



# Rural Active Living Assessment Sturgeon Falls, Municipality of West Nipissing

**NORTH BAY PARRY SOUND DISTRICT HEALTH UNIT**

April 2014

Dillon Consulting Limited



North Bay Parry Sound District  
**Health Unit**



**DILLON**  
CONSULTING

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## 1.0 OVERVIEW

Sturgeon Falls is one of a number of communities that make up the Municipality of West Nipissing within the North Bay Parry Sound District Health Unit coverage area that is being assessed using a Rural Active Living Assessment (RALA) Tool. The RALA Tools were developed through the Maine Rural Health Research Centre of the University of Southern Maine. They were introduced to help rural communities (population of 10,000 or less) assess their physical environment and amenities, town characteristics, and community programs and policies. The tools enable communities to identify areas of improvement to better support active living amongst residents.

By completing the RALA scoring tools, communities in the United States have:

- Identified areas where their community may be weaker in physical activity opportunities.
- Sparked conversations about their communities to identify improvements requiring longer term planning or funding.
- Prioritized actions that were feasible for their community to address.
- Identified program and policy actions that will make their communities more activity-friendly.

This report documents the results of the RALA audit. The findings present a detailed assessment of the community's existing infrastructure, transportation, and recreational facilities and structures that enable physical activity, active transportation, and active living. The report also identifies a series of preliminary recommendations for Sturgeon Falls to consider what will make it a more "active community". The results captured in this report should provide a launch point for further discussion and action, as the details captured in the audit can provide a baseline for the municipality to develop implementation plans to address active transportation, active living, parks and recreation planning, and program delivery.

The Municipality of West Nipissing may use the findings of the RALA audit to make improvements to Sturgeon Falls by:

- Informing future capital budget expenditures around the provision of transportation infrastructure, community facilities, and recreation programs.
- Maximizing the use of community facilities.
- Improving signage and local tourism opportunities.
- Identifying enhancements to beautify areas within the community.
- Improving pedestrian and cycling connectivity to facilitate safe and comfortable travel.
- Facilitating partnership development between the municipality, the North Bay Parry Sound District Health Unit, and other community partners to increase physical activity opportunities.

## 2.0 PURPOSE OF THE RALA

The RALA Tools have been designed to help collect data on physical environment features and amenities, community characteristics, community programs, and policies that could potentially influence levels of physical activity among residents. The tools allow municipalities such as the Municipality of Sturgeon Falls to assess the “friendliness” of their community for walking, biking, and playing that is inclusive of children, youth, adults, the elderly, and people with disabilities. For example, the RALA Tools provide a structure for looking at the community as a whole. They also include a detailed tool to evaluate specific “segments” of the community and assess the key characteristics of those segments. Finally, they provide a structure for assessing the programs and policies that may make the environment less activity friendly.

The RALA Tools include scoring tools that were developed by a committee made up of leaders in the physical activity, childhood obesity, community planning, and built environment fields in the United States. This tool is primarily intended for use in rural communities with a population less than 10,000. The items on the RALA tools were weighted and scored and subsequently assigned points/scores for the scoring tools. These scores can be used to compare Sturgeon Falls with other communities. Additionally, scores can also be used to assess Sturgeon Falls before an intervention or change in the community and then again afterwards for comparison purposes.

The RALA tools that were originally developed in the United States have been modified by Dillon Consulting Limited (Dillon) to better fit the Canadian context. The original RALA tools included a buffer of upwards of 25 km<sup>2</sup> to capture rural communities that are spread over a large geographic area. Adjustments were made to areas of investigation and scoring tools based on radial distances that better reflect the size and geographic dispersion of the communities within the North Bay Parry Sound District Health Unit coverage. Sturgeon Falls for instance, covers a land area of just over 5.8 km<sup>2</sup>. Radial distances were then modified to reflect a range of acceptable walking catchments, including 400 m (representing a five minute walking distance for most people), 800 m (representing a 10 minute walking distance, and which is a distance radius for neighbourhood parks established by the National Recreation Association). As a result, the RALA scoring tools and assigned points/scores were also revised to reflect the adjustments to radial distances.

### 3.0 COMPONENTS OF THE RALA

On October 3<sup>rd</sup>, 2013 a RALA audit was undertaken for Sturgeon Falls. The audit was performed by Dillon. The audit included a community wide assessment as well as two detailed street segment analysis of:

1. King Street (Sturgeon Falls' main road corridor); and
2. Sturgeon Falls' residential areas.

A Program and Policy Assessment was also undertaken as part of the RALA, through the assistance of the North Bay Parry Sound District Health Unit. These three assessment instruments are designed to be used together and provide a tool to conduct a comprehensive active living audit of the community. The RALA included scoring tools to further help municipalities identify areas for improvement or change in their community. The scoring tools can also inform infrastructure and operational spending and create a dialogue among community members, leaders, and residents to make their communities more activity friendly. Each of the assessment tools are further described in the following sub-sections.

#### 3.1 The Community-Wide Assessment

The broad-scale, Community-Wide Assessment will look at characteristics of Sturgeon Falls as a whole.

The community-wide assessment includes questions about specific community characteristics and about a number of recreational amenities that may not be within the community boundaries, but are nevertheless accessible to local residents. Rural community location patterns typically fall into one of the following categories, with shared amenities more common in the first two types:

- integrated (where one community seems contiguous with the next)
- intermediate (some development between communities, typically less than 25 kilometres between community centres)
- remote (where large undeveloped areas separate one community from the next)

Understanding a rural community's location pattern may be useful when trying to understand what resources (physical amenities, programs, and commerce) community residents have access to within and beyond their community.

#### Settlement Pattern

“Walkability” and connectivity will be determined to a great extent not only by the density of population and intersections, but by the overall pattern in which streets were laid out as the community was originally settled. Most rural communities fall into one of the following patterns:

- dispersed - There may be a community centre, but most of the population is spread

out and may live several kilometres from the community centre. Such communities can be identified by low population density and will usually have few roads and few intersections.

- elongated – This pattern is best exemplified by very small communities with only one major road passing through and most non-residential development along that road. Intersecting roads may lead to residential areas or schools, but are often not connected to each other, except by returning to the main thoroughfare.
- clustered – This pattern often results from sub-divisions. A grid pattern or cul-de-sac pattern residential neighbourhood may be quite distant from the community centre, with only one thoroughfare connecting the neighbourhood to the community centre. Occasionally, a cluster will be commercial, rather than residential, as when a box-store (such as Walmart) locates on the edge of a community, and other retail businesses, restaurants, etc develop around the box-store.
- compact – In areas where sprawl has been restricted, either by natural features or by land-use restrictions, both residential and commercial development is likely to have greater density. Grid patterns are more common in such communities. Connectivity is likely to be good, due to greater intersection density. Such communities are inherently more “walkable.”

These settlement types may be clarified or refined by considering the pattern of highway, thoroughfare, and residential roads in a community beginning with radial vs. grid pattern, with possible combinations such as a radial pattern with neighbourhoods clustered along arteries having limited local grid patterns.

### Physical Features

There are several natural and some man-made physical features that may create unique barriers in rural communities when trying to choose segments to audit. Physical features can include:

- Topography (especially in combination with road pattern)
- Rivers
- Lakes
- Limited access highways or active railroad tracks

Having a general understanding of the location patterns, settlement patterns, and physical features will aid in the selection of important factors that may aid or act as a barrier to physical activity in Sturgeon Falls.



### 3.2 The Program and Policy Assessment

The Program and Policy Assessment assesses whether programs and policies are in place to support physical activity. It includes a range of questions that address municipal infrastructure, municipal resources to support recreation planning, physical activity programming, and equity and access to programs. The assessment also includes questions aimed at public and catholic schools operating within the district that would support physical activity initiatives for students and walkability programs.

In rural communities, programs and policies play a strong role to further support physical activity among youth, seniors, and people with disabilities. Programming is especially critical in extending the usability of existing recreational activities. Questions contained in the Program and Policy Assessment were completed with the assistance of the North Bay Parry Sound District Health Unit and through feedback from the Municipality of West Nipissing.

### 3.3 The Street Segment Assessment

The more detailed Street Segment Assessment will involve identifying specific physical attributes of each segment of the community to further assess Sturgeon Falls' activity-friendliness.

The detailed Street Segment Analysis evaluates proximity, condition and accessibility of various community amenities based on the following criteria. Many of the questions in the assessment tools make reference to the community centre or "community central point." This is a reference point that best represents what the municipality or residents would most likely consider to be the centre of the community. The detailed Street Segment Analysis evaluates the condition and accessibility of various community amenities based on the following criteria.

Condition was evaluated based on the following evaluation criteria:

- Fair/Poor – The amenity is not well maintained and is in fair or poor condition. There is apparent neglect and/or deterioration.
- Good/Excellent - The amenity is well maintained and is in good or excellent condition. There is little or no apparent neglect and/or deterioration.

Access was evaluated based on the following evaluation criteria:

- Clearly marked signs for amenity – There is clear and legible signage posted specifically to direct visitors to the amenity.
- Sidewalks, trails, etc. leading to amenity – There are sidewalks, trails, etc. that lead to the amenity and connect visitors to safe walking routes to and from the amenity. The amenity is easily accessed by the young, seniors, and people with disabilities.
- Designated parking for amenity – There are parking spaces (paved, dirt, gravel, or other) designated for the amenity.

## **4.0 Results of the Community Wide Assessment**

### **4.1 Mapping**

















The RALA assessment was undertaken using the latest mobile GIS (geographic information system) technology to bring precise mapping and locational awareness to the study. This includes equipping the survey team with a tablet-PC running ArcPad software, a mobile field mapping and data collection system, paired with a GPS-enabled high-resolution camera. The ArcPad software allows the team to map the precise coordinates of environmental features, whether as a point, line or polygon, and then add details or characteristics about each feature. To streamline data collection, a custom interface was developed with unique GPS buttons to capture points of interest versus road/sidewalk features, with simple question and answer drop-down menus.

