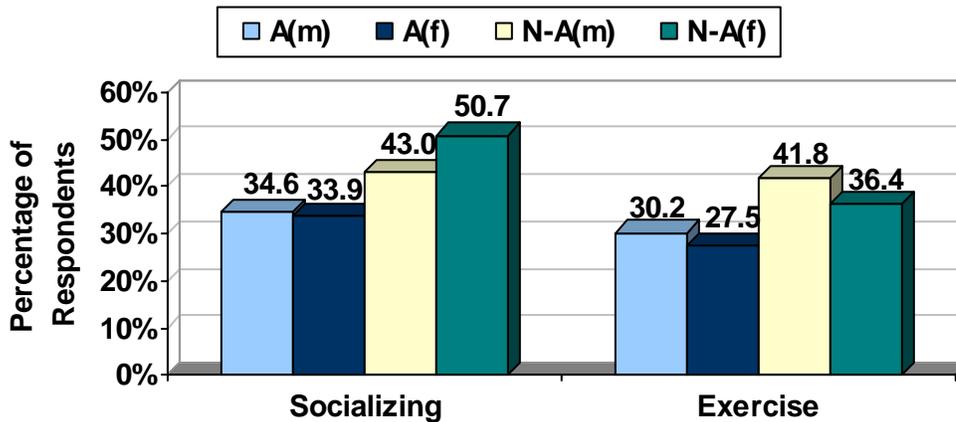


3.3 Benefits of Participation in Sport, Culture, and Recreation by Aboriginal Status and Gender

Five of the seven benefits of participation for children and youth were significantly different by Aboriginal status and Gender: *socializing*; *exercise*; *learning new skills*; *having fun* and *teamwork*.

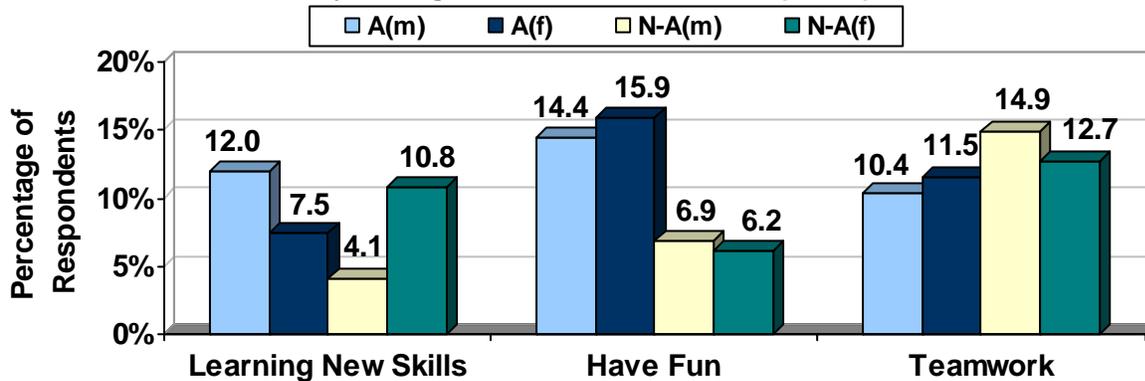
- *Socializing*: A greater proportion of parents of Non-Aboriginal female (50.7%) children and youth reported that *socializing* was a benefit of participation in sport, culture and recreation activities compared to parents of Non-Aboriginal male (43.0%), Aboriginal female (33.9%), and Aboriginal male (34.6%) children and youth.
- *Exercise*: A greater proportion of parents of Non-Aboriginal male (41.8 %) children and youth reported that *exercise* was a benefit of participation in sport culture and recreation activities compared to parents of Non-Aboriginal female (36.4%), Aboriginal male (30.2%), and Aboriginal female (27.5%) children and youth.

Figure 3.3a - Benefits of Participation by Aboriginal Status and Gender



- *Learning New Skills*: A greater proportion of parents of Aboriginal male (12.0%) and Non-Aboriginal female (10.8%) children and youth reported that *learning new skills* was a benefit of participation in sport, culture and recreation activities compared to parents of Aboriginal female (7.5%) and Non-Aboriginal male (4.1%) children and youth.
- *Having Fun*: A greater proportion of parents of Aboriginal female (15.9%) and Aboriginal male (14.4%) children and youth reported that *having fun* was a benefit of participation in sport, culture and recreation activities compared to parents of Non-Aboriginal male (6.9%) and Non-Aboriginal female (6.2%) children and youth.
- *Teamwork*: A greater proportion of parents of Non-Aboriginal male (14.9%) children and youth reported that *teamwork* was a benefit of participation in sport, culture and recreation activities compared to parents of Non-Aboriginal female (12.7%), Aboriginal female (11.5%), and Aboriginal male (10.4%) children and youth.

Figure 3.3b - Benefits of Participation by Aboriginal Status and Gender (Con't)

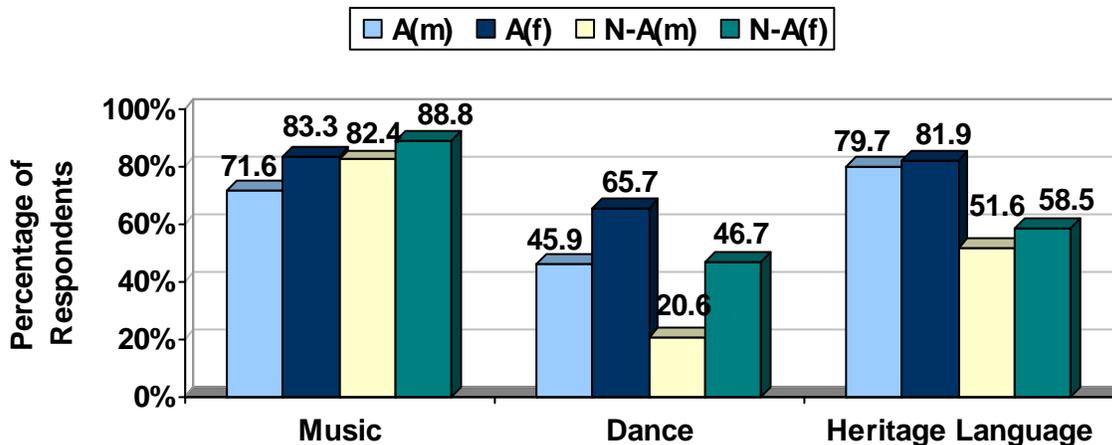


3.4 Parents' Value of Sport, Culture and Recreation to the life of their Child

Using a five point scale (1 = strongly agree; 5= strongly disagree), parents were asked to rate whether sport, recreation, visual arts, music, dance and heritage language played a valuable role in the life of their child. Three out of six activities were shown to have significant differences by Aboriginal status and Gender. There was no significant difference in parents' rating of the value of *sport, recreation and visual art* by Aboriginal status or Gender.

