

San Remo – Blue Haven Community

Physical Activity Survey Results

Survey open: 26 November 2021

Survey close: 1 June 2022

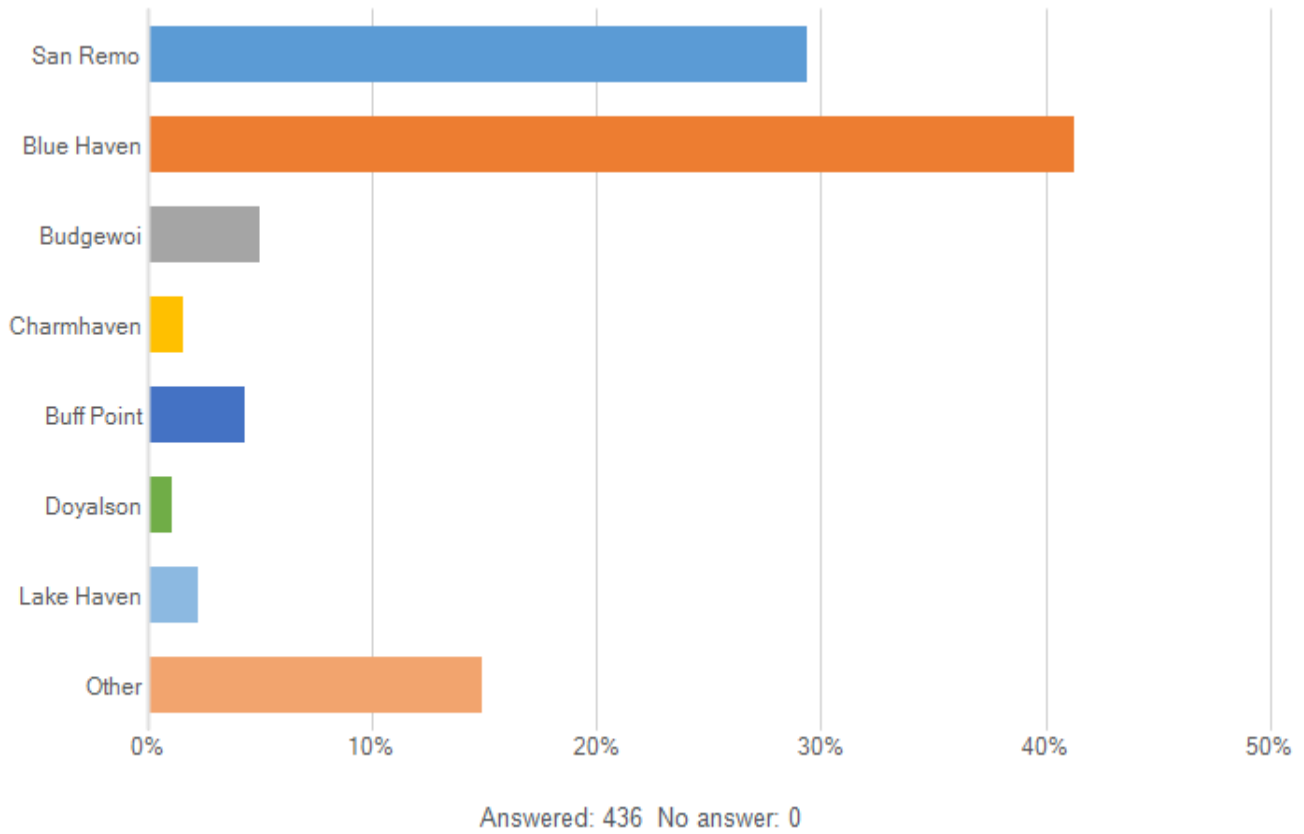
437 completed surveys
287 incomplete surveys