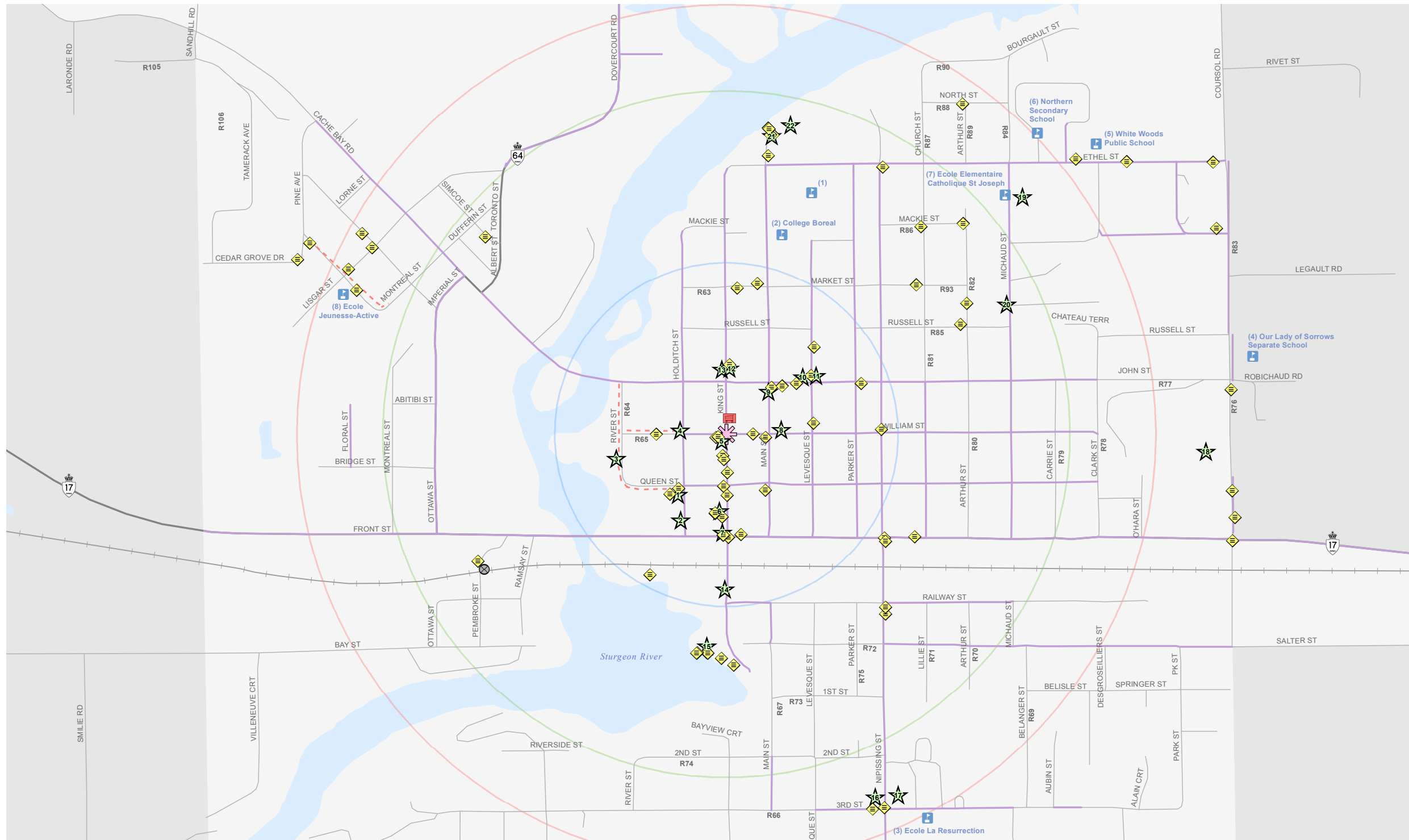
The survey data and GPS photos were imported into desktop GIS software for Quality Assurance/Quality Control checks and adjusted if necessary. Photos taken with the GPS cameras were joined to each surveyed feature by matching common GPS coordinates. All points of interest and road/sidewalk features were then plotted onto a series of maps and symbolized by their scoring characteristics.



**NORTH BAY PARRY SOUND DISTRICT HEALTH UNIT**  
RURAL ACTIVE LIVING ASSESSMENT

**STURGEON FALLS**  
MAP 1

-  CENTRE OF COMMUNITY
-  POINT OF INTEREST
-  SCHOOLS
-  COMMERCIAL BUILDINGS
-  SAFETY & SIGNS
-  BARRIERS
-  PAVED SIDEWALK
-  STEEP TERRAIN
-  HIGHWAYS
-  ROADS
-  RAILWAY
-  400 m CENTRE OF COMMUNITY BUFFER
-  800 m CENTRE OF COMMUNITY BUFFER
-  1000 m CENTRE OF COMMUNITY BUFFER
-  WATERBODY
-  STUDY AREA

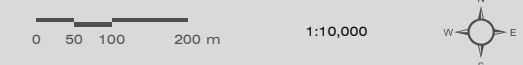


POI	TYPE	CONDITION	ACCESS	NAME
1	Fire Station	Good/Excellent	Parking, lighting	-
2	Town Hall/Government Offices/ Statistics Canada/ Library	Good/Excellent	Parking, sidewalks, accessible, lighting, bike racks	Jean - Jacques Blais Building
3	Private recreational Facility	Good/Excellent	Parking, lighting accessible	Royal Canadian Legion
4	Church/Religious building	Average	Parking, sidewalks, accessible, lighting accessible	St. Andrews United Church
5	Post Office/MPP office	Good/Excellent	Parking, accessible, lighting, sidewalks	-
6	Other: Small plaza	Good/Excellent	Safe Walking Path, parking	Volunteers Plaza
7	Other: Bell	Good/Excellent	Safe Walking Path	-
8	Town Hall/Government Offices	Average	Safe Walking Path, parking, lighting, accessible	Employment Ontario
9	Private recreational Facility	Average	Safe Walking Path, parking sidewalks accessible	Dance Academy
10	Church/Religious building	Good/Excellent	Parking, sidewalks, accessible, lighting	Paroisse Sacre Coeur
11	Recreational and sport facilities- Football	Good/Excellent	Safe Walking Path, lighting	from School Secondary Catholic french
12	Other: social services	Good/Excellent	Safe Walking Path, street parking, accessible, lighting	Suzanne Laviole- Guenette
13	Church/Religious building	Good/Excellent	Safe Walking Path, street parking, accessible, lighting	-
14	Church/Religious building	Good/Excellent	Safe Walking Path, parking, lighting accessible	St. Mary Magdeleine Church
15	Water recreation/swimming beach	Good/Excellent	Parking, safe walkway in one acces only, lighting, accessible, good boardwalk	Municipal Marina
16	Church/Religious building	Good/Excellent	Accessibility, parking	-
17	Cemetery	Good/Excellent	-	Cemetery
18	Recreational and Sport Facilities - Arena, Baseball, Football, Hockey, Skate, Soccer, Pool, etc.	Average	Parking, no sidewalks, lighting, no signage	-
19	Health Centre/Hospital	Future site of health centre - now abandoned school	Parking	-
20	Other	Average	Safe Walking Path, parking, lighting, accessible	Best Start - Early childhood center
21	Water recreation/swimming beach	Fair/Poor	Parking, picnic benches	Public beach
22	Recreational and sport facilities- tennis, beach volleyball	Average	Parking	-

SCHOOL ID	TYPE	CONDITION	ACCESS	NAME
1	Middle school (public)- Ecole Secondaire	Good/Excellent	Safe Walking Path, parking, lighting, accessible	-
2	High school (public)	Good/Excellent	Safe Walking Path, parking, lighting accessible	College Boreal
3	Elementary school (public)	Good/Excellent	Parking, accessible, no sidewalks, lighting	Ecole La Resurrection
4	Elementary school (public)	Average	Parking, no sidewalk	Our Lady of Sorrows Separate School
5	Elementary school (public)	Good/Excellent	Parking, sidewalk opposite side, accessible, lighting	White Woods Public School
6	Middle school (public)/ high	Good/Excellent	Parking, sidewalk opposite side, accessible, lighting	Northern Secondary School
7	Elementary school (public)	Good/Excellent	Safe Walking Path, parking, lighting	Ecole Elementaire Catholique St Joseph
8	Elementary school (public)	Average	Parking, no sidewalk, no trails, beside industrial building, lighting	Ecole Jeunesse-Active

ROAD ID	TERRAINE	SIDEWALK TYPE	SIDEWALK LOCATION	SIDEWALK CONDITION	BUFFER/SHOULDER CONDITION	ROAD TYPE	ROAD CONDITION	TRAFFIC VOLUMES
R63	Flat	None	-	-	Average	-	-	-
R64	Hills	None	-	-	Average	Paved / Single lane	Average	Low
R65	Hills	None	-	-	Fair/Poor	Paved / Single lane	Fair/Poor	Low
R66	Flat	None	-	-	Good/Excellent	-	-	-
R67	Flat	None	-	-	Fair/Poor	-	-	-
R69	Flat	None	-	-	Fair/Poor	-	-	-
R70	Flat	None	-	-	Fair/Poor	-	-	-
R71	Flat	None	-	-	Fair/Poor	-	-	-
R72	Flat	None	-	-	Fair/Poor	-	-	-
R73	Flat	None	-	-	Fair/Poor	-	-	-
R74	Flat	None	-	-	Fair/Poor	-	-	-
R75	Flat	None	-	-	Fair/Poor	-	-	-
R76	Flat	Paved	Intermittent	Fair/Poor	Fair/Poor	-	-	-
R77	Flat	None	-	-	Fair/Poor	Paved / Single lane	Average	Medium
R78	Flat	None	-	-	Fair/Poor	Paved / Single lane	Average	Low
R79	Flat	None	-	-	Fair/Poor	-	-	-
R80	Flat	None	-	-	Fair/Poor	-	-	-
R81	Flat	None	-	-	Fair/Poor	-	-	-
R82	Flat	None	-	-	Fair/Poor	-	-	-
R83	Flat	Paved	One side	-	Fair/Poor	-	-	-
R84	Flat	None	-	-	Fair/Poor	-	-	-
R85	Flat	None	-	-	Fair/Poor	-	-	-
R86	Flat	None	-	-	Average	Paved / Single lane	Average	Low
R87	Flat	None	-	-	Fair/Poor	Paved / Single lane	Average	Low
R88	Flat	None	-	-	None	Paved / Single lane	Average	Low
R89	Flat	None	-	-	None	Paved / Single lane	Average	Low
R90	Flat	None	-	-	None	Paved / Single lane	Average	Low
R93	Flat	None	-	-	None	Paved / Single lane	Average	Low
R105	Flat	None	-	-	Fair/Poor	-	-	-
R106	Flat	None	-	-	Fair/Poor	-	-	-



MAP DRAWING INFORMATION:  
DATA PROVIDED BY MNR

MAP CREATED BY: PFM  
MAP CHECKED BY: SL  
MAP PROJECTION: NAD 1983 UTM Zone 17N

FILE LOCATION:  
G:\GIS\126117 - North Bay Parry Sound District Health Unit\GIS data\MXD\Sturgeon Falls.MXD



PROJECT: 126117  
STATUS: FINAL  
DATE: 10/08/13

### Community Population

The 2011 Census conducted by Statistics Canada identifies a population of 6,672 in Sturgeon Falls.

### Total Community Area

Sturgeon Falls covers a land area of 5.84 square kilometres.

#### Community Population Density:

The 2011 Census conducted by Statistics Canada identifies a population density of 1,143.3 per square kilometre.

### General Community Topography

Sturgeon Falls' topography is generally flat throughout with gently rolling hills in its urban area.

### Presence of "Community Centre Point"

The community focal point in Sturgeon Falls is located along King Street in the heart of the community. Numerous shopping facilities, government services and points of interest are located on King Street or immediately adjacent to it.



This area of town is a focal point for most daily necessities for residents of Sturgeon Falls.

### General Community Street Pattern

The road network in the Sturgeon Falls urban area has an obvious and distinguishable grid pattern, providing a structure that supports active transportation. Grid patterns support walkability by providing direct and easy travel between locations. The municipality is accessible via Highway 17 which runs through the town and connects Sturgeon Falls to its neighbouring municipalities.

### Location of Public Schools

There are 8 public schools located in Sturgeon Falls including; five elementary schools, two middle schools and one high school. All of the public schools are located outside of the 400 m radius (10 minute walking distance) of the community centre point. Locations of schools are shown on map.

## 4.2 Recreational Facilities

Recreational amenities in Sturgeon Falls were assessed based on distance, condition, and accessibility.

