

# Beach Accessibility - Patient Perspective National Survey 2021

## Participant Information Statement

**Project Title:** Perspectives on the benefits, barriers, and facilitators of beach accessibility in community dwelling older adults and individuals living with a disability or mobility limitations - an Australian community level survey

**HREC Number:** 0000022411

### Chief Investigators

Sasha Job - Chief Investigator, Lecturer Physiotherapy, CQUniversity Bundaberg  
Dr Steven Obst - Chief Investigator, Senior Lecturer Physiotherapy, CQUniversity Bundaberg  
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### What is a participant information statement?

This statement tells you about the research project. It explains to you clearly and openly all the information we would like to gather and what we will do with this information. This information is to help you decide whether or not you would like to take part in the research. Please read this information statement carefully. Before you decide whether or not you want to take part in the research, you can ask us any questions you have about the project. You may want to talk about the project with your family, friends, carer, or healthcare worker. It is ok to say no if you do not want to participate in the research.

### Important Things to Know

It is your choice whether or not you would like to take part in the research. You do not have to agree to participate if you do not want to. If you complete this survey, you are telling us that you:

- ✓ Understand what you have read
- ✓ Have had a chance to ask any questions and received satisfactory answers
- ✓ Consent to participate in the project

### You are invited to complete the survey if you ...

- ✓ Currently access OR want to access patrolled beaches throughout Australia
- ✓ AND meet at least ONE of the following criteria:
  - Older person (aged 65 years or older)
  - Person living with a disability
  - Person living with a mobility restriction (temporary or permanent)

If you are aged <18 years, the survey must be completed by a parent/ guardian acting on your behalf. If you are invited to complete the survey, but are unable to do so on your own, the survey may be completed by:

- ✓ A parent/ guardian or carer acting on your behalf
- ✓ A service provider who regularly interacts with you acting on your behalf

**What do we want to find out?**

- ✓ Information you provide will assist us in having a better understanding of: ð Your current levels of physical activity
- ✓ Your preferred patrolled beach location(s)
- ✓ Your patterns of patrolled beach use (e.g. when, how long and why you visit a patrolled beach)
- ✓ Challenges you face getting to a patrolled beach and accessing the beach and surrounds
- ✓ Activities you participate in while at a patrolled beach
- ✓ How a visit to a patrolled beach may affect your mood, health, well-being and participation in physical activity
- ✓ How patrolled beach accessibility may be improved

**What will we do with the information you provide?**

Information you provide will help inform research and planning initiatives for improved accessibility of patrolled beaches throughout Australia.

**How will this information benefit you or others?**

The benefits of obtaining this information include supporting us to:

- ✓ Break down the barriers that prevent patrolled beach access and patrolled beach activity participation for all people, regardless of abilities
- ✓ Enable people living with a disability or mobility restriction to enjoy our patrolled beaches as an active space for physical activity, recreation, volunteer opportunities and spectatorship
- ✓ Enhance patrolled beach activity participation, improving physical health, mental functioning, happiness, well being, enjoyment and connection of community members
- ✓ Design patrolled beach activities to support flexible options for physical activity and recreation that meet diverse lifestyles, abilities, and interests

**Are there any risks to participating in this survey?**

The only risk associated with participating in this survey is one of inconvenience in the time taken to complete the survey. It is estimated that this survey will take up to 15 minutes to complete.

**How will the information be kept private?**

All information will be stored securely for a minimum of 15 years, in accordance with CQUniversity policy. Information will solely be used for the purposes described. No personal information will be recorded, and all surveys are anonymous. Information will not be used in any way that would allow you to be identified, or your survey responses attributed to you. Only chief investigators will have direct access to the survey information. Data may be accessed by auditors, the ethics committee or regulatory authorities. Data may be used as comparative data in future projects or stored in an open access database for secondary analysis. The results of the study may be published.

**Do you Require Further Information About the Survey?**

If you have any questions or would like further information, please contact: Sasha Job

Physiotherapy Lecturer

CQUniversity Australia, Bundaberg Campus

Phone: +61 07 4150 7702

Email: [s.job@cqu.edu.au](mailto:s.job@cqu.edu.au)

**Ethics Contact:**

The CQUniversity Human Research Ethics Committee (HREC) has approved this study. If you have any concerns and/or complaints about the project, the way it is being conducted or your rights as a research participant, and would like to speak to someone independent of the project, please contact the HREC Coordinator via email ([ethics@cqu.edu.au](mailto:ethics@cqu.edu.au)).