- *Music*: A greater proportion of parents of Non-Aboriginal female (88.8%) children and youth agreed/strongly agreed that *music* plays a valuable role in their child's life compared to parents of Aboriginal females (83.3%), Non-Aboriginal females (82.4%), and Aboriginal males (71.6%).
- *Dance*: A greater proportion of parents of Aboriginal female (65.7%) children and youth agreed/strongly agreed that *dance* played a valuable role in their child's life compared to parents of Non-Aboriginal females (46.7%), Aboriginal males (45.9%), and Non-Aboriginal males (20.6%).
- *Heritage Language*: A greater proportion of parents of Aboriginal female (81.9%) and Aboriginal male (79.7%) children and youth agreed/strongly agreed that *heritage language* played a valuable role in their child's life compared to parents of Non-Aboriginal females (51.6%) and Non-Aboriginal males (58.5%).

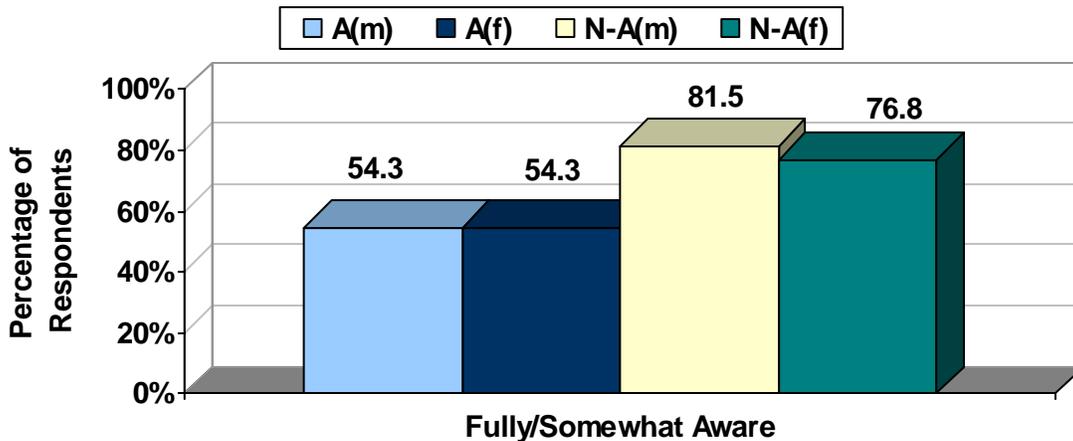
Figure 3.4 - Activities that Played a Valuable Role in Child's Life by Aboriginal Status and Gender



3.5 Parents' Awareness of Lottery-Funded Opportunities

Parents were asked about their awareness of lottery-funded sport, cultural and recreational opportunities available for children and youth in their community. They were given a choice between *fully aware*, *somewhat aware* and *unaware* of lottery-funded opportunities. Significant differences in the level of awareness were shown by Aboriginal status and Gender. A higher proportion of parents of Non-Aboriginal male (81.5%) and Non-Aboriginal female (76.8%) children and youth were fully or somewhat aware of lottery-funded opportunities for children and youth compared to parents of Aboriginal males (54.3%) and Aboriginal females (54.3%).

Figure 3.5 - Parents' Awareness of Lottery-Funded Opportunities for Children and Youth by Aboriginal Status and Gender



3.6 Barriers to Participation

3.6.1 Barriers to Sport Participation

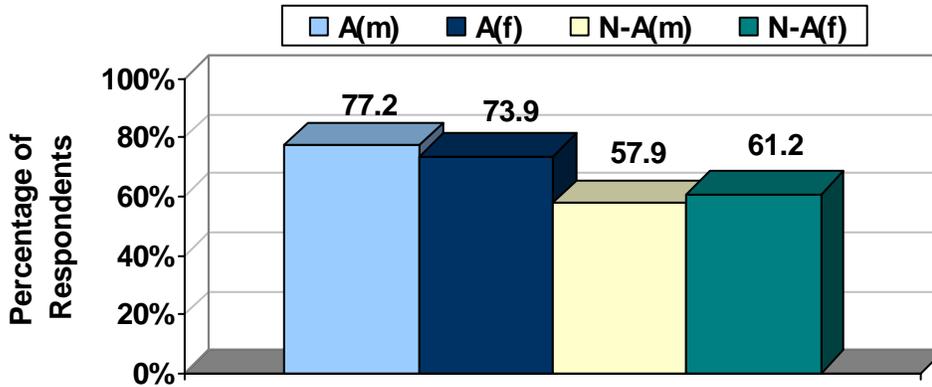
Again, most parents (86.3%) reported that their child had not stopped participating in sporting activities.

- A slightly greater proportion of Aboriginal female (92.3%) and Aboriginal male (91.7%) children and youth were continuing to participate in sport activities compared to Non-Aboriginal male (88.1%) and Non-Aboriginal female (81.8%) children and youth.

The majority of parents from all four groups reported that their child would like to participate more often in sport activities than they currently do.

- A greater proportion of parents of Aboriginal male (77.2%) and Aboriginal female (73.9%) children and youth reported that their child would like to participate more often in sport activities than they currently do compared to parents of Non-Aboriginal females (61.2%) and Non-Aboriginal males (57.9%).

