

Youth Outdoor Recreation in Queensland: Barriers and Activators



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Acknowledgment of Country

The University of Queensland (UQ) acknowledges the Traditional Owners and their custodianship of the lands on which we meet. We pay our respects to their Ancestors and their descendants, who continue cultural and spiritual connections to Country. We recognise their valuable contributions to Australian and global society.

Executive Summary

I. Background

Access to the outdoors provides each individual the opportunity to engage in a physically activity lifestyle whilst also facilitating the development of much desired social connections with relevant others. More often than not, this can be enhanced through involvement in well programmed group outdoor sport and recreational experiences. Today, younger Queenslanders are spending an increasing amount of time online and engaged with social media platforms via the use of computers, tablets, and mobile phones. Current non-participation rates amongst youth would also suggest that many face unique obstacles in accessing outdoor sport and recreation opportunities that more traditional service delivery models have not fully accommodated. Thus, this proposed study sought to understand, from a youth perspective, the activators and barriers for their engagement in outdoor recreation and sport in Queensland, Australia.

II. Methodology (*N* = 739)

Due to the limited nature of the empirical research undertaken to date with regards to youth involvement in outdoor recreation and sport in Queensland a quantitative study using an online survey methodology was used. The outdoor recreation behaviours of Queensland youth were assessed via an online survey distributed through QORF and Queensland Youth Alliance member organizations using social media, direct email contacts, and related newsletters.

III. Key Findings

- 44.1% of respondents have participated in outdoor recreation less than 5 times in the last month
- Hiking, walking, and social activities are by far the most frequent activities.
- Respondents participated in an average of 6 different outdoor activities in the last year.
- The majority of respondents indicated fun, being outdoors, physical fitness, relaxation, and being with friends as the top motives for outdoor recreation.
- Air activities (e.g. kiting, parachuting, paragliding), horse riding, beach & sea water craft activities (e.g., sailing, surfing) and mountain activities (e.g., rock climbing, skiing, bouldering) were indicated as the activities with the most interest.
- Lack of equipment, high expenses, lack of time due, lack of partners, lack of information, and lack of confidence were overwhelmingly the highest rated constraints to outdoor recreation.
- 59% of respondents indicated their friends helped them participate in outdoor recreation the most.
- The vast majority of respondents felt they had the ability to participate in outdoor recreation over screen time and that outdoor recreation relieves anger and stress.
- Regarding the respondents' friends(s)/classmates, the vast majority indicated that would be more inclined to participate in outdoor recreation if they weren't so busy, other friends were participating, activities were cheaper, activities were more convenient, and more outdoor spaces and activities were available.
- Promotion presenting outdoor activities as fun, engaging, exciting, inclusive, affordable, and generally more interesting were suggested as good ideas to increase youth outdoor recreation directly from the study respondents. Gamification, apps, and the promotion of the related personal benefits were also suggested solutions.

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Background

I. Introduction

Recreation, leisure and sport are widely considered as humanity's most fundamental, but also most valued, public institutions. Critically, they are nowadays much valued across the broad spectrum of society for their ability to develop social interactions and forge communities (Zeigler, 2007). From young children participating in recreation and leisure activities with a local non-profit youth organisation through to young adults involved in social sports competitions, being involved in a diverse range of recreation, leisure and sport activities creates meaningful bonds between individuals and the communities in which they reside. Indeed, many grass roots development programs geared towards youth involvement have proven to be particularly effective at building inclusive communities that create social capital (Bruening et al., 2015; Lyras & Welty Peachey, 2011; Spaaij, 2012; Welty Peachey, Bruening, Cohen, & Cunningham, 2015). In recent years, increasing mass participation rates in a diverse range of recreation and sport opportunities through various "come and try initiatives" have been a key foci in many Western countries as they seek to address critical lifestyle and health concerns associated with a sedentary existence (World Health Organisation, 2018). In the Australian setting at least, it is very clear much has yet to be accomplished in this regard. Latest figures from the Australian Institute of Health and Welfare (AIHW) (2018) reveal that 26% of children aged 5-14 years and 22% of young people aged 15-24 years are overweight or obese. Critically, there were noticeably higher rates for those living outside the major cities. For those aged 18 years and older, the figures are even more alarming with 70% of those living in outer regional and remote areas and 65% of those living in major cities considered to be overweight or obese.

In terms of engagement in physical activity, only 2% of young people aged 13-17 years met the physical activity and sedentary screen-based behaviour guidelines (AIHW, 2019). The Institute also found that for those aged 18 years and older, approximately 1 in 2 adults (55%) did not participate in a sufficient level physical activity over the 2017-2018 year. Compounding the health costs associated with these sort of figures even further, recent data suggests that approximately 39% of youth and young adults aged 25-24 years across Australia regularly consume alcohol at levels that place them at risk of harm. Yet, as social contexts evolve, it is imperative that initiatives aimed at engaging young Australians in leisure and recreation activities must adapt to remain effective at the community level (Stranger, 2011). As Bolton, Gustafsson, McColl-Kennedy, et al. (2014, p. 243) contend, "service organisations and marketers have focussed too much energy on their core service's performance and too little emphasis on designing a customer journey that enhances the entire customer experience". It is posited here that some number of Queensland-based recreation and leisure agencies may be guilty of such an oversight. In and of itself, this is a critically important consideration for any recreation and leisure-based agencies currently servicing the youth and young adult market in Queensland in 2019. Wirtz, Tuzovic and Kuppelweiser (2014) have suggested that by making small but significant differences in the services offered so that they are better aligned with the customer's tastes and desires, such action can quickly become a valued marketing strategy that serves to reward all involved in the process many times over.

So where to next one might reasonably ask? First, it must be fully understood that humankind's entry into the postmodern era has significantly changed day-to-day social interactions (Stranger, 2011). The notion still banded around in some agencies of "it is okay to maintain the same old as it works just fine" no longer has currency in the social world of youth and young adults. Modern communities are nowadays characterised by a strong sense of individualism within mass cultures. The self is the centre of the world, with external phenomenon only considered in relation to the individual. As such, community members often fail to create meaningful social bonds (Lasch, 1991). When this hyperindividualization reaches its logical limits, "the self rediscovers its connection with the world beyond the body, in moments of deindividualization" (Stranger, 2011, p. 132). This position is in direct conflict with postmodern tendencies, where networks of tribes are formed and individuals construct their own identities in ever-changing groups (Maffesoli, 1996). Maffesoli suggested "neotribes" are cyclical, enchanted and collaborative, with individuals developing a common consciousness and transcending their own self through the existence of the group. In many Western societies, access to such tribes has become a social need, with recreation, leisure and sport each presenting as possible entry points (Stranger, 2011).

Using recreation and leisure opportunities to create community-wide initiatives is a complex process that requires careful planning. This is particularly crucial in rural areas where the agents of such programs are often perceived as outsiders (Whaley & Haley, 2008). The very nature of the physical separation from relatively large urban centres may also lead to the creation of a number of barriers and challenges for program success (Kowalski, Grybovyh, Lankford, & Neal, 2012). For example, accessibility, mobility and distance have all been identified as critical factors that serve to hinder recreation and sport participation in rural areas (Jackson, 1994).

II. Neotribalism in modern society

Maffesoli (1996), in reviewing modern society, posited that mass culture had been replaced by a complex network of relatively small tribal gatherings, "heterogeneous fragments, the remainders of mass consumption society" (Shields, 1996, p. x). Such neotribes are characterised by a common will to "be together" through actions (i.e. clubs, regular attendance at bars, involvement in sporting events) as well as the development of a collective identity, allowing members to transcend themselves within the group. Maffesoli claimed this transcendence of the self as dependent upon the moment, a state referred to as "bliss" by Hetherington (1994). Neotribes are therefore fluid and ephemeral in nature. Hetherington (1994, p.2) suggested members of *communitas* follow "a particular set of beliefs", a notion Maffesoli (1996) later requalified as "a shared aesthetic".

Over the last two decades, the concept of neotribalism has been empirically tested and validated through numerous research studies. McPherson, Smith-Lovin, and Brashears (2006) suggested belonging to neotribes is essential for an individual to understand and interact with the world socially. Their research suggested members of disadvantaged populations rely heavily on tangible help provided by others for their participation. Putnam (2000) studied the positive effects of social interactions in the United States (US) since

the 1950s. While formal involvement in official groups such as civic committees or political parties declined, participation in informal gatherings rose. He suggested a closer examination of how these associations can create positive outcomes, which has been undertaken since in a number of academic fields, including tourism (Hardy & Robards, 2015; Kriwoken & Hardy, 2018), anthropology (Rose, 2015) and sport (Green, Thurston, & Vaage, 2015; Norman, 2014).

Neotribalism, and postmodernism by extension, suggests individuals define themselves through fragmented identities collected by memberships in different groups. Each assembled identity is unique, embracing diversity and variety, rather than uniformity. Differences are accepted; the “normal” is now referred to as “mainstream”, and often negatively connoted. In essence, it has been argued that a traditional lifestyle no longer exists. The concept of a ‘traditional lifestyle’ has been replaced by postmodern ideology, in which individuals seek connection and affiliation in ways not conceived twenty or thirty years earlier.

Individuals pursue neotribe membership as a means of defining themselves. Selection is made dependent on elements such as personal interests, family traditions and/or time/financial constraints. Critically, neotribes may not necessarily further the positive development of individuals. On the one hand, some neotribes may occupy a positive place in a community. Groups which work towards a “common good” such as community soup kitchens or the Red Cross contribute to improving the quality of life. By contrast, neotribes linked to criminal activities, such as gangs or drugs, are perceived as having a negative socio-cultural impact (St John, 2012; Wexler, 2016). Still other neotribes may be elitist and non-inclusive by nature. What Rata (2011) defined as a form of neotribal capitalism, which included young, relatively wealthy high-level executives trying to re-establish now obsolete leadership values over less fortunate groups, can be considered a relevant example.

The question thus arises whether or not government policy-makers and senior management of various recreation and leisure agencies that service the needs of youth and young adults in Queensland are efficient at managing or perhaps even acknowledging the range of neotribes available to individuals. Factors such as geography, socio-economic status, culture and technology each impact an individual’s choices, and the level of access to neotribes themselves. For instance, rural environments have been recognised as having limited opportunities for recreation and leisure activities, indicating a reduced number of neotribes available for individuals to join. Past research has revealed that factors such as constraints to leisure involvement notably diminishes individual participation (Eley, Bush, & Brown, 2014). It also hinders the development of efficient programs for community building. In the rural context, furthering the development of positive neotribes becomes proportionally more significant, as there is good evidence to suggest that the threat of communities cased in destructive behaviours continues to grow (Wexler, 2016).

III. Recreation and leisure communities as positive neotribes

A number of researchers (Pike, Jackson, Wenner, & Wheaton, 2015; Stranger, 2011) have reported that the identified characteristics of many recreation and sport communities are consistent with that commonly associated with Maffesoli’s considered review of neotribes (1996). According to MacClancy (1996),

recreation and leisure activities are “vehicles of identity, providing people with a sense of difference and a way of classifying themselves and others” (p. 2). Typically, individuals gather in formal clubs or recreational groups to practice some form of athletic and/or social activity. In so doing, they demonstrate a willingness to “be together”. In this context, the “shared aesthetic” is the common interest in the activity chosen, thus serving to transcend the self through shared practices and a desired sense of mateship and team spirit.

Recreation and leisure-based communities can take many forms. Cultures, demographic characteristics, geography, and even the forms of practice engaged in have all been identified in past research as factors that, in one way or another, shape communities across a broad range of geographic localities (Hulteen et al., 2017). Exclusive groups, such as country or social clubs (Mayo, 1998), exemplify traditional communities well. Joining such groups usually requires an invitation from an existing member, as well as meeting financial, and some would argue demographic, requirements (Lenkiewicz, 2011). Conversely, Sharpe and al.’s (2016) “community of the future” can be found in many recreation and leisure environs. For example, Stranger (2011) examined surfing communities in Australia, and found an inclusive, dynamic atmosphere in the practice of this particular form of leisure activity.

While recreation and sport has long been seen as a major factor contributing to the positive health and well-being of its participants (Zeigler, 2007), research has revealed the existence of social dysfunctions within many of these groups. For instance, discrimination, harassment and abuse commonly arise as problems needing to be directly addressed in recreation and sport groups (Mountjoy et al, 2016). Gender, sexual preference, racial background, ethnic origins, and even age remain as factors of discrimination within many communities. It should be noted that psychological and sexual harassment can also be prevalent in structured or semi-structured sport and recreation competitions, with athletes with disabilities and lesbian, gay, bisexual and transgender (LGBT) athletes considered to be those most at risk (Mountjoy et al., 2016). Similarly, hazing and bullying have become an all-too-common forms of abuse with numerous examples reported in the media in recent times. Clearly, there is much scope for improvement with regards to these range of concerns if the overall intent of any agency is to create communities that suitably cater for a diverse cross section of youth and young adults in the Queensland setting.

IV. A changing recreation and leisure servicescape

The social dimension of a servicescape, also commonly referred to these days in the context of recreation and leisure services as an experiencescape, can be very complex and elusive. Early research on servicescapes were cased principally in terms of a supply driven mindset. The environment was thought to stimulate predicable consumer responses. More recent research, however, has uncovered the complexity of interactions between environments and its characteristics and the motives of people. Point-of-service encounters do not involve passive responses to environmental affordances, but rather are an interactive and evolving “co-creation of value” (Pareigis, Echevri & Edvardsson, 2012). Environmental features are thus invitations to consumers to interact and respond to in a number of suggested ways. However, consumers will

commonly exercise their own creativity and motives, utilizing environmental features in ways that they choose in order to create or elevate the value of the experience (Daunt & Harris, 2012).

Interestingly however, there is good evidence to suggest that many service providers continue to focus principally on the value they perceive created by the interactions between their operations and the customer. Such a perspective is nowadays considered far too narrow to be purposeful as the customers themselves will often create value beyond just their participative role. For instance, through their active engagement customers might create opportunities to strengthen or enrich the service relationship between the parties but because of the narrow focus often taken, these may not be immediately evident to the service provider (Heinonen, Strandvik, Mickelsson, et al., 2010).

Recent research has revealed that not only does the servicescape have both direct and indirect effects on the level of perceived service quality of a given operation, but it also has a far greater importance than was previously recognized for consumers. This being particularly the case for those seeking an engagement in hedonically motivated services, such as those to be found in recreation and leisure settings (Gustafsson, Kristensson & Witell, 2012; Reimer & Kuehn, 2005). How then can operations best service the needs of today's customers via valued experiences? This has become a critical business consideration for management generally as globalization, technological innovations, and an increasingly consumer-dominant logic have all served to dramatically impact the way that recreation and leisure agencies now operate in today's turbulent business environment. For example, in recent years, managers of many operations have been forced to rethink their business strategies and optimize their operation's competitive advantages in order to maintain some distinct point of differentiation from similar services. At the same time, however, they have also been required to identify ways in which they might reduce their exposure to any prospective external threat from other types of more technologically and/or entertainment-based offerings that continue to evolve in nature and scope. For many operations, the co-creation of experiences has become a critical point of consideration through which the holistic needs of customers (old and new) might be fully satisfied. Critically, such structured experiences must be cased in terms of affective memories, sensations and symbolism, and not those merely premised on the passive and more traditional consumption of services and/or goods (De Geus, Richards & Toepoel, 2016; Hosany & Witham, 2009; Ritchie, Mules, & Uzabeaga, 2008).