Amenity	Distance from the Community Centre (check one)	Condition (check one)	Access (check all that apply)
Hiking or Walking Trails	<input type="checkbox"/> Yes – within 1km of centre <input type="checkbox"/> Yes – 1-5km from centre <input checked="" type="checkbox"/> Yes – 5-15km from centre <input type="checkbox"/> Yes – beyond 15km from centre <input type="checkbox"/> No – community does not have this amenity	<input type="checkbox"/> Very Poor <input type="checkbox"/> Poor <input type="checkbox"/> Average <input checked="" type="checkbox"/> Good <input type="checkbox"/> Very Good	<input type="checkbox"/> Clearly marked signs for amenity <input type="checkbox"/> Sidewalks & trails leading to amenity <input checked="" type="checkbox"/> Designated parking for amenity
Comments: <ul style="list-style-type: none"> <li>The Theodore Fouriezos wetland trails are located adjacent to the Sturgeon River House Museum. It is a 3.2 kilometres long trail that accommodates hiking and snowshoeing.</li> <li>Signs are visible along the Highway directing visitors to the trail.</li> <li>Connections to the trail are poor, as it is located a fair distance away from the highway, neighboring residences and the town core.</li> <li>Trails are well defined and marked with designated entry point.</li> <li>“Trail Under Construction” signs posted to advise hikers of potential delays or obstacles.</li> </ul>			

Amenity	Distance from the Community Centre (check one)	Condition (check one)	Access (check all that apply)
Biking Path(s)	<input checked="" type="checkbox"/> No – community does not have this amenity		
Comments: <ul style="list-style-type: none"> <li>There are no identified or designated cycling routes or paths in Sturgeon Falls.</li> </ul>			

Amenity	Distance from the Community Centre (check one)	Condition (check one)	Access (check all that apply)
Public Park(s)	<input checked="" type="checkbox"/> Yes – within 1km of centre <input type="checkbox"/> Yes – 1-5km from centre <input type="checkbox"/> Yes – 5-15km from centre <input type="checkbox"/> Yes – beyond 15km from centre <input type="checkbox"/> No – community does not have this amenity	<input type="checkbox"/> Very Poor <input type="checkbox"/> Poor <input checked="" type="checkbox"/> Average <input type="checkbox"/> Good <input type="checkbox"/> Very Good	<input type="checkbox"/> Clearly marked signs for amenity <input type="checkbox"/> Sidewalks & trails leading to amenity <input type="checkbox"/> Designated parking for amenity
<ul style="list-style-type: none"> <li>Parks in Sturgeon Falls includes Jacques Cartier Park, Sturgeon Falls Look Out, Richelieu Park, the South Side Park, Jannen Street Park, Soccer Field Park, Exhibition Grounds, and Springer Community Centre Park.</li> </ul>			

- The West Nipissing Skateboard Park is located in the parking lot of the Sturgeon Falls Recreation Centre. It is an unsupervised park that is open between May 1 and November 1.

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

Comments:

- Multiple baseball diamonds are located as part of a recreation campus adjacent to the recreational complex, approximately 1.2 kilometres from the town's centre point.
- Two of the baseball diamonds need improvement. One is overgrown and the backstop is lifting out of the ground, while another is being used to store soccer goal posts. The presence of soccer goal posts on the baseball diamond suggests the facility is used as a multi-use park during the season as is common practice throughout the province.
- A third diamond is in average condition and complete with lights and player benches. The field size is suitable for peewee (13 years of age) and below for hardball activities as well as all ages of softball. The field is not equipped with a pitching mound which restricts the diamond to younger ages of hardball.
- There are lights on the baseball diamond making it suitable for night games during the summer months.

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

Comments:

- Community centres in Sturgeon Falls include the Marcel Noel Community Hall and the West Nipissing Hall of Fame Hall.
- Numerous gathering spaces exist in close proximity to King Street including: St. Andrews Church, the Royal Canadian Legion, St. Mary Magdelene Church, government buildings, and shopping plazas.
- All public spaces appear to be well-maintained facilities and host a range of recreation and social options for residents of all ages.

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

Comments:

- The swimming beach has a small water entry point for recreation bathers.
- Swimming dock does not extend into the water and is overgrown with shoreline vegetation.
- Sturgeon Falls’ swimming beach is not accessible by sidewalks or pedestrian connections.
- Presence of algae near the beach area decreases overall aesthetic appeal of the facility.
- Signage identifies swimming risks including no life guards and high bacteria levels in the water.

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

Comments:

- Sturgeon Falls has an indoor public use swimming pool. The pool is located within a recreation campus complex, adjacent to the baseball diamonds and arena. The West Nipissing Pool & Fitness Centre, is an impressive recreation complex that includes a swimming pool, fitness rooms, and weight room. While the centre is located in Sturgeon Falls, it also draws upon visitors from the neighbouring communities of Verner and Cache Bay.

Amenity	Distance from the Community Centre (check one)	Condition (check one)	Access (check all that apply)
River watersport access	<input checked="" type="checkbox"/> Yes – within 1 km of centre <input type="checkbox"/> Yes – 1-5km from centre <input type="checkbox"/> Yes – 5-15km from centre <input type="checkbox"/> Yes – beyond 15km from centre <input type="checkbox"/> No – community does not have this amenity	<input type="checkbox"/> Very Poor <input type="checkbox"/> Poor <input type="checkbox"/> Average <input type="checkbox"/> Good <input checked="" type="checkbox"/> Very Good	<input checked="" type="checkbox"/> Clearly marked signs for amenity <input checked="" type="checkbox"/> Sidewalks & trails leading to amenity <input checked="" type="checkbox"/> Designated parking for amenity
Comments: <ul style="list-style-type: none"> <li>• Marina and boat launch.</li> <li>• The Marina is accessible via a sidewalk.</li> <li>• Signs are posted directing visitors to the marina, encouraging residents and visitors to walk or cycle to the facility.</li> <li>• Facility is in excellent condition with numerous pedestrian amenities including benches, waste bins, railings and signage.</li> <li>• Signs are posted to restrict specific recreational activities (fishing and swimming) thereby increasing overall safety for all facility users.</li> </ul>			

Amenity	Distance from the Community Centre (check one)	Condition (check one)	Access (check all that apply)
Skate Park	<input type="checkbox"/> Yes – within 1 km of centre <input checked="" type="checkbox"/> Yes – 1-5km from centre <input type="checkbox"/> Yes – 5-15km from centre <input type="checkbox"/> Yes – beyond 15km from centre <input type="checkbox"/> No – community does not have this amenity	<input type="checkbox"/> Very Poor <input type="checkbox"/> Poor <input type="checkbox"/> Average <input checked="" type="checkbox"/> Good <input type="checkbox"/> Very Good	<input type="checkbox"/> Clearly marked signs for amenity <input type="checkbox"/> Sidewalks & trails leading to amenity <input checked="" type="checkbox"/> Designated parking for amenity
Comments: <ul style="list-style-type: none"> <li>• A skate park is located in Sturgeon Falls’ recreational campus approximately 1.2 kilometres from the town centre.</li> <li>• The park is enclosed with temporary fencing.</li> <li>• There are no benches or sit down areas within the skate park and no tree cover or shade facilities exist.</li> </ul>			

Amenity	Distance from the Community Centre (check one)	Condition (check one)	Access (check all that apply)
Ice Rink	<input type="checkbox"/> Yes – within 1 km of centre <input checked="" type="checkbox"/> Yes – 1-5km from centre <input type="checkbox"/> Yes – 5-15km from centre <input type="checkbox"/> Yes – beyond 15km from centre <input type="checkbox"/> No – community does not have this amenity	<input type="checkbox"/> Very Poor <input type="checkbox"/> Poor <input checked="" type="checkbox"/> Average <input type="checkbox"/> Good <input type="checkbox"/> Very Good	<input type="checkbox"/> Clearly marked signs for amenity <input type="checkbox"/> Sidewalks & trails leading to amenity <input checked="" type="checkbox"/> Designated parking for amenity
Comments: <ul style="list-style-type: none"> <li>The Sturgeon Falls offers public skating, senior and tot skating, and shinny hockey. The indoor ice rink located approximately 1.2 kilometres from the town centre.</li> <li>The rink is served by a large parking lot.</li> </ul>			

Amenity	Distance from the Community Centre (check one)	Condition (check one)	Access (check all that apply)
Community Recreational Centre (e.g. town recreational facility)	<input type="checkbox"/> Yes – within 1 km of centre <input checked="" type="checkbox"/> Yes – 1-5km from centre <input type="checkbox"/> Yes – 5-15km from centre <input type="checkbox"/> Yes – beyond 15km from centre <input type="checkbox"/> No – community does not have this amenity	<input type="checkbox"/> Very Poor <input type="checkbox"/> Poor <input checked="" type="checkbox"/> Average <input type="checkbox"/> Good <input type="checkbox"/> Very Good	<input type="checkbox"/> Clearly marked signs for amenity <input type="checkbox"/> Sidewalks & trails leading to amenity <input checked="" type="checkbox"/> Designated parking for amenity
Comments: <ul style="list-style-type: none"> <li>The main community recreational facility (Exhibition Ground) is located approximately 1.2 kilometres from the town centre point and is home to an arena, baseball diamonds, football field, skate park, soccer pitch and indoor swimming pool and fitness centre.</li> <li>Numerous organized sports programs operate out of the recreational facility including non-profit programs, school sport programs and municipality run programs.</li> <li>Soccer and football fields at the Exhibition Ground includes 1 legal size soccer and football field, 1 small junior soccer area at Richelieu Park and 2 legal size soccer fields at Riverfront Street.</li> <li>There are no pedestrian friendly access points coming into the facility and no cycling end-of-trip amenities located at the various venues (sports fields, arena etc.).</li> <li>A satellite community recreational facility is found on Main Street approximately 800 metres from the town centre point and boasts tennis courts and beach volleyball facilities. Tennis courts are a standard size and have lines marked for adult games.</li> </ul>			



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

Comments:

- A private Dance Studio is located within 1 kilometre of the town centre.

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

Comments:

- There are 3 playgrounds in Sturgeon Falls, located at Richelieu Park, Janen Street Park and South Side Park. A splash pad is also located at South Side Park. Playgrounds are also located on elementary schools grounds.

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

Comments:

- No snowmobile trails are located within Sturgeon Falls. At this point, there is no information whether public roads are being used for snowmobiling.

### 4.3 RALA Community Wide Assessment (CWA) Scoring Tool

The scoring tool below calculates a specific score of the presence and the distance of all recreational facilities and spaces from the community centre point. These scores can be used to compare Sturgeon Falls to other rural communities or to compare Sturgeon Falls to itself over time.

