

Alberta Health
Services

2018

WalkABLE
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Vermilion Community Report



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Acknowledgements



A special thank you to the following people and organizations for their contributions in the preparation of the WalkABLE Alberta Workshop in Vermilion:

- Joanne Stewart, Health Promotion Facilitator, Public Health, Alberta Health Services
- Shawn Bell, Director of Community Services, Town of Vermilion

Vermilion Wellness Coalition's work leading to the community workshop:

- Shawn Bell
- Gary Walsh
- Russ Cameron
- Elizabeth Fraser
- Curtis Gorkoff
- Dianne Dunn
- Pat Calyniuk
- Lorelee Marin
- Joanne Stewart (Chairperson)

Alberta Health Services and the Town of Vermilion would like to thank the following groups and individuals for participating in Walkable Alberta Workshop in Vermilion:

- Town of Vermilion – Mayor
- Town of Vermilion – Town Councilors
- Town of Vermilion – Administrators
- Alberta Health Services – Health Promotion Facilitators
- Alberta Health Services – Allied Health
- Alberta Health Services – School Health Promotion
- Alberta Health Services – Community Nutrition Services
- Alberta Health Services – Public Health Inspector
- Alberta Health Services – Recreation Therapist
- Chamber of Commerce/Rolling School Bus
- Be Fit For Life Program, Lakeland College
- AHS Recreation Therapist
- Town of Vermilion Bylaw Officer
- Outreach School
- Interested Community Members
- RCMP

Thank you to Ryan Martinson from Stantec for his contributions.

Thank you to the ChooseWell Healthy Community Grant for their contribution.

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Introduction



Walkable Alberta, provided by Alberta Health Services (AHS), is an initiative that aims to improve walkability, create supportive walkable communities and encourage citizens in communities to walk more often.

In Vermilion, Walkable Alberta was implemented as a community workshop. The principles of the International Charter for Walking (Appendix A) are used as a guide to promote key actions that would improve the walkability of communities. This charter helps identify things already being done to support walkable communities, as well as determine current challenges and future opportunities for promoting walkability.

Walkable Alberta recognizes the great work already being done in communities and helps to build on this work. These workshops are a great way to spark ideas and initiatives for key actions to help advance this work, ultimately creating walkable communities across Alberta. Increasing physical activity levels through walking improves a community's physical and social environments. Walking can also have many health benefits. Walking, as part of a physically active healthy lifestyle, plays a role in chronic disease prevention and preventing many of the following conditions: ^{i, ii, iii, iv, v, vi, vii, viii}

- Cardiovascular disease
- Type 2 diabetes
- Metabolic syndrome
- Obesity
- Dementia
- Mental health
- Osteoporosis
- Certain cancers (e.g., breast, colon)

***“The slower we travel
the more we spend”***

– Dr. R Tolley

In addition to the health of the population, walkability has many economic and social benefits for communities. Economic benefits can include:

- Increase in store rents and property values – each point increase in Walk Score, increases home values by \$700 - \$3,000. ^{ix, x}
- An increase of one-level (or approximately 20 points) in walkability (out of a range of 94 points) translates into an 80 percent increase in retail sales. ^{ix}
- Business and the local economy – the slower we travel the more we spend. ^{xi} Several studies have found that pedestrians, transit users, and cyclists routinely visit stores along commercial strips in urban areas more often and spend more money overall than do patrons who drive. ^{xii, xiii}
- Streetscape enhancements that improve walking and cycling conditions tend to increase economic activity. Environments designed for people are places where people want to spend their time and money. ^{xiii}

Social benefits can include:

- Poor walking conditions can contribute to social exclusion. Improving walking conditions can positively impact vulnerable populations who may rely on active transportation to access medical services, run essential errands, and undertake education or employment. ^{xiv}
- Safety - reduction of traffic related injuries and fatalities to pedestrians. ^{xi}

Town of Vermilion Background



The 2017 Municipal Census recorded the Town of Vermilion's population as 4,150. It is located 192 kilometers east of Edmonton at the intersection of Highway 16 and Highway 41.

The name Vermilion comes from the red clay found in the river valley. One of the first businesses in Vermilion was a brick factory which operated from 1906 until 1914. Some buildings built with brick from this factory are still standing today.

From 1992-1997, Vermilion was a project community of the Alberta Main Street Programme, which facilitated the façade restorations of a number of historically significant buildings.

Vermilion has developed a self-guided walking tour which reveals a fascinating history of the historic buildings in the town. Plaques are displayed on the exteriors to give a more in depth understanding of times past, and the histories of several other buildings were compiled with a vision of future restoration.

The town has two indoor ice arenas, baseball, curling, soccer and aquatic facilities. The Vermilion Provincial Park also offers the opportunity to undertake many outdoor activities including camping, fishing, canoeing and trails for hiking, cycling and cross-country skiing.

Vermilion has an established pathway systems that runs along the Provincial Park and the Vermilion River. Since the community is long and skinny there can be difficulties ensuring the pathway can be easily reached by the entire town. The three schools are in the east end of the town and Lakeland College is in the west.

Documents that Support Walkability in Vermilion

Municipal Development Plan

The Town of Vermilion Municipal Development Plan (MDP) provides a framework for decision making by Town Council and its agencies regarding long term development and activities. It is also intended to provide direction to businesses and individuals who want to participate in Vermilion's growth and management. Specifically, the MDP provides a policy framework for the Town. It provides a guide for making informed land use decisions. It also provides a vision for the future of the community.

Town of Vermilion Strategic Plan

The strategic plan for the Town of Vermilion includes objectives and key activities for specific town administrators who work with council, determines the community stakeholders that should be involved in accomplish objects, dates that activities or objectives would be completed, and the resource requirements. It is divided into seven areas: Public Works and Infrastructure, Emergency and Protective Services, Community Services, Recreation, Parks and Culture, Economic Development, Planning and Development, and Operational Excellence.



“Walking is important to improve our community that will improve the health of our residents”

– WalkABLE Alberta workshop participant



Economic Development Strategic Plan 2015 – 2017

This strategy provides high level strategic economic development priorities based on identified opportunities. It also includes implementation considerations to assist decision making for economic development plans.