Methodology

A quantitative study focussed on exploring issues related to youth and young adult engagement in recreation activities in Queensland was undertaken over a 4 month period in the 2nd half of 2019. Study data was collected via the administration of an on-line survey made available to respondents via a link to a Qualtrics survey platform loaded on a University of Queensland server. A target of 500 completed surveys was set for the study. The survey instrument, which sought to capture data related to the barriers and activators for outdoor recreation amongst Queensland youth and young adults (aged 13 to 29 years) was developed by the UQ Research Team. Post vetting for suitability by the three Queensland-based youth agencies (Duke of Edinburgh's International Award, The Scout Association of Australia, Queensland Branch Inc, & The Girls' Brigade Qld) supporting the study effort, a pilot study was undertaken with a small group of potential respondents prior to the primary data collection phase of the study to validate the battery of items included in the survey instrument. The final questionnaire (See Appendix 1) used in the study contained a battery of open and several closed items capturing data with respect to the following areas of study interest:

- Outdoor recreation behaviours (frequency, travel, duration, activities, etc.)
- Leisure constraints
- Leisure engagement
- Leisure motivations
- Demographic background (age, gender, parents' marital status, household income, etc.)

Two questions specifically pertaining to each of previously mentioned Queensland Youth Association (QYA) member organizations: were also incorporated into the on-line survey. These became available to study respondents only if they identified as being a member of that particular agency.

Mindful of the requisite ethical requirements related to informed consent, and more particularly those protocols to be adhered to when the research effort involves individuals under 18 years of age, the study team invited prospective respondents to participate in the study via two separate recruitment strategies. One related to youth aged 17 years and younger with the other related to young adults aged 18 years and older. Both strategies were heavily reliant on a broad cross-section of youth-related agencies disseminating information about the project in order to recruit prospective respondents. In the case of those aged 17 years and younger, the project information and the call for respondents were directed to the parents of the members, rather than to the individuals themselves. The (QYA) member organizations including The Duke of Edinburgh's International Award, The Scout Association of Australia, Queensland Branch Inc, Girl Guides Queensland, Police Citizens Youth Club Qld, The Girls' Brigade Qld. And the Boys' Brigade QLD were all involved in this element of the completed study. With the valued assistance provided by staff of the Queensland Outdoor Recreation Federation (QORF), each agreed to directly distribute information about the study, along with details of the on-line survey link, via email and e newsletter announcements to their

respective members and individual branches in Queensland. Such action being consistent with the procedures and protocols previously established for the project.

Separately, QORF and the Queensland Office of Youth distributed information about the study, along with the call for study respondents, via email announcement to their respective members and affiliates.

As part of the study process, the study team chose to offer a small incentive to encourage a higher level of participation in the study. At the end of the data capture period, an amount of \$1,000 was randomly paid out as \$50 e gift cards as incentives to individual respondents. This was facilitated by study respondents on completion of the survey, choosing to provide their contact details on a separate on-line capture link that was discrete to that of the survey proper. This process was designed in this manner in order for the study team to capture the study data in a de-identified form, while also allowing them to distribute incentives in an appropriate manner.

At the completion of the data capture phase of the study, the quantitative data was filtered for errors and non-compliance with study perimeters. In all, 864 individuals completed the survey but only 739 were considered suitable for analysis. Of this total number, 157 of the respondents were aged 13-17 years with the remainder (582) aged 18-29 years of age. The quantitative data captured was analysed with the use of the SPSS (Version 25) statistical software package. The qualitative data captured in the open ended items were exported as Excel data files for later analysis for emergent themes using the qualitative software package, Leximancer. As agreed to in the ethical approval process (see Appendix 2), all quantitative results have been reported in this report as aggregates. Throughout the project, every effort has been made to ensure participant confidentiality so each data file has been saved in a de-identified form. To ensure that the research data is managed according to legal statutory, ethical and funding body requirements of The University of Queensland's Data Management Policy (PPL 4.20.06), the study team has adhered to all requisite processes and procedures established for the prudent capture, storage and analysis of the data. For instance, while completing the analysis and report writing phases of the study, the data files for the project have been stored on a secure password protected computer in the locked office of the principal investigator.

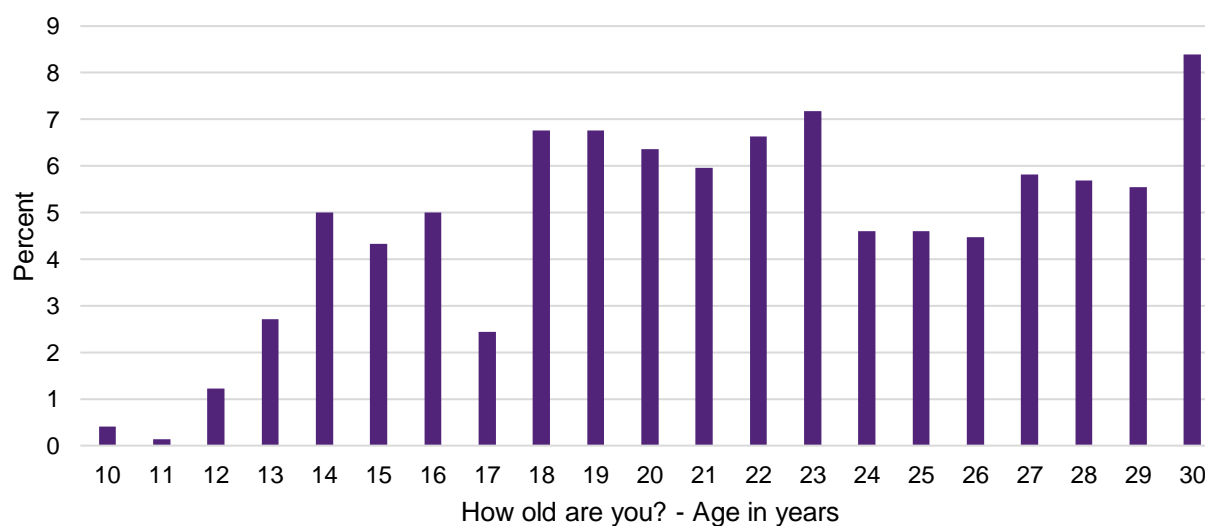
As per the data management requirements, data from the study will be kept for a period of seven years and, subject to compliance with the requisite university processes and procedures, may be made available to interested parties upon request post the 12 month embargo period.

Findings

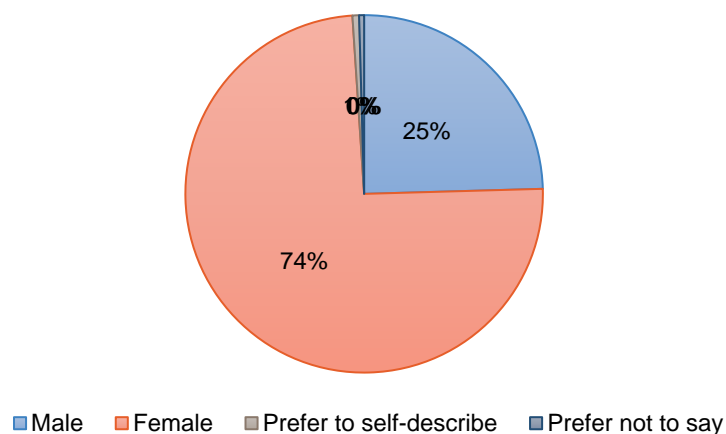
I. Demographic profile

- Age ($n = 738$)

Age	Frequency	Percent
10	3	0.4
11	1	0.1
12	9	1.2
13	20	2.7
14	37	5.0
15	32	4.3
16	37	5.0
17	18	2.4
18	50	6.7
19	50	6.7
20	47	6.3
21	44	5.9
22	49	6.6
23	53	7.1
24	34	4.6
25	34	4.6
26	33	4.4
27	43	5.8
28	42	5.6
29	41	5.5
30	62	8.3
Total	739	100.0



- Gender ($n = 668$)



- Location

($n = 668$)	Frequency	Percent
Greater Brisbane	396	59.28
Townsville region	32	4.79
Toowoomba region	32	4.79
Cairns region	20	2.99
Sunshine Coast	18	2.69
Rockhampton region	17	2.54
Outback Queensland	11	1.65
Bundaberg region	11	1.65
Others (two and less respondents)	131	19.61
Total	668	100.00

- Household size

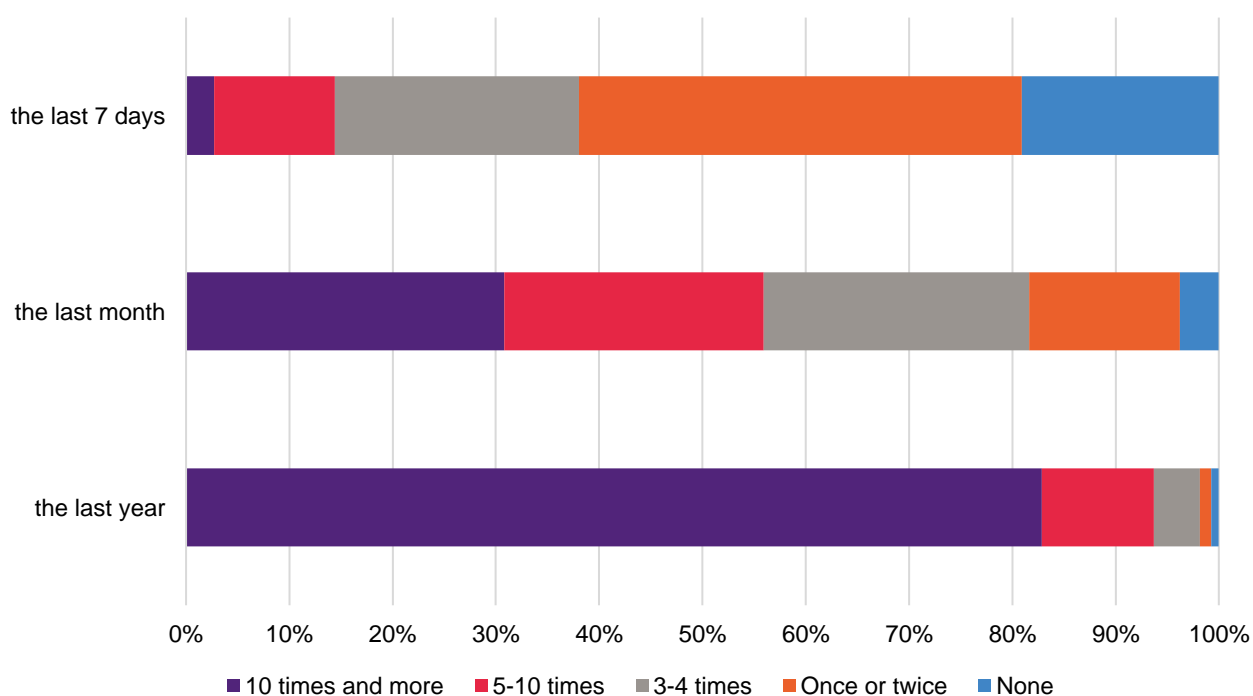
($n = 655$)	Frequency	Percent
0	6	0.92
1	54	8.24
2	151	23.05
3	145	22.14
4	170	25.95
5	86	13.13
6	25	3.82
7	10	1.53
8	2	0.31
9	1	0.15
10	1	0.15
12	2	0.31
15	2	0.31
Total	655	100.00

II. Study sample

a. Outdoor participation

How many times have you participated in outdoor recreation over _____?

(n = 665)	the last 7 days	the last month	the last year
None	19.1%	3.8%	0.8%
Once or twice	42.9%	14.6%	1.1%
3-4 times	23.6%	25.7%	4.5%
5-10 times	11.7%	25.1%	10.8%
10 times and more	2.7%	30.8%	82.9%



What outdoor activities have you participated in over the last year?

(n = 533)	Count	Percent
Hiking (e.g. bushwalking, orienteering, trekking)	415	77.9
Social fun (e.g. picnicking, day at the beach, Frisbee, jump rope, treasure hunts)	415	77.9
Walking, running, marathons	384	72.0
Swimming (e.g., pool, river, ocean, snorkelling, scuba)	364	68.3
Camping (e.g. building camps, cook on a campfire)	336	63.0
Mountain activities (e.g. rock climbing, skiing, bouldering)	224	42.0
Outdoor fitness and exercise (e.g. yoga, parkour)	224	42.0
Nature activities (e.g. astronomy, conservation, nature watching, nature photography)	219	41.1
Beach & sea water craft activities (e.g. sailing, surfing)	196	36.8
2 wheels: Outdoor cycling, biking (e.g. mountain biking)	172	32.3
Freshwater craft activities (e.g. boating, rafting, canoeing, kayaking)	171	32.1
Fishing	80	15.0
4+ wheels: Skateboarding, roller-blading, scooter	60	11.3
Motorsports (motorcycling, ATVs, 4wds)	50	9.4
Horse riding	47	8.8
Air activities (e.g. kiting, parachuting, paragliding)	18	3.4
Other	7	1.3
I do not participate in any outdoor activities.	2	0.4

Average rank for the activities you participate in (Ranking with 1 being the highest level of participation)

(n=533)	Avg. rank
Walking, running, marathons	2.87
Social fun (e.g. picnicking, day at the beach, Frisbee, jump rope, treasure hunts)	3.48
Hiking (e.g. bushwalking, orienteering, trekking)	3.54
Swimming (e.g., pool, river, ocean, snorkelling, scuba)	3.90
Outdoor fitness and exercise (e.g. yoga, parkour)	4.50
Nature activities (e.g. astronomy, conservation, nature watching, nature photography)	4.51
Mountain activities (e.g. rock climbing, skiing, bouldering)	4.64
2 wheels: Outdoor cycling, biking (e.g. mountain biking)	4.64
Camping (e.g. building camps, cook on a campfire)	4.85
Horse riding	5.07
4+ wheels: Skateboarding, roller-blading, scooter	5.22
Beach & sea water craft activities (e.g. sailing, surfing)	5.37
Fishing	5.89
Motorsports (motorcycling, ATVs, 4wds)	5.94
Freshwater craft activities (e.g. boating, rafting, canoeing, kayaking)	6.35
Air activities (e.g. kiting, parachuting, paragliding)	7.35

Number of activities participated in over the last year

(n = 532)	Frequency	Percent
1	10	1.88
2	24	4.51
3	42	7.89
4	57	10.71
5	80	15.04
6	78	14.66
7	68	12.78
8	57	10.71
9	51	9.59
10	28	5.26
11	23	4.32
12	10	1.88
13	1	0.19
14	1	0.19
15	1	0.19
16	1	0.19
Total	532	100.00

Average number of activities participated in over the last year: **6.36**

Are you a member of the following groups?