Average time to complete survey: 5min 42sec

Administered by Office of Sport via Survey Manager

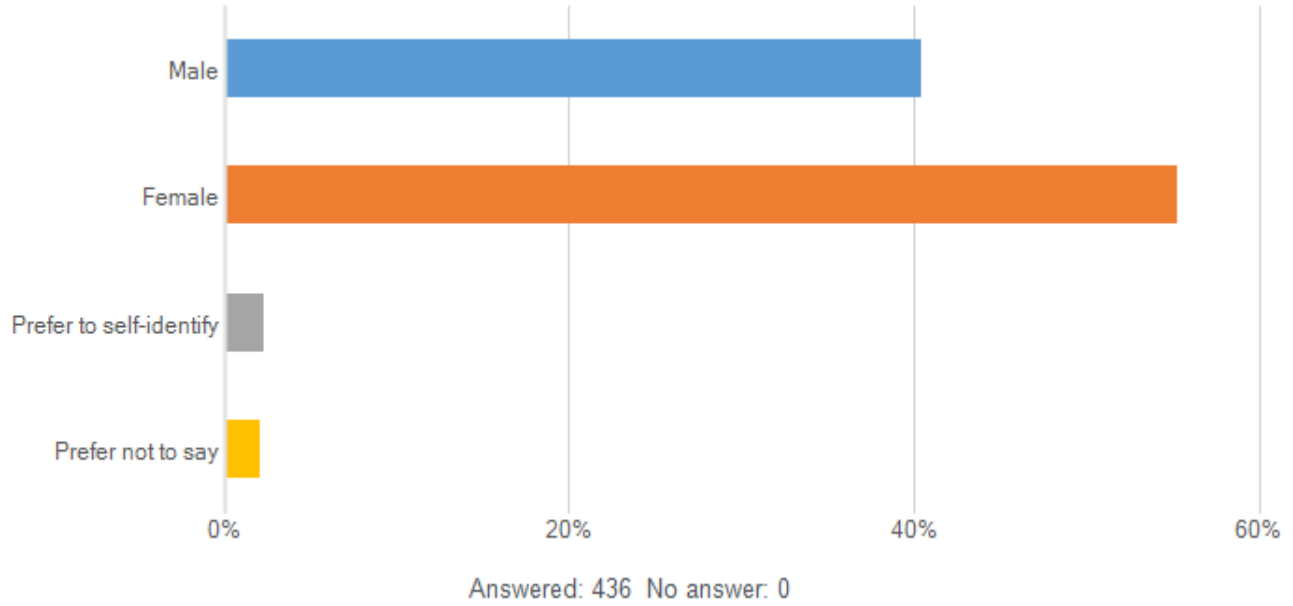
San Remo-Blue Haven PA Project – Survey Results

Which suburb do you live in (or the person you are completing the survey for)?



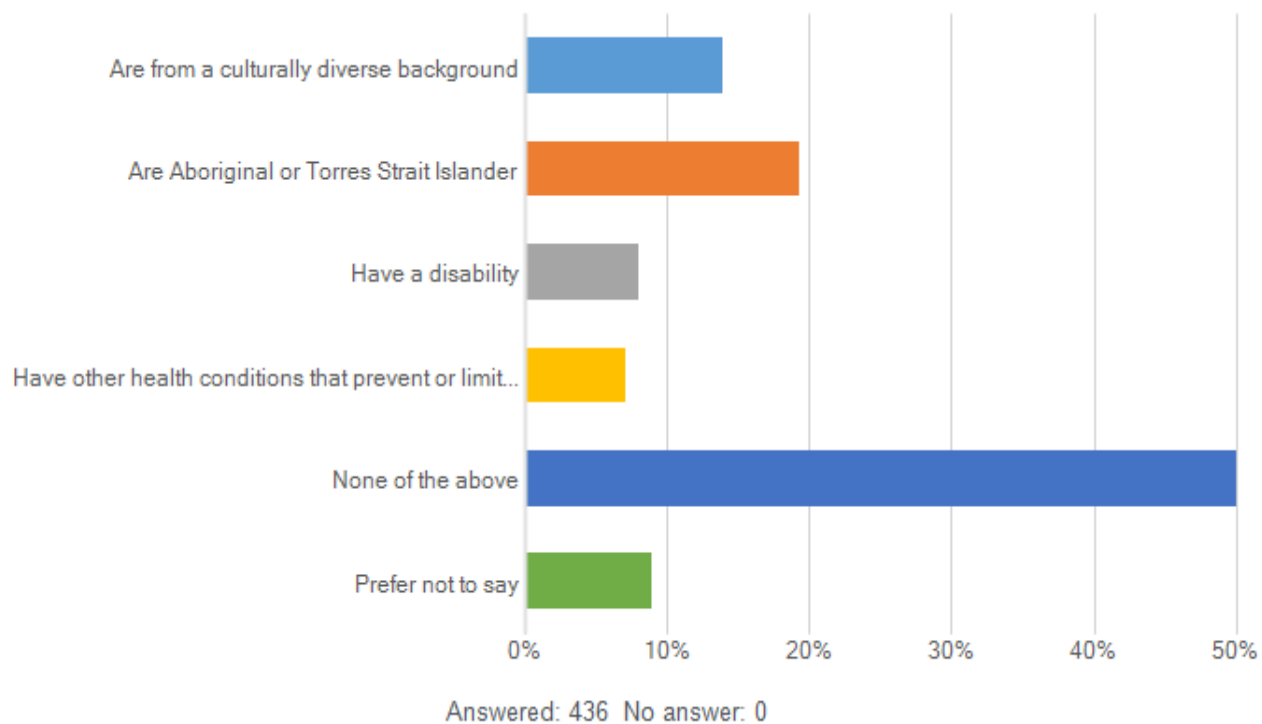
Answer choice	Responses	Percent
San Remo	128	29.4%
Blue Haven	180	41.3%
Budgewoi	22	5.0%
Charmhaven	7	1.6%
Buff Point	19	4.4%
Doyalson	5	1.1%
Lake Haven	10	2.3%
Other	65	14.9%
Total	436	100%

