

**Do you qualify for this study:**

Do you currently participate in horseback riding, driving, or other horse related activities?

- ☐ Yes  
☐ No(STOP SURVEY)

What region do you currently live in?

- ☐ Alaska  
☐ Hawaii  
☐ Northeast (Maine, New Hampshire, Vermont, Massachusetts, Rhode Island, Connecticut, New York, Pennsylvania, New Jersey, Delaware, Maryland)  
☐ Southeast (Virginia, North Carolina, Alabama, South Carolina, Georgia, Florida)  
☐ Central (Missouri, Illinois, Indiana, Ohio, Kentucky, West Virginia, Tennessee)  
☐ South (Mississippi, Arkansas, Louisiana, Texas, Oklahoma)  
☐ East North Central (Minnesota, Wisconsin, Michigan, Iowa)  
☐ North Central (North Dakota, South Dakota, Nebraska, Kansas)  
☐ Rocky Mountain Region (Wyoming, Montana, Colorado, Utah, Idaho)  
☐ North West (Washington, Oregon)  
☐ South West (California, Arizona, New Mexico & Nevada)  
☐ Prefer not to answer  
☐ Outside of the USA(STOP SURVEY)

**Demographics**

What is your sex?

- ☐ Female  
☐ Male  
☐ Prefer not to respond

Which age range do you fall in? (years)

- ☐ 12-17  
☐ 18-24  
☐ 25-29  
☐ 30-34  
☐ 35-39  
☐ 40-44  
☐ 45-49  
☐ 50-54  
☐ 55-59  
☐ 60-64  
☐ 65-69  
☐ 70-74  
☐ 75 or older  
☐ Prefer not to answer\*

\*Red font denotes exclusion criteria for the current secondary analysis

**Horse Activity Participation**

How many years have you been participating in horse activities?

- ☐ Less than 1
- ☐ 1-4
- ☐ 5-9
- ☐ 10-14
- ☐ 15-19
- ☐ 20-24
- ☐ 25-29
- ☐ 30-34
- ☐ 35-39
- ☐ 40-44
- ☐ 45-49
- ☐ 50 or more
- ☐ Prefer not to answer

Which of the following best describes your current participation with horses:

- ☐ Professionals who receive payment for riding/training/grooming, etc.
- ☐ Amateurs who are competitive but do not receive financial compensation
- ☐ Recreational participants who engage in non-competitive, recreational equine activities
- ☐ Other (specify) – Previously regrouped in dataset
- ☐ Prefer not to answer – Previously removed from dataset available

In the past 6 months, which description best describes your normal horse activity commitment?

- ☒ I ride/drive once or twice a month
- ☐ I ride/drive weekly/consistently

On average, how many times a week do you ride/drive?

- ☐ Daily
- ☐ 5-6 days a week
- ☐ 3-4 days a week
- ☐ 1-2 days a week

In the past 6 months, how many hours do you ride on average every two weeks?.

- ☐ Less than 3 hours
- ☐ 4-6
- ☐ 7-10
- ☐ 11-15
- ☐ 16-20
- ☐ 21-25
- ☐ 26-30
- ☐ 31-35
- ☐ 36-40
- ☐ 41-50
- ☐ 51-60
- ☐ 61-70
- ☐ 71-80
- ☐ Over 80 hours

In the past 6 months, how many different horses do you ride on average in a two week span?

- ☐ One
- ☐ Two
- ☐ 3-4
- ☐ 5-6
- ☐ 7-9
- ☐ 10 or more

In the past 6 months, do you help with barn work or prepping your horse to use?

- ☐ Yes  
☐ No

If yes, how many hours of barn work do you do each week?

- ☐ 1-4 hours  
☐ 5-9 hours  
☐ 10-14 hours  
☐ 15-19 hours  
☐ 20-24 hours  
☐ 25-29 hours  
☐ 30-34 hours  
☐ 35-39 hours  
☐ 40 or more hours

What type of barn work do you complete? (Check all that apply)

- ☐ Feeding  
☐ Carrying Water buckets  
☐ Dragging hoses  
☐ Mucking/Cleaning Stalls  
☐ Cleaning Aisles  
☐ Stacking/moving hay  
☐ Grooming  
☐ Tacking/Harnessing  
☐ Cleaning Tack  
☐ Leading horses to turnout fields  
☐ Other

How many water buckets do you carry?

