

Deaf Athletes Survey - Hearing Loss, Sport Experience, Training, Achievements and Competition Participation

Information for Athletes and Coaches

Dear Athletes,

You are taking part in a scientific study aimed at better understanding the training conditions and preparation of deaf cyclists.

The study consists of three parts:

1. **Questionnaire** – questions about your sporting experience, training, achievements, and participation in competitions.
2. **Body composition analysis** – assessment of muscle mass, fat mass, and other physical parameters.
3. **Spirometry test** – measurement of lung function and respiratory capacity.

The collected data will help to:

- gain a better understanding of the training specifics of deaf cyclists,
- develop recommendations for coaches,
- support the growth of deaf sports.

All data will remain confidential – results will be analyzed collectively, without revealing names or personal details.

Thank you for your participation and commitment!

1) Country (Nationality):

2) Name and Surname Date.....

3) Age:.....

4) Dominant upper limb (circle): left right both

5) Dominant lower limb (circle): left right both

6) Hearing loss

a) Right ear: dB

b) Left ear: dB

7) How many years have you been training cycling in the national team?.....

8) How many years have you been training cycling in a sports club?

9) Do you train in a club together with hearing cyclists (circle)? Yes / No

10) How many times a week do you train on average (circle)?.. 1 2 3 4 5 6 7

11) How many hours does your training last on average in one day (circle)?

1-2 hours; 2-3 hours; 3-4 hours, more than 4 hours

12) Are you a medalist of your country in Deaf cycling championship in 2024 (circle)? YES / NO

13) What place did you take in your country's Deaf cycling championship in 2024?

14) Have you competed in the Deaflympic Games (circle): 2009, 2013, 2017, 2022

15) If so, what sport did you compete in?

Cycling only, other:.....