

Appendix 5.6 – End user evaluation survey for chapter 5.

End user (athlete) evaluation survey for chapter 5.

Evaluation of TMS - Athletes

Start of Block: Informed Consent

Q1 Title of Study: “Evaluation of an online training monitoring system (TMS) in a competitive swimming environment”

This research project has been approved by the University of Limericks Faculty of Education and Health Sciences Research Ethics Committee. By ticking the 'agree' box below you are adhering to the following points and may participate in this survey. · I have read and understood the participant information sheet.

· I understand what the project is about, and what the results will be used for. · I understand that what the researchers find out in this study may be shared with others but that my name will not be given to anyone in any written material developed. · I am fully aware of what I will have to do, and of any risks and benefits of the study. · I know that I am choosing to take part in the study and that I can stop taking part in the study at any stage without giving any reason to the researchers.

Agree (4)

Disagree (5)

Skip To: End of Survey If Title of Study: “Evaluation of an online training monitoring system (TMS) in a competitive swimmi... = Disagree

End of Block: Informed Consent

Start of Block: User Self Evaluation - please answer based on your personal experience.

Q2 What centre are you a member of?

NCD (1)

NCL (2)

Q3 What gender are you?

Male (9)

Female (10)

Non-binary / third gender (11)

Prefer not to say (12)

Q4 What age are you?

14-16 (9)

17-19 (18)

20 - 22 (10)

23 - 25 (11)

26-28 (19)

29-31 (20)

Q5 Would you consider yourself to be technologically minded in the use of basic apps such as Kitman?

Yes (1)

No (2)

Other (3) _____

Q6 How would you rate your daily compliance to reporting:

	Always (100%) (18)	Almost Always (81- 100%) (19)	Very Frequently (61-80%) (20)	Often (41-60%) (21)	Sometimes (21-40%) (22)	Rarely (1-20%) (23)	Never (0%) (24)
Morning Wellness Data (mood, sleep, stiffness etc.): (1)							
RPE&Duration: (2)							
Swim Volumes: (3)							

Q7 When you do not report Morning Wellness Data (mood, sleep, stiffness etc.) it is because: (Select Multiple If Necessary)

The application is not user friendly. (1)

I tend to forget and need to be reminded. (2)

We have too much to report and I am unmotivated to report my data. (3)

I always report my morning wellness data (mood, sleep, stiffness etc.) (5)

Other (4) _____

Q8 When you do not report RPE & Duration data it is because: (Select Multiple If Necessary)

The application is not user friendly. (1)

I tend to forget and need to be reminded. (2)

We have too much to report and I am unmotivated to report my data. (3)

I always report my RPE & Duration (5)

Other (4) _____

Q9 When you do not report Swim Volume data it is because: (Select Multiple If Necessary)

The application is not user friendly. (1)

I tend to forget and need to be reminded. (2)

We have too much to report and I am unmotivated to report my data. (3)

I always report my swim volume (5)

Other (4) _____

End of Block: User Self Evaluation - please answer based on your personal experience.

Start of Block: Evaluate the application - please answer in relation to the usability of Kitman

Q10 How easy is it to input the following details in the application i.e. going from the home screen to the correct reporting area in the app.

	Extremely easy (11)	Very easy (12)	Moderately easy (13)	Slightly easy (14)	Not at all easy (15)
Wellness data (energy, mood, life stress etc.) (1)					
Sleep hours (2)					
Body chart stiffness (3)					
RPE & Duration (4)					
Swim Volume (5)					

Q11 Please explain any issues you may have in navigating the app for any particular feature.

Q12 How frequently do you make an error (incorrect number, date etc.) in reporting the following details in the application:

	Never (0%) (30)	Rarely (1- 20%) (31)	Sometimes (21-40%) (32)	Often (41- 60%) (33)	Very Frequently (61-80%) (34)	Almost Always (81-100%) (35)	Always (100%) (36)
Wellness data (energy, mood, life stress etc.) (1)							
Sleep hours (2)							
Body chart stiffness (3)							
RPE & Duration (4)							
Swim Volume (5)							

Q13 How easy is it for you to recover from making errors in the application without coach assistance. i.e. Remove, edit or correct the invalid response.

