
PJA One Meeting a Day/Wellbeing Consultation Questionnaire Results

Respondent Numbers: FLAT 100
JUMP 76

Question 1

Strongly agree - 32

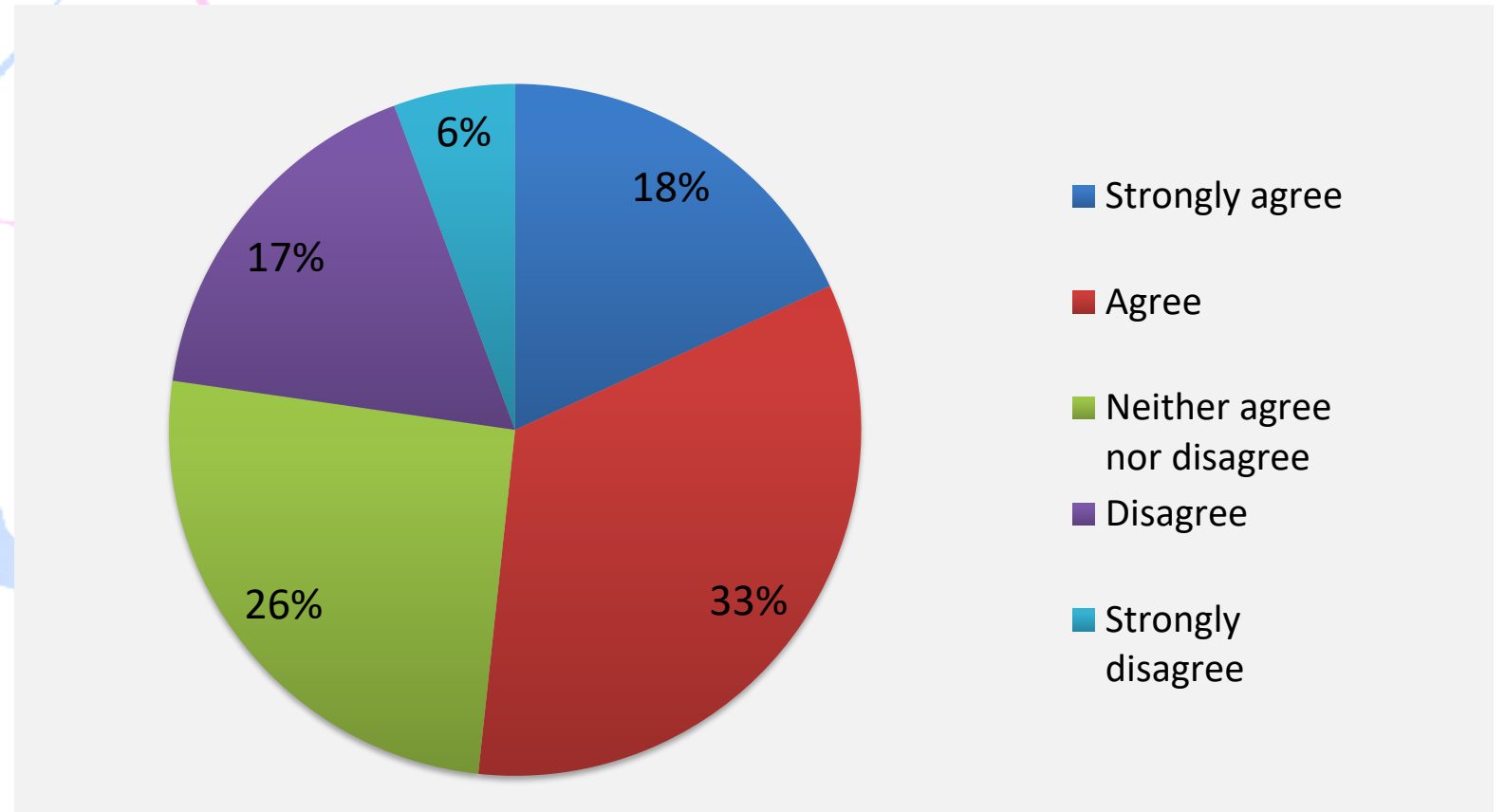
Agree - 59

Neither agree nor disagree - 45

Disagree - 30

Strongly disagree - 10

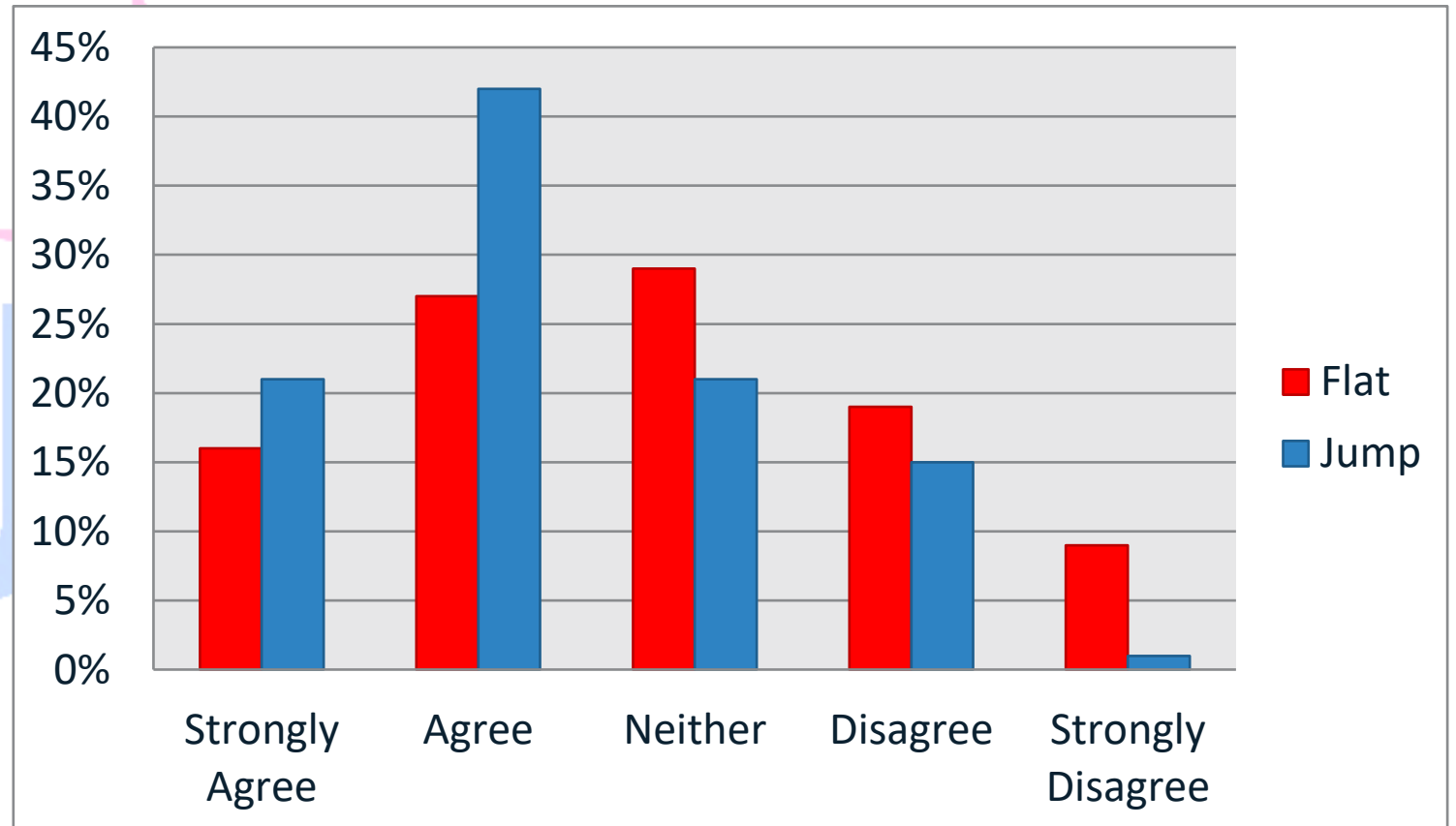
I found parts of the lockdown beneficial for my mental health



Question 1

	FLAT %	JUMP %
Strongly Agree	16	21
Agree	27	42
Neither Agree nor Disagree	29	21
Disagree	19	15
Strongly Disagree	9	1