Vermilion Regional Recreation Master Plan

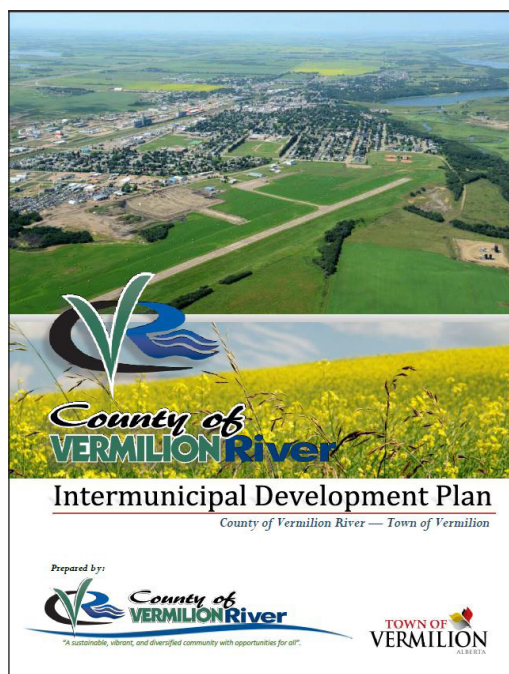
The Vermilion Regional Recreation Master Plan was created with the Town of Vermilion, County of Vermilion River, Lakeland College and the Vermilion Agricultural Society. This plan was created to identify the current state and future regional needs. The plan was created from representatives of these organizations, consultation with the public, engagement of stakeholders and community organizations, and additional research. Eight common themes were identified from the consultation and research that was conducted to provide sixteen recommendations.

Intermunicipal Development Plan - County of Vermilion River & Town of Vermilion

This Intermunicipal Development Plan (IDP) was developed jointly between the County of Vermilion River and the Town of Vermilion. It was created in order for the Town and County to cooperate mutually, with Federal, Provincial, and other jurisdictions to address planning issues and implement plans and strategies, in order to align development sustainably within and adjacent to the IDP Area.

“ Gathering to talk about community walkability is a good opportunity to connect with the community and address concerns”

– WalkABLE Alberta Workshop participant



The Vermilion Walkable Workshop



The Vermilion Wellness Coalition completed a Theory of Change process in the fall of 2017 to consider what the Coalition would like to see in their community in the future. As part of this a walkability scan was discussed and prioritized by the group. A Community's ChooseWell Grant was used to accomplish some preliminary tasks and funded the WalkABLE Alberta Workshop. Shawn Bell (Town of Vermilion) and Joanne Stewart (AHS) engaged potential community stakeholders to attend a WalkABLE Alberta Workshop (Appendix B) hosted at the Vermilion Regional Centre – Club Room. An invitation (Appendix C) and promotional poster (Appendix D) was distributed to those community stakeholders that it would apply to most. The workshop was a one-day event held on October 10, 2018. There were 20 people who attended.



The workshop began with AHS Health Promotion Facilitator, Graham Matsalla presented on why improving walkability is important to health. He described what walkability means according to the International Charter for Walking, drawing on international, national and provincial examples. Mayor McAuley read the International Charter for Walking to the group and signed the charter.

Participants then worked in smaller groups to generate ideas focusing on the eight principles of the International Charter for Walking (Appendix A). For each principle, participants were asked to identify what the community has now, what could be done better and discuss new ideas to improve walkability (Appendix E). The groups reviewed everyone's ideas, added new ones and ranked the existing ones according to their priority. Each group summarized their top two ideas and shared them with the larger group. These ideas were then voted on (Appendix F).





Stantec's Ryan Martinson spoke about the importance of community walkability and provided specific urban design ideas to consider while discussing ideas for improvement within Vermilion. Ryan facilitated discussion, expanding on ideas provided by the group, and contributed to analysis and information within this community report.



Images from around the community taken the day before the workshops, were shown to point out to the group to illustrate various aspects of the International Charter for Walking principles. Afterwards, attendees discussed the issues that had been identified as common and/or highlighted in order to set goals to address them. Groups discussed five themes that arose from the previous discussion of the principles from the International Charter for Walking and determined them to be the most relevant to Vermilion. Next, they identified who, when, and how the themes could possibly be addressed in the community (Appendix G).

Media Coverage and Communication



Media coverage for the Walkable Alberta Workshop in Vermilion was provided by:

- Workshop invitations (Appendix F)
- Workshop poster (Appendix G)

WalkABLE Alberta is coming to Vermilion!

October 10th, 2018 from 8:30 a.m. – 4:30 p.m. at the Vermilion Regional Centre – Club Room
Lunch will be provided

You are invited to participate in a unique workshop, presented by Alberta Health Services, hosted by the Vermilion Wellness Coalition.

What is WalkABLE Alberta?
WalkABLE Alberta is an interactive community workshop that results in a local action plan to improve community walkability using the principles of the International Charter for Walking as a basis for discussion.

The International Charter for Walking is a strategic document that describes actions that can be taken to help create connected and walkable communities around the world.

Why attend?
The Vermilion Wellness Coalition, in conjunction with the Town of Vermilion, would like to gather feedback from area residents and organizations about how the connectedness and walkability of Vermilion can be improved. We need your ideas!

What will the workshop involve?
Areas of discussion will include:

- How Vermilion relates to the principles in the International Charter for Walking
- A virtual walkabout of the Town of Vermilion
- Gathering of themes and setting goals

Who should attend this workshop?
Our goal is to have a variety of interested individuals and organizational representatives present to get a broad perspective of community connectivity and walkability in the Town of Vermilion.

A number of people have already been invited, but we encourage those receiving invitations to pass it along to anyone else they think may be interested.

Contact
Please RSVP with Nadine before **Wednesday October 3rd** by either phone: **780-581-2402** or email: nferbey@vermilion.ca.

We want to hear from you!

October 10, 2018
8:30 a.m. to 4:30 p.m.

Vermilion Regional Centre
Club Room
5702 College Drive

We would like your feedback on how connectivity and walkability can be improved in our community. All interested residents are welcome!
Lunch will be provided.

Please RSVP before **Wednesday October 3rd** with Nadine by phone: **780-581-2402** or email: nferbey@vermilion.ca

- An article was written and published by the Vermilion Voice after the workshop. (<https://www.vermilionvoice.com/single-post/2018/10/17/WalkABLE-Vermilion>)

10 LOCAL NEWS The Vermilion Voice | October 16, 2018

WalkABLE Vermilion

Submitted
The Vermilion Health Coalition hosted a WalkABLE Alberta session at the Vermilion Regional Centre on October 10.

Alberta Health Services (AHS) sponsored the event; and health promotion facilitator, Graham Marsala, presented the workshop along with guest speaker, Ryan Martinson, from Stantec. Staff and councillors from the Town of Vermilion and members of Alberta Health Services, the Vermilion Health Coalition, senior's care, and a town resident were in attendance.

The workshop focussed on identifying necessary improvements and encouraging people to walk within Vermilion through well designed sidewalks, trails, directional signage, etc. thereby promoting health and a sustainable walking community.