Do you or the person you are completing the survey for, identify as...?



Answer choice	Responses	Percent
Male	176	40.4%
Female	241	55.3%
Prefer to self-identify	10	2.3%
Prefer not to say	9	2.1%
Total	436	100%

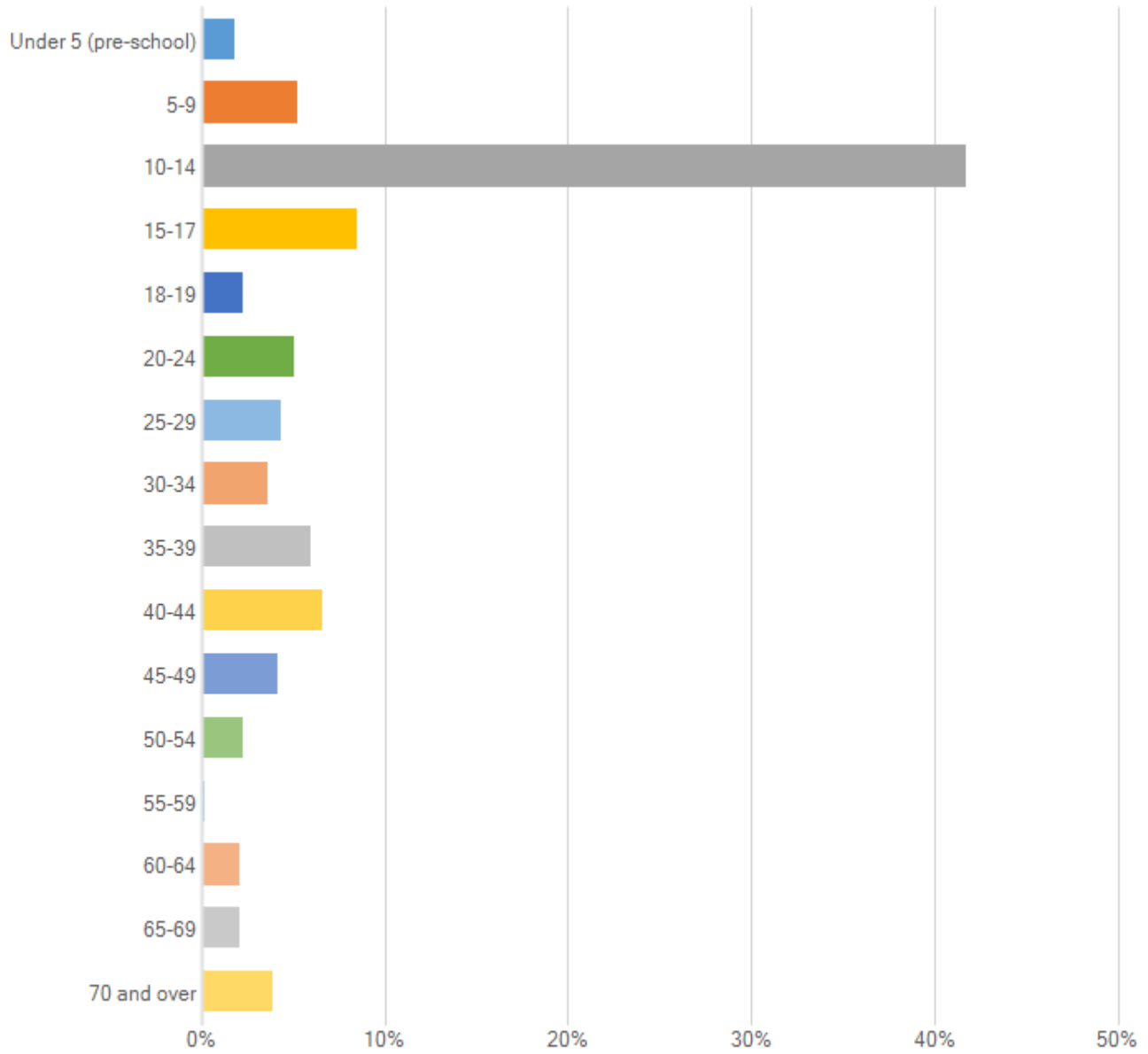
To help us plan activity options, please tell us if you (or the person you are completing the survey for)...