	Extremely easy (42)	Very easy (43)	Moderately easy (44)	Slightly easy (45)	Not at all easy (46)	It is not possible to correct an error (47)
Wellness data (energy, mood, life stress etc.) (1)						
Sleep hours (2)						

Body chart
stiffness (3)

RPE &
Duration (4)

Swim
Volume (5)

Q14 How satisfied are you with the application overall?

Extremely satisfied (1)

Somewhat satisfied (2)

Moderately satisfied (3)

Slightly satisfied (4)

Not at all satisfied (5)

Q15 How can the application be made more user friendly?

End of Block: Evaluate the application - please answer in relation to the usability of Kitman

Start of Block: Evaluation of training load monitoring - please answer in relation to training load monitoring

Q16 Please rate how useful training load monitoring is to: (Training load monitoring includes the monitoring of your training/wellness data)

	Extremely useful (11)	Very useful (12)	Moderately useful (13)	Slightly useful (14)	Not at all useful (15)
Your training center (NCD or NCL) (1)					
You as an individual athlete (2)					

Q17 Do you find reporting the following information burdensome/demanding:

	Extremely demanding (6)	Very demanding (7)	Moderately demanding (8)	Slightly demanding (9)	Not at all demanding (10)
Wellness data (energy, mood, life stress etc.) (1)					
Sleep hours (2)					
Body chart stiffness (3)					
RPE & Duration (Post Training) (4)					
RPE & Duration (Post Racing/Competition) (5)					
Swim Volume (Post Training) (6)					
Swim Volume (Post Racing/Competition) (7)					

Q18 Do you feel your coach alters your pre-planned pool or gym session based on:

	Pool Sessions		Gym Session	
	Yes (1)	No (2)	Yes (1)	No (2)
Wellness data (energy, mood, life stress etc.) (1)				
Sleep Hours (2)				
Body chart stiffness (3)				
RPE & Duration Data (4)				

Q19 Please provide more information on how you feel about your coach altering your gym/pool session based on your training load/wellness information.

Q20 Which measures do you think best represent your ability to train as planned? Please drag and drop one item to each relevant box.

Best Measure	Second Best Measure	Third Best Measure
_____ Energy (1)	_____ Energy (1)	_____ Energy (1)
_____ Mood (2)	_____ Mood (2)	_____ Mood (2)
_____ Muscle soreness (3)	_____ Muscle soreness (3)	_____ Muscle soreness (3)
_____ Willingness to train (4)	_____ Willingness to train (4)	_____ Willingness to train (4)
_____ Sleep quality (5)	_____ Sleep quality (5)	_____ Sleep quality (5)
_____ Sleep duration (6)	_____ Sleep duration (6)	_____ Sleep duration (6)
_____ Life stress (7)	_____ Life stress (7)	_____ Life stress (7)
_____ Stiffness Score on Body Chart (8)	_____ Stiffness Score on Body Chart (8)	_____ Stiffness Score on Body Chart (8)
_____ RPE X Duration (9)	_____ RPE X Duration (9)	_____ RPE X Duration (9)
_____ Swim Volume (10)	_____ Swim Volume (10)	_____ Swim Volume (10)

Q21 If the training load monitoring system had to be streamlined, what measures would you remove? (Select multiple and comment why)

Energy (1) _____

Mood (2) _____

Muscle soreness (3) _____

Willingness to train (4) _____

Sleep quality (5) _____

Sleep duration (6) _____

Life stress (7) _____

Stiffness Score on Body Chart (8) _____

RPE X Duration (9) _____

Swim Volume (10) _____

Q22 Do you feel receiving feedback on your training load/wellness data is important to you as an athlete? Add additional information if you wish.