I found parts of the lockdown beneficial for my mental health



Question 2

I found parts of the lockdown beneficial for my physical health

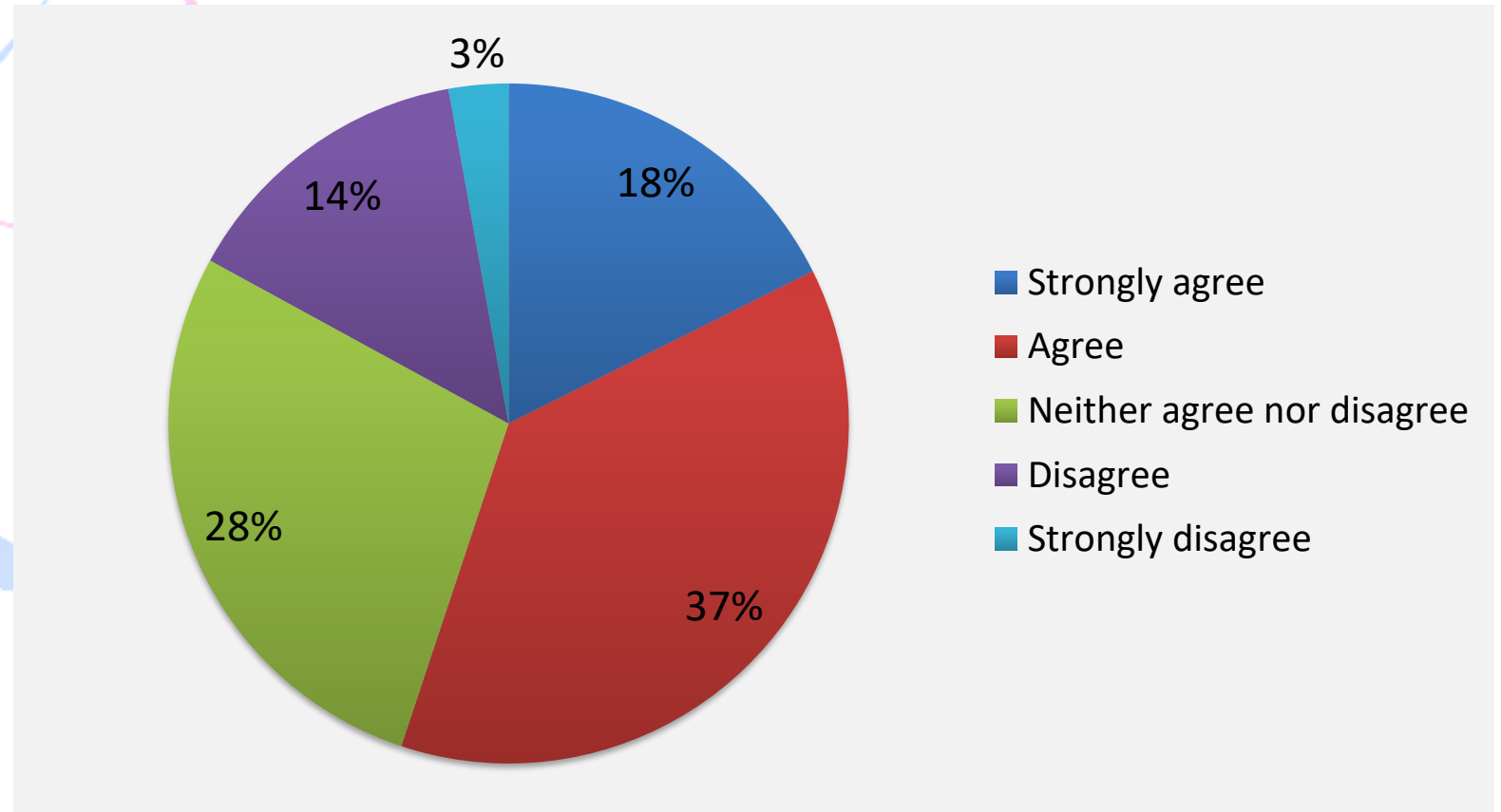
Strongly agree - 31

Agree - 66

Neither agree nor disagree - 49

Disagree - 25

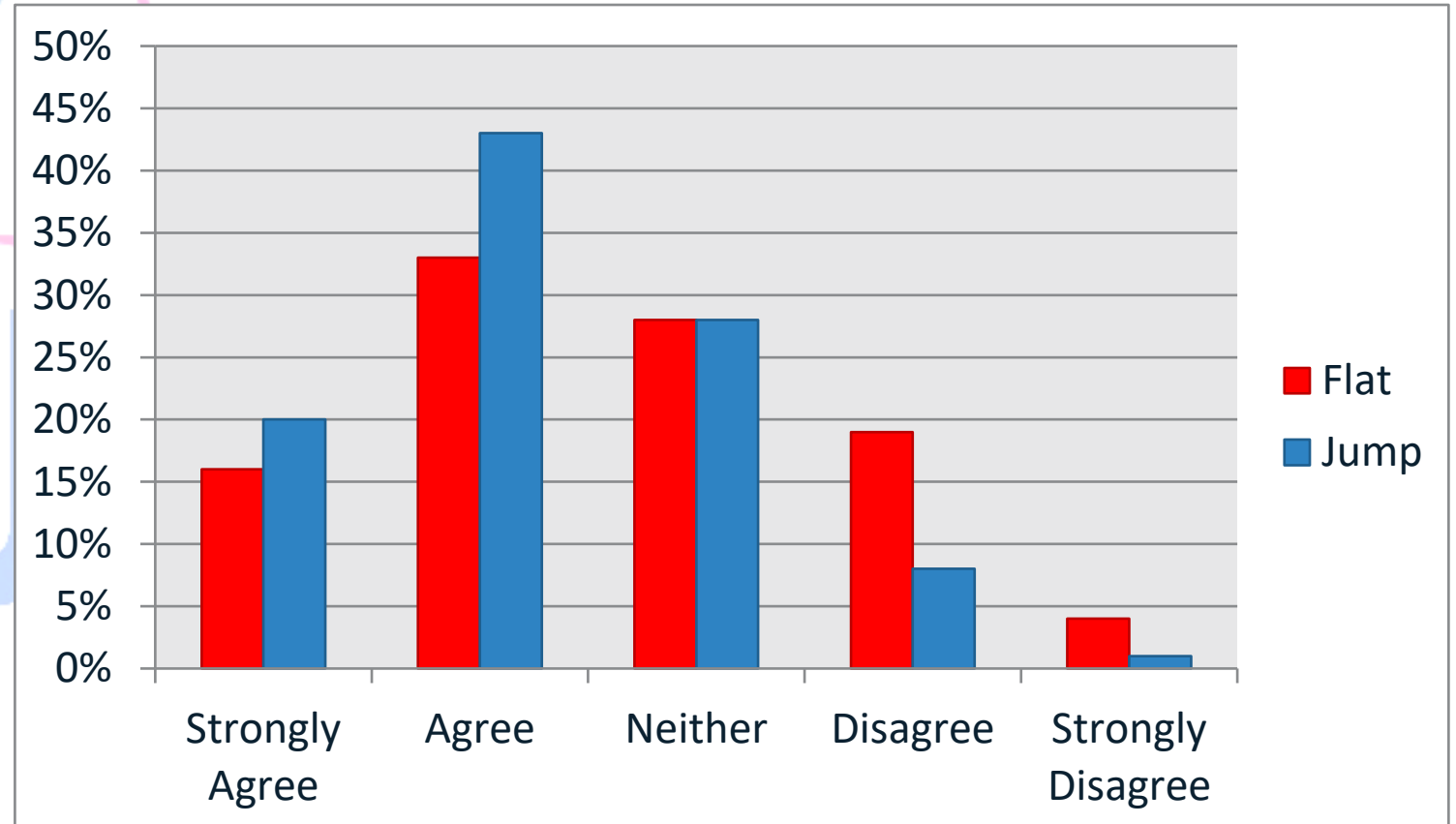
Strongly disagree - 5



Question 2

	FLAT %	JUMP%
Strongly Agree	16	20
Agree	33	43
Neither Agree nor Disagree	28	28
Disagree	19	8
Strongly Disagree	4	1

I found parts of the lockdown beneficial for my physical health



Question 3

Strongly agree - 5

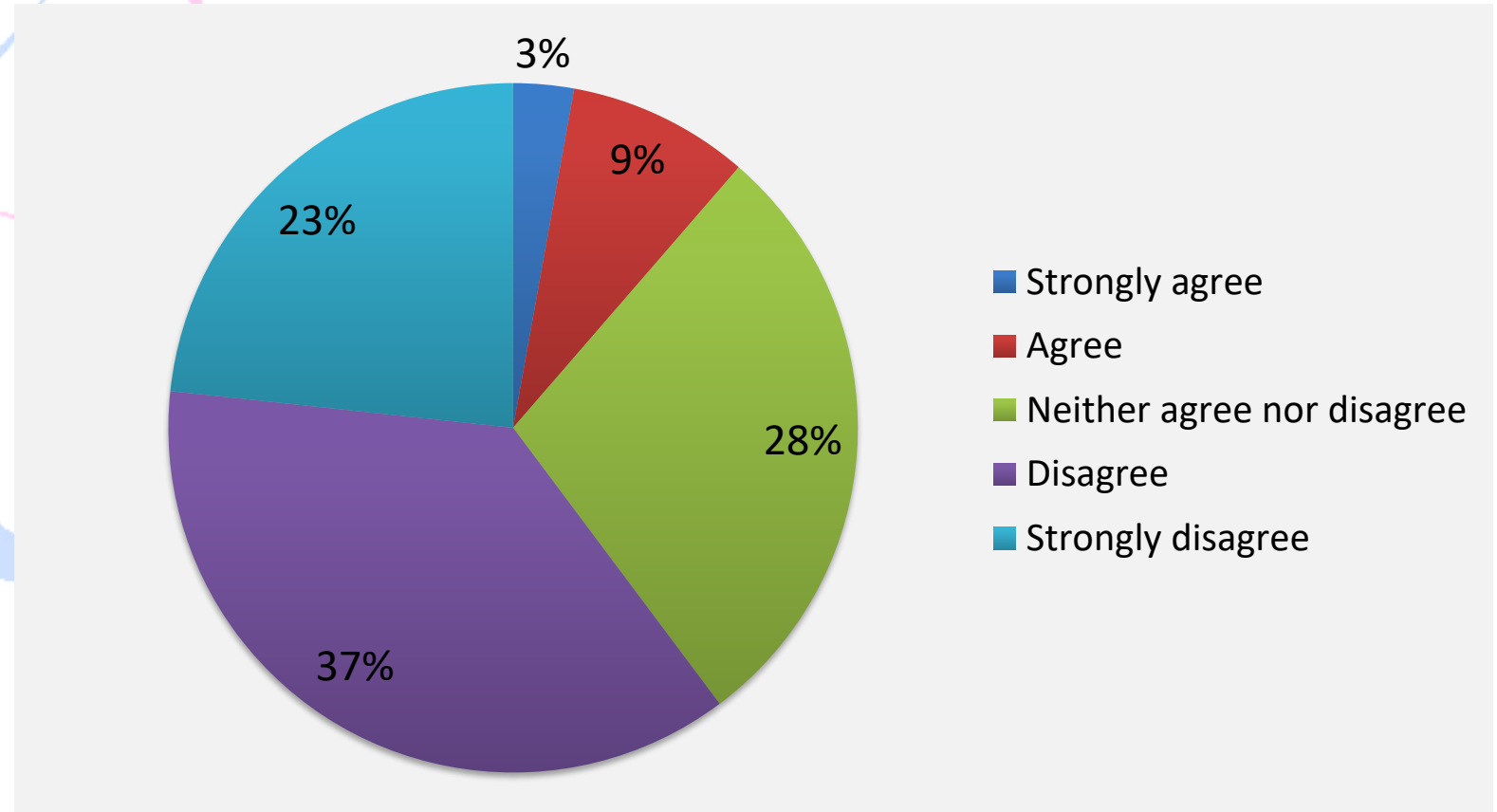
Agree - 15

Neither agree nor disagree - 50

Disagree - 65

Strongly disagree - 41

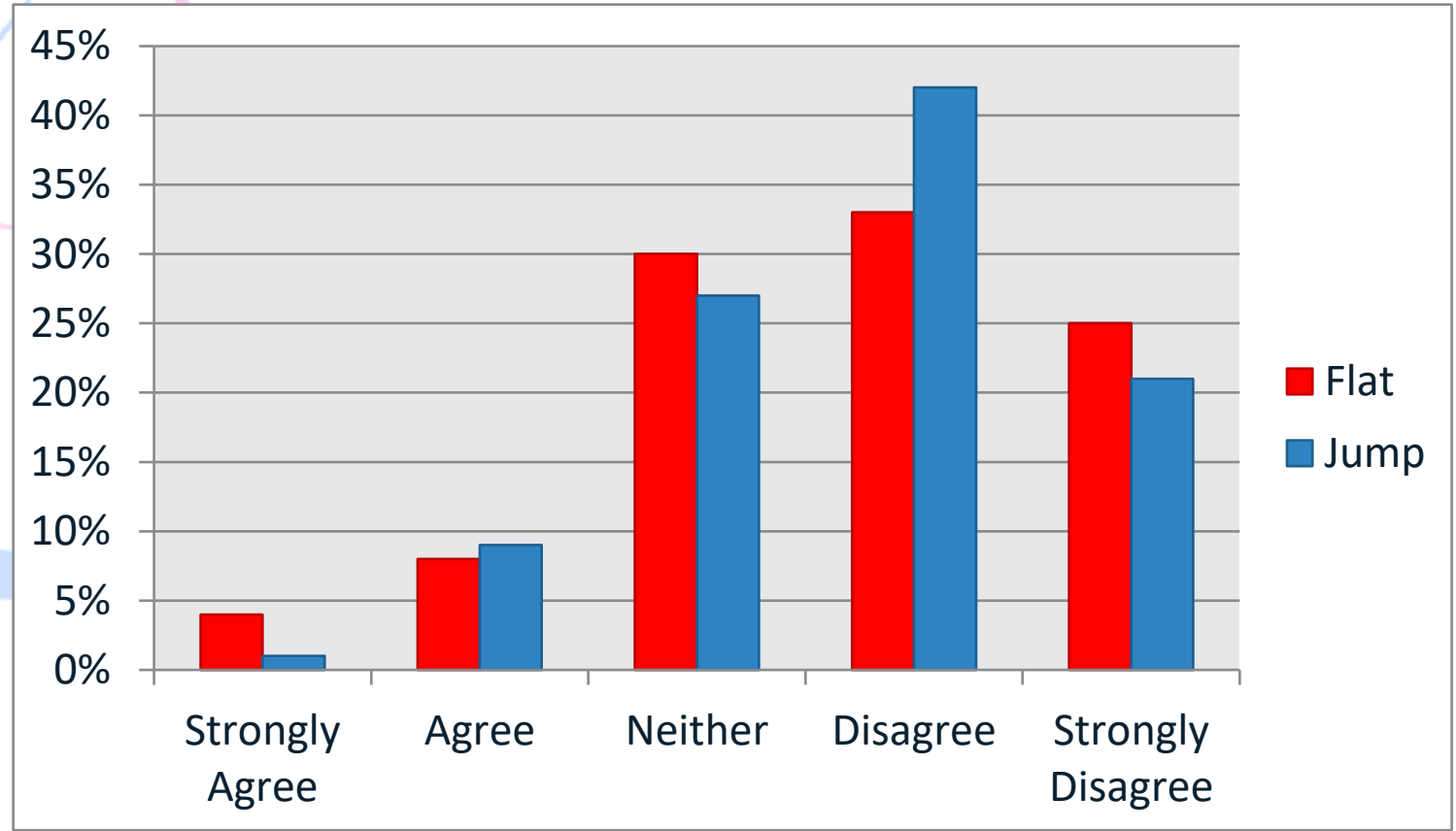
I have struggled to make weight since returning to racing due to saunas being closed



