**How walkable is your community?**

**Take a 15 minute walk around your school neighbourhood**

Step 1: Write About Your Walk

**Where did you walk?** From \_\_\_\_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_\_\_

# Step 2: Think About Your Walk

**Put a check in each box that you agree with.**

**A. How easy was your walk?**

* I could use sidewalks, trails or paths to get where I was going
* There were sidewalks on both sides of the street
* Nothing blocked the sidewalks, like bushes or garbage
* The sidewalks were wide enough so I could walk beside another person
* I could easily use the sidewalks if I was in a wheelchair or pushing a stroller
* The sidewalks were well maintained

**If the sidewalks needs to be fixed, please tell us what is wrong and where to find the problem**

**If you did not check any of these boxes, write down why: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**B. What people and places did you see?**

* I saw a mix of homes, businesses, stores and schools
* I passed a mix of apartments, attached houses and single detached houses
* I passed windows, not just walls and fences
* I met people on the street

**If you did not check any of these boxes, write down why: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**C. Was your walk enjoyable?**

* The route I took was pleasant and inviting
* I saw plants, trees and gardens on my walk
* If I needed to stop, there were benches or other places to rest
* I enjoyed the walk because there were interesting things to see
* It was easy to get to the shops, businesses and schools
* The shops and businesses were neat and tidy, and worth a visit

**If you did not check any of these boxes, write down why: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**D. How safe did you feel?**

* It was very clear where I could walk and where cars or bikes were supposed to be
* It was easy to read the signs
* Crosswalks were well marked
* At crosswalks, I had enough time to cross the street
* Cars stopped at crosswalks and signal lights
* Cars were driving at a safe speed
* At night, the sidewalks, trails and paths were well lit
* Not applicable

**If you did not check any of these boxes, write down why:**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# STEP 3: Rate Your Walk

How many boxes did you mark with a check? \_\_\_\_\_

**What the number of check marks represents:**

**19 or more** Celebrate! Your community makes it easy to walk for all your daily needs.

**16-18** Your community is doing well!

**11-15** Your community could do more.

**10 or less** Let’s work hard to make your community more walkable.

**What changes would make YOU want to walk more in your community?**

**Write down your ideas here and share them with your parents, friends, teacher and classmates.**

**Teachers, please collect these pages and give them to your principal. Comments will inform Active School Travel work**

**For more information:**

[**http://ontarioactiveschooltravel.ca/**](http://ontarioactiveschooltravel.ca/)

[**http://www.nsts.ca/**](http://www.nsts.ca/)

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