

# LIFESTYLE & BEHAVIOUR COACH

Institution or club: \_\_\_\_\_

Please read all the questions and answer them as truthfully as possible. There is no right or wrong answers – it is about your (own) opinion and experiences. All information is confidential. Thank you kindly for your participation

## A. ABOUT YOU

|                                     |  |       |
|-------------------------------------|--|-------|
| <b>1. How old are you in years?</b> |  | Years |
|-------------------------------------|--|-------|

|                                                                                |            |  |              |  |
|--------------------------------------------------------------------------------|------------|--|--------------|--|
| <b>2. Are you a man or a woman?</b><br>Please tick (✓) in the appropriate box. | <b>Man</b> |  | <b>Woman</b> |  |
|--------------------------------------------------------------------------------|------------|--|--------------|--|

| 3. What is your highest qualification? Please tick (✓) in the appropriate box. |  |                           |  |                                  |  |                                       |  |
|--------------------------------------------------------------------------------|--|---------------------------|--|----------------------------------|--|---------------------------------------|--|
| Lower than grade 12/Matric                                                     |  | Matric/Senior Certificate |  | After-school vocational training |  | University/Technikon/Tertiary College |  |

| 4. How long have you been doing the following? | Less than a year | 1-2 years | 3-4 years | 5 or more years |
|------------------------------------------------|------------------|-----------|-----------|-----------------|
| 4.1 Coaching soccer                            |                  |           |           |                 |
| 4.2 Coaching other sports                      |                  |           |           |                 |
| 4.3 Been involved in this programme            |                  |           |           |                 |

**For the following sections, please circle the number that you agree with.**

Example:

| 7. Pro-social skills                   | Not at all | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | Agree completely |
|----------------------------------------|------------|---|---|---|---|---|---|---|---|------------------|
| Circle the number that you agree with. |            |   |   |   |   |   | 7 |   |   |                  |
| 7.15 I encourage fair play on my team. | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |

**Circling 7 means that I agree - Most of the time I encourage fair play on my team.**

Circling 1 means I do not agree at all – I never encourage fair play on my team.

Circling 5 means I am not sure – sometimes I encourage fair play and sometimes I don't.

Circling 10 means that I agree completely – I always encourage fair play on my team.

| 5. Coping abilities                                                                      | Not at all | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | Agree completely |
|------------------------------------------------------------------------------------------|------------|---|---|---|---|---|---|---|---|------------------|
| Circle the number that you agree with.                                                   |            |   |   |   |   |   |   |   |   |                  |
| 5.1 I keep myself from getting low (unhappy).                                            | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 5.2 I talk positively to myself.                                                         | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 5.3 I know the difference between what I can change and what I cannot change in my life. | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 5.4 I make a plan of action and follow it through when there is a problem.               | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 5.5 I can take my mind off unpleasant thoughts.                                          | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 5.6 I look for something good in a negative situation.                                   | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 5.7 I see things from other people's point of view during an argument.                   | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |

| <b>5. Coping abilities</b>             |                                                                                   | Not at all | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | Agree completely |
|----------------------------------------|-----------------------------------------------------------------------------------|------------|---|---|---|---|---|---|---|---|------------------|
| Circle the number that you agree with. |                                                                                   |            |   |   |   |   |   |   |   |   |                  |
| 5.8                                    | I try other solutions to a problem if my first plan does not work.                | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 5.9                                    | I make new friends easily.                                                        | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 5.10                                   | I get friends to help me with things I need.                                      | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 5.11                                   | I think about one part of a problem at a time.                                    | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 5.12                                   | I can think about a pleasant activity or place easily.                            | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 5.13                                   | I keep myself from feeling lonely.                                                | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 5.14                                   | I get emotional support from other peer educators, coaches, or administrators.    | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 5.15                                   | I get emotional support from community organisations (e.g. church, school, etc.). | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 5.16                                   | I do not give up when I fail a task.                                              | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 5.17                                   | I walk away when someone is abusing me (verbal or physical).                      | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 5.18                                   | I walk away from a fight.                                                         | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 5.19                                   | I accept criticism from others in a good way.                                     | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 5.20                                   | I am open about my feelings.                                                      | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |

