



LEEDS BECKETT UNIVERSITY
CARNEGIE SCHOOL OF SPORT

YOUR MOVEMENT MATTERS CLIMBING ACTIVITIES

Tier 2 – Report

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The Your Movement Matters project was initiated by eight of the UK's leading walking, climbing and outdoor leisure organisations from the British Mountaineering Council's Partners Assembly.

Through an online survey, 4,538 individuals' experiences of walking, climbing and mountaineering activities have been documented. Creating an evidence base of what participation looks like and means for those individuals. Their stories, motivations, barriers, opportunities to undertake the activities and desires to try new ones. This key data provides an understanding which can inform practice and drive policy change to develop and implement evidence-based diversity and inclusion strategies within the funding organisations.

These documents summarise the data analysis done to date. Opportunities for further comparative analysis to be conducted still exist as there are hundreds of intersectional characteristics of the respondents that can be studied. The survey ran from 28th April 2021 to 8th June 2021. Participation was open to all aged 16 + in the UK and Ireland.

This document provides further insight into the key findings, analysis, interpretations and as well as implications in the context of walking activities. This document shows a mixture of quantitative (numbers or statistics) and qualitative (when a respondent has written answers in their own words) data.

Content in this document includes key findings on participation desires, reasons for not participating, engaging new audiences (what other activities do climbers do?), pathways to participation, lived

experiences of participation, level of desire to gain a qualification (including perceptions and understandings of qualifications), barriers and constraints, the impact of Covid-19 and accommodation preferences.

Content in this document has been derived from survey data relating to climbing activity groups of indoor and outdoor climbing.

The two indoor climbing activity groups that our research participants were asked to comment on are:

- Indoor bouldering
- Indoor roped climbing

As well as survey data relating to questions asked around an activity that participants indicated they were most passionate about:

- Indoor bouldering
- Indoor roped climbing

The three outdoor climbing activity groups that our research participants were asked to comment on are:

- Outdoor bouldering
- Outdoor sport climbing
- Trad climbing

As well as survey data relating to questions asked around an activity that participants indicated they were most passionate about:

- Outdoor bouldering
- Outdoor sport climbing
- Trad climbing



Indoor Climbing - Participation desires

We asked people who told us that they indoor climbed, are there any other activity styles that you do not participate in but are interested in and would like to try?

Activity	Responses (n= 597)
Walking from your front door	1.51% (9)
Hill walking	3.69% (22)
Mountain walking (non-winter)	12.73% (76)
Scrambling	18.09% (108)
Winter mountaineering	36.52% (218)
Indoor bouldering	36.52% (8)
Indoor roped climbing	7.04% (42)
Outdoor bouldering	14.91% (89)
Outdoor sport climbing	22.45% (134)
Trad climbing	25.80% (154)
Winter or ice climbing	40.87% (244)
Overseas mountaineering	46.40% (277)
Urban walking	1.01% (6)
Rural walking	2.68% (16)
Other	10.05% (60)

Examples of Other (ranked in order of preference)

Activity	How many respondents said they want to take part in this activity (n = 60)
Swimming (ice, wild)	0.67% (4)
Paragliding	0.67% (4)
Paddle sports (canoeing)	0.50% (3)
Skiing	0.50% (3)
Overseas activities (sport climbing, bouldering)	0.34% (2)
Mountain biking	0.34% (2)
Caving	0.34% (2)
Running (mountain)	0.17% (1)
Sailing	0.17% (1)
Cycling	0.17% (1)
Camping	0.17% (1)
Nordic walking	0.17% (1)
Base Jumping	0.17% (1)
Via Ferrata	0.17% (1)

IN FOCUS – Of our respondents who told us that they participate in walking activities, 9% said they wanted to try indoor bouldering, 12% said they wanted to try indoor roped climbing, 14% said they wanted to try outdoor bouldering and 14% said they wanted to try outdoor sport climbing. Filtering this data according to the genders of male and female, clearly shows us that there is a greater desire to try climbing from females compared to males:

Indoor bouldering: 7% male vs 10% female

Outdoor bouldering: 13% vs 15% female

Indoor roped climbing: 10% male vs 15% female

Outdoor sport climbing: 13% male vs 15% female

If we compare this to actual participation rates in climbing activities by the genders of male and female, actual female participation (46% indoor climbing, 39% outdoor climbing) is lower than male participation (50% indoor climbing, 58% outdoor climbing).

The desire to participate by females shows us that there are more women who want to try climbing compared to men.

If female desire to participate continues to be encouraged and facilitated, this has the potential to make a significant step towards closing the gender gap. The data further justifies the need for female (and non-binary) climbing groups, events and initiatives and we recommend that funding partners continue to support and expand opportunities available for women who want to try climbing.

Taking a closer look at Gender

Activity	Males who indoor climb and would like to try this activity (n = 268)	Females who indoor climb and would like to try this activity (n = 305)	Gender fluid, non-binary, trans-male, trans-female and other who indoor climb and would like to try this activity (n = 24)
Walking from your front door	0.75% (2)	1.97% (6)	4.17% (1)
Hill Walking	1.87% (5)	4.59% (14)	12.50% (3)
Urban walking	10.07% (27)	14.75% (45)	16.67% (4)
Rural or countryside lowland, coastal and moorland walking	13.81% (37)	22.30% (68)	12.50% (3)
Mountain Walking (non-Winter)	35.07% (94)	39.34% (120)	16.67% (4)
Scrambling	1.49% (4)	1.31% (4)	(0)
Winter Mountaineering	4.48% (12)	9.84% (30)	(0)
Indoor Bouldering	12.69% (34)	16.07% (49)	25.00% (6)
Indoor Roped Climbing	20.52% (55)	23.93% (73)	25.00% (6)
Outdoor Bouldering	23.51% (63)	28.52% (87)	16.67% (4)
Outdoor Sport Climbing	45.90% (123)	38.03% (116)	20.83% (5)
Trad Climbing	46.27% (124)	47.54% (145)	33.33% (8)
Winter or Ice Climbing	(0)	1.64% (5)	4.17% (1)
Overseas Mountaineering	1.87% (5)	3.61% (11)	(0)
Other	10.07% (27)	8.85% (27)	25.00% (6)

IN FOCUS - For all genders, trad climbing is the activity with the largest participation desire from people who told us they indoor climb.



Taking a closer look at Disability

Activity	Disabled individuals who indoor climb and would like to try this activity (n = 80)	Non-disabled individuals who indoor climb and would like to try this activity (n = 514)
Walking from your front door	1.25% (1)	1.56% (8)
Hill Walking	7.50% (6)	3.11% (16)
Urban walking	18.75% (15)	11.87% (6)
Rural or countryside lowland, coastal and moorland walking	25.00% (20)	17.12% (88)
Mountain Walking (non-Winter)	37.50% (30)	35.99% (185)
Scrambling	(0)	1.56% (8)
Winter Mountaineering	7.50% (6)	7.00% (36)
Indoor Bouldering	13.75% (11)	15.18% (78)
Indoor Roped Climbing	23.75% (19)	22.37% (115)
Outdoor Bouldering	21.25% (17)	26.46% (136)
Outdoor Sport Climbing	36.25% (29)	41.63% (214)
Trad Climbing	43.75% (35)	46.50% (239)
Winter or Ice Climbing	1.25% (1)	0.97% (5)
Overseas Mountaineering	2.50% (2)	2.72% (14)
Other	13.75% (11)	9.53% (49)



Taking a closer look at Ethnic heritage

Activity	White heritages who indoor climb and would like to try this activity (n = 521)	All other ethnic heritages who indoor climb and would like to try this activity (n = 28)
Walking from your front door	1.34% (7)	7.14% (2)
Hill Walking	2.88% (15)	7.14% (2)
Urban walking	10.84% (57)	28.57% (8)
Rural or countryside lowland, coastal and moorland walking	17.47% (91)	25.00% (7)
Mountain Walking (non-Winter)	36.66% (191)	21.43% (6)
Scrambling	1.34% (7)	(0)
Winter Mountaineering	6.72% (35)	14.29% (4)
Indoor Bouldering	15.16% (79)	7.14% (2)
Indoor Roped Climbing	21.69% (113)	21.43% (6)
Outdoor Bouldering	25.53% (133)	28.57% (8)
Outdoor Sport Climbing	41.65% (217)	39.29% (11)
Trad Climbing	46.83% (244)	50.00% (14)
Winter or Ice Climbing	0.96% (5)	10.71% (3)
Overseas Mountaineering	2.30% (12)	7.14% (2)
Other	9.60% (50)	14.29% (4)



Reasons for not yet participating

We asked people who told us that they indoor climb if appropriate, thinking about the activities that you are interested in/ would like to try, what are the reasons for you personally not yet participating?

Reasons for not yet participating	Responses (n= 713)
Cost/ financial reasons	44.74% (319)
Health condition/ Long term illness	5.47% (39)
Access to facilities / environments	37.45% (267)
Access to information is an issue	6.87% (49)
I don't feel confident to try	19.07% (136)
I don't have to equipment/ kit that I think I need to participate	39.27% (280)
It is not a priority for me	24.82% (177)
I don't see enough people who look like me	3.79% (27)
Other (please explain)	4.77% (34)
Somebody I know had a negative experience and that has put me off	0.98% (7)
I've had a negative experience in a similar activity, so I'm not sure about trying this activity (if you are comfortable, please tell us about your experience)	1.54% (11)
I don't feel safe	7.43% (53)
I already do a lot of activities and I don't want to add a new one to my list	23.00% (164)
Covid-19	25.39% (181)

Lived Experiences

"I have no idea where to even start climbing outside. Essentially, I am by myself and don't have a stable group of climbing partners who have outdoors experience. I'm taking an outdoors lead climbing course later this summer, but even after that I'd need to rely on other people's knowledge to even know where to go. In addition to that I live in London and don't have a car."

"It is hard to find mentors now. To get into winter climbing there are not many people I know who I can learn from and it is expensive. I hope to have better luck this coming winter."

Other common reasons for not yet participating in another activity

- 34 respondents mentioned "time"
- 34 respondents mentioned money, expensive, cost and finance
- 21 respondents mentioned "gear," "kit" and "equipment"
- 15 respondents mentioned knowledge and "teach me"
- 26 respondents mentioned travel, car, transport, location or distance
- 25 respondents mentioned not having somebody to climb with or show

them how to climb outdoors as a reason for not climbing outdoors.

Other reasons for our respondents who indoor climb not yet participating in outdoor climbing included not knowing where to begin, how to acquire knowledge, a lack of confidence and feeling unable to approach instructors. Disparity in ability level between the climber and their friends was another reason why people told us that they feel they cannot progress to climbing outdoors.

This indicates that there is a gap between those who climb indoors only and those who climb outdoors [and indoors] that needs bridging. Communication could be addressed and developed by those who can support indoor climbers in getting outdoors, e.g., organisations, climbing walls and centres, clubs and groups, other climbers, with those who currently climb indoors only.

We recommend the development of educational seminars, events or facilitation of climbing groups via indoor walls to help climbers learn new skills, develop their confidence, meet new people and form friendships to enable them to progress to climb outdoors.

