



# NCAA Student-Athlete COVID-19 Well-being Survey

Survey Results – May 2020



Photo courtesy of UCLA Athletics

## Methods

- ▶ Online survey intended to examine the impact of the COVID-19 pandemic on student-athletes' current physical and mental well-being designed by NCAA Research in collaboration with the NCAA Sport Science Institute and the three national SAAC governing bodies.
- ▶ Ten-minute confidential survey administered online through QuestionPro survey software. Designed to be taken via cell phone, tablet or computer.
- ▶ A snowball sampling technique was used. National SAAC representatives forwarded the link through conference and campus SAACs to student-athletes. Conference SAAC liaisons were also made aware of the survey and encouraged student-athletes to participate.
- ▶ Survey opened April 10, 2020 and closed May 1, 2020.

# Response Rates

- ▶ 37,658 student-athletes took the survey, representing all conferences across divisions.
  - ▶ 16,152 Division I student-athletes
  - ▶ 10,841 Division II student-athletes
  - ▶ 10,591 Division III student-athletes
- ▶ Women and white student-athletes were overrepresented in the sample.
- ▶ First-years responded at higher rates than other student-athletes, but all classes were adequately represented.
- ▶ Response rates varied widely by sport and conference.

Survey participation rates by gender and division

	Overall	Men	Women
<b>Across Division</b>	9%	6%	13%
<b>Division I</b>	11%	7%	16%
<b>Division II</b>	11%	8%	14%
<b>Division III</b>	6%	5%	9%

Note: Participation rates determined using the [2018-19 NCAA Sports Sponsorship and Participation Rates Report](#); cross country and indoor track participants were removed from denominator to avoid double-counting with outdoor track. The terms “Men” and “Women” refer to those playing men’s and women’s sports—one’s gender was not a demographic question.

# Participant Demographics

# Number of Responses by Sport Participation

Men's Sports	N	%
Baseball	1,869	5.2%
Basketball	598	3.2%
Cross Country	1,092	7.6%
Football	6,455	8.8%
Golf	523	6.2%
Gymnastics	23	6.9%
Ice Hockey	181	4.2%
Lacrosse	572	3.9%
Soccer	1,221	4.8%
Swim & Dive	799	8.2%
Tennis	432	5.5%
Track & Field	2,170	7.5%
Volleyball	148	6.3%
Water Polo	45	4.2%
Wrestling	276	3.8%
Co-ed Fencing	101	14.7%
Co-ed Rifle	72	37.1%
Co-ed Skiing	64	16.8%

Women's Sports	N	%
Basketball	2,044	12.4%
Beach Volleyball	224	17.1%
Bowling	174	22.2%
Cross Country	1,759	9.7%
Equestrian	135	13.0%
Field Hockey	795	14.8%
Golf	805	18.5%
Gymnastics	286	11.1%
Ice Hockey	282	12.2%
Lacrosse	1,523	12.7%
Rowing	927	17.9%
Rugby	95	11.8%
Soccer	3,346	14.5%
Softball	2,964	14.2%
Swim & Dive	1,844	11.7%
Tennis	1,004	12.4%
Track & Field	3,746	15.0%
Triathlon	18	13.9%
Volleyball	2,477	16.5%
Water Polo	201	16.5%

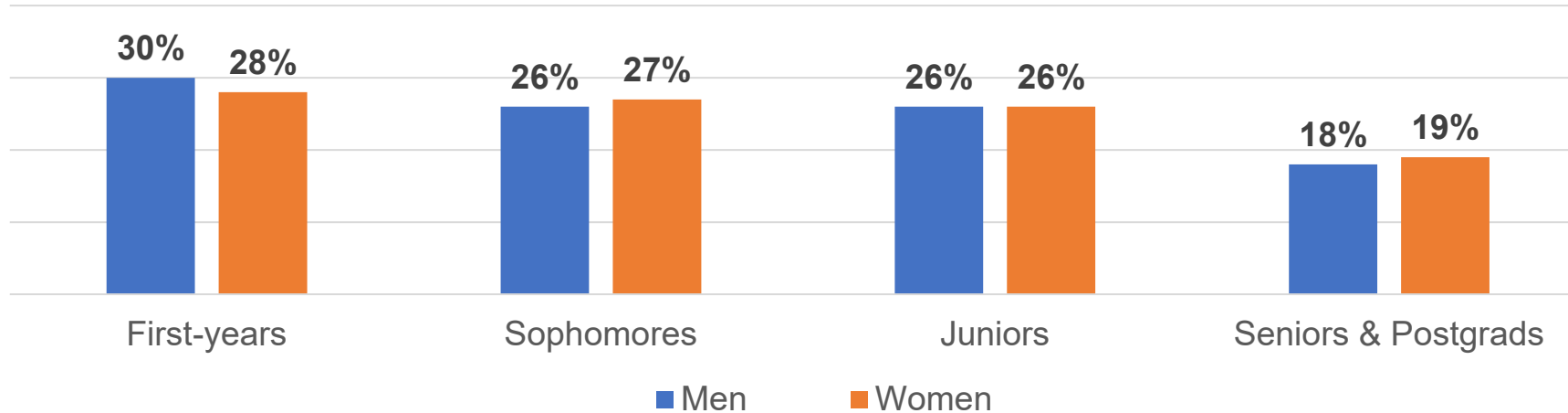
Note: Sport participation percentages derived from N in sample divided by all participating SAs in the sport (2018-19 Participation Report). Multisport athletes counted in each sport.

# Representativeness of Sample, All Participants

## Racial Demographics

	Men		Women	
	COVID-19 Survey	Demographics Data	COVID-19 Survey	Demographics Data
White	68%	60%	79%	68%
Black	17%	20%	6%	11%
Other	15%	20%	15%	20%

## Academic Status



Notes: 15,148 men's sport and 22,427 women's sport participants in the full sample. An additional 38 did not indicate whether they played a men's or women's sport. Demographics data source: [NCAA Demographics Database](#) (2020).

# Mental Health Concerns

# Impact of the COVID-19 Pandemic on Mental Health

- ▶ A majority of student-athlete surveyed reported experiencing high rates of mental distress since the outset of the pandemic.
  - ▶ Over a third reported experiencing sleep difficulties, more than a quarter reported feeling sadness and a sense of loss, and 1 in 12 reported feeling so depressed it has been difficult to function “constantly” or “most every day.”
- ▶ Mental health concerns were highest among respondents of color, those whose families were facing economic hardship and those living alone. Additionally, college seniors reported feeling a constant or near daily sense of loss at 1.5 times the rate of underclassmen.
- ▶ In most instances, the rates of reported mental health concerns experienced within the last month were 150% to 250% higher than have been historically reported by NCAA student-athletes who participated in the American College Health Association’s National College Health Assessment.



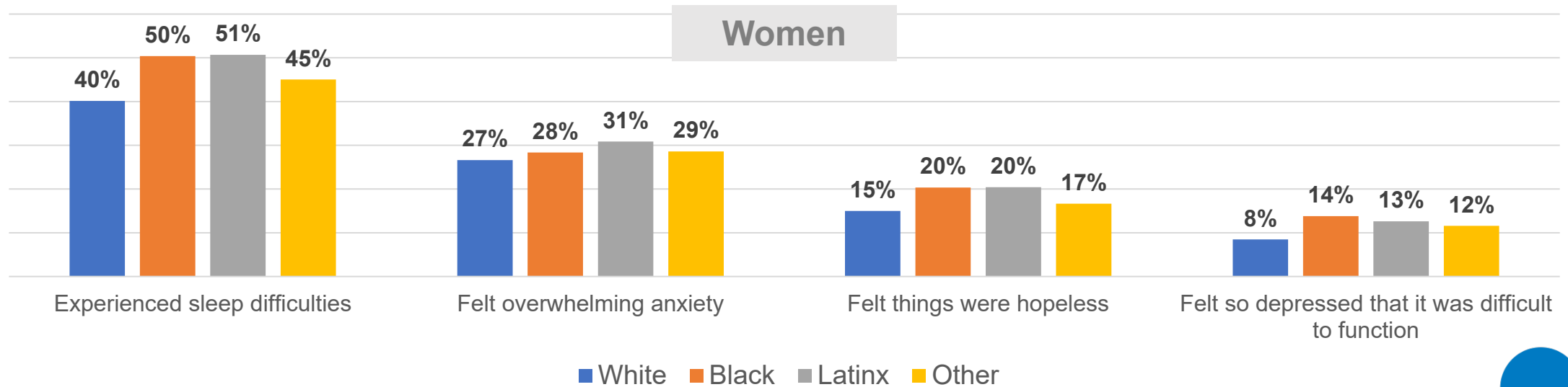
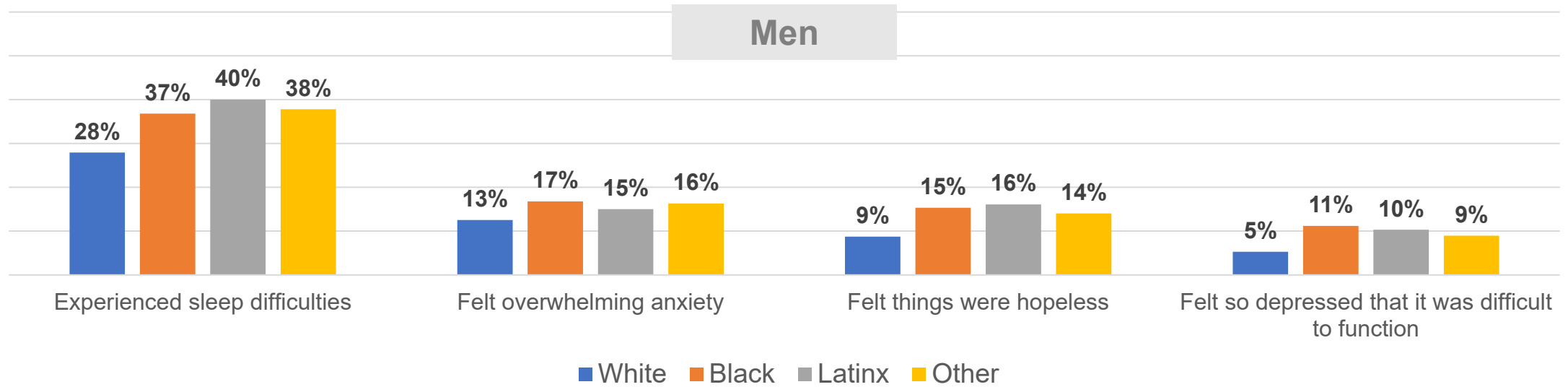
# Mental Health Concerns During COVID-19 Pandemic

(Percent of Participants Who Endorsed “Constantly” or “Most Every Day”)

	Men	Women
Felt overwhelmed by all you had to do	31%	50%
Experienced sleep difficulties	31%	42%
Felt mentally exhausted	26%	39%
Felt very lonely	22%	33%
Felt a sense of loss	21%	31%
Felt sad	17%	31%
Felt overwhelming anxiety	14%	27%
Felt overwhelming anger	11%	11%
Felt things were hopeless	11%	16%
Felt so depressed that it was difficult to function	7%	9%

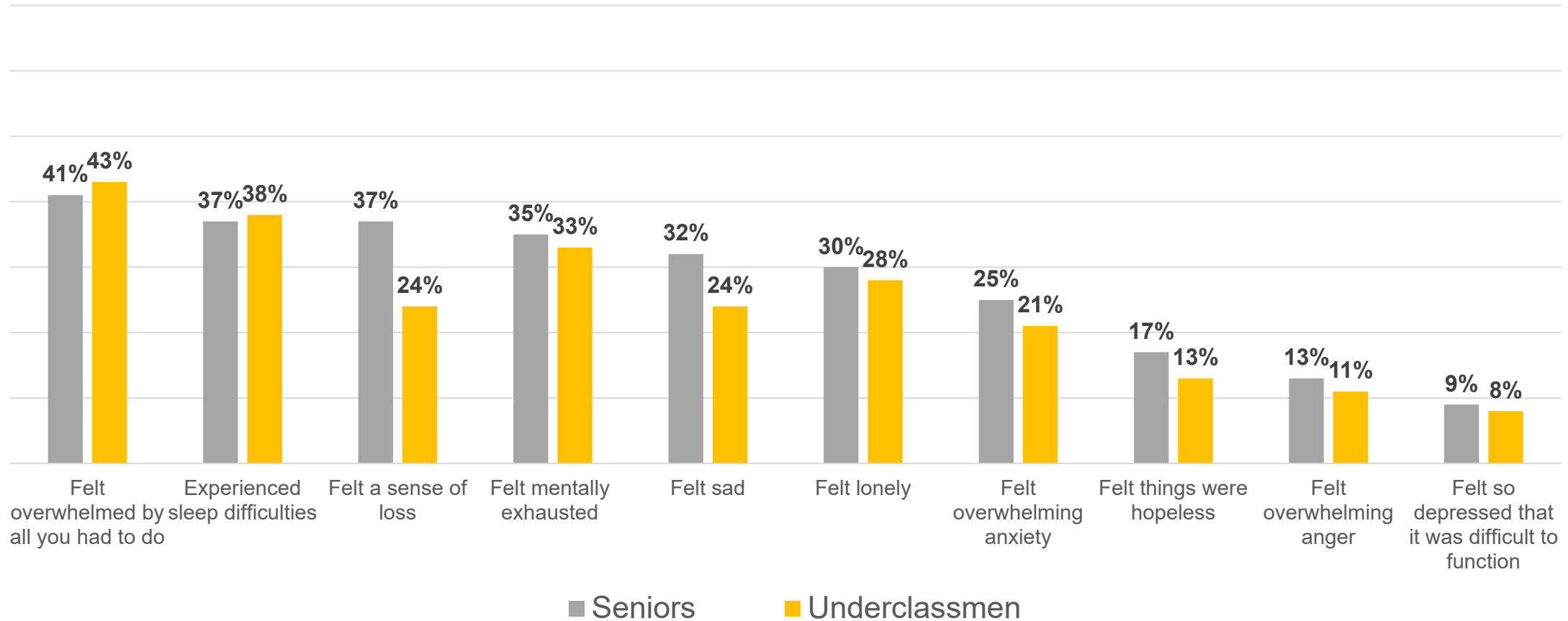
# Mental Health Concerns During COVID-19 Pandemic

## (Percent of Participants Who Endorsed “Constantly” or “Most Every Day” by Race)



# Mental Health Concerns During COVID-19 Pandemic

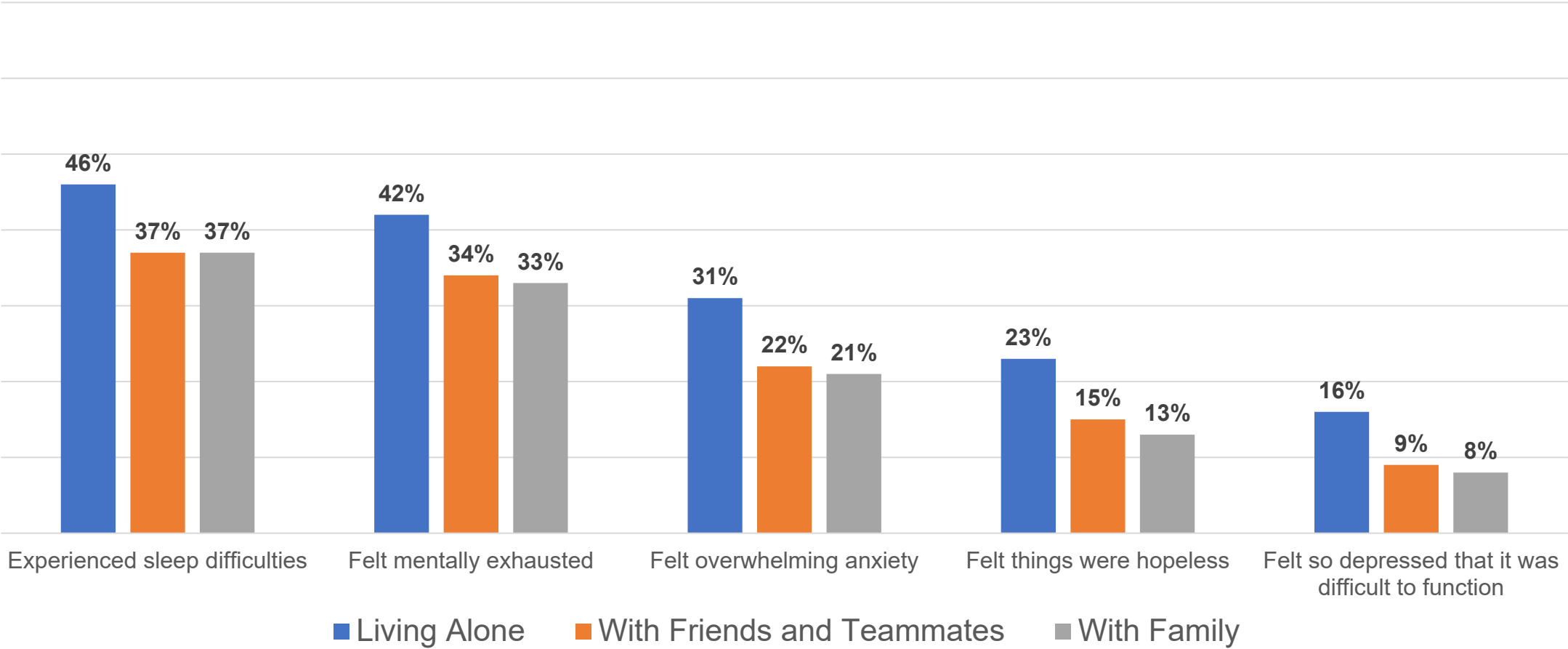
(Percent of Participants Who Endorsed “Constantly” or “Most Every Day” by Academic Status)



Note: Postgrad survey participants excluded.

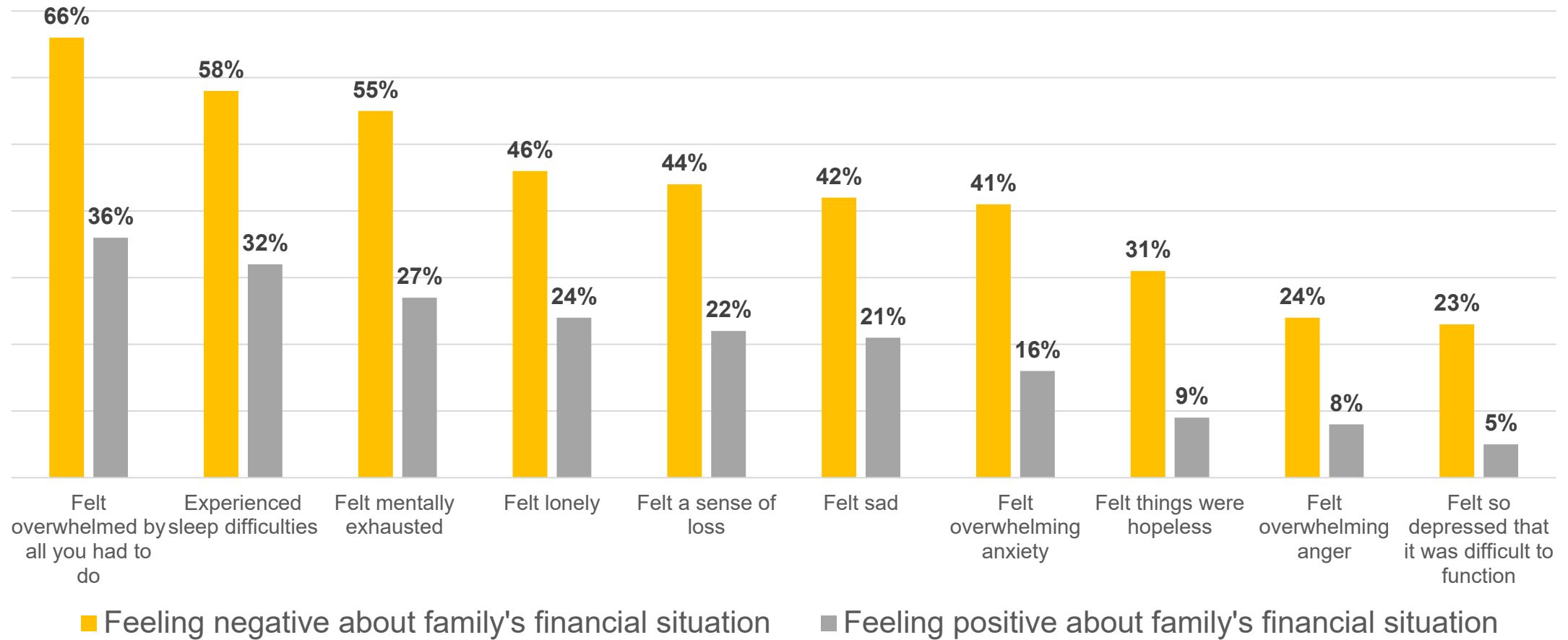
# Mental Health Concerns During COVID-19 Pandemic

(Percent of Participants Who Endorsed “Constantly” or “Most Every Day” by Living Situation)



# Mental Health Concerns by Feelings About Family's Current Financial Situation

(Percent of Participants Who Endorsed "Constantly" or "Most Every Day")



Note: Two end points (Negative, Very Negative; Positive, Very Positive) on either side of a 6-point Likert scale. Those who reported feeling negative or very negative about their family's financial situation represented 6.6% of the sample (N=2,396), those feeling positive or very positive represented 59.4% of the sample (N=21,417).



# Mental Health Concerns During COVID-19 Pandemic

(Comparing participating student-athletes responding “Yes, in last 30 days” on ACHA-NCHA survey with those responding “Occasionally,” “Most everyday” or “Constantly”)

	Men ACHA-NCHA	Men COVID-19	Percent change
Felt overwhelmed by all you had to do	53%	79%	148%
Felt mentally exhausted	49%	70%	142%
Felt sad	26%	66%	254%
Felt very lonely	26%	61%	236%
Felt things were hopeless	18%	53%	297%
Felt overwhelming anxiety	22%	47%	215%
Felt overwhelming anger	17%	43%	255%
Felt so depressed that it was difficult to function	12%	28%	234%

Note: The SAAC COVID-19 Survey asked “As a result of the COVID-19 pandemic, have you...” The survey was in the field approximately a month after the pandemic led to the cancelation of winter and spring championships (March 12, 2020) and most campus closures. COVID-19 Survey N=15,148 men; ACHA-NCHA Survey N=4,771 men.