Fig. 3.6.1 - Desire to Participate in Sport More Often by Aboriginal Status and Gender



Respondents were asked to identify reasons that prevented their child from participating in sport more often than they currently do. Significant differences by Aboriginal status and Gender were found in the top four reasons for not participating in sport more often:

- *Lack of Time:* A_m: 21.6%; A_f: 27.9%; NA_m: 61.0%; NA_f: 55.9%
- *Cost of Participation:* A_m: 37.1%; A_f: 28.7%; NA_m: 27.4%; NA_f: 29.2%
- *Lack of Local Programs:* A_m: 30.4%; A_f: 24.8%; NA_m: 10.7%; NA_f: 16.9%
- *Lack of Transportation:* A_m: 16.1%; A_f: 12.5%; NA_m: 9.8%; NA_f: 6.9%

3.6.2 Intrapersonal, Interpersonal and Structural Barriers to Activity Participation

Due to the small sample size, comparisons by Aboriginal Status and Gender could not be made on barriers reported by 14 to 19 year old children and youth respondents.

4. COMPARISONS BY REGION

To further understand participation in sport, culture and recreation activities, comparisons were made by dividing respondents into three geographic regions. Survey respondents were coded to one of 23 Saskatchewan Regional Recreation Areas (SRA) based on the postal code of their household. A map of the 23 SRAs is located in Appendix A. The 23 SRAs were grouped into three regions for this report as follows:

- 1) **North - Non-Metro:** Regions 13, 15, 16, 17, 18, 19, 20, 21, 22, 23;
- 2) **Metro:** Regions 6 (Regina) and 14 (Saskatoon); and
- 3) **South - Non-Metro:** Regions 1, 2, 3, 4, 5, 7, 8, 9, 10, 11, 12

4.1 Sport and Recreation Participation by Region

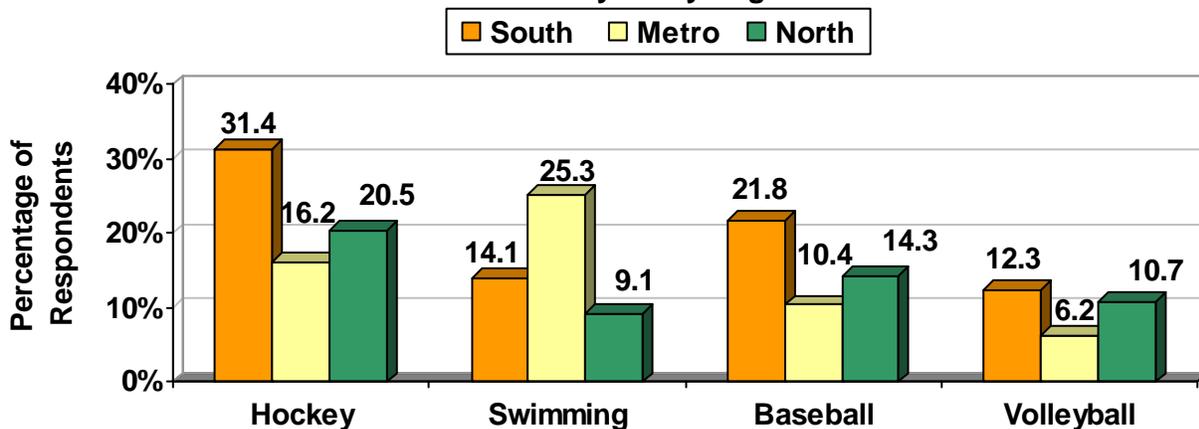
4.1.1 Coached Sport

A higher proportion of South (73.8%) and Metro (72.8%) children and youth participated in a coached sport activity compared to North (62.3 %) children and youth.

There were differences in participation by region in four of the seven top coached sport activities: *hockey*; *swimming*; *baseball*; and *volleyball*.

- *Hockey:* A greater proportion of South (31.4%) children and youth participated in *hockey* compared to North (20.5%) and Metro (16.2%) children and youth.
- *Swimming:* A greater proportion of Metro (24.3%) children and youth participated in *swimming* compared to South (14.1%) and North (9.1%) children and youth.
- *Baseball:* A greater proportion of South (21.8%) children and youth participated in *baseball* compared to North (14.3%) and Metro (10.4%) children and youth.
- *Volleyball:* A greater proportion of South children and youth participated (12.3%) in *volleyball* compared to North (10.7%) and Metro (6.2%) children and youth.

Fig. 4.2.1 - Level of Participation in Coached Hockey, Swimming, Baseball and Volleyball by Region



Results indicated that North (6.6 years) children and youth started participating in a coached sport activity at a later age, compared to South (5.9 years) and Metro (5.6 years) children and youth.

Considering the locations where participation in coached sport took place (local schools, arena/recreation/community centre, and private facility), results indicated that two locations had significant differences by region.

- *Local Schools:* A greater proportion of North (37.4%) children and youth received sport coaching or instruction at *local schools* compared to South: (27.3%) or Metro (22.0%) children and youth.
- *Private Facility:* A greater proportion of Metro (13.5%) and South (11.4%) children and youth received sport coaching or instruction at a *private facility* compared to North (2.6%) children and youth.

Providers of coaching and instruction in sport also showed variation by region. Clubs and associations provided the majority of coaching and instruction.

- *Clubs or Associations:* A greater proportion of Metro (84.2%) children and youth received *coaching or instruction* from clubs or associations than North (74.2%) and South (69.3) children and youth.

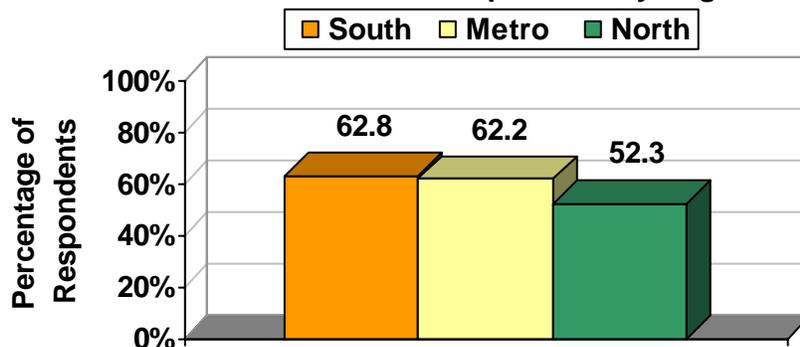
Other significant variation in providers of coaching and instruction by region were:

- *Municipality:* South: 10.2%; Metro: 5.4%; North: 8.4%
- *Local Schools:* South: 8.5%; Metro: 3.6%; North: 6.5%
- *Tribal Council:* South: 2.3%; Metro: 0%; North: 5.8%

4.1.2 Formal Games, Tournaments or Competitions

A greater proportion of South (62.8%) and Metro (62.2%) children and youth participated in *formal games, tournaments or competitions* compared to North (52.3 %) children and youth.