Taking a closer look at Gender and non participation

Reasons for not yet participating	Male only (n = 339)	Female only (n = 346)	Gender fluid, non-binary, trans-female, trans-male or other (n = 28)
Cost / financial reasons	42.18% (143)	47.69% (165)	39.29% (11)
Health condition / Long term illness	2.95% (10)	7.23% (25)	14.29% (4)
Access to facilities / environments	30.38% (103)	43.64% (151)	46.43% (13)
Access to information is an issue	3.83% (13)	10.40% (36)	[0]
I don't feel confident to try	10.03% (34)	28.61% (99)	10.71% (3)
I don't have to equipment / kit that I think I need to participate	33.04% (112)	46.24% (160)	28.57% (8)
It is not a priority for me	26.84% (91)	22.83% (79)	25.00% (7)
I don't see enough people who look like me	1.47% (5)	6.07% (21)	3.57% (1)
Other (please explain)	4.42% (15)	4.91% (17)	7.14% (2)
Somebody I know had a negative experience and that has put me off	0.59% (2)	0.87% (3)	7.14% (2)
I've had a negative experience in a similar activity, so I'm not sure about trying this activity (if you are comfortable, please tell us about your experience)	0.88% (3)	2.02% (7)	3.57% (1)
I don't feel safe	4.42% (15)	9.54% (33)	17.86% (5)
I already do a lot of activities and I don't want to add a new one to my list	27.14% (92)	18.79% (65)	25.00% (7)
Covid-19	21.24% (72)	28.61% (99)	35.71% (10)

IN FOCUS – Our respondents who identify as gender fluid, non-binary, trans-female, trans-male or genders other than male or female (18%) are significantly more likely than those who identify as male (4%) or female (10%) to not participate in an activity that they are interested in because they do not feel safe. Female respondents are more than twice as likely than male respondents to tell us that they do not feel safe, and those who identify as gender fluid, non-binary, trans-female, trans-male or genders other than male or female are almost twice as likely as females to say that they feel unsafe.



We have a serious issue where women (1 in 10 of our respondents) and those who identify as gender fluid, non-binary, trans-female, trans-male or genders other than male or female (almost 2 in 10 of our respondents) do not feel safe enough to participate in a new activity. Strategies or initiatives could be implemented by climbing organisations, clubs, groups and businesses to improve feelings of safety for climbers. E.g., a buddy system for walking home from climbing gyms, opportunities to meet others to climb with, and raising awareness.

We know that those from the LGBTQIA+ community and from underrepresented genders are more likely to face discrimination and feel unsafe. It is imperative that the climbing industry works to show that they are actively inclusive of those who are gender fluid, non-binary, trans-female, trans-male or genders other than male or female. This can be done in part through staff training around inclusive language and gender, and the policy of normalising asking people for their pronouns at the start of taught climbing sessions or events.

Taking a closer look at Disability and non participation

Reasons for not yet participating	Disabled (n = 100)	Non-disabled (n = 605)
Cost / financial reasons	49.00% (49)	44.30% (268)
Health condition / Long term illness	28.00% (28)	1.65% (10)
Access to facilities / environments	34.00% (34)	38.18% (231)
Access to information is an issue	13.00% (13)	5.95% (36)
I don't feel confident to try	24.00% (24)	18.51% (112)
I don't have to equipment / kit that I think I need to participate	41.00% (41)	39.34% (238)
It is not a priority for me	22.00% (22)	25.62% (155)
I don't see enough people who look like me	8.00% (8)	3.14% (19)
Other (please explain)	5.00% (5)	4.63% (28)
Somebody I know had a negative experience and that has put me off	2.00% (2)	0.83% (5)
I've had a negative experience in a similar activity, so I'm not sure about trying this activity (if you are comfortable, please tell us about your experience)	2.00% (2)	1.49% (9)
I don't feel safe	13.00% (13)	6.61% (40)
I already do a lot of activities and I don't want to add a new one to my list	22.00% (22)	22.98% (139)
Covid-19	26.00% (26)	24.96% (151)

Taking a closer look at Ethnic heritage and non participation

Reasons for not yet participating	White heritages (n = 630)	Black, Asian and ethnic minority heritages (n = 29)	Multiple or multiple ethnic heritages (n = 16)	Asian or Asian British (n = 11)	Black, African, Caribbean or Black British (n = 2)
Cost / financial reasons	45.24% (285)	20.69% (6)	6.25% (1)	45.45% (5)	(0)
Health condition / Long term illness	5.24% (33)	10.34% (3)	6.25% (1)	18.18% (2)	(0)
Access to facilities / environments	38.73% (244)	13.79% (4)	6.25% (1)	27.27% (3)	(0)
Access to information is an issue	6.03% (38)	24.14% (7)	25.00% (4)	27.27% (3)	(0)
I don't feel confident to try	19.05% (120)	10.34% (3)	6.25% (1)	18.18% (2)	(0)
I don't have to equipment/ kit that I think I need to participate	39.84% (251)	37.93% (11)	43.75% (7)	36.36% (4)	(0)
It is not a priority for me	25.40% (160)	17.24% (5)	12.50% (2)	18.18% (2)	50.00% (1)
I don't see enough people who look like me	3.17% (20)	13.79% (4)	12.50% (2)	18.18% (2)	(0)
Other (please explain)	4.92% (31)	6.90% (2)	12.50% (2)	(0)	(0)
Somebody I know had a negative experience and that has put me off	1.11% (7)	10.34% (3)	12.50% (2)	9.09% (1)	(0)
I've had a negative experience in a similar activity, so I'm not sure about trying this activity (if you are comfortable, please tell us about your experience)	1.59% (10)	24.14% (7)	37.50% (6)	9.09% (1)	(0)
I don't feel safe	7.46% (47)	37.93% (11)	56.25% (9)	18.18% (2)	(0)
I already do a lot of activities and I don't want to add a new one to my list	23.49% (148)	10.34% (3)	6.25% (1)	9.09% (1)	50.00% (1)
Covid-19	23.97% (151)	51.72% (15)	56.25% (9)	45.45% (5)	50.00% (1)

National location and non participation

Reasons for not yet participating	England (n = 569)	Ireland (n = 24)	Scotland (n = 71)	Wales (n = 46)
Cost / financial reasons	54.69% [260]	45.83% [11]	38.03% [27]	41.30% [19]
Health condition / Long term illness	5.45% [31]	4.17% [1]	5.63% [4]	6.52% [3]
Access to facilities / environments	37.96% [216]	50.00% [12]	23.94% [17]	43.48% [20]
Access to information is an issue	6.85% [39]	8.33% [2]	7.04% [5]	6.52% [3]
I don't feel confident to try	18.10% [103]	12.50% [3]	30.99% [22]	17.39% [8]
I don't have to equipment/ kit that I think I need to participate	40.60% [231]	41.67% [10]	28.17% [20]	36.96% [17]
It is not a priority for me	26.36% [150]	37.50% [9]	21.13% [15]	6.52% [3]
I don't see enough people who look like me	3.87% [22]	4.17% [1]	1.41% [1]	6.52% [3]
Other (please explain)	5.45% [31]	[0]	4.23% [3]	[0]
Somebody I know had a negative experience and that has put me off	0.88% [5]	[0]	[0]	4.35% [2]
I've had a negative experience in a similar activity, so I'm not sure about trying this activity (if you are comfortable, please tell us about your experience)	1.58% [9]	[0]	1.41% [1]	2.17% [1]
I don't feel safe	7.56% [43]	4.17% [1]	11.27% [8]	2.17% [1]
I already do a lot of activities and I don't want to add a new one to my list	23.20% [132]	20.83% [5]	22.54% [16]	19.57% [9]
Covid-19	26.01% [148]	20.83% [5]	23.94% [17]	19.57% [9]

Engaging new audiences

Other than the walking and climbing activities that we have asked you about. What do you like to do when you are outdoors?

- Cycling
- Reading
- Photography
- Camping
- Bushcraft
- Kayaking
- Canoeing
- Sailing
- Mountain Biking
- Running
- Archery
- Slacklining
- Snowboarding
- Snorkelling
- Gardening
- Swimming (including pool and wild swimming)
- Yoga
- Picnics
- Skateboarding
- Geocaching
- Dog Walking
- Surfing
- Skiing
- Arts and Crafts
- Football
- Caving
- Bird watching



Disability

Do you consider yourself as having a disability and/or a long-term health condition? (excluding mental health at this stage)

Do you consider yourself as having a disability and /or a long-term health condition? (excluding mental health at this stage)	Responses (n = 1092)
Yes	12.27% (134)
No	86.72% (947)
I would prefer not to say	1.01% (11)

Mental Health

Do you identify as having a mental health condition or illness?	Percentage of those who indoor climb (n = 1073)
Yes	19.11% (205)
No	78.66% (844)
I would prefer not to say	2.24% (24)

IN FOCUS - Of our respondents who indoor climb, 19% told us that they identified as having a mental health condition and 79% did not.

Mental health charity 'Mind' says that in any given week in England alone, 1 in 6 people identify as having a mental health problem, this equates to almost 17%. Our indoor climbing respondents have a slightly higher prevalence of mental conditions than the national average.



Please tell us what mental health condition or illness you live with

Mental Health Condition /Illness	Responses (n = 202)
ADHD	4.95% (10)
Anorexia Nervosa	0.99% (2)
Anxiety	59.41% (120)
Asperger Syndrome	0.50% (1)
Autism	1.49% (3)
Bipolar disorder	1.49% (3)
Body dysmorphia	0.50% (1)
Borderline personality disorder	2.48% (5)
CPTSD	0.99% (2)
Depression	57.43% (116)
Depressive disorder	0.50% (1)
Disordered eating	0.50% (1)
Dyspraxia	0.50% (1)
Eating disorder	2.97% (6)
Emotional dysregulation	0.50% (1)
Emotionally unstable personality disorder	0.50% (1)
Generalised anxiety disorder	4.95% (10)
Low mood bouts	0.50% (1)
Major depressive disorder	0.50% (1)
Obsessive compulsive disorder	6.93% (14)
Orthorexia	0.50% (1)
Panic disorder	0.99% (2)
Post menstrual tension (severe)	0.50% (1)
PTSD	3.96% (8)
Psychotic depression	0.50% (1)
Social anxiety disorder	1.49% (3)

IN FOCUS – A high number of our respondents who indoor climb told us that they live with anxiety (59%) and depression (57%). To ensure that indoor climbing is inclusive for climbers who live with anxiety and depression, we would recommend that indoor climbing gyms and organisations consider practical measures to be more inclusive. For example, climbing gyms and organisations consider staff training in mental health awareness, signposting to appropriate organisations who can offer support and providing a mechanism for people new to the wall to get to know some other climbers. These things will facilitate a supportive environment.



For the following sets of questions, those who stated that they participated in indoor climbing were asked to choose the activity that they were most passionate about and answer questions about that specific activity type.

Pathways to participation

Thinking about the activity that you are most passionate about, how did you begin participating in this activity?

- 64 respondents out of 218 mentioned friends when asked how they began indoor climbing.
- 4 respondents out of 218 mentioned colleagues when asked how they began indoor climbing.
- 18 respondents out of 218 mentioned parents, family, Dad, Mum, brother or sister when asked how they began indoor climbing.
- 24 respondents out of 218 mentioned "induction" or "course" when asked how they began indoor climbing.

IN FOCUS: A high proportion of our survey respondents began indoor climbing through their friends. Drawing on the framework of the BMC's Student Safety Seminar, we suggest that a similar style course could be developed for non-student clubs and individuals, to help more people safely and confidently introduce their friends to climbing.

We are interested in learning about your journey in the activity that you are most passionate about. What is the story of your participation in the activity that you are most passionate about? (We received 228 qualitative answers)

Key Quotes:

"I started climbing at university and really took it. I enjoyed the physical activity but I also enjoyed the social aspect, and the way it provided a means to feel proud and strong."

"My partner also climbed and I developed a friend group around climbing so it became a bigger part of my life, leading me to explore outdoor climbing and other disciplines of the sport. I started filming my climbing progress and uploading it to YouTube and eventually took a job with a climbing company, so climbing is now a big part of my life."

How a hobby became a passionate career

"I really do enjoy climbing. It helps me use my brain to problem solve how to climb the hard walls. It even makes my mood much better for rest of the day as I suffer from being very negative in mood."

Problem solving and mood enhancing

"One of my friends had started climbing again and kept telling me to try it and that I'd love it. I wanted a distraction after my breakup and wanted to get strong. I instantly fell in love with climbing."

"I've made some lovely friends and travelled to beautiful crags. I love it so much. It's like being a kid again - it's so much fun to climb and it's also great for my mental health and problem solving."

Helping to overcome negative life events

"Climbing has always been a way of making friends and escape from mundaneness and struggles of real life."