(respondent could choose more than one response)

Answer choice	Responses	Percent
Are from a culturally diverse background	61	14.0%
Are Aboriginal or Torres Strait Islander	84	19.3%
Have a disability	35	8.0%
Have other health conditions that prevent or limit participation in physical activity	31	7.1%
None of the above	218	50.0%
Prefer not to say	39	8.9%
Total Respondents	436	

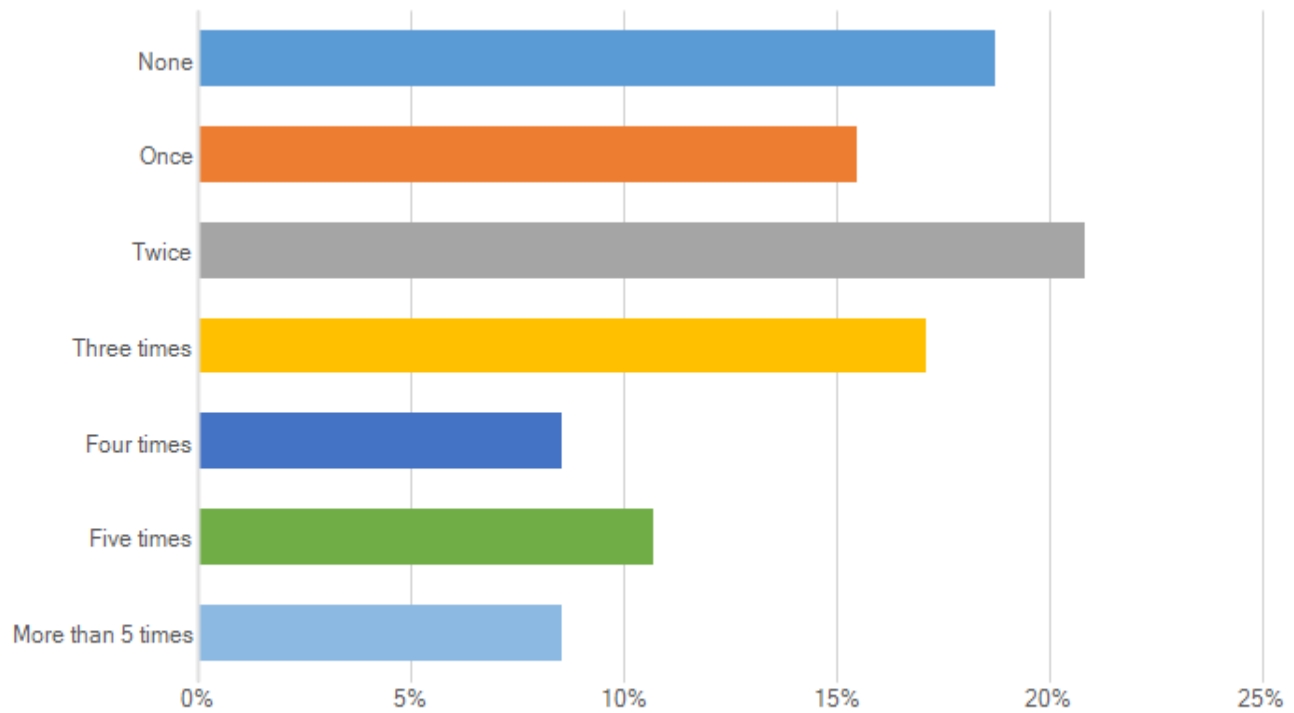
What is your age (or the age of the person you are completing the survey for)?