Yes (18) _____

Maybe (19) _____

No (20) _____

Q23 Would you like to receive more feedback on your training load (RPE x Duration/Swim Volume) data? Add additional information if you wish.

Yes (24) _____

No (25) _____

Q24 Would you like to receive more feedback on your Morning Wellness Data (mood, sleep, stiffness etc.) Add additional information if you wish.

Yes (24) _____

No (25) _____

Q25 What are the biggest challenges/barriers you face with our training/wellness monitoring system and how do you think they can be resolved?

Q26 Please add any details you feel are important and may not have been captured during the survey.

End of Block: Evaluation of training load monitoring - please answer in relation to training load monitoring

End user (coach) evaluation survey for chapter 5.

Evaluation of TMS - Coaches

Start of Block: Informed Consent

Q1 Title of Study: "Evaluation of an online training monitoring system (TMS) in a competitive swimming environment"

This research project has been approved by the University of Limericks Faculty of Education and Health Sciences Research Ethics Committee. By ticking the 'agree' box below you are adhering to the following points and may participate in this survey. I have read and understood the participant information sheet. · I understand what the project is about, and what the results will be used for. · I understand that what the researchers find out in this study may be shared with others but that my name will not be given to anyone in any written material developed. · I am fully aware of what I will have to do, and of any risks and benefits of the study. · I know that I am choosing to take part in the study and that I can stop taking part in the study at any stage without giving any reason to the researchers.

Agree (4)

Disagree (5)

Skip To: End of Survey If Title of Study: "Evaluation of an online training monitoring system (TMS) in a competitive swimmi... = Disagree

End of Block: Informed Consent

Start of Block: User Self Evaluation - please answer based on your personal experience.

Q2 Name

Ben (1)

Cormac (2)

John (4)

Mikey (5)

Paul (6)

Steve (7)

Q5 How long have you been a coach/practitioner at a competitive swimming level.

0-2 years (9)

3-5 years (18)

6-8 years (10)

9-10 years (11)

10+ years (19)

Q6 Would you consider yourself to be technologically minded in the use of basic apps such as Kitman?

Yes (1)

No (2)

Other (3) _____

Q7 How would you rate your athletes overall daily compliance to reporting:

	Always (100%) (18)	Almost Always (81- 100%) (19)	Very Frequently (61-80%) (20)	Often (41- 60%) (21)	Sometimes (21-40%) (22)	Rarely (1-20%) (23)	Never (0%) (24)	I don't know (25)
Morning Wellness Data (mood, sleep, stiffness etc.): (1)								
RPE & Duration: (2)								
Swim Volumes: (3)								

Q8 When your athletes do not report Morning Wellness Data (mood, sleep, stiffness etc.) it is because: (Select Multiple if Necessary)

The application is not user friendly. (1)

They tend to forget and need to be reminded. (2)

They have too much to report and are unmotivated to report their data. (3)

They always report their morning wellness data (mood, sleep, stiffness etc.) (6)

I don't know (5)

Other (4) _____

Q9 When your athletes do not report RPE x Duration data it is because: (Select Multiple if Necessary)

The application is not user friendly. (1)

They tend to forget and need to be reminded. (2)

They have too much to report and are unmotivated to report their data. (3)

They always report their RPE x Duration data (6)

I don't know (5)

Other (4) _____

Q10 When your athletes do not report Swim Volume data it is because: (Select Multiple if Necessary)

The application is not user friendly. (1)

They tend to forget and need to be reminded. (2)

They have too much to report and are unmotivated to report their data. (3)

They always report their Swim Volume data (6)

I don't know (5)

Other (4) _____

Q11 What is your primary role in the training load monitoring process?(Select Multiple if Necessary)

Liaising with athletes for inputting data (4)

Analysing data, data cleaning (5)

Making data inferences (6)

Information dissemination (7)

Decision making on the data provided (8)

No direct role in the process (9)

Other (10) _____

End of Block: User Self Evaluation - please answer based on your personal experience.