Climbing as a form of escape and making friends

"When I began climbing in 2015/16 I was at a very low point mentally. I was having climbing lessons at a very small wall once a week, and it was the only source of happiness I had at the time."

"As I got older, I was able to climb more frequently, going 5 times a week when at university. I have competed in one small local comp, and came 4th, which made me want to compete more."

"However, I have not perused that side of climbing due to being transgender. I still climb between 3 and 5 times a week, and wish to eventually teach."

Transgender individual's experience

"I began as a very socially awkward and slightly isolated 13 year old. Climbing was an escape for me, and is now my entire life. I've learned self-confidence and strength, gained many friends and travelled to beautiful places - climbing is much more than just a hobby or sport to me."

Overcoming isolation and self-confidence issues

"I started climbing but shortly after that developed a disability, back and hip pain that limits my activities. An experienced climber helped me find modifications that make it possible for me to participate in roped climbing, for example, tying into an anchor to reduce the load on my hip even when my partner is not heavy."

"I continued climbing for many years, taking breaks only during the worst of my symptoms. I have to keep to very simple routes because of my limitations but I still get to exercise and push my limits."

Disability modifications

Participating with others

We asked those who are most passionate about indoor climbing, who do you tend to participate with?

Who do you participate with?	Responses (n = 261)
Family	23.37% (61)
My Children	14.94% (39)
Friends	81.23% (212)
Colleagues	18.01% (47)
Instructors / Activity Leaders	9.96% (26)
Partner	38.31% (100)
Club / Group	16.86% (44)
By myself / solo	58.24% (152)
Other (please tell us who)	3.83% (10)

Taking a closer look at participating with others of respondents who indoor climbed in the last 12 months

Gender breakdown

Who do you participate with?	Females who were most passionate about indoor climbing were asked who do they participate with. (n = 475)	Males who were most passionate about indoor climbing were asked who do they participate with. (n = 523)	Gender fluid, non-binary, trans-male, trans-female and other who were most passionate about indoor climbing were asked who do they participate with. (n = 35)
Family	26.11% (124)	25.81% (135)	25.71% (9)
My Children	13.47% (64)	18.74% (98)	2.86% (1)
Friends	80.63% (383)	84.135 (440)	71.43% (25)
Colleagues	13.05% (62)	19.31% (101)	11.43% (4)
Instructors / Activity Leaders	8.42% (40)	13.77% (72)	5.71% (2)
Partner	52.00% (247)	33.65% (176)	25.71% (9)
Club / Group	20.84% (99)	27.15% (142)	28.57% (10)
By myself / solo	43.79% (208)	58.70% (307)	62.86% (22)
Other (please tell us who)	2.95% (14)	6.69% (35)	5.71% (2)



Ethnic heritage breakdown

Who do you participate with?	White heritages (n = 891)	All other ethnic heritages groups combined (n = 46)
Family	26.15% [233]	13.72% [6]
My Children	15.93% [142]	4.57% [2]
Friends	81.71% [728]	86.87% [38]
Colleagues	16.27% [145]	9.14% [4]
Instructors / Activity Leaders	11.00% [98]	6.86% [3]
Partner	42.31% [377]	32.01% [14]
Club / Group	24.13% [215]	47.43% [12]
By myself / solo	52.97% [472]	41.15% [18]
Other (please tell us who)	5.05% [45]	[0]

Disability breakdown

Who do you participate with?	Non-disabled individuals who were most passionate about climbing activities were asked who do they participate with. (n = 896)	Disabled individuals who were most passionate about climbing activities were asked who do they participate with. (n = 128)
Family	25.78% [231]	27.34% [35]
My Children	15.40% [138]	19.53% [25]
Friends	82.81% [742]	77.34% [99]
Colleagues	16.07% [144]	16.40% [21]
Instructors / Activity Leaders	9.93% [89]	17.18% [22]
Partner	42.08% [377]	32.01% [14]
Club /Group	22.43% [201]	36.72% [47]
By myself / solo	52.01% [466]	53.13% [68]
Other (please tell us who)	5.13% [46]	3.13% [4]

Length of participation

How long have you been participating in the activity that you are most passionate about?

How long have you been participating?	Responses (n = 271)
Less than 1 month	{0}
1 – 6 months	2.26% {5}
7 – 11 months	2.71% {6}
1 – 2 years	19.91% {44}
3 – 4 years	27.15% {60}
5 – 10 years	32.58% {72}
More than 10 years	38.01% {84}

Gender breakdown

How long have you been participating?	Males (n = 534)	Females (n = 488)	Gender fluid, non-binary, trans-male, trans-female and other (n= 36)
Less than 1 month	0.19% {1}	{0}	{0}
1 – 6 months	{0}	1.43% {7}	{0}
7 – 11 months	1.31% {7}	1.23% {6}	2.78% {1}
1 – 2 years	8.99% {48}	9.22% {45}	11.11% {4}
3 – 4 years	12.92% {69}	19.88% {97}	19.44% {7}
5 – 10 years	16.67% {89}	28.48% {139}	19.44% {7}
More than 10 years	59.93% {320}	39.75% {194}	47.22% {17}

Disability breakdown

How long have you been participating?	Non-disabled individuals who were most passionate about walking activities were asked who do they participate with. (n = 896)	Disabled individuals who were most passionate about walking activities were asked who do they participate with. (n = 128)
Less than 1 month	25.78% {231}	27.34% {35}
1 – 6 months	15.40% {138}	19.53% {25}
7 – 11 months	82.81% {742}	77.34% {99}
1 – 2 years	16.07% {144}	16.40% {21}
3 – 4 years	9.93% {89}	17.18% {22}
5 – 10 years	42.08% {377}	32.01% {41}
More than 10 years	22.43% {201}	36.72% {47}

Ethnic heritage breakdown

How long have you been participating?	White heritages (n = 891)	All other ethnic heritages groups combined (n = 46)
Less than 1 month	0.11% (1)	(0)
1 – 6 months	0.55% (5)	(0)
7 – 11 months	1.53% (14)	(0)
1 – 2 years	9.52% (87)	8.70% (4)
3 – 4 years	16.41% (150)	17.39% (8)
5 – 10 years)	21.88% (200)	34.78% (16)
More than 10 years	50.00% (457)	39.13% (18)

Generally, do you enjoy spending time outdoors?

Selection	Response (1009)
Yes	99.70% (1006)
No	0.20% (2)
I'm not sure	0.00% (0)
I would prefer not to say	0.10% (1)

IN FOCUS – Almost all of our indoor climbing respondents told us that they generally enjoy spending time outdoors. This signals that there is an appetite for spending time outdoors by our indoor climbers and we need to understand why those who indoor climb only may not have progressed to outdoor climbing yet. This is an area that future research could seek to understand in more detail.

What is it about spending time outdoors you enjoy? (n = 179)

- 58 respondents out of 179 mentioned 'fresh air'.
- 54 respondents out 179 mentioned nature.
- 22 respondents out of 179 mentioned scenery or views.
- 12 respondents out of 179 mentioned mental health.
- 15 respondents out of 179 mentioned wildlife, birds or animals.

Qualifications

Do you hold a qualification in the activity that you are most passionate about?

Selection	Responses (n = 271)
Yes	20.30% (55)
No	79.34% (215)
I would prefer not to say	0.37% (1)

Gender breakdown

Do you hold a qualification in the activity that you are most passionate about?	Males (n = 533)	Females (n = 487)	Gender fluid, non-binary, trans-male, trans-female and other (n = 36)
Yes	33.40% (178)	21.36% (104)	16.67% (6)
No	66.42% (354)	78.44% (382)	83.33% (30)
I would prefer not to say	0.19% (1)	0.21% (1)	(0)

Disability breakdown

Do you hold a qualification in the activity that you are most passionate about?	Disabled (n = 130)	Non-disabled (n = 917)
Yes	23.85% (31)	27.59% (253)
No	76.15% (99)	72.19% (662)
I would prefer not to say	(0)	0.22% (2)

Ethnic heritage breakdown

Do you hold a qualification in the activity that you are most passionate about?	White heritages (n = 912)	All other ethnic heritages (n = 46)
Yes	27.08% (247)	21.74% (10)
No	72.81% (664)	78.26% (36)
I would prefer not to say	0.11% (1)	(0)

Gaining a qualification

Are you interested in gaining a qualification in the activity that you are most passionate about?

Selection	Responses (n = 216)
Yes	31.48% (68)
No	31.94% (69)
I'm not sure	36.11% (78)
I would prefer not to say	0.46% (1)

Gender breakdown

Are you interested in gaining a qualification in the activity that you are most passionate about?	Males (n = 354)	Females (n = 383)	Gender fluid, non-binary, trans-male, trans-female and other (n = 30)
Yes	33.40% (178)	21.36% (104)	16.67% (6)
No	66.42% (354)	78.44% (382)	83.33% (30)
I would prefer not to say	0.19% (1)	0.21% (1)	(0)

Disability breakdown

Are you interested in gaining a qualification in the activity that you are most passionate about?	Disabled (n = 99)	Non-disabled (n = 663)
Yes	40.40% (40)	34.99% (232)
No	36.36% (36)	36.50% (242)
I'm not sure	23.23% (23)	28.21% (187)
I would prefer not to say	(0)	0.30% (2)

Ethnic heritage breakdown

Are you interested in gaining a qualification in the activity that you are most passionate about?	White heritages (n = 664)	All other ethnic heritages (n = 36)
Yes	34.64% (230)	44.44% (16)
No	36.90% (245)	30.56% (11)
I'm not sure	28.31% (1880)	22.22% (8)
I would prefer not to say	0.155 (1)	2.78% (1)

What motivates you to pursue a qualification in the activity that you are most passionate about and are there any constraints/barriers preventing you from pursuing a qualification?

- 19 respondents out of 61 mentioned a career change or teaching as a motivator for pursuing a qualification in indoor climbing.
- 12 respondents out of 61 mentioned "others" as a motivator for pursuing a qualification in indoor climbing.
- 10 respondents out of 61 mentioned time as a constraining factor preventing them from pursuing a qualification in indoor climbing.
- 10 respondents out of 61 mentioned money, cost and finance as a constraining factor preventing them from pursuing a qualification in indoor climbing.

If you know the reason(s), why are you unsure about pursuing a qualification in the activity that you are most passionate about?

- 19 respondents out of 67 said they didn't know that qualifications were available to acquire, or they didn't know which qualifications would be appropriate.
- 9 respondents out of 67 mentioned time as reason for being unsure about pursuing a qualification in indoor climbing.
- Others said that they only wanted to climb recreationally and were therefore not interested in pursuing a climbing qualification.



Barriers to the participation and the impact of Covid-19

Is there anything stopping you from being able to participate in the activity that you are most passionate about?

237 respondents answered, some with multiple reasons.

Excluding the answers of 'no' (39), a total of 258 answers are summarised below:

- Accommodation or parking cost: 1.16% (3)
- Availability of facilities: 0.39% (1)
- Covid-19 regulations/restrictions: 16.28% (41)
- Climbing centre closures: 1.55% (4)
- Climbing centre reduced operating hours/accessibility: 1.16% (3)
- Climbing recovery time: 0.39% (1)
- Cost and associated costs of climbing: 8.53% (22)
- Distance to facilities: 6.98% (18)
- Family/caring commitments: 1.94% (5)
- Fear of Covid-19: 1.16% (3)
- Lack of confidence: 2.33% (6)
- Lack of knowledge: 0.78% (2)
- Fatigue/lack of energy: 0.78% (2)
- Fear of gender discrimination: 0.39% (1)
- Mental health and/or body image concerns: 4.26% (11)
- No LGBTQIA+ inclusive climbing groups: 0.39% (1)
- Non-inclusive: 0.39% (1)
- No partner or group: 10.08% (26)
- No transport: 2.71% (7)
- Old age: 2.33% (6)
- Poor fitness: 1.16% (3)
- Poor physical health (including injury): 10.08% (28)
- Pregnancy: 0.78% (2)
- Public transport is non-wheelchair friendly: 0.39% (1)
- Safety concerns of being alone: 0.78% (2)
- Social anxiety: 1.55% (4)
- Time commitments: 15.89% (41)
- University commitments: 0.39% (1)
- Weather restrictions: 0.39% (1)
- Work commitments: 4.26% (11)
- No: (39)

The top six reasons preventing those who selected indoor climbing to be their most passionate choice of outdoor activity participating were:

- Covid-19 regulations or restrictions (16%)
- Time commitments (16%)
- Poor physical health or injury (10%)
- Not having a partner or group to climb with (10%)
- Cost and associated costs of climbing (9%)
- Distance to facilities (7%)

This would suggest that as the Covid-19 regulations are gradually lifted, many will return to indoor climbing naturally. However, there may be some who could struggle to return due to the reasons mentioned above. Indoor climbing organisations could focus on facilitating return to indoor climbing by assisting in overcoming barriers such as cost, lack of climbing partners/groups and location issues. This will assist in returning to pre pandemic indoor climbing participation levels.

