Rural Active Living Assessment (RALA)
Program & Policy Assessment Tool

Community Name: _____

Auditor's Name: _____

Programs & Policies	Check One
Does the community have a policy that requires bikeways or pedestrian walkways in new public infrastructure projects?	○ Yes ○ No ○ Don't Know ○ N/A
Comments:	
Does the community have a program/policy in place to ensure regular clearing of snow and ice from sidewalks?	○ Yes ○ No ○ Don't Know ○ N/A
Comments:	
Does the community have a public recreation department that offers physical activity programming?	○ Yes ○ No ○ Don't Know
If yes, do they offer…	
• **Programs for youth?** • Ages served: _____	○ Yes ○ No ○ Don't Know
• **Programs for adults?** • Ages served: _____	○ Yes ○ No ○ Don't Know
• **Programs for older adults?** • Ages served: _____	○ Yes ○ No ○ Don't Know
• **Are physical activity resources/facilities available for local resident use outside of formal programming?**	○ Yes ○ No ○ Don't Know
• **Is there funding or a 'sliding fee scale' available for lower income residents to access recreation programs and services in the community?**	○ Yes ○ No ○ Don't Know

Comments:	
Does the community have a private organization (such as the YMCA or a religious organization) that offers physical activity programming?	○ Yes ○ No ○ Don't Know
If yes, do they offer…	
• **Physical activity programming for youth?** • Ages served: _____	○ Yes ○ No ○ Don't Know
• **Physical activity programming for adults?** • Ages served: _____	○ Yes ○ No ○ Don't Know
• **Programs for older adults?** • Ages served: _____	○ Yes ○ No ○ Don't Know
• **Are there membership requirements to participate in these programs?**	○ Yes ○ No ○ Don't Know
• **Are physical activity resources/facilities available for local resident use outside of programming?**	○ Yes ○ No ○ Don't Know
• **Does the organization provide scholarships or offer a sliding fee scale for lower income residents?**	○ Yes ○ No ○ Don't Know
Comments:	
Does the community offer any local public transportation options, such as public busses or vans?	○ Yes ○ No ○ Don't Know
If yes please specify: _____	
Comments:	
Are there any long-distance public transportation options available in your community, such as a train or Bus?	○ Yes ○ No ○ Don't Know ○ N/A

If yes please specify: _____	
Comments:	

School Programs and Policies	**Check One**
Does the community have any "Walk to School" programs or other programs that encourage children to walk or bike to school?	○ Yes ○ No ○ Don't Know
Comments:	
Does the community participate in the National "Active & Safe Routes to School" program? http://www.saferoutestoschool.ca/	○ Yes ○ No ○ Don't Know
Comments:	
Do the public schools in the community offer other sponsored physical activity initiatives for students?	○ Yes ○ No ○ Don't Know
Comments:	
Do the public schools in the community allow public access to their recreation facilities after school hours?	○ Yes ○ No ○ Don't Know
Comments:	
Do the public schools have a late bus option for children that stay after school for sponsored activities?	○ Yes ○ No ○ Don't Know
Comments:	
What Percent (%) of children live within 2 kilometers of their school?	_____% ○ Don't Know ○ N/A
Comments:	

Other	Check One
_____ _____ _____	○ Yes ○ No ○ Don't Know
Comments:	

Other	Check One
_____ _____ _____	○ Yes ○ No ○ Don't Know
Comments:	

Other	Check One
_____ _____ _____	○ Yes ○ No ○ Don't Know
Comments:	

Do community policies, procedures, and/or culture play into the unique or innovative physical activity opportunity you outlined above? If yes, please identify and explain how.

_____
_____
_____
_____