

Anonymous Athlete Experience Survey



This is an anonymous survey. Anonymous means no one can know who wrote a particular answer to a question. We are giving this survey to all athletes in our program so that we can learn about your experience with your coach(es). Your answers to these questions will help us keep our promise to take good care of your mind, heart, and body.

- Please complete a separate survey for each of your coaches.
- This survey has 35 questions. 26 questions are multiple choice, or yes/no. 9 questions ask for more detail.
- If you would like help entering your answers, please ask your parent or caregiver to help you.
- For the "Does your coach ever...?" questions if the answer is "No." Simply type "No." in the box.
- Remember no one will know that you wrote a particular answer to a question.

Coach's name: _____

Team/ Level: _____

1. In a few words or short sentences, how would you describe this coach?

2. What do you like most about this coach?

3. How is this coach helping you become a better athlete?



4. When you are training with this coach, how do you feel?

5. I feel mentally and emotionally safe with the coach; the coach takes good care of and respects my feelings, my mind and my heart.

	1	2	3	4	5
Not Safe					Very Safe

6. I feel physically safe with the coach; the coach takes good care of and respects my body.



12. When you talk to your coach about feeling nervous or not ready to do a certain workout or skill, how does your coach react?

1	2	3	4	5
Gets Angry			Listens and helps me	

13. When you or someone wants to talk to the coach about a problem or a worry, how does your coach usually react?

1	2	3	4	5
Gets Angry			Listens and helps	

14. When you or someone else doesn't do what the coach says, how does the coach usually react?

1	2	3	4	5
Gets Angry			Responds calmly	

15. Does your coach give you special treats or gifts that they don't give to everyone else?

1	2	3	4	5
Often			Never	

16. How does your coach treat you if you are injured?

1	2	3	4	5
Impatient /Frustrated			Patient / Supportive	

17. Does your coach ever hurt your feelings (your mind and your heart) with their words or behavior? If yes, how does your coach hurt your mind or your heart?



18. Do you ever feel scared of your coach? If yes, please explain what your coach did or does that scares you.

19. Does your coach gossip, say mean things, and separate people?

1	2	3	4	5
Often				Never

20. When a person leaves the team or is thinking about leaving the team, how does your coach talk about them?

1	2	3	4	5
Meanly/ disrespectfully				Kindly/ respectfully



21. Do you ever feel worried or scared about leaving the coach and the team?

1

2

3

4

5

Never scared/
worried

Always scared/
worried

22. Does your coach ever lie?

1

2

3

4

5

Lies a lot

Never lies

23. Does your coach ever deny that they said or did something when actually they did? Remember 'deny' means the coaches pretends they didn't say or do something.

1

2

3

4

5

Always denies

Is always honest

24. Does your coach ever ask you to lie?

1

2

3

4

5

Often asks
me to lie

Expects me to
tell the truth

25. Does your coach ever yell or scream in a scary way?

1

2

3

4

5

Often

Never



26. Does your coach make mean faces, or hand gestures, or get in your space in an angry, mean way?

1 2 3 4 5
Often Never

27. Does your coach throw, kick, or slam things?

1 2 3 4 5
Often Never

28. Does your coach ever hurt your body? If yes, please explain what your coach did or does that hurts your body.

29. Does your coach ever try to be alone with you?

1 2 3 4 5
Often Never



30. Does your coach ask to see your sexual body parts (mouth, hands, breasts, butt, vagina, penis, anus) in person, photos, or videos?

Yes ___

No ___

31. Does your coach ask you to look at their sexual body parts (mouth, hands, breasts, butt, vagina, penis, anus) in person, photos, or videos?

Yes ___

No ___

32. Does your coach ever touch you sexual body parts (mouth, hands, breasts, butt, vagina, penis, anus) with their sexual body parts, even “accidentally”?

Yes ___

No ___

33. Does your coach ever ask you to touch their sexual body parts (mouth, hands, breasts, butt, vagina, penis, anus)?

Yes ___

No ___

34. If you answered yes to any question from 30-33, please explain what your coach does.

35. Is there anything else you would like to share about your coach?



If you would like to keep your response private/ anonymous DO NOT enter any information.

- If you are under 18 and would like to talk about any concerns you shared, please enter your parents name, phone number and email.
- If you are a legal adult and would like to discuss the concerns you shared please enter your name, email and phone number.
- Regardless of your age, you may invite an advocate of your choosing to participate in any conversation, and/or request that the trauma-sensitive health care provider speak on your behalf or support you in any conversation.

Optional

Name: _____

Email: _____

Phone: _____