

PARA Data Collection

Instructions

Rebecca E. Lee, PhD
University of Houston,
Houston, TX, USA

Lee RE, Booth KM, Reese-Smith J, Regan GR, Howard HH. The Physical Activity Resource Assessment (PARA) Instrument: Evaluating Features, Amenities and Incivilities of Physical Activity Resources in Urban Neighborhoods. *International Journal of Behavioral Nutrition and Physical Activity*. 2005 14;2:13.

1) Date _____ 2) Data col _____ 3) HD/PA Resource ID _____
 4) Time _____ 5) Phone Call _____
 start: _____ departure: _____
 stop: _____ arrival: _____

6) **Type of Resource**
 1 fitness club 2 park
 3 sport facility 4 trail
 5 community center 6 church
 7 school
 8 combination

7) **Approximate Size:** 1 sm 2 med 3 lg

8) **Capacity (indoor)** _____

9) **Cost**
 1 Free
 2 Pay at the door
 3 Pay for only certain programs
 4 Other _____

10) **Hours** a) open _____ b) close _____

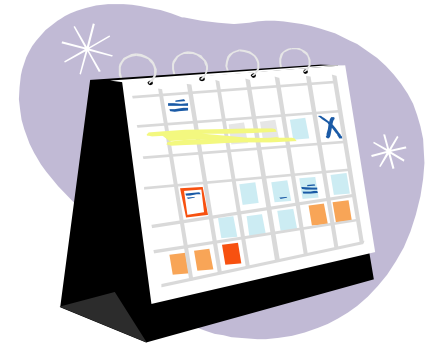
11) **Signage – Hours** yes no 12) **Signage – Rules** yes no

Feature	Rating	Amenity	Rating
13) Baseball field	0 1 2 3	26) Access Points	0 1 2 3
14) Basketball courts	0 1 2 3	27) Bathrooms	0 1 2 3
15) Soccer field	0 1 2 3	28) Benches	0 1 2 3
16) Bike Rack	0 1 2 3	29) Drinking fountain	0 1 2 3
17) Exercise Stations	0 1 2 3	30) Fountains	0 1 2 3
18) Play equipment	0 1 2 3	31) Landscaping efforts	0 1 2 3
19) Pool > 3 ft deep	0 1 2 3	32) Lighting	0 1 2 3
20) Sandbox	0 1 2 3	33) Picnic tables shaded	0 1 2 3
21) Sidewalk	0 1 2 3	34) Picnic tables no-shade	0 1 2 3
22) Tennis courts	0 1 2 3	35) Shelters	0 1 2 3
23) Trails – running/biking	0 1 2 3	36) Shower/Locker room	0 1 2 3
24) VB courts	0 1 2 3	37) Trash containers	0 1 2 3
25) Wading Pool < 3 ft.	0 1 2 3		
Incivilities	Rating	Incivilities	Rating
38) Auditory annoyance	0 1 2 3	44) Graffiti/tagging	0 1 2 3
39) Broken glass	0 1 2 3	45) Litter	0 1 2 3
40) Dog refuse	0 1 2 3	46) No grass	0 1 2 3
41) Dogs Unattended	0 1 2 3	47) Overgrown grass	0 1 2 3
42) Evidence of alcohol use	0 1 2 3	48) Sex paraphernalia	0 1 2 3
43) Evidence of substance use	0 1 2 3	49) Vandalism	0 1 2 3

Comments:

PARA Data Collection Form

- 1) Record Date of data collection
(e.g. MM-DD-YY)
- 2) Record Data collector number
- 3) Record PA Resource ID
 - (e.g. Housing Development I.D. + unique PA Resource ID)



PARA Data Collection Form

- 4) Record Start Time (record starting and ending time of data collection)

start: _____

stop: _____



5am=0500, 6am=0600, 7am=0700, 8am=0800, 9am=0900,
10am=1000, 11am=1100, 12pm=1200, 1pm=1300,
2pm=1400, 3pm=1500, 4pm=1600, 5pm=1700, 6pm=1800,
7pm=1900, 8pm=2000, 9pm=2100, 10pm=2200,
11pm=2300, 12am=2400