Domain/Items	Assigned Points	Community's Points
<b>School Location</b>		
There is an <u>elementary</u> school in my community that many children can walk to	Yes (6 Points) No (0 Points)	+ 6 points
There is a <u>middle</u> school in my community that many children can walk to	Yes (6 Points) No (0 Points)	+ 6 points
There is a <u>high</u> school in my community that many children can walk to	Yes (4 Points) No (0 Points)	+ 4 points
		= 16 Points School Location

Trails	Assigned Points	My Points
<p>There is a <u>Hiking or Walking</u> Trail</p> <p>There is a Bicycle Path</p> <p>There is some <u>Other</u> Type of Trail* * “Other” can include a different type of trail used for physical activity, or an additional hiking/walking/biking trail</p>	<p>Yes, within 400 m of community centre point (8 points)</p> <p>Yes, beyond 400 m and within 1 kilometre of community centre point (5 points)</p> <p>Yes, beyond 1 kilometre of community centre point (2 points)</p> <p>No (0 points)</p> <p>Yes, within 400 m of community centre point (8 points)</p> <p>Yes, beyond 400 m and within 1 kilometre of community centre point (5 points)</p> <p>Yes, beyond 1 kilometre of community centre point (2 points)</p> <p>No (0 points)</p> <p>Yes, within 400 m of community centre point (8 points)</p> <p>Yes, beyond 400 m and within 1 kilometre of community centre point (5 points)</p> <p>Yes, beyond 1 kilometre of community centre point (2 points)</p> <p>No (0 points)</p>	<p>+ 2 points</p> <p>+ 0 points</p> <p>+ 0 points</p> <p>----- -- =2 Points TRAILS</p>
Parks And Playground	Assigned Points	My Points
<p>Public Park</p> <p>Public Playground</p>	<p>Yes, within 400 m of community centre point (8 points)</p> <p>Yes, beyond 400 m and within 1 kilometre of community centre point (5 points)</p> <p>Yes, beyond 1 kilometre of community centre point (2 points)</p> <p>No (0 points)</p> <p>Yes, within 400 m of community centre point (8 points)</p>	<p>+ 0 points</p>

(If playground is within park, assign points to both)	Yes, beyond 400 m and within 1 kilometre of community centre point	(5 points)	+ 0 points
	Yes, beyond 1 kilometre of community centre point	(2 points)	
	No	(0 points)	
School Playground	Yes, within 400 m of community centre point	(8 points)	+ 5 points
	Yes, beyond 400 m and within 1 kilometre of community centre point	(5 points)	
	Yes, beyond 1 kilometre of community centre point	(2 points)	
	No	(0 points)	
Other** **Other can include a different type of park or playground, or an additional public/school park or playground	Yes, within 400 m of community centre point	(8 points)	+ 5 points
	Yes, beyond 400 m and within 1 kilometre of community centre point	(5 points)	
	Yes, beyond 1 kilometre of community centre point	(2 points)	
	No	(0 points)	
			----- -- = 10 Points Parks

Water Activities	Assigned Points	My Points
Public Use Swimming Pool	Yes, within 400 m of community centre point (8 points) Yes, beyond 400 m and within 1 kilometre of community centre point (5 points) Yes, beyond 1 kilometre of community centre point (2 points) No (0 points)	+ 5 points
Swimming Beach	Yes, within 400 m of community centre point (8 points) Yes, beyond 400 m and within 1 kilometre of community centre point (5 points) Yes, beyond 1 kilometre of community centre point (2 points) No (0 points)	+ 5 points
River, Lake, Pond, etc. with Canoe/Boat/Water-sport Access	Yes, within 400 m of community centre point (8 points) Yes, beyond 400 m and within 1 kilometre of community centre point (5 points) Yes, beyond 1 kilometre of community centre point (2 points) No (0 points)	+ 5 points
Other*** *** “Other” can include a different type of water activity amenity, or another public use swimming pool, beach or river access venue	Yes, within 400 m of community centre point (8 points) Yes, beyond 400 m and within 1 kilometre of community centre point (5 points) Yes, beyond 1 kilometre of community centre point (2 points) No (0 points)	----- = 15 Points Water Activities

Public Recreation Facilities	Assigned Points	My Points
Community Recreation Centre (community-owned or private like the YMCA)	Yes, within 400 m of community centre point (8 points) Yes, beyond 400 m and within 1 kilometre of community centre point (5 points) Yes, beyond 1 kilometre of community centre point (2 points) No (0 points)	+ 2 points
Playing Field or Courts	Yes, within 400 m of community centre point (8 points) Yes, beyond 400 m and within 1 kilometre of community centre point (5 points) Yes, beyond 1 kilometre of community centre point (2 points) No (0 points)	+ 8 points
Skateboard Park	Yes, within 400 m of community centre point (8 points) Yes, beyond 400 m and within 1 kilometre of community centre point (5 points) Yes, beyond 1 kilometre of community centre point (2 points) No (0 points)	+ 2 points
Ice Skating Rink	Yes, within 400 m of community centre point (8 points) Yes, beyond 400 m and within 1 kilometre of community centre point (5 points) Yes, beyond 1 kilometre of community centre point (2 points) No (0 points)	+ 2 points  ----- = 14 Public Recreation Facilities
Private Fitness Facility (e.g. Curves)	Yes, within 400 m of community centre point (8 points) Yes, beyond 400 m and within 1 kilometre of community centre point (5 points)	

<p>Other*** ***“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>	Yes, beyond 1 kilometre of community centre point	(2 points)	+ 0 points
	No	(0 points)	
	Yes, within 400 m of community centre point	(8 points)	+ 8 points
	Yes, beyond 400 m and within 1 kilometre of community centre point	(5 points)	
	Yes, beyond 1 kilometre of community centre point	(2 points)	
No	(0 points)	----- = 8 Private Recreation Facilities	
Overall Total			65 points



### 5.0 RESULTS OF THE PROGRAM AND POLICY ASSESSMENT

Programs and Policies	Check One	Comments
Does the community have a policy that requires bikeways or pedestrian walkways in new public infrastructure projects?	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> Don't Know <input type="checkbox"/> N/A	As the community considers and builds new infrastructure projects, there is no community requirement or guideline for incorporating lanes and/or walkways for bikes and pedestrians.
Does the community have a program/policy in place to ensure regular clearing of snow and ice from sidewalks?	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't Know <input type="checkbox"/> N/A	When there is snowfall or ice in the community, sidewalks are promptly cleared to create safe, passable sidewalks for residents to walk to school or work..
Does the community have a public recreation department that offers physical activity programming?	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't Know	
If yes, do they offer...		
<ul style="list-style-type: none"> <li>• Programs for youth?</li> <li>• Ages served: 4+</li> </ul>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't Know	Yes - for seniors only (discounted rates)  No - there are no financial supports/sliding scale for any other ages
<ul style="list-style-type: none"> <li>• Programs for adults?</li> <li>• Ages served: 18+</li> </ul>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't Know	
<ul style="list-style-type: none"> <li>• Programs for older adults?</li> <li>• Ages served: 65+</li> </ul>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't Know	
<ul style="list-style-type: none"> <li>• Are physical activity resources/facilities available for local resident use outside of formal programming?</li> </ul>	<input checked="" type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> Don't Know	
<ul style="list-style-type: none"> <li>• Does the community services department responsible for the programming provide a sliding-scale fee for lower income residents?</li> </ul>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> Don't Know	
Does the town have a private organization (such as the YMCA or a religious organization) that offers physical activity programming?	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't Know	

Programs and Policies	Check One	Comments
If yes, do they offer...		
<ul style="list-style-type: none"> <li>Physical activity programming for local youth?</li> <li>Ages served: All</li> </ul>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't Know	<p>The community has a private organization offering physical activity programming for youth.</p>
<ul style="list-style-type: none"> <li>Physical activity programming for local adults?</li> <li>Ages served: Yes</li> </ul>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't Know	<p>All physical activity programming is free.</p>
<ul style="list-style-type: none"> <li>Are there membership requirements to participate in these programs?</li> </ul>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't Know	
<ul style="list-style-type: none"> <li>Are physical activity resources/facilities available for local resident use outside of programming?</li> </ul>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> Don't Know	
<ul style="list-style-type: none"> <li>Does the organization provide scholarships or offer a sliding fee scale for lower income residents?</li> </ul>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't Know	
Does the town offer any local public transportation options, such as public busses or vans?	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't Know	The community has either free or fee-based public transportation regularly available
Are there any long-distance public transportation options available in your town, such as a train or Greyhound Bus?	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't Know <input type="checkbox"/> N/A	There are long-distance public transportation options available in the community (buses).

### 5.1 RALA Program & Policy Assessment (PPA) Scoring Tool

The scoring tool below calculates a specific score to assess municipal and school policies and programs to support physical activity. These scores can be used to compare Sturgeon Falls to other rural communities or to compare Sturgeon Falls to itself over time.

Domain/Items	Assigned Points (If It Shows In Your Community)	My Community Points
<b>Community Policies</b>		
Community has policy requiring bikeways/pedestrian walkways in new public infrastructure projects.	Yes (7 points) No (0 points)	+ 0 points
Community regularly clears snow from sidewalks so that residents can walk/bike to work or school.	Yes (3 points) No (0 points)	+ 3 points  -----  = 3 Points Community Policies

Community Programs	Assigned Points		My Community's Points
Community has a public recreation department.	Yes No	(10 points) (0 points)	+ 10 points
Community has a private recreation organization (e.g. YMCA).	Yes No	(4 points) (0 points)	+ 4 points
Either <b>public</b> or <b>private department/organization</b> (or both) offers physical activity programming for youth.	Yes No	(4 points) (0 points)	+ 4 points
Either <b>public</b> or <b>private department/organization</b> (or both) allows resources/facilities to be available for local resident use outside of programming.	Yes No	(4 points) (0 points)	+ 4 points
Either <b>public</b> or <b>private department/organization</b> (or both) provides scholarships/sliding fee scale for lower income residents.	Yes No	(4 points) (0 points)	+ 4 points
There is organized transportation options (either public or private) that help children get to/participate in physical activity opportunities.	Yes No	(4 points) (0 points)	+ 4 points ----- = 30 Points Community Programs
School Policies	Assigned Policies		My Points
Schools in the community allow public access to their recreation facilities after school hours.	Yes No	(15 points) (0 points)	+ 15 points
Public schools offer a late-bus option for children that stay after school for sponsored activities.	Yes No	(15 points) (0 points)	+ 15 points ----- =30 points School Policies

School Programs	Assigned Points		My Points
There are “Walk to School” programs or other programs that encourage children to walk or bike to school.	Yes	(15 points)	+ 0 points
	No	(0 points)	
Schools are participants in other activities (excluding “Walk to School” programs) that are included in the National “Safe Routes to School” program.	Yes	(5 points)	+ 0 points
	No	(0 points)	
Schools offer other sponsored physical activity initiatives for students (do not include gym/physical education classes).	Yes	(10 points)	+ 10 points
	No	(0 points)	+ 0 points
			+ 0 points
			+ 10 points
			-----
			=10 points School Programs
			GRAND TOTAL= 73 Points

## 6.0 RESULTS OF THE STREET SEGMENT ASSESSMENT TOOL

Two street segment analyses were completed for Sturgeon Falls, including one for King Street, and another for all the residential land uses within the urban area. King Street runs north south through the municipality and includes a range of community uses and amenities. The street functions as a primary corridor into Sturgeon Falls and provides direct access to Highway 17 which runs through the south end of the town.

A Primary Central Zone was created using a 400 metres radius around the community centre point. This radius represents a suitable and commonly accepted walking distance. The Secondary and Tertiary radius encircles the community centre point at 800 metres and 1 kilometre, respectively, to capture additional community features and land uses. The secondary radius also encircles the urban area while the tertiary radius encircles the vast majority of the Town.

