

# Impact of COVID-19 on High School Sport: *Experiences that Can Shape the Future Survey*

- What did we learn
- What have we done
- What are we doing next



Presentation to SHSAA AGM  
(June 24, 2022)



# Key Questions of the Survey



What do athletes, teacher-coaches, administrators, parents, and officials say about high school sport?



What were their experiences during the pandemic?



What can we learn from those voices to improve the high school sport experience?

## The Team:

### USask College of Kinesiology



Karen Chad, Faculty

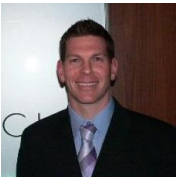


Louise Humbert, Faculty



Kenzie Friesen, Postdoctorate Fellow

### SHSAA Members



Dave Sandomirsky, Executive Director

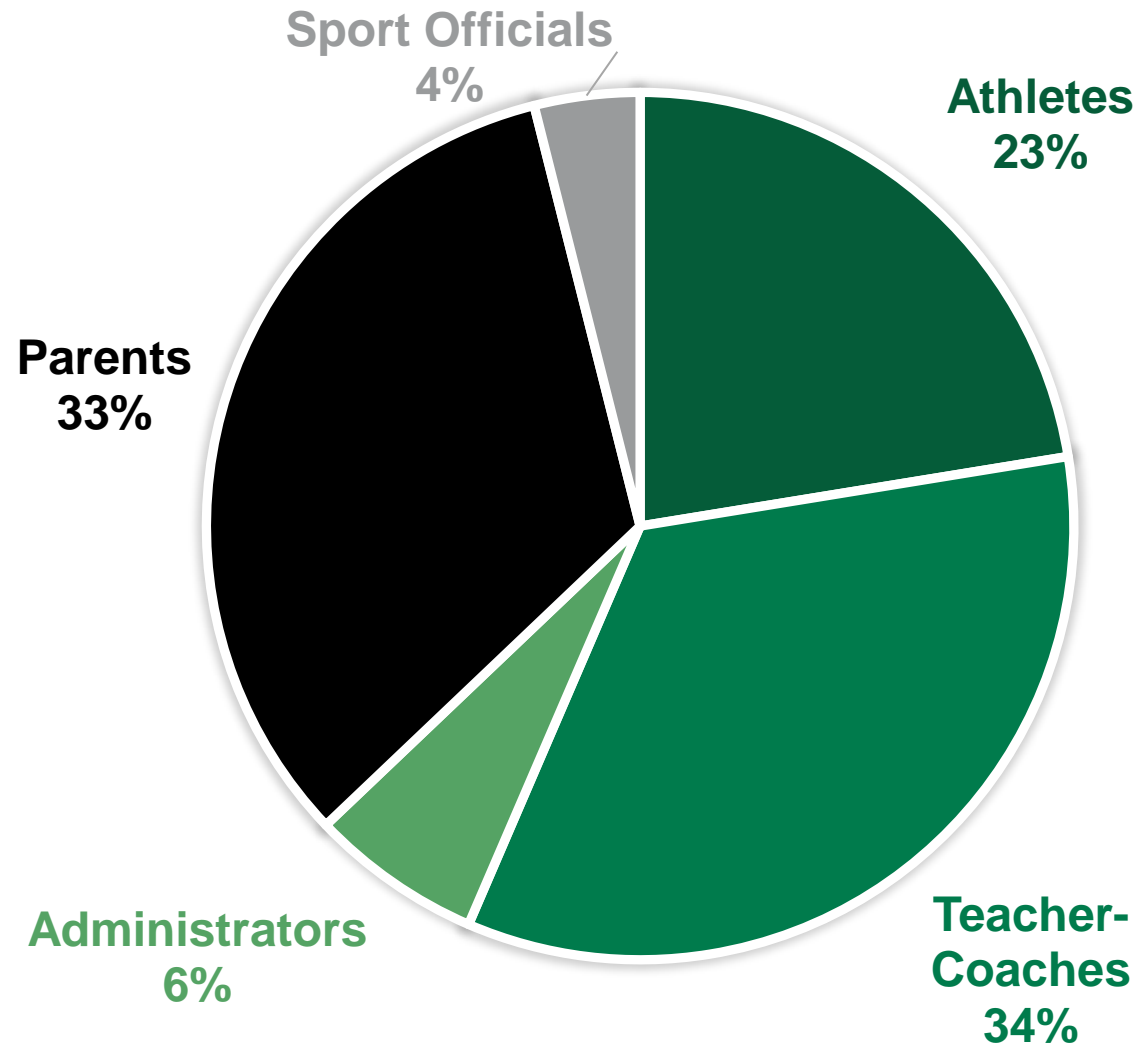


Jeff Kitts, Assistant Executive Director

## The Process:

- SurveyMonkey questionnaire distributed across Sask.
  - SHSAA Website
  - Facebook
  - Twitter
  - Instagram
  - Email to School Divisions, First Nations Authorities, and Independent Schools

# 1222 Participants (June – October 2021)



# What Did We Learn



## **Participants Missed:**

- The enjoyment and fun
- A sense of community
- Having a purpose outside of school or the job
- Being physically active
- The competitive environment
- School spirit

## **Participants didn't miss:**

- Time it took, risk of injury, uncooperative relationships

## Participants said the pandemic was a reminder of the importance of high school sports:

- Improves the student-teacher relationship
- Emphasizes the importance of friendship and teamwork
- Develops citizenship skills like resiliency, time management, etc.
- Connects students with their school
- Keeps students active and healthy
- Enriches student academic learning and educational experiences
- Is necessary for students' positive mental health and well-being

-----And that all of these declined significantly during the pandemic-----



# What Did We Learn - Looking Ahead





## Participants said....

- Increase promotion and advocacy of the benefits of high school sport
- Be creative, innovative, and equitable in engaging, supporting, and recognizing administrators, coaches, officials involved in high school sport
- Give more attention to procedures and how we do things, including how to make it easier and rewarding to retain and get more engaged
- Enhance communication between administration, students, parents and parent volunteers
