

AZNN SOPARC Training

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Health and Wellness for all Arizonans

Today's Training

- Review of ALR video
 - Summary
 - Examples
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- If you're training others please use all the material available from Active Living Research



Health and Wellness for all Arizonans

SOPARC

- System for Observing Play and Recreation in Communities
- Active Living Research

www.activelivingresearch.org

Tally Counters

- Smartphone app***
 - ‘Lab Counter’
- Handheld Tally counter
 - <http://www.tallycounterstore.com/Professional-Modular-Tally-Counter-p/020.htm>

*** this is NOT a justification to buy a smartphone or tablet

Summary

- Momentary time sampling
 - Specified times on the same day: morning, noon, afternoon, and evening (7:30am; 11:30am; 3:30pm; 6:30pm)
- Scan of individuals activity levels
 - Sedentary, walking or very active
- Separate scans for females and males

Encanto Sports Complex



Encanto SOPARC Map



Target Areas

- Place where activity may occur
- Observe the entire area from one location
- One primary feature (if possible)
- Use existing boundaries
- Order target areas so data collector can move efficiently between them in a clockwise manner

Target Area and Scanning Point





Observations

- Enter the date, park id, observer id, period and target area
- Determine if you need to divide any target areas into sub-target areas
- Enter the start time for the target area
- Record conditions

Accessible

- Code "YES" if area is accessible to the public (e.g., area is not locked or rented to a private party).
- Code "NO" when the area is not accessible to the public. Also code the area as NOT accessible if people have inappropriately entered the space (e.g., kids crawling through a hole in the fence when gate is locked).

Usable

- Code "YES" if area is usable for physical activity (e.g., is not excessively wet or roped off for repair). For example, code "YES" when the space is usable, even though it may be locked.
- Code "NO" when there is insufficient lighting to use the space (e.g., no outdoor lights permitting play after sunset).

Equipped

- Code "YES" if equipment (e.g., balls, jump ropes) provided by the park is present during the scan.
- Code "NO" if the only equipment available is permanent (e.g., basketball hoops and climbing apparatus) or owned by park users themselves (e.g., frisbee, ball, or bicycle brought by a family).

Supervised

- Code "YES" if area is supervised by designated park or adjunct personnel (e.g., park rangers, playground supervisors, volunteers, sport officials, teachers). The supervisor must be in or adjacent to that specific area (e.g., available to direct park users and respond to emergencies), but does not have to be instructing, officiating, or organizing activities.

Activity Organized

- Code "YES" if an organized physical activity is occurring in the scan area (e.g., a scheduled sporting event or exercise class is being led by park staff or adjunct personnel).

Dark

- Code "YES" to indicate the area has insufficient lighting to permit active play. Observers should not enter a Target Area unless there is sufficient lighting.

Empty

- Code "YES" when there are no individuals present during the scan. Also, code "YES" when the area is dark.

Activities

- Record the primary and secondary activities that females and males are doing in the target area
- If there is an organized activity going on, also record the primary activity of spectators
- During the scan, all people should be counted as participating in either the primary or secondary activity or as spectators

Activity Level Definitions

- Scanning **left to right**, determine the activity level based on the following criteria:
 - **Sedentary (S)**= Individual is lying down, sitting, or standing in place.
 - **Walking (W)**= Individual is walking at a casual pace.
 - **Vigorous (V)**= Individual is engaged in an activity more vigorous than an ordinary walk (e.g., increasing heart rate causing them to sweat, such as jogging, pumping legs on a swing, doing cart wheels).

Females

- Are there females present?
 - What is the primary activity?
 - Scan activity level of females participating in primary activity
 - What is the secondary activity (if any)?
 - Scan activity level of females participating in secondary activity
 - Are there female spectators (if organized activity)?
 - Scan activity level of female spectators

Males

- Are there males present?
 - What is the primary activity?
 - Scan activity level of males participating in primary activity
 - What is the secondary activity (if any)?
 - Scan activity level of males participating in secondary activity
 - Are there male spectators (if organized activity)?
 - Scan activity level of male spectators
- Enter the end time when finished last scan for each target area

















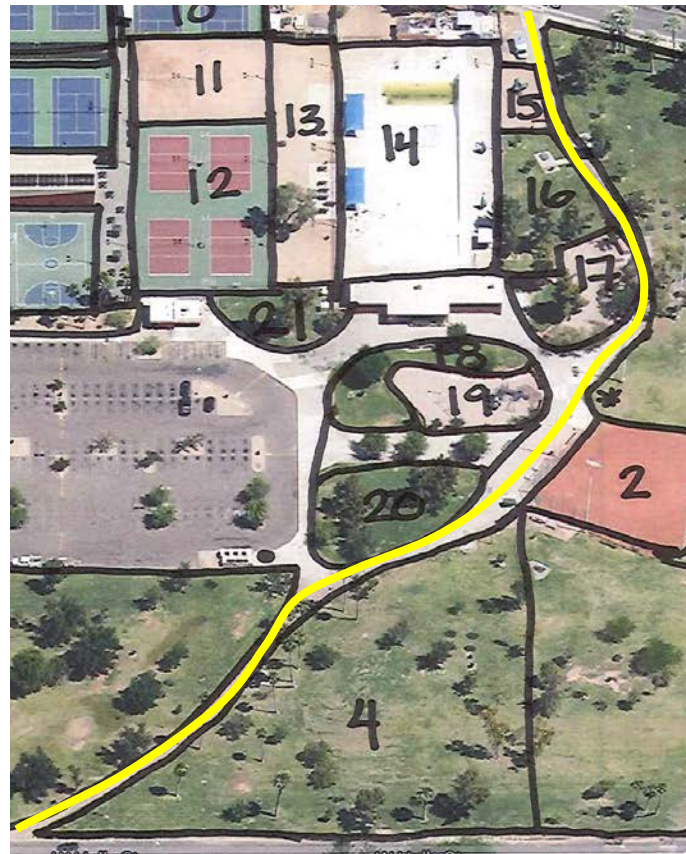
Path Coding

- Code each pathway from a designated spot “coding station”
- Observe each path for the allotted time*
 - *The time it takes a designated team member to walk one full lap of the complete path/track
- Some people may be counted more than once and others not at all

Path Coding

- Enter the date, park ID, observer ID, period and target area
- Enter the start time and end time
- Record conditions
- Count ALL people as they go past the coding station

SOPARC Path Map



SOPARC Path Map











Further Reading:

- SOPARC Documentation
 - <http://activelivingresearch.org/soparc-system-observing-play-and-recreation-communities>
- SOPARC Online App User Guide
 - http://www.rand.org/health/surveys_tools/soparc.html
- SOPLAY Documentation
 - <http://activelivingresearch.org/soplay-system-observing-play-and-leisure-activity-youth>