Walkability Checklist

HOW WALKABLE IS YOUR COMMUNITY?
Take a walk with a family member or friend and decide for yourselves.
Everyone benefits from walking. But walking needs to be safe and easy. Take a walk with a family member or friend, and use this checklist to decide if your neighborhood is a friendly place to walk. Take heart if you find problems, there are ways you can make things better.

GETTING STARTED
First, you will need to pick a place to walk, like the route to school, a friend's house, the grocery store, the park, or just somewhere fun to go.
The second step involves the checklist. Read over the checklist before you go. As you walk, note the locations of things you would like to change. At the end of your walk, give each question a rating. Then add up the numbers to see how you rated your walk overall.

After you have rated your walk and identified any problem areas, the next step is to figure out what you can do to improve your community's score. You’ll find both immediate answers and long-term solutions under “Improving Your Community’s Score...” on the third page.

WHAT IS YOUR NEIGHBORHOOD WALKABILITY SCORE?
Take a walk and use this checklist to rate your neighborhood’s walkability.
Location of walk___________________________________________________
Rating Scale:
1 = Awful  2 = Many problems  3 = Some problems  4 = Good  5 = Very good  6 = Excellent

1. Did you have room to walk?
   ○ Yes  ○ Some problems (mark all that apply):
   ○ Sidewalks or paths started and stopped
   ○ Sidewalks were broken or cracked
   ○ Sidewalks were blocked with poles, signs, shrubbery, dumpsters, etc.
   ○ No sidewalks, paths, or shoulders
   ○ Too much traffic
   ○ Something else _______________________
   Location of problems: ____________________________________________
   Rating: (circle one) 1 2 3 4 5 6

2. Was it easy to cross streets?
   ○ Yes  ○ Some problems (mark all that apply):
   ○ Road was too wide
   ○ Traffic signals made us wait too long or did not give us enough time to cross
   ○ Needed striped crosswalks or traffic signals
   ○ Parked cars blocked our view of traffic
   ○ Trees or plants blocked our view of traffic
   ○ Needed curb ramps or ramps needed repair
   ○ Something else _______________________
   Location of problems: ____________________________________________
   Rating: (circle one) 1 2 3 4 5 6
3. Did motorists drive well?
   - Yes
   - Some problems (mark all that apply):
     - Backed out of driveways without looking
     - Did not yield to people crossing the street
     - Turned into people crossing the street
     - Drove too fast
     - Sped up to make it through traffic lights or drove through traffic lights
     - Something else _______________________

   Location of problems: _____________________
   _______________________________________

   Rating: (circle one)
   1  2  3  4  5  6

4. Was it easy to follow safety rules?
   Could you and your family member or friend...
   - Yes  No  Cross at crosswalks or cross where you could see and be seen by drivers?
   - Yes  No  Stop and look left, right, and then left again before crossing streets?
   - Yes  No  Walk on sidewalks or shoulders facing traffic where there were no sidewalks?
   - Yes  No  Cross with the light?

   Location of problems: _____________________
   _______________________________________

   Rating: (circle one)
   1  2  3  4  5  6

5. Was your walk pleasant?
   - Yes
   - Some unpleasant things (mark all that apply):
     - Needed more grass, flowers, or trees
     - Scary dogs
     - Scary people
     - Not well lit
     - Dirty, lots of litter or trash
     - Something else _______________________

   Location of problems: _____________________
   _______________________________________

   Rating: (circle one)
   1  2  3  4  5  6

How does your neighborhood stack up?
Add up your ratings and decide.
Questions 1-5 Ratings Total: ______

26-30 Celebrate! You have a great neighborhood for walking.
21-25 Celebrate a little. Your neighborhood is pretty good.
16-20 Okay, but it needs some work.
11-15 There are some major problems that need to be addressed. Work with your neighbors to address them.
5-10 The problems are severe and need to be brought to the attention of your local leaders. Work with your neighbors to organize a plan of action.
IMPROVING YOUR COMMUNITY’S SCORE...

Now that you know the problems, you can find the answer.