Fig.4.1.2 - Level of Participation in Formal Games, Tournaments or Competitions by Region



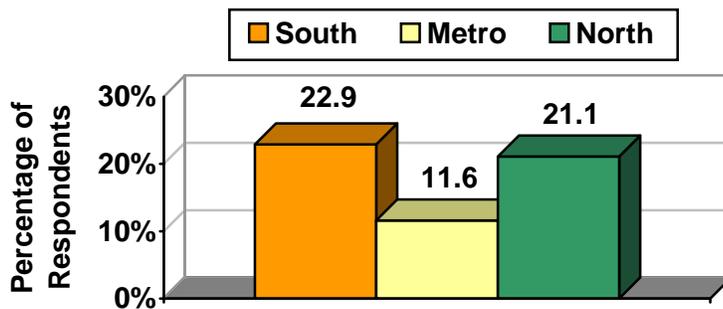
4.1.3 Informal Sports or Physical Activity

There were no significant differences in the overall participation in *informal sport or physical activity* by region.

Participation in only one (i.e., baseball) of the six main identified informal sports or physical activities varied by region.

- *Baseball*: A greater proportion of South (22.9%) and North (21.1%) children and youth participated in *baseball* compared to Metro (11.6 %) children and youth.

Fig. 4.1.3 - Level of Participation in Informal Baseball by Region



4.1.4 Recreation Activities

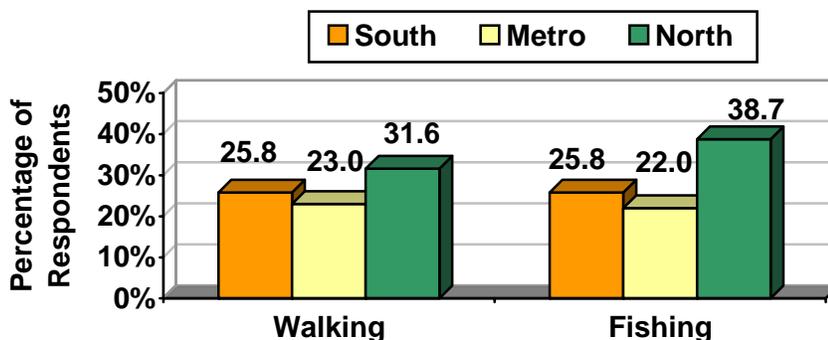
There was no difference in overall participation in recreation activities by region.

Results indicated that Metro (4.0 years) children started participating in recreation activities at an earlier age, compared to South (4.6 years) and North (4.7 years) children.

Only two of the top seven recreation activities varied by region: 1) *walking* and 2) *fishing*.

- *Walking*: A greater proportion of North (31.6%) children and youth participated in *walking* compared to South (25.8%) and Metro (23.0%) children and youth.
- *Fishing*: A greater proportion of North (38.7%) children and youth participated in *fishing* compared to South (25.8%) and Metro (22.0%) children and youth.

Fig. 4.1.4 - Level of Participation in Walking and Fishing by Region

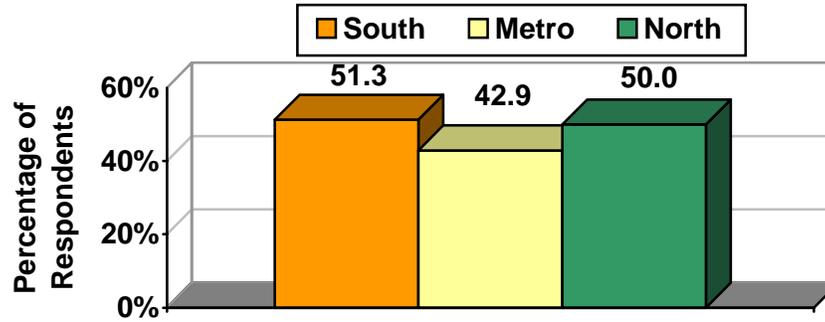


4.2 Participation in Art and Cultural Activities by Region

4.2.1 Lessons in Art and Cultural Activities

A greater proportion of South (51.3%) and North (50.0%) children and youth participated in art and cultural activities than Metro (42.9%) children and youth.

Fig. 4.2.1a - Lessons in Art and Cultural Activities by Region

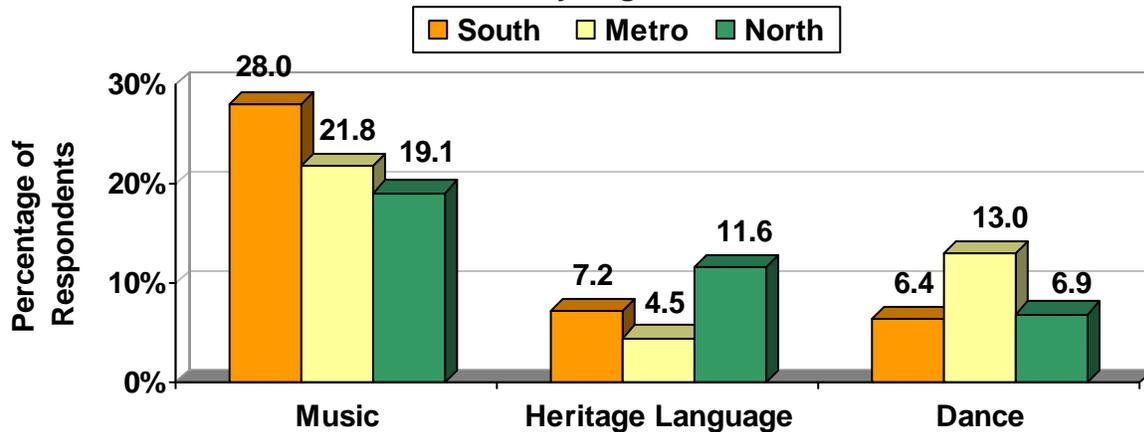


There was no significant difference in the age participants began taking lessons in art and cultural activities by region.

