



## Rural Active Living Assessment (RALA) Community Assessment Tool

### COMMUNITY DEMOGRAPHICS & CHARACTERISTICS

Community Name: \_\_\_\_\_

Auditor's Name: \_\_\_\_\_

Community Population: \_\_\_\_\_ Area Population: \_\_\_\_\_

Area Measurement: \_\_\_\_\_ square kilometers

Population Density: \_\_\_\_\_ per square kilometers

Topography: (check all that apply):

- Flat
- Hills
- Valley
- River/Creek/Ocean
- Forest/Agricultural/Undeveloped
- Other: \_\_\_\_\_

Presence of a Community Centre?

- Yes, one distinct centre
- Yes – multiple centres
- No centre
- Other: \_\_\_\_\_

General Street Pattern (check all that apply):

- Grid
- Radial
- Cul-de-sacs
- No distinct pattern
- Other: \_\_\_\_\_

*The following sections are intended to provide a picture of the educational and recreational amenities your community has to offer.*

### EDUCATIONAL FACILITIES

Is there a school located in the community?

- Yes
- No

If yes, what type of school(s) is/are in the community?

School Name	Population	Location (km from Community Centre)

If no, what is the proximity of the closest school?

Elementary: \_\_\_\_\_ kilometers

Junior High: \_\_\_\_\_ kilometers

High: \_\_\_\_\_ kilometers

## RECREATIONAL FACILITIES

For each amenity listed, please check off its distance from the community centre, the condition of the amenity, and whether it has the specific features listed. You may include amenities that are located in surrounding communities if you know that residents in your community use them. If there are any comments about the opportunities or barriers to using the amenity, be sure to include them in the “comments” section. If there is more than one of a specific amenity in the community, (e.g. two different parks), please list additional amenities in one of the “other amenity” sections at the end of the Tool.

Amenity	Distance from the Community Centre (check one)	Condition (check one)	Access (check all that apply)
1) Hiking or Walking Trails	<input type="radio"/> Yes – within 1 km of centre <input type="radio"/> Yes – 1-5 km from centre <input type="radio"/> Yes – 5-15 km from centre <input type="radio"/> Yes – beyond 15 km from centre <input type="radio"/> No – community does not have this amenity	<input type="radio"/> Very Poor <input type="radio"/> Poor <input type="radio"/> Average <input type="radio"/> Good <input type="radio"/> Very Good	<input type="radio"/> Clearly marked signs for amenity <input type="radio"/> Sidewalks & trails leading to amenity <input type="radio"/> Public transit leading to amenity <input type="radio"/> Designated parking for amenity
<b>Comments:</b>			

Amenity	Distance from the Community Centre (check one)	Condition (check one)	Access (check all that apply)
2) Biking Path(s)	<input type="radio"/> Yes – within 1 km of centre <input type="radio"/> Yes – 1-5 km from centre <input type="radio"/> Yes – 5-15 km from centre <input type="radio"/> Yes – beyond 15 km from centre <input type="radio"/> No – community does not have this amenity	<input type="radio"/> Very Poor <input type="radio"/> Poor <input type="radio"/> Average <input type="radio"/> Good <input type="radio"/> Very Good	<input type="radio"/> Clearly marked signs for amenity <input type="radio"/> Sidewalks & trails leading to amenity <input type="radio"/> Public transit leading to amenity <input type="radio"/> Designated parking for amenity
<b>Comments:</b>			



Amenity	Distance from the Community Centre (check one)	Condition (check one)	Access (check all that apply)
3) Public Park(s)	<ul style="list-style-type: none"> <li><input type="radio"/> Yes – within 1 km of centre</li> <li><input type="radio"/> Yes – 1-5 km from centre</li> <li><input type="radio"/> Yes – 5-15 km from centre</li> <li><input type="radio"/> Yes – beyond 15 km from centre</li> <li><input type="radio"/> No – community does not have this amenity</li> </ul>	<ul style="list-style-type: none"> <li><input type="radio"/> Very Poor</li> <li><input type="radio"/> Poor</li> <li><input type="radio"/> Average</li> <li><input type="radio"/> Good</li> <li><input type="radio"/> Very Good</li> </ul>	<ul style="list-style-type: none"> <li><input type="radio"/> Clearly marked signs for amenity</li> <li><input type="radio"/> Sidewalks &amp; trails leading to amenity</li> <li><input type="radio"/> Public transit leading to amenity</li> <li><input type="radio"/> Designated parking for amenity</li> </ul>