<table>
<thead>
<tr>
<th>1. Did you have room to walk?</th>
<th>What you and your family member or friend can do now</th>
<th>What you and your community can do with more time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sidewalks or paths started and stopped</td>
<td>• pick another route for now</td>
<td>• speak up at board meetings</td>
</tr>
<tr>
<td>Sidewalks broken or cracked</td>
<td>• tell local traffic engineering or public works department about specific problems and provide a copy of the checklist</td>
<td>• write or petition the city for walkways and gather neighborhood signatures</td>
</tr>
<tr>
<td>Sidewalks blocked</td>
<td></td>
<td>• make media aware of problem</td>
</tr>
<tr>
<td>No sidewalks, paths or shoulders</td>
<td></td>
<td>• work with a local transportation engineer to develop a plan for a safe walking route</td>
</tr>
<tr>
<td>Too much traffic</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>2. Was it easy to cross streets?</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Road too wide</td>
<td>• pick another route for now</td>
<td>• push for crosswalks/signals/parking changes/curb ramps at city meetings</td>
</tr>
<tr>
<td>Traffic signals made us wait too long or did not give us enough time to cross</td>
<td>• share problems and checklist with local traffic engineering or public works department</td>
<td>• report to traffic engineer where parked cars are safety hazards</td>
</tr>
<tr>
<td>Crosswalks/traffic signals needed</td>
<td>• trim your trees or bushes that block the street and ask your neighbors to do the same</td>
<td>• report illegally parked cars to the police</td>
</tr>
<tr>
<td>View of traffic blocked by parked cars, trees, or plants</td>
<td>• leave nice notes on problem cars asking owners not to park there</td>
<td>• request that the public works department trim trees or plants</td>
</tr>
<tr>
<td>Needed curb ramps or ramps needed repair</td>
<td>• leave nice notes on problem cars asking owners not to park there</td>
<td>• make media aware of problem</td>
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<table>
<thead>
<tr>
<th>3. Did motorists drive well?</th>
<th></th>
<th></th>
</tr>
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<tbody>
<tr>
<td>Backed without looking</td>
<td>• pick another route for now</td>
<td>• petition for more enforcement</td>
</tr>
<tr>
<td>Did not yield</td>
<td>• set an example; slow down and be considerate of others</td>
<td>• request protected turns</td>
</tr>
<tr>
<td>Turned into walkers</td>
<td>• encourage your neighbors to do the same</td>
<td>• ask city planners and traffic engineers for traffic calming ideas</td>
</tr>
<tr>
<td>Drove too fast</td>
<td>• report unsafe driving to the police</td>
<td>• ask schools about getting crossing guards at key locations</td>
</tr>
<tr>
<td>Sped up to make traffic lights or drove through red lights</td>
<td>• report unsafe driving to the police</td>
<td>• organize a neighborhood speed watch program</td>
</tr>
</tbody>
</table>
IMPROVING YOUR COMMUNITY’S SCORE (CONTINUED)...

Now that you know the problems, you can find the answer.

4. Could you follow safety rules?  

<table>
<thead>
<tr>
<th>What you and your family member or friend can do now</th>
<th>What you and your community can do with more time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cross at crosswalks or where you could see and be seen</td>
<td>• educate yourself and your family members or friends about safe walking</td>
</tr>
<tr>
<td>Stop and look left, right, left before crossing</td>
<td>• organize parents in your neighborhood to walk children to school</td>
</tr>
<tr>
<td>Walk on sidewalks or shoulders facing traffic</td>
<td>• encourage schools to teach walking safely</td>
</tr>
<tr>
<td>Cross with the light</td>
<td>• help schools start safe walking programs</td>
</tr>
</tbody>
</table>

5. Was your walk pleasant?  

| Needs grass, flowers, trees | • point out areas to avoid to your family members and friends; agree on safe routes |
| Scary dogs | • ask neighbors to keep dogs leashed or fenced |
| Scary people | • report scary dogs to the animal control department |
| Not well lit | • report scary people to the police |
| Dirty, litter | • report lighting needs to the police or appropriate public works department |
| • take a walk with a trash bag | • request increased police enforcement |
| • plant trees or flowers in your yard | • start a crime watch program in your neighborhood |