Start of Block: Evaluate the application - please answer in relation to the usability of Kitman

Q12 How easy is it to view the following athlete information in Kitman i.e going from the home screen to the correct area in the application/website.

	Extremely easy (23)	Somewhat easy (24)	Moderately easy (25)	Slightly Easy (26)	Not at all easy (27)	I don't Know (28)
Wellness data (energy, mood, life stress etc.) (1)						

Sleep hours (2)	
Body chart stiffness (3)	
RPE & Duration (4)	
Session Workload (6)	
Swim Volume (5)	

Q13 How efficient is the process of analysing your data in Kitman i.e. – how fast can you gather and present what you want to see longitudinally.

	Extremely efficient (11)	Very efficient (12)	Moderately efficient (13)	Slightly efficient (14)	Not efficient at all (15)	I don't Know (16)
Morning Wellness (1)						
Sleep Hours (2)						
Stiffness Body Chart (3)						
RPE & Session Duration (4)						
Session Workload (5)						
Swim Volume (6)						

Q14 How frequently do you need to correct a data input error (incorrect number, date etc.) from an athlete in reporting the following details in Kitman:

	Never (0%) (30)	Rarely (1-20%) (31)	Sometimes (21-40%) (32)	Often (41-60%) (33)	Very Frequently (61-80%) (34)	Almost Always (81-100%) (35)	Always (100%) (36)	This is not an aspect of my role (37)
Wellness data (energy, mood, life stress etc.) (1)								
Sleep hours (2)								
Body chart stiffness (3)								
RPE & Duration (4)								
Swim Volume (5)								

Q15 How easy is it to recover from athlete input errors in Kitman. i.e. Remove, edit or correct the invalid response.

	Extremely easy (30)	Very easy (31)	Moderately easy (32)	Slightly easy (33)	Not at all easy (34)	This is not an aspect of my role (35)
Wellness data (energy, mood, life stress etc.) (1)						
Sleep hours (2)						
Body chart stiffness (3)						

RPE & Duration (4)
Swim Volume (5)

Q16 How satisfied are you with our overall training monitoring system?

Extremely satisfied (1)

Somewhat satisfied (2)

Moderately satisfied (3)

Slightly satisfied (4)

Not at all satisfied (5)

End of Block: Evaluate the application - please answer in relation to the usability of Kitman

Start of Block: Evaluation of training load monitoring - please answer in relation to training load monitoring

Q17 Please rate how useful training load monitoring is to:

	Extremely useful (1)	Very useful (2)	Moderately useful (3)	Slightly useful (4)	Not at all useful (5)
Your training centre as a whole (6)					
You in your role (7)					

Q68 Do you find the following tasks burdensome/demanding:

	Extremely Demanding (13)	Very Demanding (14)	Moderately Demanding (15)	Slightly Demanding (16)	Not at all Demanding (17)	This is not a part of my role (18)
Following up on the athletes inputting of data? (6)						

Analysing
your athletes
data? (7)

Disseminating
the
information to
the
stakeholders
(other
coaches,
athletes,
practitioners)
(9)

Q19 Which measures do you think best represent the athletes ability to train as planned on a daily basis? Please drag and drop one item to each relevant box.

