

# Community Walkability Checklist

## How walkable is your neighbourhood?



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## About this checklist

Being regularly active throughout life is an effective way to keep your heart healthy. Regardless of your age and ability, walking is an excellent way to gradually increase your level of activity.

The Heart Foundation believes that residents understand their own neighbourhood better than anyone else. This Community Walkability Checklist is designed to help you to make an assessment of your local neighbourhood and identify features that help or hinder your regular walk.

Your completed checklist will provide valuable information; for the Heart Foundation and your local council. Send it to us at:

Heart Foundation Helpline  
Reply Paid 84226  
PO Box 7174  
Hutt Street SA 5000

### **This checklist is also available online**

Visit [walking.heartfoundation.org.au/walkability](http://walking.heartfoundation.org.au/walkability) for a version of this checklist that you can either:

1. Complete, save and email directly to us at [health@heartfoundation.org.au](mailto:health@heartfoundation.org.au) or;
2. Print, complete and send back (post or scan and email).



## How to use the Walkability Checklist

The purpose of this checklist is to help you review your local neighbourhood during your regular walk, or a walk that you'd like to start doing, whether it be for health and wellbeing, for recreation, or for getting from A to B.

The checklist is divided into four sections:

1. Walker friendliness
2. Comfort
3. Convenience
4. Safety

During your walk, place a tick in the appropriate box. It's useful if you can identify places or street names when making specific comments.

At the end of each section, reflect on the total of yes and no answers, then rate the section using the appropriate icon.



When you're finished, transfer your responses to page 11 and give your route an overall walkability rating. Fill in the details on page 12 and your checklist is ready to send.

### Other tips:

- Consider taking photographs along the way – it can be better than a long explanation.
- If you're good with technology, provide a map of your walking route using a web-based map like Google Maps. Maps are helpful but not necessary.

# Community Walkability Checklist

## About your walk

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_ am/pm

Location and/or suburb: \_\_\_\_\_

Postcode and state: \_\_\_\_\_

Name of street at start of walk: \_\_\_\_\_

Name of street at end of walk: \_\_\_\_\_

I walked with a mobility aid

I walked pushing a pram

I walked with a pet

## I am walking for (please tick):

Transport – to a specific location e.g. work, shops, bus stop, school.

Recreation – walking for health and wellbeing, relaxation or exercise.

**I have been involved with:**  Heart Foundation Walking

MyMarathon

## Where does the majority of this walk take place?

Local park

Local paths/streets

Beach/waterfront

City centre

National/state parkland

Rural or remote area

Other \_\_\_\_\_



## 2. Comfort

Well-designed streets and places to walk, and access to facilities along the way, encourage walking.

	Yes	No
1. Are there pathways to use on your walk?		
a. Are the paths easy to walk on, with consistent, even surfaces free from obstacles for people with prams, mobility aids, wheelchairs and small children on wheeled devices? Look out for holes, overgrown plants, sign poles, advertising boards, parked cars and business signage.		
b. Can people walk side by side on the paths, particularly people with prams and people in wheelchairs?		
2. Are there seats along the way to stop and rest?		
3. Are there drinking fountains along the way?		
4. Can you easily access toilets along the way?		
5. Are there places to shelter from the weather?		
6. Is the street noise or pollution along the way generally light?		

**Rating**



Comments or suggestions (including the location of any issues):

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### 3. Convenience

Having direct connected routes between homes, shops, workplaces and other places is important to create shorter distances between places and promote walking.

	Yes	No	N/A
1. Are there directions to help you find your way? E.g. direction or distance signs, maps.			
2. Does this route link with public transport?			
3. Are you able to walk in your desired direction without leaving the path you are on?			
4. Do the paths all link up, with no missing sections?			
5. Can this route lead to a destination such as a school, café, shop, library, workplace or community facility?			
6. Are there separated off-leash dog parks on your route?			
7. If you walked to a cul-de-sac or dead end, was there a safe route linking you through?			

**Rating**



Comments or suggestions (including the location of any issues):

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## 4. Safety

Lighting, safety measures and well-maintained paths promote walking.

	Yes	No	N/A
1. Do you generally feel safe on this walk?			
2. Are there other people around as you walk?			
3. Is the walk well lit, for when it's dark?			
4. Does the wait to cross the road at traffic lights feel reasonable?			
5. Do you think there is enough time to cross the road at traffic lights?			
6. Do you feel safely separated from the road traffic?			
7. Are there roundabouts, humps, signs or other measures to slow vehicles?			
8. Can you cross streets without the speed of road traffic creating a problem for you?			
9. Is the route generally free from hazards so you can walk safely?			
<b>Rating</b>			

Comments or suggestions (including the location of any issues):

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## How did your walk rate?

Give each section a green, red or orange response

Walker friendliness			
Comfort			
Convenience			
Safety			
<hr/>			
<b>OVERALL</b>			

### Walkability rating



The route is very walkable!



The route is walkable but there is room for improvement.



The route needs some work to make it more walkable.

## Thank you!

The next step is to give us a little more detail (on the next page). We'll collate all the information we receive and share it with your local council.

# Complete and post back to us



## Tell us about you

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Suburb: \_\_\_\_\_

State/Postcode: \_\_\_\_\_

Local council (if known): \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

## Any additional comments?

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## Send to:

Heart Foundation Helpline

Reply Paid 84226

PO Box 7174

Hutt Street SA 5000

**If you'd like to ask a question, or send us a scanned copy of your completed checklist, please email: [health@heartfoundation.org.au](mailto:health@heartfoundation.org.au)**

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# Passionate about making your community healthier and happier?

## Start your own walking group

Heart Foundation Walking groups are a great way for local neighbourhoods to become healthier, happier, and build stronger connections within the community.

With over 1300 groups nationwide, we're always in search of new volunteer walk organisers to join Australia's largest free walking program.

**Interested in starting your own walking group?**

**Visit [walking.heartfoundation.org.au](http://walking.heartfoundation.org.au)**



## Healthy Active by Design

### **A program advocating for healthier Australian hearts**

The Heart Foundation advocates for environments that promote and support physical activity. Through our Healthy Active by Design program, we have developed a range of resources, information and advice to support organisations who are interested in developing healthy, liveable places and spaces.

We need your support to create a positive change to influence healthy active urban planning nationwide.

**For more information, and to sign up to our regular newsletter, visit [healthyactivebydesign.com.au](http://healthyactivebydesign.com.au)**





For heart health information and support:

Helpline 13 11 12

E: [health@heartfoundation.org.au](mailto:health@heartfoundation.org.au)

W: [heartfoundation.org.au](http://heartfoundation.org.au)

For further information on our walking program visit [walking.heartfoundation.org.au](http://walking.heartfoundation.org.au)

For information on the built environment visit [healthyactivebydesign.com.au](http://healthyactivebydesign.com.au)

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