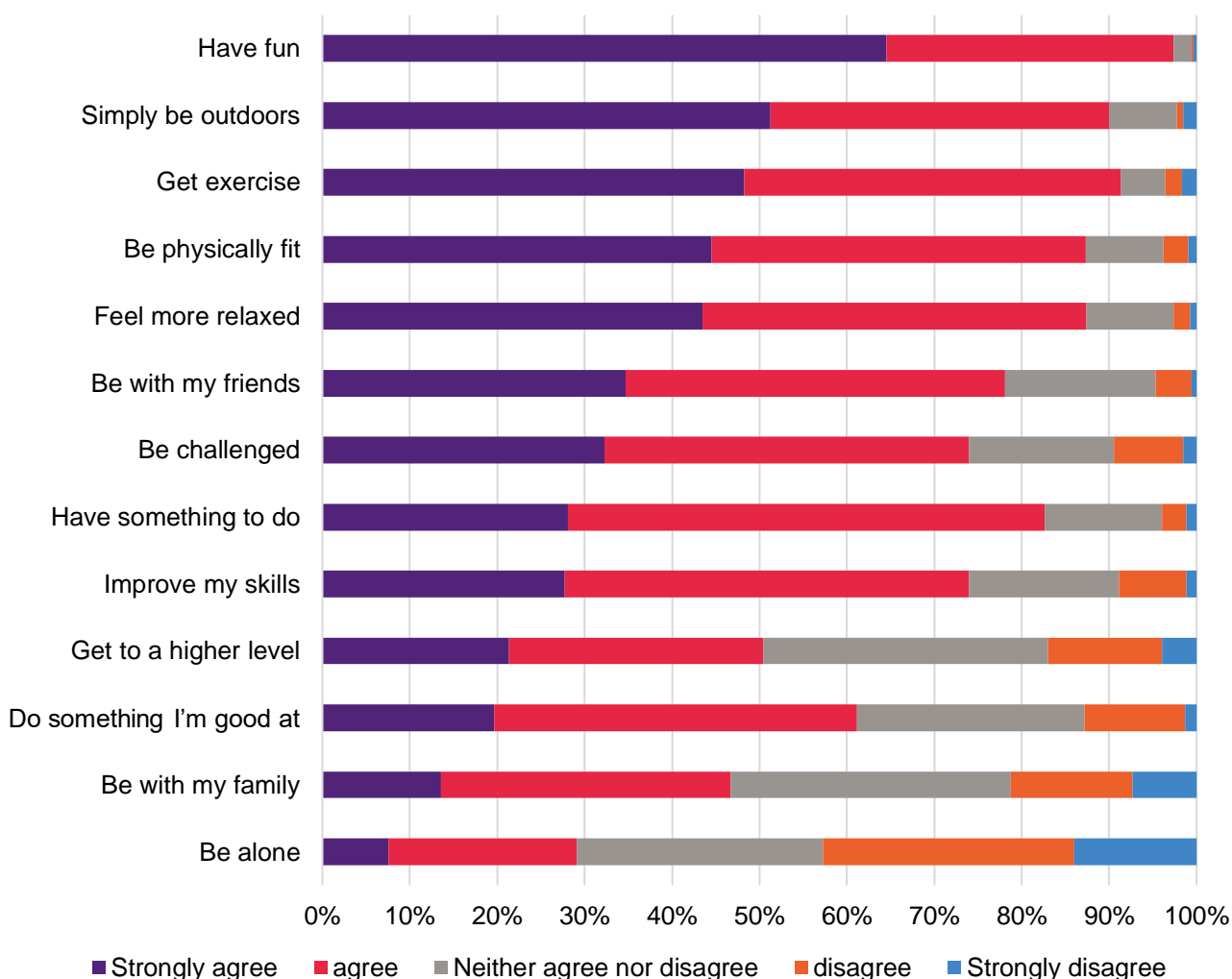
(n = 530)	Frequency
Girl Guides Queensland	58
Scouts Queensland	27
Boys' Brigade Queensland	10
Girls' Brigade Queensland	19
PCYC Queensland	27
The Duke of Edinburgh's International Award - Queensland	68
Other	41
No, I am not a member of any of these groups.	318

How often do you chat with other members of your club or group online? (Facebook, Snapchat, text messages, Instagram, etc.)

(n = 216)	Frequency	Percent
Once a day or more	43	19.9
2-3 times a week	75	34.7
Once a week	26	12.0
Not very often at all	49	22.7
Never	23	10.6

I want to go outdoors because I want to:

(n = 533)	Strongly agree	agree	Neither agree nor disagree	disagree	Strongly disagree
Have fun	64.5%	32.8%	2.1%	0.2%	0.4%
Simply be outdoors	51.2%	38.8%	7.7%	0.8%	1.5%
Get exercise	48.2%	43.1%	5.1%	1.9%	1.7%
Be physically fit	44.5%	42.8%	8.9%	2.8%	0.9%
Feel more relaxed	43.5%	43.9%	10.0%	1.9%	0.8%
Be with my friends	34.7%	43.4%	17.2%	4.2%	0.6%
Be challenged	32.3%	41.7%	16.6%	7.9%	1.5%
Have something to do	28.1%	54.5%	13.4%	2.8%	1.1%
Improve my skills	27.7%	46.3%	17.1%	7.7%	1.1%
Get to a higher level	21.4%	29.1%	32.5%	13.0%	4.0%
Do something I'm good at	19.6%	41.5%	26.0%	11.5%	1.3%
Be with my family	13.6%	33.1%	32.0%	13.9%	7.3%
Be alone	7.6%	21.6%	28.2%	28.7%	14.0%



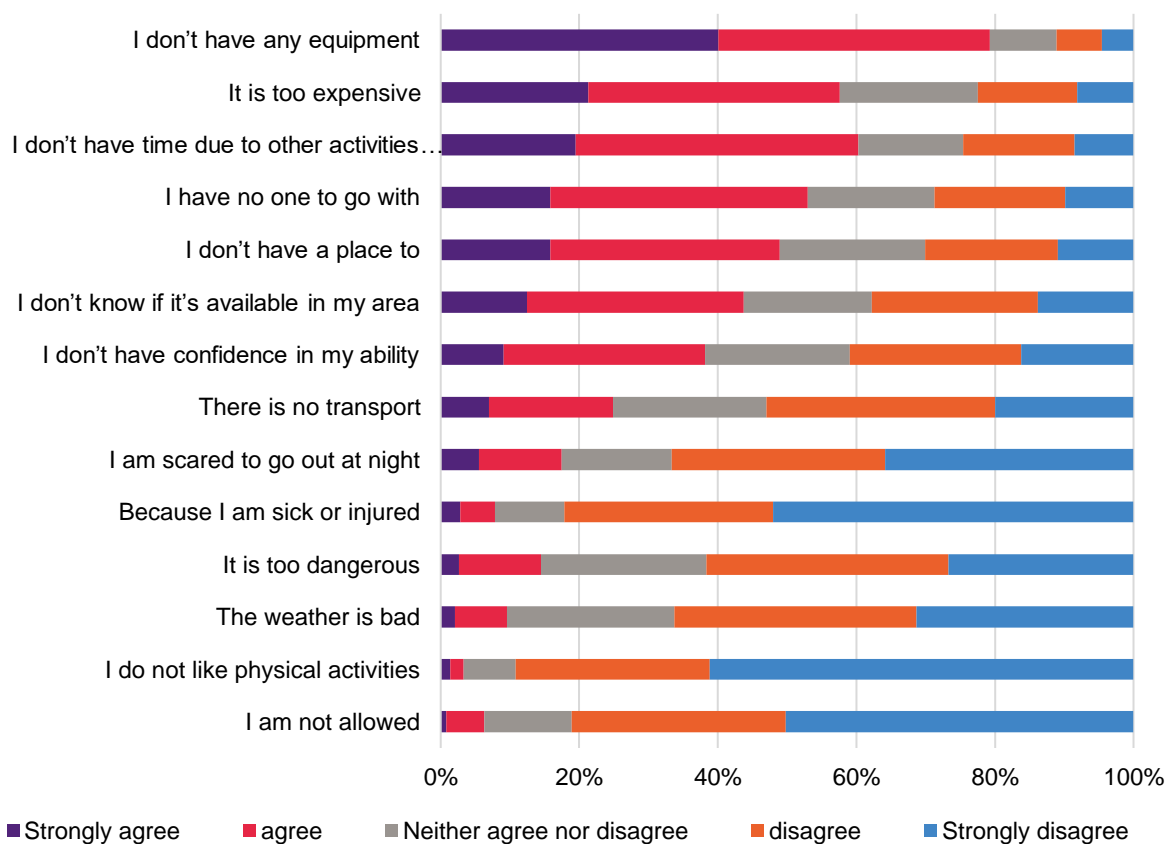
b. Constraints to participation

What is one outdoor activity you might be interested in participating in, but haven't yet?

(n = 647)	Frequency	Percent
Air activities (e.g. kiting, parachuting, paragliding)	124	19.2
Horse riding	94	14.5
Beach & sea water craft activities (e.g. sailing, surfing)	64	9.9
Mountain activities (e.g. rock climbing, skiing, bouldering)	61	9.4
Freshwater craft activities (e.g. boating, rafting, canoeing, kayaking)	56	8.7
Motorsports (motorcycling, ATVs, 4wds)	42	6.5
Nature activities (e.g. astronomy, conservation, nature watching, nature photography)	34	5.3
Camping (e.g. building camps, cook on a campfire)	33	5.1
Hiking (e.g. bushwalking, orienteering, trekking)	25	3.9
2 wheels: Outdoor cycling, biking (e.g. mountain biking)	24	3.7
Outdoor fitness and exercise (e.g. yoga, parkour)	22	3.4
Swimming (e.g., pool, river, ocean, snorkelling, scuba)	18	2.8
4+ wheels: Skateboarding, roller-blading, scooter	17	2.6
Fishing	11	1.7
Social fun (e.g. picnicking, day at the beach, Frisbee, jump rope, treasure hunts)	10	1.5
Walking, running, marathons	7	1.1
Other	5	0.8
Total	647	100.0

I haven't tried (above selected activity) yet because:

(n = 644)	Strongly agree	agree	Neither agree nor disagree	disagree	Strongly disagree
I don't have any equipment	40.1%	39.2%	9.7%	6.6%	4.5%
It is too expensive	21.4%	36.3%	19.9%	14.3%	8.2%
I don't have time due to other activities (school, sports, work, etc.)	19.4%	40.9%	15.0%	16.1%	8.5%
I have no one to go with	15.8%	37.1%	18.3%	18.8%	9.9%
I don't have a place to	15.8%	33.2%	21.0%	19.1%	11.0%
I don't know if it's available in my area	12.4%	31.3%	18.6%	23.9%	13.8%
I don't have confidence in my ability	9.1%	29.0%	20.9%	24.8%	16.2%
There is no transport (modified)	7.0%	17.9%	22.2%	33.1%	19.9%
I am scared to go out at night	5.5%	11.9%	15.9%	30.8%	35.8%
Because I am sick or injured	2.8%	5.0%	10.0%	30.1%	52.0%
It is too dangerous	2.7%	11.8%	23.9%	34.9%	26.7%
The weather is bad	2.0%	7.6%	24.1%	35.0%	31.3%
I do not like physical activities	1.4%	1.9%	7.5%	28.0%	61.2%
I am not allowed	0.8%	5.5%	12.6%	30.9%	50.2%

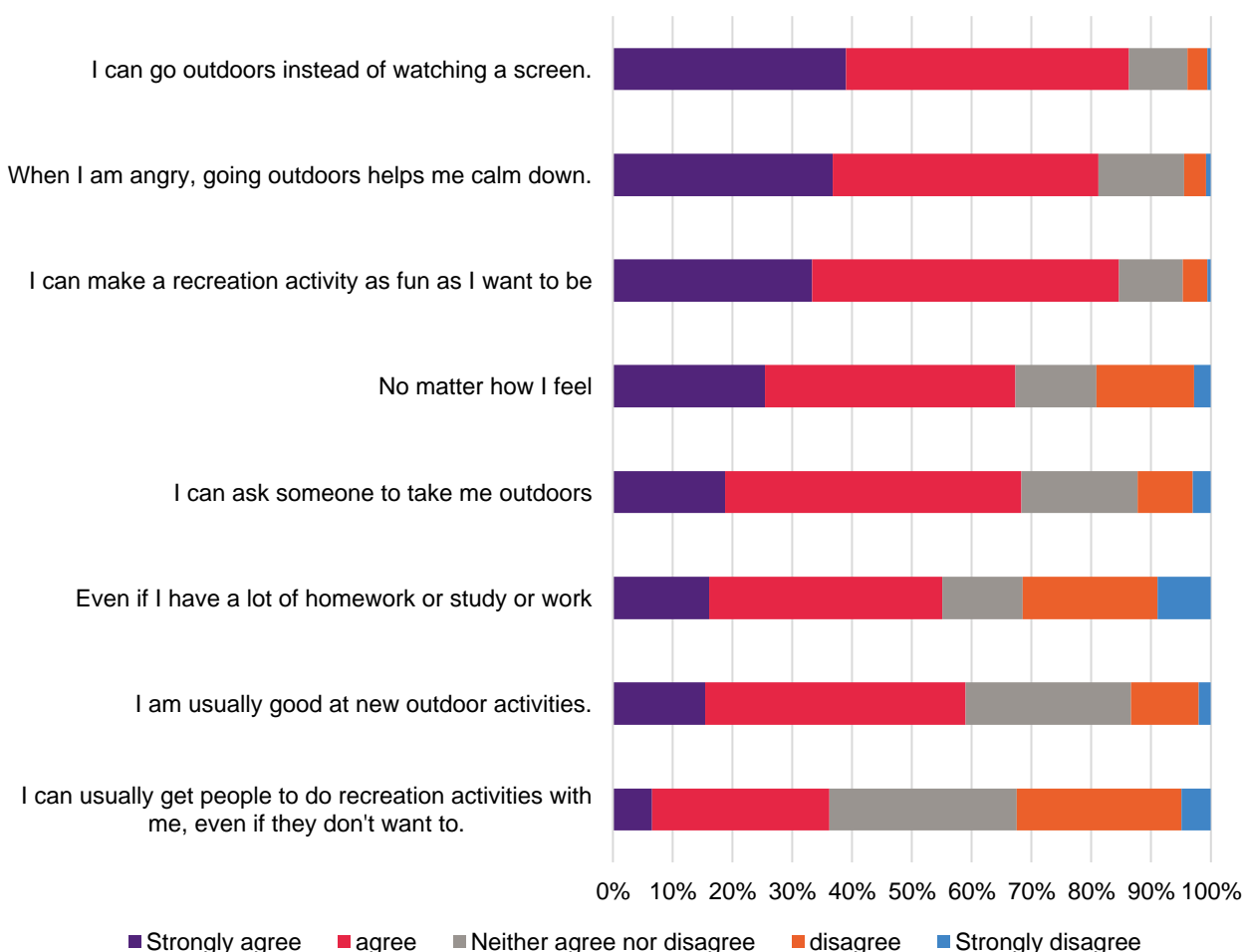


Who helps you participate in outdoor recreation the most?

