

Parks and recreation agencies are creating Safe Routes to Parks to facilitate safe access to parks for all people¹

Desk item 3j



Five Essential Elements to Safe Routes to Parks

When people can safely walk to parks, it provides more opportunity for physical activity and greater access to open space.

- Safety** Safety elements (e.g., lighting, traffic) must be included for pedestrian routes.
- Convenience** Walking routes to parks should be no longer than a 10-minute walk.
- Access & Design** Proper design, signage, ADA compliance, and multiple entry points benefit all users.
- Conditions** Sidewalks and trails should be inviting, comfortable, and safe for all users.
- The Park** Facilities, amenities and programs at the park should reflect the needs of the community.



Addressing Walkability in Your Community

- Assess Park Usage**
Conduct observation studies or local needs assessments to determine if residents are using the park.
- Conduct a Walkability Audit**
Identify walking routes that are well-maintained and those that require improvement.
- Engage the Community**
Gather feedback from residents on what improvements are needed for them to feel safe walking to parks.

Safe Routes to Parks is a vital component in creating more walkable communities and a sustainable future.



¹ NRPA (2016). Safe routes to parks: improving access to parks through walkability.
² CDC (2010). Walk & Bike Walking Survey. United States, 2008 and 2010. Morbidity and Mortality Weekly Reports, 119(25), 199-201.
³ NRPA (2016). 2016 Physical Activity Guidelines for Americans.
⁴ CDC (2010). Walk & Bike Walking Survey. United States, 2008 and 2010. Morbidity and Mortality Weekly Reports, 119(25), 199-201.
⁵ Gwin, M., Sallis, J., & Frank, L. (2010). Where are adults active? Role of proximity, active transport, and built environment. *Health Affairs*, 29(12), 2071-2079.
⁶ Sallis, J., Frank, L., & Sallis, J. (2010). Walking and biking to work: A review of the literature. *Health Affairs*, 29(12), 2071-2079.
⁷ Sallis, J., Frank, L., & Sallis, J. (2010). Walking and biking to work: A review of the literature. *Health Affairs*, 29(12), 2071-2079.
⁸ Sallis, J., Frank, L., & Sallis, J. (2010). Walking and biking to work: A review of the literature. *Health Affairs*, 29(12), 2071-2079.
⁹ Sallis, J., Frank, L., & Sallis, J. (2010). Walking and biking to work: A review of the literature. *Health Affairs*, 29(12), 2071-2079.
¹⁰ Sallis, J., Frank, L., & Sallis, J. (2010). Walking and biking to work: A review of the literature. *Health Affairs*, 29(12), 2071-2079.
¹¹ Sallis, J., Frank, L., & Sallis, J. (2010). Walking and biking to work: A review of the literature. *Health Affairs*, 29(12), 2071-2079.
¹² Sallis, J., Frank, L., & Sallis, J. (2010). Walking and biking to work: A review of the literature. *Health Affairs*, 29(12), 2071-2079.