Question 3

	FLAT %	JUMP %
Strongly Agree	4	1
Agree	8	9
Neither Agree nor Disagree	30	27
Disagree	33	42
Strongly Disagree	25	21

I have struggled to make weight since returning to racing due to saunas being closed



Question 4

Strongly agree - 5

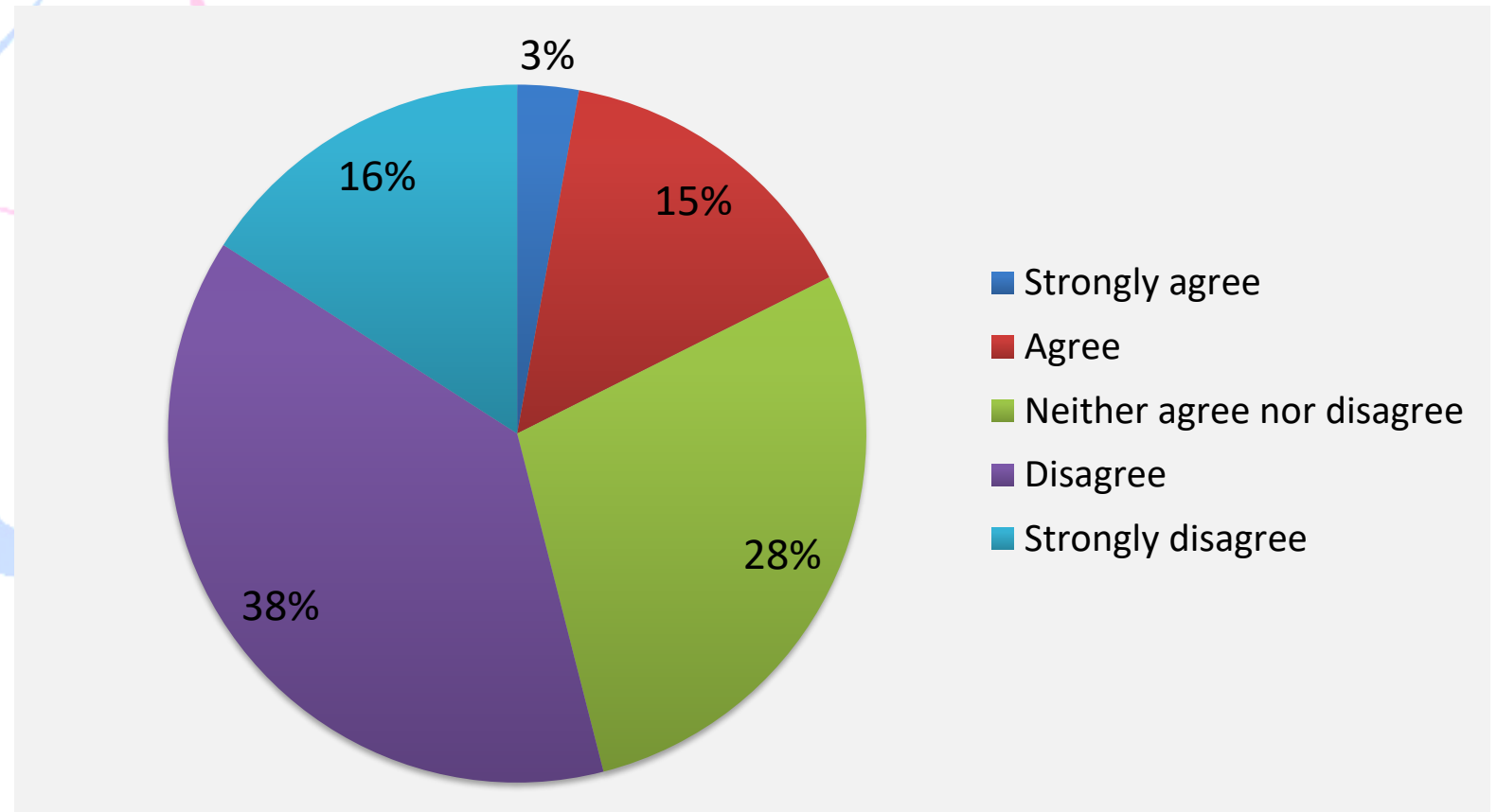
Agree - 26

Neither agree nor disagree - 50

Disagree - 67

Strongly disagree - 28

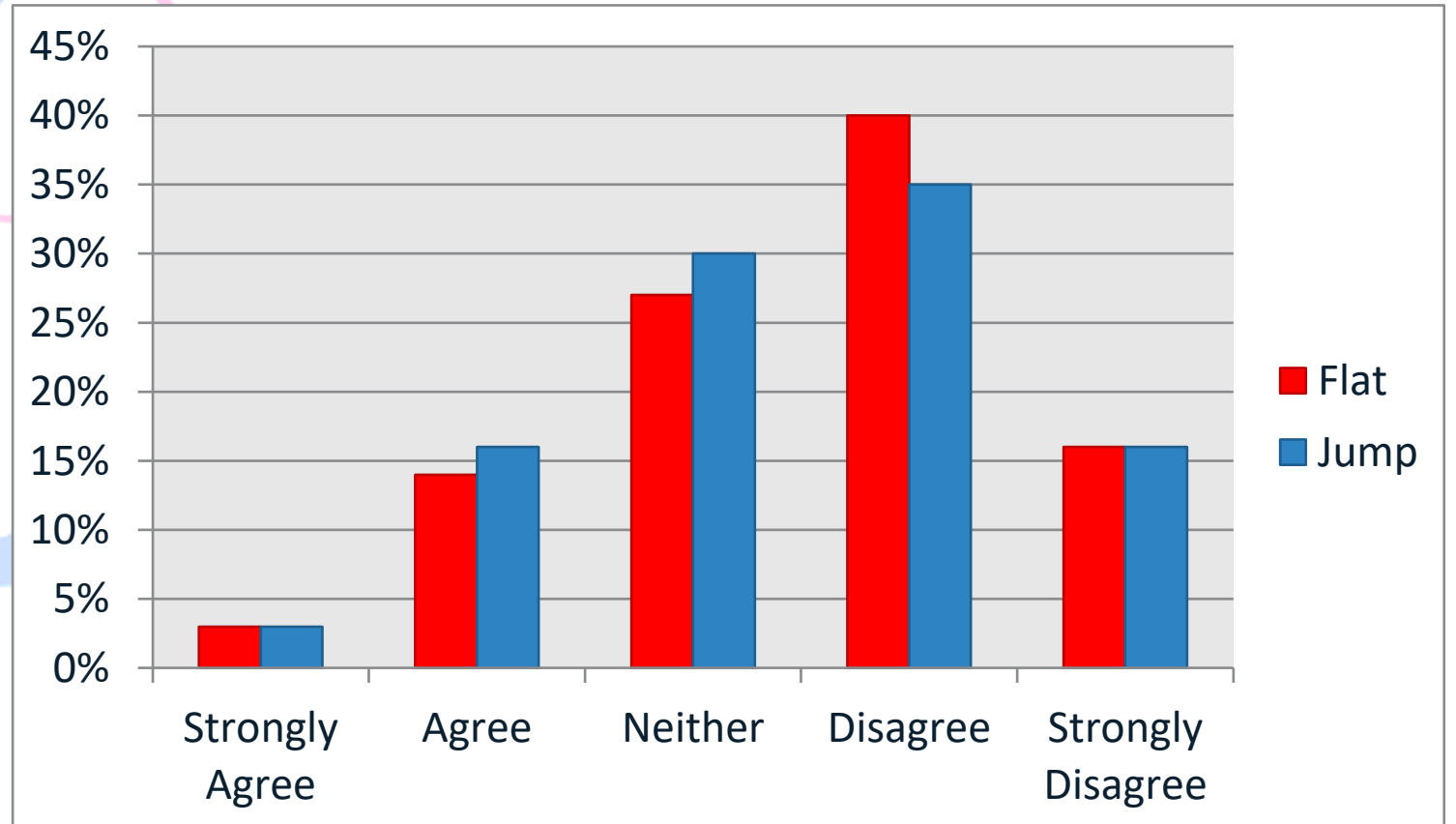
I have struggled to make weight since returning to racing due to gyms being closed



Question 4

	FLAT %	JUMP %
Strongly Agree	3	3
Agree	14	16
Neither Agree nor Disagree	27	30
Disagree	40	35
Strongly Disagree	16	16

I have struggled to make weight since returning to racing due to gyms being closed