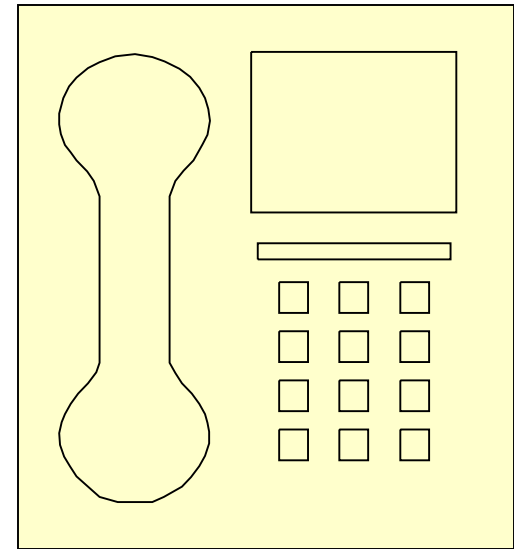
Safety Protocol Phone Call

- 5) Phone Call (Call Project Manager at departure from the office and arrival back to office.)

Phone call

departure: _____

arrival: _____



Safety Protocol Windshield Survey

- Arrive by car at physical activity resource
- Drive around resource perimeter
- Survey entire area visually from locked car
- If outside conditions appear unsafe, do not leave the vehicle. Proceed to next PA resource
- If conditions appear safe, proceed with assessment
- If at any time conditions become unsafe, return to vehicle. Proceed to next assessment
- Telephone supervisor

6) Type of PA Resource

Only circle ONE

1 Fitness Club

2 Park

3 Sport Facility

4 Trail

5 Community Center

6 Church/Mosque/
Temple

7 School

8 Combination _____

Type of Resource

- Only select ONE type of resource
- Code as the major purpose of the resource
 - If it is a church that also has a school, then code as a church
 - If it is a park that also has basketball courts and baseball fields, then code as a park
- If it is not clear whether there is a single resource, then code as a combination
- If it is a combination, write a short description in the blank provided

1 Fitness Club



2 Park



3 Sport facility



4 Trail



5 Community Center



6 Church



7 School



8 Combination

- Must be a combination of 2 or more resources.



7) Approximate Size

Circle the correct size:

1 small

(1/2 square block)

2 medium

(>1/2 square block)

3 large

(> 1 square block)

8) Capacity

- List capacity for an indoor facility.

Capacity (indoor)_____

- Look for the number, which should be posted, or ask management





9) Cost of Use

Circle the most appropriate description for the cost.

- 1 **Free** (no charge to use)
- 2 **Pay** (Pay to gain entry)
- 3 **Pay for only certain programs** (Can get in for free, but some programs/classes have a fee.)
- 4 **Other** _____ (List any other type of cost or payment fee)

10) Hours of Operation

- Enter hour that resource opens and closes in Military Time.



Hours a) open _____
 b) close _____

5am=0500, 6am=0600, 7am=0700, 8am=0800, 9am=0900,
10am=1000, 11am=1100, 12pm=1200, 1pm=1300,
2pm=1400, 3pm=1500, 4pm=1600, 5pm=1700, 6pm=1800,
7pm=1900, 8pm=2000, 9pm=2100, 10pm=2200,
11pm=2300, 12am=2400

11) Signage

- Is there a sign listing hours of operation?
- Check only one blank
- Signage-Hours yes ___ no ___



12) Rules of Use

- Is there a sign stating the rules of use?
- Check only one blank

Signage-Rules Yes ___ No ___



Features #13-#25

- Rate each feature by circling a number:

0=Not Present

1=Poor

2=Mediocre

3=Good

Feature	Rating			
13) Baseball field	0	1	2	3
14) Basketball courts	0	1	2	3
15) Soccer field	0	1	2	3
16) Bike Rack	0	1	2	3

- Only circle one number for each feature

Feature-#13 Baseball Field

Poor-Surface of fields is uneven, unsafe, no overhead lighting, no benches for players, fencing in poor condition or nonexistent



Feature-#13 Baseball Field

- **Mediocre**-Surface of fields is uneven, slightly unsafe, no overhead lighting, benches for dugouts. Some fencing exists, but not 100% intact



Feature#13-Baseball Field

- **Good**-Surface of fields is uniform, no rocks/barriers to running bases, have overhead lighting, benches for dugouts. Have bleachers for spectators, intact backstop fencing



