

SOUTH DOWNS NATIONAL PARK ACTIVE ACCESS PROGRAMME PARTICIPANT SURVEY

Participant Name: _____ Date: _____ Event: _____

1. Which activity are you taking part in? (Select one option)

Walk the Downs <input type="checkbox"/>	Cycle the Downs <input type="checkbox"/>
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2. Are you taking part in this activity as part of a wider group?
If so please tell us the name of your group

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The next few questions are about your current travel choices, levels of physical activity and general health and wellbeing.

3. Active Travel:

In a recent typical week, how many individual trips did you make by these means of transport?

A trip refers to a single one-way journey. (If none, please write 0)

	Trips 5 miles and under to get to places	Trips over 5 miles to get to places	Leisure trips for recreation or solely for exercise
Bicycle			
Walking			
Bus			
Train			
Car (alone)			
Car (with others)			
Other			

If other please specify

4. Physical Activity

In the past week, on how many days have you done a total of 30 minutes or more of physical activity, which was enough to raise your breathing rate?

You may include any activity such as sport, exercise, and brisk walking or cycling for recreation or to get to and from places, but should not include housework or physical activity that is part of your job. Your activity does not need to be continuous but could be in bouts of 10 mins or more.

Days	1	2	3	4	5	6	7
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Please circle the number of days

5. Health and Wellbeing

Taking part in outdoor activities can prove beneficial to people's health and wellbeing. By asking the questions below at the start of our programme of activities and again at the end, we hope to find out whether your involvement in these activities results in any changes in your overall sense of health and wellbeing.

Below are some statements about feelings and thoughts. Please tick the box that best describes your experience over the last 2 weeks.

	Never	Rarely	Some of the time	often	All of the time	Prefer not to say
I feel relaxed						
I have energy to spare						
I feel connected to other people						
I am interested in new things						
I feel good about myself						

The next few questions are about the South Downs National Park. We would like to find out how much you know about the National Park and why you decided to join a programme of activities based around visits to the South Downs.

6. How would you rate your level of overall knowledge and awareness of the South Downs National Park?

Where 1= 'very poor' and 5= 'very high' please circle as appropriate

Very poor	1	High	4
Poor	2	Very high	5
Average	3	Don't know	6

7. What factors contributed to your decision to take part in Walk the Downs / Cycle the Downs Activities?

Select all that apply

Access to the countryside	
Find out more about nature/wildlife	
Become fitter and more active	
Take part in outdoor recreation activities	
Learn more about the South Downs National Park	
Meet new people and try new things	
Find out what's going on in my area	
Other (please specify below)	
.....	

A FEW QUESTIONS ABOUT YOU

Age: Which age group do you belong to?

Age range			
16-24 years		55-64 years	
25-34 years		65-74 years	
35-44 years		75+ years	
45-54 years		Prefer not to say	

Employment status: What is your employment status?

Please select one response below

Full-time employment (30+ hours per week)		Part-time employment	
Self-employed		Retired	
Not working due to disability or illness		Looking after family/home	
Studying		Unemployed	
Other		Prefer not to say	

Sex:

Male		Female		Other		Prefer not to say	
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Ethnicity:

Please select one response only

White		Chinese		Other ethnic group	
Bangladeshi		Other Black		Pakistani	
Caribbean		Indian		African	
Mixed		Other Asian		Prefer not to say	

Finally, please tell us your postcode. This is for mapping and analysis only – it will not be used for marketing or to identify individuals.

Postcode:

If you would be happy for us to contact you again for a follow up survey at the end of this programme of activity please provide your email address or phone number below. This will only be used in relation to this questionnaire and our follow up survey.

I agree to being contacted for a follow-up survey:

Yes No

Email / Tel: _____

If you would be happy to share more details on how you have benefited from the project please tick below and we may contact you directly.

Yes No

THANK YOU!

Cycle the Downs events are part of the East Sussex County Council's Active Access For Growth programme and are provided by Cycle Seahaven by appointment. Please complete the following before participating in the cycle event:

I acknowledge and accept that I participate in any Cycle Seahaven event at my own risk and that event organisers shall not be liable for any loss or damage caused to me or my possessions. In addition, I accept that it is my responsibility to ensure that I am fit for the cycle event in which I participate and there is no medical reason that would prevent me from participating in the cycle event.

Signature:

Parent/Guardian to sign if under age 18:

Parent/Guardian name:

Emergency contact details:

By completing this [survey/registration form], you agree to your information being used for the evaluation of the Walk the Downs and Cycle the Downs project. Your information will be securely held by the South Downs National Park Authority in accordance with the General Data Protection Regulations. All personal information collected will be stored securely and will not be shared with any other organisations or individuals outside of East Sussex County Council's Active Access For Growth programme and Cycle Seahaven unless required by law. Anonymous data may be included in project reports, which will be shared with project partners, East Sussex County Council, the Department for Transport and others as well as used to support further local and national funding bids.

Where you have given us consent we may also use this data to undertake follow up surveys.

I have read and understood the above statement

Yes No

This information will be held for six months after the completion of the project. You can ask us to stop using your information at any time (also known as "opting-out") by contacting us on the details below.

Contact for further information about data processing:

You have the right to request a copy of the personal information the South Downs National Park Authority hold about you, a right to have any errors in the data corrected, a right to object to the processing of your data and a right to ask us to stop using your information. Please address requests to:

Head of Governance
 South Downs National Park Authority
 South Downs Centre
 North Street
 Midhurst GU29 9DH
Robin.parr@southdowns.gov.uk

ENJOY THE CYCLE EVENT!