- Devote more time to skill development and injury prevention
- Re-engage with school sport (coaches, students, and officials)
- Enhance support for students' mental health and well-being

# What Have We Done



- Developed some communication tools about the findings
- Shared the survey results:
  - a) The SHSAA Board of Directors
  - b) The 14 districts across the province
  - c) The Saskatchewan School Board Association (SSBA)
  - d) Sent communication to Deans of Education at U of R and U of S
- Are currently conducting follow-up interviews to the survey
  - a) A deeper dive into some of the findings
- Launched a second survey
  - a) To understand the impact and experiences of athletes, coaches, parents administrators, and officials after a year of having high school sports again

# What Are We Doing Next



## 1) Survey results

- Continue to share the findings and hopefully move to implement the ideas we heard to enhance high school sports

## 2) Extra-curricular in Saskatchewan

- Do a project to look at other models in Canada and around the world to see if there are some best practices we can adopt or implement here in Saskatchewan to enhance the way we do extra-curricular

## 3) Post-secondary messaging to student-teachers

- Do a project across the country to understand what faculty and instructors from colleges of education are telling student-teachers about their role in extra curricular; and to find out what student-teachers are hearing

## 4) Other?

# Discussion - Questions to answer

## **A. To the whole audience:**

- 1) What is your reaction to the presentation?
- 1) Is there any information or ideas missing?

# Discussion - Questions to answer

## B. At your table:

- 1) Survey Results:
  - a) Who else needs to see/hear the findings from Survey #1 and eventually Survey #2?
  - b) What else should we be doing with the data?
- 2) Extra-curricular in Saskatchewan:
  - a) What other models/ideas have you encountered that would be a good fit for high school athletics in Saskatchewan?
  - b) If we go to other jurisdictions/countries, what should we be asking?
- 3) Post-secondary messaging to student teachers
  - a) What questions should we ask faculty/instructors in Colleges of Education?
  - b) What questions should we ask our future educators?
- 4) What other questions/topics related to high school sport do you feel should be pursued by our research team