Best Measure	Second Best Measure	Third Best Measure
<input type="text"/> Energy (1)	<input type="text"/> Energy (1)	<input type="text"/> Energy (1)
<input type="text"/> Mood (2)	<input type="text"/> Mood (2)	<input type="text"/> Mood (2)
<input type="text"/> Muscle soreness (3)	<input type="text"/> Muscle soreness (3)	<input type="text"/> Muscle soreness (3)
<input type="text"/> Willingness to train (4)	<input type="text"/> Willingness to train (4)	<input type="text"/> Willingness to train (4)
<input type="text"/> Sleep quality (5)	<input type="text"/> Sleep quality (5)	<input type="text"/> Sleep quality (5)
<input type="text"/> Sleep duration (6)	<input type="text"/> Sleep duration (6)	<input type="text"/> Sleep duration (6)
<input type="text"/> Life stress (7)	<input type="text"/> Life stress (7)	<input type="text"/> Life stress (7)
<input type="text"/> Stiffness Score on Body Chart (8)	<input type="text"/> Stiffness Score on Body Chart (8)	<input type="text"/> Stiffness Score on Body Chart (8)
<input type="text"/> RPE X Duration (9)	<input type="text"/> RPE X Duration (9)	<input type="text"/> RPE X Duration (9)
<input type="text"/> Swim Volume (10)	<input type="text"/> Swim Volume (10)	<input type="text"/> Swim Volume (10)

Q20 Which measures do you think best represent the athletes ability to train as planned over a training cycle (longitudinally)? Please drag and drop one item to each relevant box.

Best Measure	Second Best Measure	Third Best Measure
<input type="text"/>	<input type="text"/>	<input type="text"/>

_____ Energy (1)	_____ Energy (1)	_____ Energy (1)
_____ Mood (2)	_____ Mood (2)	_____ Mood (2)
_____ Muscle soreness (3)	_____ Muscle soreness (3)	_____ Muscle soreness (3)
_____ Willingness to train (4)	_____ Willingness to train (4)	_____ Willingness to train (4)
_____ Sleep quality (5)	_____ Sleep quality (5)	_____ Sleep quality (5)
_____ Sleep duration (6)	_____ Sleep duration (6)	_____ Sleep duration (6)
_____ Life stress (7)	_____ Life stress (7)	_____ Life stress (7)
_____ Stiffness Score on Body Chart (8)	_____ Stiffness Score on Body Chart (8)	_____ Stiffness Score on Body Chart (8)
_____ RPE X Duration (9)	_____ RPE X Duration (9)	_____ RPE X Duration (9)
_____ Swim Volume (10)	_____ Swim Volume (10)	_____ Swim Volume (10)

Q21 How effective is our training load monitoring system in terms of:

	Extremely effective (11)	Very effective (12)	Moderately effective (13)	Slightly effective (14)	Not effective at all (15)	I don't know (16)
Enhancing athlete performance (7)						
Reducing injury risk (8)						
Informing training prescription (9)						

Q22 If the training load monitoring system had to be streamlined, what measures would you remove? (Select multiple and comment why)

Energy (1) _____

Mood (2) _____

Muscle soreness (3) _____

Willingness to train (4) _____

Sleep quality (5) _____

Sleep duration (6) _____

Life stress (7) _____

Stiffness Score on Body Chart (8) _____

RPE X Duration (9) _____

Swim Volume (10) _____

Q23 How do you deal with missing RPE & Duration training load data?

Q24 What are the biggest challenges/barriers you face with our training/wellness monitoring system?

Q25 Please provide any additional feedback you may have that may be relevant to discuss during the one to one interview.

Q26 Online Session - Participant Consent

This question pertains to providing consent for part two of this project - online one to one semi structured interview.

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· I have read and understood the participant information sheet. · I understand what the project is about, and what the results will be used for. · I understand that what the researchers find out in this study may be shared with others but that my name will not be given to anyone in any written material developed.

· I am fully aware of what I will have to do, and of any risks and benefits of the study. · I know that I am choosing to take part in the study and that I can stop taking part in the study at any stage without giving any reason to the researchers. This study involves video/audio recording of the online sessions.

· I am aware that the online sessions will be video/audio recorded and can not be made completely anonymous and I agree to this. However, should I feel uncomfortable at any time I can ask that the recording equipment be switched off. I know that I can ask for a summary of the online session, which will not include

anybody's name. I understand what will happen to the recordings once the study is finished.