Please note that there is not a scoring tool for the Street Segment Assessment. Expert Advisors as well as communities that have used the RALA agreed that a scoring tool for the segments would be extremely complicated and cumbersome, and would probably not add extra value to completing the Street Segment Assessment tool itself. Other detailed segment assessments in the literature also do not incorporate a scoring system. However, it is believed that scoring the Community-wide and Program and Policy Assessments can help communities propose and assess changes that will make their communities more activity-friendly.

### SEGMENT DESCRIPTION – King Street

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Boundaries:

- North: Russel Street
- South: Front Street

Primary Streets:

- King Street

Land Use:

- |                                       |  |
|---------------------------------------|--|
| <input type="checkbox"/> Residential  | <input type="checkbox"/> Community Park/Open Space                           |
| <input type="checkbox"/> Commercial   | <input checked="" type="checkbox"/> Mixed Use (all/more than 1 of the above) |
| <input type="checkbox"/> Industrial   | <input type="checkbox"/> Other: _____  |
| <input type="checkbox"/> Public/Civic | <input type="checkbox"/> Other: _____  |

Terrain:

- |  |  |
|--|--|
| <input checked="" type="checkbox"/> Flat                 | <input type="checkbox"/> River/Creek/Ocean |
| <input type="checkbox"/> Hills                           | <input type="checkbox"/> Winding Roads     |
| <input type="checkbox"/> Valley                          | <input type="checkbox"/> Other: _____      |
| <input type="checkbox"/> Forest/Agricultural/Undeveloped | <input type="checkbox"/> Other: _____      |

Segment Zone Type:

- |   |  |
|---|--|
| <input checked="" type="checkbox"/> Main Street | <input type="checkbox"/> Industrial                |
| <input type="checkbox"/> Thoroughfare           | <input type="checkbox"/> School Zone               |
| <input type="checkbox"/> Neighbourhood          | <input type="checkbox"/> Community Park/Open Space |
| <input type="checkbox"/> Commercial             | <input type="checkbox"/> Other: _____              |

**WALKABILITY – King Street**

	<b>Types (check all that apply)</b>	<b>Condition (check one for each type) 1 – poor 2 – average 3 – good</b>
Sidewalks  Length:	<input checked="" type="checkbox"/> Both sides of street <input type="checkbox"/> One side of street <input type="checkbox"/> Intermittent <input type="checkbox"/> Footpath only <input type="checkbox"/> None	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input checked="" type="checkbox"/> 3 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3
Buffers & Shoulders Width:	<input checked="" type="checkbox"/> Sidewalk Buffer <input type="checkbox"/> Defined Shoulder <input type="checkbox"/> None <input type="checkbox"/> N/A	<input checked="" type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3
Cross-walks, Pedestrian & Cycling Signage	<input checked="" type="checkbox"/> Crosswalks <input type="checkbox"/> Crossing Signals <input type="checkbox"/> Pedestrian/Cycling Signs <input type="checkbox"/> Children at Play Signs <input type="checkbox"/> School Zone <input type="checkbox"/> None <input type="checkbox"/> N/A	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input checked="" type="checkbox"/> 3 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3
Street Amenities	<input checked="" type="checkbox"/> Street furniture <input checked="" type="checkbox"/> Waste bins <input type="checkbox"/> Shade protection	<input type="checkbox"/> 1 <input checked="" type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 1 <input checked="" type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3
Other Safety Features	<input checked="" type="checkbox"/> Traffic Lights <input checked="" type="checkbox"/> Stop Signs <input type="checkbox"/> School Flashing Lights <input type="checkbox"/> Speed Bumps <input checked="" type="checkbox"/> Public Lighting <input checked="" type="checkbox"/> Curb cut for wheelchair access <input checked="" type="checkbox"/> Accessible entrances <input type="checkbox"/> None <input type="checkbox"/> N/A	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input checked="" type="checkbox"/> 3 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input checked="" type="checkbox"/> 3 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input checked="" type="checkbox"/> 3 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input checked="" type="checkbox"/> 3 <input type="checkbox"/> 1 <input checked="" type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3
Road/Traffic Characteristics	<input type="checkbox"/> Road Type: <input type="checkbox"/> Paved / Multi-lane <input checked="" type="checkbox"/> Paved / Single lane <input type="checkbox"/> Unpaved roads <input type="checkbox"/> Road Condition: <input type="checkbox"/> Poor <input type="checkbox"/> Average <input checked="" type="checkbox"/> Good	<input type="checkbox"/> Posted Speed Limit: <input type="checkbox"/> ___ km/hr <input type="checkbox"/> None posted <input type="checkbox"/> Traffic Volume: <input type="checkbox"/> High <input checked="" type="checkbox"/> Medium <input type="checkbox"/> Low



Barriers	<input type="checkbox"/> Highway <input type="checkbox"/> Train Tracks <input type="checkbox"/> Private Property <input type="checkbox"/> Industrial Zone <input type="checkbox"/> Natural Features <input type="checkbox"/> Other <input checked="" type="checkbox"/> None	<input type="checkbox"/> 1 <input type="checkbox"/> 1 <input type="checkbox"/> 1 <input type="checkbox"/> 1 <input type="checkbox"/> 1 <input type="checkbox"/> 1 <input type="checkbox"/> 1 <input type="checkbox"/> 1	<input type="checkbox"/> 2 <input type="checkbox"/> 2 <input type="checkbox"/> 2 <input type="checkbox"/> 2 <input type="checkbox"/> 2 <input type="checkbox"/> 2 <input type="checkbox"/> 2 <input type="checkbox"/> 2	<input type="checkbox"/> 3 <input type="checkbox"/> 3 <input type="checkbox"/> 3 <input type="checkbox"/> 3 <input type="checkbox"/> 3 <input type="checkbox"/> 3 <input type="checkbox"/> 3 <input type="checkbox"/> 3
<b>Connectivity:</b> Do sidewalks, bikepaths or other trails link and connect this segment to other parts of the community or another segment or road? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No		<b>Condition of Connectors:</b> <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input checked="" type="checkbox"/> 3		

**LAND USE**

	Types (check all that apply)	Condition (check one for each type) 1 – poor 2 – average 3 – good
<p>Residential</p> <p>Density: <input checked="" type="checkbox"/> Dense settlement</p>	<p>Housing Type:</p> <p><input checked="" type="checkbox"/> Single family detached</p> <p><input checked="" type="checkbox"/> Multi-family dwelling</p> <p><input type="checkbox"/> Mobile homes</p> <p><input type="checkbox"/> Other: _____</p> <p><input type="checkbox"/> Other: _____</p> <p><input type="checkbox"/> None</p>	<p><input type="checkbox"/> 1    <input type="checkbox"/> 2    <input checked="" type="checkbox"/> 3</p> <p><input type="checkbox"/> 1    <input type="checkbox"/> 2    <input checked="" type="checkbox"/> 3</p> <p><input type="checkbox"/> 1    <input type="checkbox"/> 2    <input type="checkbox"/> 3</p> <p><input type="checkbox"/> 1    <input type="checkbox"/> 2    <input type="checkbox"/> 3</p> <p><input type="checkbox"/> 1    <input type="checkbox"/> 2    <input type="checkbox"/> 3</p> <p><input type="checkbox"/> 1    <input type="checkbox"/> 2    <input type="checkbox"/> 3</p>
<p>Public / Civic</p>	<p><input checked="" type="checkbox"/> Library</p> <p><input type="checkbox"/> Museum</p> <p><input type="checkbox"/> Community Centre</p> <p><input checked="" type="checkbox"/> Post Office</p> <p><input checked="" type="checkbox"/> Town Offices</p> <p><input checked="" type="checkbox"/> Emergency Services</p> <p><input checked="" type="checkbox"/> Church/Religious institution</p> <p><input checked="" type="checkbox"/> Hospital / Health Centre</p> <p><input type="checkbox"/> Athletic Fields / Courts</p> <p><input type="checkbox"/> Playground</p> <p><input checked="" type="checkbox"/> Other: Plaza _____</p> <p><input type="checkbox"/> Other: _____</p> <p><input type="checkbox"/> None</p>	<p><input type="checkbox"/> 1    <input type="checkbox"/> 2    <input checked="" type="checkbox"/> 3</p> <p><input type="checkbox"/> 1    <input type="checkbox"/> 2    <input type="checkbox"/> 3</p> <p><input type="checkbox"/> 1    <input type="checkbox"/> 2    <input type="checkbox"/> 3</p> <p><input type="checkbox"/> 1    <input checked="" type="checkbox"/> 2    <input type="checkbox"/> 3</p> <p><input type="checkbox"/> 1    <input type="checkbox"/> 2    <input checked="" type="checkbox"/> 3</p> <p><input type="checkbox"/> 1    <input type="checkbox"/> 2    <input checked="" type="checkbox"/> 3</p> <p><input type="checkbox"/> 1    <input type="checkbox"/> 2    <input checked="" type="checkbox"/> 3</p> <p><input type="checkbox"/> 1    <input type="checkbox"/> 2    <input checked="" type="checkbox"/> 3</p> <p><input type="checkbox"/> 1    <input type="checkbox"/> 2    <input type="checkbox"/> 3</p> <p><input type="checkbox"/> 1    <input type="checkbox"/> 2    <input type="checkbox"/> 3</p> <p><input type="checkbox"/> 1    <input checked="" type="checkbox"/> 2    <input type="checkbox"/> 3</p> <p><input type="checkbox"/> 1    <input type="checkbox"/> 2    <input type="checkbox"/> 3</p> <p><input type="checkbox"/> 1    <input type="checkbox"/> 2    <input type="checkbox"/> 3</p>
<p>Commercial</p>	<p><input checked="" type="checkbox"/> Restaurant / Café</p> <p><input type="checkbox"/> Bar</p> <p><input checked="" type="checkbox"/> Food Market</p> <p><input checked="" type="checkbox"/> Theatre</p> <p><input type="checkbox"/> Gas station</p> <p><input type="checkbox"/> Convenience Store</p> <p><input checked="" type="checkbox"/> Small Retail</p> <p><input type="checkbox"/> Big Box Retail</p> <p><input type="checkbox"/> Fitness Centre</p> <p><input type="checkbox"/> Private Medical Office</p> <p><input checked="" type="checkbox"/> Private Other Office</p> <p><input type="checkbox"/> Hotel</p> <p><input type="checkbox"/> Other: _____</p> <p><input type="checkbox"/> None</p>	<p><input type="checkbox"/> 1    <input checked="" type="checkbox"/> 2    <input type="checkbox"/> 3</p> <p><input type="checkbox"/> 1    <input type="checkbox"/> 2    <input type="checkbox"/> 3</p> <p><input type="checkbox"/> 1    <input checked="" type="checkbox"/> 2    <input type="checkbox"/> 3</p> <p><input type="checkbox"/> 1    <input checked="" type="checkbox"/> 2    <input type="checkbox"/> 3</p> <p><input type="checkbox"/> 1    <input type="checkbox"/> 2    <input type="checkbox"/> 3</p> <p><input type="checkbox"/> 1    <input type="checkbox"/> 2    <input type="checkbox"/> 3</p> <p><input type="checkbox"/> 1    <input type="checkbox"/> 2    <input type="checkbox"/> 3</p> <p><input checked="" type="checkbox"/> 1    <input type="checkbox"/> 2    <input checked="" type="checkbox"/> 3</p> <p><input type="checkbox"/> 1    <input type="checkbox"/> 2    <input type="checkbox"/> 3</p> <p><input type="checkbox"/> 1    <input type="checkbox"/> 2    <input type="checkbox"/> 3</p> <p><input type="checkbox"/> 1    <input type="checkbox"/> 2    <input checked="" type="checkbox"/> 3</p> <p><input type="checkbox"/> 1    <input type="checkbox"/> 2    <input type="checkbox"/> 3</p> <p><input type="checkbox"/> 1    <input type="checkbox"/> 2    <input type="checkbox"/> 3</p>
<p>Schools</p>	<p><input type="checkbox"/> Elementary</p> <p><input type="checkbox"/> Middle</p> <p><input type="checkbox"/> High</p> <p><input type="checkbox"/> Private</p> <p><input type="checkbox"/> Other: _____</p> <p><input type="checkbox"/> Other: _____</p>	<p><input type="checkbox"/> 1    <input type="checkbox"/> 2    <input type="checkbox"/> 3</p> <p><input type="checkbox"/> 1    <input type="checkbox"/> 2    <input type="checkbox"/> 3</p> <p><input type="checkbox"/> 1    <input type="checkbox"/> 2    <input type="checkbox"/> 3</p> <p><input type="checkbox"/> 1    <input type="checkbox"/> 2    <input type="checkbox"/> 3</p> <p><input type="checkbox"/> 1    <input type="checkbox"/> 2    <input type="checkbox"/> 3</p> <p><input type="checkbox"/> 1    <input type="checkbox"/> 2    <input type="checkbox"/> 3</p>

