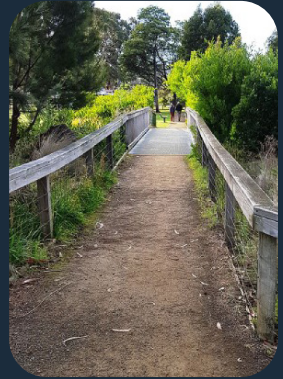


Communities for walkability

Community champion

Roles, expectations and benefits



Ensuring everyone can easily walk places and be active in your town is one of the best ways to reduce preventable illness and improve community wellbeing.

However, without local knowledge, it can be difficult to identify features that make it easier or harder for people to be active and walk from place to place.

That's where you come in!

This project is building on work already done in three small rural towns in Tasmania where community members helped audit their town and identify features that made it easier or harder to be active and walk from place to place.

These 'community champions' came up with a range of solutions to improve walkability and helped to build support from key groups, including local councils, to bring about these changes.



Would you like to do the same thing in your town? If so, please read the following details about the training, roles and responsibility associated with this vital community service.

Roles and expectations

- » Have or are willing to apply for (at our expense) a **working with vulnerable people card**
- » **Participate in an online training session:** Training will be no more than 2 hours and will cover citizen science, roles and expectations, how to use our online tool, safety, ethical conduct, and privacy.
- » Use your **local knowledge** to help the researchers choose parts of your town ('segments') to be reviewed in more detail
- » **Use our online tool to:**
 - Tell us about yourself (e.g., age, gender, education, etc)
 - Fill in checklists about how your town and its policies and programs may influence people of all ages being active
 - Take photos of parts of the town to show examples of walkability
- » **Assist in recruitment:** Help recruit around five 'Citizen Scientists', including younger people, to fill in checklists about your town and join in a community workshop. Recruitment and support materials (e.g. flyer, brochure) will be provided.
- » **Support Citizen Scientists:** You will be an on-the-ground support person to help other citizen scientists while they complete their checklists. The young people may also ask you to come with them while they complete their checklists.
- » **Participate in and support a community workshop:** Host a 2-hour community workshop to interpret findings and set priorities. We will support you to invite citizen scientists and other interested community members and help with the format and questions.
- » **Participate in an interview:** Six months later, talk with one of our team about your overall experience with the project, the online tool, and the community workshop



Time commitment

Roles	Estimated time commitment
Training	1-2 hours
Online checklists	3-4 hours
Assist in recruitment	2-3 hours
Support Citizen Scientists	1-2 hours
Workshop (organise & participate)	3-4 hours
Interview	1 hour

Total of 11-16 hours (spread across a period of up to 6 months)

Benefits to community champion

- » Increased knowledge and skills related to walkability and active living
- » Increased knowledge and skills around citizen science and research
- » Increased confidence to influence programs and policies relating to walkability and active living
- » Strengthened relationships with the University of Tasmania, Local Government Association of Tasmania, and the Tasmanian Government Department of Health
- » Stronger community connections
- » Connecting with other like-minded community members
- » A summary report for your town including information from audits, community workshops, spatial maps of walkability, and community priorities



In addition to the above benefits, we would like to offer you one of the options below based on your individual preference to acknowledge your volunteer contribution to the project:

1. Membership to the Australian Citizen Science Association OR
2. \$80 gift voucher OR
3. Up to \$80 towards the cost of an appropriate advocacy or community development training course.

Benefits to wider community

The study will help identify things in your town that make it easier or harder for children and adults to be active. This information will be useful for the community, local councils, state government and other organisations. The information will help us understand what might make it easier to be active in rural communities.



Contact

If you have more questions or are interested to participate in the project, please contact:

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Or visit the website - <https://walkrural.com.au>