Feature #14-Basketball Court

- **Poor**-Hoop of court is in very bad condition, almost unstable



Feature #14-Basketball Court

- **Mediocre-Hoop** is missing a net, rim is bent, court has cracks or weeds



Feature #14-Basketball Court

- **Good-Hoop** is straight and has a net or chain, court is playable



Feature #15-Soccer Field

- **Poor**-Grass coverage may be poor in 50% or > of the field, rough surface, hazards and/or trash on the field



Feature #15-Soccer Field

- **Mediocre**-Grass coverage may be sparse in a few places or surface may have a few cracks, grass may be too high, some trash or debris on field



Feature #15-Soccer Field

- **Good**-Field has uniform grass coverage and is well-mowed, no trash or debris on field; nets, if furnished, are intact



Feature #16-Bike Rack

- **Poor**-Rack is in meager condition, almost unstable or has poor access



Feature #16-Bike Rack

- **Mediocre-Rack** is bent, or missing paint, but otherwise usable



Feature #16-Bike Rack

- **Good-Rack** is sturdy, usable, may have a few cosmetic blemishes



Feature #17-Exercise Stations with Signage (Exer. Station)

- **Poor**-4 or > stations need major repair-are not safe to use. Signage may be missing or in poor condition for several stations. Path between stations is unsafe.

Feature #17-Exercise Stations with Signage

- **Mediocre-3** or < stations may need minor repair or maintenance, path between stations needs minor improvement



Feature #17-Exercise Stations with Signage

- **Good**-Stations themselves are in good condition and safe, 5 or > stations with path safe between them



Feature #18-Play Equipment

- Describe if different than traditional play equipment (slide, swings, monkey bars).
- **Poor**-Several pieces are in need of major repair and is almost unstable, there is a lot of trash, and the ground is overgrown or barren



Feature #18-Play Equipment

- **Mediocre**-Some equipment is in need of minor repair, there is some trash, and the ground needs some improvement



Feature #18-Play Equipment

- **Good**-In good condition, variety of pieces, ground in good condition, well-kept and clean



Feature #19-Pool

- **Poor**-Swimming pool has very discolored water or too little water, surrounding surface is in need of repair, trash in or around pool- not safe for use



Feature #19-Pool

- **Mediocre**-Swimming pool or deck needs minor cleaning or treatment



Feature #19-Pool

- **Good**-Swimming pool is clean, well-lit, surrounding surface is safe as well as exit/entry points



Feature #20-Sandbox

- **Poor**-Sandbox is < or $\frac{1}{2}$ full, and/or needs cleaning (replacement sand). Box itself needs major repair, and is almost unusable.



Feature #20-Sandbox

- **Good**-Sandbox has adequate clean sand, all sides/edging are sturdy and there are safe places for children to sit.



Feature #21-Sidewalk

- **Poor**-Sidewalk has major damage and needs repair, almost unusable



Feature #21-Sidewalk

- **Mediocre-Sidewalk** has some debris, cracks or uneven surfaces, but otherwise usable



Feature #22-Tennis Courts

- **Poor**-Courts have cracked surface, nets are in major need of repair, debris is evident; almost unusable



Feature #22-Tennis Courts

- **Mediocre**-Court surface and nets are in need of some repair, but otherwise usable



Feature #22-Tennis Courts

- **Good**-Tennis court surface and nets are in fairly good condition



Feature #23-Trails: Running/Biking

- **Poor**-Surface is unsafe in many places, there is a lot of debris, no signage about appropriate use



Feature #23-Trails: Running/Biking

- **Mediocre**-Surface in places uneven or in need of minor repair, may be a few hazards or avoidable debris



Feature #23-Trails: Running/Biking

- **Good**-Surface is smooth, without unmarked hazards or debris, has signage re: appropriate users



Feature #24-Volleyball Courts

- **Poor**-Playing surface has debris or cracks or bumps all over, net is almost unusable or missing



Feature #24-Volleyball Courts

- **Mediocre**-Playing surface has some debris or cracks or has 1-5 bumps, net is sagging or has holes



Feature #24-Volleyball Courts

- **Good**-Playing surface is free of debris, and smooth, net is in good condition



Feature #25-Wading Pool <3ft.

- **Poor**-Wading pool has discolored water, or no water, trash in or around pool-not safe for use



Feature #25-Wading Pool <3ft.

- **Mediocre**-Wading pool needs minor cleaning or repair



Feature #25-Wading Pool <3ft.

- **Good**-Wading pool is clean and well-kept

