

ATHLETES PROGRAMME – QUESTIONNAIRE

Please take a few minutes to complete this questionnaire. The information you provide will assist the IOC as it develops future programmes and support for Olympic Athletes.

1 Gender Female Male **2 Age** **3 Nationality**

4 Sport

5 Have you participated in any of the athlete support programmes listed below?

- No **Yes, a career programme** (e.g. helping finding a job)
 Yes, an education programme (e.g. assistance combining school and elite sport)
 Yes, a lifestyle programme (e.g. learning how to cope with a new life situation)
 Yes, other (please provide details)
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6 If an athlete support programme were to be available to you DURING your competitive sports career, please use the scale below to indicate the topics which would be of importance to you.

	NOT IMPORTANT	IMPORTANT	VERY IMPORTANT
Athletic (e.g. working towards better sports performances)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Physical (e.g. coping with an injury)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mental (e.g. coping with the pressure to perform)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Social (e.g. contact with coach, family and friends)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Academic (e.g. combining education and elite sport)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vocational (e.g. gaining job experience, developing a network)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Career development (e.g. coping with career choices)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Financial challenges (e.g. helping with money management)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Athletic retirement (e.g. preparing for post-athletic career life)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other (please provide details and indicate the level of importance)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

7 Please indicate your educational background

- I have no educational degree, certificate or diploma
 I have a secondary education (high school) diploma
 I have a bachelor (university/undergraduate) degree
 I have a master (university/graduate) degree
 Other (please provide details)
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THANK YOU!

FOR TAKING THE TIME TO COMPLETE THE QUESTIONNAIRE. IF YOU WISH TO CONTRIBUTE MORE,
THERE ARE A FEW MORE QUESTIONS ON THE OTHER SIDE.

8 Over the past four years, have you worked in addition to your competitive sporting career? (please put an X in all those boxes that apply)

- No
 Yes, part-time
 Yes, full-time
 Yes, internship or job shadow

9 When do you expect to end your sports career?

- Directly after the 2008 Olympic Games
 Before the 2016 Olympic Games
 Before the 2012 Olympic Games
 After the 2016 Olympic Games

10 What would be the most important reason for you to end your competitive sports career?

11 Do you feel prepared for life after your competitive sports career?

- Yes
 No (please describe why)

12 If an athlete support programme were to be available to you AFTER your competitive sports career, please use the scale below to indicate the topics which would be of importance to you.

	NOT IMPORTANT	IMPORTANT	VERY IMPORTANT
Athletic (e.g. no sports related goals anymore)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Physical (e.g. physical withdrawal, lack of physical challenges, staying healthy)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mental (e.g. changes in self-confidence, other interests)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Social (e.g. establishing new contacts, less contact with athletes)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Academic (e.g. finalizing studies, starting new studies)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vocational (e.g. entering the labour market, 9am-5pm routine)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Career development (e.g. short and long term career planning)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Financial (e.g. money management for now and the future)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Athletic retirement (e.g. coping with post-athletic career life)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other (please provide details and indicate the level importance)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

13 What factor would motivate you to prolong your competitive sports career?

14 Please add any comments you would like to share with the IOC