Source: American College Health Association. American College Health Association-National College Health Assessment, Fall 2015, Spring 2016, Fall 2016, Spring 2017, Fall 2017 [data file]. Hanover, MD: American College Health Association [producer and distributor]; (2018-11-15).

# Mental Health Concerns During COVID-19 Pandemic

(Comparing participating student-athletes responding “Yes, in last 30 days” on ACHA-NCHA survey with those responding “Occasionally,” “Most everyday” or “Constantly”)

	Women ACHA-NCHA	Women COVID-19	Percent Change
Felt overwhelmed by all you had to do	74%	93%	125%
Felt sad	43%	87%	203%
Felt mentally exhausted	67%	86%	128%
Felt very lonely	39%	77%	198%
Felt overwhelming anxiety	38%	71%	188%
Felt things were hopeless	28%	71%	255%
Felt overwhelming anger	20%	50%	251%
Felt so depressed that it was difficult to function	18%	39%	214%

Note: The SAAC COVID-19 Survey asked “As a result of the COVID-19 pandemic, have you...” The survey was in the field approximately a month after the pandemic led to the cancelation of winter and spring championships (March 12, 2020) and most campus closures. COVID-19 Survey N=22,472 women; ACHA-NCHA Survey N=9,058 women.

Source: American College Health Association. American College Health Association-National College Health Assessment, Fall 2015, Spring 2016, Fall 2016, Spring 2017, Fall 2017 [data file]. Hanover, MD: American College Health Association [producer and distributor]; (2018-11-15).

# Current Living Environment



# Impact of the COVID-19 Pandemic on Current Living Environment

- ▶ Nearly 80% of participants reported currently living away from campus and with parents, family or a significant other. Nine percent reported living with teammates or other friends, 4% reported living alone and 3% reported they have remained in campus housing.
- ▶ Nine out of ten respondents reported being in a stable housing situation and having access to enough food each day. While 80% reported knowing how to access a medical provider for physical health needs, 60% of men and 55% of women reported that they know how to access mental health support in their area. Respondents living alone reported lower levels of food and housing stability than those living with others.
- ▶ Racial disparities were reported in housing and food stability and access to medical care, with white participants indicating higher levels of agreement on all items as compared to participants of color.
  - ▶ Of note, 75% of Black male respondents, compared to 92% of white males, reported that they have had access to enough food, and 61% reported that healthy food options are readily available to them, as compared to 81% of white males.
- ▶ 7% of respondents indicated feeling negative about their family's current financial situation. These participants indicated lower levels of agreement on all living environment items as compared to the 59% who reported feeling positive about their family's financial situation at this time.

## Current Living Environment During COVID-19 Pandemic

(Percent of All Participants Who Endorsed “Agree” or “Strongly Agree”)

	Men	Women
I have a stable housing situation for at least the next two months.	90%	93%
I have access to enough food to meet my needs each day.	88%	95%
I feel confident in my ability to manage my exposure to COVID-19.	84%	80%
I know how to access a medical provider for physical health needs in my area.	80%	80%
Healthy food options are reliably available to me.	76%	82%
I know how to access mental health support in my area.	60%	55%

Note: Top 2 points on a 6-point scale.

## Current Living Environment During COVID-19 Pandemic

(Percent of All Participants Who Endorsed “Agree” or “Strongly Agree”)

	Living Alone	With Friends or Teammates	With Family
I have a stable housing situation for at least the next two months.	71%	82%	94%
I feel confident in my ability to manage my exposure to COVID-19.	68%	74%	83%
I have access to enough food to meet my needs each day.	67%	80%	95%
I know how to access a medical provider for physical health needs in my area.	60%	66%	83%
Healthy food options are reliably available to me.	50%	66%	83%
I know how to access mental health support in my area.	49%	52%	58%

Note: Top 2 points on a 6-point scale.

## Current Living Environment During COVID-19 Pandemic

(Percent of All Participants Who Endorsed “Agree” or “Strongly Agree”)

	White Men	Men of Color
I have a stable housing situation for at least the next two months.	93%	83%
I have access to enough food to meet my needs each day.	92%	79%
I feel confident in my ability to manage my exposure to COVID-19.	85%	81%
I know how to access a medical provider for physical health needs in my area.	83%	74%
Healthy food options are reliably available to me.	81%	65%
I know how to access mental health support in my area.	62%	55%

Note: Top 2 points on a 6-point scale. Black male participants reported the highest levels of food instability. 75% of Black males, compared to 84% of Latinx and 83% of participants in other, non-white racial categories reported that they’ve had access to enough food, and 61% reported that healthy options have been available, as compared to 70% of Latinx and 69% of participants in the other, non-white racial groups.

## Current Living Environment During COVID-19 Pandemic

(Percent of All Participants Who Endorsed “Agree” or “Strongly Agree”)

	White Women	Women of Color
I have access to enough food to meet my needs each day.	96%	90%
I have a stable housing situation for at least the next two months.	94%	89%
Healthy food options are reliably available to me.	84%	75%
I know how to access a medical provider for physical health needs in my area.	81%	75%
I feel confident in my ability to manage my exposure to COVID-19.	80%	78%
I know how to access mental health support in my area.	56%	51%

Note: Top 2 points on a 6-point scale. Black female participants were least likely to report that healthy options have been reliably available (67%), as compared to 74% of Latinx and 80% of participants in the other, non-white racial groups.

# Current Living Environment by Feelings About Family's Current Financial Situation

(Percent of All Participants Who Endorsed "Agree" or "Strongly Agree")

	Negative Feelings	Positive Feelings
I have a stable housing situation for at least the next two months.	66%	97%
I have access to enough food to meet my needs each day.	64%	98%
I feel confident in my ability to manage my exposure to COVID-19.	62%	87%
I know how to access a medical provider for physical health needs in my area.	57%	87%
Healthy food options are reliably available to me.	45%	90%
I know how to access mental health support in my area.	36%	64%

Note: Top 2 points (Negative, Very Negative; Positive, Very Positive) on either side of a 6-point scale. Those who reported feeling negative or very negative about their family's financial situation represented 6.6% of the sample (N=2,396); those feeling positive or very positive represented 59.4% of the sample (N=21,417).

# **Barriers to Athletics Training**

## Barriers to Athletics Training

- ▶ Approximately 80% of participants cited both local regulations and a lack of access to appropriate facilities as current barriers to their training.
- ▶ In addition to structural barriers, participants also indicated that emotional barriers were impacting their ability to train, including a fear of exposure to COVID-19 (43%), lack of motivation (40%), feelings of stress or anxiety (21%), and sadness or depression (13%).
- ▶ Black and Latinx participants were more likely to report that a fear of exposure to COVID-19 is a barrier to training (50% and 53%, respectively) than white participants (41%).
- ▶ Black and Latinx participants were also more likely to cite family or personal responsibilities as a barrier to training (both 40%) as compared to white participants (27%) and those in other racial categories (34%).



## Barriers to Training

(Percent who “Agree” or “Strongly Agree,” All Participants)

Barriers to Training	
Local regulations regarding travel, facility closures and public gatherings	83%
Lack of access to appropriate facilities	79%
Lack of access to appropriate equipment	72%
Lack of access to training partners	69%
Lack of access to coaches	50%
Fear of exposure to COVID-19	43%
Lack of motivation to train	40%
Family/personal responsibilities	30%
Too stressed or anxious to train	21%
Too sad or depressed to train	13%

Note: Top 2 points on a 6-point scale. Those unable to train due to injury were excluded from this item.

## Barriers to Training by Racial Group

(Percent of Participants who “Agree” or “Strongly Agree”)

Barriers to Training	White	Black	Latinx	Other
Local regulations (travel, facility closures, etc.)	83%	78%	81%	84%
Lack of access to appropriate facilities	80%	78%	79%	80%
Lack of access to appropriate equipment	72%	75%	70%	72%
Lack of access to training partners	70%	61%	68%	68%
Lack of access to coaches	51%	44%	49%	50%
Fear of exposure to COVID-19	41%	50%	53%	48%
Lack of motivation to train	40%	36%	42%	41%
Family/personal responsibilities	27%	40%	40%	34%
Too stressed or anxious to train	20%	21%	26%	23%
Too sad or depressed to train	13%	14%	16%	15%

Note: Top 2 points on a 6-point scale. Those unable to train due to injury were excluded from this item. “Other” includes American Indian/Alaskan Native, Asian, Native Hawaiian/Pacific Islander, Other, and those who selected multiple racial identities.

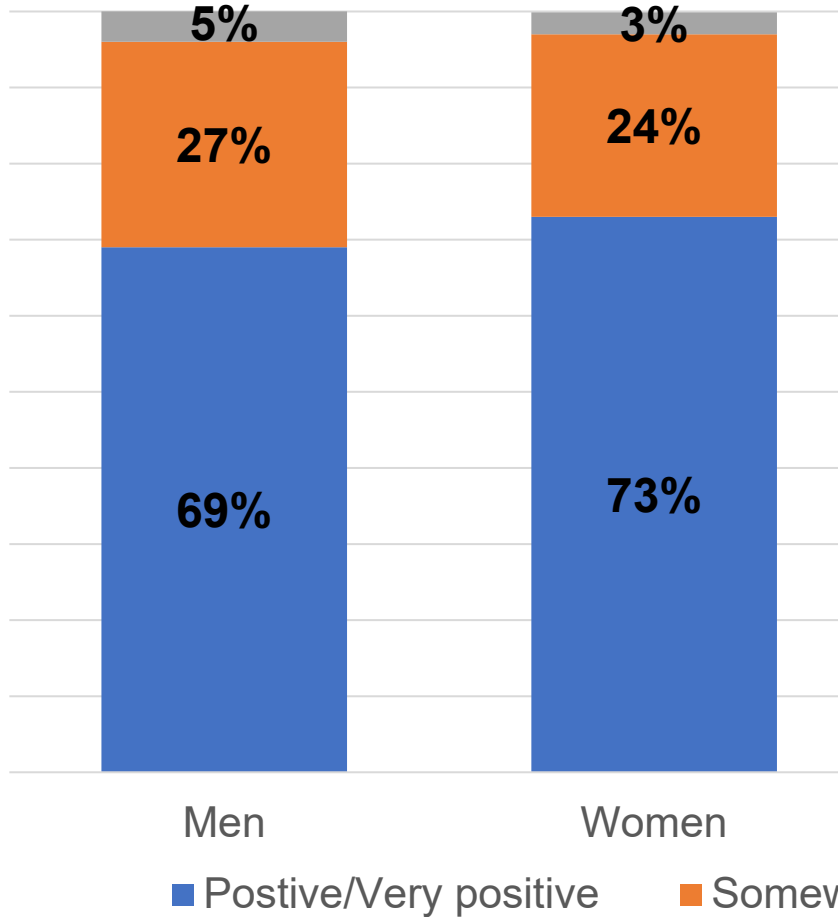
# **Impact of COVID-19 on Academics**

## Impact of COVID-19 on Academics

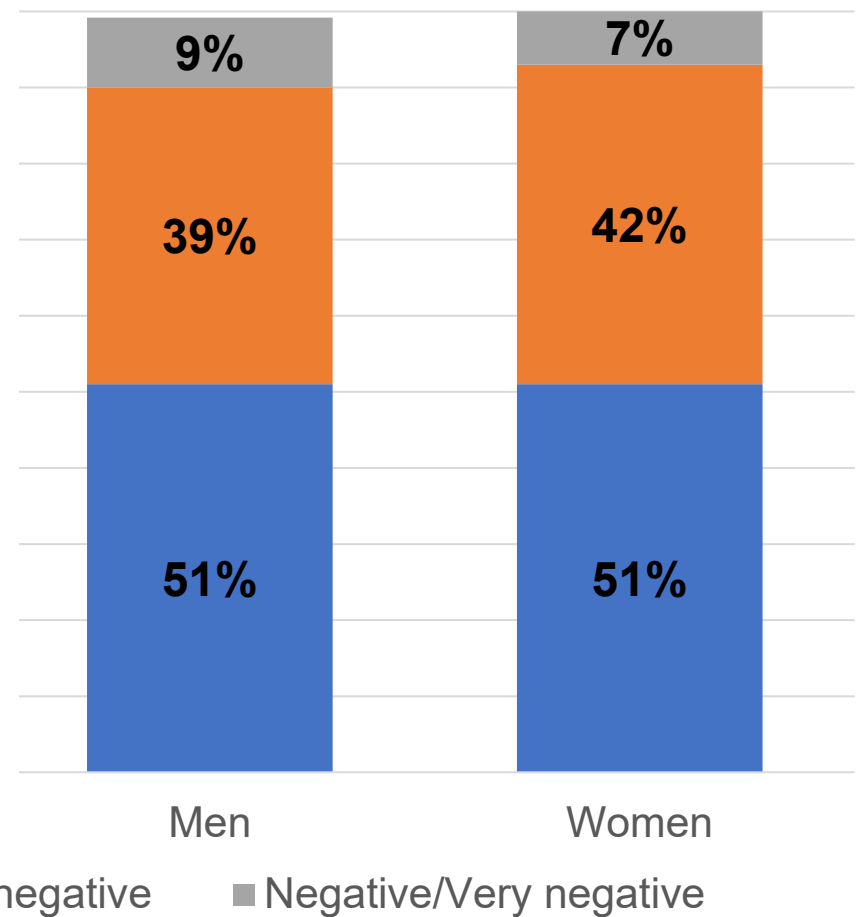
- ▶ 99% of participants responded that their coursework had been moved online as a result of the pandemic.
- ▶ Over 70% indicated feeling positive about their ability to pass their courses this semester, with a quarter feeling somewhat positive or somewhat negative, and less than 5% feeling negative.
- ▶ Fewer student-athlete respondents indicated feeling positive about their ability to keep up with classes this semester (51%).
  - ▶ In the open-ended comment section, some participants indicated that they were struggling with the online format, some shared that faculty had increased their assignment load as a result of moving online, and others reported struggling to connect with faculty, academic support staff or tutors when they had questions about the course material.

## Feelings about... (All Participants)

Ability to pass their courses this semester



Ability to keep up with classes



Note: Top 2 points on a 6-point scale.

# **Maintaining Athletics Connections**

## Maintaining Athletics Connections

- ▶ Nearly 90% of participants reported communicating with teammates multiple times per week, and 60% reported communicating with teammates daily. Coaches have also been in frequent communication with participants. 56% reported their coaches were reaching out to them multiple times a week, while a quarter reported connecting with their coach once a week.
- ▶ Reports of coach and teammate communication was similar across division, with the rate of communication with academic advisors and athletics staff highest in Division I. Generally, the more frequently a respondent reported communicating with teammates and athletics staff, the more likely they were to report feeling positive about such communication.
- ▶ 82% of participants reported feeling positive or very positive about the support they have been receiving from their coaches during this time, as compared to 64%, 61% and 37% feeling positive about support from their athletics department, university and the NCAA, respectively.

# Participants' Level of Communication with Coaches and Teammates

<i>Coach(es)</i>	Division I	Division II	Division III
Multiple times per week	58%	56%	54%
Once a week	26%	24%	25%
Less than once a week	16%	19%	21%
<i>Teammates</i>	Division I	Division II	Division III
Multiple times per week	89%	85%	87%
Once a week	6%	8%	7%
Less than once a week	5%	7%	6%

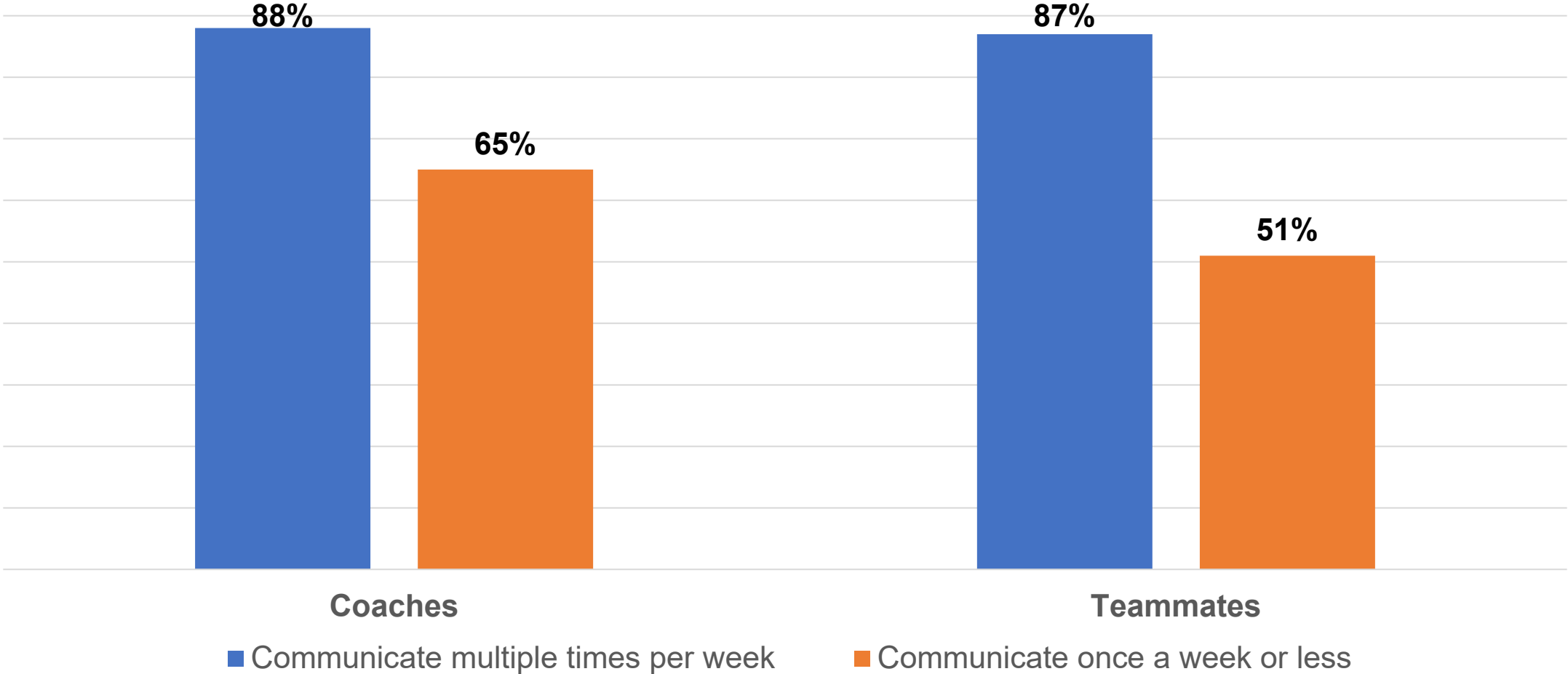
Note: 36% of participants graduating or ineligible to return next season indicated that they have heard from their coaches less than weekly or not at all, as compared to 17% of those eligible to return.



## Participants' Level of Communication with Staff

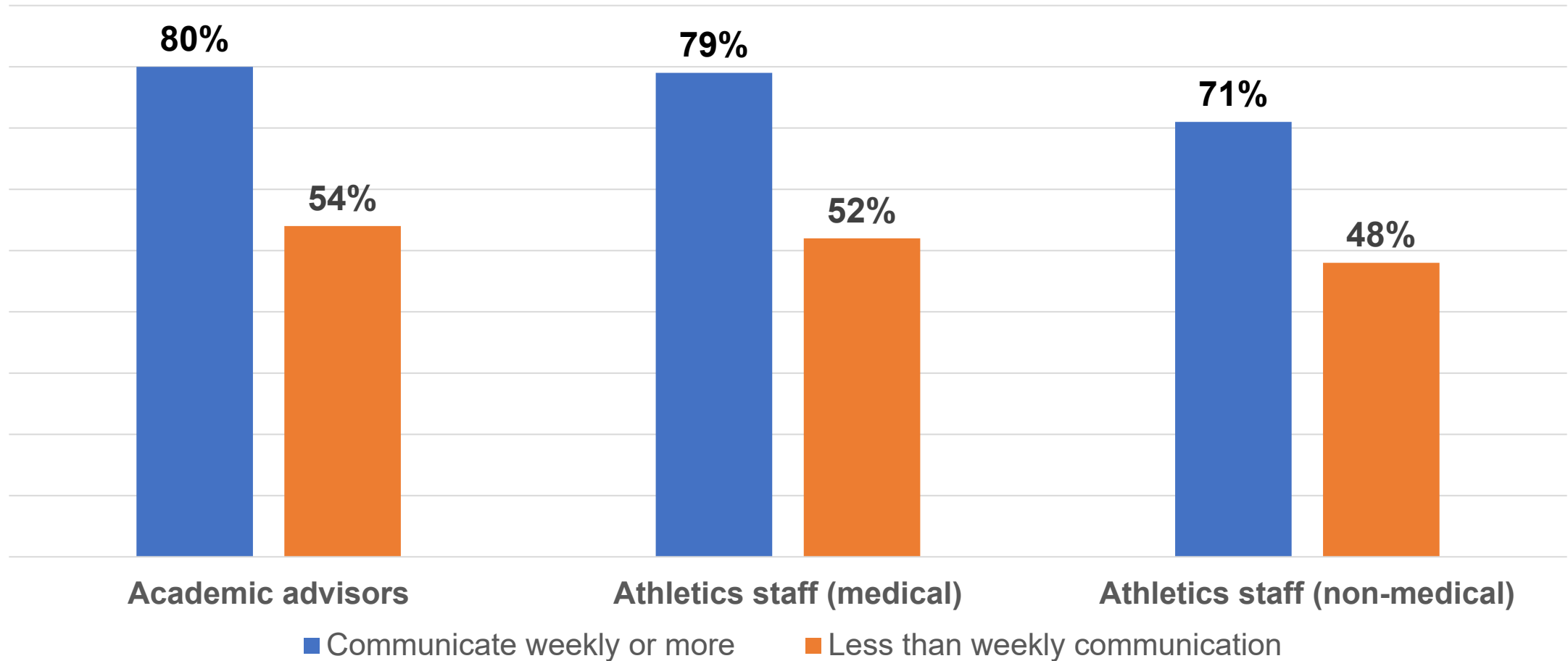
<i>Academic Advisor</i>	Division I	Division II	Division III
Weekly or more	45%	29%	32%
Less than weekly	43%	50%	52%
No contact	12%	20%	16%
<i>Athletics staff, non-medical</i>	Division I	Division II	Division III
Weekly or more	34%	20%	18%
Less than weekly	39%	35%	31%
No contact	27%	45%	51%
<i>Medical staff</i>	Division I	Division II	Division III
Weekly or more	33%	15%	11%
Less than weekly	37%	32%	27%
No contact	30%	53%	63%

# Percent of Participants Who Reported Feeling Positive About Their Communication With Coaches and Teammates



Note: Top 2 points on a 6-point scale.