| <b>6. Assertiveness</b>                |                                                                                                                     | Not at all | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | Agree completely |
|----------------------------------------|---------------------------------------------------------------------------------------------------------------------|------------|---|---|---|---|---|---|---|---|------------------|
| Circle the number that you agree with. |                                                                                                                     |            |   |   |   |   |   |   |   |   |                  |
| 6.1                                    | Most people are more assertive than I am.                                                                           | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 6.2                                    | When things are not right, I complain about them.                                                                   | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 6.3                                    | I am careful to not hurt other people's feelings, even when I feel I have been hurt by them.                        | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 6.4                                    | I feel that people often take advantage of me.                                                                      | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 6.5                                    | I enjoy starting new conversations with strangers.                                                                  | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 6.6                                    | I often don't know what to say to people of the opposite sex.                                                       | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 6.7                                    | If a person from the opposite sex says or does something to me that is inappropriate I tell them.                   | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 6.8                                    | If a close friend annoys me, I will not show that I am irritated.                                                   | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 6.9                                    | If a respected relative irritates me, I will hide my feelings rather than show that I am irritated.                 | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 6.10                                   | I avoid asking questions for fear of sounding stupid.                                                               | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 6.11                                   | I will take part in an activity that I do not like and not say anything.                                            | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 6.12                                   | If another coach or peer educator makes a statement that I think is incorrect, I will give my point of view.        | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 6.13                                   | When I have done something important or worthwhile, I let others know about it.                                     | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 6.14                                   | If I see a situation that is not right (i.e. racial or gender discrimination), I will do or say something about it. | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 6.15                                   | I join in games/activities with people that are not necessarily my close friends.                                   | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 6.16                                   | I offer suggestions in group activities.                                                                            | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |

| <b>7. Pro-social skills</b>            |                                                          | Not at all | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | Agree completely |
|----------------------------------------|----------------------------------------------------------|------------|---|---|---|---|---|---|---|---|------------------|
| Circle the number that you agree with. |                                                          |            |   |   |   |   |   |   |   |   |                  |
| 7.1                                    | I am confident as a coach.                               | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 7.2                                    | I am motivated as a coach.                               | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 7.3                                    | My teams/players have been successful in competition.    | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 7.4                                    | I have talented players in my group.                     | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 7.5                                    | I treat players respectfully at all times.               | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 7.6                                    | My players respect me at all times.                      | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 7.7                                    | Parents/community members recognize me as a coach.       | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 7.8                                    | I am in a better position to find a job/employment now.  | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 7.9                                    | I am a role model to the players.                        | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 7.10                                   | I include all the players in all activities and games.   | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 7.11                                   | I include girls in my practices and games.               | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 7.13                                   | I take the lead in activities.                           | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 7.14                                   | I take responsibility to organize activities.            | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 7.15                                   | I work together with my team to reach common goals.      | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 7.16                                   | I find it important to support my players in their life. | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 7.17                                   | I encourage fair play on my team.                        | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |

| <b>8. Violence prevention.</b>         |                                                                                                  | Not at all | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | Agree completely |
|----------------------------------------|--------------------------------------------------------------------------------------------------|------------|---|---|---|---|---|---|---|---|------------------|
| Circle the number that you agree with. |                                                                                                  |            |   |   |   |   |   |   |   |   |                  |
| 8.1                                    | I often swear on the field.                                                                      | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 8.2                                    | I often swear off the field (at home or with my friends).                                        | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 8.3                                    | My players swear a lot on the field.                                                             | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 8.4                                    | My players are rude to each other.                                                               | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 8.5                                    | If I see something that I really want, I take it, whether it's mine or not.                      | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 8.6                                    | I often intervene to stop others from fighting.                                                  | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 8.7                                    | I often fight with others.                                                                       | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 8.8                                    | I feel good when I win a fight.                                                                  | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 8.9                                    | I can easily take things from girls. (If I'm a girl, I can easily take things from other girls). | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 8.10                                   | Using physical strength is a fair way to get what I want.                                        | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 8.11                                   | Using verbal threats is a fair way to get what I want.                                           | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 8.12                                   | If someone abuses me I will report it to the principal or police.                                | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 8.13                                   | I often insult others.                                                                           | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 8.14                                   | I encourage my players to commit fouls to achieve better results.                                | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 8.15                                   | If I see someone in trouble, I would help him or her.                                            | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 8.16                                   | During an argument, I am sometimes afraid that I will get so upset that I will lose my temper.   | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 8.17                                   | If I get angry, I easily get aggressive.                                                         | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 8.18                                   | I can say 'no' if a friend offered me alcohol.                                                   | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 8.19                                   | I can say 'no' if a friend offered me drugs, (including marijuana).                              | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |

| 9. How often do you do the following behaviours?<br>Circle the number that describes you. |                                           | Never | Once a week or less | 2-3 times a week | Every day |
|-------------------------------------------------------------------------------------------|-------------------------------------------|-------|---------------------|------------------|-----------|
| 9.1                                                                                       | Consume alcohol                           | 1     | 2                   | 3                | 4         |
| 9.2                                                                                       | Consume drugs (including marijuana)       | 1     | 2                   | 3                | 4         |
| 9.3                                                                                       | Get involved in a physical fight          | 1     | 2                   | 3                | 4         |
| 9.4                                                                                       | Get involved in a verbal fight (shouting) | 1     | 2                   | 3                | 4         |

| 10. If you had sex recently, did you or your partner use a condom?<br>Circle the number that describes you. |   |     |   |    |   |
|-------------------------------------------------------------------------------------------------------------|---|-----|---|----|---|
| I did not have sex in the last 3 months                                                                     | 1 | Yes | 2 | No | 3 |

| 11. If you had the opportunity to be tested for HIV, would you?<br>Circle the number that describes you. |   |     |   |    |   |            |   |
|----------------------------------------------------------------------------------------------------------|---|-----|---|----|---|------------|---|
| I have already been tested                                                                               | 1 | Yes | 2 | No | 3 | Don't know | 4 |

| 12. HIV and AIDS<br>Circle the number that you agree with.<br>(N/A = I do not have sex) |                                                                                        | N/A | Not at all | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | Agree completely |
|-----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|-----|------------|---|---|---|---|---|---|---|---|------------------|
| 12.1                                                                                    | I can get my boyfriend or girlfriend to use a condom, even if he/she does not want to. | 0   | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 12.2                                                                                    | I could refuse sex with someone if they would not use a condom.                        |     | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 12.3                                                                                    | I could say 'no' if someone pressured me to have sex when I did not want to.           |     | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 12.4                                                                                    | I always use condoms if I have sex with a new partner.                                 | 0   | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 12.5                                                                                    | A student who has HIV should be allowed to attend school.                              |     | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 12.6                                                                                    | A teacher who has HIV should be allowed to continue teaching.                          |     | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |

| 13. Circle the number <u>UNDER</u> the answer that you think is correct. |                                                                 |                         |                         |                                     |                                                     |
|--------------------------------------------------------------------------|-----------------------------------------------------------------|-------------------------|-------------------------|-------------------------------------|-----------------------------------------------------|
| 13.1                                                                     | Which fluids transmit HIV/AIDS?                                 | Blood                   | Semen                   | Breast milk                         | All of the above                                    |
|                                                                          |                                                                 | 1                       | 2                       | 3                                   | 4                                                   |
| 13.2                                                                     | How is HIV/AIDS transmitted?                                    | Hugging                 | Shaking hands           | Unprotected sex                     | Mosquito or insect bites                            |
|                                                                          |                                                                 | 1                       | 2                       | 3                                   | 4                                                   |
| 13.3                                                                     | How can HIV/AIDS be cured?                                      | A sangoma               | There is no cure        | Having sex with a virgin            | Anti-retroviral drugs                               |
|                                                                          |                                                                 | 1                       | 2                       | 3                                   | 4                                                   |
| 13.4                                                                     | How is the risk of contracting HIV increased?                   | Having a cold           | Having poor nutrition   | Not washing your hands              | Having another sexually transmitted infection (STI) |
|                                                                          |                                                                 | 1                       | 2                       | 3                                   | 4                                                   |
| 13.5                                                                     | If someone has a CD4 count of 200 or less, what does that mean? | They no longer have HIV | They will die in a week | Their immune system is very healthy | They should probably start antiretroviral treatment |
|                                                                          |                                                                 | 1                       | 2                       | 3                                   | 4                                                   |

