

walkON

walkON is a partnership of Central West Ontario Regional Heart Health Projects that, together, have identified a need to support the development of walkable communities.

walkON envisions an Ontario where people value and seek to live in communities that are safe, convenient, and accessible to walk for all of their daily needs.

Get Involved!

Support the efforts already underway in your community. Become involved in making your community walkable.

- Conduct a Walkability Checklist in your community
- Visit www.walkon.ca and become a member
- Talk to your Heart Health Coordinator about getting involved
- Join or form a Membership Group
- Get involved in what's happening in your community
- Participate in a Walkable Communities Workshop



How walkable is your community?



Take a walk
& decide for yourself

walkON

Walkability Checklist

Choose a walking route in your community and take notes on what you see. How does your route rate? Is your community one that supports walking?

My Walking Route:

Start Point: _____
End Point: _____
Date: _____

CONNECTIVITY

- The neighbourhood is connected to destinations by sidewalks, trails or paths
 - Sidewalks are wide enough for 2 or 3 people to walk side-by-side
 - Sidewalks are in good repair. If not, identify problems and location: _____
 - Wheelchairs and strollers can navigate easily
 - Sidewalks are clear of obstacles such as bushes and garbage
 - Sidewalks are on both sides of the street
- Other/Explain:** _____

Rating (please select one)

<input type="radio"/> 1 Very Poor	<input type="radio"/> 2 Good	<input type="radio"/> 3 Excellent
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PROXIMITY AND ACCESS TO AMENITIES

- Mix of homes, businesses, stores and schools
 - Different styles of housing (apartments, town homes, single family)
 - People are out and about and there are "eyes on the street"
 - Destinations, such as stores, schools and businesses, are in walking distance
- Other/Explain:** _____

Rating (please select one)

<input type="radio"/> 1 Very Poor	<input type="radio"/> 2 Good	<input type="radio"/> 3 Excellent
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AESTHETICS

- The route is attractive and pleasant
 - The landscaping is attractive (e.g. trees and flowers)
 - There are benches, and other places to rest, along the walking route
 - There are interesting features that make you want to walk
 - Shops and businesses are well-maintained and accessible
- Other/Explain:** _____

Rating (please select one)

<input type="radio"/> 1 Very Poor	<input type="radio"/> 2 Good	<input type="radio"/> 3 Excellent
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SAFETY

- Sidewalks are separated from the road
 - Pedestrian crossing signals are well marked and give enough time to cross the street
 - Cars obey pedestrian crossings and signals
 - Cars obey the set speed limit in the area
 - Street signs are legible
 - Paths are well lit at night
- Other/Explain:** _____

Rating (please select one)

<input type="radio"/> 1 Very Poor	<input type="radio"/> 2 Good	<input type="radio"/> 3 Excellent
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How walkable is your community?

Score: _____

- 10-12 Celebrate! Your community makes it easy to walk for all your daily needs
- 8-9 Your community is doing pretty well!
- 5-7 Your community is doing okay, but could make some improvements
- >4 Let's work hard to make your community more walkable

Please give the completed checklist to your local Mayor, municipal councillor, or public works official