

APPENDIX D
SCORING TOOLS

Community: _____

Name of Scorer(s): _____

RALA COMMUNITY-WIDE ASSESSMENT (CWA) SCORING TOOL

Once you have completed the CWA for your rural community, you can use the scoring tool below to obtain a domain specific score (e.g. a score for your School Location or a score for the Trails in your community) and also an overall score for your Community-wide physical activity amenities. These scores can be used to compare to other rural communities or to compare your community to itself over time.

To score the CWA, simply look at the “ASSIGNED POINTS” column that corresponds with each of the answers you gave for your community on the RALA CWA and fill in that number of points under the last column, “MY COMMUNITY’S POINTS”. Once you have filled in all of your points for each of the items, add up the points for each domain to get that domain’s “TOTAL SCORE” and also add up your “GRAND TOTAL” score at the very bottom of the matrix.

Corresponding page numbers from the original RALA CWA Tool are included in Column A for cross-reference

| # | Column A DOMAIN/ITEMS | ASSIGNED POINTS | MY COMMUNITY’S POINTS |
|-------|--|---------------------------------|---|
| 1. | SCHOOL LOCATION | | |
| Items | There is an <u>elementary</u> school in my community that many children can walk to (Page 39) | Yes (6 Points) No (0 Points) | + _____ points |
| | There is a <u>middle</u> school in my community that many children can walk to (Page 39) | Yes (5 Points) No (0 Points) | + _____ points |
| | There is a <u>high</u> school in my community that many children can walk to (Page 39) | Yes (4 Points) No (0 Points) | + _____ points |
| | | | = _____ (TOTAL SCORE: SCHOOL LOCATION) |

| 2 | TRAILS | ASSIGNED POINTS | | MY POINTS |
|-------|---|---|--|--|
| Items | There is a <u>Hiking or Walking Trail</u> (Page 40) | Yes, within 8 kilometres of community centre Yes, 8-25 kilometres of community centre No | (8 points) (5 points) (0 points) | + _____ points |
| | There is a <u>Biking Path</u> (Page 41) | Yes, within 8 kilometres of community centre Yes, within 8-25 kilometres of community centre No | (8 points) (5 points) (0 points) | + _____ points |
| | There is some <u>Other Type of Trail*</u> (Pages 48-50) <i>* "Other" can include a different type of trail used for physical activity, or an additional hiking/walking/biking trail</i> | Yes, within 8 kilometres of community centre Yes, within 8-25 kilometres of community centre No | (4 points) (1 points) (0 points) | + _____ points ----- = _____ (TOTAL SCORE: TRAILS) |
| 3. | PARKS AND PLAYGROUND | ASSIGNED POINTS | | MY POINTS |
| Items | Public Park (Page 41) | Yes, within 8 kilometres of community centre Yes, within 8-25 kilometres of community centre No | (8 points) (5 points) (0 points) | + _____ points |
| | Public Playground <i>(If playground is within park, assign points to both)</i> (Page 45) | Yes, within 8 kilometres of community centre Yes, within 8-25 kilometres of community centre No | (8 points) (5 points) (0 points) | + _____ points |
| | School Playground (Page 46) *** (CONTINUE PARKS AND PLAYGROUNDS SECTION ON NEXT PAGE) *** | Yes, within 8 kilometres of community centre Yes, within 8-25 kilometres of community centre No | (7 points) (4 points) (0 points) | + _____ points |

| | | | |
|--|--|---|--|
| | <p>Other** (Pages 48-50)</p> <p><i>**"Other" can include a different type of park or playground, or an additional public/school park or playground</i></p> | <p>Yes, within 8 kilometres of community centre (2 points)</p> <p>Yes, within 8-25 kilometres of community centre (1 points)</p> <p>No (0 points)</p> | <p>+ _____ points</p> <p>-----</p> <p>= _____ (TOTAL SCORE: PARKS AND PLAYGROUNDS)</p> |
|--|--|---|--|