- ☐ One-Two  
☐ Three-Four  
☐ Five-Six  
☐ Seven-Ten  
☐ More than Ten

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What's the maximal distance you carry water buckets on an average day?

- ☐ Up to 25 feet
- ☐ 25-50 feet
- ☐ 50-100 feet
- ☐ More than 100 feet

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How many stalls do you clean at a time?

- ☐ One to Two
- ☐ Three to Four
- ☐ Five to Six
- ☐ Seven to Ten
- ☐ More than Ten

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When cleaning stalls, what type of equipment do you use to move the dirty bedding to the manure pile?

- ☐ Hand cart/wheel barrow
  - ☐ Tractor/ATV connected to a trailer
  - ☐ Tractor Bucket
  - ☐ Other
-

**Physical Activity**

Besides Riding/driving, what type of other activities do you participate in on a regular basis (at least once every two weeks in the past six months)? (Select all that apply)

- ☐ Aerobics/Low Impact
- ☐ Barre
- ☐ Boxing/ Kickboxing
- ☐ Circuit Training
- ☐ Cycling
- ☐ Dancing
- ☐ Elliptical
- ☐ Endurance Training
- ☐ Exercise ball/ Fitball Exercise
- ☐ General Play
- ☐ Group Sports
- ☐ Hiking
- ☐ Interval Training
- ☐ Kayaking/Canoeing/Paddle Boarding
- ☐ Martial Arts
- ☐ Pilates
- ☐ Strength Training/Resistance Training/ Lifting
- ☐ Stretching
- ☐ Swimming
- ☐ Running
- ☐ Walking
- ☐ Water aerobics/ calisthenics
- ☐ Yoga
- ☐ Other: Specify

Please specify other types of PA you participate in

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\*Branching logic – only activities selected show up

|                                                 | Low                   | Low-Moderate          | Moderate              | Moderate-Vigorous     | Vigorous              |
|-------------------------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Aerobics/Low Impact                             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Barre                                           | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Boxing/Kickboxing                               | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Circuit Training                                | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Cycling                                         | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Dancing                                         | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Elliptical                                      | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Endurance Training                              | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Exercise ball/Fitball Exercise                  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| General play                                    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Group Sports                                    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Hiking                                          | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Interval Training                               | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Kayaking/Canoeing/Paddle Boarding               | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Martial Arts                                    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Pilates                                         | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Strength Training/ Resistance Training/ Lifting | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

|                             |                       |                       |                       |                       |                       |
|-----------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Stretching                  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Swimming                    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Running                     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Walking                     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Water aerobics/calisthenics | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Yoga                        | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Other                       | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

**For each activity you selected participating in on a regular basis, estimate how many hours you spend doing these activities on average every two weeks:**

|                                                   | Less than<br>an hour  | 1-4                   | 5-7                   | 8-10                  | 11-13                 | 14-16                 | 17-19                 | 20 or<br>more         |
|---------------------------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Aerobics/ Low Impact                              | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Barre                                             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Boxing/kickboxing                                 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Circuit Training                                  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Cycling                                           | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Dancing                                           | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Elliptical                                        | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Endurance Training                                | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Exercise ball/Fitball Exercise                    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| General Play                                      | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Group Sports                                      | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Hiking                                            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Interval Training                                 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Kayaking/Canoeing/Paddle<br>Boarding              | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Martial Arts                                      | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Pilates                                           | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Strength Training/Resistance<br>Training/ Lifting | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Stretching                                        | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Swimming                                          | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Running                                           | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Walking                                           | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Water aerobics/ calisthenics                      | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Yoga                                              | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Other                                             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

**Chronic Pain**

Do you currently experience any chronic pain during or after riding?

- ☐ Yes  
☐ No  
☐ Prefer Not to Answer

If yes, what region(s) of your body? (Select all that apply):

- ☐ Head/face  
☐ Neck  
☐ Chest  
☐ Back  
☐ Breasts  
☐ Abdomen  
☐ Arms  
☐ Hands  
☐ Pelvis  
☐ Genitals  
☐ Upper leg  
☐ Lower leg  
☐ Foot