Indoor climbing organisations could put in place or undertake the following:

- Membership cost reductions
- Discounts on equipment and climbing courses/inductions
- Creation of local climbing forums, or lists, to encourage group formation or partnerships
- Look at the current provision of climbing facilities and plan in the opening of new ones in locations that are far away from one

How has the Covid-19 pandemic impacted on how you participate in the activity that you are most passionate about?

Selection	Responses of indoor climbers who answered this question (n = 257)
My participation has reduced	28.79% (74)
I have had to adjust how I participate (please describe how you have adjusted in your own words below)	12.84% (33)
I stopped participating and I have not yet restarted	7.00% (18)
I stopped participating and I will not be restarting	0%
Other (please describe in your own words below)	2.33% (6)
I would prefer not to say	0%
My participation reduced or stopped during lockdowns but increased to my normal level of frequency as restrictions lifted	53.70% (138)
My participation reduced or stopped during lockdowns but I now participate at a higher frequency than before	12.84% (33)
My participation has increased	4.28% (11)
My participation stayed the same	1.17% (3)

For those who selected the option 'I have had to adjust how I participate (please describe how you have adjusted in your own words below)' (n=33) responses are:

- Changed their activity type (including local walking; home activities; gym; outdoor bouldering)
- Reduced frequency of participation
- Ceased all participation

For those who selected the option 'Other (please describe in your own words below)' (n = 6) responses are:

- Was unable to get inducted to the sport
- Became pregnant during lockdown, now have ceased participation due to COVID-19
- Became pregnant during lockdown, now have reduced participation
- Long COVID-19 has ceased my activity

Of the respondents who stopped participating completely in indoor climbing, none have said that they would not return to indoor climbing after ceasing participation.

For the respondents whose activity has reduced (29%), indoor climbing organisations can focus on the current barriers to participation stated in this survey by indoor climbing respondents and put in place facilitators or methods to overcome them.

The pandemic has had a positive effect on some indoor climbers, with 4% of respondents stating that they participate in it more now, than before the pandemic.

Has the Covid-19 pandemic impacted on your motivation/desire to take part in the activity that you are most passionate about?

273 qualitative answers to this question.

- 22 said yes and did not provide a reason or indicate whether it impacted their motivation positively or negatively.
- 104 said no and did not provide a reason.
- 83 said the pandemic had affected their motivation/desire in a positive way.



Of those respondents that provided reason as to why they are now more motivated or have an increased desire include:

- To regain the social aspect of climbing
- To regain pre-pandemic fitness levels
- To escape the confinement of their house
- They now see the increased health value, both physically and mentally
- They have missed participating

64 said the pandemic had impacted their motivation/desire in a negative way. Reasons these respondents provided include:

- Climbing centre restrictions make it difficult to attend
- They have gained weight, are now unfit/lost strength or have confidence issues
- They now have mental barriers or social anxiety
- They have fears over their safety regarding Covid-19
- They see the value in other aspects of their life more (friends, family)
- They are generally demotivated now due to lockdowns

Climbing organisations could focus on the reasons that respondents provided regarding how they are more motivated/ have an increased desire to participate to tackle those respondents that have lost motivation/desire. Marketing recruitment campaigns could promote these reasons through adverts/leaflets/emails/letters and distribute to their climbing community with a view to re-engaging these individuals and increase overall participation levels.

Motivation

What motivates you to take part in the activity that you are most passionate about?

Selection	What motivates you to take part in the activity that you are most passionate about? (n = 261)
To keep fit	75.86% (198)
To spend time with my friends/family/my children	40.61% (106)
To socialise	58.24% (152)
For my mental health	71.26% (186)
To achieve goals that I set for myself	51.34% (134)
To train for events/trips	14.94% (39)
To learn skills and techniques	48.66% (127)
For another reason (please write your reason in your own words below)	8.05% (21)
To visit new places	29.12% (76)
Because it's fun	81.61% (213)
Because I enjoy it	95.02% (248)



For those that wrote an alternative reason, these included:

- For work reasons
- For the excitement/danger/to overcome fear
- For the challenge/sense of achievement
- Spiritual reasons
- It's different
- For health reasons
- To get others involved

IN FOCUS - The two most common motivators our respondent selected were fun (82%) and enjoyment (95%).

Of our indoor climbing respondents, 76% told us they climb to keep fit, 71% said they climb for their mental health and 58% for the social aspect. These reasons are in line with the reasons given for motivations/desires to participate more in indoor climbing – to regain pre-pandemic fitness levels, for the health value (physical and mental), and to regain the social aspect. This reinforces the need to focus on using these points in any recruitment campaigns to increase participation that indoor climbing organisations may undertake.

LET'S TAKE A CLOSER LOOK...

Gender

What motivates you to take part in the activity that you are most passionate about?	Male (n = 523)	Female (n = 475)	Gender fluid, non-binary, trans-male, trans-female and other (n = 35)
To keep fit	68.64% (359)	69.26% (329)	60.00% (21)
To spend time with my friends/family/my children	45.89% (240)	46.95% (223)	22.86% (8)
To socialise	52.96% (277)	56.00% (266)	40.00% (14)
For my mental health	65.39% (342)	72.84% (346)	74.29% (26)
To achieve goals that I set for myself	53.92% (282)	48.84% (232)	42.86% (15)
To train for events/trips	24.67% (129)	19.79% (94)	28.57% (10)
To learn skills and techniques	43.98% (230)	46.53% (221)	40.00% (14)
For another reason (please write your reason in your own words below)	12.05% (63)	10.95% (52)	11.43% (4)
To visit new places	61.38% (321)	61.05% (290)	42.86% (15)
Because it's fun	77.44% (405)	77.47% (368)	74.29% (26)
Because I enjoy it	93.12% (487)	93.47% (444)	88.57% (31)

Disability

What motivates you to take part in the activity that you are most passionate about?	Disabled (n = 128)	Non-disabled (n = 896)
To keep fit	61.72% (79)	69.87% (626)
To spend time with my friends/family/my children	47.66% (61)	49.76% (410)
To socialise	50.78% (65)	54.58% (489)
For my mental health	75.00% (96)	68.30% (612)
To achieve goals that I set for myself	49.22% (63)	51.67% (463)
To train for events/trips	22.66% (29)	22.66% (203)
To learn skills and techniques	46.09% (59)	44.87% (402)
For another reason (please write your reason in your own words below)	16.41% (21)	10.94% (98)
To visit new places	60.16% (77)	61.05% (547)
Because it's fun	74.22% (95)	77.79% (697)
Because I enjoy it	89.06% (114)	93.64% (839)

Ethnic heritage

What motivates you to take part in the activity that you are most passionate about?	White heritages (n = 891)	All other ethnic heritages (n = 46)
To keep fit	69.02% (615)	63.04% (29)
To spend time with my friends/family/my children	45.45% (405)	47.83% (22)
To socialise	52.97% (472)	60.87% (28)
For my mental health	68.69% (612)	73.91% (34)
To achieve goals that I set for myself	51.85% (462)	52.17% (24)
To train for events/trips	22.33% (199)	19.57% (9)
To learn skills and techniques	45.45% (405)	47.83% (22)
For another reason (please write your reason in your own words below)	11.00% (98)	10.87% (5)
To visit new places	61.39% (547)	52.17% (24)
Because it's fun	77.33% (689)	69.57% (32)
Because I enjoy it	93.15% (830)	80.43% (37)

Mental health

What motivates you to take part in the activity that you are most passionate about?	Those with a mental health condition (n = 194)	Those without a mental health condition (n = 798)
To keep fit	61.34% (119)	70.05% (559)
To spend time with my friends/family/my children	40.72% (79)	46.74% (373)
To socialise	52.06% (101)	54.39% (434)
For my mental health	90.72% (176)	63.41% (506)
To achieve goals that I set for myself	51.03% (99)	51.13% (408)
To train for events/trips	19.59% (38)	23.56% (188)
To learn skills and techniques	50.52% (98)	43.11% (344)
For another reason (please write your reason in your own words below)	11.86% (23)	11.65% (93)
To visit new places	59.28% (115)	61.53% (491)
Because it's fun	81.44% (158)	76.57% (611)
Because I enjoy it	94.33% (183)	93.11% (743)

How important are role models to you in the activity that you are most passionate about?

Selection	Responses from those most passionate about indoor climbing (n = 254)
I find role models inspiring	46.06% (117)
It's important that I see diverse role models because they show that all can be successful.	46.06% (117)
It's important that I can see role models that look like me	25.20% (64)
Role models are not important to me	32.28% (82)
Other (please explain below)	6.30% (16)

Qualitative answers to those who answered 'other' (n = 16) include:

- More representative of minority group and diverse body shaped role models are needed
- Friends are more important as role models
- Older age role models are needed, in particular female ones
- The personality of the role model is most important, they should be strong, supportive, caring, nice
- The role model's skill set is more important than who they are

IN FOCUS - Of respondents who are most passionate about indoor climbing, 46% told us they find role models inspiring, and 46% find diverse role models important. Of our respondents who are most passionate about indoor climbing, 25% think it is important to see role models who look like them. This indicates that positive, diverse, and relatable role models are important to those who are passionate about indoor climbing.

Role models are seen to engage individuals in physical activity, whether it be at their entry point, or as an ongoing facilitator. Indoor climbing organisations should maximise the opportunity to promote positive, diverse and relatable role models in their recruitment campaigns, within the indoor climbing centres and in the media, to encourage current indoor climbers to continue long term with their climbing activities, and also recruit new participants into the activity.

LET'S TAKE A CLOSER LOOK...

Gender

How important are role models to the people who have been indoor climbing in the last 12 months?	Male (n = 515)	Female (n = 463)	Gender fluid, non-binary, trans-male, trans-female and other (n = 34)
I find role models inspiring	41.17% (212)	44.92% (208)	23.53% (8)
It's important that I see diverse role models because they show that all can successful.	26.99% (139)	52.92% (245)	41.18% (14)
It's important that I can see role models that look like me	4.85% (25)	29.16% (135)	26.47% (9)
Role models are not important to me	46.80% (241)	25.49% (118)	47.06% (16)
Other (please explain below)	9.32% (48)	9.94% (46)	26.47% (9)

Disability

How important are role models to the people who have been indoor climbing in the last 12 months?	Disabled (n = 126)	Non-disabled (n = 879)
I find role models inspiring	36.51% (46)	43.23% (380)
It's important that I see diverse role models because they show that all can successful.	45.24% (57)	38.68% (340)
It's important that I can see role models that look like me	19.84% (25)	16.27% (143)
Role models are not important to me	38.10% (48)	36.74% (323)
Other (please explain below)	15.87% (20)	9.44% (83)

Ethnic heritage

How important are role models to the people who have been indoor climbing in the last 12 months?	White heritages (n = 876)	All other ethnic heritages (n = 45)
I find role models inspiring	42.01% (368)	55.56% (25)
It's important that I see diverse role models because they show that all can successful.	37.79% (331)	60.00% (27)
It's important that I can see role models that look like me	14.84% (130)	40.00% (18)
Role models are not important to me	38.36% (336)	20.00% (9)
Other (please explain below)	9.93% (87)	13.33% (6)

Travel & Accommodation

When you participate in the activity that you are most passionate about, how do you usually travel there?