Mayor McAuley signed the International Charter for Walking Principals on behalf of the community to assist Vermilion with focusing policies, activities and relationships to create a culture where people choose to walk.

Marsala photographed areas within Vermilion that showed how residents commute by foot. His photos also identified shortcomings in areas where sidewalks and trails end creating "walking roadblocks" i.e. train, crossing designs, walking signage, cross walk safety, wheel chair access, etc.

"It was very well attended and everyone there is committed to making Vermilion a healthier community that supports walkability. It is important to consider walkability in communities to ensure that our communities continue to be great places where people want to live, work, and play. Better walkability can improve the economic, social, and equity in communities. Vermilion has joined 20 other communities throughout Alberta who have worked with WalkABLE Alberta," said Marsala.

For the Town of Vermilion, the following principles were covered through the interactive workshop:

- increased inclusive mobility
- well designed and managed spaces and places for people
- improved integration of networks
- supportive land-use and spatial planning
- reduces road danger
- less crime and fear of crime
- more supportive authorities
- a culture of walking

According to Councillor Robert Pulyk, participants developed action items relating to each principle for our community. He noted that Town Council will be receiving an executive report later this year from Marsala's compiled data.

"From my perspective, this workshop provided valuable concepts, designs and sound technical guidelines from a health perspective that the Town of Vermilion can adopt to encourage our residents to walk. I'm looking forward to the final WalkABLE Alberta report from Alberta Health Services for our community," said Robert Pulyk, Councillor for the Town of Vermilion.

Mayor Caroline McAuley signing the International Charter for Walking.

Identification of Priorities



Recommendations to support community walkability improvements in Vermilion were developed based on, pre-workshop discussions, pre-workshop visit to the community, the workshop itself, and from additional expertise in community walkability. The recommendations for Vermilion are:

Based on the information contributed throughout the workshop, participants identified their priorities and shared them with their small group. These ideas were recorded and voted on (Appendix D). The top seven identified priorities were:

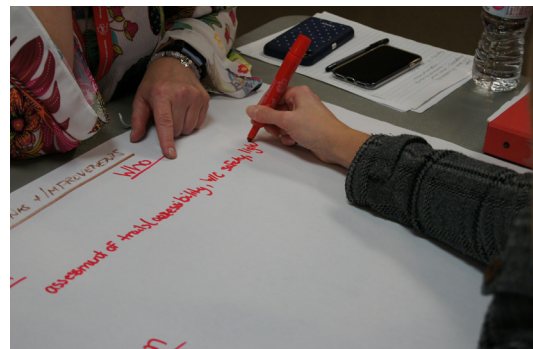
- Improve identified areas within the community to improve walkability. (8 votes)
 - Create decorative sidewalks with mid-block crossings.
 - Improve the crossing of highway 41 at the junction of 16/41.
 - Repair identified damage of cracked or broken sidewalk from tree roots.
- A connected pedestrian system in all directions. (6 votes)
- Create a new trail system by the river. (6 votes)
- Link the east and west sides of town. (from the Airport to Hospital) (4 votes)
- Extend Becky Scott Trail to the Lodge. (4 votes)
- Improve the lighting in Provincial Park to increase perceived safety from wildlife and/or crime. (4 votes)
- Explore opportunities to include indoor walking opportunities in the rink. (4 votes)



Themes used to identify Short, Medium, and Long-term Actions

From the issues discussed and the votes provided, some themes emerged. The participants in the workshop set out short, medium, and long-term actions to address these priorities identified (Appendix G). In addition to the actions further information on who could support the implementation of the actions were identified. The themes that emerged were:

- Connected pedestrian network/system
- Intersection/crosswalk improvements
- Walking infrastructure improvements/maintenance
- Park/trail links and improvements
- Wayfinding ideas
- Partnership ideas



Recommendations



Recommendations from the facilitators who attended the workshop were based on: pre-workshop work in preparation for the community visit, the workshop participant work, and other expertise and/or knowledge that would support community walkability improvements in Vermilion. The recommendations for Vermilion are:

- Creation of a plan dedicated to pedestrians (plan for walkers)
 - Start by highlighting walkability improvements that are within current plans:
 - Municipal Development Plan
 - Town of Vermilion Strategic Plan
 - Economic Development Strategic Plan 2015 – 2017
 - Vermilion Regional Recreation Master Plan
 - State of Recreation Report: Vermilion Regional Recreation Master Plan
 - Intermunicipal Development Plan - County of Vermilion River & Town of Vermilion
 - Include actions that are part of council's future plans to develop a plan that supports people who walk.
 - Ensure an inclusive/accessible walking environment supporting all ages and all physical abilities
 - Engage a variety of community groups to support walkability improvements. An example engagement opportunity could be a session in which these groups share their experience and/or a walk-about with these groups for them to offer their unique opinions. This can expand upon and support current municipal and health promotion strategies within the community as well as leverage existing resources to create community change. These groups should represent multiple perspectives and user groups:
 - Emergency Medical Services, police, and other community groups
 - Individuals who use mobility aides and/or those who use strollers
 - Include an evaluation plan to collect quantitative and qualitative data based on specific indicators identified within the plan. Examples can be found through Walk21's Measurement of Walking group. (e.g. <http://www.measuring-walking.org/>)



Figure 1: The International Walking Data Standard (<http://www.measuring-walking.org/>)

- Walking environment improvements
 - Ensure the Vermilion Wellness Coalition continues their focus on community walkability. Their focus can be on walkability and still broaden on other issues such as health and wellness, transportation, or even an environmental sustainability committee. Representation should include multiple community stakeholders of various physical abilities and financial status within the community. Walking advisory group suggestions are available on how to hold a meeting (figure 2) or how to organize (figure 3).

