

Questionnaire

Introduction

Dear Sir/ Madam,

My name is Sarah Loughlin and I am an undergraduate at the University of Exeter. For my final year dissertation I am conducting a research study in the area of water skiing. Please help me to collect data about the water skiing season 2010 by filling out my questionnaire. Feel free to omit any questions you don't want to answer. All data will be kept anonymous.

Questionnaire will take about 5 minutes of your time.

Thank you for your participation,

Sarah

Background Information

1.) Gender

Male

Female

2.) Age

3.) Which tournament event do you take part in?

Slalom

Trick

Jump

4.) *Please select you skier level*

- Recreational (two skis/one ski)
- Club level (can run the slalom course/trick ski/jump ski)
- Competitive (division 4 and 3 men, 3 ladies)
- Competitive 2 (2 men, division 2 ladies)
- Competitive 3 (division 1 men, division 1 ladies)
- Competitive 4 (premier men and ladies)
- Elite (represent GBR/your country at an international event)

5.) *Where do you normally ski?*

	Always	Occasionally	Never
Private lake or members club (one boat on the water at a time)	—	—	—
Private lake or members club (more than one boat on the water at a time)	—	—	—
Boat owners lake (one boat on the water at a time)	—	—	—
Boat owners lake (more than one boat on the water at a time)	—	—	—
River	—	—	—
Sea	—	—	—

6.) *Is the driver of the boat a qualified BWSF (or other governing body of country) driver*

- Yes
- No

() Not sure

7.) *How many sets per week do you have on average during the summer season (March – October) in each event*

Slalom: _____

Trick: _____

Jump: _____

8.) *How many years have you been competing in tournament skiing?*

9.) *How many competitions do you do in an average season/ year in each event*

Slalom: _____

Trick: _____

Jump: _____

10.) *In the past year (2010 SEASON) how many (if any) injuries did you get whilst skiing?*

None

1

2

3

4

5 or more

If your answer to the previous question was 'none' (you have had no injuries in the 2010 season), please scroll to the bottom of the page and press 'NEXT' until you reach the 'SUBMIT' button, you have completed the questionnaire, but PLEASE ensure you press the 'SUBMIT' button, otherwise I will not be able to access your data. Thank you for your

participation.

If you answer was 1-4 or 5 or more (you have had injuries in the 2010 season) please press 'next' to continue with the questionnaire.

Injury Information (1)

Please provide information on your FIRST injury that occurred in the 2010 season. If you have had further injury, please fill out ONE injury per page by following the instructions at the bottom of this page.

11.) Please provide a short explanation of how the injury occurred, a brief description of the situation leading to your injury and also details of the injury (specific body part, course of action taken)

12.) Which event were you doing at the time of injury?

- Slalom
- Trick
- Jump

13.) Which region of the body was your injury in?

- Lower limbs
- Upper limbs
- Back/ trunk
- Head
- Other (please specify)

14.) What type of injury was it?

- Laceration

- Sprain
- Strain
- Broken bone
- Other (please specify)

15.) Did you consult a medic/ receive medical treatment for your injury?

- Yes
- No

16.) Was your injury a result of

- A fall
- The driver
- Obstacles in the water (eg birds, fish or foreign objects)
- None of the above

17.) On the occasion where you were injured did you warm up before you went on the water?

- Yes
- No

18.) Please provide a brief description of your pre skiing routine (for example Is this your normal behaviour? Do you normally warm up prior to skiing?)

19.) How would you rate your physical fitness at the point in the season when the injury took place?

- Very poor
- Poor
- Average
- Good
- Very good

20.) *What was the condition of the equipment you were using at the time (ski/ bindings/ towrope):*

- Very poor
- Poor
- Average
- Good
- Very good
- If poor or very poor please provide details

21.) *Were either yourself or the driver of the boat under the influence of drugs or alcohol at the time your injury occurred?*

- Yes
- No

If you have had no further injury, please scroll to the bottom of the page and press 'NEXT' until you reach the 'SUBMIT' button, you have completed the questionnaire, but PLEASE ensure you press the 'SUBMIT' button, otherwise I will not be able to access your data. Thank you for your participation.

If you have had a second injury during the 2010 season please press 'NEXT' to continue with the questionnaire.

Injury Information (2)

22.) *Please provide a short explanation of how the injury occurred, a brief description of the situation leading to your injury and also details of the injury (specific body part, course of action taken)*

23.) *Which event were you doing at the time of injury?*

- Slalom
- Trick
- Jump

24.) *Which region of the body was your injury in?*

- Lower limbs
- Upper limbs
- Back/ trunk
- Head
- Other (please specify)

25.) *What type of injury was it?*

- Laceration
- Sprain
- Strain
- Broken bone
- Other (please specify)

26.) *Did you consult a medic/ receive medical treatment for your injury?*

- Yes
- No

27.) *Was your injury a result of*

- A fall
- The driver
- Obstacles in the water (eg birds, fish or foreign objects)
- None of the above

28.) *On the occasion where you were injured did you warm up before you went on the water?*

- Yes
- No

29.) *Please provide a brief description of your pre skiing routine (for example Is this your normal behaviour? Do you normally warm up prior to skiing?)*

30.) *How would you rate your physical fitness at the point in the season when the injury took place?*

- Very poor
- Poor
- Average
- Good
- Very good

31.) *What was the condition of the equipment you were using at the time (ski/ bindings/ towrope):*

- Very poor
- Poor
- Average
- Good
- Very good
- If poor or very poor please provide details

32.) *Were either yourself or the driver of the boat under the influence of drugs or alcohol at the time your injury occurred?*

- Yes
- No

If you have had no further injury, please scroll to the bottom of the page and press 'NEXT' until you reach the 'SUBMIT' button, you have completed the questionnaire, but PLEASE ensure you press the 'SUBMIT' button, otherwise I will not be able to access your data. Thank you for your participation.

If you have had a third injury during the 2010 season please press 'NEXT' to continue with the questionnaire.

Injury Information (3)

33.) Please provide a short explanation of how the injury occurred, a brief description of the situation leading to your injury and also details of the injury (specific body part, course of action taken)

34.) Which event were you doing at the time of injury?

- Slalom
- Trick
- Jump

35.) Which region of the body was your injury in?

- Lower limbs
- Upper limbs
- Back/ trunk
- Head
- Other (please specify)

36.) What type of injury was it?

- Laceration

- Sprain
- Strain
- Broken bone
- Other (please specify)

37.) *Did you consult a medic/ receive medical treatment for your injury?*

- Yes
- No

38.) *Was your injury a result of*

- A fall
- The driver
- Obstacles in the water (eg birds, fish or foreign objects)
- None of the above

39.) *On the occasion where you were injured did you warm up before you went on the water?*

- Yes
- No

40.) *Please provide a brief description of your pre skiing routine (for example Is this your normal behaviour? Do you normally warm up prior to skiing?)*

41.) *How would you rate your physical fitness at the point in the season when the injury took place?*

- Very poor
- Poor
- Average

- Good
- Very good

42.) *What was the condition of the equipment you were using at the time (ski/ bindings/ towrope):*

- Very poor
- Poor
- Average
- Good
- Very good
- If poor or very poor please provide details

43.) *Were either yourself or the driver of the boat under the influence of drugs or alcohol at the time your injury occurred?*

- Yes
- No

Thank You!

Thank you for completing the questionnaire. Your response is very important to us. If you need to get in contact regarding the research study my email address is sll204@ex.ac.uk.