## Eligibility Screening Questions

**pre1** Do you currently access OR want to access patrolled beaches?

- ☐ Yes
- ☐ No

 *If no is selected, you are not eligible to complete this survey.*

**pre2** Do you identify as:

Please select all that apply

- ☐ Older person (65 years or older)
- ☐ Person with a disability
- ☐ Person with a mobility restriction
- ☐ Parent/ guardian or carer acting on behalf of a person with a disability
- ☐ Service provider acting on behalf of a person with a disability
- ☐ None of the above

 *If none of the above is selected, you are not eligible to complete this survey.*

**pre3** Are you aged 18 years or older?

- ☐ Yes
- ☐ No

 *If yes is selected, please ask a parent/ guardian to answer on your behalf.*

### General Instructions to Complete Survey

Please read each of the questions and select the appropriate answer(s) or provide information as required. If you are completing the survey on behalf of a person with a disability or mobility restriction, please ensure each question applies to their situation or circumstance.

### Section 1: Your Background

First, a little bit about you. The following questions aim to help us understand the diversity of our community.

**Q1** What is your current age in years? \_\_\_\_\_

**Q2** What is your gender?

- ☐ Male
- ☐ Female
- ☐ Other
- ☐ Prefer not to say

**Q3** Do you identify as a person of Aboriginal or Torres Strait Islander descent?

- ☐ Yes
- ☐ No
- ☐ Prefer not to say

**Q4** Do you identify as a person from a non-English speaking background?

- ☐ Yes
- ☐ No

**Q5** What is the postcode of your primary residence?

Please specify: \_\_\_\_\_

**Q6** In general, how would you describe your health?

- ☐ Excellent
- ☐ Very good
- ☐ Good
- ☐ Fair
- ☐ Poor

**Q7** What is your approximate height in centimetres?

- ☐ Height (centimetres) \_\_\_\_\_
- ☐ Unsure
- ☐ Prefer not to say



*If unsure is selected, please answer Q8, otherwise please continue to Q9.*

**Q8** If you know your approximate height in another measurement unit, please enter below.

- ☐ Measurement unit (e.g. feet and inches) \_\_\_\_\_
- ☐ Height \_\_\_\_\_
- ☐ Unsure

**Q9** What is your approximate weight in kilograms?

- ☐ Weight (kilograms) \_\_\_\_\_
- ☐ Unsure
- ☐ Prefer not to say



*If unsure is selected, please answer Q10, otherwise please continue to Q11.*

**Q10** If you know your approximate weight in another measurement unit, please enter below.

- ☐ Measurement unit (e.g. stones and pounds) \_\_\_\_\_
- ☐ Weight \_\_\_\_\_
- ☐ Unsure

**Q11** Please indicate the level of assistance you require for self care and body movement activities.

|   | Yes, always           | Yes, sometimes        | No                    |
|---|-----------------------|-----------------------|-----------------------|
| Do you require assistance from someone else for self care activities? (e.g. everyday activities such as eating, showering, dressing, toileting)                     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Do you require assistance from someone else for body movement activities? (e.g. getting out of bed, moving around your home, moving around places in the community) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Do you require a mobility device for walking or moving around your home?  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Do you require a mobility device for walking or moving around places in the community?  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

**Q12** Please select the mobility device(s) that you use.

Please select all that apply

- ☐ Walking stick (cane)
- ☐ Crutches
- ☐ Walking frame - pickup
- ☐ Walking frame - wheeled
- ☐ Wheelchair - manual (non-motorised)
- ☐ Wheelchair - motorised
- ☐ Mobility scooter
- ☐ Other - please specify: \_\_\_\_\_

### Section 2: Physical Activity

The following questions aim to help us understand your current level of leisure time physical activity. The questions relate specifically to **physical activity you participate in solely for recreation, sport, exercise or leisure**. Please do not include any activities related to work, housework, house maintenance or caring for family.

**Q13** In a typical week (7 day period), on how many days do you participate in physical activity for recreation, sport, exercise or leisure?

- ☐ Never
- ☐ 1-2 days per week
- ☐ 3-4 days per week
- ☐ 5-6 days per week
- ☐ Every day



If never is selected, please skip to Q18.

**Q14** In a typical week (7 day period), on how many days do you participate in **moderate intensity** physical activity for at least 10 minutes? Moderate intensity physical activity requires some effort, but still allows you to speak easily while undertaking the activity.