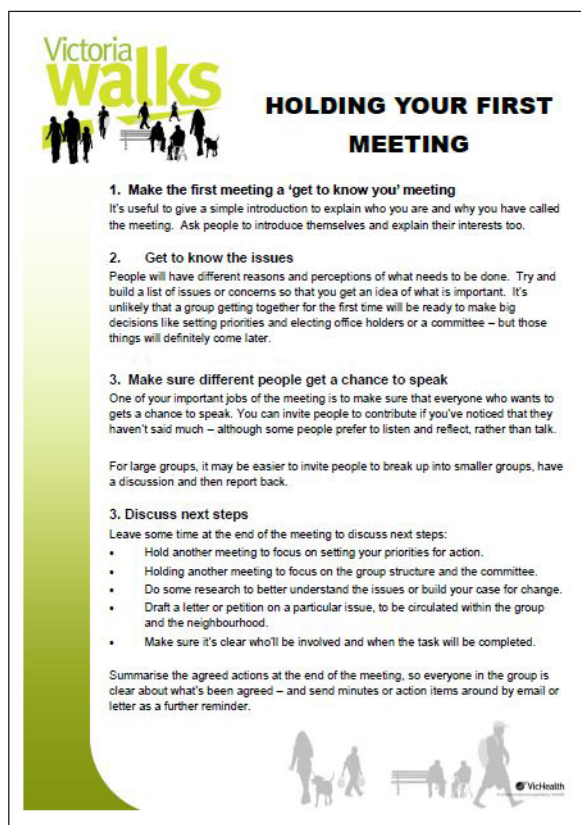


Figure 2: Victoria Walks – Holding Your First Meeting

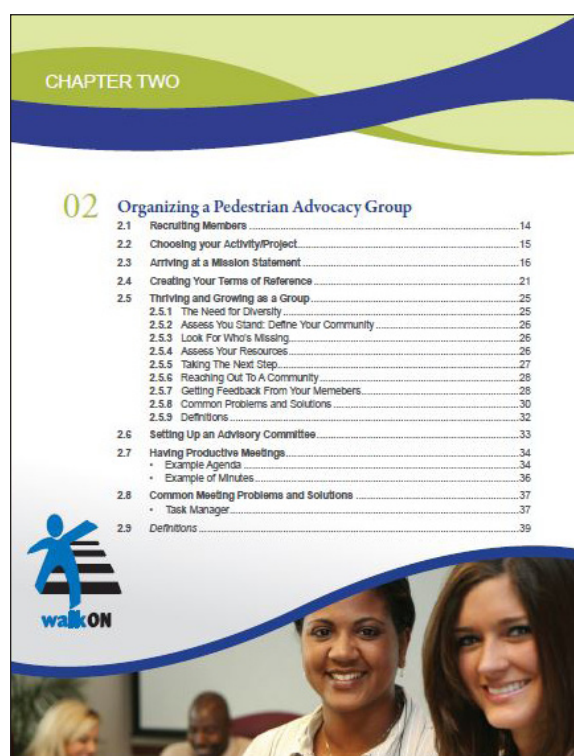


Figure 3: WalkON Resource, Chapter Two: Organizing a Pedestrian Advisory Group



- Assess walking environments within the communities to create areas where people enjoy walking and the facilities make the walk enjoyable and safe (figure 4 & 5). Assessments can be done with the community walking advisory group using existing resources such as the Built Environment & Active Transportation (BEAT) Neighborhood Assessment tool (figure 6).



Figure 4: An example of a wide sidewalk and good lighting.



Figure 5: Facilities available to support people walking like garbage cans, seats, wayfinding maps, mid-block crossings with clearly identifiable painted crossings.



Figure 6: BEAT Neighborhood Assessment.



- Expand upon current walkable areas within the community. Include components such as wide sidewalks on both sides of the street, tactile changes to crosswalks and sidewalks (e.g. interlocking bricks, and appropriately lit cross-walks with mid-block marked crossings) (figure 7). An area of focus for improvements can be the south end of 52nd Street (Highway 41) where the high traffic off of Highway 16 continues onto Highway 41 (figure 8). This area is a commercial area combined with a hotel that could be linked to the community allowing people to cross 52nd Street and access the rest of the community.



Figure 7: Downtown is a walkable area. This is a good example of a mid-block crossing, this walkability support can be used in other areas.



Figure 8: South end of 52nd Street has an opportunity to create a walkable area that supports new businesses and links pedestrians to the rest of the community.

- Although there are areas where walking infrastructure is supported with good lighting (figure 9) there are opportunities for improvement. In particular, the lighting within the Provincial Park (figure 10) could be improved to increase perceived safety from wildlife and crime. This would make the space more welcoming to those who chose to walk (figure 11).



Figure 9: Trail along College Drive leading to Becky Scott Trail is an example of good lighting that could be expanded.



Figure 10: Vermilion Provincial Park is a community asset that could a place to pilot and highlight community walkability improvements.



Figure 11: Part of pathway could be lit to better support walkers increase their feeling of safety in the park.



- There are several examples of intersection and/or crosswalk improvements that could be made. Many of these are based on priority pedestrian areas and feedback provided by community members. An opportunity exists to create a complete pedestrian network by including additional painted crossings (figure 12). There are other areas where a sidewalk or a trail ends without clear indication to pedestrians where to go to continue to access the pedestrian network (figure 13). Finally, there are opportunities to create additional crossing opportunities in certain areas. For example, an additional crossing could be created for Lakeland College to cross College Drive to reach the parking lot (figure 14 a & b). It is important to note that crossings should not be created in isolation but rather link to a complete pedestrian network. If additional crossings are required by the College, their infrastructure should support a walker's access to that structure on both sides of the crossing.



Figure 12: Some crossings are only on one side of the street creating an incomplete pedestrian network.



Figure 13: Some areas do not provide pedestrians with a clear crossing point indicating safe crossings.



Figure 14 a & b: Additional crossings to/from Lakeland College and the parking area should be supported by pedestrian infrastructure on both sides of crossing.





- Improvements include current infrastructure maintenance. An assessment of sidewalks and pathways should be created to prioritize the need for repairs from aging infrastructure, tree root damage, and shifting or cracking. Engaging a walking advisory group can help to identify priorities and share with the community. Additional considerations for maintenance would be the prioritization of snow clearing and/or other debris removal (figure: 15 a & b). These may already be present but there could be an opportunity to improve and/or share what the municipal administration is already trying to achieve downtown and/or in residential areas. Examples were seen of areas that would be a challenge for any person requiring a mobility device or a parent using a strollers. Examples like these demonstrate an opportunity for business owners (figure 16) and private home owners (figure 17) to support snow/debris removal to increase accessibility.



Figure 15 a: Good example of snow removal to support pedestrian travel.



Figure 15 b: Good example of snow removal in Vermilion.



Figure 16: An opportunity to engage business owners to support snow/debris removal to increase accessibility.



Figure 17: An opportunity for private home owners to support snow/debris removal to increase accessibility.



- Create a connected network for people who chose to walk
 - There are areas where the pedestrian network is disjointed (figure 18) or does not exist (figure 19). A complete pedestrian network is the goal. To start, there are opportunities to focus on priority areas to create a continuous pedestrian network that connect people from where they live to where they want to go.
 - One way to prioritize is to determine corridors for pedestrian traffic (figure 20). For example, a north and south link along 52nd Street. Two more links connecting the east and west sides of town (from the Airport to Hospital) along 50th Avenue and links Lakeland College along College Drive including 47th Avenue near where high density housing projects have occurred along 51st Avenue. This area needs to be connected to pedestrian links in order to support the people living in these areas. Wayfinding for this would be beneficial.



