



**COMPASS**  
COMMUNITY PLANNING ASSOCIATION  
of Southwest Idaho



## Facilitating Walking and Biking

Walking and biking as means of transportation offer many benefits to both the user and the community; the "Promoting Walking and Biking" page offers suggestions for encouraging citizens to walk and bike. However, promotions will meet with limited success if it is not safe to walk or bike in the first place.

Below are suggestions for facilitating walking and biking in your community, primarily by making it safer to do so. Ultimately, many of the tools and ideas below may require changes in statutes/ordinances or infrastructure by cities, counties, or highway districts. However, all individuals and organizations interested in encouraging walking and biking have a role to play.

If you do not represent an agency with direct authority over these issues, your role could take many forms: meet with your city/county/highway district to discuss your ideas or concerns, serve on a citizens committee, volunteer to help at youth bike "rodeos" to teach bike safety to children, etc.

You may also want to work with employers and businesses to encourage them to promote walking and biking to their employees and customers by providing bike racks or lockers and potentially providing locker rooms and shower facilities for employees.

Resources and programs to consider for your community include:

- **Safe Routes to School.** Safe Routes to School provides reimbursement for local initiatives that make bicycling and walking to school a safer, more appealing option for kids. The goals of Safe Routes to School are to enable and encourage children to walk and bicycle to school; improve the safety of children walking and bicycling to school; and facilitate projects and activities that will reduce traffic, fuel consumption, and air pollution near schools. These improvements also translate into safer walking and biking facilities for the entire community.
  - Learn more, including how to apply for funding, at [itd.idaho.gov/SR2S/](http://itd.idaho.gov/SR2S/).
- **Complete Streets.** Encourage your city, county, or highway district to adopt a "complete streets" policy to ensure that all users of roads (bicyclists, public transportation, and pedestrians) are kept in mind as new roads are designed or improvements are made to existing roads.
  - To learn more visit [www.completestreets.org/](http://www.completestreets.org/).
  - Examples of local policies:
    - Ada County Highway District: [www.achdidaho.org/Departments/PP/Docs/TLIP/TLIP\\_cities\\_discussion\\_draft/Adopted\\_Docs/Complete Streets Policy Resolution-895.pdf](http://www.achdidaho.org/Departments/PP/Docs/TLIP/TLIP_cities_discussion_draft/Adopted_Docs/Complete_Streets_Policy_Resolution-895.pdf)
    - COMPASS: [www.compassidaho.org/documents/prodserv/reports/dmr/COMPASS%20\\_PolicyFinal.pdf](http://www.compassidaho.org/documents/prodserv/reports/dmr/COMPASS%20_PolicyFinal.pdf)

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**OVER**



- **Conduct an audit of your pedestrian facilities** (e.g., sidewalks) to determine if they are safe, connected, and usable.
  - A checklist to use in your audit can be found on page 51 of the *Mobility Management Development Guidebook* at [www.compassidaho.org/documents/prodserv/reports/MobilityManagementDevelopmentGuidebook\\_finalstandard.pdf](http://www.compassidaho.org/documents/prodserv/reports/MobilityManagementDevelopmentGuidebook_finalstandard.pdf)
- **City of Boise Bicycle Safety Task Force Final Report (October 2009)**. The City of Boise Cycling Safety Task Force was formed in June 2009 in response to the deaths of three bicyclists in separate automobile-bike accidents within a short period of time. The task force's report contains 24 recommendations addressing issues from maintenance of bike lanes, to harassment of bicyclists, to providing greater enforcement of bicycle laws. While designed for Boise, many of the recommendations are applicable in many types of communities.
  - Read the report at [www.cityofboise.org/Departments/Mayor/PDF/BoiseCyclingSafetyTaskForceFinalReport.pdf](http://www.cityofboise.org/Departments/Mayor/PDF/BoiseCyclingSafetyTaskForceFinalReport.pdf).
- **Promote Walking and Biking Safety**. Work with your local policy department, school/school district, cycling club, or other groups to teach safe riding skills to both youth and adults. Many of the activities below can be, and often are, done in conjunction with Safe Routes to School programs.
  - Visit the Idaho Department of Transportation's "Biking and Walking in Idaho" website for a variety of walking/biking resources at [www.itd.idaho.gov/bike\\_ped/](http://www.itd.idaho.gov/bike_ped/).
  - Hold a "bike rodeo," where participants learn bike skills, regulations, and hand signals, then practice those in a series of events. Rodeos often include bike maintenance and helmet fitting stations. Also consider addressing walking safety, such as walking on the left side of the street and crossing at intersections.
    - Learn More: The Idaho Transportation Department will be adding a toolkit on how to conduct a bike rodeo to its web site in spring 2011: [www.itd.idaho.gov/SR2S/](http://www.itd.idaho.gov/SR2S/).
  - Invite a local celebrity to speak about biking/walking safety at a bike rodeo or other event (e.g., a school assembly) or to go on a bike ride with rodeo participants, school children, or the general public.
  - Invite an individual to speak as an advocate for helmets. Individuals who have been in serious bike accidents, or are close to someone who was, are often willing to share their experiences and advocate for wearing helmets.
  - Give away free bike helmets (at a bike rodeo or any other event) and teach users how to ensure they fit and are worn properly.
  - Ask local bike shops or similar organizations to donate helmets or other bike gear, or allow you to purchase it at cost for you to give away at events. In addition to helmets, consider giving away reflective materials or blinking lights to increase visibility of bikers and walkers at night.
- **Become an official "Bicycle Friendly Community."** A "Bicycle Friendly Community" is a designation through the League of American Bicyclists and indicates that your community welcomes cyclists by providing safe accommodation for cycling and encouraging people to bike for transportation and recreation. The League of American Bicyclists provides incentives, hands-on assistance, and award recognition for communities that actively support bicycling.
  - Learn more: <http://www.bikeleague.org/programs/bicyclefriendlyamerica/communities/>