| 14. Answer the following <b>TRUE</b> or <b>FALSE</b> by circling the number you think is correct. |                                                                                                           | TRUE | FALSE |
|---------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|------|-------|
| 14.1                                                                                              | If a person has HIV, they will always develop AIDS.                                                       | 1    | 2     |
| 14.2                                                                                              | When a person has AIDS, his or her body cannot easily defend itself from infections.                      | 1    | 2     |
| 14.3                                                                                              | A person can get the same sexually transmitted infection more than once.                                  | 1    | 2     |
| 14.4                                                                                              | HIV can be easily spread by using someone's personal belongings, such as a toothbrush or a razor.         | 1    | 2     |
| 14.5                                                                                              | Only people that look sick can spread HIV.                                                                | 1    | 2     |
| 14.6                                                                                              | It is possible to avoid becoming infected with HIV by having sexual intercourse only once a month.        | 1    | 2     |
| 14.7                                                                                              | A person can be infected with HIV by giving blood in an approved health facility.                         | 1    | 2     |
| 14.8                                                                                              | Ear-piercing and tattooing with unsterilized instruments are possible ways of becoming infected with HIV. | 1    | 2     |
| 14.9                                                                                              | A person can avoid getting HIV by eating well and exercising regularly.                                   | 1    | 2     |
| 14.10                                                                                             | Women are at a higher risk of contracting HIV through unprotected sex than men.                           | 1    | 2     |

| 15. Gender awareness and inclusion<br>Circle the number that you agree with. |                                                                                                                      | Not at all | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | Agree completely |
|------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|------------|---|---|---|---|---|---|---|---|------------------|
| 15.1                                                                         | I like to coach mixed teams (both boys and girls).                                                                   | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 15.2                                                                         | I think girls have the same rights to play football as boys.                                                         | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 15.3                                                                         | I get support from members of the opposite sex when I coach (from girls if I am a boy and from boys if I am a girl). | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 15.4                                                                         | There are girls who play football very well.                                                                         | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 15.5                                                                         | I would support my sister/daughter when she plays football.                                                          | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 15.6                                                                         | I think girls have the same rights as boys.                                                                          | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 15.7                                                                         | I would coach sports with children with disabilities.                                                                | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 15.8                                                                         | I often coach sports with children from other ethnic groups.                                                         | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 15.9                                                                         | I often coach sports with children from other countries.                                                             | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |

| 16. Environmental awareness<br>Circle the number that you agree with. |                                                                                         | Not at all | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | Agree completely |
|-----------------------------------------------------------------------|-----------------------------------------------------------------------------------------|------------|---|---|---|---|---|---|---|---|------------------|
| 16.1                                                                  | I coach and play on a clean football field.                                             | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 16.2                                                                  | When I see somebody else throwing litter on the ground, I ask them to pick it up.       | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 16.3                                                                  | I make equipment from used items (i.e. fill plastic bottles with sand to use as cones). | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 16.4                                                                  | I switch off the TV when nobody is watching.                                            | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 16.5                                                                  | I don't like when I see somebody littering.                                             | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 16.6                                                                  | If the field is not clean I encourage my team to clean it up with me.                   | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 16.7                                                                  | When I see an open tap running, I immediately close it.                                 | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |
| 16.8                                                                  | I encourage my players to bring an empty bottle to use for drinking water.              | 1          | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10               |

**THANK YOU!**