

Mount Douglas Park Soundscape Recording Form

Before you start:

- Make copies of Soundscape recording form (there are two forms per sheet – cut sheets in half)
- Print Park map so you can identify named trails. Record only on named trails.
- Determine your 50m pace – see below.
- Visit “calibration” points to understand the sound levels 0-3. See below.
- Select a trail section and start. The more you do, the better!

Record one trail section per sheet: Start at a named trail junction and record at start point and at every 50m point up to and including the next named trail junction. At each recording point, listen for 2-3 minutes. Use a new form for each such trail section.

Noise Level: Enter value 0-3. See below for definition of these values.

Wind: Calibrate and record only on days without any significant wind.

Airplanes: Wait until any airplanes pass to determine sound level, but add check mark at metre point where you heard the airplane.

Birds: Place a check mark at the metre point if you hear a bird.

Voice: Place a check mark at the metre point if you heard voices.

dB(a): Optional. If you can measure the decibel level, record its value. There are some good smart phone apps for this. Search for “sound meter”.

Noise Levels: Use these locations as “calibration” points. Listen for several minutes – use the loudest car noise during that period.

0. No car sounds at all.
1. Faint sound of cars in the distance. Similar to Churchill Drive at the 250m marker stone when there are no cars on Churchill.
2. Rumbling sound of cars a little ways away. Similar to Norn Trail at east junction of Irvine Trail.
3. Sound of a busy street. Similar to Churchill Drive & Shelbourne intersection.

50m pace: Determine the number of paces (2 steps = 1 pace) you require to cover 50m:

Start on Norn Trail just across from the Charter Rock, cross Churchill and continue on Norn until first (west) Irvine Trail post, then return to the start point, counting your total paces. Divide this by 10 to determine the number of paces to cover 50m. Record on form.

Paces should be around 35.