

Risk behaviors and self-reported illnesses among Pacific Northwest surfers

APPENDIX

2006 Surfer Exposure Study

- *Q1. For how many years overall have you been surfing?
(Please type in your answer)*
- *Q2. Do you currently live in Oregon or are you visiting?
(Please click on your answer. If you make a mistake, click on the correct choice and the previous answer will disappear)*
- Live in Oregon
Visiting
- *Q2A. Please click on the Oregon county in which you live.*
- *Q2B. Do you live in the United States or some other country?*
- Live in the United States
Live in another country
- *Q2C. Please type in the name of the country in which you live*
- *Q2D. Please type in the name of the US State in which you live.*
- *Q2E. For how many years have you been surfing Oregon beaches?*
- *Q3. On average, how many days per month do you surf?*
- Once or twice per month
3 to 4 times per month
5 to 10 times per month
More than 10 times per month
- *Q4. Please indicate whether or not you typically surf during each of the following times of year.*
- *Yes* *No*
- (a) Fall (October–December)
(b) Winter (January–March)
(c) Spring (April–June)
(d) Summer (July–September)
- *Q5. Please indicate whether or not you typically engage in each of the following other water-related activities while at the beach.*
- *Yes* *No*
- (a) Body surfing
(b) Swimming
(c) Boogie boarding
(d) Scuba diving
- *Q6. Which of the following items do you typically wear while surfing?*
- *Yes* *No*
- (a) Ear plugs
(b) Wet suit
(c) Nose plugs
(d) Eye goggles
(e) Booties
(f) Gloves
- *Q7. Thinking about a typical day of surfing for you, about how much time do you spend in the water?*
- Less than 1 hour
1 hour to less than 3 hours
3 hours to less than 5 hours
5 or more hours
- *Q8. How often in the past 12 months have you surfed the following Oregon beaches?*
- *North Coast Area*
- *Never* *Very rarely* *Rarely* *Occasionally*
Frequently *Not sure*
- (a) Seaside Cove
(b) Indian Beach (in Ecola State Park)
(c) Short Sands (Oswald West State Park)
(d) Oceanside
(e) Pacific City (Cape Kiwanda)
Any other north Oregon beach?(Please specify)
Central Coast Area

Never *Very rarely* *Rarely* *Occasionally*

Frequently *Not sure*

- f. Lincoln City
- g. Otter Rock
- h. Agate Beach
- i. South Beach State Park
- j. Florence–South Jetty

Any other central Oregon beach? (Please specify)

South Coast Area

Never *Very rarely* *Rarely* *Occasionally*

Frequently *Not sure*

- k. Coos Bay–Bastendorff Beach
- l. Port Orford–Battle Rock
- m. Hubbard Creek
- n. Nesika Beach
- o. Brookings–South Jetty

Any other south Oregon beach? (Please specify)

Q9. Have you swallowed sea water or taken in water through your nose while surfing in the last 12 months?

Yes

No

Q9A. Please indicate whether or not you have swallowed sea water in the last 12 months doing each of the following.

Yes *No*

- (a) Paddling out
- (b) Waiting for a wave
- (c) Riding the wave
- (d) Falling off the board

Q9B. Each time you swallow sea water (or take it in through your nose), how much do you think you ingest?

A few drops

Amount in a shot glass (4 ounces)

Amount in a small juice glass (6 ounces)

Cannot estimate

Q9C. On a typical surfing day, how many times a day do you think you ingest sea water?

1 to 2 times per day

3 to 4 times per day

5 to 6 times per day

7 to 8 times per day

9 times or more per day

Q10. Please indicate whether or not you have worried about each of the following health risks when surfing Oregon beaches?

Yes, a lot *Yes, sometimes* *No, never*

- (a) Sharks
- (b) Drowning
- (c) Bacterial contamination of water (from sewage outfalls, animal waste, runoff)
- (d) Red tide/toxins (from natural sources)
- (e) Toxic chemicals in the water (from pesticides, industrial releases, wastewater effluent)
- (f) Hypothermia
- (g) Surfing-related injuries (broken bones, cuts/abrasions, head injuries)

Q11. Now please indicate whether or not you have experienced each of the following while surfing Oregon beaches.

Yes *No*

- (a) A shark encounter
- (b) Hypothermia
- (c) Surfing-related injuries (broken bones, cuts/abrasions, head injury)
- (d) Drowning or near drowning
- (e) Contamination from bacteria, toxins or waste materials

Q12. Indicate which of the following illnesses you have experienced that you feel were due to surfing.

Yes *No* *Not sure*

- (a) Fever
- (b) Chills
- (c) Stomach pains
- (d) Diarrhea
- (e) Nausea
- (f) Vomiting
- (g) Sore throat or cough
- (h) Earache, ear infection or discharge
- (i) Eye infection
- (j) Rash or itchy skin
- (k) Sunburn
- (l) Other

Q13. If you could grade the environmental quality of Oregon beach waters, what grade would you give them overall?

Q14. Please indicate how often in the last 12 months you have surfed an Oregon beach with each of the following conditions.

Never *Sometimes* *Often*

- (a) Within 5 days after a rain event
- (b) During a rain event
- (c) With a cut on your skin
- (d) Near a sewage outfall
- (e) During high tide
- (f) During low tide
- (g) During on-shore winds

Q15. Have you ever surfed during the time a health advisory had been issued?

- Yes
- No

Q16. Do you typically shower immediately after surfing?

- Yes
- No

*The remaining questions are for statistical purposes only. We ask them so we can group your responses with others of similar backgrounds.

Please remember that all information you provide will remain strictly confidential.*

Q17. Are you male or female?

- Male
- Female

Q18. How old were you on your last birthday? (type in a number)

Q19. What is the highest level of education you have completed?

- 0 to 8 years (no GED)
- 9 to 12 years (no high school diploma or GED)
- High school diploma or GED
- Some college, no degree
- Associate's degree (AA, AS)
- Bachelor's degree (BS, BA, AB)
- Master's degree (MA, MS, MBA)
- Doctorate or professional degree (PhD, JD, EDD, MD, DDS)
- Other

Q20. Are you hispanic or latino?

- Yes
- No

Q21. Which best describes your race or ethnicity?

- White/Caucasian
- Black/African American
- Asian
- Native Hawaiian or Pacific Islander
- American Indian/Alaska Native
- Mixed race
- Other

Q22. What is your total annual household income, from all sources, before taxes?

- Less than \$15,000
- \$15,000 to \$24,999
- \$25,000 to \$34,999
- \$35,000 to \$49,999
- \$50,000 to \$74,999
- \$75,000 to \$99,999
- \$100,000 to \$124,999
- \$125,000 or more

Q23. Please indicate the industry in which you currently work for pay.

- Unemployed/do not currently work for pay
- Agriculture, forestry, and fisheries
- Mining
- Construction
- Manufacturing, nondurable goods
- Manufacturing, durable goods
- Transportation
- Communications and other public utilities
- Wholesale trade/Retail trade
- Finance, insurance, and real estate
- Business and repair services
- Personal services
- Entertainment and recreation services
- Health services
- Education services
- Other professional and related services
- Public administration

Q24. What kind of work do you do? (For example, registered nurse, personnel manager, auto mechanic, accountant, teacher, etc.) Please type in your answer.

Q25. Are you currently a member of Oregon Surfrider Foundation?

Yes

No

Q26. Are you aware of the Oregon Beach Advisory system?

Yes

No

Q27. Have you signed up for the Oregon Beach Alert email system?

Yes

No

If you would like to sign up to the Oregon Beach Alert Email system, please click here.

Thank you for completing this survey!

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