	<input checked="" type="checkbox"/> None	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Industrial / Agricultural	<input type="checkbox"/> Light Industrial	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
	<input type="checkbox"/> Heavy Industrial	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
	<input type="checkbox"/> Farmland Area	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
	<input type="checkbox"/> Other: _____	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
	<input checked="" type="checkbox"/> None	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
<p>Comments:</p> <ul style="list-style-type: none"> <li>• The primary land use along King Street is commercial.</li> <li>• Numerous shops and community places are scattered throughout the length of street making King Street the community focal point.</li> </ul>				

## 6.1 Subjective Assessment & Overview

### SUBJECTIVE ASSESSMENT

<p><b>Walkability</b> – how strongly do you agree with the following statement?</p> <p>“This segment is walkable.”</p> <p>Strongly Disagree      Disagree      Not Sure      Agree      Strongly Agree</p> <p><input type="checkbox"/>      <input type="checkbox"/>      <input type="checkbox"/>      <input type="checkbox"/>      <input checked="" type="checkbox"/></p>				
<p>Comments:</p> <ul style="list-style-type: none"> <li>• King Street is a walkable main street with numerous community focal points including commercial shops, post office, churches and social services.</li> <li>• The street is well maintained and aesthetically pleasing. Effort is made to enhance the urban environment as seen with decorative pavement features, decorative street lights and flower baskets as well as the presence of waste bins.</li> <li>• Different pavement types are utilized at intersections to slow down drivers, making the areas safer for pedestrians and cyclists.</li> <li>• Few commercial buildings provide bike racks to promote active transportation.</li> <li>• Store fronts actively utilize sidewalk areas to display merchandise, produce and products during summer months, which encourage shoppers to walk between stores.</li> <li>• Street parking is available along King Street.</li> <li>• While King Street is walkable, there are a few mid-block crossings along the corridor. There is also an absence of signalized crosswalks at intersections when pavement treatment is provided. It is uncertain whether these intersections are pedestrian crossings as signage and lighting is not provided.</li> </ul>				
<p><b>Aesthetics</b> – how strongly do you agree with the following statement?</p> <p>“This segment is aesthetically pleasing?”</p> <p>Strongly Disagree      Disagree      Not Sure      Agree      Strongly Agree</p> <p><input type="checkbox"/>      <input type="checkbox"/>      <input type="checkbox"/>      <input checked="" type="checkbox"/>      <input type="checkbox"/></p>				
<p>Comments:</p> <ul style="list-style-type: none"> <li>• King Street is an aesthetically pleasing street segment. Streetscaping enhances the environment and provides a sense of community pride for pedestrians.</li> <li>• Installation of more end-of-trip amenities (bike racks) and pedestrian benches could further attract pedestrians to the area.</li> </ul>				

## 6.2 Street segment Assessment Tool

### SEGMENT DESCRIPTION – Residential Uses

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Boundaries:

- North: Ethel Street
- South: Front Street

Primary Streets:

- Parker Street
- Nipissing Street
- Church Street
- Arthur Street
- Michaud Street
- Carrie Street
- Nipissing St
- Clark Street
- Queen Street
- William Street
- Cache Bay Road
- Russell Street
- Market Street
- Mackie Street

Land Use:

- |   |  |
|---|--|
| <input checked="" type="checkbox"/> Residential | <input type="checkbox"/> Community Park/Open Space                           |
| <input type="checkbox"/> Commercial             | <input checked="" type="checkbox"/> Mixed Use (all/more than 1 of the above) |
| <input type="checkbox"/> Industrial             | <input type="checkbox"/> Other: _____  |
| <input type="checkbox"/> Public/Civic           | <input type="checkbox"/> Other: _____  |

Terrain:

- |  |  |
|--|--|
| <input checked="" type="checkbox"/> Flat                 | <input type="checkbox"/> River/Creek/Ocean |
| <input type="checkbox"/> Hills                           | <input type="checkbox"/> Winding Roads     |
| <input type="checkbox"/> Valley                          | <input type="checkbox"/> Other: _____      |
| <input type="checkbox"/> Forest/Agricultural/Undeveloped | <input type="checkbox"/> Other: _____      |

Segment Zone Type:

- |   |  |
|---|--|
| <input type="checkbox"/> Community Centre/Main Street | <input type="checkbox"/> Industrial                |
| <input type="checkbox"/> Thoroughfare                 | <input type="checkbox"/> School Zone               |
| <input checked="" type="checkbox"/> Neighbourhood     | <input type="checkbox"/> Community Park/Open Space |
| <input type="checkbox"/> Commercial                   | <input type="checkbox"/> Other: Residential        |

**WALKABILITY – Residential Areas**

	<b>Types (check all that apply)</b>	<b>Condition (check one for each type) 1 – poor 2 – average 3 – good</b>
Sidewalks	<input type="checkbox"/> Both sides of street <input type="checkbox"/> One side of street <input checked="" type="checkbox"/> Intermittent <input type="checkbox"/> Footpath only <input type="checkbox"/> None	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 1 <input checked="" type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3
Buffers & Shoulders	<input checked="" type="checkbox"/> Sidewalk Buffer <input type="checkbox"/> Defined Shoulder <input type="checkbox"/> None <input type="checkbox"/> N/A	<input checked="" type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3
Crosswalks, Pedestrian & Cycling Signage	<input type="checkbox"/> Crosswalks <input type="checkbox"/> Crossing Signals <input type="checkbox"/> Pedestrian/Cycling Signs <input checked="" type="checkbox"/> Children at Play Signs <input type="checkbox"/> None <input type="checkbox"/> N/A	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 1 <input checked="" type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3
Street Amenities	<input checked="" type="checkbox"/> Street furniture <input checked="" type="checkbox"/> Waste bins <input checked="" type="checkbox"/> Shade protection	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input checked="" type="checkbox"/> 3 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input checked="" type="checkbox"/> 3 <input type="checkbox"/> 1 <input checked="" type="checkbox"/> 2 <input type="checkbox"/> 3
Other Safety Features	<input type="checkbox"/> Traffic Lights <input checked="" type="checkbox"/> Stop Signs <input checked="" type="checkbox"/> School Flashing Lights <input type="checkbox"/> Speed Bumps <input checked="" type="checkbox"/> Public Lighting <input type="checkbox"/> Curb cut for wheelchair access <input checked="" type="checkbox"/> Accessible entrances <input type="checkbox"/> None <input type="checkbox"/> N/A	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input checked="" type="checkbox"/> 3 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input checked="" type="checkbox"/> 3 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input checked="" type="checkbox"/> 3 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 1 <input checked="" type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3
Road/Traffic Characteristics	<input type="checkbox"/> Road Type: <input type="checkbox"/> Paved / Multi-lane <input checked="" type="checkbox"/> Paved / Single lane <input type="checkbox"/> Unpaved roads <input type="checkbox"/> Road Condition: <input type="checkbox"/> Poor <input checked="" type="checkbox"/> Average	<input type="checkbox"/> Posted Speed Limit: <input type="checkbox"/> km/hr <input type="checkbox"/> None posted <input type="checkbox"/> Traffic Volume: <input type="checkbox"/> High <input checked="" type="checkbox"/> Medium <input type="checkbox"/> Low

	<input type="checkbox"/> Good	
Barriers	<input type="checkbox"/> Highway	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3
	<input type="checkbox"/> Train Tracks	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3
	<input type="checkbox"/> Private Property	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3
	<input type="checkbox"/> Industrial Zone	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3
	<input type="checkbox"/> Natural Features	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3
	<input type="checkbox"/> Other:	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3
	<input checked="" type="checkbox"/> None	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3
<p>Connectivity: Do sidewalks, bikepaths or other trails link and connect this segment to other parts of the community or another segment or road?</p> <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No		<p>Condition of Connectors:  <input type="checkbox"/> 1    <input checked="" type="checkbox"/> 2    <input type="checkbox"/> 3         </p>

**LAND USE – Residential Areas**

	<b>Types (check all that apply)</b>	<b>Condition (check one for each type) 1 – poor 2 – average 3 – good</b>		
Residential  Density: <input type="checkbox"/> Dense Settlement	Housing Type:  <input checked="" type="checkbox"/> Single family detached <input checked="" type="checkbox"/> Multi-family dwelling <input type="checkbox"/> Mobile homes <input type="checkbox"/> Other: _____ <input type="checkbox"/> Other: _____ <input type="checkbox"/> None	<input type="checkbox"/> 1	<input checked="" type="checkbox"/> 2	<input type="checkbox"/> 3
		<input type="checkbox"/> 1	<input checked="" type="checkbox"/> 2	<input type="checkbox"/> 3
		<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
		<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
		<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
		<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Public / Civic	<input checked="" type="checkbox"/> Library <input type="checkbox"/> Museum <input checked="" type="checkbox"/> Community Centre <input type="checkbox"/> Post Office <input checked="" type="checkbox"/> Town Offices <input checked="" type="checkbox"/> Emergency Services <input checked="" type="checkbox"/> Church/Religious institution <input checked="" type="checkbox"/> Hospital / Health Centre <input checked="" type="checkbox"/> Athletic Fields / Courts <input type="checkbox"/> Playground <input type="checkbox"/> Other: _____ <input type="checkbox"/> Other: _____ <input type="checkbox"/> None	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input checked="" type="checkbox"/> 3
		<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
		<input type="checkbox"/> 1	<input checked="" type="checkbox"/> 2	<input type="checkbox"/> 3
		<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
		<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
		<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
		<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
		<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
		<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
		<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
		<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
		<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
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		<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
		<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
		<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
		<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
		<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
		<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Schools	<input checked="" type="checkbox"/> Elementary <input checked="" type="checkbox"/> Middle <input checked="" type="checkbox"/> High	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input checked="" type="checkbox"/> 3
		<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input checked="" type="checkbox"/> 3
		<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input checked="" type="checkbox"/> 3



