

# SARU MEDICAL DEPARTMENT SURVEY 2016

## SARU YOUTH WEEK TOURNAMENTS

U13  U16  LSEN  U18 Academy Week  U18 Craven Week

Team:

Province:

### BokSmart Safe Six Questionnaire

Please tick the box or circle the number that best matches your answer. Where required also provide a very brief and to the point comment in the space provided! This questionnaire needs to be completed by ALL SARU Youth week players and team coaches.

Please indicate your current role by ticking or circling the correct box i.e. whether you are the team coach, manager or a player

Team Coach

Team Manager

Player (  Forward  Backline )

#### Questions

1. Have you ever heard of the 'BokSmart Safe Six'?

YES  NO

If you answered **YES** to **Question 1**, then please continue with **Question 2**

If you answered **NO** to **Question 1**, then go to **Question 9**

2. How did you come to hear about the 'BokSmart Safe Six'? (tick all boxes that are applicable)

Twitter  Website  Facebook  Coach  Provincial Union  News article  Poster  Email  SARU  Other (specify below)

3. Can you name any of the 'BokSmart Safe Six' exercises?

YES  NO

If you answered **YES** to **Question 3**, then please list as many of these as you can remember in the space provided below

|    |    |    |
|----|----|----|
| 1. | 3. | 5. |
| 2. | 4. | 6. |

4. In the last 6-8 weeks, have you ever used the 'BokSmart Safe Six' exercises?

YES  NO

If you answered **YES** to **Question 4**, then please continue with **Question 5** below.

If you answered **NO** to **Question 4**, then please go to **Question 8**.

5. Why did you use the 'BokSmart Safe Six' exercises? (tick all boxes that are applicable)

Were told to use it  Part of team warm-up  Chose to use it  Improve performance  Injury prevention  Other (specify below)

6. For how many weeks and on average, how many times per week did you use the 'BokSmart Safe Six' exercises?

#### NUMBER OF WEEKS

1  2  3  4  5  6  7  8 or more weeks

#### AVERAGE DAYS PER WEEK

1  2  3  4  5  6  7

7. Did you find the 'BokSmart Safe Six' exercises easy to perform?

YES  NO

8. Why did you NOT use the 'BokSmart Safe Six' exercises?

9. Would you be interested in knowing more about the 'BokSmart Safe Six'?

YES  NO