- ☐ Never
- ☐ 1-2 days
- ☐ 3-4 days
- ☐ 5-6 days
- ☐ Every day

**Q15** How much time do you usually spend on one of those days participating in moderate intensity physical activity?

- ☐ 10 minutes
- ☐ 11 minutes - ½ hour
- ☐ ½ - 1 hour
- ☐ 1 - 1 ½ hours
- ☐ 1 ½ -2 hours
- ☐ More than 2 hours

**Q16** In a typical week (7 day period), on how many days do you participate in **vigorous intensity** physical activity for at least 10 minutes?

Vigorous intensity physical activity requires large effort and makes you breathe harder and faster - "huff and puff"

- ☐ Never
- ☐ 1-2 days
- ☐ 3-4 days
- ☐ 5-6 days
- ☐ Every day

**Q17** How much time do you usually spend on one of those days participating in vigorous intensity physical activity?

- ☐ 10 minutes
- ☐ 11 minutes - ½ hour
- ☐ ½ - 1 hour
- ☐ 1 - 1 ½ hours
- ☐ 1 ½ -2 hours
- ☐ More than 2 hours

**Q18** To what extent do you agree or disagree with the following statement regarding physical activity enjoyment?

|                                 | Strongly Agree        | Agree                 | Neither Agree<br>nor Disagree | Disagree              | Strongly<br>Disagree  |
|---------------------------------|-----------------------|-----------------------|-------------------------------|-----------------------|-----------------------|
| I enjoy doing physical activity | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> | <input type="radio"/> |

**Q19** A number of situations are described below that can make it hard to stick to a physical activity routine. Please rate how certain you are that you can get yourself to perform your physical activity routine regularly (on most days of the week) from 0 (I cannot do this activity at all) to 10 (I am certain I can do this activity successfully).

*Please continue to the next page to answer.*



|  | I cannot do this activity at all |                       |                       |                       |                       |                       |                       |                       | I am certain I can do this activity successfully |                       |                       |  |
|--|----------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|--|-----------------------|-----------------------|--|
|  | 0                                | 1                     | 2                     | 3                     | 4                     | 5                     | 6                     | 7                     | 8  | 9                     | 10                    |  |
| When I am feeling tired  | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>                            | <input type="radio"/> | <input type="radio"/> |  |
| When I am feeling under pressure from work                         | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>                            | <input type="radio"/> | <input type="radio"/> |  |
| During bad weather   | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>                            | <input type="radio"/> | <input type="radio"/> |  |
| After recovering from an injury that caused me to stop exercising  | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>                            | <input type="radio"/> | <input type="radio"/> |  |
| During or after experiencing personal problems                     | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>                            | <input type="radio"/> | <input type="radio"/> |  |
| When I am feeling depressed  | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>                            | <input type="radio"/> | <input type="radio"/> |  |
| When I am feeling anxious  | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>                            | <input type="radio"/> | <input type="radio"/> |  |
| After recovering from an illness that caused me to stop exercising | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>                            | <input type="radio"/> | <input type="radio"/> |  |
| When I feel physical discomfort when I exercise                    | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>                            | <input type="radio"/> | <input type="radio"/> |  |
| After a vacation   | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>                            | <input type="radio"/> | <input type="radio"/> |  |
| When I have too much work to do at home                            | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>                            | <input type="radio"/> | <input type="radio"/> |  |
| When visitors are present  | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>                            | <input type="radio"/> | <input type="radio"/> |  |
| When there are other interesting things to do                      | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>                            | <input type="radio"/> | <input type="radio"/> |  |
| If I don't reach my exercise goals                                 | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>                            | <input type="radio"/> | <input type="radio"/> |  |
| Without support from my family or friends                          | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>                            | <input type="radio"/> | <input type="radio"/> |  |
| During a vacation  | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>                            | <input type="radio"/> | <input type="radio"/> |  |
| When I have other time commitments                                 | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>                            | <input type="radio"/> | <input type="radio"/> |  |
| After experiencing family problems                                 | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>                            | <input type="radio"/> | <input type="radio"/> |  |

### Section 3: Beach Preferences

The following questions aim to help us understand where, when, and why you visit the beach, as well as benefits of visiting the beach.