	<input type="checkbox"/> Private <input type="checkbox"/> Other: _____ <input type="checkbox"/> Other: _____ <input type="checkbox"/> None	<input type="checkbox"/> 1 <input type="checkbox"/> 1 <input type="checkbox"/> 1 <input type="checkbox"/> 1	<input type="checkbox"/> 2 <input type="checkbox"/> 2 <input type="checkbox"/> 2 <input type="checkbox"/> 2	<input type="checkbox"/> 3 <input type="checkbox"/> 3 <input type="checkbox"/> 3 <input type="checkbox"/> 3
Industrial / Agricultural	<input type="checkbox"/> Light Industrial <input type="checkbox"/> Heavy Industrial <input type="checkbox"/> Farmland Area <input type="checkbox"/> Other: _____ <input checked="" type="checkbox"/> None	<input type="checkbox"/> 1 <input type="checkbox"/> 1 <input type="checkbox"/> 1 <input type="checkbox"/> 1 <input type="checkbox"/> 1	<input type="checkbox"/> 2 <input type="checkbox"/> 2 <input type="checkbox"/> 2 <input type="checkbox"/> 2 <input type="checkbox"/> 2	<input type="checkbox"/> 3 <input type="checkbox"/> 3 <input type="checkbox"/> 3 <input type="checkbox"/> 3 <input type="checkbox"/> 3
Comments: <ul style="list-style-type: none"> <li>• The majority of Sturgeon Falls is comprised of single family detached homes</li> <li>• Commercial environments within residential areas are dominated by small retail shops and specialized outlets. However, these are mostly located along the streets located near the centre of the community.</li> </ul>				

### 6.3 Subjective Assessment & Overview

#### SUBJECTIVE ASSESSMENT – Residential Neighbourhood

Please answer the following questions last (once the rest of the assessment tool has been completed).				
<b>Walkability</b> – how strongly do you agree with the following statement?				
“This segment is walkable.”				
Strongly Disagree	Disagree	Not Sure	Agree	Strongly Agree
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Comments:				
<ul style="list-style-type: none"> <li>Road and sidewalk conditions are generally average in the residential areas. Sidewalks are discontinued on some of the residential streets, as they flip from one side of the road to the other depending on the block.</li> <li>Some streets leading to schools, recreational facilities, and other community facilities have no sidewalks, which may pose a safety concern for pedestrians and cyclists.</li> </ul>				
<b>Aesthetics</b> – how strongly do you agree with the following statement?				
“This segment is aesthetically pleasing?”				
Strongly Disagree	Disagree	Not Sure	Agree	Strongly Agree
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Comments:				
<ul style="list-style-type: none"> <li>Sturgeon Falls’ residential areas are very pleasant, most of the houses are in good conditions and have well-kept landscaped areas.</li> </ul>				

## 7.0 OBSERVATIONS AND RECOMMENDATIONS FOR STURGEON FALLS

The following highlights Dillon's specific observations and where possible, recommendations for Sturgeon Falls to consider. All photographs were taken by Dillon on October 3<sup>rd</sup>, 2013.

### King Street (Community focal point of Sturgeon Falls)



King Street is a pedestrian friendly corridor and overall an excellent example of a community focal point. As the main corridor through Sturgeon Falls, the street could further benefit from additional signage notifying motorists of high pedestrian activity in the area.

#### **Recommendation:**

While pavement markings are provided at some intersections, signage could be installed to provide clarity regarding crosswalk locations.



Investments in active transportation could also further enhance this important community corridor.

#### **Recommendation:**

Providing more end of trip amenities at store fronts and other main locations would encourage active transportation to the community centre.



#### **Recommendation:**

Consideration should be given to reducing the amount of on-street parking on King Street to provide a safer environment for cyclists wishing to share the road. Consider promoting side street parking, making store fronts more visible to tourists.

## Recreation and Trails



The Sturgeon Falls community recreation campus located on Main Street and features a multi-court tennis facility. The facility is equipped with lights for night games and is in overall good condition.

### Recommendation:

Consideration should be given to installing additional court lines and providing flexible net configurations to create options for use of the facility by younger participants. The newly announced national “Little Aces” tennis program requires a tiered court size for younger participants of the game. To better accommodate children and youth, the facility could be enhanced to provide program options for younger youth.



The swimming area located at the north end of Main Street at Sturgeon River is in overall poor condition. Signage deters swimming activities and poor water quality reduces the aesthetic appeal to the local community.

### Recommendation:

Consideration should be given to making the beach environment more aesthetically appealing (planting trees, benches, etc.). End of trip amenities should be installed to encourage cycling to the facility. A delineated swimming area should be cordoned off to prevent boaters from interacting with swimmers. Efforts to enhance the water quality should be considered, making the environment appealing to perceptive users.



### Recommendation:

Additionally, the site could be utilized as a passive recreational space in addition to



swimming. The dock should be repaired to support other recreational opportunities in the Sturgeon River.



Sturgeon Falls' baseball diamonds are in poor condition and require repair.

**Recommendation:**

Back stops and infield surfaces on two of the facilities should be repaired to ensure a safe playing surface for both hardball and softball. Benches should be constructed at two of the facilities currently where none exist.

All three of the current facilities are set-up for softball of all ages and hardball for ages 13 and under.



**Recommendation:**

If the community recreation programming supports it, consideration should be given to purchasing a mobile pitching mound to expand the age groups the field can accommodate for hardball activities.

**Recommendation:**

Consideration should be given to adding signage along Front Street directing residents and out of town tourists to the site from Highway 17. Bike racks and pathways from surrounding residential areas leading to the facility should be considered to promote alternative modes of transportation to the fields.

**Recommendation:**

If the community recreation program supports it, closure of one baseball diamond could allow for the creation of two permanent soccer pitches.

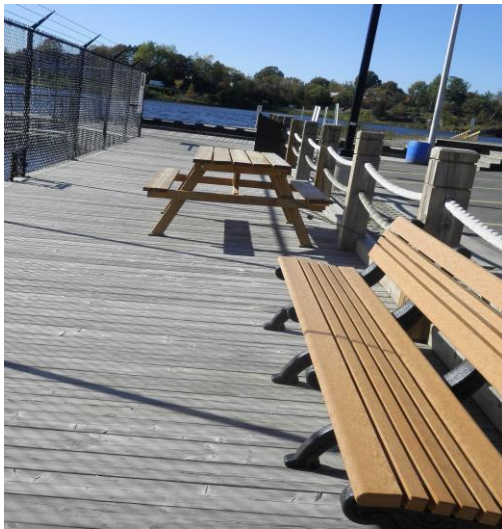
Creation of permanent facilities creates opportunity for unorganized community play to occur in addition to structured organized leagues thereby increasing community participation in sport activities.



The local indoor pool and fitness centre is in excellent condition and provides a wide range of recreation opportunities for residents.

**Recommendation:**

Signage should be added on Front Street, John Street and Clark Street to direct visitors to the facility. Additionally, end of trip amenities should be provided (bike racks) to support active transportation options for users of the facility.

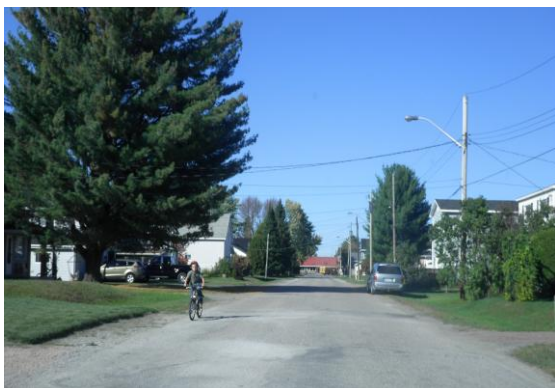


The community dock and boat launch located on the south end of King Street is in excellent condition and equipped with numerous tourist and pedestrian friendly amenities, including a hand rail along the pedestrian sidewalk. A lot of prohibitory signage is currently in place restricting activities around the docks.

**Recommendation:**

Signage should be added which directs potential anglers or swimmers to alternative recreation locations.

## Residential Neighbourhoods



Numerous local, residential, streets within Sturgeon Falls are not equipped with sidewalks or adequate road shoulders to support pedestrian and cycling friendly environments.

### **Recommendation:**

Consideration should be given to providing enhanced signage in these areas to slow traffic and watch for pedestrians.



In addition, sidewalks are not continuous along some residential streets, changing from one side of the street to the other from block to block.

### **Recommendation:**

Consider improving the sidewalks connectivity and enhance the active transportation network, as feasible.

In future road reconstruction projects, consider support the inclusion of sidewalks or wide road shoulders in residential neighbourhoods to support active transportation.

### **Recommendation:**

Consider develop policies for the location of sidewalks. Sidewalks should be installed along streets that connect to community features such as schools, parks, churches and sport areas.





There are five elementary schools, 2 middle schools and 1 high school located in Sturgeon Falls. All of the schools are located on residential roadways. Numerous schools are on roads which do not provide pedestrian or cyclist amenities such as sidewalks, road shoulders or end of trip amenities such as bike racks.

**Recommendation:**

Consider providing sidewalks along streets leading to schools to improve safety and encourage the use of active transportation.



Signage is present to slow traffic in community safety zones and to watch for pedestrians at crosswalks.

**Recommendation:**

Consideration should be given to enhancing crosswalks at school locations with pavement markings. End of trip amenities should be installed at schools to encourage cycling to school.



Many community gathering places throughout Sturgeon Falls are in excellent condition. Accessibility to these community focal points however can be difficult.

**Recommendation:**

Consideration should be given to making community spaces such as church, shopping centres and grocery stores accessible to all members of the community. End of trip amenities should be provided to encourage alternative transportation methods to get to destinations.





The rail line located south of Front Street represents a barrier and community divider. The majority of the community destinations are located north of the rail line.

**Recommendation:**

Consider improving connectivity and safety across the rail line crossings in order to facilitate pedestrians and cyclist movements between the two areas of Sturgeon Falls.

## 8.0 CONCLUSION

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Sturgeon Falls is a well established community that offers a range of services, uses, amenities and spaces for all residents and tourists of all ages. The community boasts the diverse range of recreation options. The urban structure of the community promotes walkability and encourages active living. The general terrain of Sturgeon Falls is flat with gently rolling hills making the entire town easily accessible for all ages groups to walk or cycle to any destination. Traffic volumes are high on primary routes through the town including King Street, Front Street, John Street, and Cache Bay Road but sidewalks help to mitigate pedestrian/traffic conflicts. The community could greatly benefit from additional signage to direct residents and tourists to community recreation facilities. Also, the addition of pavement markings and pedestrian amenities near schools would promote physical activity for youth travelling to school.



Opportunities to support active living should focus on enhancing existing physical infrastructure, improving road safety, maintaining the upkeep of public places and private places and revitalizing community destinations. In order to make it easier for people to get around, be active and engage in physical activity, Sturgeon Falls can focus on small scale, practical improvements.

Cycling infrastructure was not observed during the RALA audit. Sturgeon Falls is a beautiful and scenic community that should be enjoyed by its residents and visitors. Cycling should be encouraged and facilitated within and outside the community. For convenience, end of trip facilities such as bike racks would ideally be located at community destinations, including the Library, Churches, recreation complexes and beaches. Shared roadway signage and additional pavement markings should be considered within the residential areas to promote cycling, especially along roadways with physical activity infrastructure present.



