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)  

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** □  □  □  □  □  

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

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.
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

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

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

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

- [ ] Yes
- [ ] No (please describe why)

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.

- Athletic (e.g. no sports related goals anymore)
- Physical (e.g. physical withdrawal, lack of physical challenges, staying healthy)
- Mental (e.g. changes in self-confidence, other interests)
- Social (e.g. establishing new contacts, less contact with athletes)
- Academic (e.g. finalizing studies, starting new studies)
- Vocational (e.g. entering the labour market, 9am-5pm routine)
- Career development (e.g. short and long term career planning)
- Financial (e.g. money management for now and the future)
- Athletic retirement (e.g. coping with post-athletic career life)
- Other (please provide details and indicate the level importance)

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

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