# Percent of Participants Who Reported Feeling Positive About Their Communication With Athletics Staff and Advisors



Note: Top 2 points on a 6-point scale.

## Satisfied with the Level of Support Received From...

(Percent of Participants who “Agree” or “Strongly Agree”)

	Men			Women		
	DI	DII	DIII	DI	DII	DIII
Coaches	79%	80%	84%	82%	81%	83%
Academic advisors	67%	53%	53%	70%	59%	57%
Athletics department	63%	59%	57%	69%	65%	61%
College or university	57%	56%	56%	65%	67%	62%
NCAA	31%	33%	30%	40%	44%	39%

Note: Top 2 points on a 6-point scale. Sorted highest to lowest percent reporting “agree” or “strongly agree” among Division I men.

# Coach Support Practices

## (All Participants)

### ▶ Expressing Concern for Athletes and their Families

- ▶ “Checking on me everyday, making sure I am taking care of academics and my family is okay” –Division I football
- ▶ “He checks in with each one of us, for example last night we had a bad storm in my town and I just got a call from coach to make sure that my family and I are safe.” –Division II men’s lacrosse

### ▶ Mental Health Checks

- ▶ “Constantly motivating us and making sure we prioritize our mental health.” –Division I women’s track
- ▶ “Also, my coach has reached out multiple times to just check in on my personal mental health, safety and just to see how my family and I are doing.” –Division III men’s lacrosse

### ▶ Academics

- ▶ “Our coach holds meetings weekly and bi-weekly that are one-on-one with academics... We inform each other of deadlines and tips for keeping up with course work, different ways to exercise, and the like.” –Division II field hockey
- ▶ “Weekly Zoom meeting with the team to discuss how each one of us is doing in terms of academics and giving us updates on the NCAA's statements regarding athletic eligibility.” –Division I men’s golf

# Coach Support Practices

## (All Participants)

### ▶ **Sharing Information and Resources**

- ▶ “Conducting Zoom meetings to make sure we are staying well in health and academics. Sending resources on mental health/health and academics. Making sure we don't need anything.” –Division II women's swimming

### ▶ **Work Out Plans**

- ▶ “Strength and conditioning coaches are working with athletes to provide programs that can be completed at home with no equipment.” –Division I women's tennis
- ▶ “My coaches are giving us workouts tailored to body weight and using at home materials during this time.” –Division III football

### ▶ **Team Connection**

- ▶ “Zoom calls, fun destress activities to keep team together, wellness checks for mental health.” –Division I women's rugby
- ▶ “We are having weekly team meetings to build team chemistry and stay in touch since none of us live particularly close to each other.” –Division III men's golf

# Athletics Staff Support Practices (All Participants)

## ▶ Effective Communication

- ▶ “Athletic department has kept all the athletes in the same 'loop' by having 'town halls' weekly.” –Division I women’s soccer
- ▶ “I think they are being very transparent and doing their best to keep us informed. The athletic director made an effort to go talk to every one of the varsity teams before everyone left campus, and I appreciated it a lot.” –Division III fencing

## ▶ Social media engagement

- ▶ “Doing spotlight on athletes even though the seasons are not going on to make sure we are recognized still.” –Division III men’s basketball
- ▶ “Challenging teams to do different physical activities, teams posting different activities, food recipes, etc. on what they are doing to pass the time. Take overs for each team too!” –Division III women’s track
- ▶ “They are giving the seniors their spotlight on social media, despite not having a 'senior night' or 'senior game'. Trying to compensate for the loss of that. Along with ensuring the athletic community stays connected and motivated in this time.” –Division II rowing

# Athletics Staff Support Practices

## (All Participants)

### ▶ **Staying Positive/Showing Support**

- ▶ “Making sure all student athletes are healthy and staying positive during this time.” –Division III football
- ▶ “We are staying connected via email, social media platforms, sharing positive posts frequently.” – Division II women’s track

### ▶ **Providing Resources (Mental Health/Workouts/Financial Aid)**

- ▶ “Checking up on us through zoom meetings, texts, and calls. Also, making a board on canvas where we can access links to tutors, tutorials, and extra links for help.” –Division II women’s lacrosse
- ▶ “Constantly communicating with us [...] and sending nutrition packages in the mail.” –Division I women’s volleyball
- ▶ “Giving us modified at home workouts for students without an at home gym while all of the gyms are closed due to the outbreak.” –Division III men’s swimming



# Medical Staff Support Practices

## (All Participants)

### ▶ Accessibility

- ▶ “They have also offered to help in anyway possible. As athletes we have their contact information and can reach out to them with questions about exercise and even just as someone to talk to during this time as well.” –Division II football
- ▶ “Calls once a week, is always available via text message for anything we need.” –Division I women’s volleyball

### ▶ Providing treatment and rehab exercises

- ▶ “Reaching out to those that had been receiving treatment before the pandemic to see what can be done for those athletes while respecting distancing precautions.” –Division II softball
- ▶ “As I am five months post shoulder surgery, the medical staff has been available to support me through rehabilitation and exercises that I would have been attending in the sports medicine facility if on campus. I have spoken to our Director of Sports Medicine about a rehab protocol and they have been available for any questions during this time.” –Division I men’s golf

# Medical Staff Support Practices (All Participants)

## ▶ Mental health resources

- ▶ “They have provided a mental health questionnaire to a make sure we are all doing okay during this time.” –Division III women’s soccer
- ▶ “Access to telehealth consultations and resources for mental health.” –Division III men’s soccer
- ▶ “They are posting informational stories online about physical and mental health. Multiple ways to stay positive and stay healthy during this tough time.” –Division II softball

## ▶ COVID-19 Information

- ▶ “Communicating health information regarding the current health concerns surrounding COVID-19.” – Division I baseball
- ▶ “They are reiterating/reposting CDC guidelines and encouraging social distancing with at home challenges.” –Division II equestrian
- ▶ “Giving out lots of newsletters on how to stay safe from COVID-19 and how to remain healthy to return.” –Division III women’s volleyball

# **Likelihood of Returning to Team in 2020-21**

## Likelihood of Returning to Team in 2020-21

- ▶ Similar across divisions, 81% of participants who are eligible and not graduating indicated that it is very likely they'll return to their current college team, while 16% reported it somewhat likely and 3% noted it's not likely at all.
- ▶ Respondents who identified as men's sport participants, seniors, not receiving athletics aid and international student-athletes expressed the greatest uncertainty about their return to the team.

## Likelihood of Returning to Team (All Participants)

Men	Overall	Division I	Division II	Division III
Very likely	78%	78%	78%	78%
Somewhat likely	18%	18%	19%	19%
Not at all likely	3%	4%	3%	3%
Women	Overall	Division I	Division II	Division III
Very likely	83%	84%	83%	82%
Somewhat likely	13%	13%	13%	15%
Not at all likely	3%	4%	4%	2%

## Likelihood of Returning to Team (First-year, Sophomore and Junior Participants)

Men	Overall	Division I	Division II	Division III
Very likely	81%	82%	80%	80%
Somewhat likely	17%	16%	18%	18%
Not at all likely	2%	2%	2%	2%
Women	Overall	Division I	Division II	Division III
Very likely	86%	87%	85%	84%
Somewhat likely	12%	11%	12%	14%
Not at all likely	2%	2%	3%	2%

# Likelihood of Returning to Team Based on Distance from Home and International Student-Athlete Status

(All Participants)

Men	Domestic				International
	Less than 100 miles	100-500 miles	501-1,000 miles	More than 1,000 miles	
Very likely	80%	79%	76%	76%	73%
Somewhat likely	17%	18%	20%	21%	22%
Not at all likely	3%	3%	4%	3%	5%
Women	Domestic				International
	Less than 100 miles	100-500 miles	501-1,000 miles	More than 1,000 miles	
Very likely	84%	85%	83%	82%	75%
Somewhat likely	13%	12%	13%	15%	20%
Not at all likely	3%	3%	3%	3%	5%

Note: Among international participants who indicated their permanent home was over 1,000 miles away (N=631 men and 1,186 women), 70% of men's sport respondents and 73% of women's sport respondents indicated it was very likely they would return to their team.

# Likelihood of Returning to Team Based on Distance from Home and International Student-Athlete Status

(All First-years, Sophomore and Junior Participants)

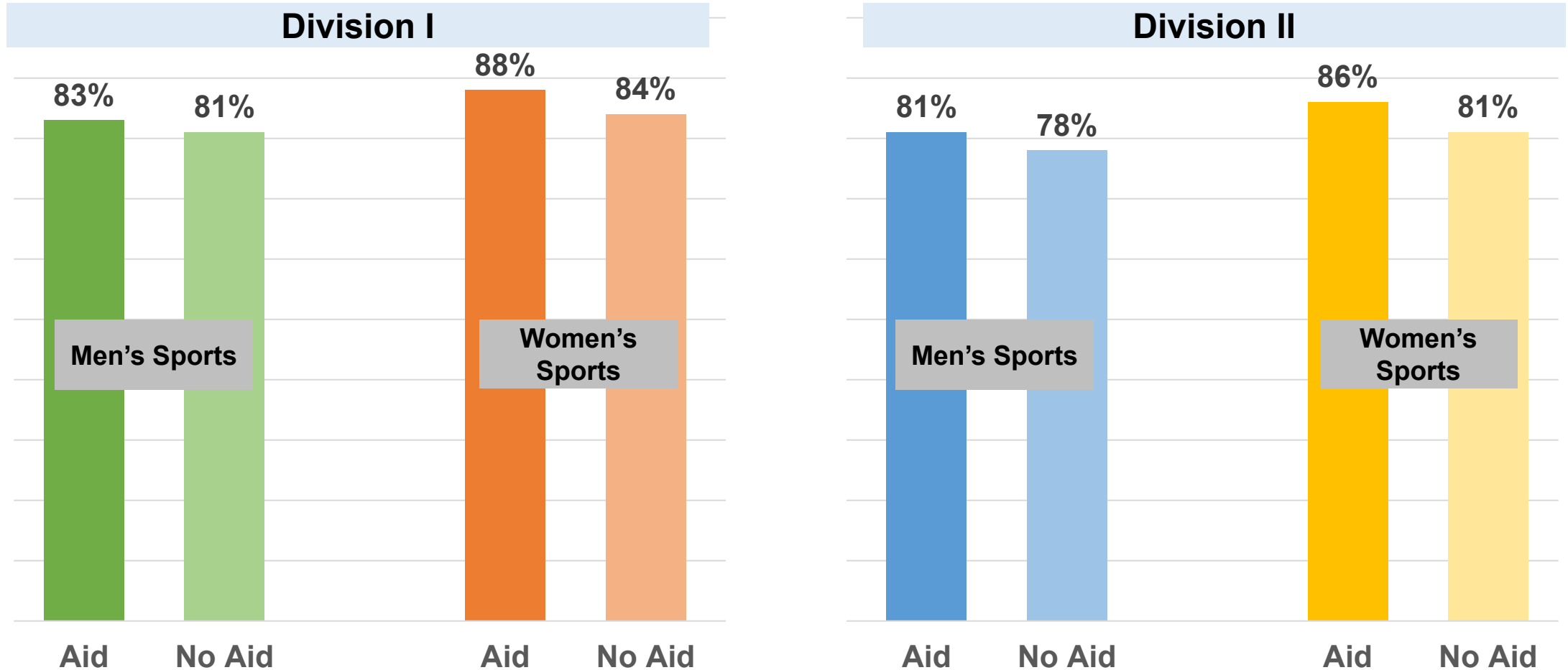
Men	Domestic				International
	Less than 100 miles	100-500 miles	501-1,000 miles	More than 1,000 miles	
Very likely	82%	81%	78%	79%	76%
Somewhat likely	16%	17%	19%	20%	21%
Not at all likely	2%	2%	3%	1%	3%
Women	Domestic				International
	Less than 100 miles	100-500 miles	501-1,000 miles	More than 1,000 miles	
Very likely	86%	87%	87%	84%	78%
Somewhat likely	12%	11%	12%	14%	19%
Not at all likely	2%	2%	2%	2%	4%

Note: Seniors and postgraduates excluded from analysis. Among international participants who indicated their permanent home was over 1,000 miles away (N=536 men and 1,040 women), 73% of men's sport respondents and 76% of women's sport respondents indicated it was very likely they would return to their team.



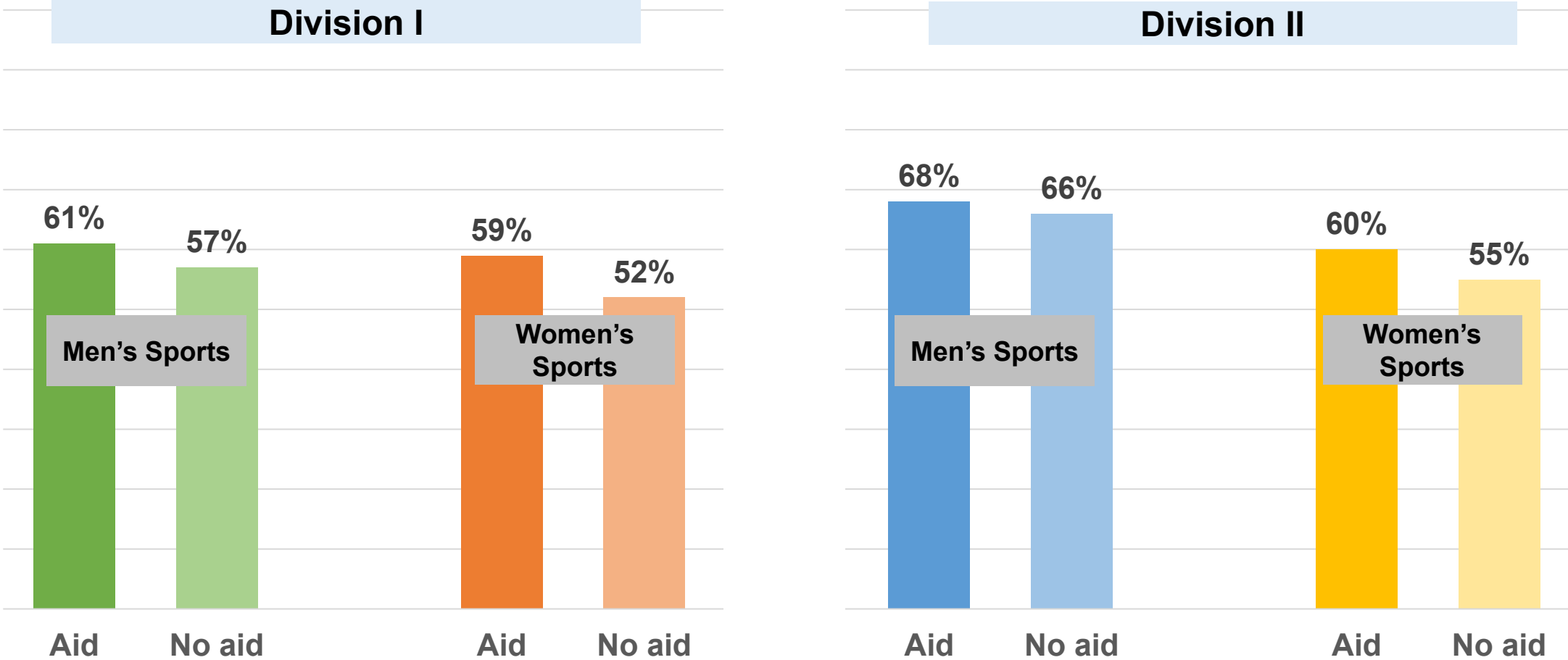
# “Very Likely” to Return to Team

(Underclassmen Respondents by Self-reported Athletics Aid Status)



Note: Responses limited to college first-years to juniors; participants who selected “Not eligible or graduating” excluded from the chart above.

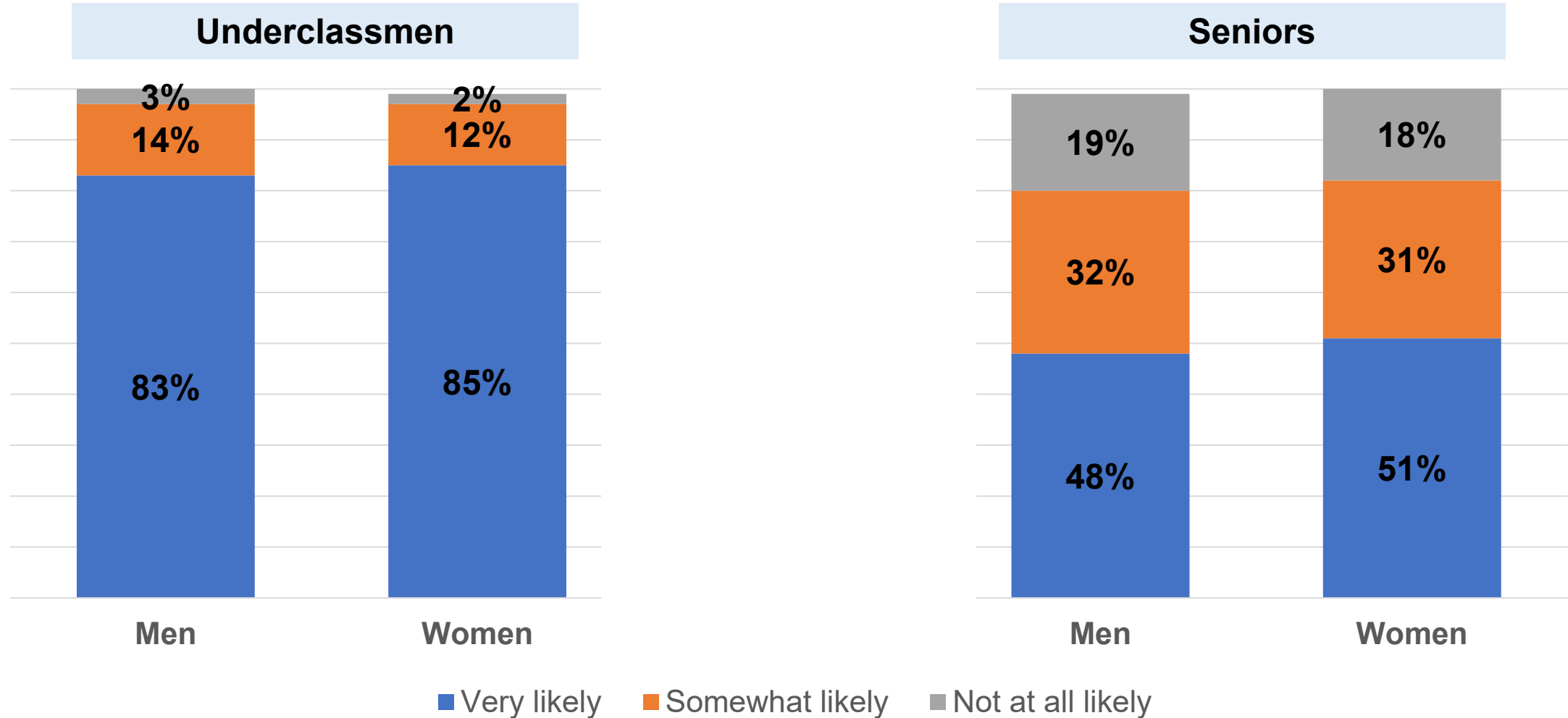
# “Very Likely” to Return to Team (Senior Participants by Athletics Aid Status)



Note: Responses from participants who selected “Not eligible or graduating” excluded from the chart above.