The results of the RALA provide an opportunity for Sturgeon Falls to develop an integrated plan to support active living, community connectivity and economic vitality. The results captured in this report should provide a launch point for further discussion and action, as the details captured in the audit can provide a baseline for the municipality to develop implementation plans to address active transportation, active living, parks and recreation planning, and program delivery.

## Appendix A: Assessment Methodology

### WALKABILITY

Sidewalks, crosswalks and other pedestrian and bike-friendly features have an impact on a community's walkability.

#### Sidewalks

Choose one option that best describes the sidewalks in the segment: sidewalks are found on both sides of the street, one side of the street, intermittent (sidewalks exist along only parts of the roads), footpath only or none. Rate the overall condition of sidewalks using the following definitions:

- *1-Fair/Poor* – The sidewalks are generally not well maintained in this segment and are in fair or poor condition. There is apparent neglect and/or deterioration. Example:



- *2-Good/Excellent* - The sidewalks are generally well maintained in this segment and are in good or excellent condition. There is little or no apparent neglect and/or deterioration. Example:





### Q12. Buffers and Shoulders

Check the appropriate boxes if most sidewalks in the segment have a sidewalk buffer strip separating them from the road and if the roads have a defined shoulder separating the traffic lanes from the edge of the road. If neither of these features exists, check “none.” Rate the overall condition of sidewalks using the following definitions:

- *1-Fair/Poor* – The sidewalk buffer or shoulder are generally not well maintained in this segment and are in fair or poor condition. There is apparent neglect and/or deterioration. (e.g., is sand swept from the shoulders to allow for safer biking?). Example: Fair/Poor condition

Shoulder



Sidewalk Buffer

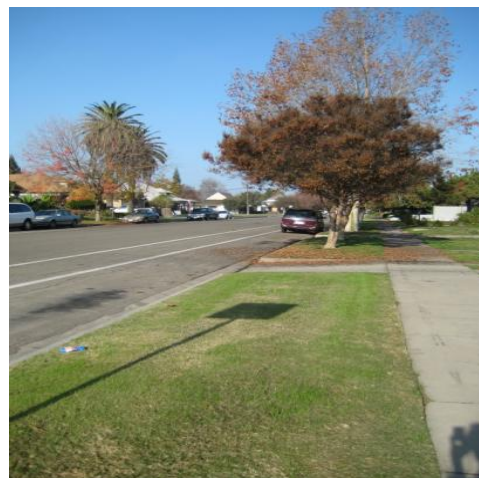


- *2-Good/Excellent* - The sidewalk buffer or shoulder are generally well maintained in this segment and are in good or excellent condition. There is little or no apparent neglect and/or deterioration. Examples: Good/Excellent condition

Shoulder



Sidewalk buffer



### Q13. Crosswalks and Signage

Check the appropriate boxes regarding whether the segment includes crosswalks, crossing signals (“walk” and “don’t walk” lights), pedestrian signs, and children at play signs. If none of these features exist check “none.” Rate the overall condition of these features using the following definitions:

- *1-Fair/Poor* – The crosswalks, signals and pedestrian signs are generally not well maintained in this segment, are hidden, and/or are in fair or poor condition. There is apparent neglect and/or deterioration (e.g., are the crosswalk lines brightly painted or otherwise made visible to drivers and pedestrians? Are crossing signals in working order? If you answer no to these questions, then the signs/signals are considered to be in poor or fair condition.) Examples: No photo available
- *2-Good/Excellent* - The crosswalks, signals and pedestrian signs are generally well maintained in this segment and are in good or excellent condition. There is little or no apparent neglect and/or deterioration. Examples: Good/Excellent condition

Crosswalk



Pedestrian Sign



#### Q14. Other Safety Features

Check off any other pedestrian friendly features available in the segment including traffic lights, stop signs, yellow school flashing lights, speed bumps and public lighting. If none of these features exist check “none.” Use the comment box to note other features or places where you might recommend improving safety features.

#### Q15. Road/Traffic Characteristics

Indicate all road types found in the segment including paved multi-lane roads (three or more lanes), paved single lane roads (one or two lanes) and unpaved roads.

Next indicate the road condition, either Poor/fair (roads are generally not well maintained in this segment. There is apparent neglect and/or deterioration) or Good/excellent (roads are generally well maintained in this segment. There is little or no apparent neglect and/or deterioration).

Note the posted maximum speed limits found in the segment. Indicate whether there is no speed limit posted.

Indicate what level of traffic volume you witness in the segment:

- *High traffic volume:* There is a steady stream of significant traffic traveling through the segment
- *Medium traffic volume:* There is noticeable, but not constant traffic traveling through the segment
- *Low traffic volume:* There is little or no traffic traveling through the segment

#### Q16. Barriers

Indicate any significant barriers to pedestrian and bike traffic in the segment, including a highway, train tracks, posted private property, industrial zone, natural features (e.g., a river, thick woods, steep terrain) or other obstacle. If no barrier or obstacle exists, check “none.”

#### Q17. Connectivity

Indicate whether non-vehicular routes such as sidewalks, bikepaths or trails connect this segment with other parts of community/attractions, including attractions such as schools, commercial districts and parks or with other segments or roads. If they are available in this segment, rate the overall condition of these connectors using the following definitions:

- *1-Fair/Poor* – The connectors are generally not well maintained in this segment and are in fair or poor condition. There is apparent neglect and/or deterioration.
- *2-Good/Excellent* - The connectors are generally well maintained in this segment and are in good or excellent condition. There is little or no apparent neglect and/or deterioration.

### LAND USE

If there is any residential settlement in the segment, even if it is not the primary land use, please answer the following questions. If there are no homes in the segment, check “none.”

#### Q18. Residential

In the [first column](#) of question 14, please indicate how densely settled the segment is by checking one of the following options:

- *Densely settled* – Residences are located close to one another with little or no open space between each structure. It is possible to see several other structures from each residence.  
Example:





- *Moderately densely settled*- Residences are spaced out with moderate open space between each structure. It may be possible to see some other structures from each residence. Example:



- *Not densely settled (dispersed)* – Residences are located very far distances from one another with vast space between each structure. It is not possible to see other structures from each residence. Example:



In the **second column**, please note the housing types present (single family detached, multi-family/apartments, mobile homes, other types, none) and in the third column select the overall condition of the homes in the segment using the following definitions:

- *1-Fair/Poor* – The homes are generally not well maintained in this segment and are in fair or poor condition. There is apparent neglect and/or deterioration. Example:



- *2-Good/Excellent* - The homes are generally well maintained in this segment and are in good or excellent condition. There is little or no apparent neglect and/or deterioration. Example:



Use the comment box to note other observations on residential patterns that may be relevant to activity-friendliness.

#### Q19. Public/civic

Please check off all of the public or civic buildings/offices/facilities located in the segment including:

- *Library*
- *Museum*
- *Community centre*
- *Post office*
- *Community offices*
- *Courthouse*
- *Police station*
- *Fire station*
- *Church/religious building*
- *Hospital/health centre*
- *Athletic fields/courts*
- *Playground*
- *Other (please specify)*
- *None*

In the **third column**, please select the overall condition of each building/office/facility that is



present in the segment using the following definitions:

- *1-Fair/Poor* – The building/office/facility is generally not well maintained and is in fair or poor condition. There is apparent neglect and/or deterioration.
- *2-Good/Excellent* - The building/office/facility is generally well maintained and is in good or excellent condition. There is little or no apparent neglect and/or deterioration.

#### Q20. Commercial

Please check off all of the commercial buildings located in the segment including:

- *Restaurant/café*
- *Bar*
- *Food market*
- *Theater*
- *Gas station*
- *Convenience store*
- *Small retail store*
- *Big box retail store*
- *Fitness centre*
- *Private medical office*
- *Private other office*
- *Office building*
- *Other (please specify)*
- *None*

In the **third column**, please select the overall condition of each commercial building that is present in the segment using the following definitions:

- *1-Fair/Poor* – The commercial building is generally not well maintained and is in fair or poor condition. There is apparent neglect and/or deterioration.
- *2-Good/Excellent* - The commercial building is generally well maintained and is in good or excellent condition. There is little or no apparent neglect and/or deterioration.

#### Q21. Schools

Please indicate whether there are any public, private or other schools located in the segment:

- *Elementary school (public)*
- *Middle school (public)*
- *High school (public)*
- *Private school*
- *University or campus*
- *Other (please specify)*
- *None*

In the **third column**, please select the overall condition of each school that is present in the segment using the following definitions:

- *1-Fair/Poor* – The school is generally not well maintained and is in fair or poor condition. There is apparent neglect and/or deterioration.
- *2-Good/Excellent* - The school is generally well maintained and is in good or excellent

condition. There is little or no apparent neglect and/or deterioration.

#### Q22. Industrial/agricultural

Please check off if any significant industrial or agricultural areas are present in the segment including:

- *Light industrial area* – small industrial buildings/facilities that cover a limited land area that do not include significant smokestacks or other industrial features (e.g. small salt/granite/sand pits, small trucking/construction business, small electrical power substation, etc.). Example – Sand pit:



- *Heavy industrial area* – large industrial buildings/facilities or complex that cover a large area of land and include smokestacks or other industrial features (e.g. large chemical or manufacturing plant, large trucking facility, large power plant, etc.). Example:



- *Farmland area* – any agricultural, livestock, or other farmland area. Example:

- *Other* (please specify)
- *None*



In the **third column**, please select the overall condition of each industrial/agricultural area that is present in the segment using the following definitions:

- *1-Fair/Poor* – The area is generally not well maintained and is in fair or poor condition. There is apparent neglect and/or deterioration.
- *2-Good/Excellent* - The area is generally well maintained and is in good or excellent condition. There is little or no apparent neglect and/or deterioration.

#### Q23. Stop Time

Please indicate at what time you completed the Segment Assessment.

#### Q24. Time to complete assessment

How long did it take you to complete the Segment Assessment?

### SUBJECTIVE ASSESSMENT

Questions 25 and 26 are to gather your overall subjective opinion regarding the walkability and aesthetic quality of the segment. These questions should be answered **last**, that is, after the rest of the Segment Assessment tool has been completed in its entirety for the segment. Please check off how strongly you agree with each of the following statements (choose only one answer for each question – Strongly agree, Agree, Disagree, Strongly disagree):

#### Q25. How strongly do you agree with the following statement?

*“This segment is walkable.”*

#### Q26. How strongly do you agree with the following statement?

*“This segment is aesthetically pleasing.”*

For both subjective assessment questions, it may be of use to note any comments about the segment that you feel would be useful in the overall assessment of the segment.

**GENERAL CONDITIONS**

Questions 27-29 are meant to capture current environmental conditions when you completed the Street Segment Assessment. These conditions may impact some of the objective and subjective observations on this assessment.

Q27. **Season** – please check off whether it is currently Winter, Spring, Summer, or Fall

Q28. **Current weather conditions** – please indicate the temperature, whether it was sunny/clear, partly cloudy, overcast, raining, snowing or some other weather condition when you conducted the segment assessment.

Q29. **Day of week** – please indicate whether today is a weekday, weekend, or holiday.

\*This completes the Street Segment Assessment portion of the RALA Tools. Please proceed to the next page for guidance on filling out the Program and Policy Assessment.

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