(n = 638)	Frequency	Percent
My friend(s)	376	59.03
My father(s)	201	31.55
My mother(s)	199	31.24
My coach/club leader(s)	109	17.11
My partner/spouse	99	15.54
No one	96	15.07
My sister(s)	77	12.09
My brother(s)	53	8.32
My teacher(s)	35	5.49
My grandparent(s)	22	3.45
My guardian(s)	7	1.10
My child(ren)	6	0.94
My club mate(s)	5	0.78
My pet(s)	5	0.78
My carer(s)	3	0.47
Other	13	2.04

I feel that:

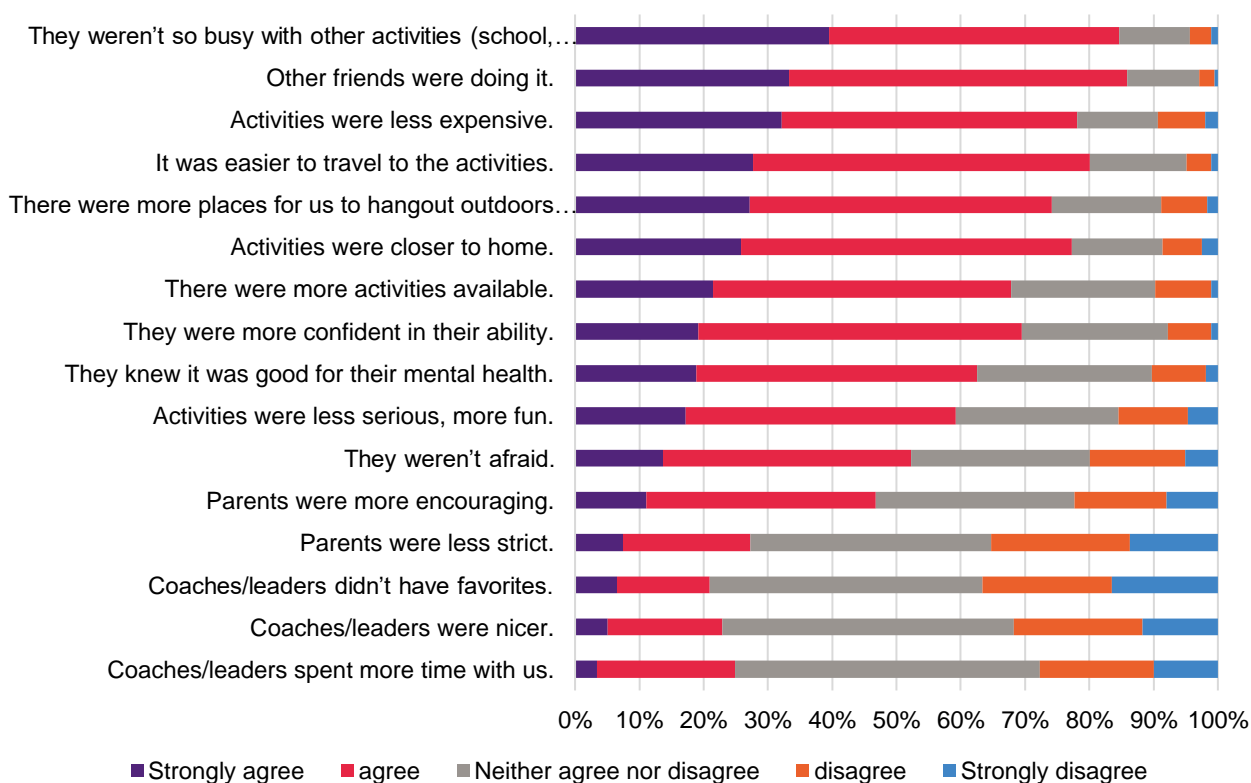
(n = 631)	Strongly agree	agree	Neither agree nor disagree	disagree	Strongly disagree
I can go outdoors instead of watching a screen.	39.0%	47.4%	9.7%	3.3%	0.6%
When I am angry, going outdoors helps me calm down.	36.7%	44.5%	14.3%	3.7%	0.8%
I can make a recreation activity as fun as I want to be	33.3%	51.3%	10.6%	4.1%	0.6%
I can go outdoors no matter how I feel	25.5%	41.9%	13.5%	16.2%	2.9%
I can ask someone to take me outdoors	18.7%	49.5%	19.5%	9.2%	3.0%
I can go outdoors even if I have a lot of homework or study or work	16.1%	39.0%	13.4%	22.6%	8.9%
I am usually good at new outdoor activities.	15.4%	43.6%	27.7%	11.3%	2.1%
I can usually get people to do recreation activities with me, even if they don't want to.	6.5%	29.6%	31.4%	27.5%	4.9%



c. Actions and strategies to increase participation

My friend(s)/classmate(s) would go outdoors more often if:

(n = 615)	Strongly agree	agree	Neither agree nor disagree	disagree	Strongly disagree
They weren't so busy with other activities (school, sports, work, etc.).	39.6%	45.1%	10.9%	3.4%	1.0%
Other friends were doing it.	33.3%	52.5%	11.3%	2.4%	0.5%
Activities were less expensive.	32.1%	46.0%	12.6%	7.3%	2.0%
It was easier to travel to the activities.	27.7%	52.4%	15.0%	3.9%	1.0%
There were more places for us to hangout outdoors together.	27.2%	47.0%	17.0%	7.1%	1.7%
Activities were closer to home.	25.8%	51.5%	14.0%	6.2%	2.4%
There were more activities available.	21.4%	46.4%	22.4%	8.8%	1.0%
They were more confident in their ability.	19.2%	50.3%	22.7%	6.7%	1.0%
They knew it was good for their mental health.	18.9%	43.7%	27.2%	8.4%	1.9%
Activities were less serious, more fun.	17.2%	42.0%	25.4%	10.7%	4.7%
They weren't afraid.	13.7%	38.6%	27.8%	14.8%	5.1%
Parents were more encouraging.	11.1%	35.7%	30.8%	14.4%	8.0%
Parents were less strict.	7.5%	19.7%	37.5%	21.5%	13.7%
Coaches/leaders didn't have favourites.	6.5%	14.4%	42.5%	20.1%	16.5%
Coaches/leaders were nicer.	5.1%	17.8%	45.4%	19.9%	11.8%
Coaches/leaders spent more time with us.	3.4%	21.4%	47.5%	17.7%	10.0%

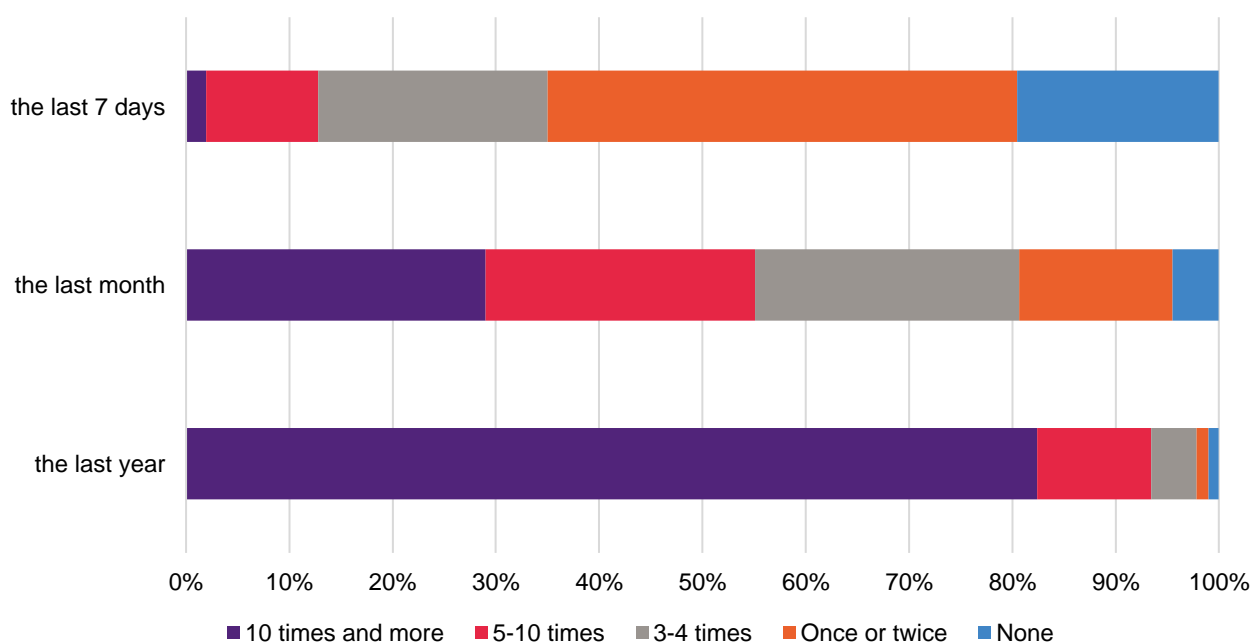


III. Adults aged between 18 and 30 years old

a. Outdoor participation

How many times have you participated in outdoor recreation over?

(<i>n</i> = 517)	the last 7 days	the last month	the last year
None	19.5%	4.4%	1.0%
Once or twice	45.5%	14.9%	1.2%
3-4 times	22.2%	25.5%	4.4%
5-10 times	10.8%	26.1%	11.0%
10 times and more	1.9%	29.0%	82.4%



What outdoor activities do you participate in over the last year?

(n = 411)	Count	Percent
Hiking (e.g. bushwalking, orienteering, trekking)	347	84
Social fun (e.g. picnicking, day at the beach, frisbee, , jump rope, treasure hunts)	324	79
Walking, running, marathons	303	74
Swimming (e.g., pool, river, ocean, snorkelling, scuba)	277	67
Camping (e.g. building camps, cook on a campfire)	257	63
Nature activities (e.g. astronomy, conservation, nature watching, nature photography)	190	46
Mountain activities (e.g. rock climbing, skiing, bouldering)	187	45
Outdoor fitness and exercise (e.g. yoga, parkour)	169	41
Beach & sea water craft activities (e.g. sailing, surfing)	162	39
2 wheels: Outdoor cycling, biking (e.g. mountain biking)	140	34
Freshwater craft activities (e.g. boating, rafting, canoeing, kayaking)	132	32
Fishing	59	14
Motorsports (motorcycling, ATVs, 4wds)	42	10
4+ wheels: Skateboarding, roller-blading, scooter	39	9
Horse riding	33	8
Air activities (e.g. kiting, parachuting, paragliding)	17	4
Other	6	1
I do not participate in any outdoor activities.	0	0

Average rank for the activities you participate in (Ranking with 1 being the highest level of participation)

(n = 411)	Av. rank
Walking, running, marathons	2.95
Hiking (e.g. bushwalking, orienteering, trekking)	3.37
Social fun (e.g. picnicking, day at the beach, frisbee, , jump rope, treasure hunts)	3.59
Swimming (e.g., pool, river, ocean, snorkelling, scuba)	4.00
Mountain activities (e.g. rock climbing, skiing, bouldering)	4.29
Nature activities (e.g. astronomy, conservation, nature watching, nature photography)	4.42
2 wheels: Outdoor cycling, biking (e.g. mountain biking)	4.65
Outdoor fitness and exercise (e.g. yoga, parkour)	4.73
Camping (e.g. building camps, cook on a campfire)	5.02
Beach & sea water craft activities (e.g. sailing, surfing)	5.25
Horse riding	5.41
4+ wheels: Skateboarding, roller-blading, scooter	5.45
Fishing	6.05
Motorsports (motorcycling, ATVs, 4wds)	6.17
Freshwater craft activities (e.g. boating, rafting, canoeing, kayaking)	6.47
Air activities (e.g. kiting, parachuting, paragliding)	7.35

Number of activities participated in over the last year

(n = 411)	Frequency	Percent
1	4	0.97
2	15	3.65
3	32	7.79
4	43	10.46
5	56	13.63
6	65	15.82
7	56	13.63
8	44	10.71
9	42	10.22
10	26	6.33
11	16	3.89
12	8	1.95
13	1	0.24
14	1	0.24
15	1	0.24
16	1	0.24
Total	411	100.00

Average number of activity participated in over the last year: **6.53**

Are you a member of the following groups?

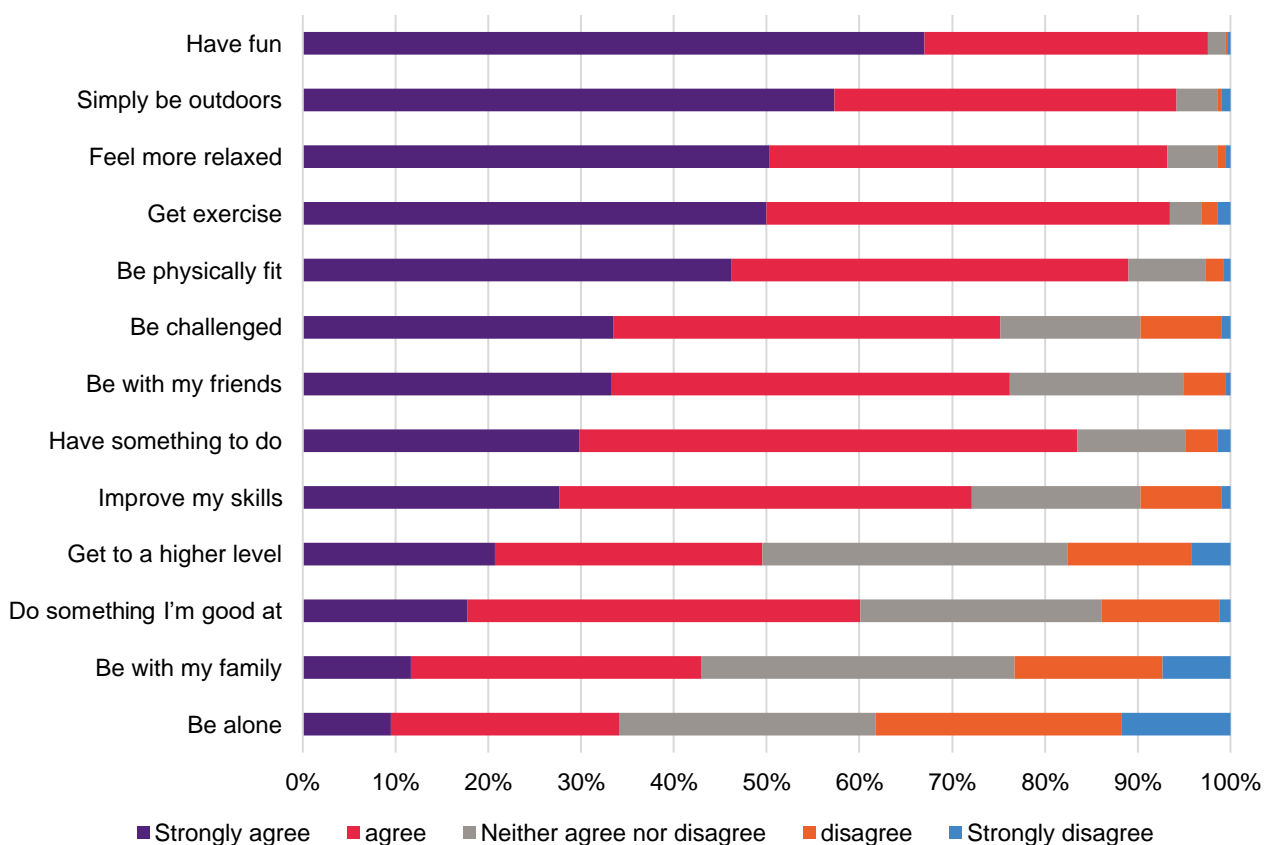
(n = 409)	Count
Girl Guides Queensland	15
Scouts Queensland	22
Boys' Brigade Queensland	4
Girls' Brigade Queensland	6
PCYC Queensland	19
The Duke of Edinburgh's International Award - Queensland	22
Other	33
No, I am not a member of any of these groups.	307

How often do you chat with other members of your club or group online? (Facebook, Snapchat, text messages, Instagram, etc.)