Selection	Responses (n = 261)
Walk	8.05% (21)
Cycle	11.11% (29)
Motorbike	0
Car	68.20% (178)
Public transport	9.58% (25)
Taxi	0
Other (please describe)	3.07% (8)

Answers from those who selected 'other' include taxi, car share, campervan, running.

The largest proportion of respondents to the question told us that they travel to indoor climbing location by car (68%). 18% either cycle or walk indicating they may live locally to an indoor climbing venue. Only 10% indicated they travel by public transport. This reinforces other findings from this survey, that distance to the activity could be a barrier for participation as most have access to a car, and only a minimal number use public transport.

Indoor climbing centres could look to overcome this barrier by creating an accessible shuttle service or help to organise a car sharing scheme from areas beyond a certain radius to attract those who do not have a car and have limited access to public transport.

Where do you like to participate in the activity that you are most passionate about?

Selection	Where do you like to participate in the activity that you are most passionate about? (n = 260)
I like to participate within my local area (county/region)	92.31% (240)
I like to travel to beauty spots (within the UK and Ireland)	46.15% (120)
I like to travel abroad	28.08% (73)

If you do like to travel away from home to participate in the activity that you are most passionate about, please rank the accommodation choices in order that you use most often. Please assign the numbers 1 to 8 to the following options into your order of preference, number 1 indicates most used, number 8 indicates least used.





Outdoor climbing

Outdoor Bouldering
Outdoor Sport Climbing
Trad Climbing

Participation desires

Are there any other activity styles that you do not participate in but are interested in and would like to try?

Activity	Those who outdoor climb and would like to try this activity (n = 537)
Walking from your front door	1.86% (10)
Hill Walking	3.72% (20)
Mountain walking (non-winter)	9.31% (50)
Scrambling	15.08% (81)
Winter mountaineering	34.82% (187)
Indoor bouldering	3.35% (18)
Indoor roped climbing	6.89% (37)
Outdoor bouldering	5.96% (32)
Outdoor sport climbing	14.90% (80)
Trad climbing	18.81% (101)
Winter or ice climbing	43.20% (232)
Overseas mountaineering	48.60% (261)
Urban walking	1.12% (6)
Rural walking	2.23% (12)
Other	12.29% (66)

LET'S TAKE A CLOSER LOOK...

Gender

Activity	Males who outdoor climb and would like to try this activity (n = 282)	Females who outdoor climb and would like to try this activity (n = 234)	Gender fluid, non-binary, trans-male, trans-female and other who outdoor climb and would like to try this activity (n = 20)
Walking from your front door	1.77% (5)	1.71% (4)	5.00% (1)
Hill Walking	1.77% (5)	5.98% (14)	5.00% (1)
Mountain walking (non-winter)	6.74% (19)	12.39% (29)	10.00% (2)
Scrambling	10.64% (30)	21.37% (50)	5.00% (1)
Winter Mountaineering	35.11% (99)	37.18% (87)	5.00% (1)
Indoor Bouldering	3.90% (11)	2.99% (7)	(0)
Indoor Roped Climbing	4.96% (14)	9.83% (23)	(0)
Outdoor Bouldering	4.96% (14)	6.84% (16)	10.00% (2)
Outdoor Sport Climbing	13.12% (37)	16.67% (39)	20.00% (4)
Trad Climbing	16.31% (46)	22.65% (53)	10.00% (2)
Winter or Ice Climbing	45.74% (129)	41.88% (98)	25.00% (5)
Overseas Mountaineering	48.23% (136)	50.00% (117)	35.00% (7)
Urban walking	0.71% (2)	1.28% (3)	5.00% (1)
Rural or countryside lowland, coastal and moorland walking	1.42% (4)	3.42% (8)	(0)
Other	11.70% (33)	11.11% (26)	35.00% (7)

Disability

Activity	Disabled individuals who outdoor climb and would like to try this activity (n = 75)	Non-disabled individuals who outdoor climb and would like to try this activity (n = 459)
Walking from your front door	2.67% (2)	1.74% (8)
Hill Walking	6.67% (5)	3.27% (15)
Mountain walking (non-winter)	14.67% (11)	8.49% (39)
Scrambling	18.67% (14)	14.60% (67)
Winter Mountaineering	32.00% (24)	35.08% (161)
Indoor Bouldering	1.33% (1)	3.70% (17)
Indoor Roped Climbing	6.67% (5)	6.97% (32)
Outdoor Bouldering	8.00% (6)	5.66% (26)
Outdoor Sport Climbing	16.00% (12)	14.81% (68)
Trad Climbing	21.33% (16)	18.30% (84)
Winter or Ice Climbing	36.00% (27)	44.44% (204)
Overseas Mountaineering	38.67% (29)	50.11% (230)
Urban walking	2.67% (2)	0.87% (4)
Rural or countryside lowland, coastal and moorland walking	2.67% (2)	2.18% (10)
Other	18.67% (14)	11.11% (51)

Ethnic heritage

Activity	White heritages who outdoor climb and would like to try this activity (n = 463)	All other ethnic heritages who outdoor climb and would like to try this activity (n = 27)
Walking from your front door	1.73% (8)	7.41% (2)
Hill Walking	3.24% (15)	7.41% (2)
Mountain walking (non-winter)	7.99% (37)	22.22% (6)
Scrambling	14.69% (68)	22.22% (6)
Winter Mountaineering	35.85% (166)	22.22% (6)
Indoor Bouldering	3.24% (15)	3.70% (1)
Indoor Roped Climbing	6.26% (29)	14.81% (4)
Outdoor Bouldering	6.05% (28)	(0)
Outdoor Sport Climbing	14.04% (65)	11.11% (3)
Trad Climbing	19.01% (88)	22.22% (6)
Winter or Ice Climbing		
Climbing	44.71% (207)	25.93% (7)
Overseas Mountaineering	49.03% (227)	48.15% (13)
Urban walking	0.86% (4)	7.41% (2)
Rural or countryside lowland, coastal and moorland walking	1.73% (8)	7.41% (2)
Other	12.10% (56)	11.11% (3)

If appropriate, thinking about the activities that you are interested in/ would like to try, what are the reasons for you personally not yet participating?

Reasons for not yet participating	Those who outdoor climb and are interested in trying other walking, mountaineering and/or indoor climbing activities (n = 706)
Cost/ financial reasons	43.34% (306)
Health condition/ Long term illness	4.82% (34)
Access to facilities / environments	32.29% (228)
Access to information is an issue	5.81% (41)
I don't feel confident to try	16.01% (113)
I don't have to equipment/ skit that I think I need to participate	32.29% (228)
It is not a priority for me	27.62% (195)
I don't see enough people who look like me	3.40% (24)
Other (please explain)	4.96% (35)
Somebody I know had a negative experience and that has put me off	1.70% (12)
I don't feel safe	6.80% (48)
I already do a lot of activities and I don't want to add a new one to my list	28.05% (198)
Covid-19	25.07% (177)

For those who selected other, answers included their lack of ability/fitness/knowledge/group or partner/time, age concerns, Covid-19 restrictions, fear of embarrassment, and family/caring/work commitments.

Qualitative Answers

Key words relating to reasons for non-participation from each response were coded. The following reasons and their citation frequency are listed:

- Lack of ability (46)
- Unable to access the activity or community (15)
- Age (1)
- Distance to activity location (55)
- Anxiety, social anxiety, feeling intimidated (5)
- Lack of confidence (27)
- Cost of courses, travel, equipment (154)
- Covid-19 restrictions (72)
- Safety fears re Covid-19 (2)
- Lack of time (152)
- Other activities take my time up (7)
- Concerns over environmental impact of flying overseas (5)
- Lack of experience or knowledge (48)
- Family or caring commitments (11)
- Perceived to be too risky (22)
- Poor health, low fitness, low energy, injury (17)
- Lack of kit (21)
- Low motivation/desire (4)
- No partner, group or friends that I can participate with (79)
- Lack of opportunity to participate (31)
- Difficult to organise (6)
- Fear due to mine or another person's bad experience (2)
- Fear of racism (1)
- Transportation issues (16)
- Weather (16)
- Work commitments (22)

Cost of courses, travel and equipment was the most quoted reason for not participating in other outdoor activities by those who are passionate about outdoor climbing. This reason was the top reason for the quantitative data also.

Some key quotes include:

"Find climbing/mountaineering groups intimidating, particularly mixed groups. Would like to try with a female group first."

- desire for female only opportunities.

"Taking the BMC ready to rock course was a great introduction to trad climbing and has got me interested to try it again and it was a great opportunity to meet other women at a similar level of experience/interest to me."

- highlights the importance of gender specific induction courses.

"The potential danger and lack of confidence in how to plan for these dangers."

- further highlights how courses need to be accessible to activity newcomers to overcome their lack of confidence.

"I'd love more opportunists for supported/instructed family outdoor activities and mountaineering - perhaps with other families - to go on trips etc. Or other women in their 30/40/50/ etc to go with who are not experts but have the passion and desire to learn and get out there!"

- suggests that 'older' females are underrepresented and groups could be set up targeted at these, or support existing groups and clubs.

"I think winter mountaineering & ice climbing are probably things that I need to learn from some pretty clued-up and skilful people, but I don't know anyone who's into it. That means I'd have to pay to spend some days in the mountains with an instructor and stay at one of those places (Glenmore Lodge, Plas y Brenin or whatever). It's incredibly expensive."

Cost of courses is a huge barrier to participation, which is overcome would encourage newcomers to the sport.

"Also, location of those courses and later the activity - too far away from London."

- Outdoor activity organisations could look at the national spread of course availability to ensure all are accessible.

"Climbing is a very tight knit closed off community where people don't want to take you climbing if you aren't already very good."

Respondents considering trying indoor climbing see it as an inaccessible community.

"I would like to join an outdoor walking/hiking group but I don't know where to find one with people my age."

- suggests lack of accessible information on walking groups. Walking organisations could look at their current marketing provision and adjust to ensure reach to all communities is occurring.

LET'S TAKE A CLOSER LOOK...