A Quick Health Check  

<table>
<thead>
<tr>
<th>What you and your family member or friend can do now</th>
<th>What you and your community can do with more time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Could not go as far or as fast as we wanted</td>
<td>• start with short walks and work up to 30 minutes of walking most days</td>
</tr>
<tr>
<td>Were tired, short of breath, or had sore feet or muscles</td>
<td>• invite a friend or child along</td>
</tr>
<tr>
<td>• get media to do a story about the health benefits of walking</td>
<td></td>
</tr>
</tbody>
</table>
GREAT RESOURCES
Need some guidance? These resources might help.

WALKING INFORMATION
Pedestrian and Bicycle Information Center (PBIC)
UNC Highway Safety Research Center
730 Airport Road, Suite 300
Campus Box 3430
Chapel Hill, NC 27599-3430
Phone: (919) 962-2203
Email: pbic@pedbikeinfo.org
www.pedbikeinfo.org
www.walkinginfo.org

National Center for Bicycling & Walking (NCBW)
8120 Woodmont Ave, Suite 650
Bethesda, MD 20814
Phone: (301) 656-4220
Email: info@bikewalk.org
www.bikewalk.org

WALK TO SCHOOL DAY WEB SITES
Partnership for a Walkable America
730 Airport Road, Suite 300
Campus Box 3430
Chapel Hill, NC 27599-3430
Phone: (919) 962-7419
Email: walk@walktoschool.org
USA event:
www.walktoschool-usa.org
International:
www.iwalktoschool.org

STREET DESIGN AND TRAFFIC CALMING
Federal Highway Administration Office of Safety
http://safety.fhwa.dot.gov/index.htm

Directory of State Departments of Transportation
http://www.fhwa.dot.gov/webstate.htm

Intersections
http://safety.fhwa.dot.gov/intersections/index.htm

Pedestrian & Bicycle Safety
http://safety.fhwa.dot.gov/ped_bike/index.htm

Stop Red Light Running Program
http://safety.fhwa.dot.gov/intersections/srlr_campaign.htm

Institute of Transportation Engineers
www.ite.org

ACCESSIBLE SIDEWALKS
United States Access Board
1331 F Street, NW
Suite 1000
Washington, DC 20004-1111
Phone: (800) 872-2253
(800) 993-2822 (TTY)
Email: info@access-board.gov
www.access-board.gov
En Español: www.access-board.gov/spanish.htm
GREAT RESOURCES (CONTINUED)

Need some guidance? These resources might help.

PEDESTRIAN SAFETY
National Highway Traffic Safety Administration
Traffic Safety Programs
400 Seventh Street, SW
Washington, DC 20590
Phone: 1-888-327-9153
TTY: 1-800-424-9153
www.nhtsa.dot.gov

Pedestrian Safety
www.nhtsa.dot.gov/people/injury/pedbimot/ped

Safe Kids Worldwide
1301 Pennsylvania Ave. NW
Suite 1000
Washington, DC 20004-1707
Phone: (202) 662-0600
Fax: (202) 393-2072
www.safekids.org

WALKING AND HEALTH
Division of Nutrition and Physical Activity,
National Center for Chronic Disease Prevention and
Health Promotion,
Centers for Disease Control and Prevention
4770 Buford Highway, NE, MS/K-24
Atlanta, GA 30341-3717
Phone: 1-800-232-4636
(800-CDC-INFO)
Email: cdcinfo@cdc.gov
www.cdc.gov/nccdphp/dnpa/index.htm
En Español:
1-888-246-2857
www.cdc.gov/spanish/

Walking coalitions
America Walks
Old City Hall
45 School Street, 2nd Floor
Boston, MA 02108
Phone: 617-367-1170
Email: info@americawalks.org
www.americawalks.org

Partnership for a Walkable America
National Safety Council
1121 Spring Lake Drive
Itasca, IL 60143-3201
Phone: (603) 285-1121
www.walkableamerica.org