**Q20** How far is the closest *patrolled beach* from your primary residence?

- ☐ 0-2km
- ☐ 3-10km
- ☐ 11-20km
- ☐ 21-30km
- ☐ More than 30km

**Q21** Which *patrolled beaches* do you visit most often?

Please order the patrolled beaches from the beach you visit most often (1) to the beach you visit least often (5).

- ☐ I am currently unable to visit the beach due to access limitations (i.e. I have difficulty travelling to the beach and/or accessing the beach and surrounds)
- ☐ (1) Please specify: \_\_\_\_\_
- ☐ (2) Please specify: \_\_\_\_\_
- ☐ (3) Please specify: \_\_\_\_\_
- ☐ (4) Please specify: \_\_\_\_\_
- ☐ (5) Please specify: \_\_\_\_\_



*If you cannot currently access the beach, please proceed with this section of the survey by answering questions marked only in **blue** or **black** (21a, 22, 26, 27a, 28a, 29a, 31).*



*If you can currently access the beach, please proceed with this section of the survey by answering questions marked only in **purple** or **black** (22, 23, 24, 25, 26, 27, 28, 29, 30, 31).*

**Q21a** If you were able to visit the beach, which *patrolled beaches* would you visit most often?

Please order the patrolled beaches from the beach you would visit most often (1) to the beach you would visit least often (5).

- ☐ (1) Please specify: \_\_\_\_\_
- ☐ (2) Please specify: \_\_\_\_\_
- ☐ (3) Please specify: \_\_\_\_\_
- ☐ (4) Please specify: \_\_\_\_\_
- ☐ (5) Please specify: \_\_\_\_\_

**Q22** To what extent do you agree or disagree that the following would positively influence your selection of which beach to visit (any beach, any location)?

*Everyone is to complete this question.*

*Please continue to the next page to answer.*

|  | Strongly Agree        | Agree                 | Neither Agree<br>nor Disagree | Disagree              | Strongly<br>Disagree  |
|--|-----------------------|-----------------------|-------------------------------|-----------------------|-----------------------|
| Proximity to your primary residence  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> | <input type="radio"/> |
| Patrolled beach  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> | <input type="radio"/> |
| Ease of travelling to the beach  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> | <input type="radio"/> |
| Accessibility of the beach (sand and ocean)  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> | <input type="radio"/> |
| Accessible facilities (e.g. parking, footpaths, toilets, showers, change room facilities, retail services) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> | <input type="radio"/> |
| Accessible recreational facilities (e.g. seating, shade, BBQ facilities, playground)                       | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> | <input type="radio"/> |
| High water quality   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> | <input type="radio"/> |
| Sandy beach  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> | <input type="radio"/> |
| Wide beach   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> | <input type="radio"/> |
| Calm water   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> | <input type="radio"/> |
| Good surf  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> | <input type="radio"/> |
| No litter  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> | <input type="radio"/> |
| No overcrowding  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> | <input type="radio"/> |
| Close to towns   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> | <input type="radio"/> |
| Nearby accommodation   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> | <input type="radio"/> |
| Ability to take dogs   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> | <input type="radio"/> |
| Dogs prohibited  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> | <input type="radio"/> |
| Opportunity to participate in fishing activities   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> | <input type="radio"/> |
| Opportunities to view wildlife   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> | <input type="radio"/> |
| Historical significance (e.g. shipwrecks)  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> | <input type="radio"/> |
| Presence of dunes  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> | <input type="radio"/> |
| Presence of cliffs   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> | <input type="radio"/> |
| Presence of rock platforms   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> | <input type="radio"/> |
| Presence of rocky shores   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> | <input type="radio"/> |
| Presence of estuary  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> | <input type="radio"/> |
| Presence of mudflat  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> | <input type="radio"/> |

**Q23** How often do you visit the beach (any beach, any location)?

*If you are currently unable to visit the beach, please skip this question.*

- ☐ 1-2 per year
- ☐ 1-2 per half year (6 months)
- ☐ 1-2 per quarter (3 months)
- ☐ 1-2 per month
- ☐ 1-2 per fortnight
- ☐ 1-2 per week
- ☐ 3-4 per week
- ☐ 5 or more per week

**Q24** How much time do you usually spend at the beach each time you visit (any beach, any location)?

*If you are currently unable to visit the beach, please skip this question.*

- ☐ Under 1/2 hour
- ☐ 1/2 - 1 hour
- ☐ 1 - 2 hours
- ☐ More than 2 hours

**Q25** How would you rate your level of physical exertion whilst doing your usual activities when you visit the beach (any beach, any location)?