Three out of the five *art and cultural* activities that children and youth could take lessons or instruction in varied by region.

- *Music*: A greater proportion of South (28.0%) children and youth participated in *music* lessons compared to Metro (21.8%) and North (19.1%) children and youth.
- *Dance*: A greater proportion of Metro (13.0%) children and youth participated in *dance* lessons compared to South (6.4%) and North (6.9%) children and youth.
- *Heritage Language*: A greater proportion of North (11.6%) children and youth participated in *heritage language* lessons or instruction compared to South (7.2%) and Metro (4.5%) children and youth.

Fig. 4.2.1b - Lessons in Dance and Heritage Language by Region



The location that art and cultural classes or lessons were offered or taken varied significantly by region. North children and youth were more likely to take art and cultural lessons or classes at local schools than South or Metro children and youth. Metro children and youth were more likely to take classes or lessons privately or with community organizations than South or North children and youth. North and South children and youth were more likely to take classes or lessons in art or culture at community centres than Metro children and youth.

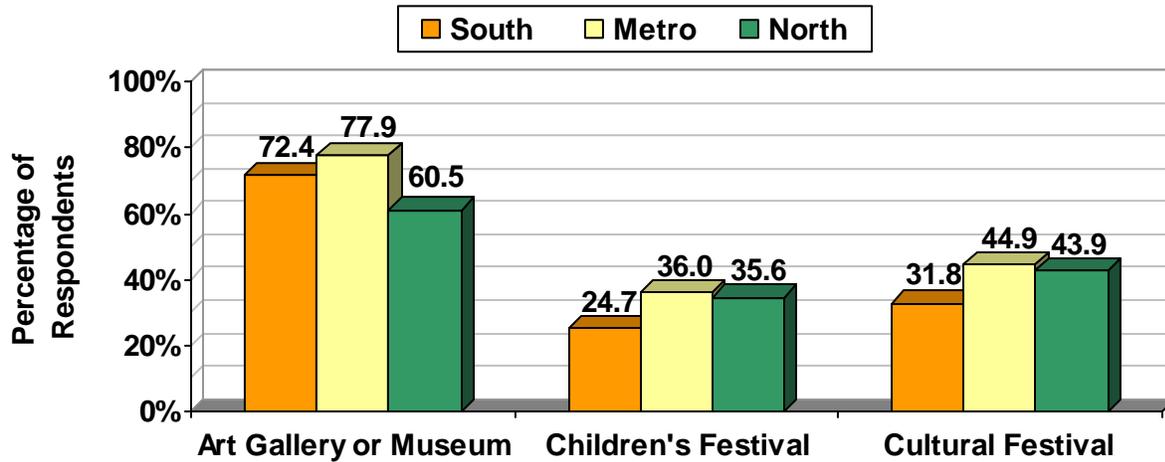
- Local Schools: South: 19.8%; Metro: 15.9%; North: 34.5%
- Private Lessons: South: 42.2%; Metro: 53.2%; North: 30.0%
- Community Organization: South: 6.9%; Metro: 16.7%; North: 11.8%
- Community Centre: South: 19.0%; Metro: 7.9%; North: 14.5%

4.2.2 Culture and Heritage Event Attendance

Five of seven culture and heritage events had differences in attendance by region: 1) *art gallery or museum*; 2) *children's festival*; 3) *cultural festival*; 4) *musical or play*; and 5) *concert*.

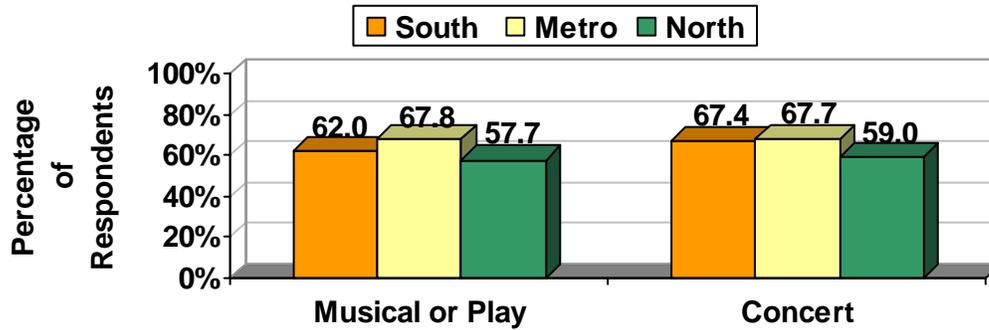
- *Art Gallery or Museum*: A greater proportion of Metro (77.9%) and South (72.4%) children and youth visited an *art gallery or museum* compared to North (60.5%) children and youth.
- *Children's Festival*: A greater proportion of Metro (36.0%) and North (35.6%) children and youth attended a *children's festival* compared to South children and youth (24.7%).
- *Cultural Festival*: A greater proportion of Metro (44.9%) and North (43.9%) children and youth attended a *cultural festival* compared to South (31.8%) children and youth.

Fig. 4.2.2a - Attendance at an Art Gallery or Museum, Children's Festival and Cultural Festival by Region



- *Musical or Play*: A greater proportion of Metro (67.8%) and South (62.0%) children and youth attended a *musical or play* compared to North children and youth (57.7%).
- *Concert*: A greater proportion of Metro (67.7%) and South (67.4%) children and youth attended a *concert* compared to North (59.0%) children and youth.