# Likelihood of Returning to Team by Academic Standing

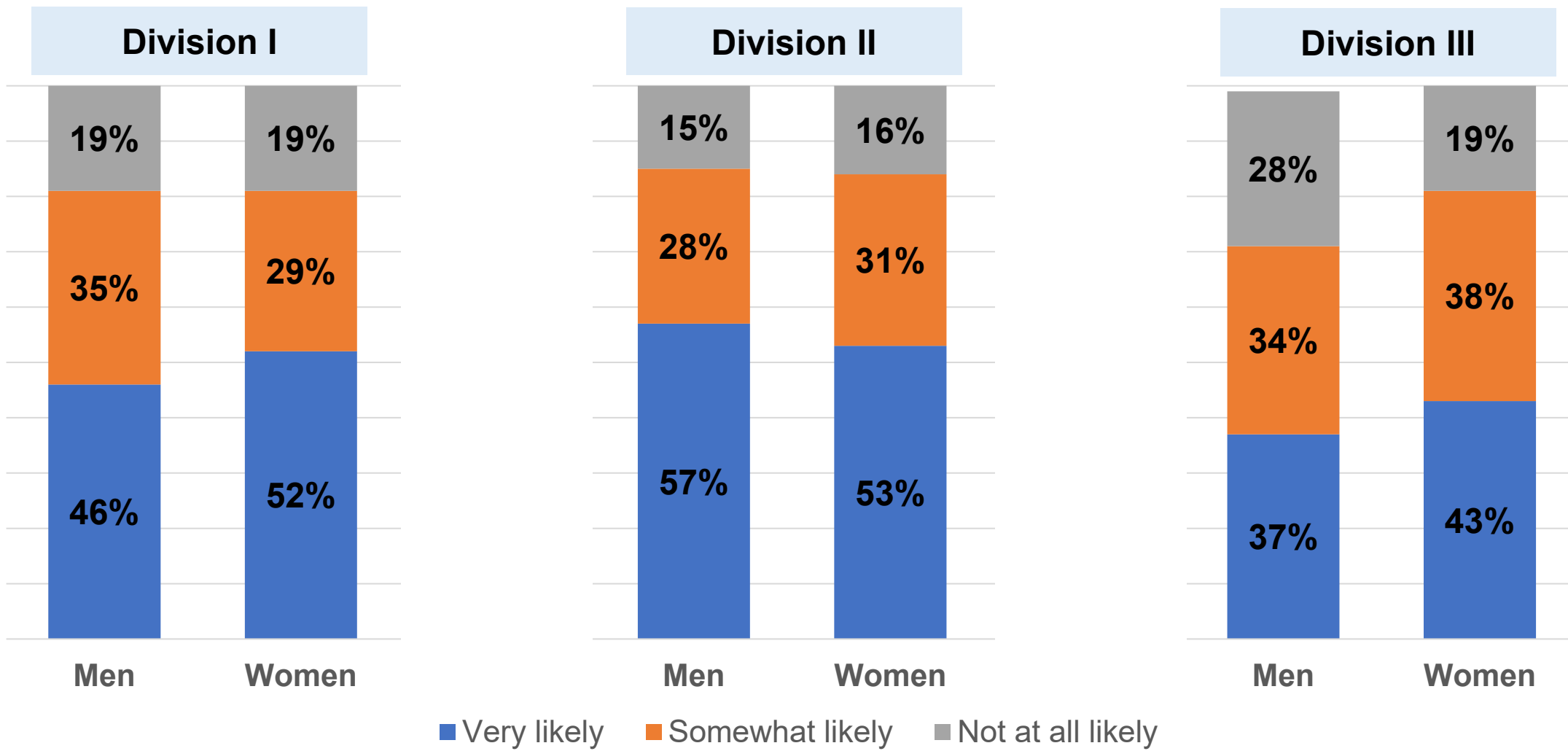
(All Spring Sport Participants)



Note: Responses from participants who selected "Not eligible or graduating" excluded from the chart above.

# Likelihood of Returning to Team

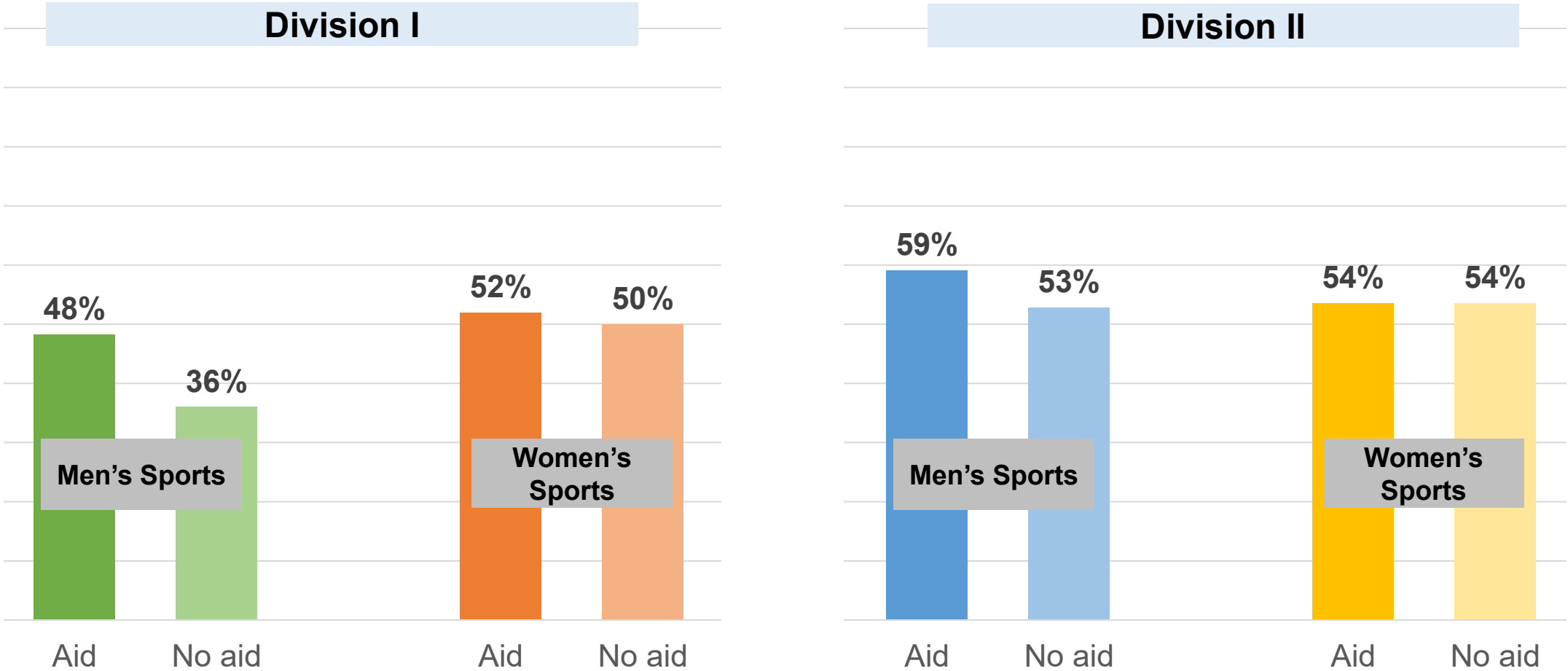
(All Senior Spring Sport Participants)



Note: Responses from participants who selected "Not eligible or graduating" excluded from the chart above.

# “Very Likely” to Return to Team

(Spring Sport Senior Participants by Athletics Aid Status)



Note: Responses from participants who selected “Not eligible or graduating” excluded from the chart above.

# **NCAA's Decision to Cancel Championships**

## The NCAA's Decision to Cancel Championships

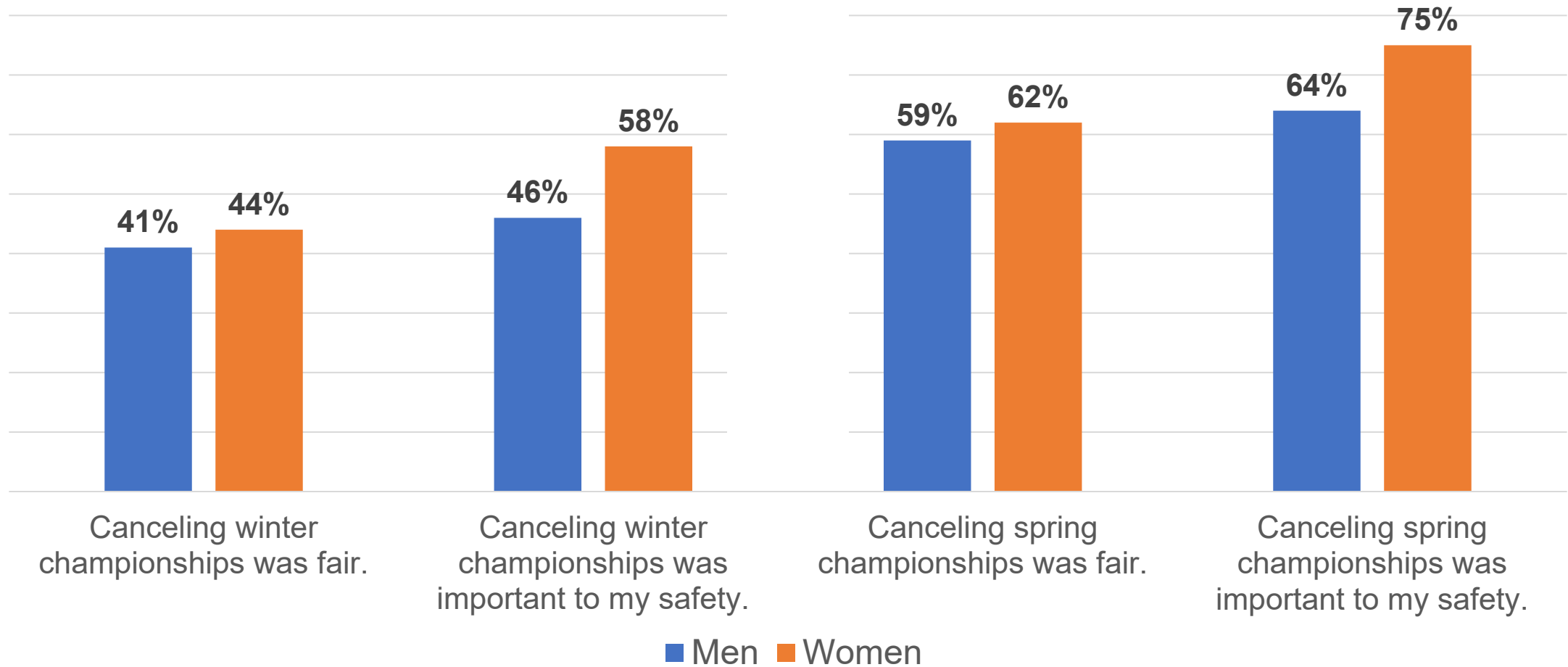
- ▶ A majority of participants (55%) reported that the NCAA communicated COVID-19 developments in a timely fashion.
- ▶ While a majority of winter and spring sport participants reported that the NCAA's decision to cancel championships was important to their safety, rates were lower among men than women.
- ▶ Winter sport participants were less likely to report that they perceived this decision as fair (43%), as compared to spring sport participants (61%).

# Feelings About the Decision to Cancel Championships

(Percent of All Participants Who “Agree” or “Strongly Agree”)

## Winter Championships

## Spring Championships



Note: Top 2 points on a 6-point scale. Responses limited to those participating in winter or spring sports.

Outlier: Men’s Wrestling--15% reported that canceling winter championships was fair, 22% reported it was important to their safety.



# Desired Resources

## Desired Resources

- ▶ Participants reported they are looking to coaches to provide resources specific to their training and physical well-being. They also reported looking to coaches to help maintain social connections (most likely among their teammates).
- ▶ Many participants reported looking to their athletics department in terms of academic support (highest in Division I), career planning and financial assistance resources.
- ▶ In terms of a desire to receive mental health resources, Division II and Division III participants were most likely to report looking to their coaches for such assistance (while not the most common choice in Division I, 29% indicated a desire for coaches to provide these resources).
- ▶ Respondents were most likely to seek resources from the NCAA providing information about COVID-19 and updates specific to their sport.

## Desired Source for Educational Resources (All Participants)

	Coaches	Athletics Dept.	NCAA	Not Interested
Maintaining my level of physical fitness	72%	18%	6%	5%
Training for my sport while physically distant	78%	10%	7%	5%
COVID-19 information and updates for my sport	32%	17%	44%	7%
Eating healthy	40%	33%	14%	13%
Academic support resources	27%	50%	9%	14%
Mental health	36%	35%	14%	15%
Social health	50%	22%	12%	15%
Career planning resources	23%	48%	13%	17%
Financial assistance resources	18%	34%	30%	18%
Accessing health care	15%	39%	21%	25%

Note: Sorted lowest to highest percent reporting “not interested.” Most desired source highlighted in green.

# Desired Assistance from NCAA

## (All Participants)

### ▶ Eligibility information

- ▶ “A very specific report of what the athletes that intend on returning back to their respective school/division, must be aware of regarding eligibility and scholarships.” –Division II baseball
- ▶ “A document that more specifically explains all the contingencies involved with the eligibility relief. It all seems unclear. Many people are asking a lot of questions about the transfer portal, scholarships, etc.” – Division I softball

### ▶ Academic eligibility leniency

- ▶ “Pass fail may or may not even help me as far as next year’s eligibility goes. NCAA should waive eligibility requirements for next semester, as this shit just ain’t normal and people shouldn’t be screwed over because of it.” –Division II men’s track
- ▶ “Pass/fail ability for student-athletes. My courses increased in difficulty with this switch to online.” – Division I women’s tennis

### ▶ Career planning assistance

- ▶ “Career planning and advice for seniors who are getting...job offers revoked ... or are looking for employment or grad program opportunities.” –Division I women’s swimming

# Desired Assistance from NCAA

## (All Participants)

### ► Updated Timeline

- ▶ “A very tentative timeline ... return to practice, play or return to the facilities at all. I live on the other side of the country, so I need time to plan...” –Division I Football
- ▶ “I would like updates on [the NCAA’s] actions and thoughts moving forward, with reference to the upcoming fall season. I think it is too early to decide anything and a lot is unpredictable. But if/when time comes, I would want the NCAA to be transparent about their thought process/decision.” –Division II women’s Soccer

### ► Mental Health Resources

- ▶ “I would like to see more mental health support ... A lot of athletes are struggling with the mental impact of their seasons/careers being cut short, but also ... for many of us our security (personal, financial, food and housing) has been reduced or is now gone overnight, and our academic situation has been completely upended. To make it worse, many of us turn to training and our sports when other things in our life are going wrong (as a type of stability or therapy), and now that avenue has been cut off; putting many of us in even more precarious states of mental health.” –Division III women’s swimming

### ► Financial assistance

- ▶ Scholarships or grants due to loss of access to summer job/internship opportunities, family struggles to meet basic needs, reduction in athletics scholarships, etc.

# RESULTS BY DIVISION

# DIVISION I

# Participant Demographics

## Division I



## Number of Responses by Division I Conference

Conference	N	%
<b>NEC</b>	1109	26.4%
<b>MVC</b>	658	19.0%
<b>CAA</b>	757	17.7%
<b>OVC</b>	644	17.4%
<b>America East</b>	642	17.2%
<b>Big South</b>	516	15.0%
<b>MAC</b>	717	14.2%
<b>ACC</b>	1103	13.1%
<b>Ivy League</b>	779	12.8%
<b>Sun Belt</b>	550	12.6%
<b>SoCon</b>	448	12.3%
<b>Summit League</b>	364	11.7%
<b>Pac-12</b>	699	10.3%
<b>WAC</b>	238	10.1%
<b>SEC</b>	647	9.6%
<b>WCC</b>	321	9.4%

Conference	N	%
<b>Horizon</b>	281	9.3%
<b>AAC</b>	467	9.3%
<b>Big West</b>	339	9.0%
<b>Patriot</b>	535	8.8%
<b>Big Ten</b>	804	8.6%
<b>MAAC</b>	355	8.3%
<b>Atlantic 10</b>	479	8.2%
<b>SWAC</b>	241	7.6%
<b>C-USA</b>	383	7.3%
<b>Big Sky</b>	264	7.0%
<b>ASUN</b>	215	6.6%
<b>Big 12</b>	266	5.7%
<b>Southland</b>	261	5.5%
<b>Big East</b>	196	5.3%
<b>MEAC</b>	166	5.0%
<b>MWC</b>	97	1.9%

Note: Conference participation percentages derived from N in sample divided by all participating NCAA Championship student-athletes in conference ([2018-19 NCAA Sports Sponsorship and Participation Rates Report](#)); cross country and indoor track removed to avoid double-counting. 611 Division I student-athletes did not list their conference.

# Number of Responses by Sport Participation

## (Division I Student-Athletes)

Men's Sports	N	%
<b>Baseball</b>	561	5.2%
<b>Basketball</b>	138	2.5%
<b>Cross Country</b>	473	9.6%
<b>Football</b>	2,205	7.5%
<b>Golf</b>	238	8.1%
<b>Ice Hockey</b>	70	4.1%
<b>Lacrosse</b>	156	4.5%
<b>Soccer</b>	376	6.2%
<b>Swim &amp; Dive</b>	426	11.3%
<b>Tennis</b>	198	7.8%
<b>Track &amp; Field</b>	927	8.3%
<b>Wrestling</b>	96	3.9%

Women's Sports	N	%
<b>Basketball</b>	696	13.8%
<b>Bowling</b>	87	26.8%
<b>Cross Country</b>	875	14.6%
<b>Field Hockey</b>	288	16.3%
<b>Golf</b>	402	18.3%
<b>Gymnastics</b>	210	19.0%
<b>Ice Hockey</b>	119	13.8%
<b>Lacrosse</b>	546	14.9%
<b>Rowing</b>	767	14.0%
<b>Soccer</b>	1,402	14.8%
<b>Softball</b>	1,116	17.4%
<b>Swim &amp; Dive</b>	1,077	18.7%
<b>Tennis</b>	468	16.5%
<b>Track &amp; Field</b>	1,873	13.9%
<b>Volleyball</b>	1,022	18.4%

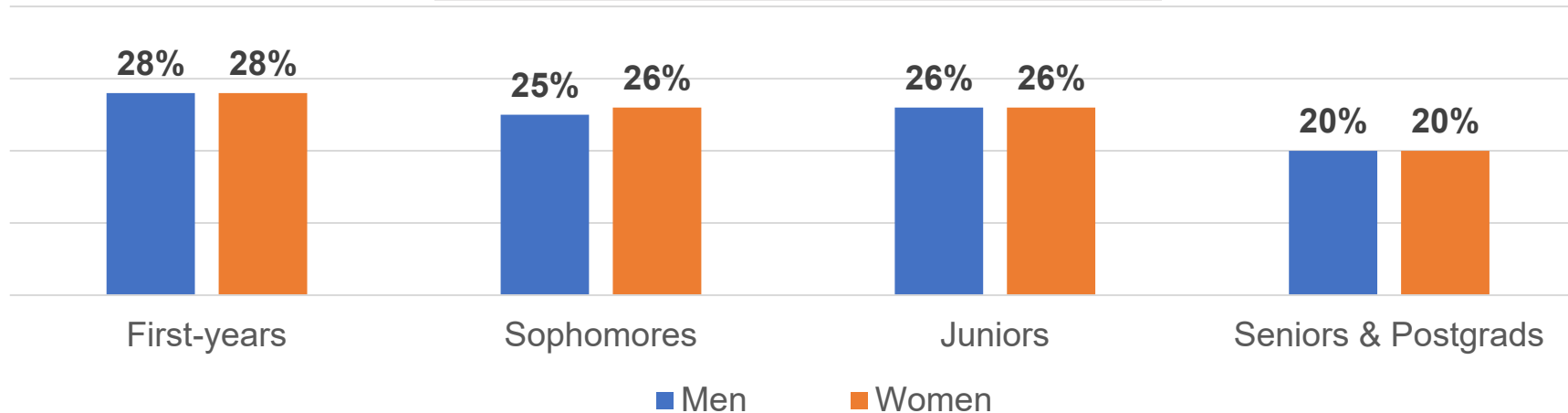
Note: Sport participation percentages derived from N in sample divided by all participating Division I SAs in the sport ([2018-19 NCAA Sports Sponsorship and Participation Rates Report](#)). Multisport athletes counted in each sport. Co-ed and emerging sports not included in table due to low participation Ns at the divisional-level.

# Representativeness of Sample, Division I Participants

## Racial Demographics

	Men		Women	
	COVID-19 Survey	Demographics Data	COVID-19 Survey	Demographics Data
White	64%	52%	75%	61%
Black	20%	26%	8%	15%
Other	15%	22%	17%	24%

## Academic Status



Note: 5,538 men and 10,579 women participants in the Division I sample. An additional 17 did not indicate whether they played a men's or women's sport. Demographics data source: [NCAA Demographics Database](#) (2020).

# **Mental Health Concerns**

## **Division I**

# Mental Health Concerns During COVID-19 Pandemic

(Percent of Division I Participants Who Endorsed “Most Every Day” or “Constantly”)

	DI Men	DI Women
Experienced sleep difficulties	30%	41%
Felt overwhelmed by all you had to do	29%	47%
Felt mentally exhausted	25%	37%
Felt very lonely	23%	32%
Felt a sense of loss	21%	31%
Felt sad	17%	30%
Felt overwhelming anxiety	13%	25%
Felt things were hopeless	11%	16%
Felt overwhelming anger	10%	10%
Felt so depressed that it was difficult to function	7%	9%

# Mental Health Concerns During COVID-19 Pandemic

(Comparing participating Division I student-athletes responding “Yes, in last 30 days” on ACHA-NCHA survey with those responding “Occasionally,” “Most everyday” or “Constantly”)

	DI Men ACHA-NCHA	DI Men COVID-19	Percent change
Felt overwhelmed by all you had to do	51%	77%	150%
Felt mentally exhausted	50%	68%	136%
Felt sad	28%	67%	239%
Felt very lonely	28%	62%	226%
Felt things were hopeless	19%	55%	286%
Felt overwhelming anxiety	23%	46%	199%
Felt overwhelming anger	17%	42%	241%
Felt so depressed that it was difficult to function	13%	28%	217%

Note: The SAAC COVID-19 Survey asked “As a result of the COVID-19 pandemic, have you...” The survey was in the field approximately a month after the pandemic led to the cancelation of winter and spring championships and most college/university closures on March 12, 2020. COVID-19 Survey N=5,538 Division I men; ACHA-NCHA Survey N=1,515 Division I men.

Source: American College Health Association. American College Health Association-National College Health Assessment, Fall 2015, Spring 2016, Fall 2016, Spring 2017, Fall 2017 [data file]. Hanover, MD: American College Health Association [producer and distributor]; (2018-11-15).



# Mental Health Concerns During COVID-19 Pandemic

(Comparing participating Division I student-athletes responding “Yes, in last 30 days” on ACHA-NCHA survey with those responding “Occasionally,” “Most everyday” or “Constantly”)

	DI Women ACHA-NCHA	DI Women COVID-19	Percent Change
Felt overwhelmed by all you had to do	72%	92%	127%
Felt sad	42%	87%	207%
Felt mentally exhausted	66%	85%	128%
Felt very lonely	38%	77%	202%
Felt things were hopeless	28%	72%	259%
Felt overwhelming anxiety	37%	70%	188%
Felt overwhelming anger	20%	48%	245%
Felt so depressed that it was difficult to function	17%	38%	221%

Note: The SAAC COVID-19 Survey asked “As a result of the COVID-19 pandemic, have you...” The survey was in the field approximately a month after the pandemic led to the cancelation of winter and spring championships and most college/university closures on March 12, 2020. COVID-19 Survey N=10,597 Division I women; ACHA-NCHA Survey N=2,989 Division I women.