Question 5

Strongly agree - 103

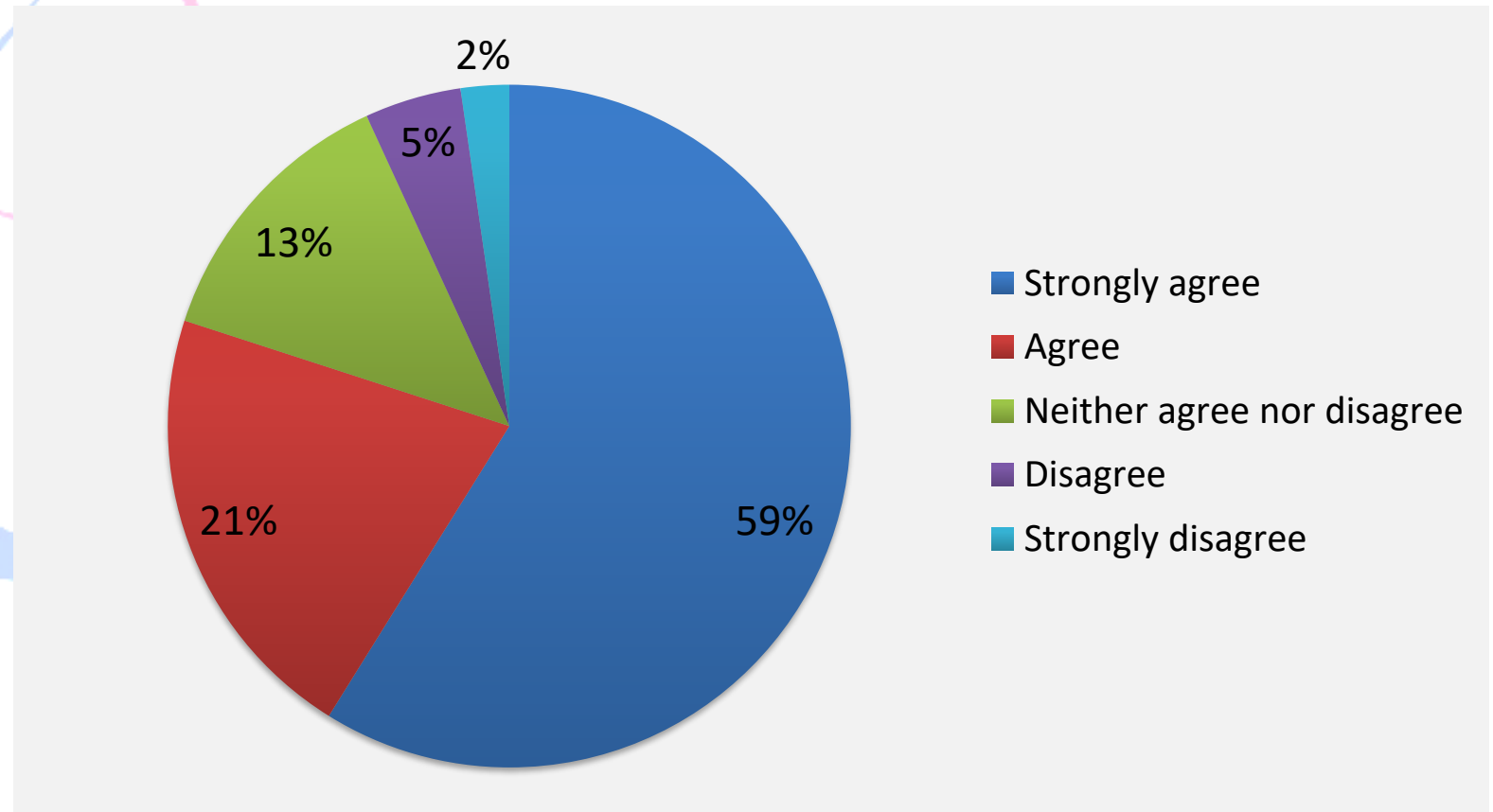
Agree - 37

Neither agree nor disagree - 23

Disagree - 8

Strongly disagree - 4

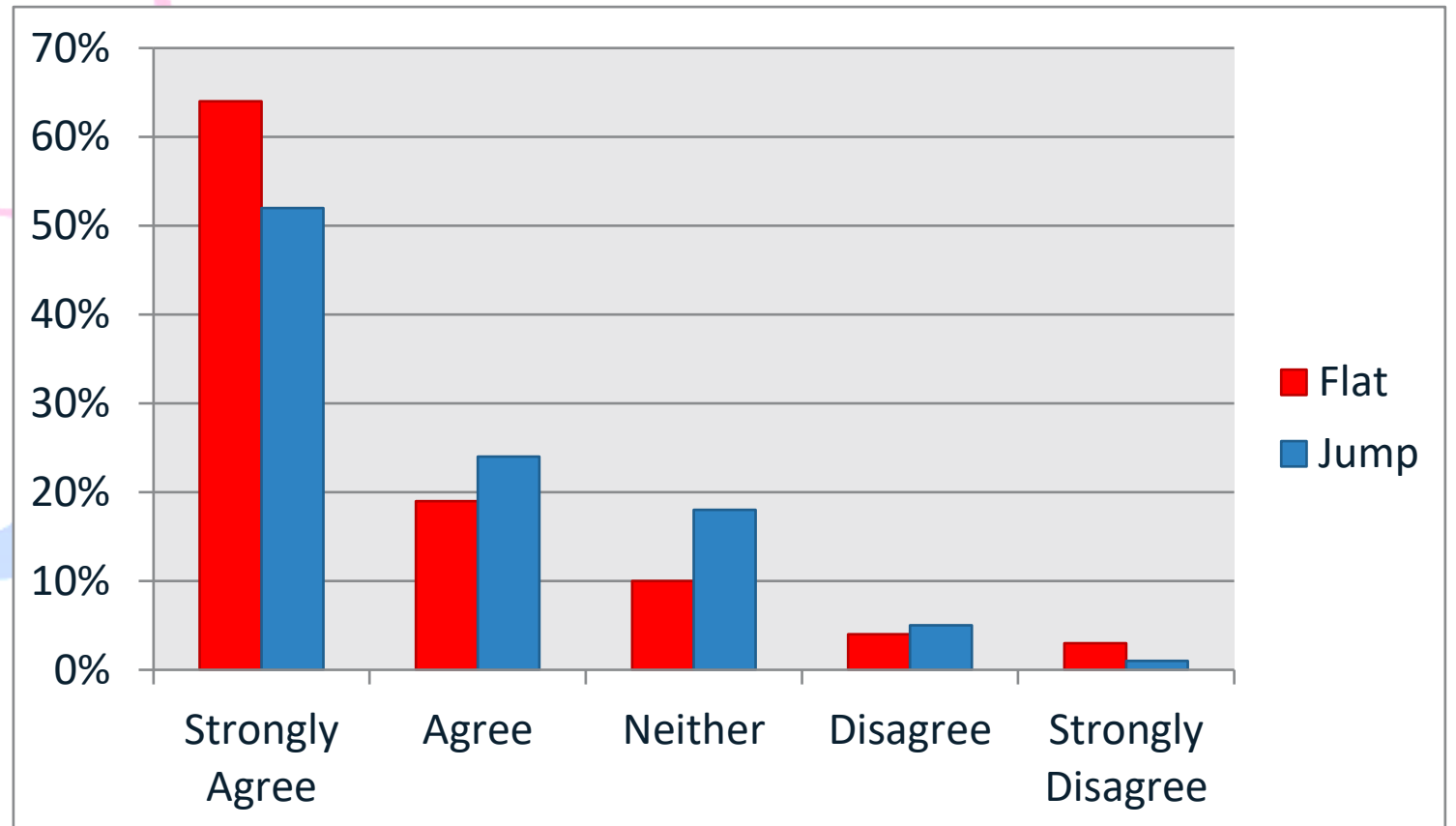
I feel that the increased weight allowance has helped me manage my weight more healthily



Question 5

	FLAT %	JUMP %
Strongly Agree	64	52
Agree	19	24
Neither Agree nor Disagree	10	18
Disagree	4	5
Strongly Disagree	3	1

I feel that the increased weight allowance has helped me manage my weight more healthily



Question 6

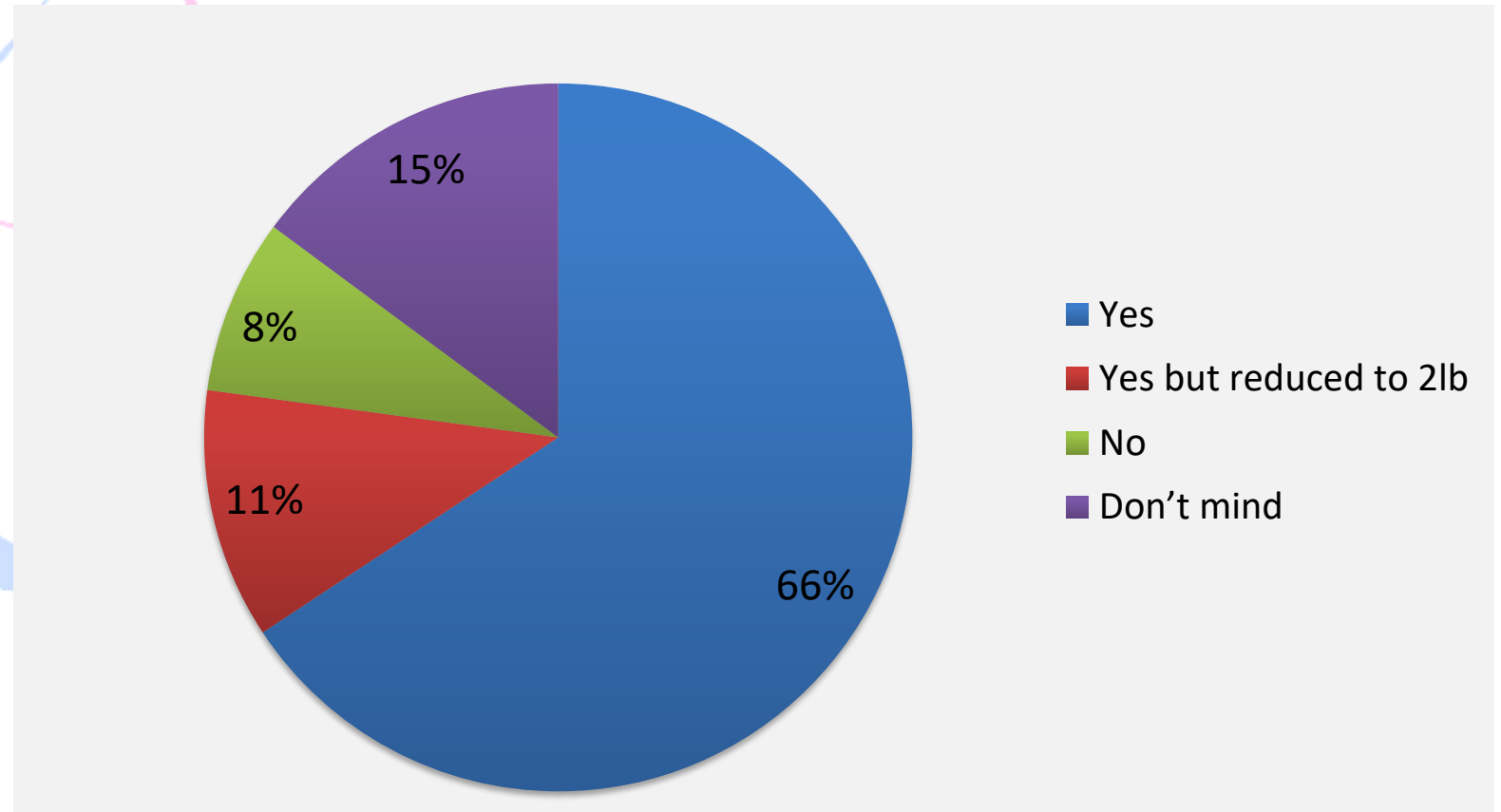
Yes - 115

Yes, but reduced to
2lb - 20

No - 14

Don't mind - 26

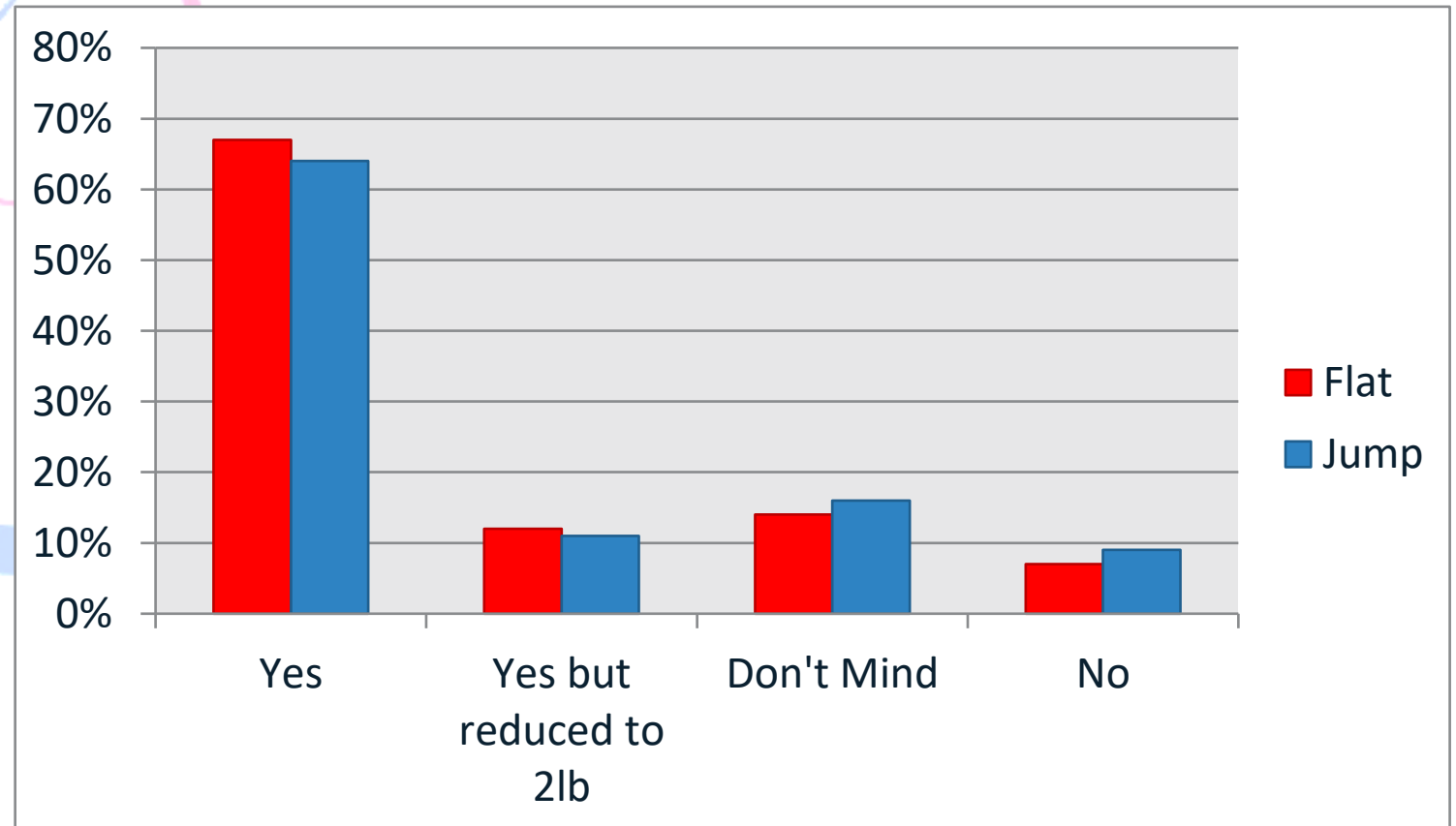
Would you like the additional weight allowance to remain?