Figure 18: This pedestrian network is linked on the other side of the road with the designated signage.



Figure 19: Demonstration of where pedestrian walkway is provided simply by clearing a path. Additional supports could be provided in paint and other designation to identify the space for walkers

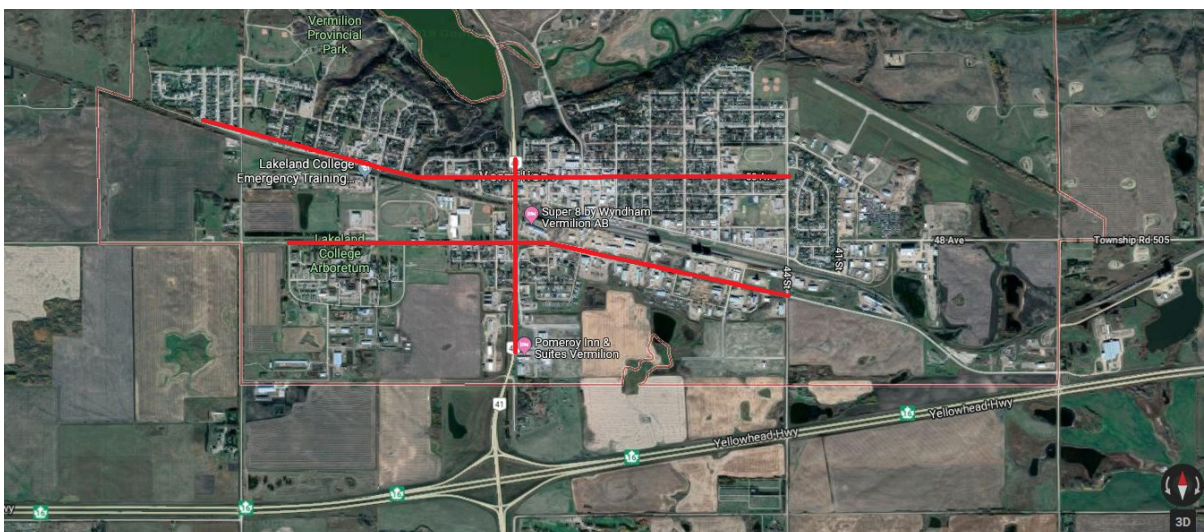


Figure 20: Prioritized pedestrian corridors can provide areas to focus on and build off of.



- Although the recreational trails within Vermilion were positive, there is always the opportunity to expand upon a positive area within the community. An opportunity exists to expand the trail system along the river. This could be used as a way to link walkers from Vermilion Provincial Park to the rest of the community. Visitors would be more easily linked to the community which would positively influence economic activity. Another opportunity is to extend Becky Scott Trail to the area of the Lodge linking users to a facility or a destination.
- A walking group could be created using current community resources such as the Vermilion & District Stadium Arena (figure 21) to support social environment improvements. In order to encourage social support participants in existing programs or initiatives should be linked to an established group of walkers. When a participant begins a program or an initiative through chronic disease management programs through the Kalyna Country Primary Care Network, fitness programs through the Be Fit For Life Program, Allied Health programs, or others in Vermilion they may be more willing to continue to be active if they are linked with a group that continues to walk on a regular bases. This walking group could walk on a weekly basis as well as participate in community walking challenges, support the inclusion of walkability into the plans of existing community events, and could use existing community assets to support walking clubs or groups. Groups can be started by a municipality and/or group and then sustained by a core group of volunteers with minimal time or effort to maintain the momentum started.



Figure 21: The Vermilion & District Stadium Arena is an existing resource that could be used as a support to a local walking group.



- Improve community wayfinding
 - Wayfinding are ways that people orient themselves within a space that they are not familiar with. This can include: maps, signs, apps, and other tools. The development of these tools can be done in partnership with local business (through the Vermilion & District Chamber of Commerce) to highlight businesses who contribute and/or include important community destinations that Vermilion would like to highlight.
 - Currently there are examples of maps being used that are oriented in the same direction as a walker but could include highlighted destinations with distance in the form of walking time rather than distance in kilometers (figure 22).
 - A consistent community wayfinding strategy for walkers can promote community destinations encouraging visitors and residents to enjoy community assets. An example strategy is the City of Edmonton’s wayfinding strategy (https://www.edmonton.ca/projects_plans/design_studies/wayfinding.aspx) (figure 23). Although all of these components may not be possible, nor necessary, a broader plan provides the opportunity to build upon what has already started if, or when, the future opportunities arise.



Figure 22: A map in Vermilion Provincial Park is oriented to face direction of a walker. It could highlight destinations and provide the time to reach them on foot rather than distance.

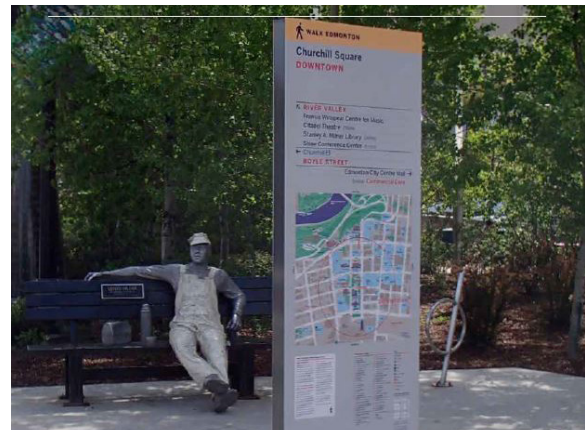


Figure 23: City of Edmonton Pedestrian Focused Wayfinding Project Detailed Strategy. (https://www.edmonton.ca/documents/Edmonton_Wayfinding_Detailed_Strategy_Aug_2014.pdf)



- Partnering with local clubs and organizations can help to improve community walkability in ways that support the goals or outcomes that are important to these groups.
 - For example the Vermilion & District Chamber of Commerce would want to work with the town and business owners to promote snow and debris challenges and removal.
- Community and local buildings should have complete access for people with special mobility requirements. The desire to do this with all buildings is clearly demonstrated within the community but there are other opportunities that can be taken advantage of to continue to improve community building accessibility.
 - Newer residential areas demonstrate Vermilion’s desire to be more accessible (figure 24). As other repairs are being made to infrastructure within the community adding accessibility infrastructure should be included (e.g. as sidewalk repairs are made, curb ramps are included).
 - Creating facilities that could include painted walkways that highlight how people need to walk to access current facilities (figure 25). Areas in front of these buildings can be made more inviting demonstrating that the facilities are meant for the people who drive there to use them (figure 25). These ideas can also be used in other areas that include large parking areas in Vermilion (figure 26).