| 4. | WATER ACTIVITIES | ASSIGNED POINTS | MY POINTS |
|-------|--|---|---|
| Items | Public Use Swimming Pool (Page 42) | Yes, within 25 kilometres of community centre (4 points) No (0 points) | + _____ points |
| | Swimming Beach (Page 43) | Yes, within 25 kilometres of community centre (4 points) No (0 points) | + _____ points |
| | River, Lake, Pond, etc. with Canoe/Boat/Water-sport Access (Page 43) | Yes, within 25 kilometres of community centre (1 points) No (0 points) | + _____ points |
| | Other*** (Pages 48-50) | Yes, within 25 kilometres of community centre (1 points) No (0 points) | + _____ points |
| | <p><i>*** "Other" can include a different type of water activity amenity, or another public use swimming pool, beach or river access venue</i></p> | | <p>-----</p> <p>= _____ (TOTAL SCORE: WATER ACTIVITIES)</p> |

| 5. | RECREATION FACILITIES | ASSIGNED POINTS | | MY POINTS | |
|-------|---|---|--|----------------|----------------|
| Items | Community Recreation Centre (community-owned or private like the YMCA) (Page 44) | Yes, within 8 kilometres of community centre | (10 points) | + _____ points | |
| | | Yes, within 8-25 kilometres of community centre | (7 points) | | |
| | | No | (0 points) | | |
| | | Playing Field (Page 46) | Yes, within 8 kilometres of community centre | (7 points) | + _____ points |
| | | Yes, within 8-25 kilometres of community centre | (5 points) | | |
| | | No | (0 points) | | |
| | | Skate Park (Page 43) | Yes, within 8 kilometres of community centre | (7 points) | + _____ points |
| | | Yes, within 8-25 kilometres of community centre | (5 points) | | |
| | | No | (0 points) | | |
| | ***<u>(CONTINUE RECREATION FACILITIES SECTION ON NEXT PAGE)</u>*** | | | | |

| | | | |
|---|--|--|--|
| <p style="text-align: center;">Score up to 3 of these remaining Recreation Facilities, at <u>2</u> points each (total = 6 points)</p> | Private Fitness Facility (e.g. Curves) (Page 45) | Yes, within 8 kilometres of community centre (2 points) Yes, within 8-25 kilometres of community centre (1 points) No (0 points) | + _____ points |
| | Court (e.g. basketball, tennis, etc.) (Page 47) | Yes, within 8 kilometres of community centre (2 points) Yes, within 8-25 kilometres of community centre (1 points) No (0 points) | + _____ points |
| | Ice Arena (Pages 44) | Yes, within 8 kilometres of community centre (2 points) Yes, within 8-25 kilometres of community centre (1 points) No (0 points) | + _____ points |
| | Other*** (Pages 48-50) | Yes, within 8 kilometres of community centre (2 points) Yes, within 8-25 kilometres of community centre (1 points) No (0 points) | + _____ points |
| | Other*** (Pages 48-50) | Yes, within 8 kilometres of community centre (2 points) Yes, within 8-25 kilometres of community centre (1 points) No (0 points) | + _____ points |
| | Other*** (Pages 48-50) | Yes, within 8 kilometres of community center (2 points) Yes, 8-25 kilometres of community center (1 points) No (0 points) | + _____ points |
| <p>***"Other" can include a different type of recreational facility (e.g., yoga/dance studio, sledding hill, etc), or another recreational facility if more than one that is already listed</p> | | | <p>-----</p> <p>= _____ (TOTAL SCORE: RECREATIONAL FACILITIES <i>Note: Maximum points for Recreation Facilities domain = 30 points</i></p> |
| | | | GRAND TOTAL: _____ |

Community: _____

Scorer Name(s): _____

RALA PROGRAM & POLICY ASSESSMENT (PPA) SCORING TOOL

Once you have completed the PPA for your community, you can use the scoring tool below to obtain a domain specific score (e.g. a score for your Community Programs or a score for your School Policies in your community) and also an overall score for your community’s physical activity-related programs and policies. These scores can be used to compare to other rural communities or to compare your community to itself over time.