Gender

Reasons for not yet participating	Male only (n = 383)	Female Only (n = 297)	Gender fluid, non-binary, trans-male, trans-female and other (n = 25)
Cost/ financial reasons	40.47% (155)	46.46% (138)	48.00% (12)
Health condition/ Long term illness	2.87% (11)	7.07% (21)	8.00% (2)
Access to facilities / environments	26.11% (100)	39.39% (117)	44.00% (11)
Access to information is an issue	3.13% (12)	9.76% (29)	[0]
I don't feel confident to try	8.88% (34)	24.92% (74)	20.00% (5)
I don't have to equipment/ kit that I think I need to participate	27.15% (104)	39.39% (117)	28.00% (7)
It is not a priority for me	27.42% (105)	27.95% (83)	24.00% (6)
I don't see enough people who look like me	1.31% (5)	6.06% (18)	4.00% (1)
Other (please explain)	4.70% (18)	4.71% (14)	12.00% (3)
Somebody I know had a negative experience and that has put me off	0.78% (3)	1.35% (4)	8.00% (2)
I've had a negative experience in a similar activity, so I'm not sure about trying this activity (if you are comfortable, please tell us about your experience)	1.04% (4)	2.02% (6)	8.00% (2)
I don't feel safe	3.92% (15)	9.76% (29)	16.00% (4)
I already do a lot of activities and I don't want to add a new one to my list	32.38% (124)	22.90% (68)	24.00% (6)
Covid-19	20.10% (77)	30.30% (90)	36.00% (9)

Disability

Reasons for not yet participating	Disabled (n = 99)	Non-disabled (n = 598)
Cost/ financial reasons	50.50% (50)	40.97% (245)
Health condition/ Long term illness	21.21% (21)	2.01% (12)
Access to facilities / environments	29.29% (29)	32.78% (196)
Access to information is an issue	12.12% (12)	4.85% (29)
I don't feel confident to try	22.22% (22)	15.22% (91)
I don't have to equipment/ kit that I think I need to participate	35.35% (35)	32.11% (192)
It is not a priority for me	25.25% (25)	28.43% (170)
I don't see enough people who look like me	7.07% (7)	2.84% (17)
Other (please explain)	9.09% (9)	4.18% (25)
Somebody I know had a negative experience and that has put me off	2.02% (2)	4.18% (7)
I've had a negative experience in a similar activity, so I'm not sure about trying this activity (if you are comfortable, please tell us about your experience)	3.03% (3)	1.51% (9)
I don't feel safe	12.12% (12)	6.02% (36)
I already do a lot of activities and I don't want to add a new one to my list	21.21% (21)	28.93% (173)
Covid-19	29.29% (29)	24.25% (145)

Ethnic heritage

Reasons for not yet participating	White heritages (n = 625)	All Black, Asian and ethnic minority heritages combined (n = 24)	Multiple or multiple ethnic heritages (n = 17)	Asian or Asian British (n = 5)	Black, African, Caribbean or Black British (n = 2)
Cost/ financial reasons	43.68% [273]	45.83% [11]	47.06% [8]	60.00% [3]	[0]
Health condition/ Long term illness	4.32% [27]	16.67% [4]	11.76% [2]	40.00% [2]	[0]
Access to facilities / environments	32.64% [204]	45.83% [11]	52.94% [9]	40.00% [2]	[0]
Access to information is an issue	5.12% [32]	4.17% [1]	5.88% [1]	[0]	[0]
I don't feel confident to try	15.68% [98]	16.67% [4]	17.65% [3]	20.00% [1]	[0]
I don't have to equipment/ kit that I think I need to participate	32.48% [203]	37.50% [9]	41.18% [7]	40.00% [2]	[0]
It is not a priority for me	28.32% [177]	25.00% [6]	23.53% [4]	20.00% [1]	50.00% [1]
I don't see enough people who look like me	3.04% [19]	12.50% [3]	5.88% [1]	40.00% [2]	[0]
Other (please explain)	4.64% [29]	4.17% [1]	5.88% [1]	[0]	[0]
Somebody I know had a negative experience and that has put me off	1.44% [9]	8.33% [2]	5.88% [1]	20.00% [1]	[0]
I've had a negative experience in a similar activity, so I'm not sure about trying this activity (if you are comfortable, please tell us about your experience)	1.60% [10]	8.33% [2]	5.88% [1]	20.00% [1]	[0]
I don't feel safe	6.88% [43]	16.67% [4]	11.76% [2]	40.00% [2]	[0]
I already do a lot of activities and I don't want to add a new one to my list	29.12% [182]	12.50% [3]	17.65% [3]	[0]	[0]
Covid-19	24.32% [152]	50.00% [12]	47.06% [8]	60.00% [3]	50.00% [1]

National location

Reasons for not yet participating	England (n = 515)	Ireland (n = 38)	Scotland (n = 90)	Wales (n = 57)
Cost/ financial reasons	44.85% (231)	39.47% (15)	37.78% (34)	40.35% (23)
Health condition/ Long term illness	4.85% (25)	7.89% (3)	5.56% (5)	1.75% (1)
Access to facilities / environments	33.20% (171)	44.74% (17)	21.11% (19)	33.33% (19)
Access to information is an issue	6.21% (32)	2.63% (1)	4.44% (4)	5.26% (3)
I don't feel confident to try	15.15% (78)	10.53% (4)	26.67% (24)	10.53% (6)
I don't have to equipment/ kit that I think I need to participate	33.40% (172)	31.58% (12)	24.44% (22)	33.33% (19)
It is not a priority for me	29.71% (153)	39.47% (15)	20.00% (18)	15.80% (9)
I don't see enough people who look like me	3.11% (16)	7.89% (3)	(0)	8.77% (5)
Other (please explain)	5.63% (29)	(0)	5.56% (5)	1.75% (1)
Somebody I know had a negative experience and that has put me off	1.17% (6)	2.63% (1)	(0)	3.51% (2)
I've had a negative experience in a similar activity, so I'm not sure about trying this activity (if you are comfortable, please tell us about your experience)	1.94% (10)	(0)	(0)	3.51% (2)
I don't feel safe	7.18% (37)	7.89% (3)	7.78% (7)	1.75% (1)
I already do a lot of activities and I don't want to add a new one to my list	29.32% (151)	18.42% (7)	23.33% (21)	26.32% (15)
Covid-19	24.08% (124)	31.58% (12)	27.78% (25)	22.81% (13)

Engaging new audiences

Other than the walking and climbing activities that we have asked you about. What do you like to do when you are outdoors?

(910 qualitative answers)

Disability

Do you consider yourself as having a disability and/or a long-term health condition? (excluding mental health at this stage)	Responses (n = 1132)
Yes	11.84% (134)
No	87.01% (985)
I would prefer not to say	1.15% (13)

IN FOCUS - Of all respondents that outdoor climb, 12% answered told us they have a disability or long-term health condition (excluding mental health) said they did, with 87% answering that they do not.

Mental Health

Do you identify as having a mental health condition or illness?	Percentage of those who 'outdoor climb' (n = 1112)
Yes	16.19% (180)
No	81.47% (906)
I would prefer not to say	2.34% (26)

Please tell us what mental health condition or illness you live with

Mental Health Condition	Those who outdoor climb that stated that had this condition (n = 176)
ADHD	1.83% (5)
Anorexia Nervosa	0.73% (2)
Anxiety	40.29% (110)
Asperger's	0.73% (2)
Attention Deficit Disorder	0.37% (1)
Autism	0.73% (2)
Bipolar disorder	1.10% (3)
Body Dysmorphia	0.37% (1)
Borderline Personality Disorder	1.47% (4)
C-PTSD	0.73% (2)
Depression	38.46% (105)
Disordered eating	0.37% (1)
Dyspraxia	0.37% (1)
Eating disorder	1.47% (4)
Emotional Dysregulation	0.37% (1)
Low mood	0.37% (1)
Major Depressive Disorder	0.37% (1)
Obsessive Compulsive Disorder	4.03% (11)
Orthorexia Nervosa	0.37% (1)
Panic disorder	0.37% (1)
Premenstrual syndrome (severe)	0.37% (1)
Post-Traumatic Stress Disorder	4.03% (11)
Psychotic depression	0.37% (1)
Stress	0.37% (1)

IN FOCUS - Of our outdoor climbing respondents who chose to disclose their mental health condition, the two most prevalent mental health conditions were Anxiety (40%) and Depression (38%). Of our outdoor climbing respondents, 44% told us they have more than one mental health condition.

For the following sets of questions, those who stated that they participated in outdoor climbing were asked to choose the activity that they were most passionate about and answer questions about that specific activity type.



Pathways to participation

Thinking about the activity that you are most passionate about, how did you begin participating in this activity?

- 172 respondents out of 653 mentioned friend or friends.
- 56 respondents out of 653 mentioned parent or parents, Dad, Father Mum, or Grandad.
- 48 respondents out of 653 mentioned scout, scouting, scouts, cubs, cadet or cadets.
- 106 respondents out of 653 mentioned "as a child", child or kid.
- 29 respondents out of 653 mentioned "family".
- 61 respondents out of 653 mentioned school or teacher.
- 105 out of 653 respondents mentioned university.
- 48 respondents out of 653 mentioned climbing club or climbing course.

Many of our respondents who detailed progression routes to outdoor climbing included hillwalking, mountain walking or indoor climbing as their initial activity.

We are interested in learning about your journey in the activity that you are most passionate about. what is the story of your participation in the activity that you are most passionate about?

(556 answers to this question)

"I came to climbing late in life, in my 40's. My father loved hill walking so we were outdoors every weekend but we never went climbing as he suffered from vertigo. I struggle to find climbing partners who are a similar age and at the same stage as me. Most older women are experienced climbers and most younger climbers are young men, so I find it hard to fit in. At the moment I climb with a very experienced alpine climber who is in his 60s and is happy to lead easier routes and I second. I wished I discovered climbing earlier in my life!" (Coming to climbing later in life)

"I started climbing as a way to find more meaning and connection to life, after a nasty break-up in a long term relationship. It grounded me and gave me newfound confidence in myself and my body, strengthened my relationship with my brother and gave me friendships that I can say have changed my life for the better." (Positives)

"Climbing helped me through some very difficult and dark times. It has helped me cope with and process a lot of trauma (including suspected PTSD)." (Mental health benefits)

"When I started climbing, I didn't think too much about it, I just really enjoyed it and found that I was progressing quite quickly. I carried on going regularly with some friends and have just never stopped. I struggle with anxiety, panic attacks and emotional problems but climbing has been a bit of a life saver for me. It's pretty much the only exercise I do, it helps me hugely and brings me huge satisfaction and has done a lot for my self esteem! I've made some really good friends through climbing who I value very highly! Climbing has taken me to some beautiful places that I never would have been to without it. It's just done so much for me!" (Positives)

Thinking about the activity that you are most passionate about, who do you tend to participate with?

Who do you participate with?	Responses (n = 661)
Family	19.06% (126)
My Children	15.89% (105)
Friends	87.59% (579)
Colleagues	18.15% (120)
Instructors/ Activity Leaders	10.59% (70)
Partner	42.81% (283)
Club/Group	27.84% (184)
By myself/solo	42.21% (279)
Other (please tell us who)	4.69% (31)

Examples of 'other' included: people met on online groups/pages with climbing interests, those met at the time of the outdoor climbing, students, work clients, work colleagues.

The largest proportion of indoor climbing respondents who answered the question of who they tend to participate in the activity they are most passionate about, answered 'friends' (88%), with 'partner' coming second with 43%, and with 'by myself/solo' coming third at 42%.

IN FOCUS - This suggests that outdoor climbing respondents prefer to undertake outdoor climbing with at least one other person. This marries up with overall survey respondents who described one of their barriers to participation as having 'no partner, group or friends that I can participate with.'

Using this information, if outdoor climbing organisations would like to reach those who are not yet participating, but would like to, then they could promote the online groups/forums that respondents have listed as other people they participate with, as an option for those who have the barrier of having no one to attend with. They could also promote the available clubs or groups as a means to facilitating participation.

LET'S TAKE A CLOSER LOOK...

Gender

Who do you participate with?	Females who were most passionate about walking activities were asked who do they participate with. (n = 415)	Males who were most passionate about walking activities were asked who do they participate with. (n = 626)	Gender fluid, non-binary, trans-male, trans-female and other who were most passionate about walking activities were asked who do they participate with. (n = 47)
Family	25.30% (105)	24.12% (151)	12.90% (4)
My Children	13.25% (55)	18.05% (113)	(0)
Friends	92.41% (342)	85.62% (536)	70.97% (22)
Colleagues	14.70% (61)	21.41% (134)	12.90% (4)
Instructors/ Activity Leaders	8.67% (36)	14.22% (89)	6.45% (2)
Partner	56.87% (236)	33.55% (210)	25.81% (8)
Club/Group	24.10% (100)	26.20% (164)	29.03% (9)
By myself/solo	41.20% (171)	50.07% (351)	54.84% (17)
Other (please tell us who)	2.65% (11)	7.03% (44)	6.45% (2)

Ethnic heritage

Who do you participate with?	White heritages (n = 936)	All ethnic minority heritages combined (n = 27)
Family	25.21% (236)	14.81% (4)
My Children	16.24% (152)	11.11% (3)
Friends	84.40% (790)	22.22% (6)
Colleagues	18.59% (174)	18.52% (5)
Instructors/ Activity Leaders	11.54% (108)	14.81% (4)
Partner	42.31% (396)	55.56% (15)
Club/Group	25.85% (242)	37.04% (10)
By myself/solo	51.71% (484)	55.56% (15)
Other (please tell us who)	5.13% (48)	(0)

Disability

Who do you participate with?	Non-disabled individuals who were most passionate about walking activities were asked who do they participate with. (n = 929)	Disabled individuals who were most passionate about walking activities were asked who do they participate with. (n = 132)
Family	24.33% [226]	21.97% [29]
My Children	15.72% [146]	16.67% [22]
Friends	84.61% [786]	79.55% [105]
Colleagues	18.62% [173]	17.42% [23]
Instructors/ Activity Leaders	10.66% [99]	18.18% [24]
Partner	42.52% [395]	41.67% [55]
Club/Group	23.25% [216]	40.91% [54]
By myself/solo	50.59% [470]	50.00% [66]
Other (please tell us who)	5.38% [50]	4.55% [6]

How long have you been participating in the activity that you are most passionate about?