Figure 24: New residential areas include curb ramps to improve accessibility.



Figure 25: Municipal buildings would be more welcoming by creating pedestrian paths to reach the building and areas for people in front of the buildings.



Figure 26: Large parking lots should identify a way for people to reach the building.



- Engaging those who require a mobility device is an opportunity to identify areas where accessibility could be improved. AHS Allied Health programs can be engaged to provide feedback on challenging accessibility areas and facilities within the community (figure 27 a & b).



Figure 27 a & b: A demonstration of some of the challenges using a mobility device on sidewalks while trying to get around Vermilion with sometimes having to travel on the street.



- Vermilion should consider pilot projects to address existing issues identified by community members, to implement new initiatives, and/or include within existing community events. Working with existing programs, groups, clubs, or organizations can provide an opportunity to try new initiatives that can be temporary initially. Data can be collected to determine the actual feedback on these initiatives to determine if they are successful or not.
 - Initiatives could pilot traffic calming measures using planters, cones, or paint. This could be included as part of a process for Complete Street design. Where components of a complete street design and traffic calming measure could help prioritize what investments to make and where.
 - Another approach that engages the community for ideas is tactical urbanism. Despite a name that sounds controversial they are certainly not. Tactical urbanism is a general term referring to low-cost, temporary changes to the built environment in communities to improve local neighborhoods and destinations with the urban environment. The goal is to take these short-term, low-cost, and scalable interventions and/or policies to encourage long term changes. Various resources can be used (figure 28) that encourage implementing solutions that will work long-term (<https://www.citylab.com/design/2012/03/guide-tactical-urbanism/1387/>) (figure 29).



Figure 28: Tactical Urbanist's Guide to Material and Design Version 1 (<http://tacticalurbanismguide.com/>)

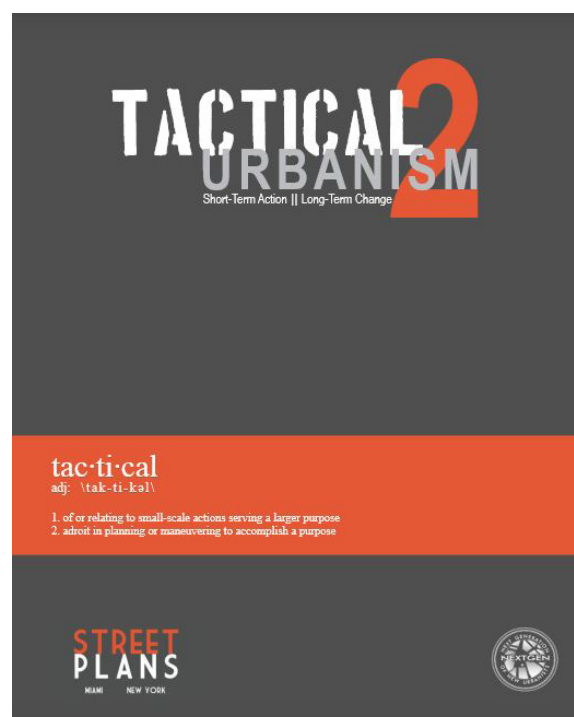
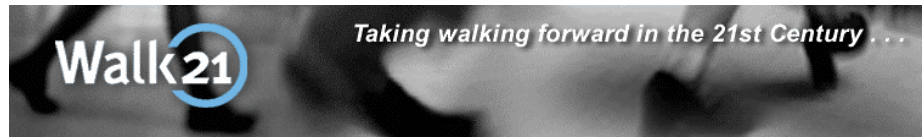


Figure 29: Tactical Urbanism 2: Short-Term Action - Long-Term Change (http://issuu.com/streetplanscollaborative/docs/tactical_urbanism_vol_2_final?mode=window&backgroundcolor=%23222222).

Appendix A: International Charter for Walking



International Charter for Walking

**Creating healthy, efficient and sustainable communities
where people choose to walk**

I/We, the undersigned recognise the benefits of walking as a key indicator of healthy, efficient, socially inclusive and sustainable communities and acknowledge the universal rights of people to be able to walk safely and to enjoy high quality public spaces anywhere and at anytime. We are committed to reducing the physical, social and institutional barriers that limit walking activity. We will work with others to help create a culture where people choose to walk through our commitment to this charter and its strategic principles:

1. ***Increased inclusive mobility***
2. ***Well designed and managed spaces and places for people***
3. ***Improved integration of networks***
4. ***Supportive land-use and spatial planning***
5. ***Reduced road danger***
6. ***Less crime and fear of crime***
7. ***More supportive authorities***
8. ***A culture of walking***

Signed
Name
Position
Date

www.walk21.com

<http://www.walk21.com/papers/International%20Charter%20for%20Walking.pdf>

Appendix B: Agenda



WalkABLE Alberta: Vermilion Community Workshop

Vermilion Regional Centre – Club Room
5702 College Drive
October 10, 2018

Time	Description	Presenter
8:30am – 8:45am	Meet & Greet	All
8:45am – 9:00am	Welcome from Mayor Caroline McAuley	Mayor Caroline McAuley
9:00am – 9:10am	Signing of the International Charter for Walking	Mayor Caroline McAuley
9:10am – 9:30am	Introduction from Alberta Health Services	Presented by Graham Matsalla
9:30am – 10:00am	Introduction to the International Charter for Walking Principals	Presented by Graham Matsalla
10:00am – 10:15pm	Break	All
10:15am – 12:00pm	Interactive Community Workshop	Group work: work through International Charter for Walking principles sharing what works well and what can be improved in the community
12:00pm – 12:45pm	Lunch break	Lunch provided
12:45pm – 1:45pm	Interactive Community Workshop continued	Group work: Sharing and review of group work
1:45pm – 2:00pm	Break	All
2:00pm – 2:45pm	Virtual walkabout and discussion	Graham Matsalla's experience looking around Vermilion
2:45pm – 4:15pm	Action planning	Group work: determine short/medium/long-term plans moving forward. Determining who does what, when, and how can others help.
4:15pm – 4:30pm	Next Steps & Wrap-up	Graham Matsalla



Appendix C: Invitation to WalkABLE workshop



WalkABLE Alberta is coming to Vermilion!

