

Figure 3

Alternative Activities – Performance Sports in relation to Recreational Sports (Q6). For this questions multiple answers were possible. Sport Status: light blue=RS, dark blue=PS.

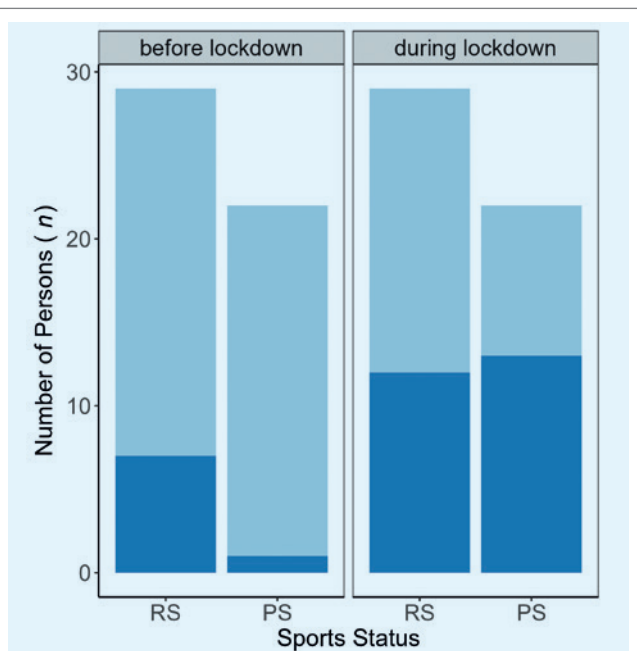


Figure 4

Motivation before and during a lockdown – Performance Sports in relation to Recreational Sports (Q7, Q8). Motivational problems: light blue=no, dark blue=yes.

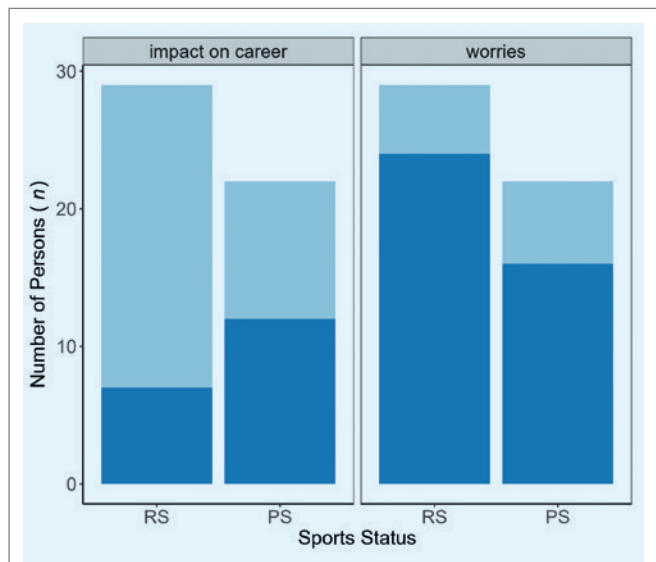


Figure 5

Worries – Performance Sports vs. Recreational Sports (Q13, Q14). light blue=no, dark blue=yes.

Table 2

Effects of the COVID-19 pandemic on exercise. RS=Recreational Sports, PS=Performance Sports, NS=National Squad.

HOURS OF EXERCISE PER WEEK	BEFORE 1ST LOCKDOWN		DURING 1ST LOCKDOWN		DURING 2ND LOCKDOWN		AFTER 2ND LOCKDOWN	
	n (%)		n (%)		n (%)		n (%)	
Overall (n = 51)								
0		-	5	(9.8)	3	(5.9)		-
1-5	29	(56.9)	31	(60.8)	26	(51.0)	36	(51.0)
6-10	5	(9.8)	6	(11.8)	13	(25.5)	15	(29.4)
11-14	11	(21.6)	4	(7.8)	2	(3.9)	4	(7.8)
> 14	6	(11.8)	5	(9.8)	7	(13.5)	6	(11.8)
RS (n = 29)								
0		-	5	(17.2)	2	(6.9)		-
1-5	26	(89.7)	21	(72.4)	24	(82.8)	20	(69.0)
6-10	3	(10.3)	2	(6.9)	3	(10.3)	8	(27.6)
11-14		-	1	(3.4)		-	1	(3.4)
> 14		-		-		-		-
PS (n = 22)								
0		-		-	1	(4.5)		-
1-5	3	(13.6)	10	(45.5)	2	(9.1)	6	(27.3)
6-10	2	(9.1)	4	(18.2)	10	(45.5)	7	(31.8)
11-14	11	(50.0)	4	(18.2)	2	(9.1)	3	(13.6)
> 14	6	(27.3)	4	(18.2)	7	(31.8)	6	(27.3)
NS (n = 12)								
0		-		-		-		-
1-5	1	(8.3)	5	(41.7)	1	(8.3)	3	(25.0)
6-10	1	(8.3)	3	(25.0)	4	(33.3)	2	(16.7)
11-14	6	(50.0)	2	(16.7)	1	(8.3)	2	(16.7)
> 14	4	(33.3)	2	(16.7)	6	(50.0)	5	(41.7)
No NS (n = 10)								
0		-		-	1	(10.0)		-
1-5	2	(20.0)	5	(50.0)	1	(10.0)	3	(30.0)
6-10	1	(10.0)	1	(10.0)	6	(60.0)	5	(50.0)
11-14	5	(50.0)	2	(20.0)	1	(10.0)	1	(10.0)
> 14	2	(20.0)	2	(20.0)	1	(10.0)	1	(10.0)

Table 3

Effects of the COVID-19 pandemic on exercise (Q5). Notes: Q5 "How much was your training affected by the Covid protection measures?" from the used Questionnaire, answered on a 5-point-Likert scale ranging from 1 "not at all" to 5 "very much"; RS=Recreational Sports, PS=Performance Sports, NS=National Squad.

PARAMETER	COUNT (%)				
	OVERALL	RS	PS	NS	NO NS
	(n=51)	(n=29)	(n=22)	(n=12)	(n=10)
Q5					
Not at all	1 (2.0)	1 (3.4)	-	-	-
A little	11 (21.6)	3 (10.3)	8 (36.4)	5 (41.7)	3 (30.0)
Somewhat	16 (31.4)	9 (31.0)	7 (31.8)	4 (33.3)	3 (30.0)
Much	18 (35.3)	12 (41.4)	6 (27.3)	2 (16.7)	4 (40.0)
Very much	5 (9.8)	4 (13.8)	1 (4.5)	1 (8.3)	-