Question 6

Would you like the additional weight allowance to remain?

	FLAT %	JUMP %
Yes	67	64
Yes but reduced to 2lb	12	11
No	14	16
Don't mind	7	9



Question 7

I am less tired - 93

I get to spend more time with family - 64

Relationship with partner has improved - 45

Relationship with trainer/owner has improved - 39

Agent's job is easier - 42

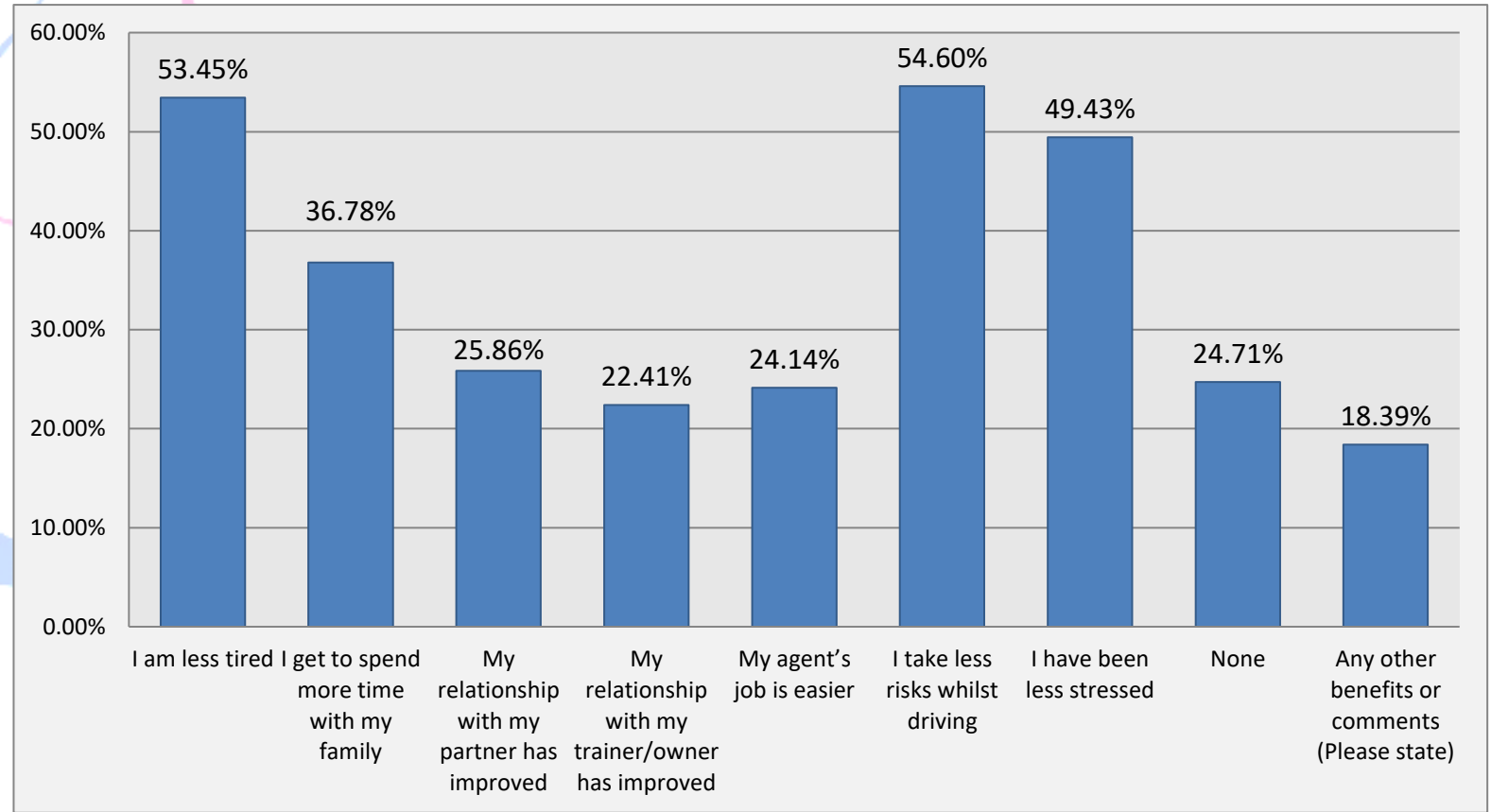
Less risks while driving - 95

Less stressed - 86

None - 43

Other - 32

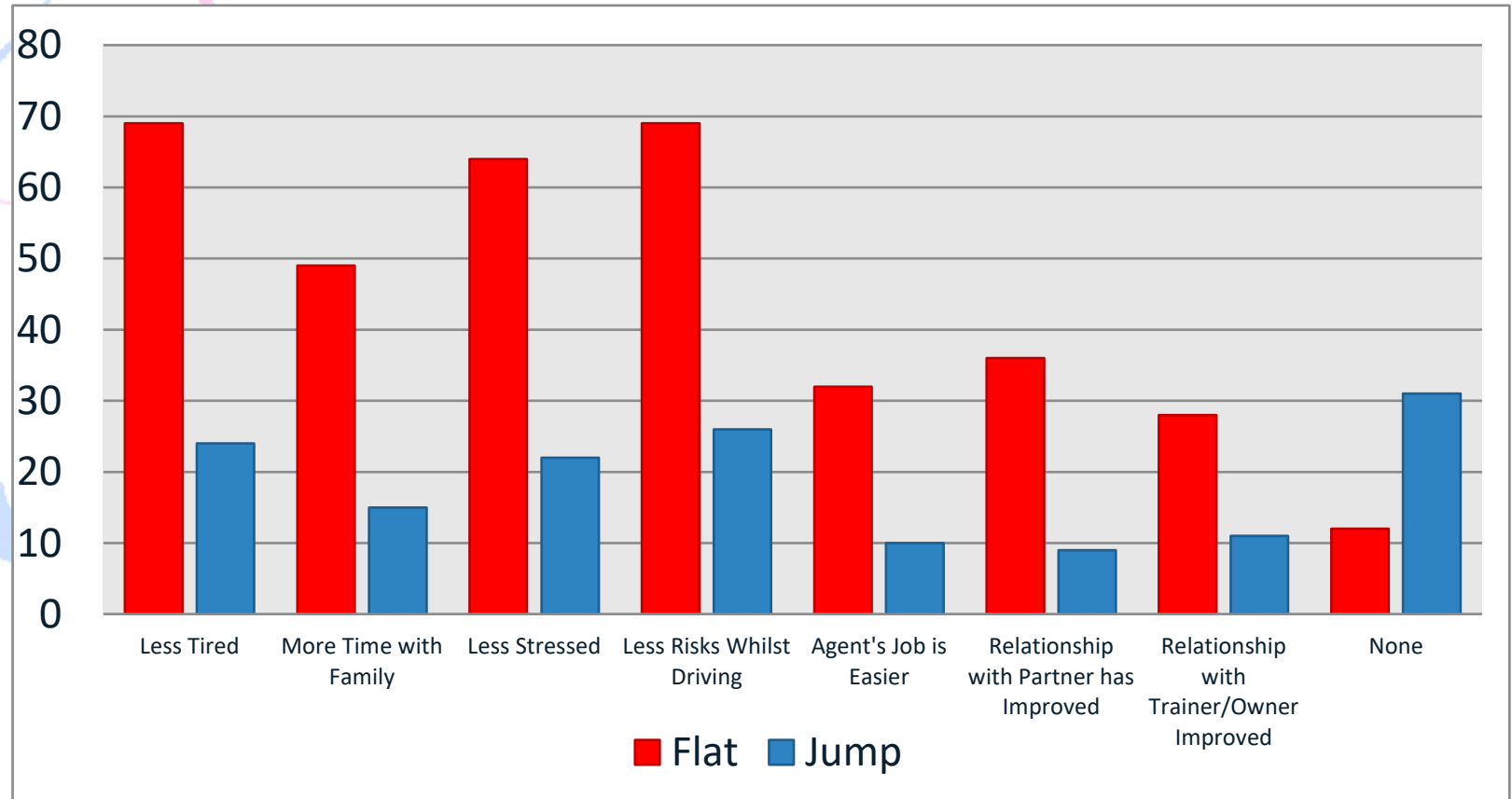
What benefits, if any, have you noticed from only being able to ride at one meeting a day?



Question 7

	FLAT	JUMP
Less Tired	69	24
Spend More Time with Family	49	15
Relationship with Partner Improved	36	9
Relationship with Trainer/ Owner Improved	28	11
Agent's Job Easier	32	10
Take Less Risks Whilst Driving	69	26
Less Stressed	64	22
None	12	31

What benefits, if any, have you noticed from only being able to ride at one meeting a day?



