

62 Things an ACE Team Could / Should Work On

(not prioritized)

Investigate

1. Assist with a Rural Active Living Assessment (RALA)
2. Inventory community residential density patterns
3. Inventory community business / work centers & employee numbers
4. Inventory public open space / parks / trails
5. Inventory public recreational facilities
6. For each public park, perform an "Environmental Assessment of Public Recreation Spaces (EAPRS) using the EAPRS tool
7. For each trail / non sidewalk walkway, perform a Path Environment Audit using the PEA tool.
8. Utilize the Physical Activity Resource Assessment Instrument (PARA) to gauge sectors within your community.
9. Review winter maintenance practices for public works / parks & recreation regarding outdoor recreation facilities, sidewalks, pathways and other community amenities for physical activity.
10. Inventory municipal zoning or building / construction codes related to minimum lot size.
11. Review community Comprehensive Plan for inclusion of active community / healthy community design standards.
12. Review municipal commercial development standards to assure consideration of alternate transport accommodations.
13. Investigate opportunities for and develop plans for the provision of publicly accessible water fountains.
14. Assess existing walking routes for PA promoting amenities such as benches, waste receptacles, lighting, landscaping, public restrooms, etc, and develop plans to improve attractiveness of walks.
15. Perform walkability audits in your downtown and or more densely populated areas to identify barriers to walking (especially for the young and old)
16. Perform bikeability audits within four mile radius of downtown / densely populated areas and or community destinations such as schools, municipal offices, parks, recreational facilities, markets etc..
17. Investigate the connectivity of your community and develop a plan to overcome lack of connectivity.
18. Review existing, and promote new, complete streets type policies to assure all roads are welcoming to all users.
19. Look for areas of overlap and collaborate when possible
20. Find partners in your downtown or community (downtown organization, bike and ped committee, trail organization, land trust, etc)

Educate

21. Obtain copies of the “Designing Healthy Communities” four part DVD. View one program at a time with your ACE Team, and discuss reactions to the presentation after.
22. Host community viewings of Designing Healthy Communities and invite public discussion.
23. Host “Weight of the Nation” community viewings and public discussions
24. Spend part of every team meeting on “in-service” training to increase the knowledge and understanding of the relationship between the built environment and health.
25. Work to increase and sustain community awareness of the benefits of walking, and the proper practices and precautions for successful use of existing infrastructure.
26. Improve and promote community wide awareness of places to be physically active.

Legislate

27. Develop, review community street tree policy, promoting care and maintenance of “community forest” and street trees.
28. Develop, promote, community based open use policies, enabling public access for indoor and outdoor public facilities (schools, municipal buildings) for physical activity.
29. Develop, promote, community based open use policies, enabling public access for indoor and outdoor private facilities (big box stores, golf courses, camps/campgrounds, etc) for physical activity.
30. Promote compact residential and mixed use development improves walkability and bikeability.
31. Promote changes in codes if determined that they promote, or do not discourage sprawl
32. Promote siting schools within walking distance to most students and or residential housing.
33. Investigate whether a school in your community is scheduled to be rebuilt - see the Maine Department of Education’s List of Priority Schools that need construction:
<http://www.maine.gov/doe/facilities/construction/priority-list.html>
34. Work with local police agencies to enforce speed limits, especially on rural roads without sidewalks (most of Maine)
35. Work toward setting local development standards promoting grid type residential, business and mixed use development.
36. Promote health in all policy mindset within and among municipal officials.
37. Advocate for state level policy adoption enabling and promoting active healthy lifestyles.
38. Work to assure that residential subdivision ordinances include “recreational impact” considerations, requiring subdivision level recreational amenities instead of impact fees.

Delineate

39. Promote walking routes throughout the community via Healthy Maine Walks (note: not new trail construction, just identified places to walk)

40. Establish bicycle parking, bike rack installation, at all public buildings.
41. Investigate potential for public access to existing snowmobile trail systems outside of sledding season where possible.
42. Develop a “complete streets” action plan to request consideration from DOT of complete streets applications when local state maintained roads undergo maintenance
43. Create, maintain and promote an active community guide identifying all of the local resources for physical activity.
44. Develop a compact / active community master plan to guide future compact, mixed zoning (use) development in your downtown.
45. Look for opportunities for “rail to trail” conversions
46. Promote traffic calming measures

Advocate

47. Encourage all private industry / business in the community to install bike racks, (especially local markets / convenience stores)
48. Work with local schools to promote and support normalization of walking & bicycling to school by students within appropriate proximity.
49. Work with local schools to promote and support walking school bus.
50. Encourage local schools to administer the national Center for Safe Routes to School [Parent Survey](#) to learn about parents’ perceptions and attitudes toward walking and biking to school to learn about parents’ perceptions and attitudes toward walking and biking to school.
51. Encourage local schools to administer the national Center for Safe Routes to School [Student Travel Tally](#) to learn about the current travel modes at a school.
52. Actively recruit members from key municipal departments and community advocate groups. ACE Teams are a collaborative of municipal and citizen members.
53. Promote the use of Health Impact Assessment on every major proposed policy, program or project within the community to assure health considerations are part of the decision making process.
54. Promote community gardens - places where physical activity leads to healthy foods.
55. Encourage enactment of policies to transition community based fundraisers from bake sales, bean suppers and bottle drives, to active oriented events such as 3k / 5k walk-runs, dance-a-thon, walk-a-thon, bike-a-thon, etc... be creative, be active.
56. Promote use of stair prompts in all community multi level buildings and facilities
57. Pursue funding for development and or enhancement of public recreational facilities, parks, trails, fitness zones, walkable town centers, etc...
58. In communities where feasible, promote public transit.
59. Promote municipal funding sufficient for regular and timely care and maintenance of open spaces, parks and recreational facilities.
60. Use the results of the Rural Active Living Assessment (performed on every municipality in Maine via HMP by July 2016) to establish a baseline of community PA amenities from

which to develop a master plan / vision for the communities future, and to inform comp plans and other municipal guidance documents.

61. Using available community assessment tools, US Census data, and local knowledge develop a “10 minute map” of your community indicating the number of residents that have a park, trail or other publicly accessible recreational facility within a ten minute walk from their house.
62. Support municipal budgets sufficient for all season regular maintenance of parks, trails, sidewalks and associated physical activity promoting infrastructure.