Answered: 436 No answer: 0

Answer choice	Responses	Percent
Under 5 (pre-school)	8	1.8%
5-9	23	5.3%
10-14	182	41.7%
15-17	37	8.5%
18-19	10	2.3%
20-24	22	5.0%
25-29	19	4.4%
30-34	16	3.7%
35-39	26	6.0%
40-44	29	6.7%
45-49	18	4.1%
50-54	10	2.3%
55-59	1	0.2%
60-64	9	2.1%
65-69	9	2.1%
70 and over	17	3.9%
Total	436	100%

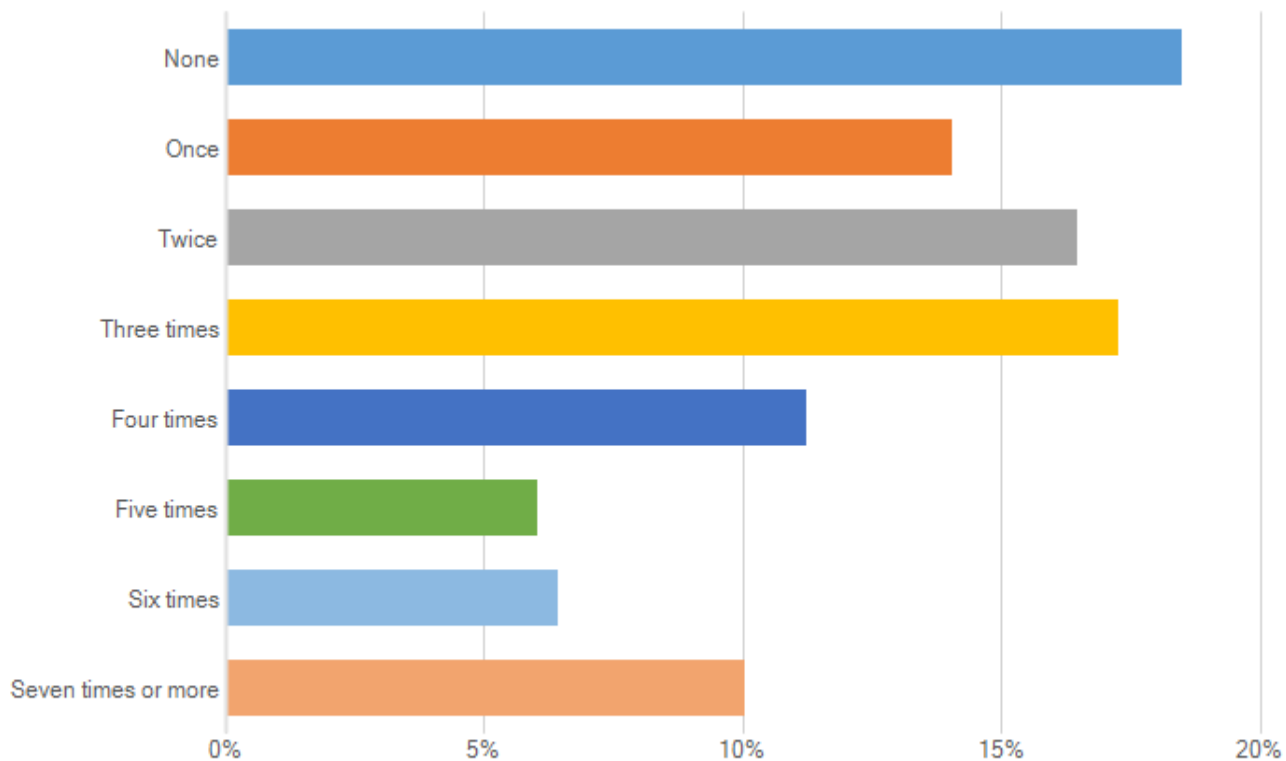
For adults...In the last week how many times did you do any activity of a moderate to vigorous nature for 30 minutes or more - not including house-work or domestic duties? (Moderate to vigorous activity is activity that makes you breathe harder or puff and pant)



Answered: 187 No answer: 0

Answer choice	Responses	Percent
None	35	18.7%
Once	29	15.5%
Twice	39	20.9%
Three times	32	17.1%
Four times	16	8.6%
Five times	20	10.7%
More than 5 times	16	8.6%
Total	187	100%

For children and young people under 18...How many days in the past week has your child (or you, if you are 12 or older and doing the survey for yourself) done any moderate or vigorous physical activity for a total of at least 60 minutes per day? (Moderate or vigorous physical activity is activity that makes someone breathe harder or puff and pant).