Question 8

I am more tired - 1

I have spent less time with family - 0

It has cost me more rides/money than I gained - 20

Relationship with trainer/owner has got worse - 2

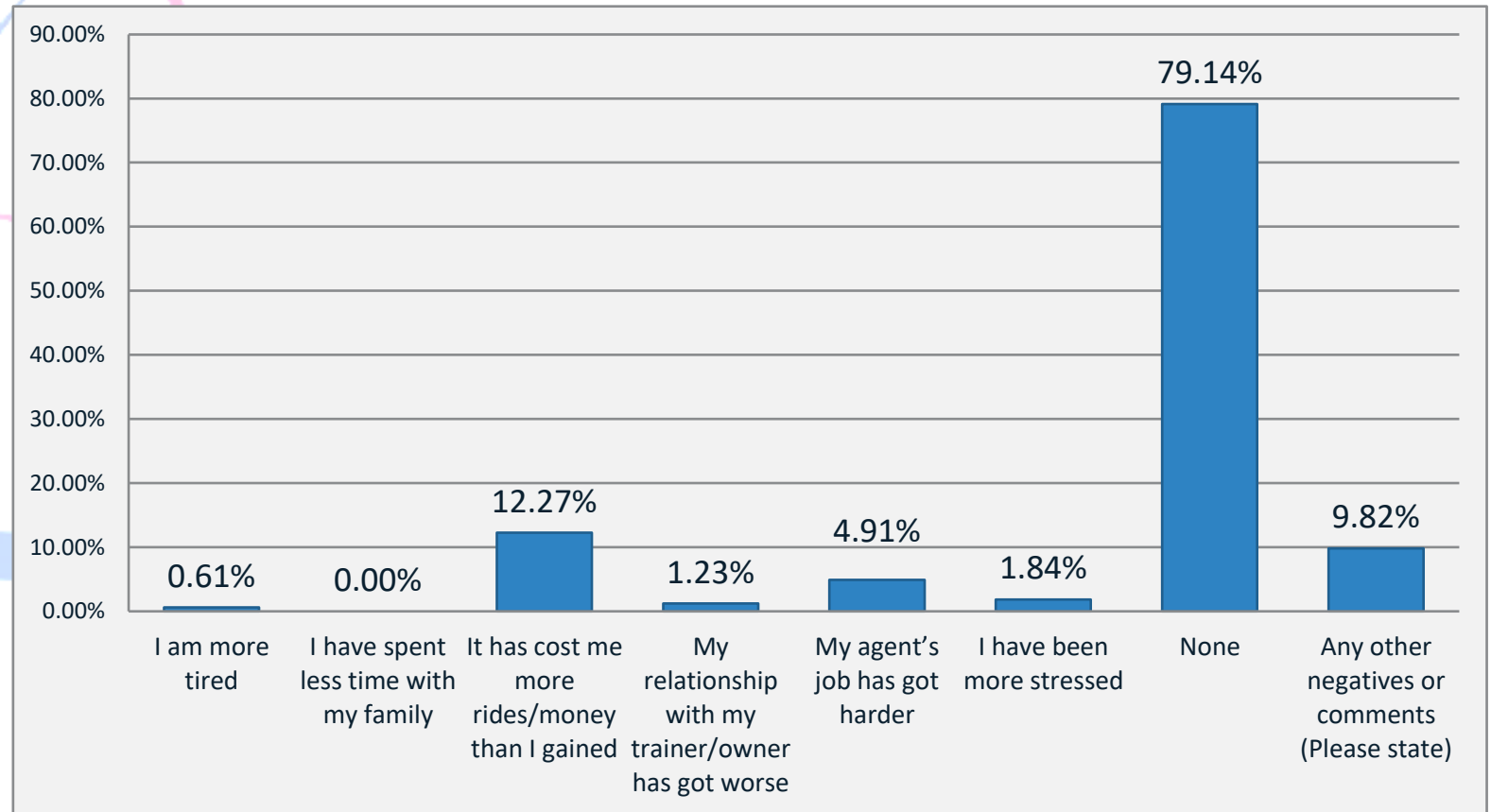
Agent's job got harder - 8

More stressed - 3

None - 129

Other - 16

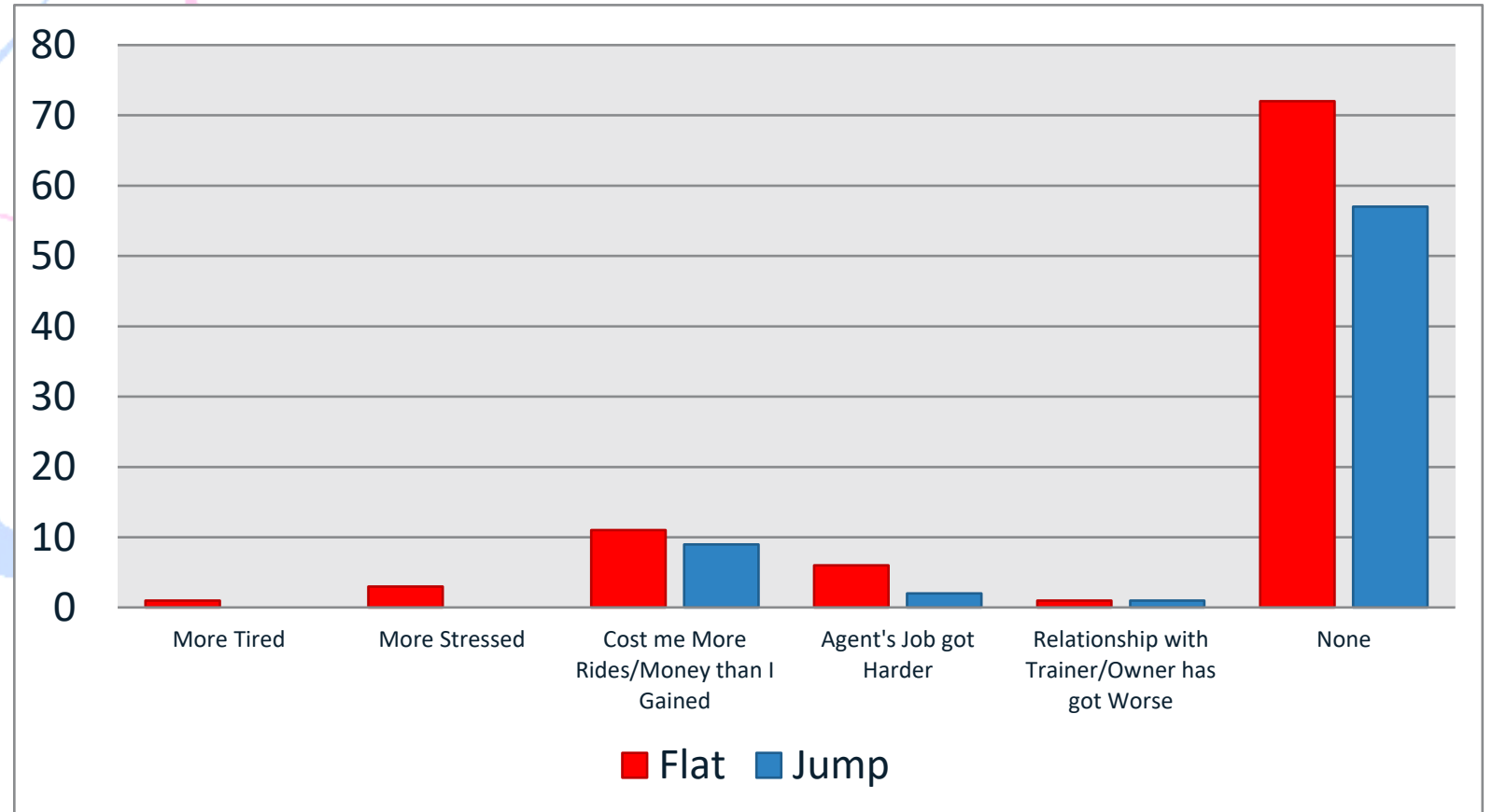
What negatives, if any, have you noticed from only being able to ride at one meeting a day?



Question 8

	FLAT	JUMP
More Tired	1	0
More Stressed	3	0
Cost me More Rides/Money than I Gained	11	9
Agent's Job Harder	6	2
Relationship with Trainer/Owner Worse	1	1
None	72	57

What negatives, if any, have you noticed from only being able to ride at one meeting a day?



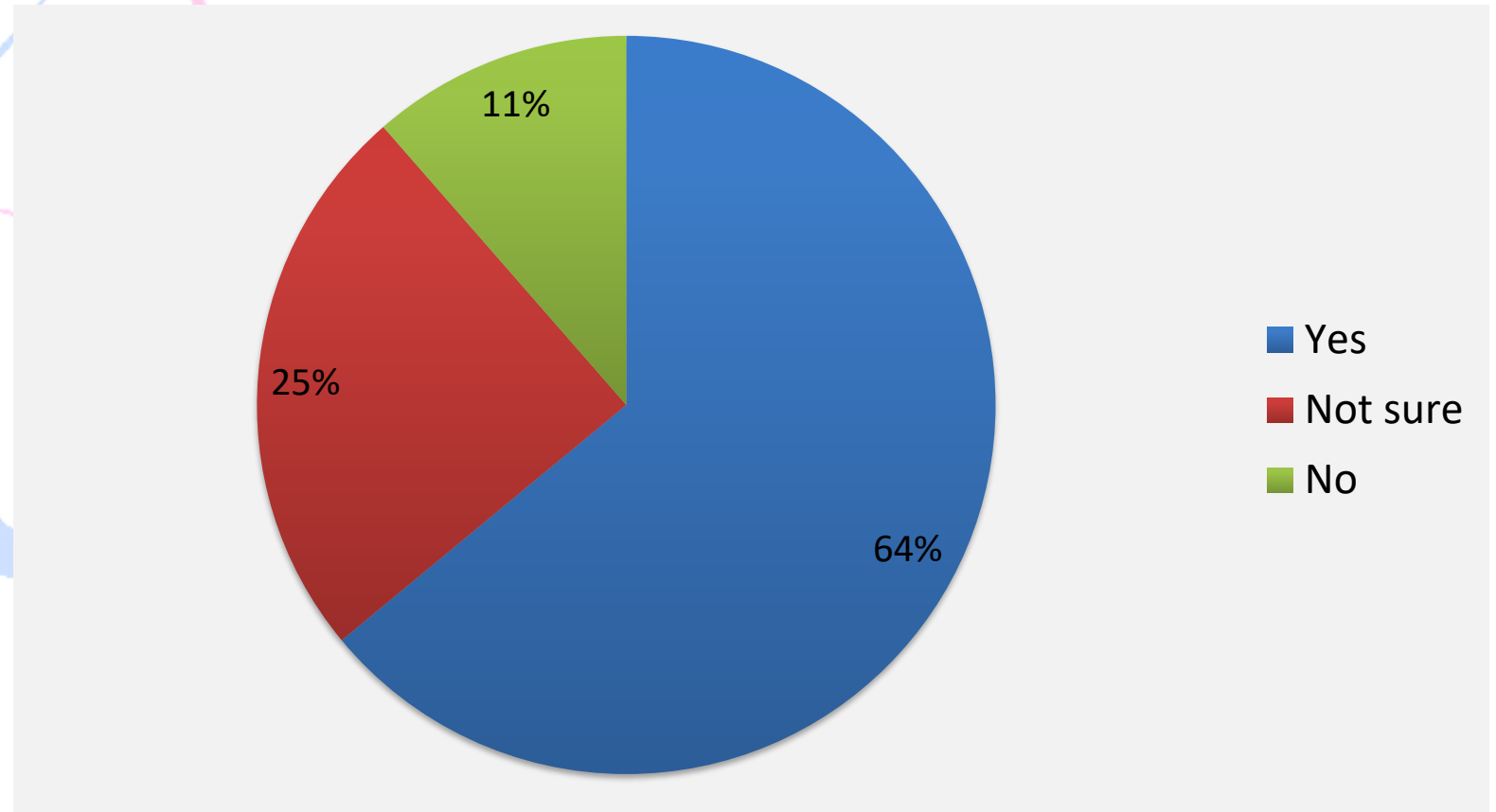
Question 9

Would you like the one meeting a day restriction to remain after it is no longer required as part of Covid-19 protocols?