**Comments:**

Amenity	Distance from the Community Centre (check one)	Condition (check one)	Access (check all that apply)
4) Swimming Beach	<ul style="list-style-type: none"> <li><input type="radio"/> Yes – within 1 km of centre</li> <li><input type="radio"/> Yes – 1-5 km from centre</li> <li><input type="radio"/> Yes – 5-15 km from centre</li> <li><input type="radio"/> Yes – beyond 15 km from centre</li> <li><input type="radio"/> No – community does not have this amenity</li> </ul>	<ul style="list-style-type: none"> <li><input type="radio"/> Very Poor</li> <li><input type="radio"/> Poor</li> <li><input type="radio"/> Average</li> <li><input type="radio"/> Good</li> <li><input type="radio"/> Very Good</li> </ul>	<ul style="list-style-type: none"> <li><input type="radio"/> Clearly marked signs for amenity</li> <li><input type="radio"/> Sidewalks &amp; trails leading to amenity</li> <li><input type="radio"/> Public transit leading to amenity</li> <li><input type="radio"/> Designated parking for amenity</li> </ul>

**Comments:**

Amenity	Distance from the Community Centre (check one)	Condition (check one)	Access (check all that apply)
5) Public Use Swimming Pool	<ul style="list-style-type: none"> <li><input type="radio"/> Yes – within 1 km of centre</li> <li><input type="radio"/> Yes – 1-5 km from centre</li> <li><input type="radio"/> Yes – 5-15 km from centre</li> <li><input type="radio"/> Yes – beyond 15 km from centre</li> <li><input type="radio"/> No – community does not have this amenity</li> </ul>	<ul style="list-style-type: none"> <li><input type="radio"/> Very Poor</li> <li><input type="radio"/> Poor</li> <li><input type="radio"/> Average</li> <li><input type="radio"/> Good</li> <li><input type="radio"/> Very Good</li> </ul>	<ul style="list-style-type: none"> <li><input type="radio"/> Clearly marked signs for amenity</li> <li><input type="radio"/> Sidewalks &amp; trails leading to amenity</li> <li><input type="radio"/> Public transit leading to amenity</li> <li><input type="radio"/> Designated parking for amenity</li> </ul>

**Comments:**

Amenity	Distance from the Community Centre (check one)	Condition (check one)	Access (check all that apply)
6) River/Lake/Pond/ Ocean with canoe/ kayak/boat/watersport access	<input type="radio"/> Yes – within 1 km of centre <input type="radio"/> Yes – 1-5 km from centre <input type="radio"/> Yes – 5-15 km from centre <input type="radio"/> Yes – beyond 15 km from centre <input type="radio"/> No – community does not have this amenity	<input type="radio"/> Very Poor <input type="radio"/> Poor <input type="radio"/> Average <input type="radio"/> Good <input type="radio"/> Very Good	<input type="radio"/> Clearly marked signs for amenity <input type="radio"/> Sidewalks & trails leading to amenity <input type="radio"/> Public transit leading to amenity <input type="radio"/> Designated parking for amenity

**Comments:**

Amenity	Distance from the Community Centre (check one)	Condition (check one)	Access (check all that apply)
7) Skate Park	<input type="radio"/> Yes – within 1 km of centre <input type="radio"/> Yes – 1-5 km from centre <input type="radio"/> Yes – 5-15 km from centre <input type="radio"/> Yes – beyond 15 km from centre <input type="radio"/> No – community does not have this amenity	<input type="radio"/> Very Poor <input type="radio"/> Poor <input type="radio"/> Average <input type="radio"/> Good <input type="radio"/> Very Good	<input type="radio"/> Clearly marked signs for amenity <input type="radio"/> Sidewalks & trails leading to amenity <input type="radio"/> Public transit leading to amenity <input type="radio"/> Designated parking for amenity

**Comments:**

Amenity	Distance from the Community Centre (check one)	Condition (check one)	Access (check all that apply)
8) Ice Arena	<input type="radio"/> Yes – within 1 km of centre <input type="radio"/> Yes – 1-5 km from centre <input type="radio"/> Yes – 5-15 km from centre <input type="radio"/> Yes – beyond 15 km from centre <input type="radio"/> No – community does not have this amenity	<input type="radio"/> Very Poor <input type="radio"/> Poor <input type="radio"/> Average <input type="radio"/> Good <input type="radio"/> Very Good	<input type="radio"/> Clearly marked signs for amenity <input type="radio"/> Sidewalks & trails leading to amenity <input type="radio"/> Public transit leading to amenity <input type="radio"/> Designated parking for amenity

**Comments:**

Amenity	Distance from the Community Centre (check one)	Condition (check one)	Access (check all that apply)
10. Town Recreational Centre (e.g. town recreational facility)	<input type="radio"/> Yes – within 1 km of centre <input type="radio"/> Yes – 1-5 km from centre <input type="radio"/> Yes – 5-15 km from centre <input type="radio"/> Yes – beyond 15 km from centre <input type="radio"/> No – community does not have this amenity	<input type="radio"/> Very Poor <input type="radio"/> Poor <input type="radio"/> Average <input type="radio"/> Good <input type="radio"/> Very Good	<input type="radio"/> Clearly marked signs for amenity <input type="radio"/> Sidewalks & trails leading to amenity <input type="radio"/> Public transit leading to amenity <input type="radio"/> Designated parking for amenity

