

Distances Required to Walk at Community Locations

Location	Distance (metres)
1. Crosswalk-Residential	10*
2. Crosswalk-Commercial	30*
3. Gas Station	40*
4. Restaurant	60*
5. Post Office	80*
6. Physician's Office	90*
7. Bank	100*
8. Religious Centre	110*
9. Shopping Mall	160*
10. Drugstore	330*
11. Department Store	360*
12. Supermarket	380*
13. To Bus Stop	400†
14. Superstore	610*
15. Club Warehouse	680*
16. To Commuter Train Station	800†

* Maximum average crosswalk distances and distances required to walk from an accessible parking spot through half a community location and back to the parking lot, rounded to the nearest 10 m.

† Common standard measure of walking distance to bus stop and commuter train stations.

References: Salbach NM, O'Brien K, Brooks D, Irvin E, Martino R, Takhar P, Chan S, Howe JA. Speed and distance requirements for community ambulation: a systematic review. *Archives of Physical Medicine and Rehabilitation* 2014;95:117-128.

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