Yes- 112

Not sure - 43

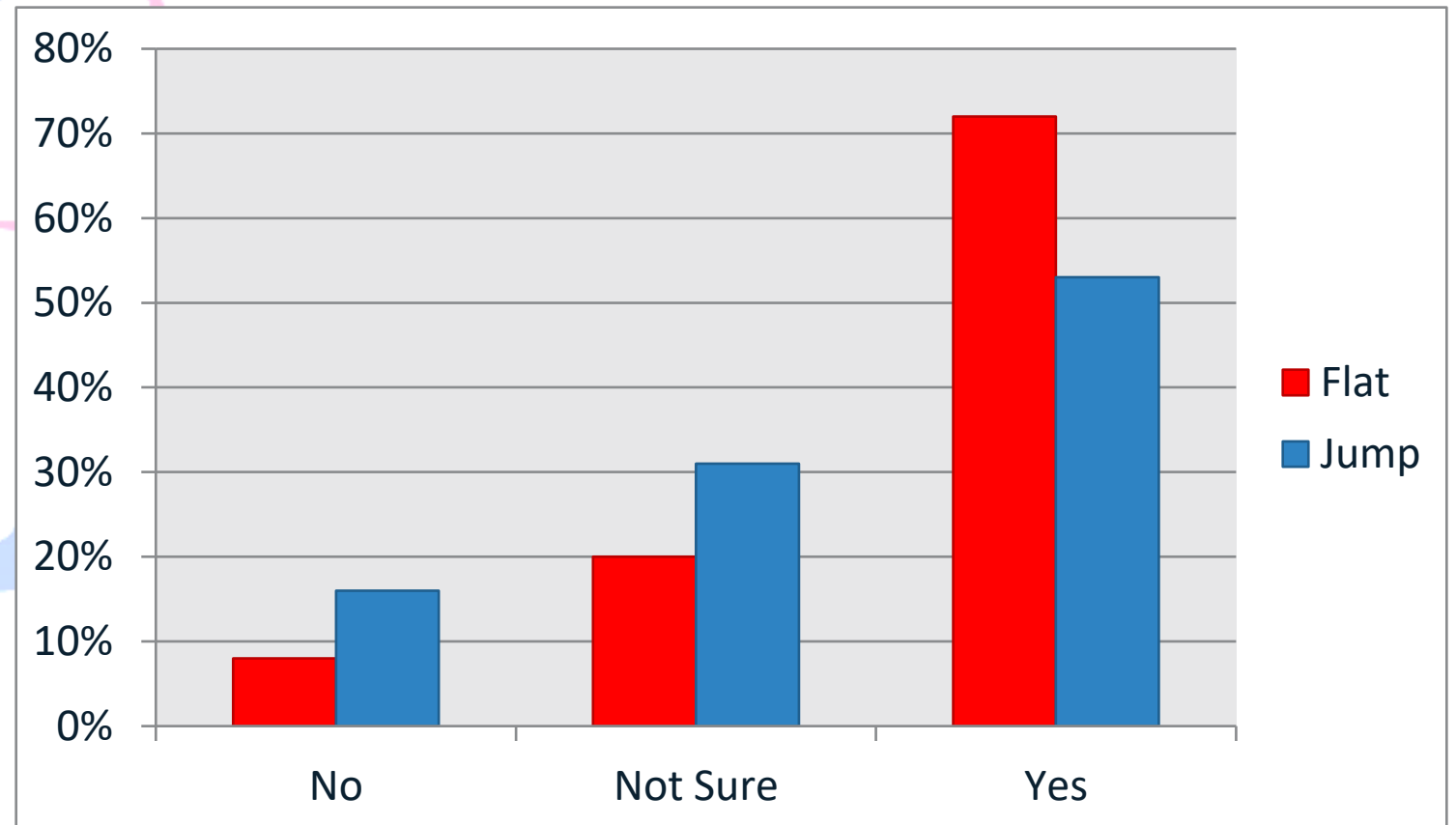
No – 20



Question 9

Would you like the one meeting a day restriction to remain after it is no longer required as part of Covid-19 protocols?

	FLAT %	JUMP %
No	8	16
Not Sure	20	31
Yes	72	53



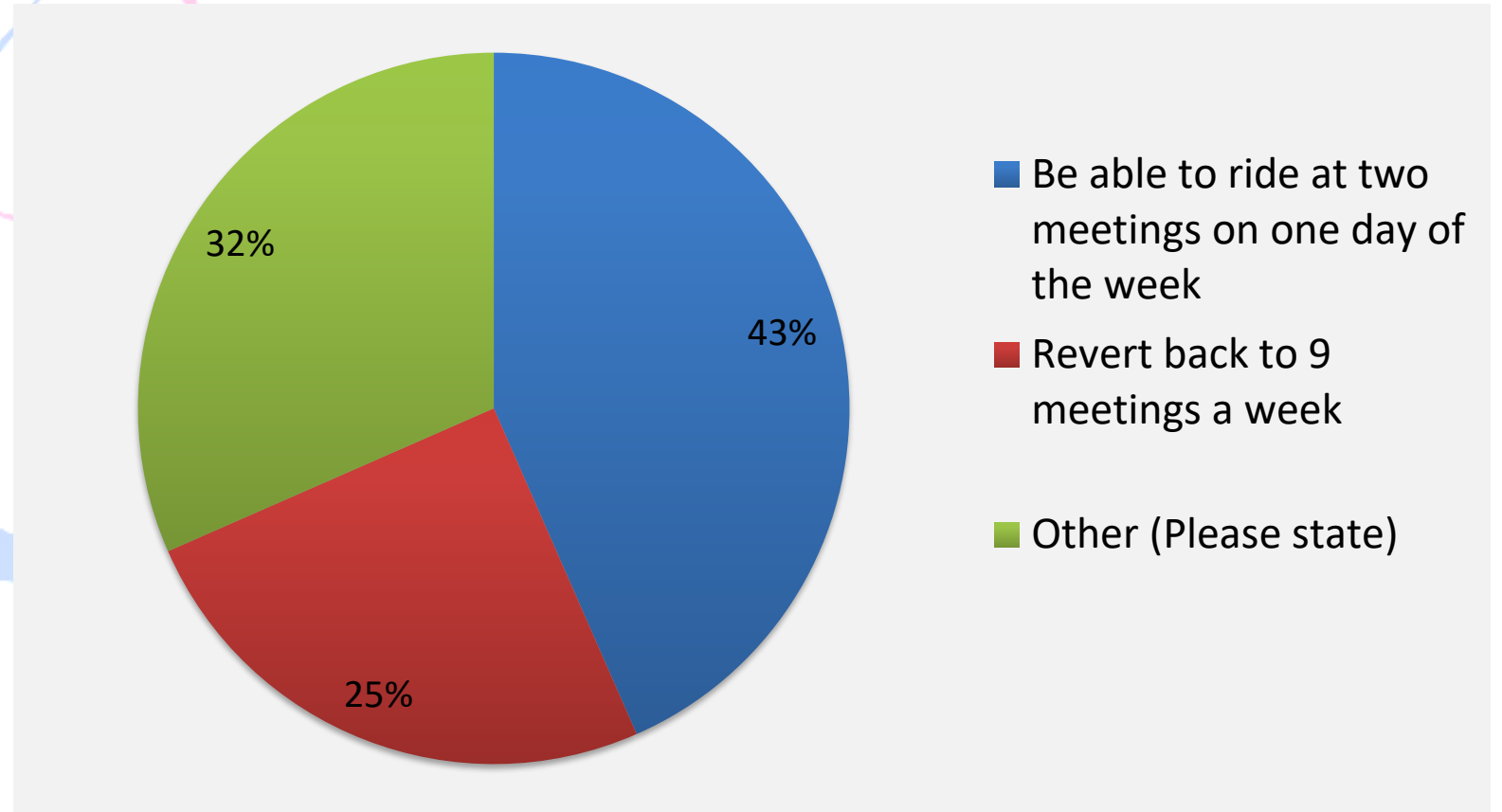
Question 10

Be able to ride at 2 meetings one day a week - 33

Revert back to 9 meetings per week - 19

Other – 24

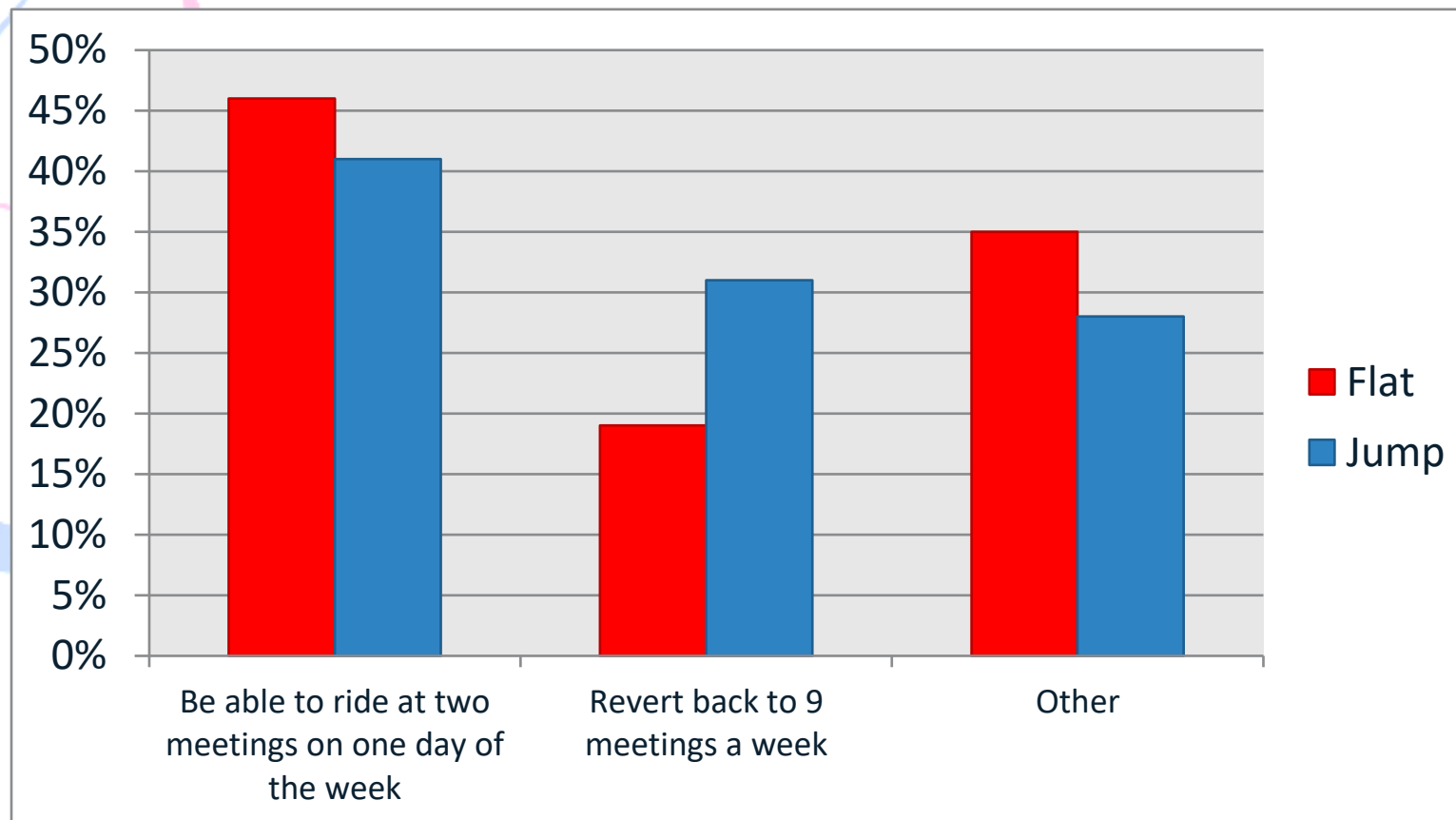
If you answered “No” or “Not Sure”, what do you want?



Question 10

If you answered “No” or “Not Sure”, what do you want?