Fig. 4.2.2b - Attendance at a Musical or Play or Concert by Region

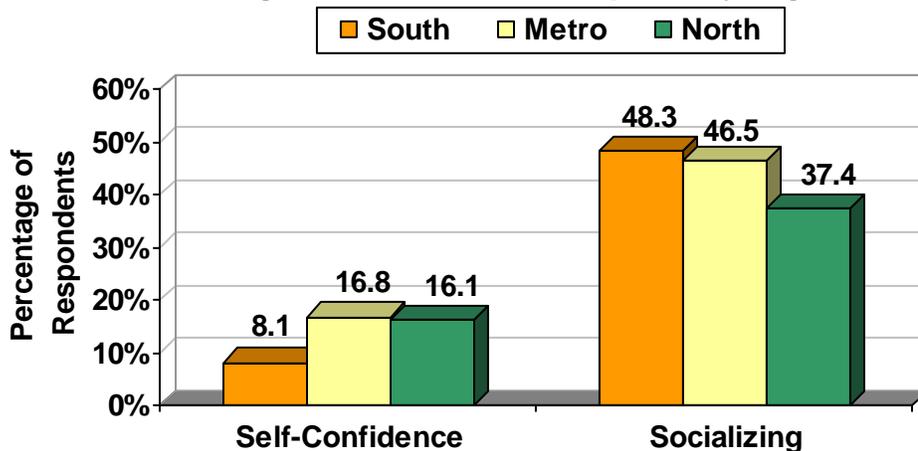


4.3 Benefits of Participation in Sport, Culture, and Recreation

Only two out of the top seven benefits identified in section 2.1 were significantly different by region.

- *Self-confidence*: A greater proportion of parents of Metro (16.8%) and North (16.1%) children and youth indicated *self-confidence* as a benefit of participating in sport, culture and recreation activities compared to parents of South (8.1%) children and youth.
- *Socializing*: A greater proportion of parents of South (48.3%) and Metro (46.5%) children and youth indicated *socializing* as a benefit of participating in sport, culture and recreation activities compared to parents of North (37.4%) children and youth.

Fig. 4.3 - Benefits of Participation by Region

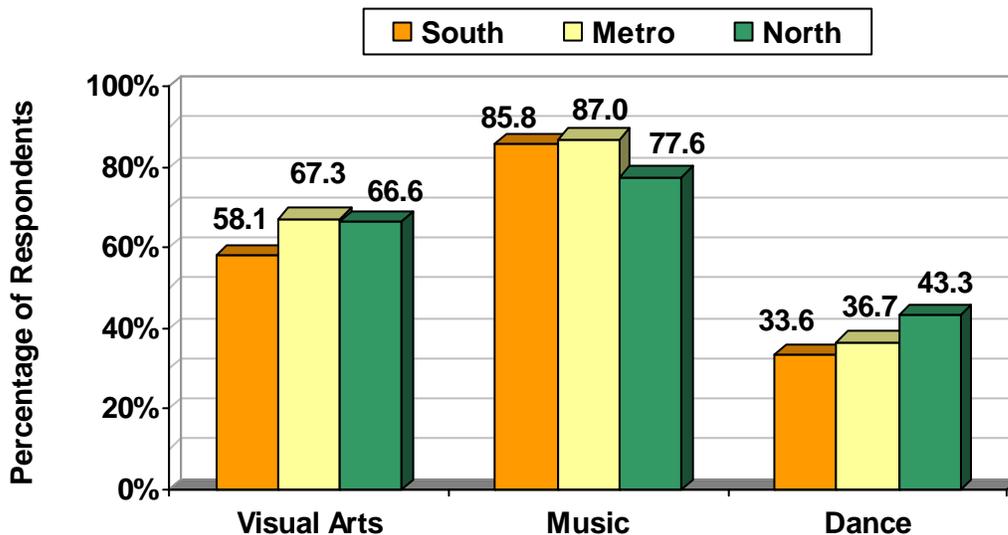


4.4 Parents' Value of Sport, Culture and Recreation to the Life of their Child

Using a five point scale (1 = strongly agree; 5 = strongly disagree), parents were asked to rate whether sport, recreation, visual arts, music, dance and heritage language played a valuable role in the life of their child. Three of the six activities were shown to have significant differences by region.

- *Visual Arts*: A greater proportion of parents from Metro (67.3%) and North (66.6%) regions agreed or strongly agreed that *visual arts* played a valuable role in their child's life compared to parents from the South (58.1%) region.
- *Music*: A greater proportion of parents from Metro (87.0%) and South (85.8%) regions agreed or strongly agreed that *music* played a valuable role in their child's life compared to parents from the North (77.6%) region.
- *Dance*: A greater proportion of parents from the North region (43.3%) agreed or strongly agreed that *dance* played a valuable role in their child's life compared to parents from Metro (36.7%) and South (33.6%) regions.

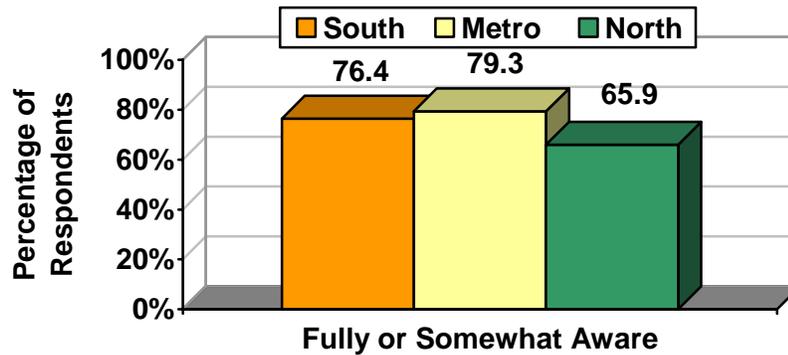
Fig. 4.4 - Activities that Played a Valuable Role in Child's Life by Region



4.5 Parents' Awareness of Lottery-Funded Opportunities

Parents were asked about their awareness of lottery-funded sport, cultural and recreational opportunities available for children and youth in their community. They were given a choice between *fully aware*, *somewhat aware* and *unaware* of lottery-funded opportunities. Metro (79.3%) and South (76.4%) parents were more aware of lottery-funded sport, cultural and recreation opportunities for youth and children than North (65.9%) parents.