(n = 105)	Frequency	Percent
Once a day or more	21	20.0
2-3 times a week	40	38.1
Once a week	11	10.5
Not very often at all	24	22.9
Never	9	8.6
Total	105	100.0

I want to go outdoors because I want to:

(n = 412)	Strongly agree	agree	Neither agree nor disagree	disagree	Strongly disagree
Have fun	67.0%	30.6%	1.9%	0.2%	0.2%
Simply be outdoors	57.3%	36.9%	4.4%	0.5%	1.0%
Feel more relaxed	50.2%	43.0%	5.3%	1.0%	0.5%
Get exercise	50.0%	43.4%	3.4%	1.7%	1.5%
Be physically fit	46.2%	42.8%	8.3%	1.9%	0.7%
Be challenged	33.5%	41.7%	15.0%	8.7%	1.0%
Be with my friends	33.3%	43.0%	18.7%	4.6%	0.5%
Have something to do	29.9%	53.6%	11.7%	3.4%	1.5%
Improve my skills	27.7%	44.4%	18.2%	8.7%	1.0%
Get to a higher level	20.7%	28.8%	32.9%	13.4%	4.1%
Do something I'm good at	17.8%	42.3%	26.0%	12.7%	1.2%
Be with my family	11.7%	31.3%	33.7%	16.0%	7.3%
Be alone	9.5%	24.6%	27.7%	26.5%	11.7%



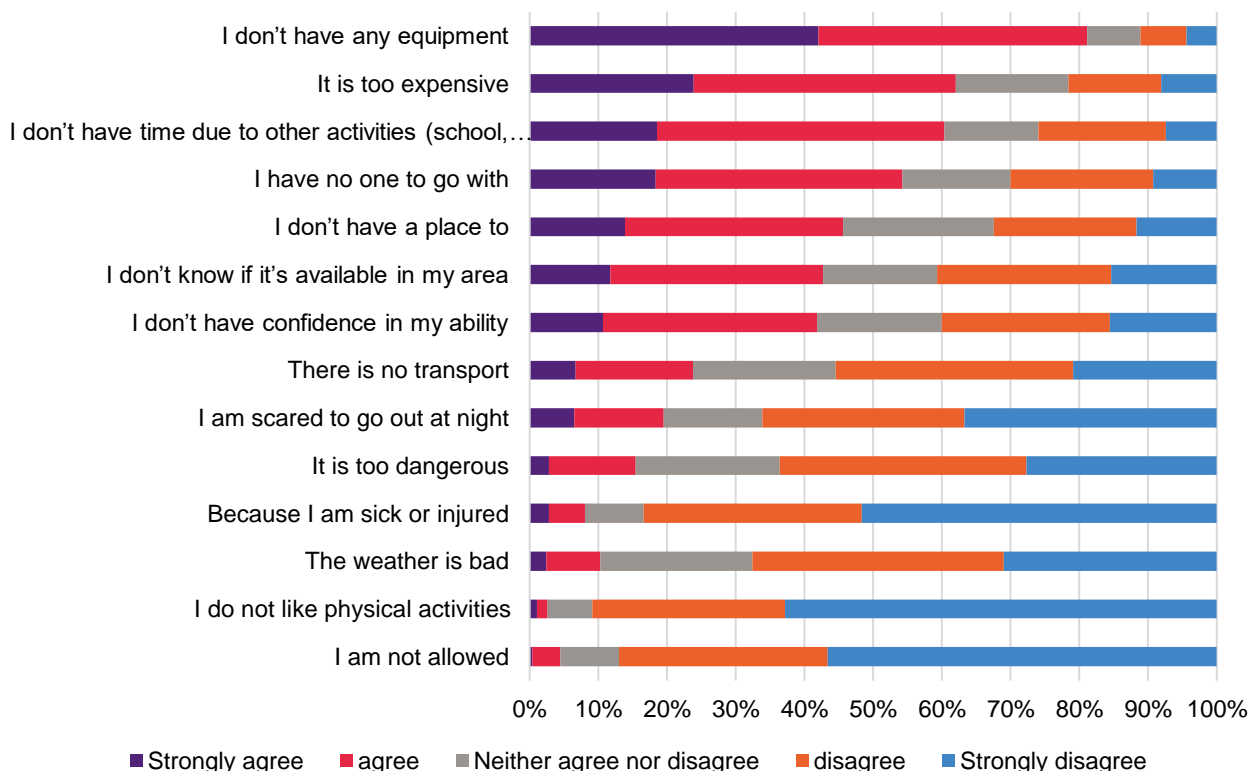
b. Constraints to participation

What is one outdoor activity you might be interested in participating in, but haven't yet?

(n = 505)	Frequency	Percent
Air activities (e.g. kiting, parachuting, paragliding)	99	19.6
Horse riding	67	13.3
Mountain activities (e.g. rock climbing, skiing, bouldering)	50	9.9
Freshwater craft activities (e.g. boating, rafting, canoeing, kayaking)	50	9.9
Beach & sea water craft activities (e.g. sailing, surfing)	49	9.7
Camping (e.g. building camps, cook on a campfire)	30	5.9
Motorsports (motorcycling, ATVs, 4wds)	26	5.1
Nature activities (e.g. astronomy, conservation, nature watching, nature photography)	26	5.1
Hiking (e.g. bushwalking, orienteering, trekking)	20	4.0
2 wheels: Outdoor cycling, biking (e.g. mountain biking)	19	3.8
Outdoor fitness and exercise (e.g. yoga, parkour)	19	3.8
Swimming (e.g., pool, river, ocean, snorkelling, scuba)	14	2.8
4+ wheels: Skateboarding, roller-blading, scooter	10	2.0
Fishing	9	1.8
Walking, running, marathons	7	1.4
Social fun (e.g. picnicking, day at the beach, frisbee, , jump rope, treasure hunts)	6	1.2
Other	4	0.8
Total	505	100.0

I haven't tried (above selected activity) yet because:

(n = 499)	Strongly agree	agree	Neither agree nor disagree	disagree	Strongly disagree
I don't have any equipment	42.1%	39.0%	7.8%	6.6%	4.4%
It is too expensive	23.8%	38.2%	16.4%	13.5%	8.1%
I don't have time due to other activities (school, sports, work, etc.)	18.5%	41.9%	13.7%	18.5%	7.4%
I have no one to go with	18.3%	35.9%	15.7%	20.8%	9.3%
I don't have a place to	13.9%	31.7%	22.0%	20.8%	11.7%
I don't know if it's available in my area	11.7%	31.0%	16.6%	25.3%	15.4%
I don't have confidence in my ability	10.7%	31.1%	18.2%	24.4%	15.6%
There is no transport	6.7%	17.1%	20.7%	34.6%	20.9%
I am scared to go out at night	6.5%	13.0%	14.4%	29.4%	36.7%
It is too dangerous	2.8%	12.6%	21.1%	35.8%	27.7%
Because I am sick or injured	2.8%	5.3%	8.5%	31.7%	51.7%
The weather is bad	2.4%	7.9%	22.1%	36.6%	31.0%
I do not like physical activities	1.0%	1.6%	6.5%	28.0%	62.9%
I am not allowed	0.4%	4.1%	8.5%	30.4%	56.6%

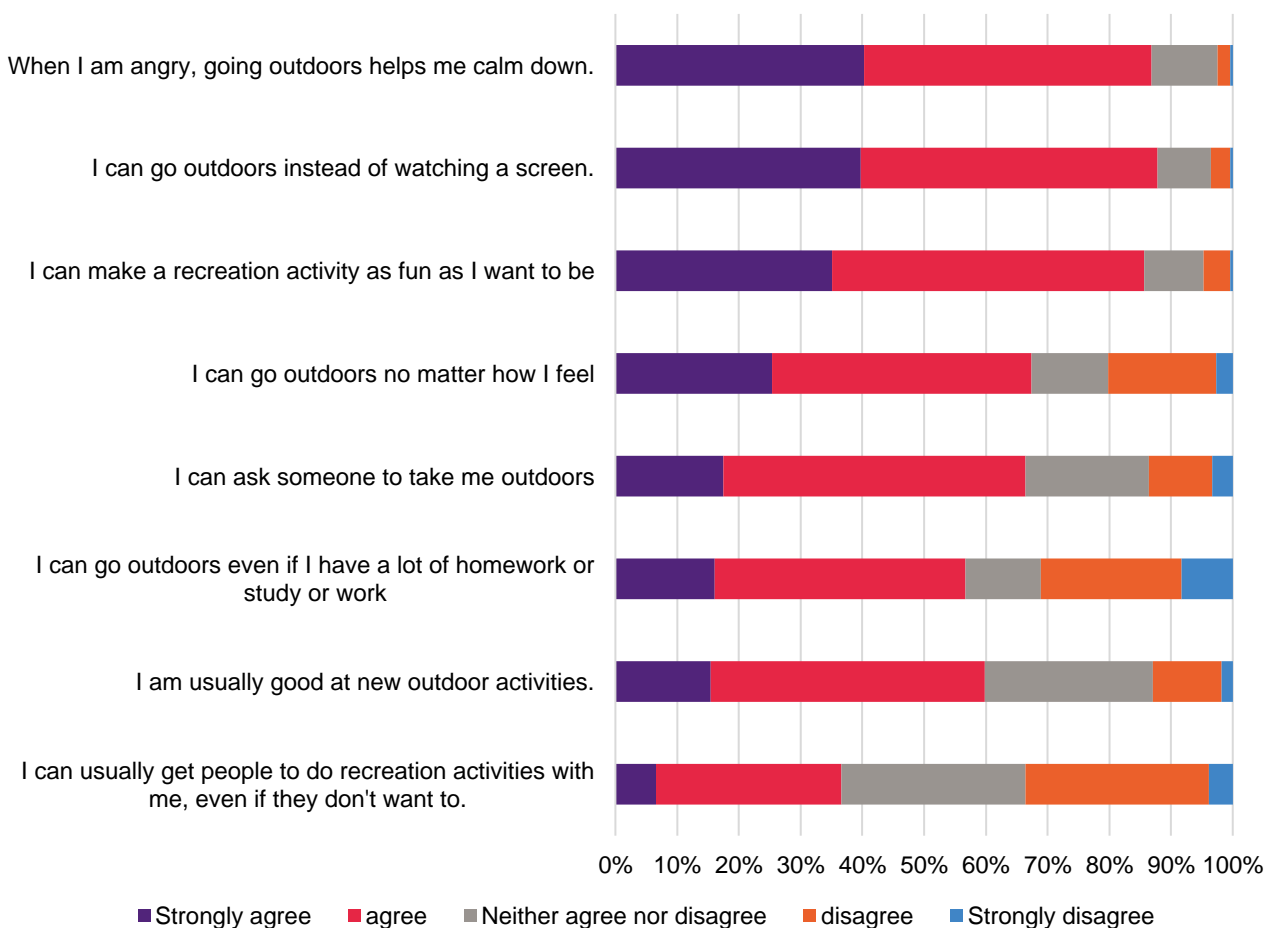


Who helps you participate in outdoor recreation the most?

(n = 494)	Frequency	Percent
My friend(s)	307	62.15
My father(s)	107	21.66
My partner/spouse	99	20.04
My mother(s)	93	18.83
No one	88	17.81
My coach/club leader(s)	58	11.74
My sister(s)	50	10.12
My brother(s)	34	6.88
My teacher(s)	11	2.23
My grandparent(s)	9	1.82
My child(ren)	6	1.21
My pet(s)	5	1.01
My club mates	4	0.81
My guardian(s)	2	0.40
My carer(s)	0	0.00
Other... who?(s)	13	2.63

I feel that:

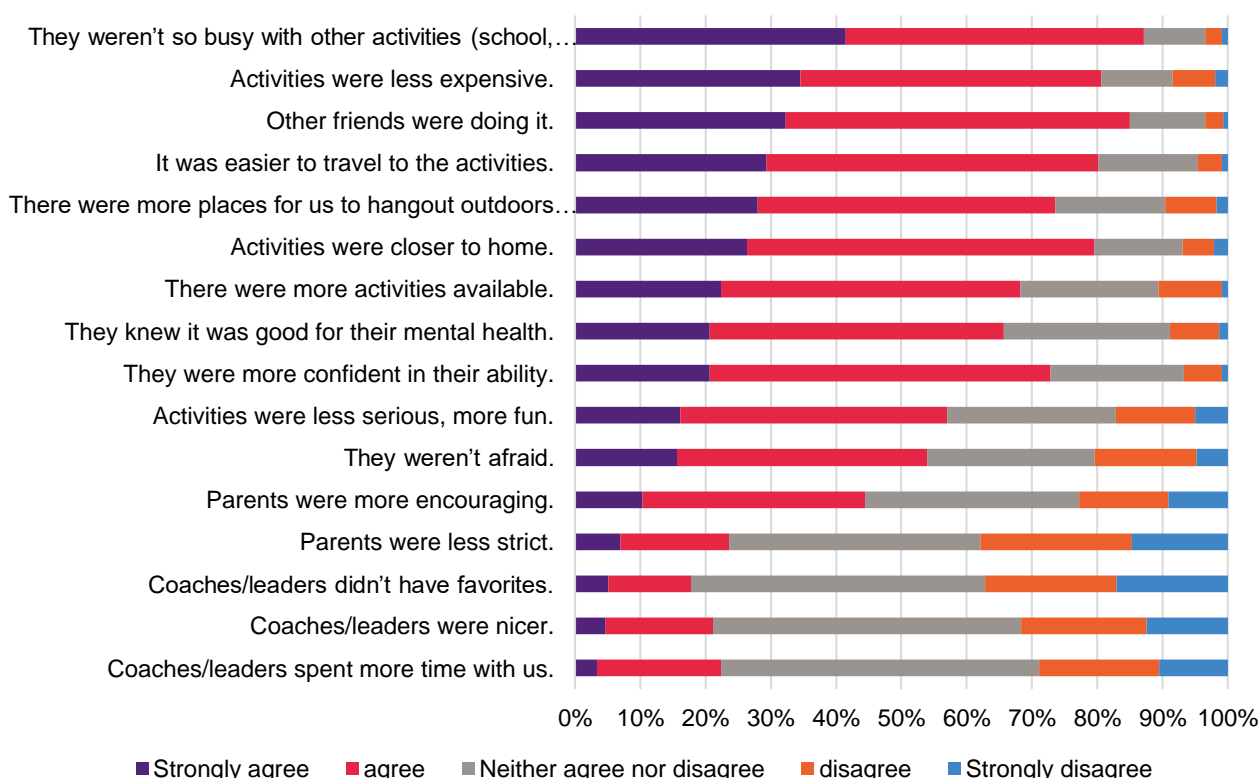
(n = 487)	Strongly agree	agree	Neither agree nor disagree	disagree	Strongly disagree
When I am angry, going outdoors helps me calm down.	40.3%	46.5%	10.7%	2.1%	0.4%
I can go outdoors instead of watching a screen.	39.7%	48.1%	8.6%	3.1%	0.4%
I can make a recreation activity as fun as I want to be	35.1%	50.5%	9.7%	4.3%	0.4%
I can go outdoors no matter how I feel	25.4%	42.1%	12.4%	17.5%	2.7%
I can ask someone to take me outdoors	17.5%	49.0%	20.0%	10.3%	3.3%
I can go outdoors even if I have a lot of homework or study or work	16.1%	40.6%	12.2%	22.9%	8.2%
I am usually good at new outdoor activities.	15.4%	44.4%	27.2%	11.1%	1.9%
I can usually get people to do recreation activities with me, even if they don't want to.	6.6%	30.0%	29.8%	29.6%	3.9%



c. Actions and strategies to increase participation

My friend(s)/classmate(s) would go outdoors more often if:

(n = 477)	Strongly agree	agree	Neither agree nor disagree	disagree	Strongly disagree
They weren't so busy with other activities (school, sports, work, etc.).	41.5%	45.7%	9.3%	2.6%	0.9%
Activities were less expensive.	34.5%	46.1%	10.9%	6.5%	1.9%
Other friends were doing it.	32.3%	52.7%	11.5%	2.8%	0.7%
It was easier to travel to the activities.	29.3%	50.9%	15.2%	3.7%	0.9%
There were more places for us to hangout outdoors together.	28.0%	45.6%	16.9%	7.8%	1.7%
Activities were closer to home.	26.3%	53.3%	13.5%	4.8%	2.1%
There were more activities available.	22.4%	45.9%	21.1%	9.8%	0.9%
They knew it was good for their mental health.	20.7%	45.0%	25.4%	7.6%	1.3%
They were more confident in their ability.	20.6%	52.3%	20.4%	5.9%	0.9%
Activities were less serious, more fun.	16.1%	40.9%	25.8%	12.2%	5.0%
They weren't afraid.	15.7%	38.3%	25.7%	15.7%	4.8%
Parents were more encouraging.	10.3%	34.1%	32.8%	13.7%	9.1%
Parents were less strict.	6.9%	16.6%	38.5%	23.2%	14.7%
Coaches/leaders didn't have favourites.	5.1%	12.7%	45.1%	20.0%	17.1%
Coaches/leaders were nicer.	4.6%	16.5%	47.3%	19.2%	12.4%
Coaches/leaders spent more time with us.	3.4%	19.0%	48.7%	18.4%	10.5%

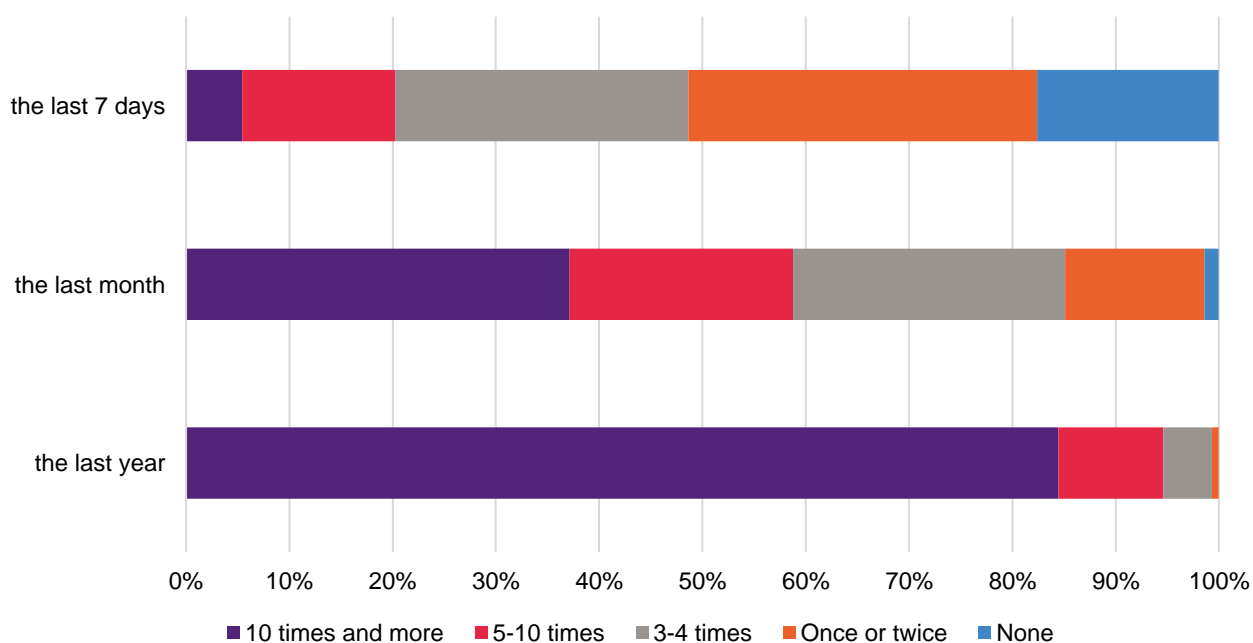


IV. Children aged between 10 and 17 years old.

a. Outdoor participation

How many times have you participated in outdoor recreation over?

(n = 148)	the last 7 days	the last month	the last year
None	17.6%	1.4%	0.0%
Once or twice	33.8%	13.5%	0.7%
3-4 times	28.4%	26.4%	4.7%
5-10 times	14.9%	21.6%	10.1%
10 times and more	5.4%	37.2%	84.5%



What outdoor activities do you participate in over the last year?

(n = 122)	Frequency	Percent
Social fun (e.g. picnicking, day at the beach, frisbee, , jump rope, treasure hunts)	91	75
Swimming (e.g., pool, river, ocean, snorkelling, scuba)	87	71
Walking, running, marathons	81	66
Camping (e.g. building camps, cook on a campfire)	79	65
Hiking (e.g. bushwalking, orienteering, trekking)	68	56
Outdoor fitness and exercise (e.g. yoga, parkour)	55	45
Freshwater craft activities (e.g. boating, rafting, canoeing, kayaking)	39	32
Mountain activities (e.g. rock climbing, skiing, bouldering)	37	30
Beach & sea water craft activities (e.g. sailing, surfing)	34	28
2 wheels: Outdoor cycling, biking (e.g. mountain biking)	32	26
Nature activities (e.g. astronomy, conservation, nature watching, nature photography)	29	24
4+ wheels: Skateboarding, roller-blading, scooter	21	17
Fishing	21	17
Horse riding	14	11
Motorsports (motorcycling, ATVs, 4wds)	8	7
I do not participate in any outdoor activities.	2	2
Air activities (e.g. kiting, parachuting, paragliding)	1	1
Other	1	1

Average rank for the activities you participate in (Ranking with 1 being the highest level of participation)

(n = 122)	Av. rank
Walking, running, marathons	2.55
Social fun (e.g. picnicking, day at the beach, frisbee, , jump rope, treasure hunts)	3.05
Swimming (e.g., pool, river, ocean, snorkeling, scuba)	3.56
Outdoor fitness and exercise (e.g. yoga, parkour)	3.76
Camping (e.g. building camps, cook on a campfire)	4.26
Horse riding	4.29
Hiking (e.g. bushwalking, orienteering, trekking)	4.45
2 wheels: Outdoor cycling, biking (e.g. mountain biking)	4.58
Motorsports (motorcycling, ATVs, 4wds)	4.75
4+ wheels: Skateboarding, roller-blading, scooter	4.81
Nature activities (e.g. astronomy, conservation, nature watching, nature photography)	5.11
Fishing	5.40
Beach & sea water craft activities (e.g. sailing, surfing)	5.91
Freshwater craft activities (e.g. boating, rafting, canoeing, kayaking)	5.92
Mountain activities (e.g. rock climbing, skiing, bouldering)	6.61
Air activities (e.g. kiting, parachuting, paragliding)	-

Number of activities participated in over the last year

(n = 121)	Frequency	Percent
1	6	4.96
2	9	7.44
3	10	8.26
4	14	11.57
5	24	19.83
6	13	10.74
7	12	9.92
8	13	10.74
9	9	7.44
10	2	1.65
11	7	5.79
12	2	1.65
Total	121	100.00

Average number of activities participated in over the last year: **5.77**

Are you a member of the following groups?

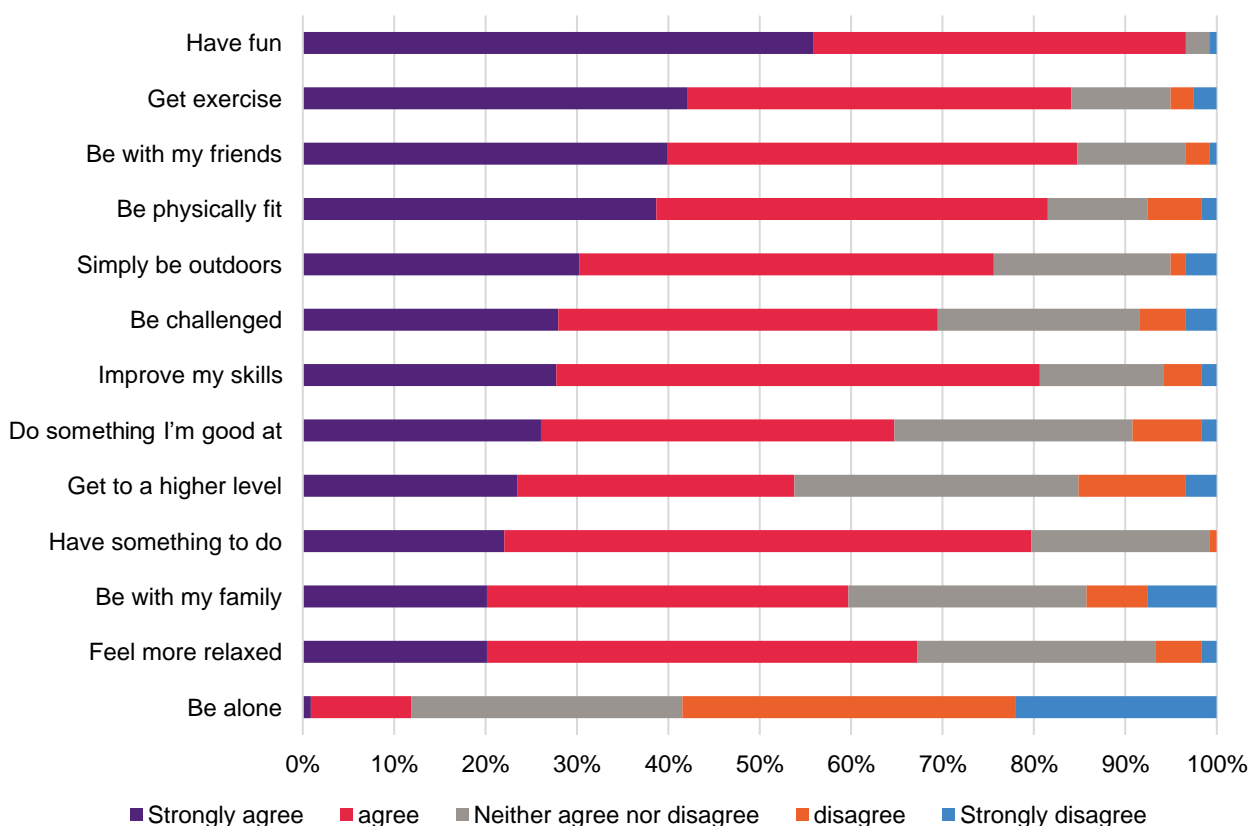
(n = 121)	Frequency
Girl Guides Queensland	43
Scouts Queensland	5
Boys' Brigade Queensland	6
Girls' Brigade Queensland	13
PCYC Queensland	8
The Duke of Edinburgh's International Award - Queensland	46
Other	8
No, I am not a member of any of these groups.	11

How often do you chat with other members of your club or group online? (Facebook, Snapchat, text messages, Instagram, etc.)

(n = 111)	Frequency	Percent
Once a day or more	22	19.8
2-3 times a week	35	31.5
Once a week	15	13.5
Not very often at all	25	22.5
Never	14	12.6
Total	111	100.0

I want to go outdoors because I want to:

(n = 121)	Strongly agree	agree	Neither agree nor disagree	disagree	Strongly disagree
Have fun	55.9%	40.7%	2.5%	0.0%	0.8%
Get exercise	42.0%	42.0%	10.9%	2.5%	2.5%
Be with my friends	39.8%	44.9%	11.9%	2.5%	0.8%
Be physically fit	38.7%	42.9%	10.9%	5.9%	1.7%
Simply be outdoors	30.3%	45.4%	19.3%	1.7%	3.4%
Be challenged	28.0%	41.5%	22.0%	5.1%	3.4%
Improve my skills	27.7%	52.9%	13.4%	4.2%	1.7%
Do something I'm good at	26.1%	38.7%	26.1%	7.6%	1.7%
Get to a higher level	23.5%	30.3%	31.1%	11.8%	3.4%
Have something to do	22.0%	57.6%	19.5%	0.8%	0.0%
Be with my family	20.2%	39.5%	26.1%	6.7%	7.6%
Feel more relaxed	20.2%	47.1%	26.1%	5.0%	1.7%
Be alone	0.8%	11.0%	29.7%	36.4%	22.0%



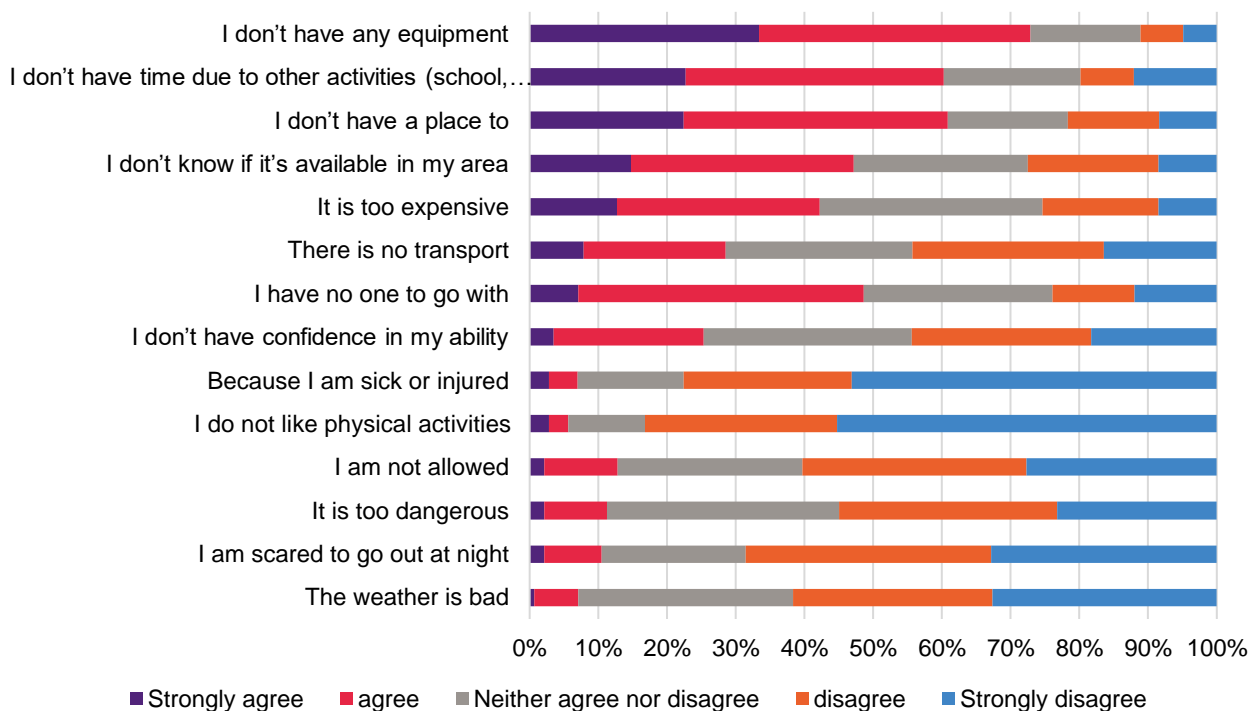
b. Constraints to participation

What is one outdoor activity you might be interested in participating in, but haven't yet?