*If you are currently unable to visit the beach, please skip this question.*

- ☐ Sedentary activity
- ☐ Light activity
- ☐ Moderate activity
- ☐ Vigorous activity

**Q26** To what extent do you agree or disagree with the following statements?

*Everyone is to complete this question.*

|   | Strongly Agree        | Agree                 | Neither Agree<br>nor Disagree | Disagree              | Strongly<br>Disagree  |
|---|-----------------------|-----------------------|-------------------------------|-----------------------|-----------------------|
| I am able to visit the beach as often as I would like to                                  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> | <input type="radio"/> |
| I am able to spend as much time at the beach as I would like to                           | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> | <input type="radio"/> |
| If beach accessibility was improved, I would visit the beach more often                   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> | <input type="radio"/> |
| If beach accessibility was improved, I would spend more time at the beach                 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> | <input type="radio"/> |
| If beach accessibility was improved, it would improve my experience of visiting the beach | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> | <input type="radio"/> |

**Q27** Which day(s) of the week are you most likely to visit the beach?

Please select all that apply

*If you are currently unable to visit the beach, please skip this question.*

- ☐ Monday
- ☐ Tuesday
- ☐ Wednesday
- ☐ Thursday
- ☐ Friday
- ☐ Saturday
- ☐ Sunday
- ☐ No preference

**Q27a** If you were able to visit the beach, which day(s) of the week *would* you be most likely to visit the beach?

Please select all that apply

*If you are currently able to visit the beach, please skip this question.*

- ☐ Monday
- ☐ Tuesday
- ☐ Wednesday
- ☐ Thursday
- ☐ Friday
- ☐ Saturday
- ☐ Sunday
- ☐ No preference

**Q28** Which season(s) are you most likely to visit the beach?

Please select all that apply

*If you are currently unable to visit the beach, please skip this question.*

- ☐ Summer (December, January, February)
- ☐ Autumn (March, April, May)
- ☐ Winter (June, July, August)
- ☐ Spring (September, October, November)
- ☐ No preference

**Q28a** If you were able to visit the beach, which season(s) *would* you be most likely to visit the beach?

Please select all that apply

*If you are currently able to visit the beach, please skip this question.*

- ☐ Summer (December, January, February)
- ☐ Autumn (March, April, May)
- ☐ Winter (June, July, August)
- ☐ Spring (September, October, November)
- ☐ No preference

**Q29** Why do you visit the beach (any beach, any location)?

Please select all that apply

*If you are currently unable to visit the beach, please skip this question.*

- |   |  |
|---|--|
| <input type="checkbox"/> Meet friends or family | <input type="checkbox"/> Dive                            |
| <input type="checkbox"/> Build sandcastles      | <input type="checkbox"/> Kayak                           |
| <input type="checkbox"/> Collect shells         | <input type="checkbox"/> Surf                            |
| <input type="checkbox"/> Read                   | <input type="checkbox"/> Fish                            |
| <input type="checkbox"/> Sunbake                | <input type="checkbox"/> Horse ride                      |
| <input type="checkbox"/> Relax/meditate         | <input type="checkbox"/> Cycle                           |
| <input type="checkbox"/> Supervise children     | <input type="checkbox"/> Surf lifesaving club activities |
| <input type="checkbox"/> Games                  | <input type="checkbox"/> Rockpool-ramble                 |
| <input type="checkbox"/> Picnic                 | <input type="checkbox"/> Sight-see                       |
| <input type="checkbox"/> Dine out/visit cafes   | <input type="checkbox"/> Photography                     |
| <input type="checkbox"/> Walk                   | <input type="checkbox"/> Observe wildlife                |
| <input type="checkbox"/> Dog walk/exercise      | <input type="checkbox"/> Observe birds                   |
| <input type="checkbox"/> Hike                   | <input type="checkbox"/> Camp                            |
| <input type="checkbox"/> Run                    | <input type="checkbox"/> Water/jet ski                   |
| <input type="checkbox"/> Swim                   | <input type="checkbox"/> Dune surf                       |
| <input type="checkbox"/> Snorkel                | <input type="checkbox"/> 4WD/off road vehicle driving    |
| <input type="checkbox"/> Bodyboard              | <input type="checkbox"/> Other                           |