Fig.4.5 - Parent's Awareness of Lottery-Funded Opportunities for Youth and Children by Region



4.6 Barriers to Participation

4.6.1 Barriers to Sport Participation

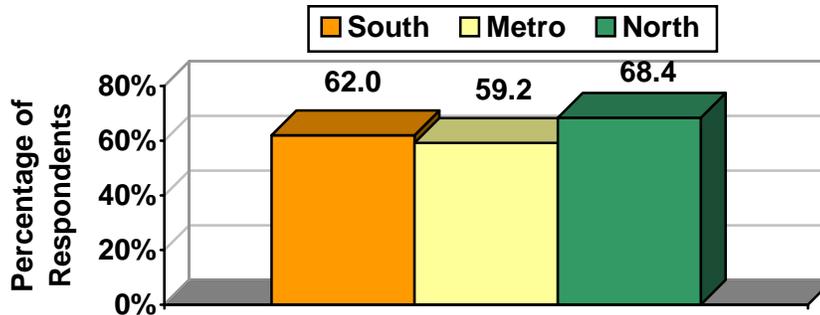
Again, most parents (86.3%) reported that their child had not stopped participating in sporting activities.

- A slightly greater proportion of South (90.3%) parents stated that their child continued to participate in sport activities compared to North (86.8%) and Metro (82.2%) parents.

The majority of parents from all three regions reported that their child would like to participate more often in sport activities than they currently do.

- A greater proportion of parents from the North (68.4%) region reported that their child would like to participate in sport activities more often compared to parents from the South (62.0%) and Metro (59.2%) regions.

Fig. 4.6.1 - Desire to Participate in Sport More Often by Region



Parents were asked what the main reasons were that prevented their child from participating in sport activities more than they currently do. Significant differences were found in the top four reasons for not participating in sport more often by region:

- *Cost of Participation:* Metro (36.7%); North (26.2%); South (23.3%)
- *Lack of Time:* Metro (62.2%); South (49.5%); North (35.0%)
- *Lack of Transportation:* North (14.2%); South (13.0%); Metro (3.8%)
- *Lack of Local Programs:* North (24.9%); South (23.3%); Metro (6.1%)

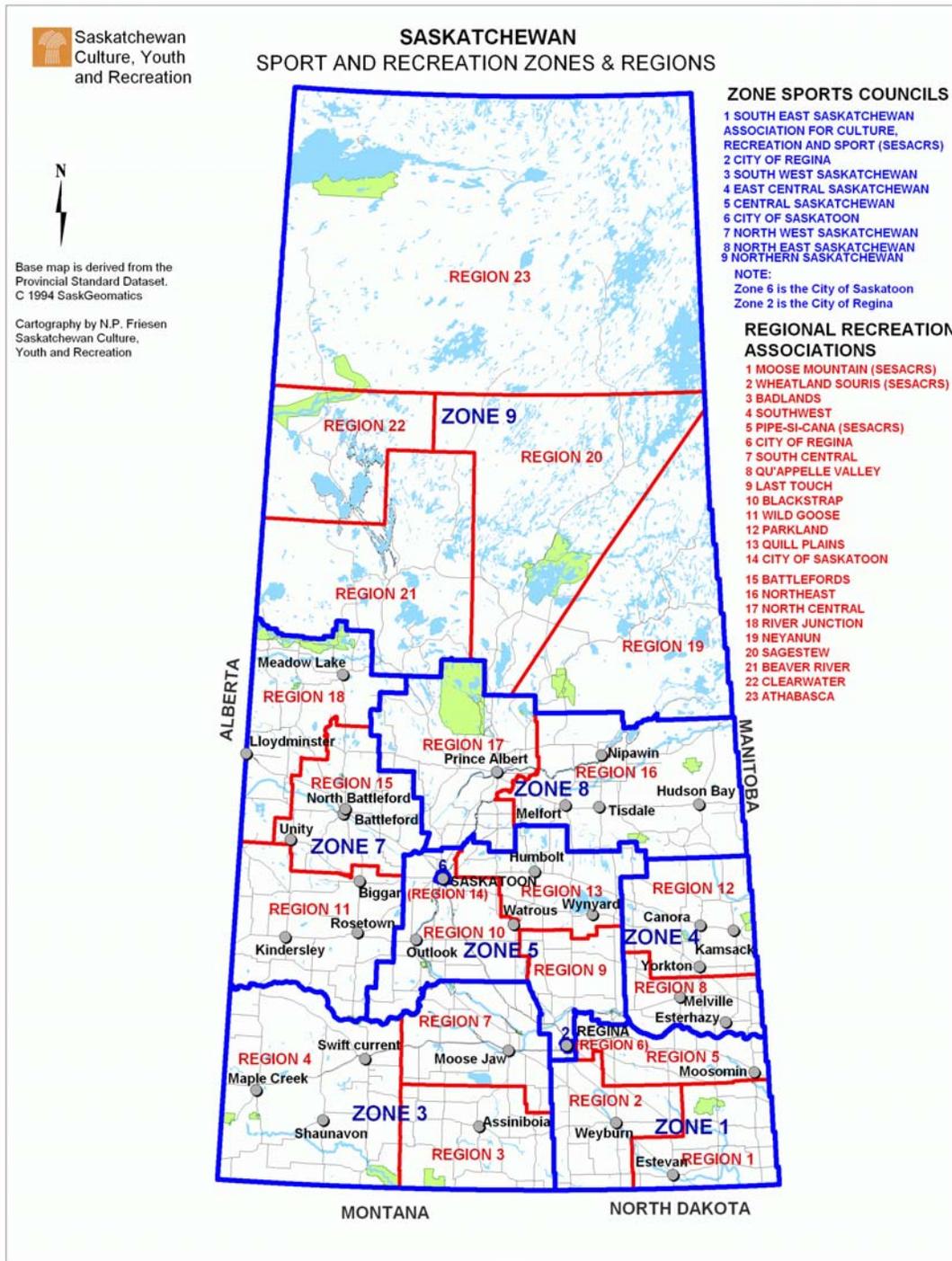
4.6.2 Intrapersonal, Interpersonal and Structural Barriers to Activity Participation

A total of 144 youth respondents, aged 14 to 19 years, were asked whether they agreed or disagreed with potential intrapersonal, interpersonal and structural barriers to their participation on a five point scale (1= strongly agree; 5= strongly disagree). Eight of the 19 questions were shown to have significant differences by region.

