

## Observation Schedule

<b>Date and time:</b>	<b>Place:</b>
<b>Athlete:</b>	<b>Protocol:</b>

### Observation Themes

#### 1. Training setting and environment

- Training atmosphere (serious, intense, stressed relaxed, fun etc.)
- Types of training, training processes, intensity of training; organisation of training
- Equipment work (e.g. sailing)
- Focus and behaviour of the athlete in training

- Coach-athlete relationship (number and names/type of coaches, coaching work, instructions given, pressure, degree of athletes' autonomy)
- Training group (number, composition, relationships, pressure)

**2. Information on the athlete's 'health status', nutrition, taping, injury etc.**

**3. Any comments / information relating to OG/WC 2016**

**4. Other things we observe/hear in relation to the topics mentioned in the interviews**

***Attachments: Pictures***