Answered: 249 No answer: 4

Answer choice	Responses	Percent
None	46	18.5%
Once	35	14.1%
Twice	41	16.5%
Three times	43	17.3%
Four times	28	11.2%
Five times	15	6.0%
Six times	16	6.4%
Seven times or more	25	10.0%
Total	249	100%

What sport or physical activity options would you like to do in your community? Please select as many as you like. (We will try and include as many of the most popular activities as we can, but can't promise that we can provide every activity you like).

Answer choice	Responses	Percent
Archery	82	18.8%
Australian football	45	10.3%
Badminton	19	4.3%
Baseball	32	7.3%
Baseball 5s	12	2.7%
Basketball	112	25.6%
Beach Volleyball	39	8.9%
Billiards/Snooker/Pool	30	6.9%
BMX	93	21.3%
Bocce	12	2.7%
Bowls	24	5.5%
Boxing	89	20.4%
Canoeing/Kayaking	76	17.4%
Carpet bowls	12	2.7%
Circus skills	24	5.5%
Climbing/Rock climbing	75	17.2%
Community gardening	53	12.1%
Cricket	59	13.5%
Croquet	12	2.7%
Crossfit	36	8.2%
Cycling	80	18.3%
DanceSport	55	12.6%
Dancing (Recreational)	63	14.4%
Darts	46	10.5%
Dodgeball	61	14.0%
Dog Walking Groups	65	14.9%
Dragon boat racing	29	6.6%
Fishing	91	20.8%
Fitness/Gym	117	26.8%
Flying disc	19	4.3%
Football/soccer	109	24.9%
Golf	52	11.9%

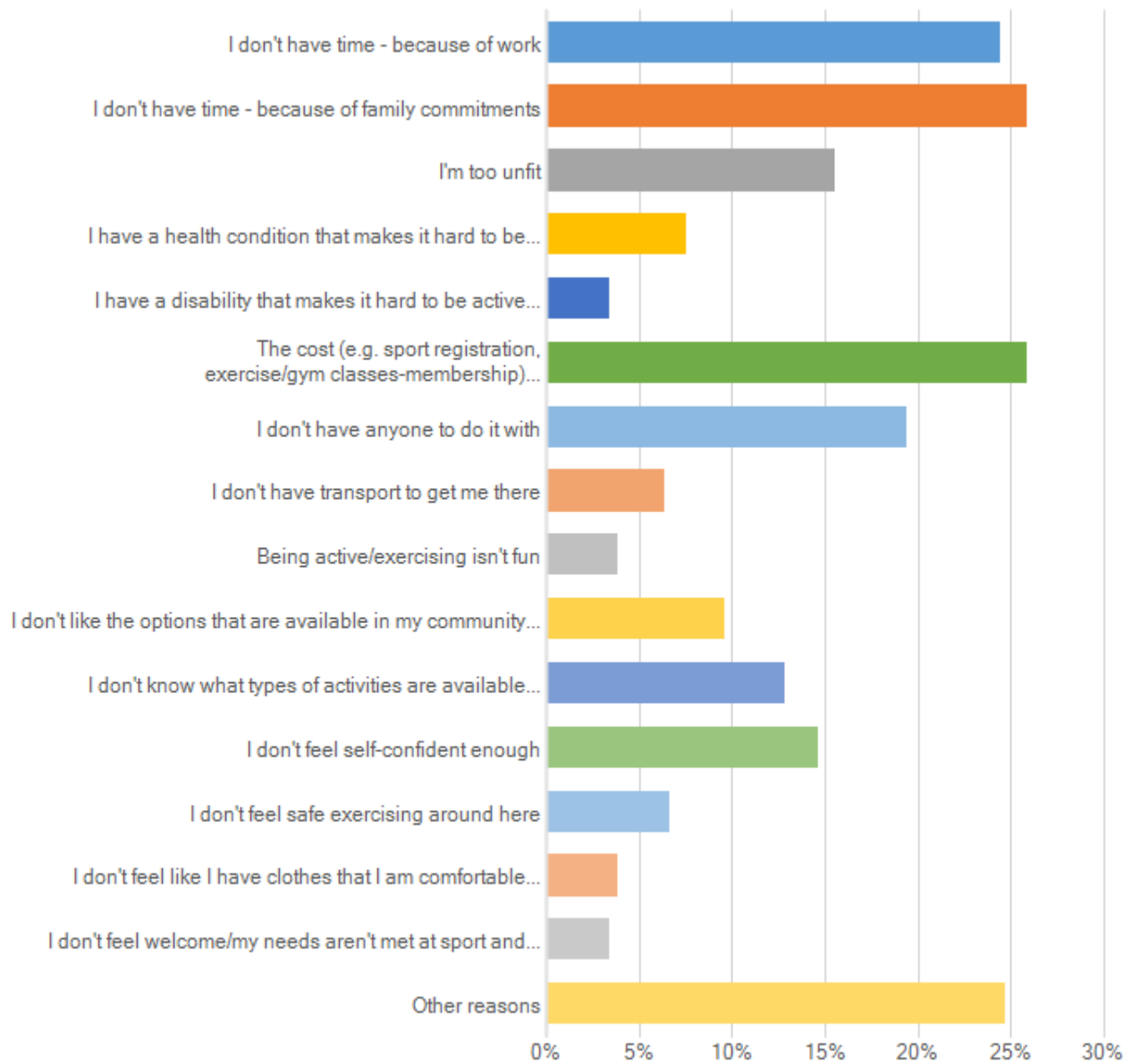
Gridiron	17	3.9%
Gymnastics	73	16.7%
Handball	44	10.1%
Hockey	24	5.5%
Jogging or running groups	45	10.3%
Judo	12	2.7%
Jujitsu	27	6.2%
Karate	44	10.1%
Kendo	5	1.1%
Kung fu wushu	15	3.4%
Lacrosse	8	1.8%
Little Athletics	48	11.0%
Mountain biking	53	12.1%
Movement skills for pre-schoolers	24	5.5%
Muay Thai	15	3.4%
Netball	56	12.8%
Obstacle course	82	18.8%
Orienteering	17	3.9%
Oztag	96	22.0%
Parkour	88	20.1%
Physical Culture (`Physie`)	21	4.8%
Pickleball	10	2.3%
Pilates	28	6.4%
Roller Derby	34	7.8%
Rope skipping	34	7.8%
Rowing	28	6.4%
Rugby league	65	14.9%
Rugby union	35	8.0%
Sailing	22	5.0%
Scotering	73	16.7%
Skateboarding	72	16.5%
Softball	32	7.3%
Stand-up Paddleboard	43	9.8%
Swimming	163	37.3%