**Comments:**

Amenity	Distance from the Community Centre (check one)	Condition (check one)	Access (check all that apply)
11) Private Fitness Facility (e.g. Curves, Gold's Gym, Goodlife, Anytime Fitness, etc...)	<input type="radio"/> Yes – within 1 km of centre <input type="radio"/> Yes – 1-5 km from centre <input type="radio"/> Yes – 5-15 km from centre <input type="radio"/> Yes – beyond 15 km from centre <input type="radio"/> No – community does not have this amenity	<input type="radio"/> Very Poor <input type="radio"/> Poor <input type="radio"/> Average <input type="radio"/> Good <input type="radio"/> Very Good	<input type="radio"/> Clearly marked signs for amenity <input type="radio"/> Sidewalks & trails leading to amenity <input type="radio"/> Public transit leading to amenity <input type="radio"/> Designated parking for amenity

**Comments:**

Amenity	Distance from the Community Centre (check one)	Condition (check one)	Access (check all that apply)
12) Playground(s)	<input type="radio"/> Yes – within 1 km of centre <input type="radio"/> Yes – 1-5 km from centre <input type="radio"/> Yes – 5-15 km from centre <input type="radio"/> Yes – beyond 15 km from centre <input type="radio"/> No – community does not have this amenity	<input type="radio"/> Very Poor <input type="radio"/> Poor <input type="radio"/> Average <input type="radio"/> Good <input type="radio"/> Very Good	<input type="radio"/> Clearly marked signs for amenity <input type="radio"/> Sidewalks & trails leading to amenity <input type="radio"/> Public transit leading to amenity <input type="radio"/> Designated parking for amenity

**Comments:**

Amenity	Distance from the Community Centre (check one)	Condition (check one)	Access (check all that apply)
13) Playing Fields or Courts	<input type="radio"/> Yes – within 1 km of centre <input type="radio"/> Yes – 1-5 km from centre <input type="radio"/> Yes – 5-15 km from centre <input type="radio"/> Yes – beyond 15 km from centre <input type="radio"/> No – community does not have this amenity	<input type="radio"/> Very Poor <input type="radio"/> Poor <input type="radio"/> Average <input type="radio"/> Good <input type="radio"/> Very Good	<input type="radio"/> Clearly marked signs for amenity <input type="radio"/> Sidewalks & trails leading to amenity <input type="radio"/> Public transit leading to amenity <input type="radio"/> Designated parking for amenity

**Comments:**

Amenity	Distance from the Community Centre (check one)	Condition (check one)	Access (check all that apply)
14) <u>Public</u> Social Gathering Places (the public wharf, community halls, churches, indoor and outdoor public spaces, etc.)	<input type="radio"/> Yes – within 1 km of centre <input type="radio"/> Yes – 1-5 km from centre <input type="radio"/> Yes – 5-15 km from centre <input type="radio"/> Yes – beyond 15 km from centre <input type="radio"/> No – community does not have this amenity	<input type="radio"/> Very Poor <input type="radio"/> Poor <input type="radio"/> Average <input type="radio"/> Good <input type="radio"/> Very Good	<input type="radio"/> Clearly marked signs for amenity <input type="radio"/> Sidewalks & trails leading to amenity <input type="radio"/> Public transit leading to amenity <input type="radio"/> Designated parking for amenity

**Comments:**

Amenity	Distance from the Community Centre (check one)	Condition (check one)	Access (check all that apply)
15) <u>Private</u> Social Gathering Spaces (community halls, taverns, coffee shops, cafés, restaurants, etc...)	<input type="radio"/> Yes – within 1 km of centre <input type="radio"/> Yes – 1-5 km from centre <input type="radio"/> Yes – 5-15 km from centre <input type="radio"/> Yes – beyond 15 km from centre <input type="radio"/> No – community does not have this amenity	<input type="radio"/> Very Poor <input type="radio"/> Poor <input type="radio"/> Average <input type="radio"/> Good <input type="radio"/> Very Good	<input type="radio"/> Clearly marked signs for amenity <input type="radio"/> Sidewalks & trails leading to amenity <input type="radio"/> Public transit leading to amenity <input type="radio"/> Designated parking for amenity

**Comments:**



Amenity	Distance from the Community Centre (check one)	Condition (check one)	Access (check all that apply)
15) Other Amenity: <hr/> <hr/> <hr/>	<input type="radio"/> Yes – within 1 km of centre <input type="radio"/> Yes – 1-5 km from centre <input type="radio"/> Yes – 5-15 km from centre <input type="radio"/> Yes – beyond 15 km from centre <input type="radio"/> No – community does not have this amenity	<input type="radio"/> Very Poor <input type="radio"/> Poor <input type="radio"/> Average <input type="radio"/> Good <input type="radio"/> Very Good	<input type="radio"/> Clearly marked signs for amenity <input type="radio"/> Sidewalks & trails leading to amenity <input type="radio"/> Public transit leading to amenity <input type="radio"/> Designated parking for amenity