How long have you been participating?	Responses (n = 675)
Less than 1 month	0.15% [1]
1 – 6 months	0.30% [2]
7 – 11 months	1.19% [8]
1 – 2 years	6.67% [45]
3 – 4 years	14.37% [97]
5 – 10 years	21.63% [146]
More than 10 years	55.70% [376]

The majority of our outdoor climbing respondents have been participating for more than 5 years [77%] suggesting that this is an activity that has a well-established community. This is excellent for those who continue to attend on a longer term basis but could be quite intimidating for those who are just starting out or wish to begin. This marries up with a barrier stated earlier in the survey regarding what is preventing participation in outdoor climbing of being unable to access this community. This is summed up in one key quote:

“Climbing is a very tight knit closed off community where people don’t want to take you climbing if you aren’t already very good.”

Outdoor climbing organisations could look to overcome this issue by facilitating entry to the activity through promotion of the online outdoor climbing groups/forums to help break the ice for newcomers and help them get the experience they need to become a part of the outdoor climbing community.



LET'S TAKE A CLOSER LOOK...

Gender

How long have you been participating?	Males (n = 637)	Females (n = 428)	Gender fluid, non-binary, trans-male, trans-female and other (n = 31)
Less than 1 month	0.31% (2)	(0)	(0)
1 – 6 months	(0)	1.4% (6)	(0)
7 – 11 months	0.63% (4)	1.64% (7)	(0)
1 – 2 years	5.18% (33)	7.48% (32)	12.50% (4)
3 – 4 years	10.52% (67)	17.52% (75)	12.50% (4)
5 – 10 years	14.91% (95)	28.27% (121)	31.25% (10)
More than 10 years	68.45% (436)	43.69% (187)	40.63% (13)

Disability

How long have you been participating?	Disabled (n = 132)	Non-disabled (n = 953)
Less than 1 month	(0)	0.21% (2)
1 – 6 months	(0)	0.63% (6)
7 – 11 months	0.76% (1)	1.05% (10)
1 – 2 years	3.03% (4)	6.82% (65)
3 – 4 years	18.18% (24)	12.59% (120)
5 – 10 years	26.52% (35)	12.94% (190)
More than 10 years	51.52% (68)	58.76% (560)

Ethnic heritage

How long have you been participating?	White heritages (n = 957)	Black, Asian and ethnic minority heritages (n = 45)
Less than 1 month	0.21% (2)	(0)
1 – 6 months	0.42% (4)	(0)
7 – 11 months	1.04% (10)	(0)
1 – 2 years	6.37% (61)	2.22% (1)
3 – 4 years	13.48% (129)	17.78% (8)
5 – 10 years	20.27% (194)	31.11% (14)
More than 10 years	58.20% (557)	48.89% (22)

Generally, do you enjoy spending time outdoors?

Selection	Response (n = 1045)
Yes	99.90% (1044)
No	0.10% (1)
I'm not sure	0
I would prefer not to say	0

What is it about spending time outdoors you enjoy?

- 233 respondents out of 912 mentioned 'fresh air', 'wind', and 'sunshine'.
- 238 respondents out of 912 mentioned 'nature'.
- 339 respondents out of 912 mentioned 'scenery', 'views', 'environment', 'space', 'beauty' or 'beautiful'.
- 281 respondents out of 912 mentioned 'mental health', 'escape', 'escapism', 'freedom', 'calm', 'calming' or 'relaxing'.
- 101 respondents out of 912 mentioned 'wildlife', 'birds', 'animals' or 'natural'.
- 85 respondents out of 912 mentioned 'challenging' or 'exploring'.
- 207 respondents out of 912 mentioned 'simple', 'solitude', 'connected', 'connection', 'quiet', 'peaceful' or 'healthy'.

Qualifications

Do you hold a qualification in the activity that you are most passionate about?

Selection	Responses (n = 674)
Yes	34.57% (233)
No	65.43% (441)
I would prefer not say	0

IN FOCUS - 35% of outdoor climbing respondents said they possess a qualification in outdoor climbing, indicating their commitment and long-term engagement with the activity. Outdoor climbing organisations could advocate obtaining outdoor climbing qualifications to those who are newer to the activity to encourage longer term and sustained engagement.

LET'S TAKE A CLOSER LOOK...

Gender

Do you hold a qualification in the activity that you are most passionate about?	Males (n = 636)	Females (n = 427)	Gender fluid, non-binary, trans-male, trans-female and other (n = 32)
Yes	39.15% (249)	25.76% (110)	21.88% (7)
No	60.69% (386)	74.00% (316)	75.00% (24)
I would prefer not say	0.16% (1)	0.23% (1)	3.13% (1)

Disability

Do you hold a qualification in the activity that you are most passionate about?	Disabled (n = 132)	Non-disabled (n = 951)
Yes	28.03% (37)	34.07% (324)
No	71.97% (95)	65.72% (625)
I would prefer not say	(0)	0.21% (2)

Ethnic heritage

Do you hold a qualification in the activity that you are most passionate about?	White heritages (n = 955)	All other ethnic heritages (n = 41)
Yes	33.72% (322)	29.27% (12)
No	66.18% (632)	70.73% (29)
I would prefer not say	0.10% (1)	(0)

Are you interested in gaining a qualification in the activity that you are most passionate about?

Selection	Responses (n = 440)
Yes	32.50% (143)
No	42.50% (187)
I'm not sure	24.77% (109)
I would prefer not to say	0.23% (1)

Of our outdoor climbers who responded, 33% do not currently have a qualification but are interested in gaining one in outdoor climbing. Of those who do not hold an outdoor climbing qualification, 25% are not sure if they are interested in gaining one.

IN FOCUS - Of those who currently hold a qualification, 99% have been participating for longer than 3 years, suggesting a link between longer term participation and holding a qualification.

In looking to increase long term participation, outdoor climbing organisations could promote the benefit of and progressions from gaining a qualification other than just to pave a career in outdoor climbing.

LET'S TAKE A CLOSER LOOK...

Gender

Are you interested in gaining a qualification in the activity that you are most passionate about?	Male (n = 386)	Female (n = 317)	Gender fluid, non-binary, trans-male, trans-female and other (n = 25)
Yes	33.94% (131)	34.70% (110)	20.00% (5)
No	45.60% (176)	34.38% (109)	36.00% (9)
I'm not sure	20.21% (78)	30.91% (98)	44.00% (11)
I would prefer not to say	0.26% (1)	(0)	(0)

Disability

Are you interested in gaining a qualification in the activity that you are most passionate about?	Disabled (n = 94)	Non-disabled (n = 627)
Yes	41.49% (39)	32.85% (206)
No	35.11% (33)	40.83% (256)
I'm not sure	23.40% (22)	26.16% (164)
I would prefer not to say	(0)	0.16% (1)

Ethnic heritage

Are you interested in gaining a qualification in the activity that you are most passionate about?	White heritages (n = 632)	All other ethnic heritages (n = 21)
Yes	33.23% (210)	57.14% (12)
No	40.35% (255)	66.67% (14)
I'm not sure	26.27% (166)	33.33% (7)
I would prefer not to say	0.16% (1)	(0)

What motivates you to pursue a qualification in the activity that you are most passionate about and are there any constraints/barriers preventing you from pursuing a qualification?

- 35 respondents out of 131 mentioned a **career change, teach, lead or job** as a motivator for pursuing a qualification in outdoor climbing.
- 37 respondents out of 131 mentioned **interest, passion, skill** as a motivator for pursuing a qualification in outdoor climbing.
- 17 respondents out of 131 mentioned **safety** as a motivator for pursuing a qualification in outdoor climbing.
- 36 respondents out of 131 mentioned **time** as a constraining factor preventing them from pursuing a qualification in outdoor climbing.
- 28 respondents out of 131 mentioned **money or cost** as a constraining factor preventing them from pursuing a qualification in outdoor climbing.
- 5 respondents out of 131 mentioned **family or caring commitments** as a constraining factor preventing them from pursuing a qualification in outdoor climbing.
- 4 respondents out of 131 mentioned **location, distance or transport** as a constraining factor preventing them from pursuing a qualification in outdoor climbing.

If you know the reason(s), why are you unsure about pursuing a qualification in the activity that you are most passionate about?

- 20 respondents out of 85 mentioned time when asked why they were unsure about pursuing a qualification.
- 10 respondents out of 85 mentioned **cost, expensive** and **money** when asked why they were unsure about pursuing a qualification.
- 11 respondents out of 85 said they didn't have enough **experience** or **skills** to get one.
- 4 respondents mentioned **lack of confidence** as a constraining factor to pursuing a qualification.
- 3 respondents out of 85 said they had **never thought about it before**.
- 18 respondents out of 85 said they weren't sure what **value** a qualification would add to their experiences.
- 23 respondents out of 85 said they **didn't need it or didn't want it**.
- 2 respondents out of 85 said they **didn't know what qualifications were available or what qualifications entail**.

IN FOCUS - The two biggest barriers to outdoor climbing respondents pursuing a qualification (apart from respondents not wanting a qualification) were time and them not seeing the value in having one. Outdoor climbing organisations could look into ensuring that information on the value of obtaining qualifications is within reach of potential students, and widely available across the outdoor climbing community.

Barriers to the participation and the impact of Covid-19

Is there anything stopping you from being able to participate in the activity that you are most passionate about?

- 139 respondents out of 529 mentioned **time** as something stopping them from participating in outdoor climbing.
- 40 respondents out of 529 mentioned physical health of either **themselves, their partner or somebody they care for** as something stopping them from participating in outdoor climbing.
- 51 respondents out of 529 mentioned **cost, money, finance, expense or expensive** as something stopping them from participating in outdoor climbing.
- 36 respondents out of 529 mentioned **ability to travel or distance from locations as** something stopping them from participating in outdoor climbing.
- 26 respondents out of 529 mentioned **children, family commitments or having to prioritise family needs** as something stopping them from participating in outdoor climbing.
- 81 respondents out of 529 mentioned **work or job** as something stopping them from participating in outdoor climbing.
- 3 respondents out of 529 mentioned **older age** as something stopping them from participating in outdoor climbing.
- 69 respondents out of 529 mentioned **Covid-19 and/or lockdowns** as something stopping them from participating in outdoor climbing.
- 38 respondents out of 529 mentioned **weather** as something stopping them from outdoor climbing.

How has the Covid-19 pandemic impacted on how you participate in the activity that you are most passionate about?

Selection	Responses (n = 846)
My participation has reduced	27.19% (230)
I have had to adjust how I participate (please describe how you have adjusted in your own words below)	12.29% (104)
I stopped participating and I have not yet restarted	3.66% (31)
I stopped participating and I will not be restarting	0.24% (2)
Other (please describe in your own words below)	3.78% (32)
I would prefer not to say	0
My participation reduced or stopped during lockdowns but increased to my normal level of frequency as restrictions lifted	35.34% (299)
My participation reduced or stopped during lockdowns but I now participate at a higher frequency than before	9.22% (78)
My participation has increased	4.61% (39)
My participation stayed the same	3.66% (31)

For those who selected the option 'I have had to adjust how I participate (please describe how you have adjusted in your own words below)', examples of responses include changed their activity type to local walking of home activities of cancelled arrangements for climbing holidays.

For those who selected the option 'Other (please describe in your own words below)' responses include building a home wall or bouldering board.

