



About the City of Columbia Walk/Bike Ambassador Program

The City of Columbia Walk/Bike Ambassador Program is a network for community leadership in walking and biking that begins with a brief training series on promoting and planning safe active transportation for all ages and abilities throughout Columbia. The training series, held virtually for three 1.5 hour sessions, will build skills around walking and biking promotion and introduce participants to local resources to get involved in planning processes in the community.

This program was created out of recognition that community transformation for walking and biking takes not just physical street infrastructure but also a human network of informed and engaged citizens. It builds on models from similar programs like the COMET Academy and Upstate Forever's Citizen Planning Academy.

The purpose of the Walk/Bike Ambassador Program is to equip citizens to empower, train, and lead members of their neighborhood and/or community in walking and biking initiatives in partnership with the Bicycle and Pedestrian Advisory Committee.

The curriculum is as follows:

- Session 1: Making the Case for a Safe, Supported Walking and Biking Culture
- Session 2: How to Take Part in Plans for Walking and Biking in Columbia
- Session 3: How to Be a Leader in Walking/Biking Initiatives in Your Community

Each session is structured with training content, tips for what YOU can do, and Q&A. You'll have some biking and walking "homework" to complete after each of the first two sessions.

A brief online quiz will complete the course and grant certification as an Ambassador.

Apply online for the Fall 2021 Walk Bike Ambassador program [HERE](#) through Sept. 10. Spaces are limited! For questions, contact bpac@columbia.sc@gmail.com.



Session 1 – Making the Case for a Safe, Supported Walking and Biking Culture (1.5 hours)

Objectives:

At the end of this session, you will be able to:

- Identify the value of walking and biking for health, business, and the community
- Explain why safe active transportation is important
- Identify ways for all road users – foot, bike, or car – can improve safety for themselves and other users

Guest speaker: Brian Curran, two-term BPAC member and owner of Outspokin' Bicycles

Topics

1. Health, economic, and community benefits of walking and biking
2. The need for safe active transportation
3. Safety for all road users – foot, bike, car
4. Q&A

Group Experience – Organized Bike Ride (Sept. 25 or 26)

Go for a ride!

- 1) Participate in a solo or group ride using routes on [Sprocket](#), a local app with routes around Columbia for any skill level OR
- 2) Rent a BlueBike for an hour at any of the 14 [Blue Bike SC](#) bike stations.

Take a picture for proof of completion! Don't forget your helmet. 😊



Session 2: How to Be Take Part in Plans for Walking and Biking in Columbia (1.5 hours)

Objectives:

At the end of this session, you will be able to:

- Navigate Columbia's guiding planning documents for walking and biking
- Understand major steps in development and implementation of walk/bike projects
- Identify upcoming infrastructure projects and community walk/bike initiatives in Columbia
- Identify at least one way that you can – and plan to – participate in walk/bike decision-making and events

Guest speaker: Leigh DeForth, Comprehensive Planner, City of Columbia

Topics

1. Overview of the Walk Bike Columbia and Public Space Public Life Plans
2. Stages of planning and public meetings for project implementation
3. Upcoming projects
4. Community walk/bike initiatives: Park(ing) Day and Open Streets Columbia
5. How to participate in walk/bike decision-making and events
6. Q&A

Group Experience – Walk and Learn (Oct. 2 or 3)

Take a walk – and observe your street!

Walk around your neighborhood, workplace, or another street of your choosing. Use the [AARP Walk Audit Worksheet](#) to document the walking infrastructure you see.

Bring the completed worksheet back to the final class!



Session 3: How to Be a Leader in Walking/Biking Initiatives in Your Community (1.5 hours)

Objectives:

At the end of this session, you will be able to:

- Describe guiding principles for walking and biking
- Identify ways to create a culture of walking and biking in businesses, schools, and the community
- Identify resources to support collaborative events or projects for walking and biking in your neighborhood/community

Guest speaker: Amy Ely, Executive Director, Palmetto Cycling Coalition/SC Livable Communities Alliance

Topics

1. Examples of community-led projects in Columbia and other places
2. Tips for planning/ implementation projects with community groups
3. Low-budget options and ideas for small funding sources
4. Q&A

Take the course quiz and program evaluation survey to receive a certificate of completion!

“Graduation” ceremony: BPAC Meeting Oct. 11 at 4:30 p.m.