

Rural Active Living Assessment (RALA) Segment Assessment

INTRODUCTION

This Assessment allows you to break your community down into “segments” (e.g. Community Centre Zone, Neighbourhood Zone, School Zone, etc...) and audit them according to their characteristics, amenities and features. Please make a copy of the Segment Assessment for each segment of the community you are going to audit. For more detailed instructions on completing each question of the Segment Assessment, please refer to the *RALA Codebook & Scoring* document.

Community Name: _____

Auditor's Name: _____

Date: _____ **Start Time:** _____ **End Time:** _____

Segment #: _____

PART I – QUANTIFIABLE CHARACTERISTICS

SEGMENT DESCRIPTION

Boundaries:

- North: _____
- South: _____
- East: _____
- West: _____

Primary Streets:

- _____
- _____
- _____
- _____
- _____
- _____

Land Use:

- Residential
- Commercial
- Industrial
- Public/Civic
- Community Park/Open Space
- Mixed Use (all/more than 1 of the above)
- Other: _____
- Other: _____

Terrain:

- Flat
- Hills
- Valley
- Forest/Agricultural/Undeveloped
- River/Creek/Ocean
- Winding Roads
- Other: _____
- Other: _____

Segment Zone Type:

- Community Centre/Main Street
- Thoroughfare
- Industrial
- School Zone ...cont'd on next pg...

Segment Zone Type: (...cont'd)

- Neighbourhood
- Commercial
- Community Park/Open Space
- Other: _____

WALKABILITY

	Types (check all that apply)	Condition (check one for each type) 1 – poor 2 – average 3 – good
Sidewalks	<input type="radio"/> Both sides of street <input type="radio"/> One side of street <input type="radio"/> Intermittent <input type="radio"/> Footpath only <input type="radio"/> None	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3
Buffers & Shoulders	<input type="radio"/> Sidewalk Buffer <input type="radio"/> Defined Shoulder <input type="radio"/> None <input type="radio"/> N/A	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3
Cross-walks, Pedestrian & Cycling Signage	<input type="radio"/> Crosswalks <input type="radio"/> Crossing Signals <input type="radio"/> Pedestrian/Cycling Signs <input type="radio"/> Children at Play Signs <input type="radio"/> None <input type="radio"/> N/A	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3
Other Safety Features	<input type="radio"/> Traffic Lights <input type="radio"/> Stop Signs <input type="radio"/> School Flashing Lights <input type="radio"/> Speed Bumps <input type="radio"/> Public Lighting <input type="radio"/> None <input type="radio"/> N/A	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3
Road/Traffic Characteristics	Road Type: <input type="radio"/> Paved / Multi-lane <input type="radio"/> Paved / Single lane <input type="radio"/> Unpaved roads Road Condition: <input type="radio"/> Poor <input type="radio"/> Average <input type="radio"/> Good	Posted Speed Limit: <input type="radio"/> _____ km/hr <input type="radio"/> None posted Traffic Volume: <input type="radio"/> High <input type="radio"/> Medium <input type="radio"/> Low
Barriers	<input type="radio"/> Highway <input type="radio"/> Train Tracks <input type="radio"/> Private Property <input type="radio"/> Industrial Zone <input type="radio"/> Natural Features <input type="radio"/> Other: _____ <input type="radio"/> None	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3



Commercial (...cont'd)	<input type="radio"/> Big Box Retail <input type="radio"/> Fitness Centre <input type="radio"/> Private Medical Office <input type="radio"/> Private Other Office <input type="radio"/> Hotel <input type="radio"/> Other: _____ <input type="radio"/> Other: _____ <input type="radio"/> None	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3
Schools	<input type="radio"/> Elementary <input type="radio"/> Middle <input type="radio"/> High <input type="radio"/> Private <input type="radio"/> Other: _____ <input type="radio"/> Other: _____ <input type="radio"/> None	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3
Industrial / Agricultural	<input type="radio"/> Light Industrial <input type="radio"/> Heavy Industrial <input type="radio"/> Farmland Area <input type="radio"/> Other: _____ <input type="radio"/> None	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3
Comments:		

Time to complete assessment: _____

PART II – SUBJECTIVE ASSESSMENT & OVERVIEW

SUBJECTIVE ASSESSMENT

Please answer the following questions last (once the rest of the assessment tool has been completed).

Walkability – how strongly do you agree with the following statement?

“This segment is walkable.”

Strongly
Disagree

Disagree

Not Sure

Agree

Strongly Agree

Comments:

Aesthetics – how strongly do you agree with the following statement?

“This segment is aesthetically pleasing?”

Strongly Disagree

Disagree

Not Sure

Agree

Strongly Agree

Comments:

GENERAL CONDITIONS

Season:

- Spring
- Summer

- Fall
- Winter

Current Weather Conditions:

- Sunny / Clear
- Partly Cloudy
- Overcast

- Rain
- Snow
- Other: _____

Day of Week:

- Sunday
- Monday
- Tuesday
- Wednesday

- Thursday
- Friday
- Saturday

Comments: _____

Please Note: The Segment Assessment Tool was originally designed by researchers at the Maine Rural Health Research Center, University of Southern Maine, and were tested and refined by researchers at the University of Southern Maine, Tufts University, University of Alabama, and University of Mississippi. This version has been further revised for use within Canadian communities through the Healthy Canada By Design CLASP Initiative. For additional rural active living resource and RALA tool components go to:
<http://www.activelivingresearch.org/node/11947>.