Of the respondents who stopped participating completely in outdoor climbing, only 0.24% have said that they would not return to indoor climbing after ceasing participation. This is a positive for outdoor climbing organisations and community.



For the respondents whose activity has reduced, outdoor climbing organisations can focus on the current barriers to participation stated in this survey by outdoor climbing respondents and put in place facilitators or methods to overcome them.

The pandemic has had a positive effect on some outdoor climbers, with 5% of respondents stating that they participate in it more now, than before the pandemic.

Has the Covid-19 pandemic impacted on your motivation/desire to take part in the activity that you are most passionate about?
(580 qualitative answers to this question)

214 respondents said their motivation/desire to take part **had not been impacted**.

184 respondents said their motivation/desire to take part had been **impacted positively**. Reasons provided include:

- They now have more desire to be outside, to participate more, to get back to it, to get abroad
- They are now more determined, more focused, more passionate about outdoor climbing,
- They have realised the importance of outdoor climbing on their health (physical and mental), they value it more
- They wish to regain pre-Covid-19 fitness levels and strength
- They have missed outdoor climbing

88 respondents said their motivation/desire to take part had been **impacted negatively**. Reasons provided include:

- They have lost access to it
- They are anxious of being around others
- They find the prospect of returning daunting or have lost their climbing confidence
- The habit they were in has gone
- They have lost their climbing fitness and strength
- Their mental health has deteriorated

19 respondents said their motivation/desire to take part had been impacted but did not indicate if this was in a negative or positive way.

Outdoor climbing organisations could focus on the reasons that some outdoor climbers are now de-motivated or have lost desire to participate and introduce methods to overcome these and reintroduce these respondents back into outdoor climbing. This could include:

- Creating outdoor climbing groups that have a focus on Covid-19-safe climbing
- Create reintroduction to outdoor climbing sessions that focus on confidence building and regaining climbing strength and fitness



Motivation

What motivates you to take part in the activity that you are most passionate about?

Selection	What motivates you to take part in the activity that you are most passionate about? (n = 661)
To keep fit	63.69% (421)
To get outside/spend time in nature	89.11% (589)
To spend time with my friends/family/my children	48.26% (319)
To socialise	58.85% (389)
For my mental health	65.96% (436)
To achieve goals that I set for myself	52.34% (346)
To train for events/trips	24.81% (164)
To learn skills and techniques	46.14% (305)
For another reason (please write your reason in your own words below)	13.01% (86)
To visit new places	69.59% (460)
Because it's fun	79.12% (523)
Because I enjoy it	93.04% (615)

For those who selected 'For another reason (please write your reason in your own words below)', examples include:

- To inspire/encourage others or be a role model
- To escape the norm/technology/other people, to destress
- My job
- For the adventure/thrill/adrenaline rush
- To achieve something/prove I can push myself

IN FOCUS - The biggest motivations to participate in the activity they most love that outdoor climbers said was because they enjoy it (93%), to get outside/spend time in nature (89%), and because it's fun (79%). Outdoor climbing organisations could use these reasons in any promotional materials/campaigns they undertake to recruit new outdoor climbers.

LET'S TAKE A CLOSER LOOK...

Gender

What motivates you to take part in the activity that you are most passionate about?	Male (n = 626)	Female (n = 415)	Gender fluid, non-binary, trans-male, trans-female and other (n = 31)
To keep fit	65.50% (410)	66.99% (278)	58.06% (18)
To get outside/spend time in nature	84.50% (529)	87.47% (363)	51.61% (16)
To spend time with my friends/family/my children	45.53% (285)	47.47% (197)	12.90% (4)
To socialise	50.16% (314)	57.83% (240)	45.16% (14)
For my mental health	61.98% (388)	72.53% (301)	64.52% (20)
To achieve goals that I set for myself	51.44% (322)	49.16% (204)	48.39% (15)
To train for events/trips	24.28% (152)	21.20% (88)	32.26% (10)
To learn skills and techniques	42.65% (267)	45.78% (190)	48.39% (15)
For another reason (please write your reason in your own words below)	11.66% (73)	10.84% (45)	6.45% (2)
To visit new places	64.22% (402)	65.54% (272)	54.84% (17)
Because it's fun	74.92% (469)	77.83% (323)	80.65% (25)
Because I enjoy it	93.13% (583)	92.53% (384)	83.87% (26)

Disability

What motivates you to take part in the activity that you are most passionate about?	Disabled (n = 132)	Non-disabled (n = 929)
To keep fit	65.15% (86)	66.31% (616)
To get outside/spend time in nature	83.33% (110)	85.47% (794)
To spend time with my friends/family/my children	46.21% (61)	45.53% (423)
To socialise	53.03% (70)	53.18% (494)
For my mental health	72.72% (96)	65.23% (606)
To achieve goals that I set for myself	50.00% (66)	50.70% (471)
To train for events/trips	27.27% (36)	22.82% (212)
To learn skills and techniques	48.48% (64)	43.60% (405)
For another reason (please write your reason in your own words below)	17.42% (23)	10.33% (96)
To visit new places	62.88% (83)	65.12% (605)
Because it's fun	73.48% (97)	76.43% (710)
Because I enjoy it	90.15% (119)	93.00% (864)

Ethnic heritage

What motivates you to take part in the activity that you are most passionate about?	White heritages (n = 936)	All other ethnic heritages (n = 43)
To keep fit	66.24% (620)	65.12% (28)
To get outside/spend time in nature	85.04% (796)	72.09% (31)
To spend time with my friends/family/my children	45.09% (422)	41.86% (18)
To socialise	52.24% (489)	62.79% (27)
For my mental health	65.81% (616)	72.09% (31)
To achieve goals that I set for myself	50.64% (474)	53.49% (23)
To train for events/trips	23.08% (216)	20.93% (9)
To learn skills and techniques	43.70% (409)	51.16% (22)
For another reason (please write your reason in your own words below)	10.68% (100)	11.63% (5)
To visit new places	64.85% (607)	53.49% (23)
Because it's fun	75.85% (710)	79.07% (34)
Because I enjoy it	92.84% (869)	86.05% (37)

Mental health

What motivates you to take part in the activity that you are most passionate about?	Those with a mental health condition (n = 169)	Those without a mental health condition (n = 861)
To keep fit	57.99% (98)	67.25% (579)
To get outside/spend time in nature	85.21% (144)	85.37% (735)
To spend time with my friends/family/my children	39.64% (67)	46.46% (400)
To socialise	53.25% (90)	52.85% (455)
For my mental health	88.76% (150)	61.21% (527)
To achieve goals that I set for myself	47.34% (80)	50.75% (437)
To train for events/trips	21.30% (36)	24.04% (207)
To learn skills and techniques	50.30% (85)	42.74% (368)
For another reason (please write your reason in your own words below)	8.88% (15)	11.61% (100)
To visit new places	66.86% (113)	64.58% (556)
Because it's fun	76.92% (130)	75.96% (654)
Because I enjoy it	94.67% (160)	92.68% (798)

How important are role models to you in the activity that you are most passionate about?

Selection	Responses (654)
I find role models inspiring	41.13% (269)
It's important that I see diverse role models because they show that all can successful.	37.61% (246)
It's important that I can see role models that look like me	14.98% (98)
Role models are not important to me	39.60% (259)
Other (please explain below)	11.62% (76)

Examples of other include:

Minority groups (LGBTQIA+, Black, Asian and minority ethnic heritage individuals, females) are underrepresented in role models and these groups need to see similar individuals as role models

- They need to be relatable and inspirational
- Those around me are my role models, not promoted ones
- Their capabilities are more important than their visual image
- They should address mental health issues
- They are only important to outdoor climbing newcomers, not those who have been climbing longer term

Of our outdoor climbing respondents, 41% find role models inspiring, with 38% saying it is important that role models are diverse, and 15% saying 'it's important to see role models that look like me.' This is also reflected through the qualitative answers, with some saying LGBTQIA+, Black, Asian and minority ethnic heritages individuals and female role models are underrepresented, and that they need to be relatable. Outdoor climbing organisations should capitalise on these opinions and increase minority group role models, whilst ensuring they are relatable to the target audience in any materials/promotions they undertake.

LET'S TAKE A CLOSER LOOK...

Gender

How important are role models to you in the activity that you are most passionate about?	Male (n = 620)	Female (n = 405)	Gender fluid, non-binary, trans-male, trans-female and other (n = 30)
I find role models inspiring	37.10% (230)	43.70% (177)	36.67% (11)
It's important that I see diverse role models because they show that all can successful.	26.29% (163)	51.60% (209)	46.67% (14)
It's important that I can see role models that look like me	4.68% (29)	28.15% (114)	26.67% (8)
Role models are not important to me	49.84% (309)	25.68% (104)	40.00% (12)
Other (please explain below)	10.32% (64)	11.85% (48)	30.00% (9)

Disability

How important are role models to you in the activity that you are most passionate about?	Disabled (n = 131)	Non-disabled (n = 915)
I find role models inspiring	37.40% (49)	40.00% (366)
It's important that I see diverse role models because they show that all can successful.	45.80% (60)	35.52% (325)
It's important that I can see role models that look like me	17.56% (23)	13.88% (127)
Role models are not important to me	38.93% (51)	40.33% (369)
Other (please explain below)	19.85% (26)	10.27% (94)

Ethnic heritage

How important are role models to you in the activity that you are most passionate about?	White heritage (n = 924)	All other ethnic heritages (n = 43)
I find role models inspiring	39.39% (364)	46.51% (20)
It's important that I see diverse role models because they show that all can successful.	35.39% (327)	53.49% (23)
It's important that I can see role models that look like me	13.20% (122)	34.88% (15)
Role models are not important to me	41.56% (384)	25.58% (11)
Other (please explain below)	10.82% (100)	16.28% (7)

Travel & Accommodation

When you participate in the activity that you are most passionate about, how do you usually travel there?

Selection	Responses (n = 660)
Walk	2.58% (17)
Cycle	1.52% (10)
Motorbike	0
Car	88.48% (584)
Public transport	3.03% (20)
Taxi	0
Other (please describe)	4.39% (29)

Examples of 'other' include: van, minibus and passenger in a car.

The largest proportion of respondents to the question (88%) of how they travel to the activity they are most passionate about (outdoor climbing) answered by car. 4% either cycled or walked indicating they may live nearby to outdoor climbing locations. Only 3% indicated they travelled by public transport. This reinforces other findings from this survey, that distance to the activity could be a barrier for participation as most have access to a car, and only a minimal number use public transport.

Outdoor climbing organisations, clubs and providers could look to overcome this barrier by:

- Looking at the current availability of advertised and used climbing areas and promote their location and accessibility within the area
- Create an accessible shuttle service from areas beyond a certain radius to attract those who do not have a car and have limited access to public transport

Where do you like to participate in the activity that you are most passionate about?

Selection	Responses (n = 660)
I like to participate within my local area (county/region)	80.15% (529)
I like to travel to beauty spots (within the UK and Ireland)	84.09% (555)
I like to travel abroad	60.45% (399)

To view all the Your Movement Matters reports visit <https://www.leedsbeckett.ac.uk/research/centre-of-social-justice-in-sport-and-society/investigating-equity-and-diversity-in-climbing-and-walking-activities>

If you do like to travel away from home to participate in the activity that you are most passionate about, please rank the accommodation choices in order that you use most often. Please assign the numbers 1 to 8 to the following options into your order of preference, number 1 indicates most used, number 8 indicates least used.



This report has given you some insight into the data we collected via the Your Movement Matters survey between 28th April and 8th June 2021. The survey has remained live beyond the 8th June 2021 and since we have received 10% more responses. If you desire to further explore an area of questioning or responses from a specific demographic group, please do not hesitate to contact Dr Chris Kay (chris.kay@leedsbeckett.ac.uk).

To view all the Your Movement Matters reports visit <https://www.leedsbeckett.ac.uk/research/centre-of-social-justice-in-sport-and-society/investigating-equity-and-diversity-in-climbing-and-walking-activities>

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