Source: American College Health Association. American College Health Association-National College Health Assessment, Fall 2015, Spring 2016, Fall 2016, Spring 2017, Fall 2017 [data file]. Hanover, MD: American College Health Association [producer and distributor]; (2018-11-15).



# **Current Living Environment, Barriers to Athletics Training and Academic Impact**

**Division I**



## Current Living Environment During COVID-19 Pandemic

(Percent of Division I Participants Who Endorsed “Agree” or “Strongly Agree”)

	DI Men	DI Women
I have a stable housing situation for at least the next two months.	89%	93%
I have access to enough food to meet my needs each day.	85%	94%
I feel confident in my ability to manage my exposure to COVID-19.	83%	81%
I know how to access a medical provider for physical health needs in my area.	78%	79%
Healthy food options are reliably available to me.	74%	83%
I know how to access mental health support in my area.	59%	56%

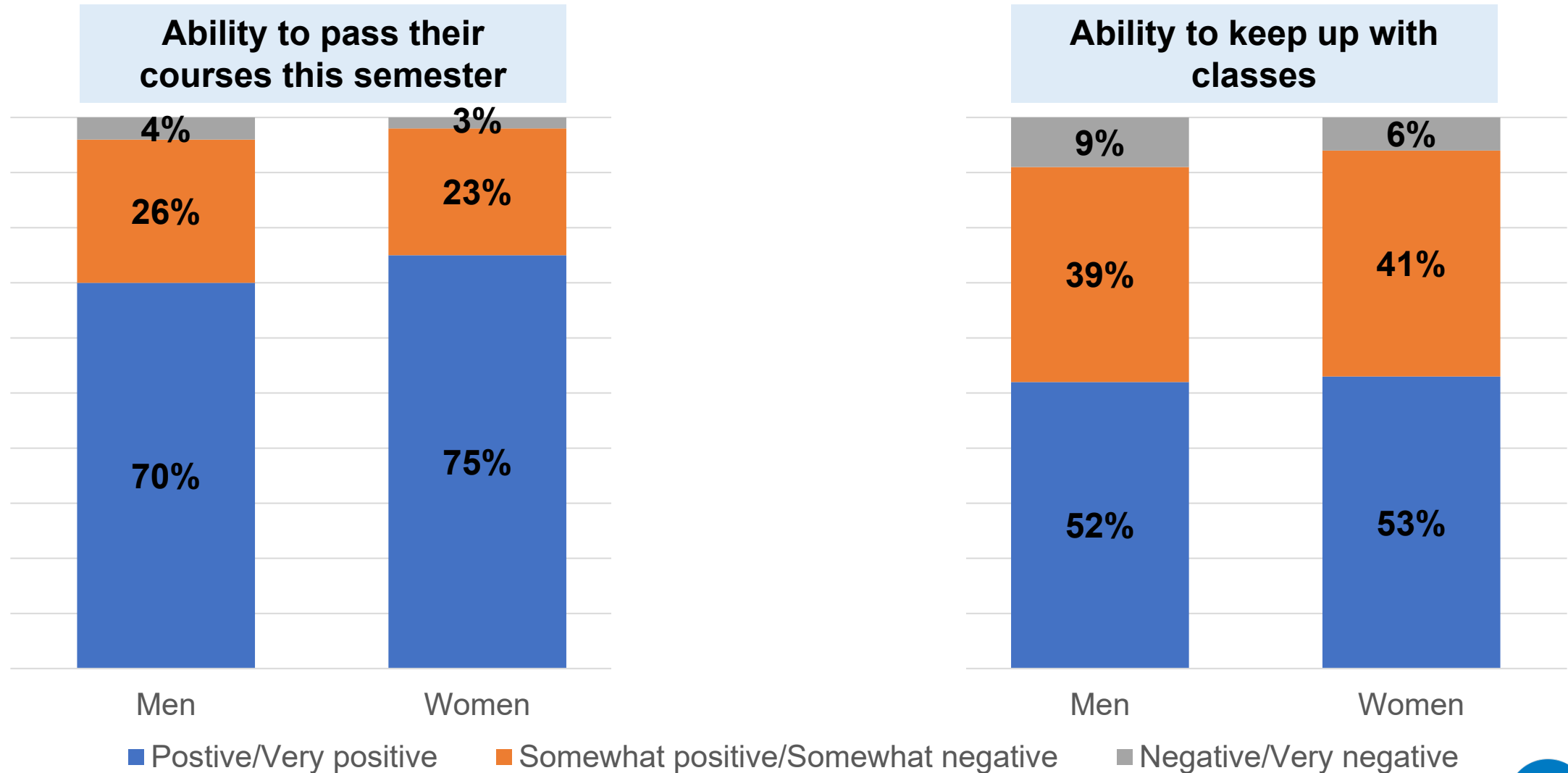
# Barriers to Training

(Percent who “Agree” or “Strongly Agree,” Division I Participants)

Barriers to Training	
Local regulations regarding travel, facility closures and public gatherings	84%
Lack of access to appropriate facilities	80%
Lack of access to appropriate equipment	73%
Lack of access to training partners	68%
Lack of access to coaches	52%
Fear of exposure to COVID-19	45%
Lack of motivation to train	39%
Family/personal responsibilities	27%
Too stressed or anxious to train	20%
Too sad or depressed to train	13%

Note: Top two points on a six-point scale. Those unable to train due to injury were excluded from this item.

## Feelings about... (Division I Participants)



■ Positive/Very positive    ■ Somewhat positive/Somewhat negative    ■ Negative/Very negative

# **Maintaining Athletics Connections**

**Division I**

# Participants' Level of Communication with Coaches and Teammates

<i>Coach(es)</i>	Division I	Division II	Division III
Multiple times per week	58%	56%	54%
Once a week	26%	24%	25%
Less than once a week	16%	19%	21%
<i>Teammates</i>	Division I	Division II	Division III
Multiple times per week	89%	85%	87%
Once a week	6%	8%	7%
Less than once a week	5%	7%	6%

Note: 36% of participants graduating or ineligible to return next season indicated that they have heard from their coaches less than weekly or not at all, as compared to 17% of those eligible to return.

## Participants' Level of Communication with Staff

<i>Academic Advisor</i>	Division I	Division II	Division III
Weekly or more	45%	29%	32%
Less than weekly	43%	50%	52%
No contact	12%	20%	16%
<i>Athletics staff, non-medical</i>	Division I	Division II	Division III
Weekly or more	34%	20%	18%
Less than weekly	39%	35%	31%
No contact	27%	45%	51%
<i>Medical staff</i>	Division I	Division II	Division III
Weekly or more	33%	15%	11%
Less than weekly	37%	32%	27%
No contact	30%	53%	63%

# Coach Support Practices

## (Division I Participants)

### ▶ Regular Check-Ins

- ▶ “...Meetings twice a week. We discuss the technical aspects of soccer as well as update our teammates and coaches on how we are doing/feeling, which is nice.” –Women’s soccer

### ▶ Work Out Plans

- ▶ “Strength and conditioning coaches are working with athletes to provide programs that can be completed at home with no equipment.” –Women’s tennis
- ▶ “Our coaching staff has been doing a pretty good job at communicating with us on ways to stay active and train our baseball skills and making sure we are all okay.” –Baseball

### ▶ Team Connection

- ▶ “Constantly checking in on us and maintaining the idea that the team is a family!” –Rowing
- ▶ “Zoom calls, fun destress activities to keep team together, wellness checks for mental health.” –Rugby

# Coach Support Practices

## (Division I Participants)

### ▶ Expressing Concern for Athletes and their Families

- ▶ “Checking on me everyday, making sure I am taking care of academics and my family is okay.” – Football
- ▶ “Calling each player at least once a week asking about family, health and school.” –Softball

### ▶ Mental Health Checks

- ▶ “Constantly motivating us and making sure we prioritize our mental health.” –Women’s track
- ▶ “Help with workouts and mental health reminders. Also class checks to be sure we are maintaining academics.” –Women’s basketball

### ▶ Academics

- ▶ “Our coach keeps up with our academics and has a spreadsheet where we are able to record our mileage to keep us motivated.” –Women’s track
- ▶ “Weekly Zoom meeting with the team to discuss how each one of us is doing in terms of academics and giving us updates on the NCAA's statements regarding athletic eligibility.” –Men’s golf



# Athletics Staff Support Practices

## (Division I Participants)

### ▶ Frequent Communication

- ▶ “Athletic department has kept all the athletes in the same 'loop' by having 'town halls' weekly.” – Women’s soccer
- ▶ “They’re updating us as soon as any new available information is reported. Their support via social media, email and other forms of communication is extremely supportive and hopeful.” –Baseball

### ▶ Check-Ins

- ▶ “Checking in weekly to make sure we are still healthy and stable. Making sure we are on top of our schoolwork.” –Softball
- ▶ “Our AD is personally calling every spring sport senior to check in and see how they are doing, and what plans they have for the 2020-2021 year. They are trying to keep all of us informed of what measures they are taking for next year and also sharing the resources that we now have on a different format.” –Men’s tennis

# Athletics Staff Support Practices

## (Division I Participants)

### ▶ **Staying Positive/Showing Support**

- ▶ “...Reading reassuring messages and connecting athletes on social media.” –Men’s track
- ▶ “Constantly communicating with us ... and sending nutrition packages in the mail.” –Women’s volleyball

### ▶ **Providing Resources (Mental Health/Workouts/Financial Aid)**

- ▶ “Checking up on us through zoom meetings, texts, and calls. Also, making a board on canvas where we can access links to tutors, tutorials, and extra links for help.” –Women’s lacrosse
- ▶ “Communication about school programs or student athlete resources to get us connected with each other or support those in financial need.” –Men’s track
- ▶ “My athletics department is providing athletes with helpful articles to help up combat the spread of the virus and protect our own physical and mental health. They are also putting together informative zoom calls to help with academics.” –Men’s soccer

# Medical Staff Support Practices (Division I Participants)

## ▶ Accessibility

- ▶ “Always making us aware of things and let us know how to reach them.” –Football
- ▶ “Calls once a week, is always available via text message for anything we need.” –Women’s volleyball
- ▶ “Frequently reaching out and creating ways to make easy online access for forms and communication; making themselves available and flexible.” –Women’s tennis

## ▶ Providing treatment and rehab exercises

- ▶ “Offering us web appointments etc. if we do not feel good or are injured in some way and make sure we can have alternative treatment since we are not on campus” –Women’s track & field
- ▶ “As I am five months post shoulder surgery, the medical staff has been available to support me through rehabilitation and exercises that I would have been attending in the sports medicine facility if on campus. I have spoken to our Director of Sports Medicine about a rehab protocol and they have been available for any questions during this time.” –Men’s golf

# Medical Staff Support Practices (Division I Participants)

## ▶ **Mental health resources**

- ▶ “Checking in every now and then and sending links to resources available for us for our mental health.” –Women’s soccer
- ▶ “Communicating mental health concerns and giving us resources to ensure we stay healthy.” –Men’s swimming

## ▶ **COVID-19 Information**

- ▶ “Checking in on us once a week, keeping us updated on COVID-19.” –Women’s track
- ▶ “Communicating health information regarding the current health concerns surrounding COVID-19.” –Baseball

## ▶ **Filling prescriptions and medical paperwork**

- ▶ “Making sure we have information we need to fill prescriptions or get medical help if needed.” –Rowing
- ▶ “Helping fill out paperwork for next year.” –Baseball

# **Likelihood of Returning to Team in 2020-21 and NCAA's Decision to Cancel Championships**

**Division I**

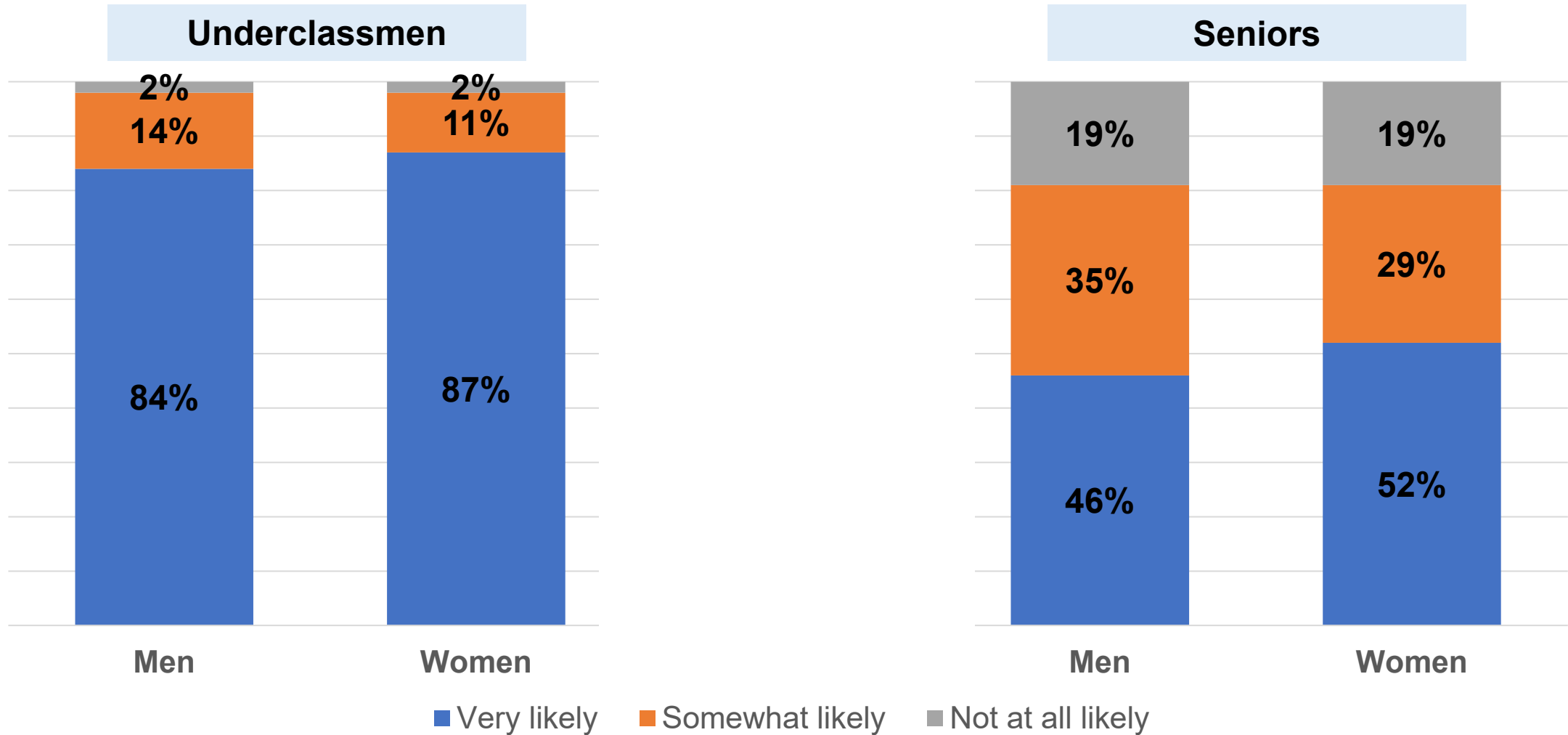
## Likelihood of Returning to Team (All Participants)

Men	Overall	Division I	Division II	Division III
Very likely	78%	78%	78%	78%
Somewhat likely	18%	18%	19%	19%
Not at all likely	3%	4%	3%	3%
Women	Overall	Division I	Division II	Division III
Very likely	83%	84%	83%	82%
Somewhat likely	13%	13%	13%	15%
Not at all likely	3%	4%	4%	2%

## Likelihood of Returning to Team (First-year, Sophomore and Junior Participants)

Men	Overall	Division I	Division II	Division III
Very likely	81%	82%	80%	80%
Somewhat likely	17%	16%	18%	18%
Not at all likely	2%	2%	2%	2%
Women	Overall	Division I	Division II	Division III
Very likely	86%	87%	85%	84%
Somewhat likely	12%	11%	12%	14%
Not at all likely	2%	2%	3%	2%

# Likelihood of Returning to Team by Academic Standing (Division I Spring Sport Participants)



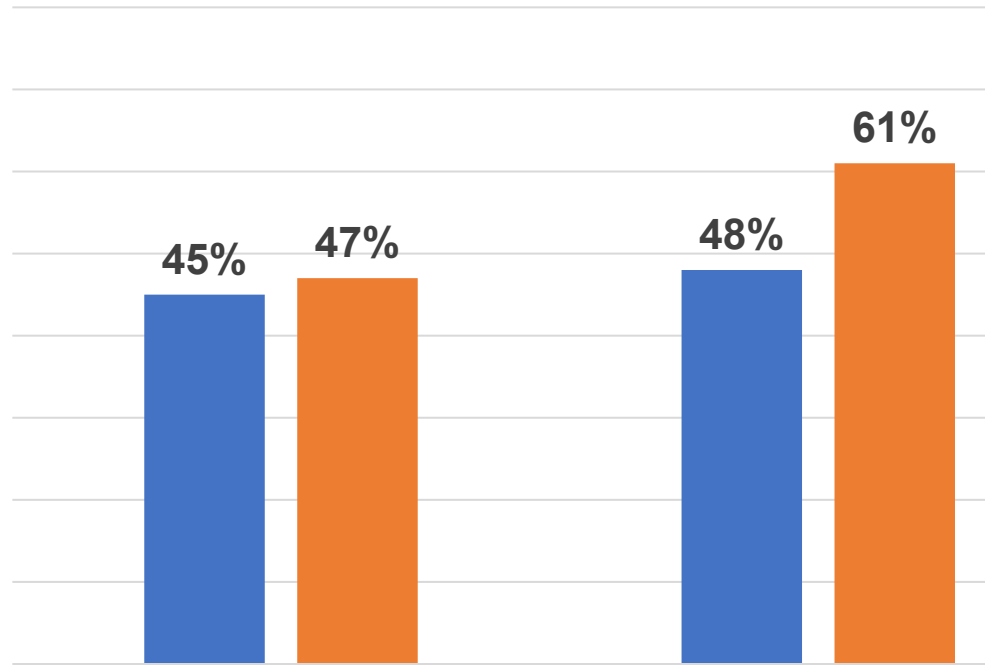
Note: Responses from participants who selected "Not eligible or graduating" excluded from the chart above.



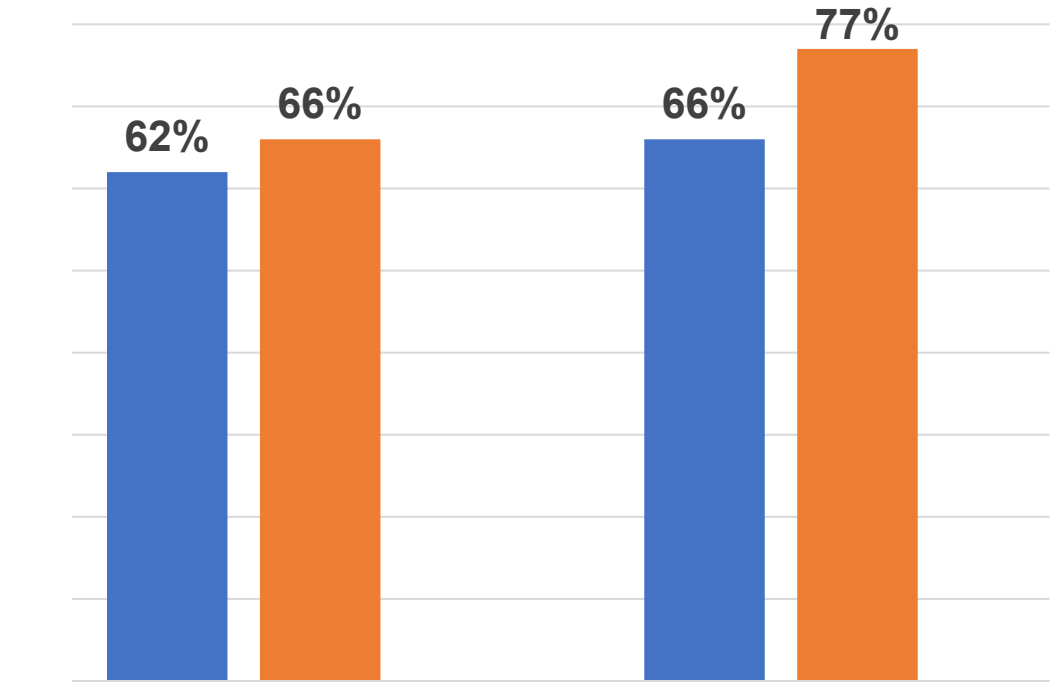
# Feelings About the Decision to Cancel Championships

(Percent of Division I Participants Who “Agree” or “Strongly Agree”)

## Winter Championships



## Spring Championships



■ Men ■ Women

Note: Top 2 points on a 6-point scale. Respondents limited to those participating in winter or spring sports.

# Desired Resources

Division I

## Desired Source for Educational Resources (Division I Participants)

	Coaches	Athletics Dept.	NCAA	Not Interested
Maintaining my level of physical fitness	71%	19%	5%	4%
Training for my sport while physically distant	78%	10%	7%	5%
COVID-19 information and updates for my sport	31%	17%	47%	6%
Academic support resources	18%	64%	7%	10%
Eating healthy	34%	41%	13%	12%
Mental health	29%	45%	13%	13%
Career planning resources	14%	61%	11%	13%
Financial assistance resources	16%	39%	30%	15%
Social health	45%	27%	13%	15%
Accessing health care	13%	47%	19%	21%

Note: Sorted lowest to highest percent reporting “not interested.”