**Comments:**

Amenity	Distance from the Community Centre (check one)	Condition (check one)	Access (check all that apply)
16. Other Amenity: <hr/> <hr/> <hr/>	<input type="radio"/> Yes – within 1 km of centre <input type="radio"/> Yes – 1-5 km from centre <input type="radio"/> Yes – 5-15 km from centre <input type="radio"/> Yes – beyond 15 km from centre <input type="radio"/> No – community does not have this amenity	<input type="radio"/> Very Poor <input type="radio"/> Poor <input type="radio"/> Average <input type="radio"/> Good <input type="radio"/> Very Good	<input type="radio"/> Clearly marked signs for amenity <input type="radio"/> Sidewalks & trails leading to amenity <input type="radio"/> Public transit leading to amenity <input type="radio"/> Designated parking for amenity

**Comments:**

Amenity	Distance from the Community Centre (check one)	Condition (check one)	Access (check all that apply)
17) Other Amenity: <hr/> <hr/> <hr/>	<input type="radio"/> Yes – within 1 km of centre <input type="radio"/> Yes – 1-5 km from centre <input type="radio"/> Yes – 5-15 km from centre <input type="radio"/> Yes – beyond 15 km from centre <input type="radio"/> No – community does not have this amenity	<input type="radio"/> Very Poor <input type="radio"/> Poor <input type="radio"/> Average <input type="radio"/> Good <input type="radio"/> Very Good	<input type="radio"/> Clearly marked signs for amenity <input type="radio"/> Sidewalks & trails leading to amenity <input type="radio"/> Public transit leading to amenity <input type="radio"/> Designated parking for amenity

**Comments:**



Amenity	Distance from the Community Centre (check one)	Condition (check one)	Access (check all that apply)
18) Other Amenity: <hr/> <hr/> <hr/>	<input type="radio"/> Yes – within 1 km of centre <input type="radio"/> Yes – 1-5 km from centre <input type="radio"/> Yes – 5-15 km from centre <input type="radio"/> Yes – beyond 15 km from centre <input type="radio"/> No – community does not have this amenity	<input type="radio"/> Very Poor <input type="radio"/> Poor <input type="radio"/> Average <input type="radio"/> Good <input type="radio"/> Very Good	<input type="radio"/> Clearly marked signs for amenity <input type="radio"/> Sidewalks & trails leading to amenity <input type="radio"/> Public transit leading to amenity <input type="radio"/> Designated parking for amenity

**Comments:**

Amenity	Distance from the Community Centre (check one)	Condition (check one)	Access (check all that apply)
19) Other Amenity: <hr/> <hr/> <hr/>	<input type="radio"/> Yes – within 1 km of centre <input type="radio"/> Yes – 1-5 km from centre <input type="radio"/> Yes – 5-15 km from centre <input type="radio"/> Yes – beyond 15 km from centre <input type="radio"/> No – community does not have this amenity	<input type="radio"/> Very Poor <input type="radio"/> Poor <input type="radio"/> Average <input type="radio"/> Good <input type="radio"/> Very Good	<input type="radio"/> Clearly marked signs for amenity <input type="radio"/> Sidewalks & trails leading to amenity <input type="radio"/> Public transit leading to amenity <input type="radio"/> Designated parking for amenity

**Comments:**

Amenity	Distance from the Community Centre (check one)	Condition (check one)	Access (check all that apply)
20) Other Amenity: <hr/> <hr/> <hr/>	<input type="radio"/> Yes – within 1 km of centre <input type="radio"/> Yes – 1-5 km from centre <input type="radio"/> Yes – 5-15 km from centre <input type="radio"/> Yes – beyond 15 km from centre <input type="radio"/> No – community does not have this amenity	<input type="radio"/> Very Poor <input type="radio"/> Poor <input type="radio"/> Average <input type="radio"/> Good <input type="radio"/> Very Good	<input type="radio"/> Clearly marked signs for amenity <input type="radio"/> Sidewalks & trails leading to amenity <input type="radio"/> Public transit leading to amenity <input type="radio"/> Designated parking for amenity

**Comments:**

## FINAL QUESTIONS

Is there anything unique or innovative about your community that fosters or inhibits physical activity that has not been addressed in this Assessment? \_\_\_\_\_

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*When you have completed the Community Assessment, take note of the strengths and areas of improvement as they will guide your Action Plan.*

**Please Note:** The Community Assessment Tool was originally designed under the name "Town-wide Assessment Tool" 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>.