**October 10th, 2018 from 8:30 a.m. – 4:30 p.m. at the
Vermilion Regional Centre – Club Room
Lunch will be provided**

**You are invited to participate in a unique workshop, presented by
Alberta Health Services, hosted by the Vermilion Wellness Coalition.**

What is WalkABLE Alberta?

WalkABLE Alberta is an interactive community workshop that results in a local action plan to improve community walkability using the principles of the International Charter for Walking as a basis for discussion.

The International Charter for Walking is a strategic document that describes actions that can be taken to help create connected and walkable communities around the world.

Why attend?

The Vermilion Wellness Coalition, in conjunction with the Town of Vermilion, would like to gather feedback from area residents and organizations about how the connectedness and walkability of Vermilion can be improved. We need your ideas!

What will the workshop involve?

Areas of discussion will include:

- How Vermilion relates to the principles in the International Charter for Walking
- A virtual walkabout of the Town of Vermilion
- Gathering of themes and setting goals

Who should attend this workshop?

Our goal is to have a variety of interested individuals and organizational representatives present to get a broad perspective of community connectivity and walkability in the Town of Vermilion.

A number of people have already been invited, but we encourage those receiving invitations to pass it along to anyone else they think may be interested.

Contact

Please RSVP with Nadine before **Wednesday October 3rd** by either phone:

780-581-2402 or email: nferbey@vermilion.ca.



Appendix D: WalkABLE Vermilion promotional poster



We want to hear from you!

October 10, 2018
8:30 a.m. to 4:30 p.m.

Vermilion Regional Centre
Club Room
5702 College Drive

We would like your feedback on how connectivity and walkability can be improved in our community. All interested residents are welcome!

Lunch will be provided.

Please RSVP **before**
Wednesday October 3rd
with Nadine by phone:
780-581-2402 or email:
nferbey@vermilion.ca



Appendix E: Flip Chart Notes on the International Charter for Walking Principles



1. INCREASED INCLUSIVE MOBILITY

What we have now?

- Some buildings are not designed for complex needs.
 - Example: Vermilion Fair Curling Rink ramps.
- Downtown has better access .
 - Good path connections but a large workload to maintain.
- Park trail systems are good.

What do we want to accomplish?

- A connected system in all directions.
- Work with CN to create a cross by Midtown Clinic to get to LLC.
- More garbage cans .
- Promote a clean/nicer environment.
- More enforcement with snow removal on sidewalks..

Big ideas:

- Under/overpass over the tracks at clinic.
- Map of trail system, online? (website and app)
- Residents educated on our bike/walking trails.
- Develop plan to get sidewalks in all neighborhoods.
- Improved/more lighting specifically in Provincial Park along trails.
- Crosswalks from trail network to sidewalks (railway).
- More gradual curb drop-off's – better grade.
- Better snow clearing by businesses.
- Painted lines on sidewalks on south side, site of the schools. (St. J's + VES)

2. WELL DESIGNED AND MANAGED SPACES

What do we have now?

- Decorative sidewalk with mid-block marked crossings.
- Junction 16/41 secluded, employees there often don't drive and have some difficulty crossing Hwy 41. Tree roots impact sidewalk.

What do we want to accomplish?

- Improved connectivity, specifically trailer court, Pilkieville, train crossings.
- Install one sidewalk on each street.
- Crosswalk @College w/ improved sidewalk.
- Improved relations between motorists and pedestrians.
- Increase sidewalk width, clearing and trimming trees. Blind spots – trees - sight lines.

How can we accomplish it?

- Organizations/Groups.
- Education for both motorists + pedestrians, hand out of self-reflection markers.
- Town to support initiatives like Walk to School days.
- Work with CN to reduce blocked crossing.
- Community awareness to clean/shovel sidewalks.



What can we add?

- Make driving + parking less appealing to promote walking.
- * Improve the appeal of walking.
 - Suggestions:
 - Parallel parking.
 - Designated lane for bikes etc.
 - Car free environments.

3. IMPROVED INTEGRATION OF NETWORKS

What we want to accomplish?

- Highway 41/A+W Intersection – link to A+W and build Foot Bridge over wet spot.
- Mark crosswalk to cross from trail ending to sidewalk by college.
- Designated bike wheel lanes to keep bikes/wheeled transportation off sidewalks/ separate from pedestrians.
- Link East + West sides of Town (Airport to Hospital).
- Nothing built along old highway – would like a sidewalk (train tracks east side heading west).
- Safer crosswalks at different locations.
 - For example: across gas stations/hill.
 - To accomplish this we need to education people and construct barriers.
 - Work with department of Transportation. In high traffic areas to promote pedestrian safety. Multiple areas on Highway 41.

What we have now?

- Some walling routes.
- Taxi tickets, party bus, handivan.

Big ideas:

- Creating a trail system by the river.
- Work with Provincial Parks to improve this.
- Work with Transportation to change walk signal at Hwy 41 crossings.
 - Default to pedestrian walk.
- Southwest side by Fairgrounds.
 - Not able to get up hill.
 - Have to get around.
 - Push button @ right time.
- Becky Scott Trail Lodge.

4. SUPPORTIVE USE AND SPACIAL PLANNING

What do we have now?

- Busy downtown, increase use of cross walks and facility use.
- Historical value of downtown signs.

What do we want to accomplish?

- Increase accessibility of Vermilion Fair for all.
- Develop sightlines rules to reduce where trees can be planted etc.
- Make Main Street walking only or limit driving hours certain days/weekends.
 - Start with half of the street, then expand.
 - Safety of children near cars not as big of a concern if no cars on street.
- Consider new transportation technology, awareness evolving road use.
- Education of walking/biking trails.
- Council have greater/earlier input on development planning.
 - How to mitigate different interests – town values, developers etc.



5. REDUCE DANGERS

What do we have now?

- Flashing cross walks, signage, bump outs on 50th Avenue, dedicated left turn light on Hwy 41.
- Speed signs (moveable) – driver feedback sign.

What do we want to accomplish?

- Develop plan to install sidewalk on each street. How, where and when.
- Review the school zone areas and playground zones.
 - Are they in the right spot?
- Install trees and rocks, art to slow motorists.
- Education to motorists and pedestrians.
- Dangers of jaywalking and enforcement tickets.

What can we add:

- Adopt new road standards to reduce speed on road. Photo radar, speed bumps down 49th Avenue, 4 way stop at 49th + 47th.
- Find location for truck stop to accommodate large truck stop.
- Improved education via talk of the town/social media, brief write up tips, brief write up's on pedestrian focused vs. enforcement.
- Form specific committee, lighting armories.
- Identification of problem areas.
 - Becky Oxton via Transportation.

