

Prescription Trails Assessment Worksheet



Developed by the National Park Service – Rivers, Trails & Conservation Assistance Program

Park name & Zip Code		NOTES
PARK/TRAIL ACCESS		
Parking 	Is there a parking lot? Is parking on street? Is there Wheelchair access to the path / trail? Is there handicapped parking? Is parking limited at any time ? When and how long? (i.e. youth sports on Saturday mornings)	
Major cross streets 	Identify major nearby cross streets. Helpful for people who may not know where smaller parks are located.	
Local Transit 	Is there a transit stop nearby? (Probably within 1/4 mile) Provide route number nearby and cross street where bus stop is located. Show transit stop on map. Note distance from transit stop to park/trail start.	
TRAIL FEATURES		
Trail Surface <u>Grade 1</u> Asphalt Concrete Rubberized <u>Grade 2</u> Crushed rock <u>Grade 3</u> Natural dirt surface Wood chips/mulch grass	The surface should be firm and stable. Is the surface concrete, asphalt, hard packed gravel or crusher fines? Describe the surface condition: Are there cracks or broken sections of concrete or asphalt? Could they be a trip hazard? Could the cracks or broken sections be identified with paint until repairs are done?	
path width (4' minimum)	6-8 feet preferred, the path/trail should be wide enough to accommodate 2 people side-by-side easily.	
grade (5% or less)	Grades in excess of 5% can be considered, but not for a Grade I trail. (universal access)	
cross slope (less than 2%)	Slope is difficult to measure. Think of a driveway cut—that's excessive cross-slope and not appropriate for a Grade I trail.	

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loops/ distance	<p>Loop routes are preferred. A loop can be a minimum of 1/4 mile.</p> <p>Identify a logical start/finish point if describing a loop.</p> <p>Using the “ruler” tool in Google Earth is an acceptable distance measurement.</p>	
TRAIL AMENITIES (Not Required)		
benches, resting areas	<p>Check for benches, rest areas, picnic tables, water fountains, shade structures.</p> <p>Could the trail be improved with resting areas?</p>	
attractions for kids	<p>Is there a playground or sports fields nearby?</p> <p>Can young children be observed from the trail route?</p>	
Public Facilities	<p>Are there local community, recreation or senior centers; police/fire stations; libraries, restrooms, schools, businesses; dog parks, bike paths nearby?</p>	
Signage	<p>Does the park or trail have information or regulatory signage posted.</p>	
TRAIL SAFETY & SECURITY		
safety/ visibility	<p>Look for clear lines of sight along the paths.</p> <p>Would users feel comfortable?</p> <p>Is vegetation along trail being managed?</p> <p>Could someone hide in the vegetation?</p> <p>Does the area have graffiti taggers? Are tree limbs pruned so they don't block the trail?</p> <p>Would all users feel safe along the path/trail?</p>	
Public Use	<p>Comments on activity:</p> <p>is trail/park obviously getting public use?</p> <p>Do you know of any organized walking groups that use this park/trail?</p> <p>When is it busiest?</p>	
Lighting	<p>Is park/trail lighting suitable for early morning or evening activities?</p>	

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Grade Definitions	Trails are identified and graded according to level of difficulty. Most are loops that go around a park.
Grade 1 = Accessible to all users.	A flat, free of debris, paved pathway located in or around a park that is suitable for wheelchairs and mobility impaired
Grade 2 = Mostly accessible.	A paved or packed crusher fine pathway that may have minor grade changes, and surface changes, located in or around a park.
Grade 3 = Slightly challenging.	A paved, packed crusher fine or dirt pathway with variations in grade and slope. (A physical or occupational therapist can help determine maximum variations for your defined target population.)