(n = 142)	Frequency	Percent
Horse riding	27	19.0
Air activities (e.g. kiting, parachuting, paragliding)	25	17.6
Motorsports (motorcycling, ATVs, 4wds)	16	11.3
Beach & sea water craft activities (e.g. sailing, surfing)	15	10.6
Mountain activities (e.g. rock climbing, skiing, bouldering)	11	7.7
Nature activities (e.g. astronomy, conservation, nature watching, nature photography)	8	5.6
4+ wheels: Skateboarding, roller-blading, scooter	7	4.9
Freshwater craft activities (e.g. boating, rafting, canoeing, kayaking)	6	4.2
2 wheels: Outdoor cycling, biking (e.g. mountain biking)	5	3.5
Hiking (e.g. bushwalking, orienteering, trekking)	5	3.5
Swimming (e.g., pool, river, ocean, snorkelling, scuba)	4	2.8
Social fun (e.g. picnicking, day at the beach, frisbee, , jump rope, treasure hunts)	4	2.8
Camping (e.g. building camps, cook on a campfire)	3	2.1
Outdoor fitness and exercise (e.g. yoga, parkour)	3	2.1
Fishing	2	1.4
Other	1	0.7
Total	142	100.0

I haven't tried (above selected activity) yet because:

(n=145)	Strongly agree	agree	Neither agree nor disagree	disagree	Strongly disagree
I don't have any equipment	33.3%	39.6%	16.0%	6.3%	4.9%
I don't have time due to other activities (school, sports, work, etc.)	22.7%	37.6%	19.9%	7.8%	12.1%
I don't have a place to	22.4%	38.5%	17.5%	13.3%	8.4%
I don't know if it's available in my area	14.8%	32.4%	25.4%	19.0%	8.5%
It is too expensive	12.7%	29.6%	32.4%	16.9%	8.5%
There is no transport	7.9%	20.7%	27.1%	27.9%	16.4%
I have no one to go with	7.0%	41.5%	27.5%	12.0%	12.0%
I don't have confidence in my ability	3.5%	21.8%	30.3%	26.1%	18.3%
Because I am sick or injured	2.8%	4.2%	15.4%	24.5%	53.1%
I do not like physical activities	2.8%	2.8%	11.2%	28.0%	55.2%
I am not allowed	2.1%	10.6%	27.0%	32.6%	27.7%
It is too dangerous	2.1%	9.2%	33.8%	31.7%	23.2%
I am scared to go out at night	2.1%	8.4%	21.0%	35.7%	32.9%
The weather is bad	0.7%	6.4%	31.2%	29.1%	32.6%

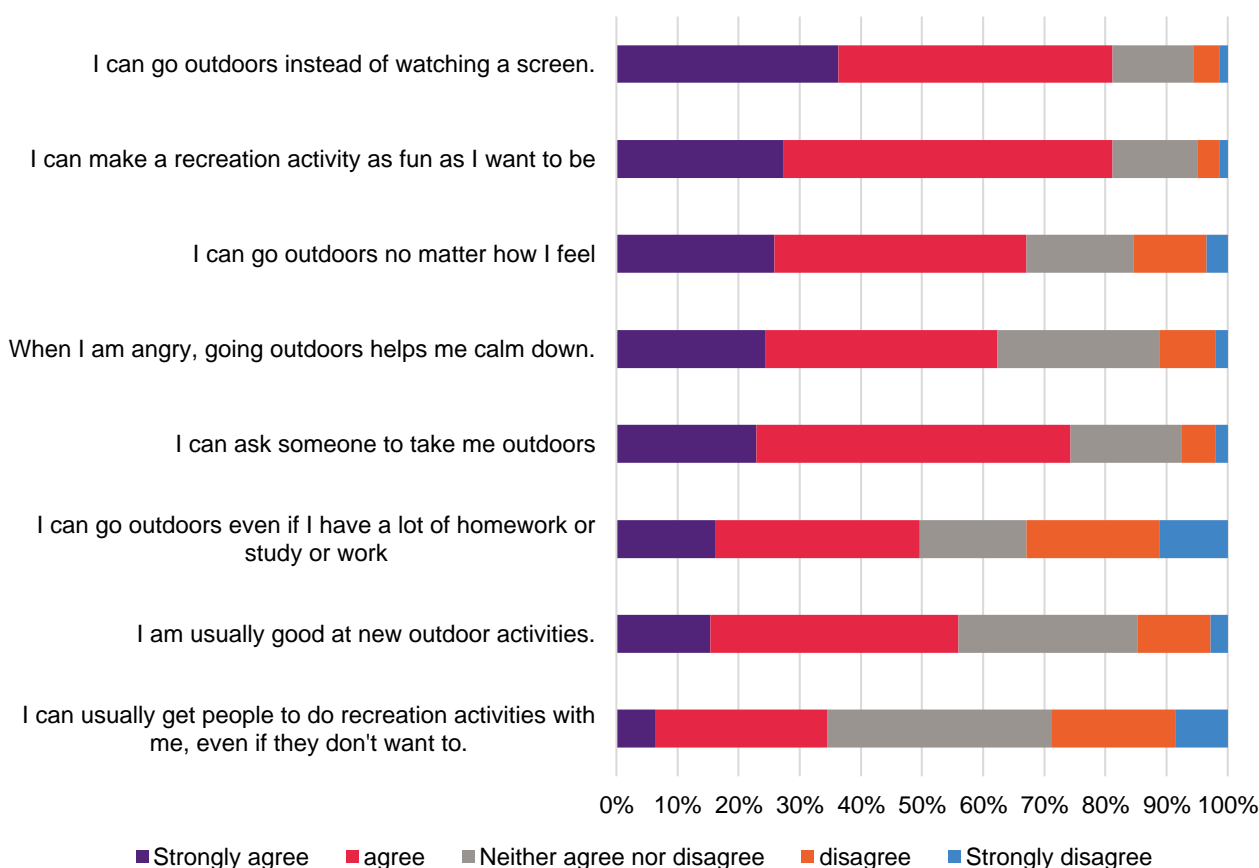


Who helps you participate in outdoor recreation the most?

(n = 144)	Frequency	Percent
My mother(s)	106	73.61
My father(s)	94	65.28
My friend(s)	69	47.92
My coach/club leader(s)	51	35.42
My sister(s)	27	18.75
My teacher(s)	24	16.67
My brother(s)	19	13.19
My grandparent(s)	13	9.03
No one	8	5.56
My guardian(s)	5	3.47
My carer(s)	3	2.08
My clubmates	1	0.69
Other... who?(s)	0	0.00

I feel that:

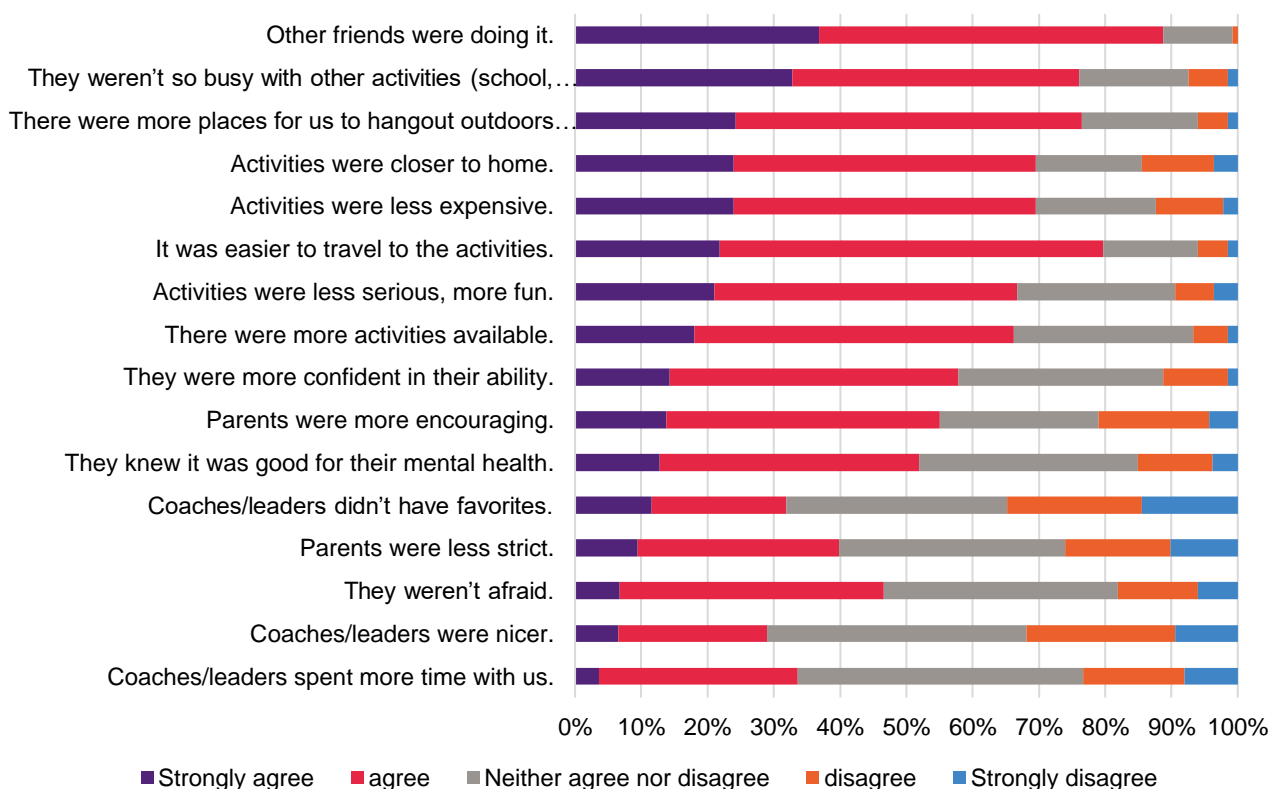
(n = 144)	Strongly agree	agree	Neither agree nor disagree	disagree	Strongly disagree
I can go outdoors instead of watching a screen.	36.4%	44.8%	13.3%	4.2%	1.4%
I can make a recreation activity as fun as I want to be	27.3%	53.8%	14.0%	3.5%	1.4%
I can go outdoors no matter how I feel	25.9%	41.3%	17.5%	11.9%	3.5%
When I am angry, going outdoors helps me calm down.	24.5%	37.8%	26.6%	9.1%	2.1%
I can ask someone to take me outdoors	22.9%	51.4%	18.1%	5.6%	2.1%
I can go outdoors even if I have a lot of homework or study or work	16.1%	33.6%	17.5%	21.7%	11.2%
I am usually good at new outdoor activities.	15.4%	40.6%	29.4%	11.9%	2.8%
I can usually get people to do recreation activities with me, even if they don't want to.	6.3%	28.2%	36.6%	20.4%	8.5%



c. Actions and strategies to increase participation

My friend(s)/classmate(s) would go outdoors more often if:

(n = 138)	Strongly agree	agree	Neither agree nor disagree	disagree	Strongly disagree
Other friends were doing it.	36.8%	51.9%	10.5%	0.8%	0.0%
They weren't so busy with other activities (school, sports, work, etc.).	32.8%	43.3%	16.4%	6.0%	1.5%
There were more places for us to hangout outdoors together.	24.2%	52.3%	17.4%	4.5%	1.5%
Activities were closer to home.	23.9%	45.7%	15.9%	10.9%	3.6%
Activities were less expensive.	23.9%	45.7%	18.1%	10.1%	2.2%
It was easier to travel to the activities.	21.8%	57.9%	14.3%	4.5%	1.5%
Activities were less serious, more fun.	21.0%	45.7%	23.9%	5.8%	3.6%
There were more activities available.	18.0%	48.1%	27.1%	5.3%	1.5%
They were more confident in their ability.	14.3%	43.6%	30.8%	9.8%	1.5%
Parents were more encouraging.	13.8%	41.3%	23.9%	16.7%	4.3%
They knew it was good for their mental health.	12.8%	39.1%	33.1%	11.3%	3.8%
Coaches/leaders didn't have favourites.	11.6%	20.3%	33.3%	20.3%	14.5%
Parents were less strict.	9.4%	30.4%	34.1%	15.9%	10.1%
They weren't afraid.	6.8%	39.8%	35.3%	12.0%	6.0%
Coaches/leaders were nicer.	6.5%	22.5%	39.1%	22.5%	9.4%
Coaches/leaders spent more time with us.	3.6%	29.9%	43.1%	15.3%	8.0%



V. Qualitative Findings

As part of the overall study, respondents were invited to provide a written response to several open ended items. The findings of the analysis of the qualitative data captured for these two items provide additional detail and insight into the findings generated by the statistical analysis of the closed question survey responses.

The two questions posed were:

- Do you have any good ideas to help get young people active outdoors?
- Do you have any final thoughts about this study or survey?