To score the PPA, look at the “ASSIGNED POINTS” columns B and C. If you live in an area that experiences snow fall, please refer to Column B. If you live in an area without snow fall, please refer to column C. Once you have selected the column that applies to your community, simply assign the number of points that corresponds with each of the answers you gave for your community on the RALA PPA and fill in that number of points under column D, “MY COMMUNITY’S POINTS”. Once you have filled in all of your points for each of the items, add up the points for each domain to get that domain’s “TOTAL SCORE” and also add up your “GRAND TOTAL” score at the very bottom of the matrix.

Corresponding page numbers from the original RALA PPA Tool are included in Column A for cross-reference

| # | Column A DOMAIN/ITEMS | Column B ASSIGNED POINTS <i>(if it snows in your community)</i> | Column C ASSIGNED POINTS <i>(if it does NOT snow in your community)</i> | Column D MY COMMUNITY POINTS |
|-------|---|--|---|---|
| 1. | Community Policies | | | |
| Items | Community has policy requiring bikeways/pedestrian walkways in new public infrastructure projects (Page 52) | Yes (7 points) No (0 points) | Yes (10 points) No (0 points) | + _____ points |
| | Community regularly clears snow from sidewalks and/or trails so that residents can walk/bike/wheel to work or school(Page 52) | Yes-both (3 points) Yes- sidewalk (2 points) Yes- trails (2 points) No (0 points) | N/A | + _____ points ----- = _____ (TOTAL SCORE: COMMUNITY POLICIES) |

| 2. | COMMUNITY PROGRAMS | ASSIGNED POINTS | | MY COMMUNITY'S POINTS |
|-------|---|-----------------|---------------|---|
| Items | Community has a public recreation department (Page 52) | Yes (10 points) | No (0 points) | + _____ points |
| | Community has a private recreation organization (e.g. YMCA) (Page 53) | Yes (4 points) | No (0 points) | + _____ points |
| | Either public or private department/organization (or both) offers physical activity programming for youth (Page 52) | Yes (4 points) | No (0 points) | + _____ points |
| | Either public or private department/organization (or both) allows resources/facilities to be available for local resident use outside of programming (Pages 53-54) | Yes (4 points) | No (0 points) | + _____ points |
| | Either public or private department/organization (or both) provides sliding fee scale for lower income residents (Pages 53-54) | Yes (4 points) | No (0 points) | + _____ points |
| | There is organized transportation options (either public or private) that help children get to/participate in physical activity opportunities. (Page 56) | Yes (4 points) | No (0 points) | + _____ points |
| | | | | ----- = _____ (TOTAL SCORE: COMMUNITY PROGRAMS) |

| 3. | SCHOOL POLICIES | ASSIGNED POLICIES | | MY POINTS |
|---------------------------|---|-------------------|---------------------------|--|
| Items | Schools in the community allow public access to their recreation facilities after school hours (Page 56) | Yes No | (15 points) (0 points) | + _____ points |
| | Public schools offer a late-bus option for children that stay after school for sponsored activities (Page 56) | Yes No | (15 points) (0 points) | + _____ points ----- = _____ (TOTAL SCORE: SCHOOL POLICIES) |
| 4. | SCHOOL PROGRAMS | ASSIGNED POINTS | | MY POINTS |
| Items | There are "Walk to School" programs or other programs that encourage children to walk or bike to school (Page 55) | Yes No | (15 points) (0 points) | + _____ points |
| | Schools offer other sponsored physical activity initiatives for students (do not include gym/physical education classes) (Page 55) | Yes No | (10 points) (0 points) | + _____ points ----- = _____ (TOTAL SCORE: SCHOOL PROGRAMS) |
| GRAND TOTAL= _____ | | | | |