6. LESS CRIME AND FEAR OF CRIME

- Lighting in Provincial Park - Crime + Wildlife.

7. MORE SUPPORTIVE AUTHORITIES

What we have now:

- Rec masterplan that supports active transportations.
 - Walkability study.
 - Free sand/salts.
 - Snow Angels.
 - Based on donations.
 - Approach schools.
 - Create partnerships and connections.
 - We have this already but needs to be better advertised.

What we want:

- Economical solution.
- Consideration of college students and seniors in planning.
- Designated area/textured crosswalks.
- Main street snow removal – businesses pay for.
- Talk of the town.

How we accomplish it?

- Walkability study.
- Partner with CN + AB Transportation.



Big Ideas:

- Snow Angels.
 - Based on donations.
 - Approach schools.
 - Create partnerships and connections.
 - We have this already but needs to be better advertised.
- Big Grants? (Are there any available?)
- Photo Radar.
 - Revenue towards projects.
- Re: flashing signs.
 - Speed bumps.
 - Surveys.

6. A CULTURE OF WALKING

Indoor walking opportunities.

- Mall.
- Rink.
- College.
- Walking map.
- Indoor Walking Program.
 - Gymnasium walking program.
 - Senior's program.
 - Rink in Vernon – inside building.
 - Leduc – Outside structure.

Appendix F: Top Priorities By Participant Votes



- Improving existing walkable areas within the community. Decorative sidewalk with mid-block marked crossings. Junction 16/41 secluded, employees there often don't drive and have some difficulty crossing Hwy 41. Tree roots impact sidewalk. (8 VOTES)
- Participants identified that they wanted to see a connected pedestrian system in all directions. (6 VOTES)
- Creating a new trail system by the river. (6 VOTES)
- Link the east and west sides of town (from the Airport to Hospital). (4 VOTES)
- Create a Becky Scott Trail Lodge. (4 VOTES)
- Improve the lighting in Provincial Park to increase perceived safety from wildlife and/or crime. (4 VOTES)
- Explore opportunities to include indoor walking opportunities in the rink. (4 VOTES)

The following issues had 3 votes:

- Map of trail system that is provided online through a website and through an app.
- Encourage better snow clearing by businesses.
- Find location for truck stop to accommodate a large truck stop.
- Improved education via talk of the town/social media, brief write up tips, brief write up's on pedestrian focused issues encouraging community walkability rather than deterrents.
- Create walk supportive programs/initiatives:
 - Snow Angels.
 - Based on donations.
 - Approach schools.
 - Create partnerships and connections.
 - Some of these currently exist but still require better promotion.

The following issues had a single vote:

- Increase sidewalk width, clearing and trimming trees. Addressing blind spots, over growth, and sight lines.
- Improve the appeal of walking by: change to parallel parking, create designated lane for bikes, and create car free environments.
- Highway 41/A+W Intersection – link to A+W and build Foot Bridge over wet spot.
- Work with Transportation to change walk signal at Hwy 41 crossings.
- Southwest side by Fairgrounds.
 - Have to get around.
- Develop plan to install sidewalk on each street. How, where and when.
- Review the school zone areas and playground zones.
 - Are they in the right spot?
- Install trees and rocks, art to slow motorists.
- Adopt new road standards to reduce speed on road. Photo radar, speed bumps down 49th Avenue, 4 way stop at 49th + 47th.
- Partner with CN + AB Transportation.

Appendix G: Short, Medium and Long-Term Actions to Address Top Priorities Identified by Participants of the International Charter for Walking Principles



CONNECTED NETWORK/SYSTEM – AREAS TO FOCUS

Short Term

- Becky Scott Trail to Lodge - \$\$ (depending on funds).
- Paving crosswalks.
- Enforcing Proper Snow removal – more supportive authorities #7.
- Identifying program areas and making it a priority.

Medium

- “Becky Scott”.
- Textured crosswalks.
- Highway 41/A&W Intersection “walkway”.

Long Term

- Trail System in Provincial Park/Ball Diamonds to Highway 41 Bridge.

INTERSECTION/CROSSWALK IMPROVEMENTS

Short Term

- RRFB@41 + 51 Ave. – Transportation Town Trespassing across rail line from Super 8 to Skate Park - CN + Town.

Medium

- Access from Super 8 + A&W to Hwy 41 (A+W, Town Transportation, Super 8).
- Hwy 41 crossing from Pilkieville to Junction 16/41 – Town Transportation.
- Adopt new standards for roads and sidewalks to reduce conflicts.

Long Term

- Sidewalk or trail from mall south to 47th Avenue than west to Hwy 41 this would increase the length of the continuous trail .

WALKING INFRASTRUCTURE IMPROVEMENT/MAINTENANCE

Short Term

- Sightline improvement for motorists, pedestrian and lights.
- Replace RRFB @ college drive and stadium.
- Paint and install markers @ armories corner. Railway + 50 Ave Town Paint crosswalk and stall sidewalk along Chrysler to St. Jerome’s School.

Medium

- If paint and markers work than install concrete. Railway + 50 Ave.
- Walking track in the stadium.



Long Term

- Connected trail through out town, linking east and west, north and south as well as along the river. Crossing at the medical clinic over the railway.
 - Provincial Park, CN, Town, Alberta Transportation.

PARK/TRAIL LINKS + IMPROVEMENTS

Short Term

- Assessment of Trails (accessibility wheel chair safety, highlight).
- Sidewalks. Crack, wheelchair accessibility.
 - Use Talk of the Town (newsletter). Residents + Municipal.

Medium

- Actions upon prioritization of assessment outcomes.
 - Incorporate into the municipal budget.

Long Term

- Trail system by the river. Becky Scott Trail to Senior's center.
 - Increase municipal connection to the community.

WAY FINDING IDEAS

Short Term

- Trail Routes/Signs/Brochures.
 - Economic Development + Wellness Committee Lakeland college educate students about trail system and not crossing railroad tracks = tickets.

Medium

- Initial mapping of trails – Parks & Rec. – online.

Long Term

- Full mapping completed on a website and provide visual maps and app.
 - Could add on the town of Vermilion app.

PARTNERSHIPS – WHO TO ENGAGE? HOW/WHY – ON WHAT?

Short Term

- AB Transportation.
 - Becky Oxton .
 - Community mobilization.
 - Education/Identifying problem areas.
 - CN (on-going) – Crossings.
 - Snow Angels.
 - Engaging School Leadership Program.

Medium

- AB Parks – lighting.
- Truck stop location (AB Transportation, County, land owner).
 - Access management.

Long Term

- AB Parks – River Trail.

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