Good Ideas Directly from the Youth

In terms of “Good Ideas”, a number of study respondents highlighted the need to better promote the activities already available in community. Some even suggesting that greater effort to make the activities seem “more interesting” was required. Along a similar line, a number of the younger study respondents (< 18years) thought that effort to make the activities more engaging and fun was warranted. Both <18 years and 18 and older age groups suggested making activities appealing and more inclusive were important for increasing the number of young people participating in outdoor recreation and leisure pursuits. As one respondent noted, “make them feel more comfortable in their own skin, they don’t have to be afraid to be seen”. A number of respondents noted that cost was often an issue so greater effort to mitigate that in some manner would be purposeful. “More free fun spaces!” was how one respondent framed their response although others thought some effort to subsidise participation would be worthwhile. Others thought that some form of personal incentive for participation was warranted. Reward for effort or engaging individuals in ways they valued were also suggestions made in this regard. The use of phone apps or games to gamify some of element of the activity were ideas put forward in this regard. Better infrastructure, via transport provision, lighting, bikeways, easier (& cheaper) access to equipment, and better presented opportunities to participate in come and try days were each offered by a number of respondents in the 18+ age group as means for engaging more young people in the outdoors.

Other thoughts

Study respondents from both age groups generally welcomed the effort being made to find ways to improve the opportunities to engage more young people in outdoor recreation and leisure activities. As one of the under 18 years respondent group noted, “I think this is a great research project. Girl’s Brigade has had an amazing impact on my mental health and life in general. I hope that the results of this study are able to get more young people affiliated with a social group”. A sentiment expressed by a number in the 18 years and older group as well. “Getting young people the opportunity to go outdoors is incredibly important” stated one whereas another commented that, “Getting kids involved in outdoor activities, building confidence and normalising being outside right from the beginning (primary school age and younger) I think would set them up well for a positive relationship with the outdoors later in life”.

Others thought that while getting outdoors was critically important for one physical and mental health, having to negotiate study/work commitments remained problematic for many, as was, for younger study respondents at least, gaining the support of parents to facilitate their involvement in outdoor activities. As one respondent cased it, “parents need to give more chances to their kids to take part in outdoor activities instead of facilitating more technology time”.

Recommendations

- Generally, youth want to participate in outdoor recreation to have fun and be active with their friends, but they often lack the equipment, the financial resources, time, partners, information, and confidence to do so. Thus, outdoor recreation needs be made more accessible and inexpensive and marketed as such to all Queensland youth. And, any such programs or resources need to be directly promoted to youth in a welcoming, grassroots, and age appropriate manner.
- Encouraging and supporting youth to create friendships to participate in outdoor recreation with is paramount to improving participation, especially for those that feel excluded, lonely or lack a friendship group to participate with.
- The youth surveyed acknowledge that both mental and physical health benefits are derived from outdoor recreation, as such these benefits should be included any such marketing and program messages.
- Study findings revealed that many respondents felt a lack of information about opportunities impeded many younger people from engaging in outdoor activities in the manner, or the level, they desired.
- Greater effort by youth agencies to disseminate information regarding their services and programs is warranted, especially through the youth that are already using these services. Perhaps referral or mentorship programs would be helpful in this regard.
- Findings also suggested that a lack of knowledge about how and where individuals might go to access equipment was a barrier to higher levels of participation in outdoor recreation activities.
- Technology based solutions appropriate for various age groups such as gamification, resource information, “one stop shop” resources, and smartphone applications maybe effective in improving outdoor recreation amongst Queensland youth.

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Appendices

Appendix 1: Questionnaire

Youth Outdoor Recreation in Queensland: Barriers and Activators.

Thank you for doing this survey! We want your thoughts and ideas on being active outdoors.

Too many young people spend lots of time in front of screens and not enough time outdoors.

By doing this survey, you'll help us to find out:

- What is stopping you from doing outdoor activities? And/or
- What helps you to be active outdoors?

We'll use your answers to help get more young people in Queensland outdoors and active.

This study consists of a short confidential and anonymous survey that will take about 10 minutes to complete. We will ask you some questions about the activities you like to do, a bit about yourself, and your opinion about the importance of outdoor recreation to you and your friends. Participation in the study is completely voluntary and you can quit at any time and/or choose to not answer questions in the on-line survey if you so choose. Please be assured that there are no known risks associated your participation in this study.

If you finish the survey, you will go into the draw to win a \$500 gift card for your club/group, or a \$50 gift card for yourself. Completion of any and all survey questions is completely voluntary.

If you have any questions about the study or would like to access the study results please contact Dr. Richard Buning, (r.buning@uq.edu.au), Dr. Shane Pegg (s.pegg@uq.edu.au) from The University of Queensland or your local club/activity leader.

This study adheres to the guidelines of the ethical review process of The University of Queensland and the National Statement on Ethical Conduct in Human Research. Whilst you are free to discuss your participation in this study with project staff, if you would like to speak to an officer of the University not involved in the study, you may contact the Ethics Coordinator on +617 3365 3924 / +617 3443 1656 or humanethics@research.uq.edu.au.

If you're under 18 years old, it's important that you have your parents' OK to complete this survey. Are your parents aware of your participation?

- Yes
- No ([survey exit](#))

Do you agree to participate in this study?

- Yes
- No (kicked out of survey)



THE UNIVERSITY
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AUSTRALIA

1. Demographic

First, we are interested in knowing a little bit about you!

1.1. Do you live in Queensland Australia?

- Yes
- No (survey exit)

1.2. How old are you (age in years)? (Sliding scale, Skip logic to the end if under 12 or 30 and above selected)

- Under 12 yo (skip to the end)
- 13, 14, ..., 29
- 30 and above (skip to the end)

1.3. What is your gender?

- Male (1)
- Female (2)
- Prefer to self-describe (3) _____
- Prefer not to say (4)

1.4. What is the postcode for your address? (Only accepts postcodes)

1.5. How many people live with you at home (the home that you spend the most of your time in)? (Sliding scale)

- 0
- 1
- 2
- ...
- 8
- 9 and more

2. Current Engagement and Behavior

Think about the activities you like to do that:

- Takes place outside (park, mountain, bush),
- Needs a large space (land, water),
- May need a natural setting (beach, bush, river).
- May not be competitive or have an audience

Here are some examples:



Key:

- Multiple choice
- Multiple response
- Likert type rating item
- Sliding scale

2.1. How many times have you participated in outdoor recreation over (none response, skips to constraints section):

	None	Once or twice	3-4 times	5-10 times	10 times and more
the last 7 days? (1)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
the last month? (2)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
the last year? (3)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2.2. What outdoor activities do you participate in ([randomized list](#))?

- Mountain activities (e.g. rock climbing, skiing, bouldering)
- 2 wheels: Cycling, biking (e.g. mountain biking)
- 4+ wheels: Skateboarding, roller-blading, scooter
- Motorsports (motorcycling, ATVs, 4wds)
- Horse riding
- Beach & sea water craft activities (e.g. sailing, surfing)
- Swimming (e.g., pool, river, ocean, snorkeling, scuba)
- Freshwater craft activities (e.g. boating, rafting, canoeing, kayaking)
- Air activities (e.g. kiting, parachuting, paragliding)
- Camping (e.g. building camps, cook on a campfire)
- Hiking (e.g. bushwalking, orienteering, trekking)
- Nature activities (e.g. astronomy, conservation, nature watching, nature photography)
- Fishing
- Social fun (e.g. picnicking, day at the beach, frisbee, , jump rope, treasure hunts)
- Outdoor fitness and exercise (e.g. yoga, parkour)
- Walking, running, marathons
- Other_____
- I do not participate in any outdoor activities.

2.3. Are you a member of any of the following?

- Girl Guides Queensland
- Scouts Queensland
- Boys' Brigade Queensland
- Girls' Brigade Queensland
- PCYC Queensland
- The Duke of Edinburgh's International Award - Queensland
- Other_____
- No, I am not a member

2.4. How often do you chat online with other members of your club or group? (This includes over texting, over Snapchat, Instagram, Facebook etc.)

- One a day or more
- 2-3 times a week
- Once a week
- Not very often at all
- Never

2.5. Please rank the activities you participate in from the top activity being the one you do the most and the bottom activity the one you do the least. ([Click and drag the list to create the appropriate order. 5 activities max.](#))

2.6. I participate in outdoor recreation because I want to ([randomized list](#)):

- To be physically fit
- Like to get exercise
- To have fun
- To improve my skills

- Like the challenge
- Want to get to a higher level
- Like to do something I'm good at
- To be with my friends
- To be with my family
- To feel more relaxed
- To be alone
- To have something to do
- To simply be outdoors

3. Leisure Constraints

Next, think about what makes it difficult for you to participate in outdoor recreation.

3.1. What is one outdoor activity you want to participate in, but haven't yet? (randomized list)

- Mountain activities (e.g. rock climbing, skiing, bouldering)
- 2 wheels: Cycling, biking (e.g. mountain biking)
- 4+ wheels: Skateboarding, roller-blading, scooter
- Motorsports (motorcycling, ATVs, 4wds)
- Horse riding
- Beach & sea water craft activities (e.g. sailing, surfing)
- Swimming (e.g., pool, river, ocean, snorkeling, scuba)
- Freshwater craft activities (e.g. boating, rafting, canoeing, kayaking)
- Air activities (e.g. kiting, parachuting, paragliding)
- Camping (e.g. building camps, cook on a campfire)
- Hiking (e.g. bushwalking, orienteering, trekking)
- Nature activities (e.g. astronomy, conservation, nature watching, nature photography)
- Fishing
- Simply socializing (picnics, day at the beach etc.)
- Social games (e.g. frisbee, picnicking, jump rope, treasure hunts)
- Outdoor fitness and exercise (e.g. yoga, parkour)
- Walking, running, marathons
- Other _____
- I do not participate in any outdoor activities.

3.2. I haven't tried <pipel text from previous question> yet because(randomized list):

- It is too expensive
- It is too dangerous
- I have no one to go with
- There is no transport (modified)
- I am not allowed
- I am scared to go out at night
- I don't have time due to other activities (school, sports, work, etc.)
- I don't have a place to
- I don't have any equipment
- The weather is bad
- Because I am sick or injured
- I do not like physical activities
- I don't have confidence in my ability
- I don't know if it's available in my area

3.3. Who helps you be active outdoors the most (randomized list)?

- My mother(s)
- My father(s)
- My guardian(s)

- My grandparent(s)
- My brother(s)
- My sister(s)
- My friend(s)
- My teacher(s)
- My carer(s)
- My coach/club leader(s)
- No one
- Other... who?(s)

3.4. I feel that: (randomized list)

- I can go outdoors no matter how I feel
- I can go outdoors even if I have a lot of homework
- I can ask someone to take me outdoors
- I can usually get people to do recreation activities with me, even if they don't want to.
- I can make a recreation activity as fun as I want to be
- I am usually good at new outdoor activities.
- When I am angry, going outdoor helps me calm down.
- I can go outdoors instead of watching a screen.

4. Actions/Strategies to Overcome the Constraints

Now, think about friends or classmates that don't get outdoors very often.

4.1. My friends/classmates might go outdoors more often if: (randomized list)

- Activities were less serious, more fun
- Activities were closer to home
- Activities were less expensive
- Coaches/leaders were nicer
- Coaches/leaders didn't have favorites
- Coaches/leaders spent more time with us
- Parents were less strict.
- Parents were more encouraging
- There were more activities available
- It was easier to travel to the activities
- There were more places for us to hangout outdoors together
- They were more confident in their ability
- They knew it was good for their mental health
- They weren't afraid
- They weren't so busy with other activities (school, school, sports, work, etc.)
- Other friends were doing it

4.2. Do you have any good ideas to help get young people active outdoors? Please explain.

5. Additional Questions (QYA Organization Questions)

5.1. What do you see as the main factors helping young people to continue to participate in the Award – please tick 3 (The Duke of Edinburgh's International Award):

- Support from Award leaders/volunteers
- Support from family and/or friends
- Status of the Award
- Offers opportunities to participate in activities that I may not have

- I have made new friends
- Doing the award may help me when I leave school eg get a job, uni etc..

5.2. What do you see as the main barriers that prevent young people from completing the award and/or continuing on to another level of the Award – please tick 3 ([The Duke of Edinburgh's International Award](#)):

- Cost of the award
- The Award is too complicated
- Competing commitments for my time
- Lack of access to eligible adventurous journeys
- Lack of support from the award unit/ community

5.3. How many hours of Outdoor Activity on average per month do you engage in with Guides? ([Girl Guides](#)):

- 0– 2
- 2– 4
- 4 – 6
- 6 – 8
- 8+

5.4. What prevents you from engaging in Outdoor activity at Guides more frequently than you do? ([Girl Guides](#)) (Select all that apply)

- Lack of opportunity
- Lack of trained leaders
- Lack of resources including equipment
- Lack of time

5.5. If you have friends that do not attend Girls' Brigade, what do you believe is stopping them from coming? ([Girls Brigade](#))

5.6. If there was one thing you could change/improve that would ensure Girls' Brigade was able to reach as many girls as possible across Queensland, what would it be? ([Girls Brigade](#))

5.7. What barriers do you see locally in participating in outdoor activities through Scouts? ([Scouts](#))


6. Final Question

6.1. Do you have any final thoughts about this study or survey?

[On a separate survey linked at the end.](#)

If you enter your email address, you go into the draw to win an individual \$50 gift card prize. If you do not wish to enter your email address, your club will automatically go into the draw to win a \$500 gift card.

Appendix 2: Huan Research Ethics Approval



THE UNIVERSITY OF QUEENSLAND

Institutional Human Research Ethics Approval

Project Title:	Youth Outdoor Recreation in Queensland: Barriers and Activators
Chief Investigator:	Dr Richard Buning
Supervisor:	None
Co-Investigator(s):	Dr Shane Pegg
School(s):	UQ Business School, The University of Queensland
Approval Number:	2019001258
Granting Agency/Degree:	Queensland Outdoor Recreation Federation (QORF)
Duration:	31 July 2020


Comments/Conditions:

- HREA Form, 27/05/2019
- Duke of Ed, 28/05/2019
- Girls Brigade, 28/05/2019
- GirlsGuide, 28/05/2019
- OfficeofYouth, 28/05/2019
- PCYC, 28/05/2019
- QORF.Project.Description, 27/05/2019
- QORF.Questionnaire, 07/06/2019
- Scouts, 28/05/2019
- YMCA, 28/05/2019
- Organization Cover Email - parent, 17/07/2019
- Organization Cover Email - adult, 24/07/2019

Note: If this approval is for amendments to an already approved protocol for which a UQ Clinical Trials Protection/Insurance Form was originally submitted, then the researchers must directly notify the UQ Insurance Office of any changes to that Form and Participant Information Sheets & Consent Forms as a result of the amendments, before action.

Name of responsible Sub-Committee:
University of Queensland Business, Economics & Law, Low & Negligible Risk Ethics Sub-Committee
 This project complies with the provisions contained in the *National Statement on Ethical Conduct in Human Research* and complies with the regulations governing experimentation on humans.

Name of Ethics Sub-Committee representative:
Associate Professor Lana Friesen
Chairperson
University of Queensland Business, Economics & Law, Low & Negligible Risk Ethics Sub-Committee

Signature 

Date 25/07/2019



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