# Desired Assistance from NCAA

## (Division I Participants)

### ► Eligibility information

- ▶ “A deadline for knowing when schools will confirm covering spring sport seniors financial aid for another year of eligibility” –Men’s tennis
- ▶ “A document that more specifically explains all the contingencies involved with the eligibility relief. It all seems unclear. Many people are asking a lot of questions about the transfer portal, scholarships, etc.” – Softball
- ▶ “More information on if eligibility is affected by pass/fail semesters and how.” –Women’s volleyball

### ► Academic eligibility leniency

- ▶ “Pass/fail ability for student-athletes. My courses increased in difficulty with this switch to online.” – Women’s tennis
- ▶ “...A lot of kids cannot really focus or feel engaged with online classes, therefore effecting their GPA. Being forced to move to online classes have really affected my learning style. There’s just something off about doing everything online and I know I’m not alone. I just believe for certain events like this, the eligibility rule should be changed.” –Football

# Desired Assistance from NCAA

## (Division I Participants)

### ▶ Updated Timeline

- ▶ “A general 'roadmap' or 'timeline' for how sports will continue...” –Women’s gymnastics
- ▶ “A very tentative timeline...return to practice, play or return to the facilities at all. I live on the other side of the country, so I need time to plan...” –Football
- ▶ “Any amount of transparency regarding NCAA decisions related to adjusting competition schedules or sports seasons would be appreciated.” –Men’s track

### ▶ Career Guidance

- ▶ “Aid in the form of professionals providing guidance on what the athlete can do in terms of career or if it is worth competing again.” –Football
- ▶ “Career planning and advice for seniors who are getting...job offers revoked ... or are looking for employment or grad program opportunities.” –Women’s swimming

### ▶ Financial assistance

- ▶ Scholarships or grants due to loss of access to summer job/internship opportunities, family struggles to meet basic needs, reduction in athletics scholarships, etc.

# DIVISION II

# Participant Demographics

## Division II

## Number of Responses by Division II Conference

Conference	N	%
<b>NSIC</b>	1125	19.0%
<b>CACC</b>	607	18.9%
<b>MIAA</b>	871	15.7%
<b>GLVC</b>	856	15.3%
<b>NE10</b>	928	14.5%
<b>Lone Star</b>	400	11.9%
<b>GAC</b>	486	11.6%
<b>GLIAC</b>	527	11.5%
<b>G-MAC</b>	627	11.0%
<b>Gulf South</b>	435	10.6%
<b>CCAA</b>	381	10.6%
<b>RMAC</b>	564	10.0%

Conference	N	%
<b>SAC</b>	531	9.8%
<b>CIAA</b>	280	9.6%
<b>PSAC</b>	653	9.5%
<b>Great Northwest</b>	182	6.8%
<b>ECC</b>	138	6.4%
<b>Peach Belt</b>	163	6.1%
<b>Conference Carolinas</b>	261	5.7%
<b>PacWest</b>	187	5.6%
<b>SIAC</b>	98	3.6%
<b>MEC</b>	106	2.3%
<b>Sunshine State</b>	30	0.8%

Note: Conference participation percentages derived from N in sample divided by all participating NCAA Championship student-athletes in conference ([2018-19 NCAA Sports Sponsorship and Participation Rates Report](#)); cross country and indoor track removed to avoid double-counting. 469 Division II student-athletes did not list their conference.



# Number of Responses by Sport Participation

## (Division II Student-Athletes)

Men's Sports	N	%
<b>Baseball</b>	762	6.9%
<b>Basketball</b>	218	3.9%
<b>Cross Country</b>	298	8.2%
<b>Football</b>	2,500	13.1%
<b>Golf</b>	135	5.7%
<b>Lacrosse</b>	144	5.1%
<b>Soccer</b>	341	5.0%
<b>Swim &amp; Dive</b>	142	8.8%
<b>Tennis</b>	91	5.6%
<b>Track &amp; Field</b>	592	7.8%
<b>Wrestling</b>	81	4.3%

Women's Sports	N	%
<b>Basketball</b>	636	13.3%
<b>Bowling</b>	76	25.2%
<b>Cross Country</b>	454	11.9%
<b>Field Hockey</b>	99	12.0%
<b>Golf</b>	205	13.3%
<b>Gymnastics</b>	26	17.6%
<b>Lacrosse</b>	412	15.6%
<b>Rowing</b>	58	11.2%
<b>Soccer</b>	953	12.5%
<b>Softball</b>	933	15.4%
<b>Swim &amp; Dive</b>	325	15.5%
<b>Tennis</b>	250	13.2%
<b>Track &amp; Field</b>	994	13.2%
<b>Volleyball</b>	801	15.9%

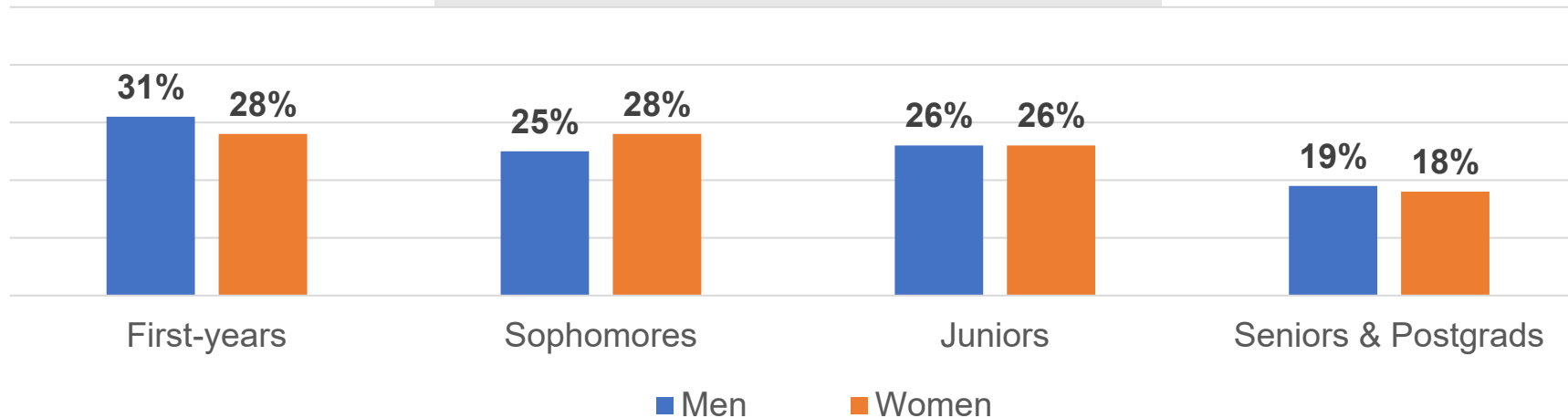
Note: Sport participation percentages derived from N in sample divided by all participating Division II SAs in the sport ([2018-19 NCAA Sports Sponsorship and Participation Rates Report](#)). Multisport athletes counted in each sport. Co-ed and emerging sports not included in table due to low participation Ns at the divisional-level.

# Representativeness of Sample, Division II Participants

## Racial Demographics

	Men		Women	
	COVID-19 Survey	Demographics Data	COVID-19 Survey	Demographics Data
White	63%	54%	77%	65%
Black	21%	24%	7%	13%
Other	16%	22%	16%	22%

## Academic Status



Note: 5,031 men and 5,801 women participants in the Division II sample. An additional 9 did not indicate whether they played a men's or women's sport. Demographics data source: [NCAA Demographics Database](#) (2020).

# **Mental Health Concerns**

**Division II**

# Mental Health Concerns During COVID-19 Pandemic

(Percent of Division II Participants Who Endorsed “Most Every Day” or “Constantly”)

	DII Men	DII Women
Felt overwhelmed by all you had to do	32%	51%
Experienced sleep difficulties	32%	42%
Felt mentally exhausted	26%	38%
Felt very lonely	21%	32%
Felt a sense of loss	20%	28%
Felt sad	16%	30%
Felt overwhelming anxiety	14%	28%
Felt overwhelming anger	12%	12%
Felt things were hopeless	11%	14%
Felt so depressed that it was difficult to function	7%	10%

# Mental Health Concerns During COVID-19 Pandemic

(Comparing participating Division II student-athletes responding “Yes, in last 30 days” on ACHA-NCHA survey with those responding “Occasionally,” “Most everyday” or “Constantly”)

	DII Men ACHA-NCHA	DII Men COVID-19	Percent change
Felt overwhelmed by all you had to do	50%	78%	155%
Felt mentally exhausted	45%	68%	153%
Felt sad	23%	63%	276%
Felt very lonely	22%	58%	259%
Felt things were hopeless	17%	52%	314%
Felt overwhelming anxiety	18%	47%	256%
Felt overwhelming anger	18%	43%	246%
Felt so depressed that it was difficult to function	10%	28%	275%

Note: The SAAC COVID-19 Survey asked “As a result of the COVID-19 pandemic, have you...” The survey was in the field approximately a month after the pandemic led to the cancelation of winter and spring championships (March 12, 2020) and most campus closures. COVID-19 Survey N=5,031 Division II men; ACHA-NCHA Survey N=833 Division II men.

Source: American College Health Association. American College Health Association-National College Health Assessment, Fall 2015, Spring 2016, Fall 2016, Spring 2017, Fall 2017 [data file]. Hanover, MD: American College Health Association [producer and distributor]; (2018-11-15).



# Mental Health Concerns During COVID-19 Pandemic

(Comparing participating Division II student-athletes responding “Yes, in last 30 days” on ACHA-NCHA survey with those responding “Occasionally,” “Most everyday” or “Constantly”)

	DII Women ACHA-NCHA	DII Women COVID-19	Percent Change
Felt overwhelmed by all you had to do	72%	93%	128%
Felt sad	42%	85%	203%
Felt mentally exhausted	65%	84%	129%
Felt very lonely	37%	75%	200%
Felt overwhelming anxiety	38%	71%	187%
Felt things were hopeless	27%	67%	252%
Felt overwhelming anger	22%	49%	225%
Felt so depressed that it was difficult to function	18%	38%	211%

Note: The SAAC COVID-19 Survey asked “As a result of the COVID-19 pandemic, have you...” The survey was in the field approximately a month after the pandemic led to the cancelation of winter and spring championships (March 12, 2020) and most campus closures. COVID-19 Survey N=5,801 Division II women; ACHA-NCHA Survey N=1,536 Division II women.

Source: American College Health Association. American College Health Association-National College Health Assessment, Fall 2015, Spring 2016, Fall 2016, Spring 2017, Fall 2017 [data file]. Hanover, MD: American College Health Association [producer and distributor]; (2018-11-15).



# **Current Living Environment, Barriers to Athletics Training and Academic Impact**

**Division II**

## Current Living Environment During COVID-19 Pandemic

(Percent of Division II Participants Who Endorsed “Agree” or “Strongly Agree”)

	DII Men	DII Women
I have a stable housing situation for at least the next two months.	88%	92%
I have access to enough food to meet my needs each day.	86%	94%
I feel confident in my ability to manage my exposure to COVID-19.	84%	80%
I know how to access a medical provider for physical health needs in my area.	80%	81%
Healthy food options are reliably available to me.	74%	80%
I know how to access mental health support in my area.	61%	58%



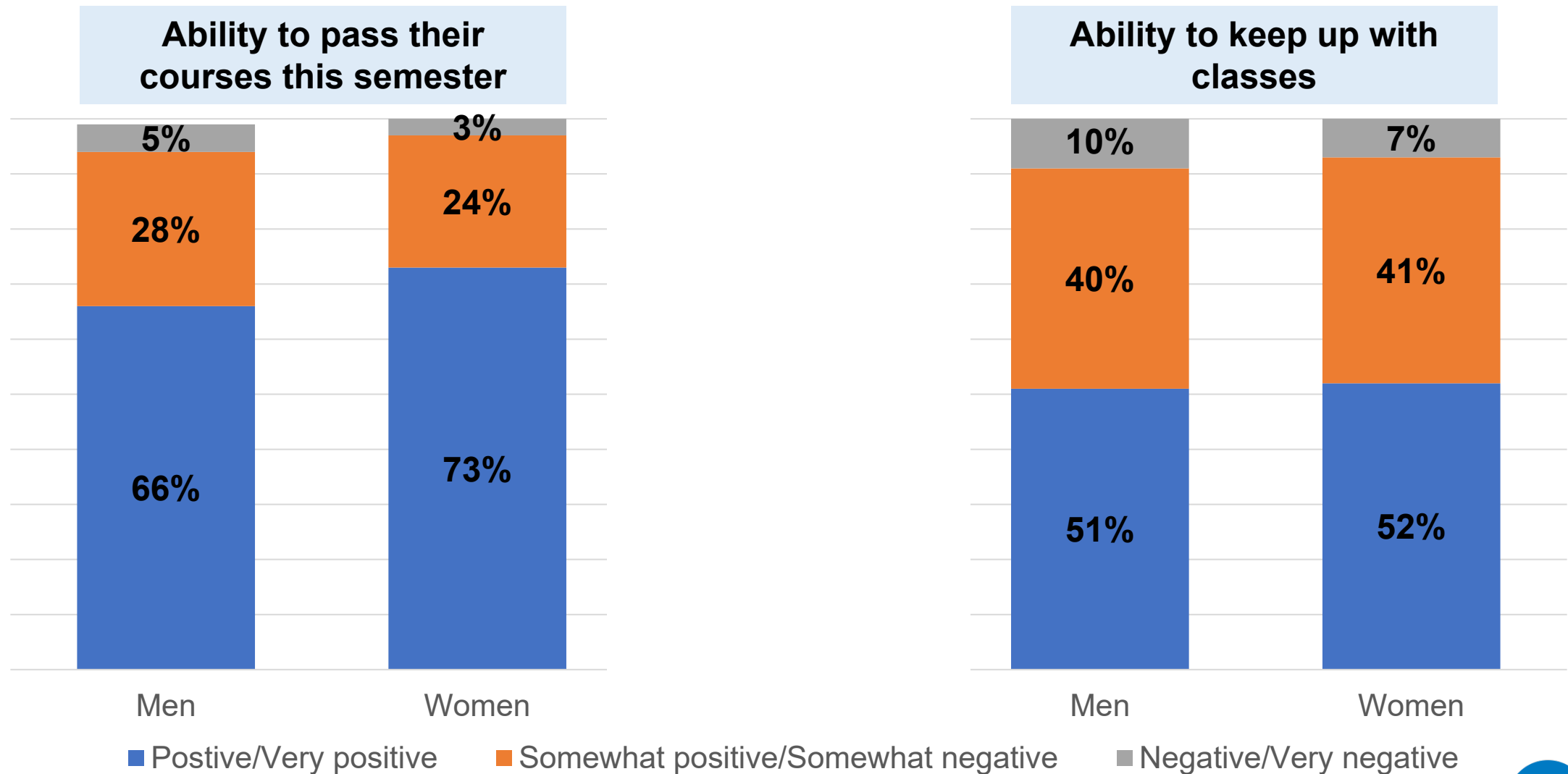
# Barriers to Training

(Percent who “Agree” or “Strongly Agree,” Division II Participants)

Barriers to Training	
Local regulations regarding travel, facility closures and public gatherings	81%
Lack of access to appropriate facilities	79%
Lack of access to appropriate equipment	72%
Lack of access to training partners	68%
Lack of access to coaches	50%
Fear of exposure to COVID-19	42%
Lack of motivation to train	39%
Family/personal responsibilities	32%
Too stressed or anxious to train	21%
Too sad or depressed to train	13%

Note: Top 2 points on a 6-point scale. Those unable to train due to injury were excluded from this item.

## Feelings about... (Division II Participants)



■ Positive/Very positive   ■ Somewhat positive/Somewhat negative   ■ Negative/Very negative

# **Maintaining Athletics Connections**

**Division II**

## Participants' Level of Communication with Coaches and Teammates

<i>Coach(es)</i>	Division I	Division II	Division III
Multiple times per week	58%	56%	54%
Once a week	26%	24%	25%
Less than once a week	16%	19%	21%
<i>Teammates</i>	Division I	Division II	Division III
Multiple times per week	89%	85%	87%
Once a week	6%	8%	7%
Less than once a week	5%	7%	6%

Note: 36% of participants graduating or ineligible to return next season indicated that they have heard from their coaches less than weekly or not at all, as compared to 17% of those eligible to return.

## Participants' Level of Communication with Staff

<i>Academic Advisor</i>	Division I	Division II	Division III
Weekly or more	45%	29%	32%
Less than weekly	43%	50%	52%
No contact	12%	20%	16%
<i>Athletics staff, non-medical</i>	Division I	Division II	Division III
Weekly or more	34%	20%	18%
Less than weekly	39%	35%	31%
No contact	27%	45%	51%
<i>Medical staff</i>	Division I	Division II	Division III
Weekly or more	33%	15%	11%
Less than weekly	37%	32%	27%
No contact	30%	53%	63%

# Coach Support Practices

## (Division II Participants)

### ▶ Sharing Information and Resources

- ▶ “Checking on us daily making sure that I am doing work, staying active, and on track and giving us updates on COVID 19.” –Women’s basketball
- ▶ “Conducting zoom meetings to make sure we are staying well in health and academics. Sending resources on mental health/health and academics. Making sure we don't need anything.” –Women’s swimming
- ▶ “Informing us of the online resources made available to substitute in person access usually provided. Staying in contact with the usual email schedules.” –Men’s track

### ▶ Academic Support

- ▶ “My coaches and I have been communicating weekly about academics and making sure I am up to date with everything which has helped me a lot to stay on top of my work.” –Football
- ▶ “Our coach holds meetings weekly and bi-weekly that are one-on-one with academics... We inform each other of deadlines and tips for keeping up with course work, different ways to exercise, and the like.” –Field hockey

### ▶ Team Connection

- ▶ “Keeping the team connected through online meetings and group chats, sending fun things to keep our minds off of the situation and ideas on how to occupy all our extra time. Caring about us fully.” – Women’s track

# Coach Support Practices

## (Division II Participants)

### ▶ **Workout Plans**

- ▶ “Giving us training plans during the given situation and alternatives with limited resources.” –Men’s track
- ▶ “Keeping good communication, giving us workouts to do at home, encouraging us in our physical activity progress, having team meetings, keeping us accountable to do our workouts.” –Women’s volleyball

### ▶ **Expressing Concern for Athletes and their Families**

- ▶ “He checks in with each one of us, for example last night we had a bad storm in my town and I just got a call from coach to make sure that my family and I are safe after this storm.” –Men’s lacrosse
- ▶ “...We are going to have another call this week and possibly one more soon with our parents. Family is really important to me along with many other people, so for him to care enough to talk to them means a lot!” –Women’s volleyball

### ▶ **Staying Positive**

- ▶ “Sending motivational quotes every day along with a picture from our past seasons.” –Women’s volleyball
- ▶ “They are keeping spirits up and giving us motivation to run and train hard and keeping the goal of next year in mind.” –Men’s track

# Athletics Staff Support Practices

## (Division II Participants)

### ▶ Frequent Communication

- ▶ “Our athletics department consistently sends emails with updates and checking in on us. They make it very clear that they are always there for us.” –Women’s basketball
- ▶ “As a whole, they are communicating the important information with us. They've helped tremendously with all kinds of other things too, like registering for classes. They are going above and beyond.” –Men’s soccer
- ▶ “Checking in on us constantly, providing resources to help us with mental and emotional health. Also providing us with workouts, staying healthy.” –Women’s soccer

### ▶ Social media engagement

- ▶ “Becoming more active on social media and checking in on us/posting helpful links and resources.” – Women’s volleyball
- ▶ “They are giving the seniors their spotlight on social media, despite not having a 'senior night' or 'senior game'. Trying to compensate for the loss of that. Along with ensuring the athletic community stays connected and motivated in this time.” –Rowing
- ▶ “Creating games on social media for student athletes to participate in.” –Baseball



# Athletics Staff Support Practices

## (Division II Participants)

### ▶ **Staying Positive/Showing Support**

- ▶ “We are staying connected via email, social media platforms, sharing positive posts frequently.” – Women’s track
- ▶ “Communicating and sending out emails to keep positive spirits in time of pain.” –Football

### ▶ **Providing Resources (Mental Health/Workouts/Financial Aid)**

- ▶ “At the beginning of the pandemic, they sent us out a resources to help address mental health and keep a positive outlook through the challenging changing times.” –Women’s tennis
- ▶ “Been in touch almost daily to communicate resources available on campus or online for mental health, physical health, and academic resources.” –Men’s golf
- ▶ “Giving us resources to help with school, training and mental and emotional help.” –Football
- ▶ “Our strength coach hands out of a variety of resources (from healthy recipes to workouts) on our black board. Academic advising has also added themselves to our black board.” –Women’s soccer

# Medical Staff Support Practices

## (Division II Participants)

### ▶ Accessibility

- ▶ “They have also offered to help in anyway possible. As athletes we have their contact information and can reach out to them with questions about exercise and even just as someone to talk to during this time as well.” –Football
- ▶ “Our medical staff...is making themselves reachable for any questions that we may have at this time regarding any illnesses and continuous or new physical ailments...They always make themselves available to us if we have anything that we need to talk about.” –Women’s lacrosse

### ▶ Providing treatment and rehab exercises

- ▶ “Reaching out to those that had been receiving treatment before the pandemic to see what can be done for those athletes while respecting distancing precautions.” –Softball
- ▶ “Our medical staff is doing very well at adapting to circumstances, all treatment diagnostics is online and treatment processes are via email.” –Women’s soccer
- ▶ “Posting videos for possible rehabilitation as well as email check-ups for overall health.” –Wrestling

# Medical Staff Support Practices (Division II Participants)

## ▶ Mental health resources

- ▶ “They are answering any and all questions that we have for our physical and mental health and ways to still accomplish our goals toward our sport and remaining healthy’ –Baseball
- ▶ “Providing examples of ways to contain our anxiety/mental health as well as ways to stay fit and moving.” –Women’s soccer
- ▶ “They are posting informational stories online about physical and mental health. Multiple ways to stay positive and stay healthy during this tough time.” –Softball

## ▶ COVID-19 Information

- ▶ “Informing us about COVID-19 and that if we show symptoms that we should immediately go get treatment or go to the doctor.” –Football
- ▶ “They are reiterating/reposting CDC guidelines and encouraging social distancing with at home challenges.” –Equestrian