Table tennis	39	8.9%
Taekwondo	12	2.7%
Tennis	73	16.7%
Tenpin bowling	72	16.5%
Touch football	65	14.9%
Traditional Indigenous Games	30	6.9%
Triathlon	19	4.3%
Volleyball	29	6.6%
Walking Basketball	20	4.6%
Walking Groups	72	16.5%
Walking Netball	22	5.0%
Walking Soccer	17	3.9%
Walking Touch Football	27	6.2%
Yoga	74	16.9%
Total Respondents	437	

What are the best times/days for you be participate in activities? These may not be the exact times that activities happen, but just give us an idea about the best time on each day (please select at least one option for each day).

Response	Valid n	Any time	Before 6am	6am-9am	9am-12noon	12noon-3pm	3pm-6pm	6pm-9pm	After 9pm	No time suits
Monday	437	178 40.7%	35 8.0%	28 6.4%	28 6.4%	33 7.6%	132 30.2%	94 21.5%	14 3.2%	43 9.8%
Tuesday	437	175 40.0%	34 7.8%	33 7.6%	24 5.5%	27 6.2%	130 29.7%	93 21.3%	13 3.0%	39 8.9%
Wednesday	437	177 40.5%	32 7.3%	34 7.8%	27 6.2%	24 5.5%	129 29.5%	90 20.6%	15 3.4%	35 8.0%
Thursday	437	179 41.0%	31 7.1%	28 6.4%	29 6.6%	23 5.3%	120 27.5%	98 22.4%	15 3.4%	44 10.1%
Friday	437	180 41.2%	30 6.9%	31 7.1%	26 5.9%	28 6.4%	118 27.0%	93 21.3%	16 3.7%	46 10.5%
Saturday	437	264 60.4%	16 3.7%	30 6.9%	53 12.1%	48 11.0%	60 13.7%	31 7.1%	11 2.5%	45 10.3%
Sunday	437	266 60.9%	13 3.0%	29 6.6%	46 10.5%	36 8.2%	54 12.4%	30 6.9%	10 2.3%	55 12.6%

What are some of the things that stop you from being active? You can select more than one option.