Table 4.6.2 – Children and Youth Perceptions of Barriers to Activity Participation

	Percent of Respondents who Agreed or Strongly Agreed		
	South	Metro	North
Intrapersonal Barriers			
<i>I am...</i>			
more likely to do an activity that my friends thought was alright	92.2	63.2	64.8
more likely to do a new activity that my family would think is alright	83.5	57.9	73.2
Interpersonal Barriers			
<i>People I know...</i>			
have transportation to get to the new activity with me	83.0	85.8	66.3
live close enough to start a new activity with me	66.5	69.1	44.6
usually have time to start a new activity with me	72.4	45.5	55.8
Structural Barriers			
<i>I am more likely to do a new activity if...</i>			
I know what is available	99.3	81.4	94.9
I have the time	95.6	95.2	77.6
the facilities are not crowded	87.2	64.6	87.4

Appendix A



Survey respondents were coded to one of 23 Saskatchewan Regional Recreation Areas (SRRAs) based on the postal code of their household. The 23 SRRAs were grouped into three regions for this report as follows:

- 1) **North - Non-Metro:** Regions 13, 15, 16, 17, 18, 19, 20, 21, 22, 23;
- 2) **Metro:** Regions 6 (Regina) and 14 (Saskatoon); and
- 3) **South - Non-Metro:** Regions 1, 2, 3, 4, 5, 7, 8, 9, 10, 11, 12

Appendix B

Table B1 – Coached Sports Participated in by Children and Youth

Coached Sport*	Percentage of Respondents	Number of Respondents
Soccer	23.2%	185
Hockey	22.7%	182
Swimming	16.8%	134
Baseball	15.3%	122
Basketball	10.2%	81
Volleyball	9.6%	77
Track and Field	7.7%	61
Softball	5.6%	45
Football	5.1%	41
Karate (and other martial arts)	4.6%	36
Racquet Sports	3.2%	25
Curling	2.1%	17
Golf	1.3%	11
Skiing (Downhill or Snowboarding)	0.8%	6
Weightlifting	0.7%	6
Wrestling	0.7%	5
Cycling	0.4%	3
Skiing (Cross Country)	0.3%	3
Other Sport**	23.5%	189
<i>Specified Other Sport (open-ended)</i>	<i>Percent of Other Sport</i>	
<i>Lacrosse</i>	<i>14.9%</i>	<i>28</i>
<i>Gymnastics</i>	<i>13.4%</i>	<i>25</i>
<i>Figure Skating</i>	<i>11.7%</i>	<i>22</i>
<i>Skating</i>	<i>9.8%</i>	<i>19</i>

* Respondents were asked if their child participated in 18 listed coached sports in the past year.

** Respondents were also asked if there were any other coached sports that their child participated in during the year prior to the survey. The 189 respondents who selected other sport, were asked to specify the sport(s) in a follow-up open-ended question. While over 30 other sports were specified only four of these sports were identified by at least 19 respondents as noted in Table B1.

Table B2 – Informal Sports or Physical Activities Participated in by Children and Youth

Informal Sport or Physical Activity*	Percentage of Respondents	Number of Respondents
Other Sport**	57.0%	440
Cycling	51.4%	397
Swimming	30.1%	232
Soccer	25.4%	196
Basketball	25.3%	196
Baseball	18.2%	140
Hockey	18.0%	139
Volleyball	9.7%	75
Golf	9.7%	75
Football	9.6%	74
Skiing (downhill)	7.8%	60
Track and field	6.5%	50
Softball	5.8%	45
Weightlifting	5.8%	45
Skiing (cross country)	2.5%	19
Curling	2.3%	18
Tennis	1.4%	11
Karate (other martial art)	1.2%	10
Wrestling	0.7%	5

* Respondents were asked if their child participated in 19 listed informal sports in during the 12 months prior to the survey.

** While respondents were given the option to select “Other Sport,” the survey did not ask respondents to specify this “other sport.”

Table B3 – Recreation Activities Participated in by Children and Youth

Recreation Activity*	Percentage of Respondents	Number of Respondents
Swimming (for fun)	58.4%	468
Bicycling	52.4%	420
Camping	51.5%	412
Ice skating (for fun)	29.5%	237
Fishing	28.2%	226
Walking for pleasure	26.3%	211
Hiking	24.3%	195
Boating	22.7%	182
Jogging	12.3%	99
Snowmobiling	11.9%	95
Canoeing	8.7%	70
Hunting	6.0%	48
Other Recreation Activity**	28.0%	224
<i>Specified Other Recreation (open-ended)</i>	<i>Percent of Other Rec</i>	132
Rollerblading, inline skating	29.7%	39
Skateboarding	14.2%	19
Tobogganing - sledding	12.3%	16
Horseback riding (equestrian, horsemanship)	8.8%	12
Trampoline	8.3%	11

* Respondents were asked if their child participated in 13 listed recreation activities in the past year.

** Respondents were also asked if there were any other recreation activities that their child participated in during the year prior to the survey. The 209 respondents who selected other sport, were asked to specify the sport(s) in a follow-up open-ended question. Only 132 of these respondents specified a name of the other recreation activity. While over 45 other recreation activities were specified only five of these activities were identified by at least 10 respondents as noted in Table B3.

Table B4 – Parent’s Benefits of Participation in Sport, Recreation and Cultural Activities

Benefits of Participation*	Percentage of Respondents	Number of Respondents
Socializing	43.4%	347
Exercise- Physical Activity	36.4%	292
Well-Being - Healthy Lifestyle	14.9%	119
Self-confidence - Sense of Accomplishment	13.6%	109
Teamwork - Sportsmanship - Fair Play	13.0%	104
Have Fun	8.2%	66
Keeps out of Trouble	8.1%	65
Learning New Skills - Personal Development	7.7%	62
Discipline - Respect	4.8%	39
Get out of the House	4.2%	33
Leadership Skills	3.5%	28
Heritage - Cultural and Language Appreciation or Awareness	2.8%	23

* Parents were asked to indicate the most important benefits that their child received through participation in sport, recreation and cultural activities in an open-ended question. All 801 respondents provided at least one open-ended response. These responses were grouped into 23 categories. The top 12 benefits are provided Table B4.