# **Likelihood of Returning to Team in 2020-21 and NCAA's Decision to Cancel Championships**

**Division II**

## Likelihood of Returning to Team (All Participants)

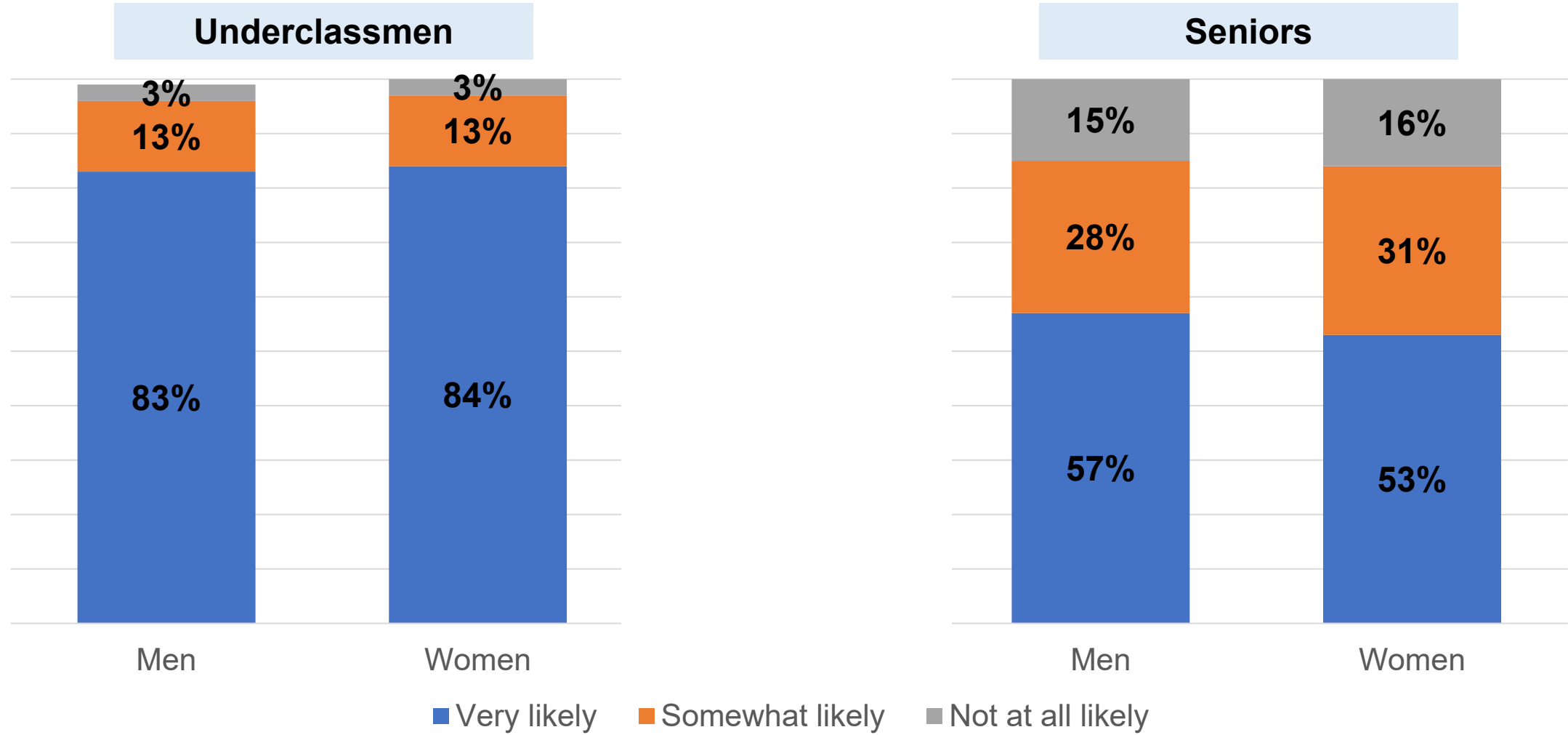
Men	Overall	Division I	Division II	Division III
Very likely	78%	78%	78%	78%
Somewhat likely	18%	18%	19%	19%
Not at all likely	3%	4%	3%	3%
Women	Overall	Division I	Division II	Division III
Very likely	83%	84%	83%	82%
Somewhat likely	13%	13%	13%	15%
Not at all likely	3%	4%	4%	2%

## Likelihood of Returning to Team (First-year, Sophomore and Junior Participants)

Men	Overall	Division I	Division II	Division III
Very likely	81%	82%	80%	80%
Somewhat likely	17%	16%	18%	18%
Not at all likely	2%	2%	2%	2%
Women	Overall	Division I	Division II	Division III
Very likely	86%	87%	85%	84%
Somewhat likely	12%	11%	12%	14%
Not at all likely	2%	2%	3%	2%

# Likelihood of Returning to Team by Academic Standing

## (Division II Spring Sport Participants)



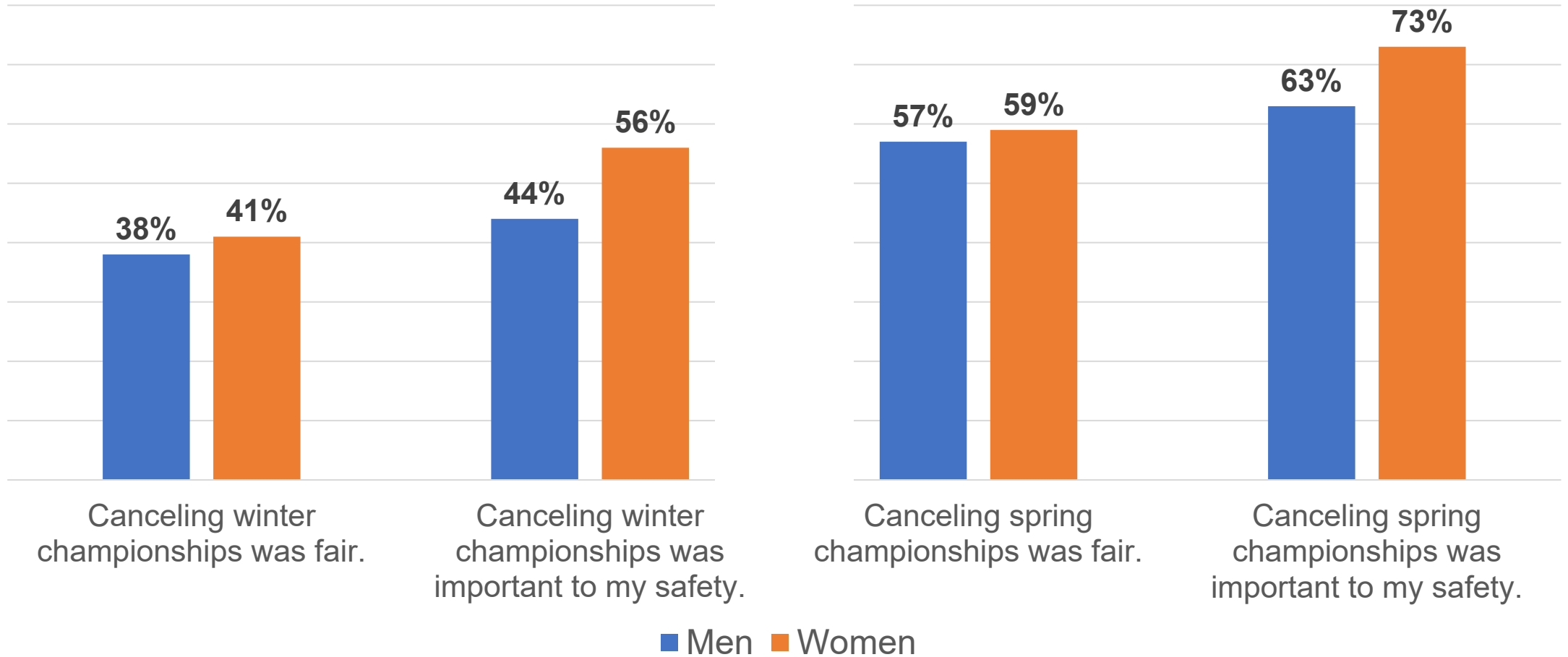
Note: Responses from participants who selected "Not eligible or graduating" excluded from the chart above.

# Feelings About the Decision to Cancel Championships

(Percent of Division II Participants Who “Agree” or “Strongly Agree”)

## Winter Championships

## Spring Championships



Note: Top 2 points on a 6-point scale. Respondents limited to those participating in winter or spring sports.



# **Desired Resources**

## **Division II**

## Desired Source for Educational Resources (Division II Participants)

	Coaches	Athletics Dept.	NCAA	Not Interested
Maintaining my level of physical fitness	72%	18%	6%	5%
Training for my sport while physically distant	77%	10%	7%	5%
COVID-19 information and updates for my sport	34%	16%	43%	7%
Eating healthy	45%	27%	15%	13%
Academic support resources	32%	42%	11%	14%
Social health	52%	19%	13%	16%
Financial assistance resources	23%	32%	29%	16%
Mental health	38%	29%	16%	17%
Career planning resources	27%	41%	15%	17%
Accessing health care	18%	35%	22%	25%

Note: Sorted lowest to highest percent reporting “not interested.”

# Desired Assistance from NCAA

## (Division II Participants)

### ▶ Eligibility information

- ▶ “A very specific report of what the athletes that intend on returning back to their respective school/division, must be aware of regarding eligibility and scholarships.” –Baseball
- ▶ “It would be nice if they could explain how the extra year of eligibility works & more readily available information on transfer portal and how it impacts grad school, etc.”–Women’s lacrosse
- ▶ “Information on how the pass/fail grading system could impact eligibility” –Women’s track

### ▶ Academic eligibility leniency

- ▶ “Pass fail may or may not even help me as far as next year’s eligibility goes. NCAA should waive eligibility requirements for next semester, as this shit just ain’t normal and people shouldn’t be screwed over because of it.” –Men’s track
- ▶ “...Forgiveness for not being able to complete courses ‘cause of my internet situation.” –Football

### ▶ Career planning assistance

- ▶ “Internships and other opportunities to pursue while in a state of quarantine.” –Men’s track
- ▶ “[Resources for] career planning and summer jobs would be helpful.” –Women’s volleyball

# Desired Assistance from NCAA

## (Division II Participants)

### ▶ Updated Timeline

- ▶ “I would like updates on [the NCAA’s] actions and thoughts moving forward, with reference to the upcoming fall season. I think it is too early to decide anything and a lot is unpredictable. But if/when time comes, I would want the NCAA to be transparent about their thought process.” –Women’s Soccer

### ▶ Mental Health Resources

- ▶ “Mental health support. For example, membership to an application like Headspace.” –Men’s track
- ▶ “We seniors got cut short and now are grieving, so maybe just learning how to grieve over not being a student athlete anymore and or just letting us know its okay how we feel and how others are feeling too!” –Women’s track
- ▶ I think a resource I would like is how to manage my schoolwork with all the emotions I am feeling. I find it hard to get out of bed sometimes and thus I find it hard to do my schoolwork. I am still getting it done, but just constantly feel overwhelmed.” –Field hockey

### ▶ Financial assistance

- ▶ Scholarships or grants due to loss of access to summer job/internship opportunities, family struggles to meet basic needs, reduction in athletics scholarships, etc.
  - “It will all come down to increasing financial support. Many of us have parents who lost a job and will need help returning to school.” –Women’s volleyball

# DIVISION III

# Participant Demographics

Division III

# Number of Responses by Division III Conference

Conference	N	%
<b>WIAC</b>	836	22.0%
<b>American Rivers</b>	805	18.4%
<b>Atlantic East</b>	296	13.7%
<b>MIAA</b>	579	13.5%
<b>NEAC</b>	333	13.5%
<b>SUNYAC</b>	530	13.2%
<b>Middle Atlantic</b>	902	12.2%
<b>Landmark</b>	393	11.3%
<b>CCC</b>	324	8.7%
<b>North Atlantic</b>	154	8.1%
<b>CSAC</b>	119	7.7%
<b>NEWMAC</b>	311	7.3%
<b>USA South</b>	363	7.2%
<b>PAC</b>	265	7.1%
<b>NESCAC</b>	453	7.0%

Conference	N	%
<b>HCAC</b>	268	7.0%
<b>Centennial</b>	314	6.3%
<b>UMAC</b>	158	6.2%
<b>SCAC</b>	167	5.8%
<b>MIAC</b>	307	5.5%
<b>Empire 8</b>	199	5.3%
<b>MWC</b>	184	4.8%
<b>SLIAC</b>	115	4.6%
<b>NWC</b>	163	4.6%
<b>ASC</b>	193	4.4%
<b>SCIAC</b>	164	4.0%
<b>ACAA</b>	54	3.7%
<b>NJAC</b>	123	3.4%
<b>NECC</b>	61	3.3%
<b>Great Northeast</b>	105	2.9%

Conference	N	%
<b>Liberty League</b>	126	2.6%
<b>NACC</b>	103	2.3%
<b>NCAC</b>	104	2.2%
<b>CCIW</b>	107	2.2%
<b>CUNYAC</b>	35	2.0%
<b>OAC</b>	100	1.9%
<b>MASCAC</b>	41	1.6%
<b>AMCC</b>	32	1.5%
<b>Skyline</b>	38	1.4%
<b>ODAC</b>	63	1.2%
<b>Little East</b>	40	1.1%
<b>SAA</b>	39	1.1%
<b>CAC</b>	31	0.9%
<b>UAA</b>	29	0.8%

Note: Conference participation percentages derived from N in sample divided by all participating NCAA Championship student-athletes in conference ([2018-19 NCAA Sports Sponsorship and Participation Rates Report](#)); cross country and indoor track removed to avoid double-counting. 465 Division III student-athletes did not list their conference.

# Number of Responses by Sport Participation

## (Division III Student-Athletes)

Men's Sports	N	%
<b>Baseball</b>	541	3.8%
<b>Basketball</b>	240	3.1%
<b>Cross Country</b>	320	5.6%
<b>Football</b>	1,728	6.8%
<b>Golf</b>	150	4.7%
<b>Ice Hockey</b>	111	4.6%
<b>Lacrosse</b>	269	3.2%
<b>Soccer</b>	504	4.0%
<b>Swim &amp; Dive</b>	230	5.2%
<b>Tennis</b>	142	3.9%
<b>Track &amp; Field</b>	645	6.4%
<b>Wrestling</b>	98	3.3%

Women's Sports	N	%
<b>Basketball</b>	707	10.6%
<b>Cross Country</b>	427	7.3%
<b>Field Hockey</b>	408	11.6%
<b>Golf</b>	196	11.6%
<b>Gymnastics</b>	49	17.0%
<b>Ice Hockey</b>	163	10.4%
<b>Lacrosse</b>	564	9.2%
<b>Rowing</b>	102	7.8%
<b>Soccer</b>	990	8.8%
<b>Softball</b>	909	11.4%
<b>Swim &amp; Dive</b>	439	8.6%
<b>Tennis</b>	284	7.4%
<b>Track &amp; Field</b>	872	9.4%
<b>Volleyball</b>	651	9.0%

Note: Sport participation percentages derived from N in sample divided by all participating Division III SAs in the sport ([2018-19 NCAA Sports Sponsorship and Participation Rates Report](#)). Multisport athletes counted in each sport. Co-ed and emerging sports not included in table due to low participation Ns at the divisional-level.

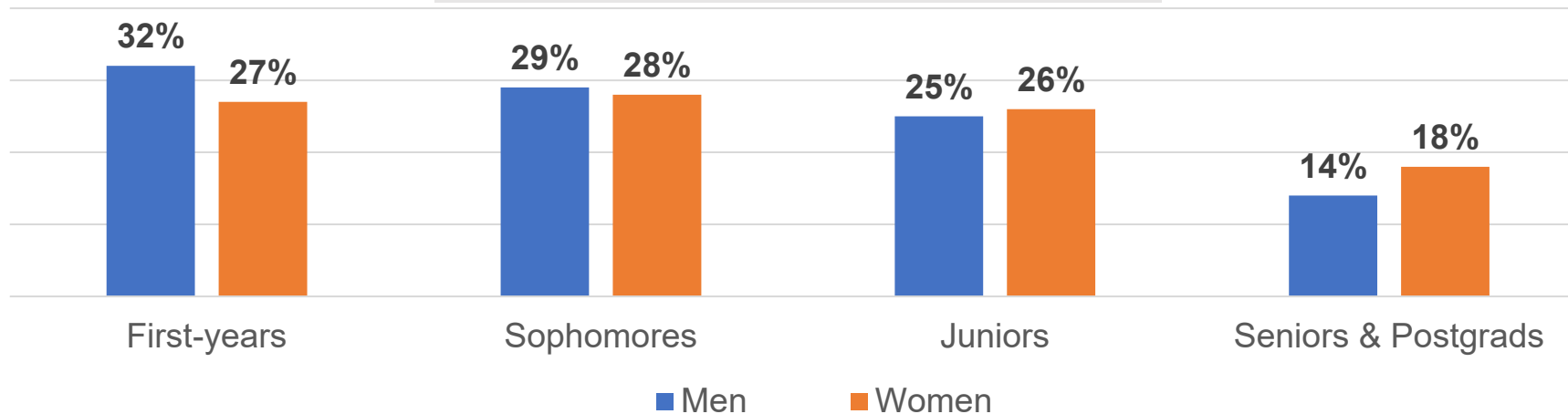


# Representativeness of Sample, Division III Participants

## Racial Demographics

	Men		Women	
	COVID-19 Survey	Demographics Data	COVID-19 Survey	Demographics Data
White	77%	71%	86%	78%
Black	7%	13%	3%	6%
Other	16%	16%	11%	16%

## Academic Status



Note: 4,540 men and 6,040 women in the Division III sample. An additional 11 did not indicate whether they played a men's or women's sport. Demographics data source: [NCAA Demographics Database](#) (2020).

# **Mental Health Concerns**

**Division III**

# Mental Health Concerns During COVID-19 Pandemic

(Percent of Division III Participants Who Endorsed “Most Every Day” or “Constantly”)

	DIII Men	DIII Women
Felt overwhelmed by all you had to do	33%	56%
Experienced sleep difficulties	31%	43%
Felt mentally exhausted	27%	43%
Felt very lonely	24%	36%
Felt a sense of loss	22%	33%
Felt sad	18%	35%
Felt overwhelming anxiety	14%	30%
Felt overwhelming anger	12%	13%
Felt things were hopeless	10%	17%
Felt so depressed that it was difficult to function	6%	10%

# Mental Health Concerns During COVID-19 Pandemic

(Comparing participating Division III student-athletes responding “Yes, in last 30 days” on ACHA-NCHA survey with those responding “Occasionally,” “Most everyday” or “Constantly”)

	DIII Men ACHA-NCHA	DIII Men COVID-19	Percent change
Felt overwhelmed by all you had to do	56%	81%	146%
Felt mentally exhausted	50%	73%	145%
Felt sad	27%	68%	253%
Felt very lonely	26%	64%	249%
Felt things were hopeless	17%	53%	304%
Felt overwhelming anxiety	22%	49%	219%
Felt overwhelming anger	15%	45%	294%
Felt so depressed that it was difficult to function	11%	28%	243%

Note: The SAAC COVID-19 Survey asked “As a result of the COVID-19 pandemic, have you...” The survey was in the field approximately a month after the pandemic led to the cancelation of winter and spring championships (March 12, 2020) and most campus closures. COVID-19 Survey N=4,540 Division III men; ACHA-NCHA Survey N=1,899 Division III men.

Source: American College Health Association. American College Health Association-National College Health Assessment, Fall 2015, Spring 2016, Fall 2016, Spring 2017, Fall 2017 [data file]. Hanover, MD: American College Health Association [producer and distributor]; (2018-11-15).



# Mental Health Concerns During COVID-19 Pandemic

(Comparing participating Division III student-athletes responding “Yes, in last 30 days” on ACHA-NCHA survey with those responding “Occasionally,” “Most everyday” or “Constantly”)

	DIII Women ACHA-NCHA	DIII Women COVID-19	Percent Change
Felt overwhelmed by all you had to do	76%	95%	125%
Felt sad	44%	89%	203%
Felt mentally exhausted	70%	89%	128%
Felt very lonely	41%	81%	196%
Felt overwhelming anxiety	39%	75%	191%
Felt things were hopeless	29%	74%	254%
Felt overwhelming anger	19%	55%	284%
Felt so depressed that it was difficult to function	18%	41%	226%

Note: The SAAC COVID-19 Survey asked “As a result of the COVID-19 pandemic, have you...” The survey was in the field approximately a month after the pandemic led to the cancelation of winter and spring championships (March 12, 2020) and most campus closures. COVID-19 Survey N=6,040 Division III women; ACHA-NCHA Survey N=3,703 Division III women.

Source: American College Health Association. American College Health Association-National College Health Assessment, Fall 2015, Spring 2016, Fall 2016, Spring 2017, Fall 2017 [data file]. Hanover, MD: American College Health Association [producer and distributor]; (2018-11-15).