Answered: 437 No answer: 0

(respondent could choose more than one response)

Answer choice	Responses	Percent
I don't have time - because of work	107	24.5%
I don't have time - because of family commitments	113	25.9%
I'm too unfit	68	15.6%
I have a health condition that makes it hard to be active	33	7.6%
I have a disability that makes it hard to be active	15	3.4%
The cost (e.g. sport registration, exercise/gym classes-membership) is too much	113	25.9%
I don't have anyone to do it with	85	19.5%
I don't have transport to get me there	28	6.4%
Being active/exercising isn't fun	17	3.9%
I don't like the options that are available in my community	42	9.6%
I don't know what types of activities are available	56	12.8%
I don't feel self-confident enough	64	14.6%
I don't feel safe exercising around here	29	6.6%
I don't feel like I have clothes that I am comfortable exercising in	17	3.9%
I don't feel welcome/my needs aren't met at sport and recreation clubs	15	3.4%
Other reasons	108	24.7%
Total Respondents	437	

Finally if you have any feedback, thoughts or ideas about physical activity options in your community, please feel free to add them below.

Responses (Valid n = 84)
A playground near the sports precinct of the bluehaven community centre would be great for the little kids so they can also enjoy this space.
A swimming complex is desperately needed in our area
add more diverse groups
Add more outdoor gym sites around that path way and smaller steps for some oldies to practice. -
add out door gym equipment like there is at other areas
Also interested in knitting and crocheting.
An outdoor gym we drive to toukley or Gwandalan to use the outdoor gym my kids use it age 9yr 12yrs 18yrs
Annual sporting carnival to introduce kids to a variety of sports/activities.
Another undercover water polo pool
Aquatic Centre is needed, not a small one a large one like Peninsula
Archery and rock climbing
Archery and rock climbing
Archery and rock climbing like pulse at West Gosford please please please
Better facilities, toilets, change rooms, playing fields and playing fields for different sports
better for you
boxing
Budgewoi Oval can be a super sports hub. Giving our teenagers activities to do. Teenagers have little or no options of things to do in our area. More needs to be done to include them in the community.
don't have a big enough back yard
free jujitsu
Great idea!
i do alot of stuff
i do not but ive been trying to get into touch out of school
I like the physical activities.
i love the people so nice
I run and walk daily along the San Remo path, its unsafe due to flooding after rain, and broken concrete, a small section has been fixed to stop flooding but another section needs to be done,
i wish there where more skills i could do in school that i wouldnt be scared of
I would love to see the tiggers wing pathway continue to it's completion - it's a great community project, a beautiful spot and so well used by the community. Such an asset to the whole community
In the community, maybe add flying fox, a playground and maybe items for the community to use.
It would be great to see more Sports for all ages and genders around my area as I only have seen cricket and football for males
Like a flyer or Facebook about events coming up or starting
Make a autistic Park
More adult types of exercise needs to be promoted
More bike paths

More family oriented activities please
More family/child friendly venues, better parks like the Southern end of the coast have.
More organisation for physically active events especially for kids afternoon time.
More parks for the kids, path ways, more tennis and basket ball courts and dog parks
My children are very active & well happily participate in sports. We are new to the area & unsure of local options.
Need a knee replacement.
Need a knee replacement.
Need local public pool. Suggest co-locate with a school to provide easy access for students to be able to improve their water safety and skills. Eg @ Northlakes High School
Need more green space. Our fields are being developed into housing at doylo
Need to keep the rabble kids from ruining newly installed equipment
netball
No enough advertisement
Opportunities accessible to the various areas of the suburb
Out door gym on the north end of the cc
Outdoor gym equipment
Outdoor gym equipment. Like at canton beach.
Outside gym equipment
physical activity is good for the human body and good for you
Pump track
rain
Ruby
San Remo Neighbourhood Ctr helps us at times we can't help ourselves.
Skate parks bigger for the kids, even put like rent bikes along the lake where you gotta pay to get one then like have a couple stations along the lake at san remo to buff point
Stuff that is fun and you can make friends
There are currently NO areas to participate in community sport in San Remo! No netball or basketball courts at all! Every other suburb has these facilities. Except for san Remo
there needs to be kids grop fitness that is fun but also focusses on team work, building confidence etc
This activity is helping me forget about when I had severe anxiety in the past!
This activity is helping me forget about when I had severe anxiety in the past!
Toddler safe park
trampoline park
Upgrade San Rem skate Park at box track as is very slippery and not big enough. Also tha smaller one near the oval is to small and no shade at both skate areas. Build a basketball a outside basketball
We all need to continue to play sport in order to balance high teenager energy
We need a swimming pool
We would've to see a community swimming pool in San remo
Would be amazing for more younger kids to have more activities
yall need therapy