	FLAT %	JUMP %
Be able to Ride at two meetings on one day of the week	46	41
Revert back to 9 meetings a week	19	31
Other	35	28



Question 11

If we merge the answers to questions 9 and 10, we get the following:

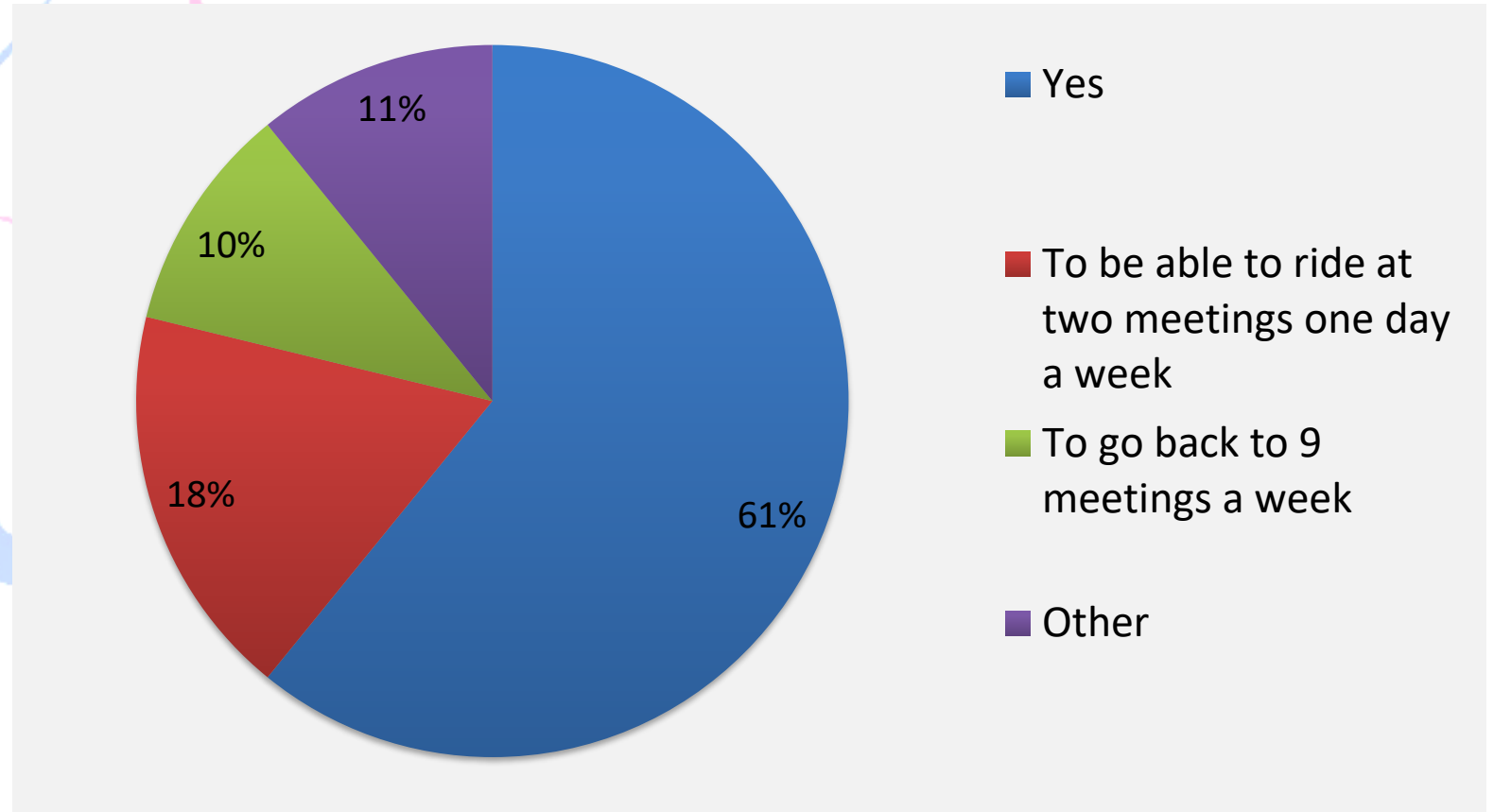
Yes - 112

Be able to ride at 2 meetings one day a week - 33

Revert back to 9 meetings per week - 19

Other – 24

Would you like the one meeting a day restriction to remain after it is no longer required as part of Covid-19 protocols?

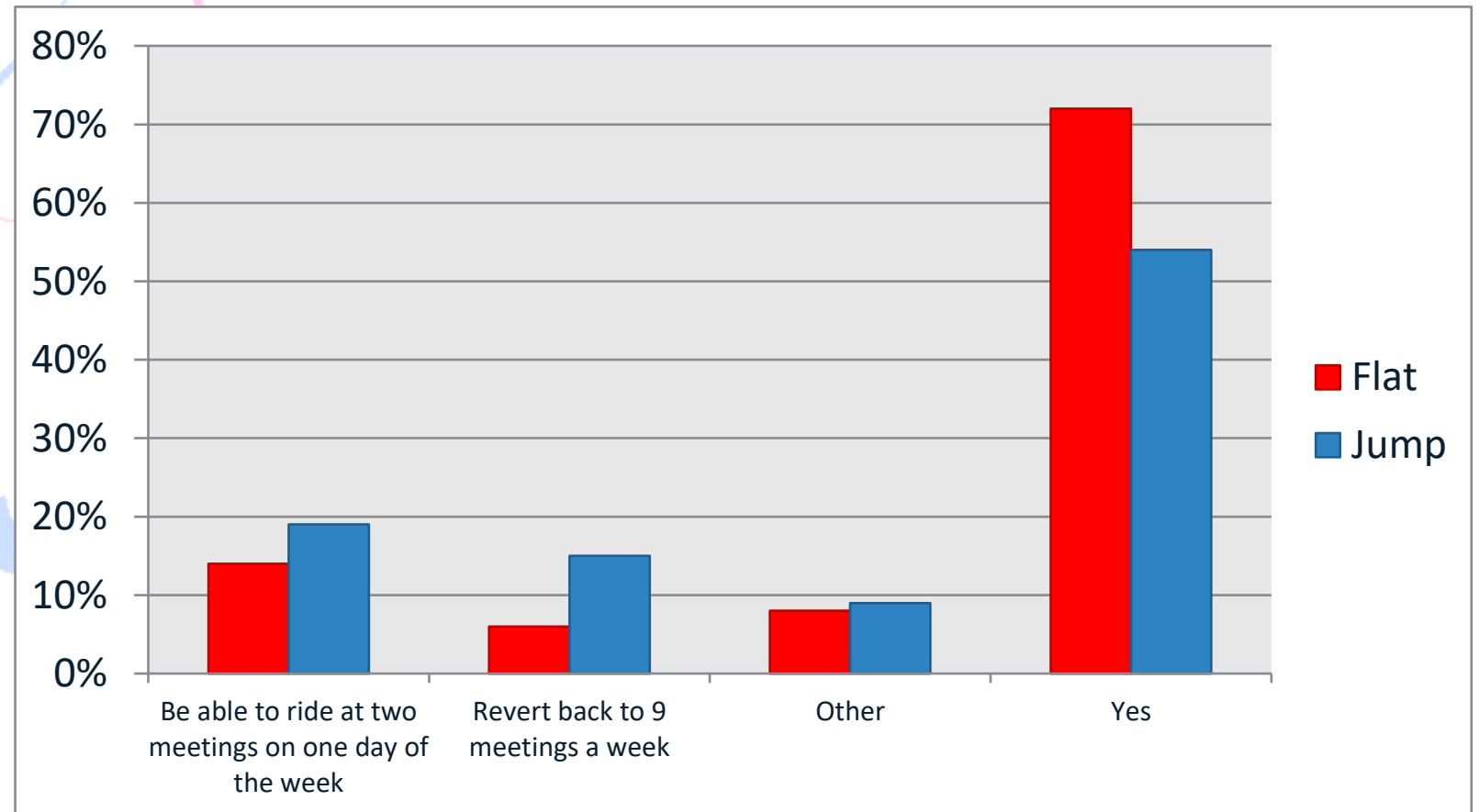


Question 11

If we merge the answers to questions 9 and 10, we get the following:

	FLAT %	JUMP %
Yes	72	54
Be able to Ride at two meetings on one day of the week	14	19
Revert back to 9 meetings a week	6	15
Other	8	12

Would you like the one meeting a day restriction to remain after it is no longer required as part of Covid-19 protocols?



Question 12

One 2 week break - 26

One 4 week break - 26

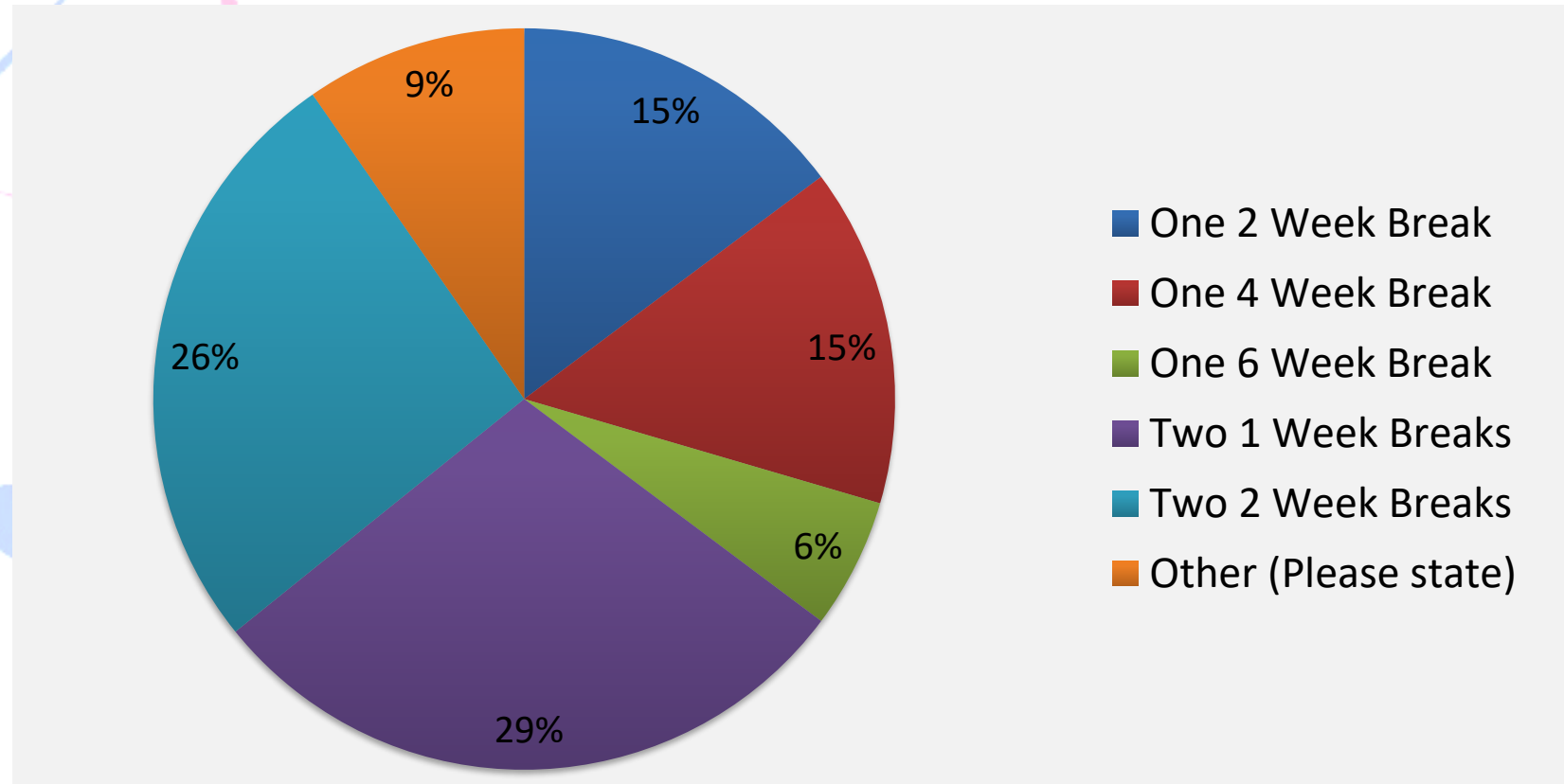
One 6 week break - 10

Two 1 week breaks – 51

Two 2 week breaks – 46

Other - 17

What do you think would be an adequate duration of a break in your racing season?



Question 11

What do you think would be an adequate duration of a break in your racing season?

	FLAT %	JUMP %
One 2 week break	23	3
One 4 week break	6	20
One 6 week break	0	10
Two 1 week breaks	39	12
Two 2 week breaks	24	22
Other	8	9