I agree to the statements above and I consent to taking part in this research study. (1)

Disagree (2)

End of Block: Evaluation of training load monitoring - please answer in relation to training load monitoring

End user (medical data collectors) evaluation survey for chapter 5.

SI IIS

Start of Block: Informed Consent

Q12 Title of Study: "Evaluation of an online injury/illness surveillance system in a competitive swimming environment".

This research project has been approved by the University of Limericks Faculty of Education and Health Sciences Research Ethics Committee. By ticking the 'agree' box below you are adhering to the following points and may participate in this survey. · I have read and understood the participant information sheet. · I understand what the project is about, and what the results will be used for. · I understand that what the researchers find out in this study may be shared with others but that my name will not be given to anyone in any written material developed. · I am fully aware of what I will have to do, and of any risks and benefits of the study. · I know that I am choosing to take part in the study and that I can stop taking part in the study at any stage without giving any reason to the researchers.

Agree (4)

Disagree (5)

Skip To: End of Survey If Title of Study: "Evaluation of an online injury/illness surveillance system in a competitive swim... = Disagree

End of Block: Informed Consent

Start of Block: Default Question Block

Q15 Name

Kathryn (1)

SJ (2)

Julianne (3)

Q1 Please rate each of these aspects with respect to Swim Ireland's Injury/Illness Surveillance Project.

	Extremely good (58)	Somewhat good (59)	Neutral (60)	Somewhat bad (61)	Extremely bad (62)
Overall Rating (1)					

Ease of use
(User-friendly)
(2)

Efficiency
(time taken to
record data) (3)

Visual Appeal
(4)

Suitability of
data fields (5)

Q2 Do you think Swim Ireland's Injury/Illness Surveillance Project is gathering sufficient information?

Yes (1)

No (2)

Display This Question:

If Do you think Swim Ireland's Injury/Illness Surveillance Project is gathering sufficient informati... = No

Q3 What additional information should be sought?

Q4 On average how much time do you spend each week recording injuries/illnesses?

0-15min (1)

16-30min (2)

31-45min (3)

46-60min (4)

>60min (5)

Q5 How accurate do you feel the information you have submitted is in relation to the actual injuries/illnesses your athletes sustained over the season.

Extremely accurate (11)

Very accurate (12)

Moderately accurate (13)

Very Inaccurate (16)

Extremely Inaccurate (14)

Not accurate at all (17)

Q6 What barriers do you encounter in recording accurate injury/illness data?

Q7 Do you feel Injury/Illness Surveillance is a worthwhile task in your centre? Please explain.

Q8 Do you review your injury/illness data at regular intervals?

Yes (1)

No (2)

Q9 Do you create reports on your center's injury/illness surveillance data?

Yes (1)

No (2)

Q10 Please provide any additional feedback you may have that may be relevant to discuss during the focus group.

Q15 Online Session - Participant Consent

This question pertains to providing consent for part two of this project - online focus group.

This research project has been approved by the University of Limericks Faculty of Education and Health Sciences Research Ethics Committee. By ticking the 'agree' box below you are adhering to the following points and may participate in this survey.

· I have read and understood the participant information sheet. · I understand what the project is about, and what the results will be used for. · I understand that what the researchers find out in this study may be shared with others but that my name will not be given to anyone in any written material developed.

· I am fully aware of what I will have to do, and of any risks and benefits of the study. · I know that I am choosing to take part in the study and that I can stop taking part in the study at any stage without giving any reason to the researchers. This study involves video/audio recording of the online sessions.

· I am aware that the online sessions will be video/audio recorded and can not be made completely anonymous and I agree to this. However, should I feel uncomfortable at any time I can ask that the recording equipment be switched off. I know that I can ask for a summary of the online session, which will not include anybody's name. I understand what will happen to the recordings once the study is finished.

I agree to the statements above and I consent to taking part in this research study. (1)

Disagree (2)

End of Block: Default Question Block