# **Current Living Environment, Barriers to Athletics Training and Academic Impact**

**Division III**

## Current Living Environment During COVID-19 Pandemic

(Percent of Division III Participants Who Endorsed “Agree” or “Strongly Agree”)

	DIII Men	DIII Women
I have a stable housing situation for at least the next two months.	93%	94%
I have access to enough food to meet my needs each day.	92%	96%
I feel confident in my ability to manage my exposure to COVID-19.	86%	78%
I know how to access a medical provider for physical health needs in my area.	82%	81%
Healthy food options are reliably available to me.	80%	82%
I know how to access mental health support in my area.	60%	52%

# Barriers to Training

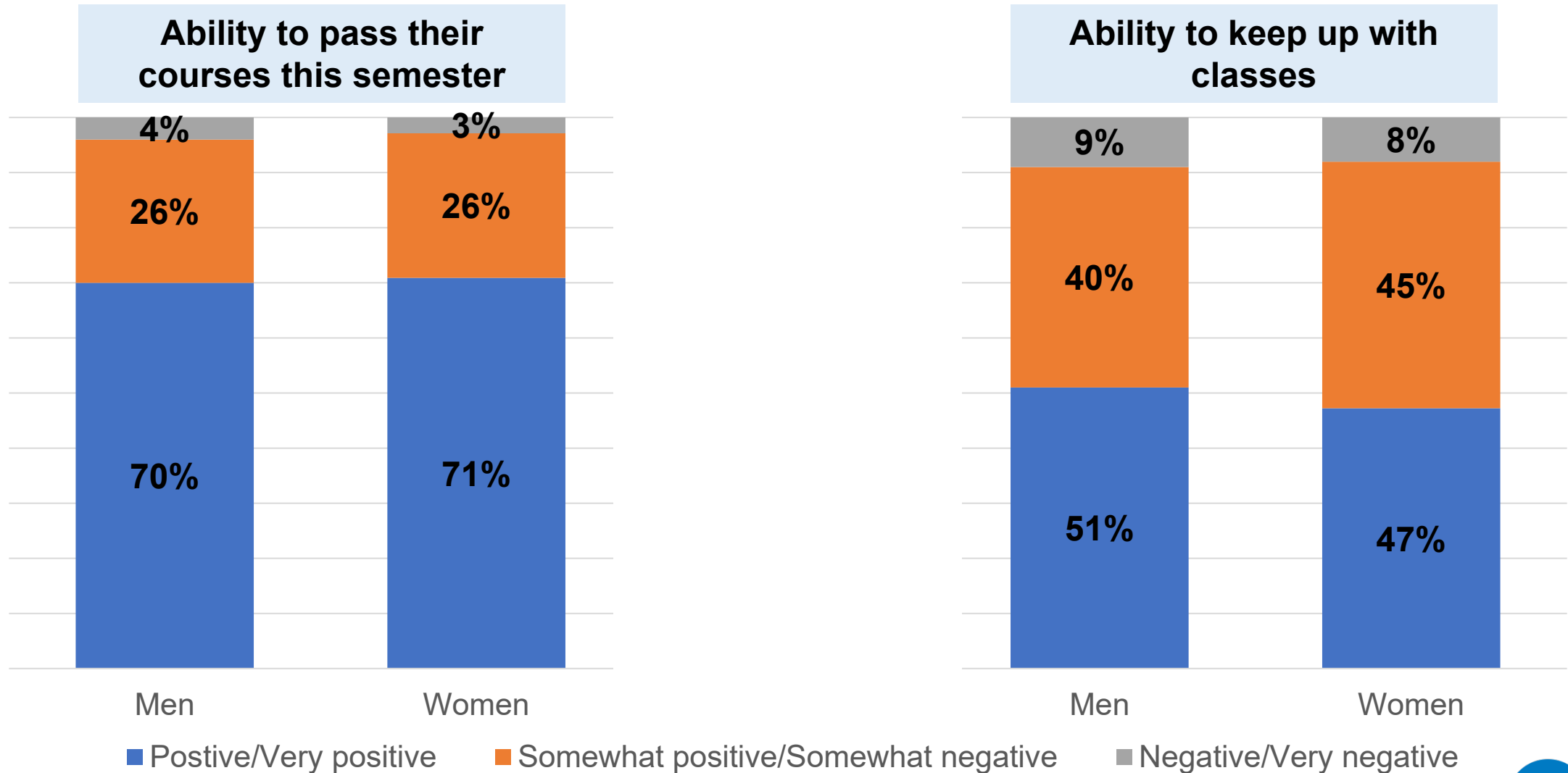
(Percent who “Agree” or “Strongly Agree,” Division III Participants)

Barriers to Training	
Local regulations regarding travel, facility closures and public gatherings	83%
Lack of access to appropriate facilities	79%
Lack of access to appropriate equipment	71%
Lack of access to training partners	70%
Lack of access to coaches	48%
Lack of motivation to train	43%
Fear of exposure to COVID-19	42%
Family/personal responsibilities	32%
Too stressed or anxious to train	23%
Too sad or depressed to train	15%

Note: Top 2 points on a 6-point scale. Those unable to train due to injury were excluded from this item.



## Feelings about... (Division III Participants)



# **Maintaining Athletics Connections**

**Division III**

# Participants' Level of Communication with Coaches and Teammates

<i>Coach(es)</i>	Division I	Division II	Division III
Multiple times per week	58%	56%	54%
Once a week	26%	24%	25%
Less than once a week	16%	19%	21%
<i>Teammates</i>	Division I	Division II	Division III
Multiple times per week	89%	85%	87%
Once a week	6%	8%	7%
Less than once a week	5%	7%	6%

Note: 36% of participants graduating or ineligible to return next season indicated that they have heard from their coaches less than weekly or not at all, as compared to 17% of those eligible to return.

## Participants' Level of Communication with Staff

<i>Academic Advisor</i>	Division I	Division II	Division III
Weekly or more	45%	29%	32%
Less than weekly	43%	50%	52%
No contact	12%	20%	16%
<i>Athletics staff, non-medical</i>	Division I	Division II	Division III
Weekly or more	34%	20%	18%
Less than weekly	39%	35%	31%
No contact	27%	45%	51%
<i>Medical staff</i>	Division I	Division II	Division III
Weekly or more	33%	15%	11%
Less than weekly	37%	32%	27%
No contact	30%	53%	63%

# Coach Support Practices

## (Division III Participants)

### ▶ Regular Check-Ins

- ▶ “Both of my coaches have been in communication with our teams. My soccer coach has set up bi-weekly phone meetings to check in on everyone and make sure they’re doing okay both academically and personally.” –Women’s soccer
- ▶ “Calling players to check in and see how they are doing, how classes/life in general is going, how they are feeling about everything, particularly regarding feelings toward the season being cancelled, etc.” –Men’s tennis

### ▶ Staying Positive

- ▶ “Emails reminding us that in time this will pass, like a storm. Uplifting and empowering words that remind us to stay strong.” –Football
- ▶ “I enjoy getting emails from them encouraging positive, attitudes during this difficult time.” –Women’s track

### ▶ Team Connection

- ▶ “They are hosting team meetings twice a week and trying to keep us competitively engaged with goals and prizes despite the distance.” –Women’s track
- ▶ “We are having weekly team meetings to build team chemistry and stay in touch since none of us live particularly close to each other.” –Men’s golf

# Coach Support Practices

## (Division III Participants)

### ▶ **Workout Plans**

- ▶ “My coaches are giving us workouts tailored to body weight and using at home materials during this time.” –Football
- ▶ “Offering workshops on how to manage this new normal & providing workouts that are able to be completed in a small space/without access to a gym/training facilities.” –Women’s soccer

### ▶ **Mental Health**

- ▶ “Constantly communicating with our team and each of us individually. Also, my coach has reached out multiple times to just check in on my personal mental health, safety and just to see how my family and I are doing.” –Men’s lacrosse
- ▶ “Keeping in touch, checking in on everyone’s mental health.” –Women’s swimming
- ▶ “My event-specific coach is helping create workouts, training regiments, and is making efforts to connect to my mental and emotional well being.” –Men’s track

# Athletics Staff Support Practices

## (Division III Participants)

### ▶ Effective Communication

- ▶ “They're covering everything from setting up classes for next year to communicating information related to the athletic department. Everything is reported in a timely manner, and straightforward. As a student athlete, I appreciate that as I don't care what the politically correct answer is, I want the truth and all the information at my disposal.” –Baseball
- ▶ “I think they are being very transparent and doing their best to keep us informed. The athletic director made an effort to go talk to every one of the varsity teams before everyone left campus, and I appreciated it a lot.” –Fencing

### ▶ Social media engagement

- ▶ “Doing spotlight on athletes even though the seasons are not going on to make sure we are recognized still.” –Men's basketball
- ▶ “Challenging teams to do different physical activities, teams posting different activities, food recipes, etc. on what they are doing to pass the time. Take overs for each team too!” –Women's track
- ▶ “Giving senior athletes a social media send off.” –Women's soccer

# Athletics Staff Support Practices

## (Division III Participants)

### ▶ **Staying Positive/Showing Support**

- ▶ “Making sure all student athletes are healthy and staying positive during this time.” –Football
- ▶ “Stays connected with updates through email. Always encouraging athletes to stay positive and stay healthy. Expresses concern for each athlete's well being and also promoting school pride.” –Women’s track

### ▶ **Providing Resources (Mental Health/Workouts/Financial Aid)**

- ▶ “Giving teams bodyweight strength training workouts, mental health/ sports psychology resources, athletic training videos.” –Women’s basketball
- ▶ “Giving us modified at home workouts for students without an at home gym while all of the gyms are closed due to the outbreak.” –Men’s swimming



# Medical Staff Support Practices

## (Division III Participants)

### ▶ Accessibility

- ▶ “Holding open zoom hours to check in and chat when people want to.” –Men’s lacrosse
- ▶ “If we need anything then they are there for us. Our trainer is willing to let us talk if we need someone to talk to about anything going on.” –Softball

### ▶ Providing treatment and rehab exercises

- ▶ “Having zoom sessions to talk to athletes that are coming back from injury to help continue with the rehab process. Responding quickly to any email with questions or concerns.” –Women’s soccer
- ▶ “I have weekly check-in sessions with the athletic trainer who works with my team(s) ... I'm dealing with a chronic injury that we are hoping to get under control and I've felt very guided both mentally and physically in this journey of remote everything.” –Women’s track
- ▶ “Checking in with us, giving us exercises to do when injured.” –Men’s basketball

# Medical Staff Support Practices

## (Division III Participants)

### ▶ **Mental health resources**

- ▶ “They reached out at the beginning giving the athletes mental health resources, activities to pass time, physical health resources and much more. They have created competitions for us to stay active, like creating a virtual running race. They have been very helpful in finding ways to motivate their athletes to stay in shape.” –Softball
- ▶ “They have provided a mental health questionnaire to a make sure we are all doing okay during this time.” –Women’s soccer
- ▶ “Access to telehealth consultations and resources for mental health.” –Men’s soccer

### ▶ **COVID-19 Information**

- ▶ “Giving out lots of newsletters on how to stay safe from COVID-19 and how to remain healthy to return.” –Women’s volleyball
- ▶ “Making sure we are approaching this COVID-19 pandemic appropriately.” –Football

# **Likelihood of Returning to Team in 2020-21 and NCAA's Decision to Cancel Championships**

**Division III**

## Likelihood of Returning to Team (All Participants)

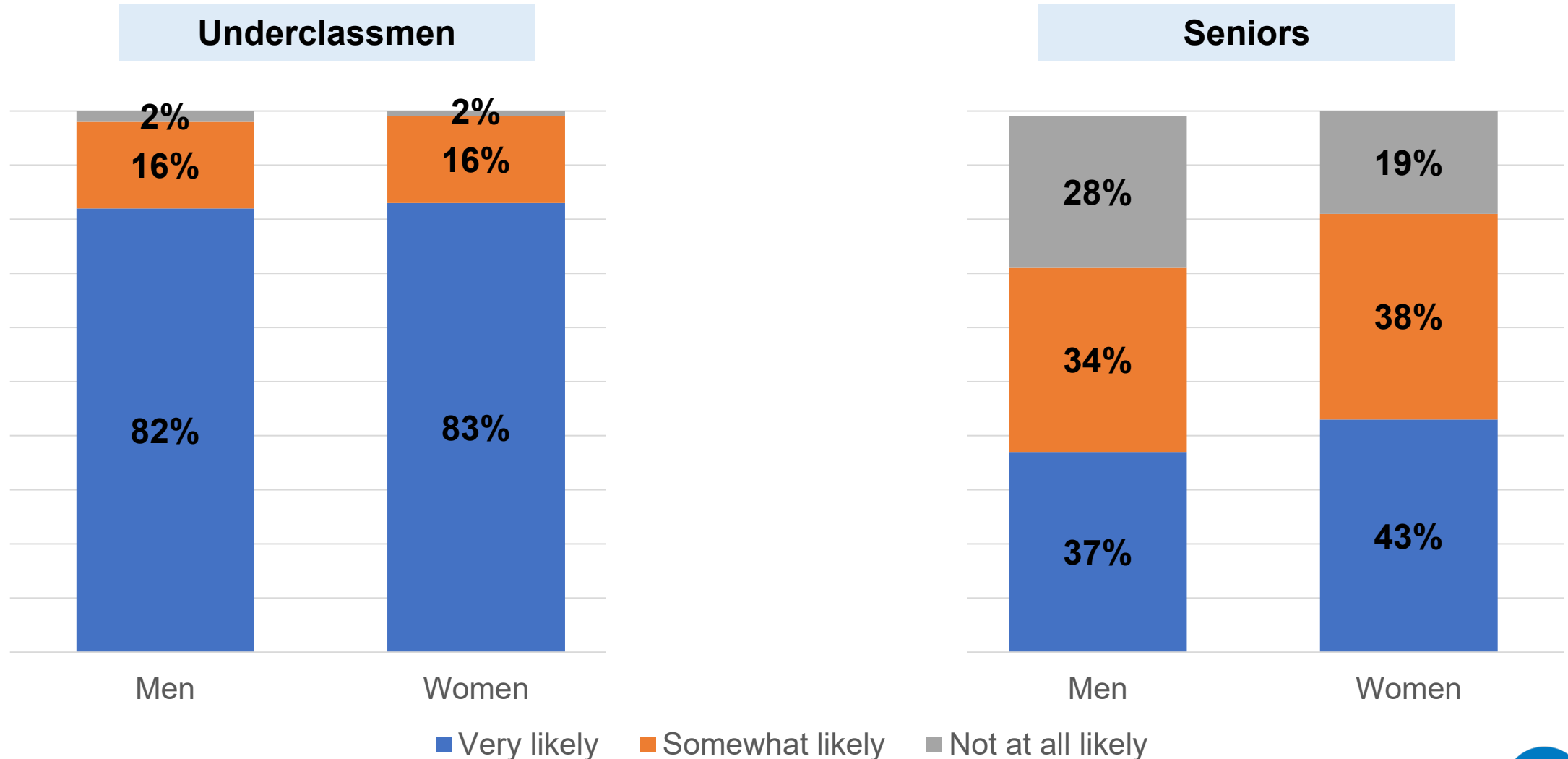
Men	Overall	Division I	Division II	Division III
Very likely	78%	78%	78%	78%
Somewhat likely	18%	18%	19%	19%
Not at all likely	3%	4%	3%	3%
Women	Overall	Division I	Division II	Division III
Very likely	83%	84%	83%	82%
Somewhat likely	13%	13%	13%	15%
Not at all likely	3%	4%	4%	2%

## Likelihood of Returning to Team (First-year, Sophomore and Junior Participants)

Men	Overall	Division I	Division II	Division III
Very likely	81%	82%	80%	80%
Somewhat likely	17%	16%	18%	18%
Not at all likely	2%	2%	2%	2%
Women	Overall	Division I	Division II	Division III
Very likely	86%	87%	85%	84%
Somewhat likely	12%	11%	12%	14%
Not at all likely	2%	2%	3%	2%

# Likelihood of Returning to Team by Academic Standing

## (Division III Spring Sport Participants)

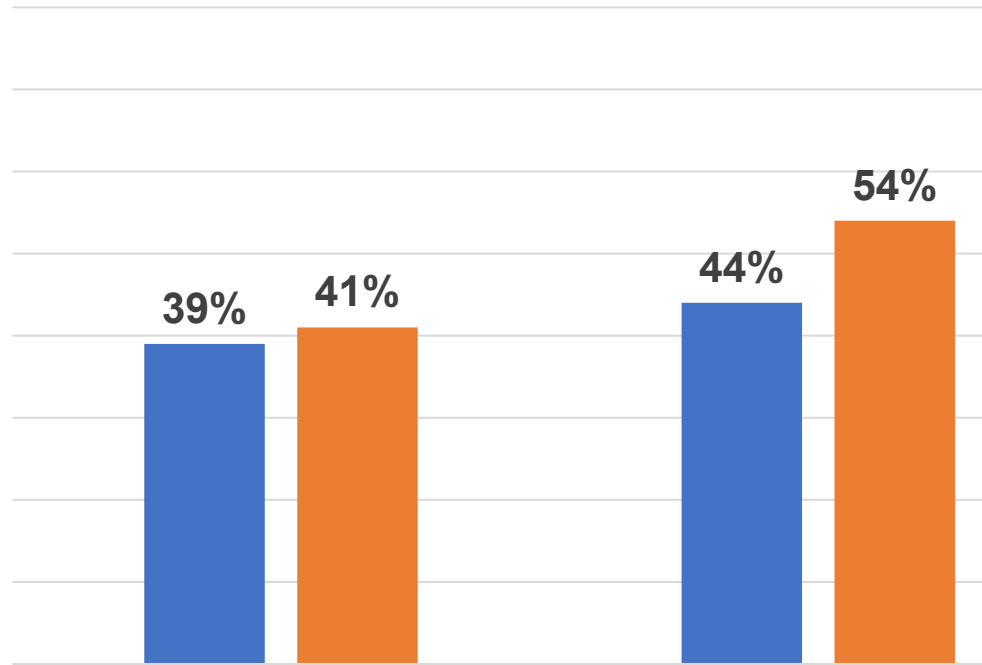


Note: Responses from participants who selected “Not eligible or graduating” excluded from the chart above.

# Feelings About the Decision to Cancel Championships

(Percent of Division III Participants Who “Agree” or “Strongly Agree”)

## Winter Championships

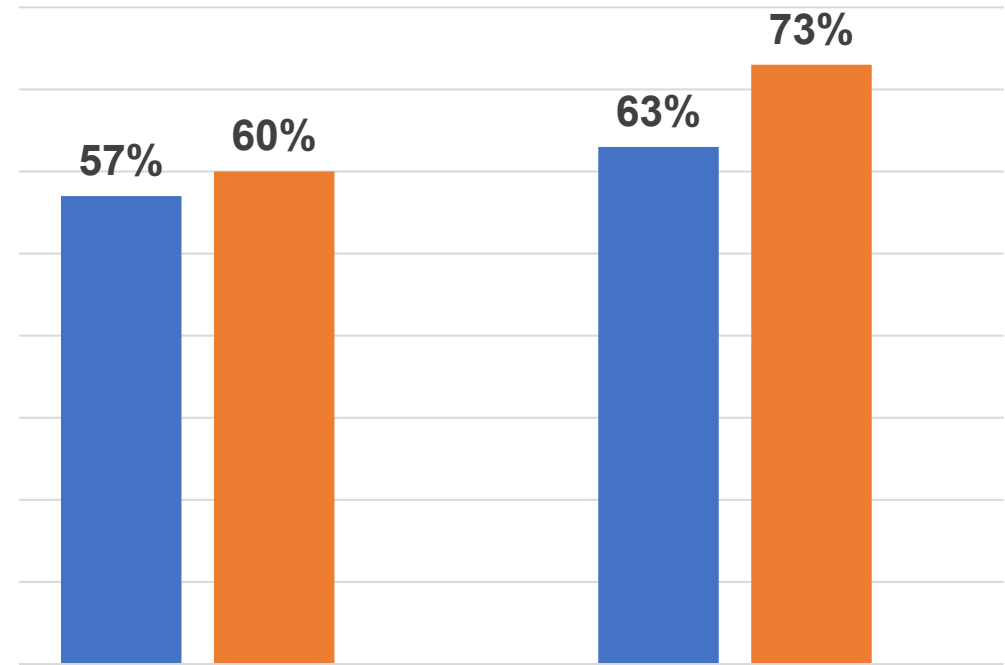


Canceling winter championships was fair.

Canceling winter championships was important to my safety.

■ Men ■ Women

## Spring Championships



Canceling spring championships was fair.

Canceling spring championships was important to my safety.

Note: Top two points on a six-point scale. Respondents limited to those participating in winter or spring sports.

# **Desired Resources**

**Division III**



## Desired Source for Educational Resources (Division III Participants)

	Coaches	Athletics Dept.	NCAA	Not Interested
Maintaining physical fitness	72%	17%	6%	5%
Training while physically distant	80%	9%	6%	5%
COVID-19 info and updates related to my sport	33%	17%	42%	8%
Eating healthy	46%	25%	15%	14%
Mental health	43%	27%	15%	16%
Staying connected socially	56%	17%	12%	16%
Academic support resources	36%	36%	10%	18%
Career planning resources	31%	34%	14%	21%
Financial assistance resources	18%	27%	32%	23%
Accessing health care	16%	30%	24%	31%

Note: Sorted lowest to highest percent reporting “not interested.”

# Desired Assistance from NCAA

## (Division III Participants)

### ▶ Eligibility information and reinstatement

- ▶ “As a senior, it would have been nice to receive information directly from the NCAA about the eligibility requirements and what type of academic year I must have in the 2020-2021 school year to be eligible to play.” –Softball
- ▶ “I’d like my eligibility back since you canceled our season.” –Women’s ice hockey
- ▶ “For graduates, I want to know how I can continue my athletic career.” –Men’s track

### ▶ Academic support

- ▶ “A time management resource could be helpful with adjusting to doing schoolwork from home.” –Women’s lacrosse
- ▶ “I need better access to online tutoring. The times that are offered by my school are not working right now.” –Men’s track

### ▶ Student-athlete recognition

- ▶ “Athletes who did not get to finish competing in their winter National Championship events should get some kind of recognition. In track for example, the top 8 qualifiers should get the All-American awards because they deserve it.” –Women’s track

# Desired Assistance from NCAA

## (Division III Participants)

### ▶ Enhanced Communication

- ▶ “When the NCAA released the statement that the season ended, we only knew it was related to health concerns. Instead of being generic, athletes want to know what is going to happen and how they can help the cause of making athletics safe again. Be generic on Twitter, but be straightforward with athletes and coaches.” –Baseball
- ▶ “The Coronavirus page on the NCAA site has a lot of info - I appreciate that - but it could benefit from some streamlining. There's so many headings and links it's hard to know where to start.” –Men's lacrosse

### ▶ Mental Health Resources

- ▶ “I would like to see more mental health support...A lot of athletes are struggling with the mental impact of their seasons/careers being cut short, but also... for many of us our security (personal, financial, food and housing) has been reduced or is now gone overnight, and our academic situation has been completely upended. To make it worse, many of us turn to training and our sports when other things in our life are going wrong (as a type of stability or therapy), and now that avenue has been cut off; putting many of us in even more precarious states of mental health.” –Women's swimming

### ▶ Financial assistance

- ▶ Scholarships or grants due to loss of access to summer job/internship opportunities, family struggles to meet basic needs, reduction in athletics scholarships, etc.

## ACHA-NCHA Data Disclaimer

- ▶ *The opinions, findings, and conclusions presented/reported in this article/presentation are those of the author(s), and are in no way meant to represent the corporate opinions, views, or policies of the American College Health Association (ACHA). ACHA does not warrant nor assume any liability or responsibility for the accuracy, completeness, or usefulness of any information presented in this article/presentation.*



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