



ACTIVE TRANSPORTATION

Active Community Checklist

Safe, accessible spaces to walk, hike, bike and play is an important part of building strong, healthy and active communities for residents and visitors. Promoting and investing in infrastructure, such as sidewalks and pathways, that connect us with schools, stores, workplaces, parks and community destinations improves our communities for re



How AT-friendly is Your Community?

Is it a good place to walk, wheel and cycle? Use this checklist to see if your neighbourhood is AT-friendly.

1. First, read over the AT Checklist.
2. Pick a route in your community to walk or cycle. Start at home and walk to the local commercial centre or convenience store, a neighbourhood park or woodland, and/or your school or workplace.
3. Record your observations as you go, including specific locations that need improvements to make your route more AT-friendly.

Active Transportation Means:

- any human-powered, non-motorized mode of transportation for commuter and recreational purposes
- moving from one destination to another for work, childcare, school, shopping and recreation
- includes walking, running, cycling, in-line skating, skateboarding, non-motorized wheel-chairing, skating, skiing, canoeing and kayaking



Route

Municipality

Distance Travelled

Time Travelled

Surface

Sidewalk or segregated path

Paved shoulder

Unpaved shoulder

Trail

Other:

Comments:

Improvements Required:

Sidewalks and Paths

Sidewalks and paths are present

Yes

No

Sidewalks and paths are continuous

Yes

No

Sidewalks and paths are on both sides of the road

Yes

No

Sidewalks are wide enough for wheelchairs and strollers

Yes

No

Sidewalks are in good condition (without bumps, cracks, holes and weeds)

Yes

No

Sidewalks are well lit

Yes

No

Comments:

Improvements Required:

Paved Shoulders/Bike Lanes

Paved shoulders/bike lanes are present

Yes

No

Paved shoulders/bike lanes are continuous

Yes

No

Paved shoulders/bike lanes are marked by Share-the-Road signs or stencils

Yes

No

Paved shoulders/bike lanes minimum one-metre wide

Yes

No

Paved shoulders/bike lanes are well lit

Yes

No

Traffic calming (ie. speed bumps, lower speed limits, crosswalks)

Yes

No

Comments:

Improvements Required:

Intersections

Intersections are clearly marked with stoplights and/or crosswalks

Yes

No

Intersections are designed to be safe (with no view obstructions)

Yes

No

Sidewalks include curb cuts and ramps at all intersections and driveways

Yes

No

Intersections are well lit

Yes

No

Streets have turning lanes

Yes

No

Other:

Comments:

Improvements Required:

Cycling Services

Indicate which of the following AT services are readily accessible on or from this route:

Bike parking

Air for tires

Repair services

Other:

Comments:

Improvements Required:

Traffic Characteristics

Posted speed limit:

Traffic Volume:

Low

Medium

High

Drivers maintained the speed limit

Yes

No

Drivers checked both ways before backing out of driveways

Yes

No

Drivers yield to people crossing the street

Yes

No

Drivers slowed down instead of speeding up to avoid traffic lights

Yes

No

Other:

Comments:

Improvements Required:

Facilities

Indicate which of the following community facilities are readily accessible on or from this route:

- | | | |
|---|--|--|
| <input type="checkbox"/> Grocery store(s) | <input type="checkbox"/> Big box store(s) | <input type="checkbox"/> College, technical school or university |
| <input type="checkbox"/> Convenience store(s) | <input type="checkbox"/> Strip mall(s) | <input type="checkbox"/> School(s) (primary, middle or secondary) |
| <input type="checkbox"/> High-rise building(s) | <input type="checkbox"/> Restaurant(s) | <input type="checkbox"/> Community centre or recreation facilities |
| <input type="checkbox"/> Tourist attraction(s) | <input type="checkbox"/> Sports/playing field(s) | <input type="checkbox"/> Outdoor pool |
| <input type="checkbox"/> Library | <input type="checkbox"/> Post office | <input type="checkbox"/> Movie theatre or other entertainment facilities |
| <input type="checkbox"/> Bank(s) | <input type="checkbox"/> Pharmacy | <input type="checkbox"/> Laundromat / dry cleaner |
| <input type="checkbox"/> Indoor fitness facility | <input type="checkbox"/> Medical office | <input type="checkbox"/> Dental office |
| <input type="checkbox"/> Church(es) | <input type="checkbox"/> Museum | <input type="checkbox"/> Park(s) and green space |
| <input type="checkbox"/> Playground(s) | <input type="checkbox"/> Waterway(s) | <input type="checkbox"/> Lookout / natural attraction(s) |
| <input type="checkbox"/> Trailhead | <input type="checkbox"/> Beach | <input type="checkbox"/> Fast food restaurant(s) |
| <input type="checkbox"/> Large office building, warehouse, factory or industrial building | | |

Other:

Comments:

Improvements Required:

Amenities

Indicate which of the following community amenities are readily accessible on or from this route:

- | | | |
|---|--|--|
| <input type="checkbox"/> Free drinking water | <input type="checkbox"/> Public washrooms | <input type="checkbox"/> Natural shade |
| <input type="checkbox"/> Benches and sit spots | <input type="checkbox"/> Effective signage | <input type="checkbox"/> Garbage and recycling bins |
| <input type="checkbox"/> Decorative landscaping | <input type="checkbox"/> Public art | <input type="checkbox"/> Public telephone or cell coverage |
| <input type="checkbox"/> Rolling slopes | <input type="checkbox"/> Grass buffer | <input type="checkbox"/> Trees in buffer |

Other:

Comments:

Improvements Required:

Atmosphere

Indicate which of the following environmental elements made your excursion less pleasant:

- | | | | |
|---|--|---|--|
| <input type="checkbox"/> Unkept lawns and gardens | <input type="checkbox"/> Scary dogs | <input type="checkbox"/> Scary people | <input type="checkbox"/> Litter |
| <input type="checkbox"/> Broken glass | <input type="checkbox"/> Graffiti | <input type="checkbox"/> Abandoned buildings | <input type="checkbox"/> Poor lighting |
| <input type="checkbox"/> Drainage grates on pathway | <input type="checkbox"/> Boarded windows | <input type="checkbox"/> Parked cars blocking route | <input type="checkbox"/> Traffic exhaust |

Other:

Comments:

Improvements Required:

Accessibility

Rate how easy it was to get to your destination: Easy Not-so-easy Difficult

Indicate which of the following barriers impeded access to your destination: Fences and/or gates Missing links

Comments:

Improvements Required:

AT Modes

Indicate the number of AT users observed enroute:

- | | | | |
|-----------------------------|--------------------------------------|----------------------------------|---------------------------------------|
| Walkers | <input type="checkbox"/> less than 5 | <input type="checkbox"/> 5 to 10 | <input type="checkbox"/> more than 10 |
| Cyclists | <input type="checkbox"/> less than 5 | <input type="checkbox"/> 5 to 10 | <input type="checkbox"/> more than 10 |
| In-line Skaters/Skateboards | <input type="checkbox"/> less than 5 | <input type="checkbox"/> 5 to 10 | <input type="checkbox"/> more than 10 |
| Canoeists/Kayakers | <input type="checkbox"/> less than 5 | <input type="checkbox"/> 5 to 10 | <input type="checkbox"/> more than 10 |
| Skaters/Skiers | <input type="checkbox"/> less than 5 | <input type="checkbox"/> 5 to 10 | <input type="checkbox"/> more than 10 |

Comments:

AT Users by Age

Indicate the number of AT users by age observed enroute:

- | | | | |
|--------------------------|--------------------------------------|----------------------------------|---------------------------------------|
| Children (0 to 12 years) | <input type="checkbox"/> less than 5 | <input type="checkbox"/> 5 to 10 | <input type="checkbox"/> more than 10 |
| Youth (13 to 18 years) | <input type="checkbox"/> less than 5 | <input type="checkbox"/> 5 to 10 | <input type="checkbox"/> more than 10 |
| Adults (19 to 65 years) | <input type="checkbox"/> less than 5 | <input type="checkbox"/> 5 to 10 | <input type="checkbox"/> more than 10 |
| Elders: (over 65 years) | <input type="checkbox"/> less than 5 | <input type="checkbox"/> 5 to 10 | <input type="checkbox"/> more than 10 |

Comments:

AT Users by Ability

Indicate the number of AT users by ability observed enroute:

Using canes, crutches or walkers

less than 5

5 to 10

more than 10

Using wheelchairs

less than 5

5 to 10

more than 10

Comments:

Rate Your AT Experience

Rate your AT experience:

Poor

Good

Very Good

Will you use AT to cover this route on a regular basis?

Yes

No

Comments:

About You [optional]

Age:

Gender:

Number of months/year I ride my bike

Never

Some (1 to 5)

Most (6 to 11)

All

Number of days/week I walk

Never

Occasionally (1 to 3)

Frequently (4 to 6)

Daily

I own and use the following AT equipment:

Bicycle

Canoe

Kayak

Skiis

Non-motorized Wheelchair

Inline roller blades

Skate board

Skates

I feel comfortable riding my bike on:

Bike paths or trails

Yes

No

Roads with a marked bike lane

Yes

No

Roads without a marked bike lane but with a low speed limit/low traffic volume

Yes

No

Roads in most traffic conditions

Yes

No

My current AT habits:

I use AT to get to work/school

..... times/week

I use AT to do errands and get to appointments

..... times/week

I use AT for recreation

..... times/week

I use AT to access recreation facilities

..... times/week

I use AT for:

- Health/exercise
- Convenience
- To save money
- Fun/pleasure
- Environmental concern
- Because there are pleasant places to walk, hike and bike

I would like to move more by using the following modes of AT:

- Walking
- Bicycle
- Canoe
- Kayak
- Skis
- Skates
- Inline roller blades
- Skateboard
- Non-motorized Wheelchair

Mail your completed checklist to:

County of Renfrew Paramedic Services
9 International Drive
Pembroke ON K8A 6W5

What Now?

What can you do to make your community more AT-friendly?

Share Your Opinions

www.countyofrenfrew.on.ca

Send your checklist to your municipal public works department and/or the Physical Activity Network - Renfrew County (PAN-RC). Make sure you highlight where you think improvements can be made.

Learn More

www.physicalactivitynetwork.ca/AT

Learn more about the benefits of physical activity and active transportation. Get connected to local AT events.

Join the AT Working Group

www.physicalactivitynetwork.ca/AT

Join this committee of 25+ active users of our roads, trail and waterway systems representing a wide and geographically balanced group of stakeholders.

Score Your Neighbourhood

www.walkscore.com

Enter your address to measure the walkability of your neighbourhood.

Share the Road

Educate yourself about safety when sharing the road and be aware of all road users when driving, walking, and biking.

Teach Your Children Well

Teach your children about safe walking and biking.

Active Community Charter

www.

Support your municipal leaders in signing the Active Community Charter.

Get involved!

PAN-RC works with partners and community members to create safe, healthy places to live. Together, we can achieve safer roads for all users.

Connect with PAN-RC via Social Media

Share your voice: www.physicalactivitynetwork.ca

Join and share: facebook.com/groups/activetransportation

Like and share: facebook.com/physicalactivitynetwork

Follow us on Twitter: @PAN-RC_AT

Pin on Pinterest: www.pinterest.com/panrc/active-inspiration/
www.pinterest.com/panrc/outside-and-active/
www.pinterest.com/panrc/at-renfrew-county/

Capture on Instagram: www.instagram.com/activetransportation

QR Codes