**Q29a** Why do you visit the beach (any beach, any location)?

Please select all that apply

*If you are currently able to visit the beach, please skip this question.*

- |   |  |
|---|--|
| <input type="checkbox"/> Meet friends or family | <input type="checkbox"/> Dive                            |
| <input type="checkbox"/> Build sandcastles      | <input type="checkbox"/> Kayak                           |
| <input type="checkbox"/> Collect shells         | <input type="checkbox"/> Surf                            |
| <input type="checkbox"/> Read                   | <input type="checkbox"/> Fish                            |
| <input type="checkbox"/> Sunbake                | <input type="checkbox"/> Horse ride                      |
| <input type="checkbox"/> Relax/meditate         | <input type="checkbox"/> Cycle                           |
| <input type="checkbox"/> Supervise children     | <input type="checkbox"/> Surf lifesaving club activities |
| <input type="checkbox"/> Games                  | <input type="checkbox"/> Rockpool-ramble                 |
| <input type="checkbox"/> Picnic                 | <input type="checkbox"/> Sight-see                       |
| <input type="checkbox"/> Dine out/visit cafes   | <input type="checkbox"/> Photography                     |
| <input type="checkbox"/> Walk                   | <input type="checkbox"/> Observe wildlife                |
| <input type="checkbox"/> Dog walk/exercise      | <input type="checkbox"/> Observe birds                   |
| <input type="checkbox"/> Hike                   | <input type="checkbox"/> Camp                            |
| <input type="checkbox"/> Run                    | <input type="checkbox"/> Water/jet ski                   |
| <input type="checkbox"/> Swim                   | <input type="checkbox"/> Dune surf                       |
| <input type="checkbox"/> Snorkel                | <input type="checkbox"/> 4WD/off road vehicle driving    |
| <input type="checkbox"/> Bodyboard              | <input type="checkbox"/> Other                           |

**Q30** To what extent do you agree or disagree that the following are benefits for you when you visit the beach (any beach, any location)?

*If you are currently unable to visit the beach, please skip this question.*

|  | Strongly Agree        | Agree                 | Neither Agree<br>nor Disagree | Disagree              | Strongly<br>Disagree  |
|--|-----------------------|-----------------------|-------------------------------|-----------------------|-----------------------|
| Physical benefits such as increased fitness, functioning, muscle strength, flexibility | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> | <input type="radio"/> |
| Decreased stress and tension   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> | <input type="radio"/> |
| Revitalisation and increased energy  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> | <input type="radio"/> |
| Enjoyment and increased wellbeing  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> | <input type="radio"/> |
| Meeting and or connecting with others  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> | <input type="radio"/> |
| Entertainment or fun   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> | <input type="radio"/> |
| Regular involvement in structured group activities                                     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> | <input type="radio"/> |
| Casual participation in informal activities  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> | <input type="radio"/> |
| Opportunity to challenge abilities and/or achieve goals                                | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> | <input type="radio"/> |
| Time to yourself   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>         | <input type="radio"/> | <input type="radio"/> |

**Q31**

If your ability to visit or use patrolled beaches is restricted, please tell us:

- **Why** are you unable to access your preferred patrolled beach(es)?
- **What** would improve your ability to visit your preferred patrolled beach(es)?

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#### Section 4: Beach Accessibility

The following questions aim to help us understand how accessible our **patrolled beaches** currently are and how accessibility may be improved. An accessible beach ensures that anyone can enjoy the beach. There is consideration of **travelling to the beach** (e.g. transport and infrastructure) as well as **accessing the beach** (soft sand, hard sand and ocean) **and surrounds** (e.g. dunes, grassed areas, recreational facilities).

**Q32** To what extent do you agree or disagree with the following statements regarding your current ability to visit your preferred **patrolled beach**? *Please note: this question refers to both travelling to the beach, and accessing the beach (soft sand, hard sand, ocean) and surrounds (e.g. dunes, grassed areas, recreational facilities)*

|                              | It is easy to travel to the beach |                       |                            |                       |                       | It is easy to access the beach and surrounds |                       |                            |                       |                       |
|------------------------------|-----------------------------------|-----------------------|----------------------------|-----------------------|-----------------------|--|-----------------------|----------------------------|-----------------------|-----------------------|
|                              | Strongly Agree                    | Agree                 | Neither Agree nor Disagree | Disagree              | Strongly Disagree     | Strongly Agree                               | Agree                 | Neither Agree nor Disagree | Disagree              | Strongly Disagree     |
| My preferred patrolled beach | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>                        | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |

**Q33** To what extent do you agree or disagree that the following are challenges for you to travel to your preferred patrolled beach from your primary residence.

|  | Strongly Agree        | Agree                 | Neither Agree nor Disagree | Disagree              | Strongly Disagree     |
|--|-----------------------|-----------------------|----------------------------|-----------------------|-----------------------|
| Personal health status                                   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
| Fatigue  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
| Financial costs  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
| Distance from your primary residence                     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
| Limited public transport options                         | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
| Limited private transport options                        | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
| Limited personal assistance options                      | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
| Traffic safety   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
| Inappropriate, inaccessible, or lack of street crossings | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
| Inaccessible curbs                                       | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
| Inappropriate, inaccessible, or lack of footpaths        | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
| Inappropriate, inaccessible, or lack of ramps            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
| Poor lighting (e.g. roads, footpaths)                    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |







**Q34 To what extent do you agree or disagree that the following are challenges for you to access your preferred patrolled beach and surrounds?**

*Please turn to the next page to answer.*

|  | Strongly Agree        | Agree                 | Disagree              | Strongly Disagree     |
|--|-----------------------|-----------------------|-----------------------|-----------------------|
| Insufficient accessible parking  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Parking proximity to beach access point  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Physically challenging geographical features in areas leading to beach (e.g. hills, slippery surfaces, grass, rocks) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Inappropriate, inaccessible, or lack of leadup pathways and ramps to the beach                                       | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Inappropriate, inaccessible, or lack of toilet   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Inappropriate, inaccessible, or lack of shower   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Inappropriate, inaccessible, or lack of change room facilities   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Difficulty moving on soft sand   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Difficulty moving on hard sand   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Difficult to access the water  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| No or limited specialised beach mobility equipment   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| No hoist availability  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| No or limited retail services within 150m  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Inappropriate, inaccessible, or lack of shaded recreational areas (tables, chairs, BBQ facilities)                   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Lack of physical assistance available for transfers  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Lack of physical assistance available for beach activities   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Personal safety concerns - fear of falling   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Personal safety concerns - reduced confidence with outdoor mobility  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Personal safety concerns - fear of water   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

**Q35** To what extent do you agree or disagree that the following would improve your ability to visit your preferred patrolled beach, or improve your experience once there?

|   | Strongly Agree        | Agree                 | Neither Agree nor Disagree | Disagree              | Strongly Disagree     |
|---|-----------------------|-----------------------|----------------------------|-----------------------|-----------------------|
| More accessible parking   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
| Accessible parking located closer to beach access point                             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
| Accessible leadup pathways and ramps to the beach                                   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
| Sand walkway/ access mat (for pedestrians, wheelchair users, prams, and light ATVs) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
|   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
| Push beach wheeled walker   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
|  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
| Wheelchair to enable sand access  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
|  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
| Wheelchair to enable water access   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
|  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |

|   | Strongly Agree        | Agree                 | Neither Agree nor Disagree | Disagree              | Strongly Disagree     |
|---|-----------------------|-----------------------|----------------------------|-----------------------|-----------------------|
| Accessible toilet   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
| Accessible shower   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
| Accessible change room facilities   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
| Accessible change table   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
| Holst availability  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
| Food retail services within 150m  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
| Accessible and shaded recreational areas (tables, chairs, BBQ facilities) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
| Accessible playground   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
| Physical assistance for car transfers                                     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
| Physical assistance for transfers to specialised beach equipment          | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
| Physical assistance for personal care activities                          | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
| Physical assistance for beach activities                                  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
| Physical assistance for water (ocean) activities                          | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
| Accessible beach events and activities                                    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
| Booking system for accessibility equipment                                | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |
| Calendar of equipment availability and accessible events and activities   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>      | <input type="radio"/> | <input type="radio"/> |

**Q36 Why do you like to visit the beach?**

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**Q37 How has your experience of the beach been affected by your mobility limitations?**

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**Q38 How do you think improving accessibility at patrolled beaches would impact you?**

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**Q39 Is there anything else you would like to tell us regarding your beach access or experiences?**

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**End of Survey**

We are very appreciative of the time you have taken to assist us in our research. The information you provided will assist us in future research and planning initiatives for accessible beaches.

If you would like to receive the results of this survey and information on upcoming beach accessibility research, please enter your email address below.

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