

Benefits of Park and Open Spaces

In conjunction with “Active Living” and “Experience” Concepts
and the Washington County Park System

Park and Open Space Planning Technical Advisory Commission
June 2009

How do park and open spaces benefit the public?

Park and open spaces provide the opportunity for participation in, and enjoyment of, a wide range of outdoor recreational experiences.

Resource-oriented activities such as:

Camping, golfing, picnicking, skiing, and beach swimming

Nonresource-oriented activities such as:

Baseball, basketball, softball, soccer, tennis, and pool swimming

Social Benefits

- Improvement of physical health
- Learning and teaching
- Rest, relaxation, and revitalization, which contribute to mental well-being
- The opportunity to interact with other individuals in the community
- An increase in the awareness of the natural environment



Environmental Benefits

Acquiring land for parks and open space helps assure the long-term preservation of environmentally significant land.

- Protects wildlife and plant communities and increases biodiversity
- Reduces congestion
- Enhances air quality
- Reduces sediment load, toxins, and excess nutrients that enters the waterway
- Reduces the rate and amount of stormwater runoff that causes flooding and erosion



Economic Benefits

- Contributing to a healthy and productive working environment
- Providing an attraction for tourism
- Making a community more desirable for businesses and residential development
- Increasing values of nearby properties



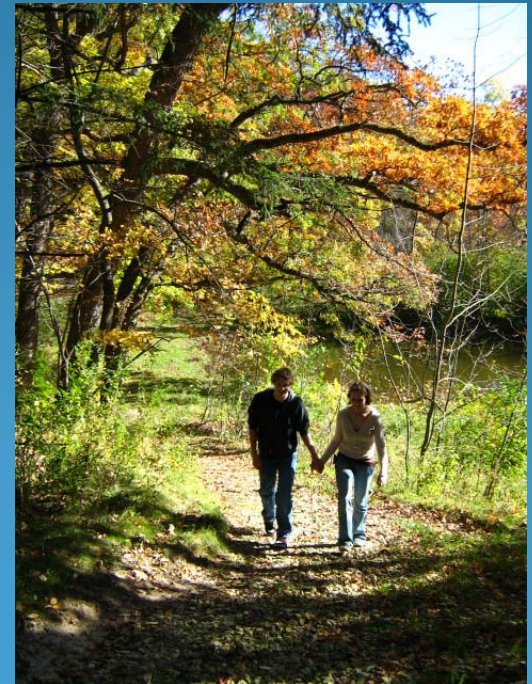
Community Benefits

- Provide people of different cultures with a sense of community and opportunity for those differing in ethnic backgrounds to interact
- Good places for children and high quality of life
- Reduce alienation, loneliness, and anti-social behaviors
- Opportunities for community involvement, and shared management and ownership of resources
- Integrated and accessible recreation services for disabled or disadvantaged individuals
- Community pride



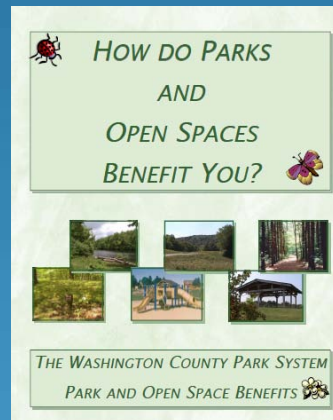
Individual Benefits

- Contribute to people's overall well-being and health by providing low-impact recreational activities
 - Hiking, fishing, picnicking, bird watching, etc.
- Enhances the quality of people's lives
 - Experience and observe nature
 - Provide opportunities for learning and living a more balanced productive life
- Relaxation, rest, and revitalization through recreation is essential for stress management



Beyond the Benefits

- 2004 Park and Open Space Plan promoted benefits
 - Benefits brochure



What is being done in other communities to help people engage in outdoor activities?

- Active Living Concept in Carver County, MN
 - Experiences in Portland, OR

What is the “Active Living Concept”?

“Active living” is a way of life that integrates physical activity into the daily routine, and is an important aspect of preventing obesity among children and families. The goal of active living is for youth to accumulate at least 60 minutes of physical activity each day, and for adults to get at least 30 minutes. People can do this in a variety of ways, such as walking or bicycling for transportation, exercise or pleasure; playing in the park; engaging in physical education classes or recess during school; working in the yard; taking the stairs; and using recreation facilities.

- Active Living Research, Robert Wood Johnson Foundation

www.activelivingresearch.org

What has been done in other communities to promote the “Active Living Concept”?



Carver County, MN

Population: 70,205

Proximity to Twin Cities: 40 miles

General Description: Rural with many lakes and natural resource – related recreational opportunities



Carver County, MN

GoCarverGo was initiated by Carver County Public Health and further developed as part of Carver County's Active Community Planning program, funded by Prevention Minnesota, a Blue Cross and Blue Shield of Minnesota initiative. Through collaborative planning efforts with multiple County Divisions and City Planners, information was gathered to create a county-specific gateway for all Carver County activities and opportunities related to active living.



Carver County, MN

Go Active!

Our vision for Active Living in Carver County is that all residents, no matter age or ability, will have access to opportunities to engage in daily physical activity and healthy lifestyles.

Go active and experience a healthier life! Use GoCarverGo to connect to trails, walking and biking routes, parks, and other physical activity events throughout Carver County.



<http://www.gocarvergo.org/index.php>

Tips

To use the GoCarverGo's Trails and Recreation Information Portal, you can search for a nearby park or trail route by entering an address in the Search utility (example shown below), located in the upper right corner of the TRIP.

Search for Park or Trail near an address:

Example only

Or use one of the buttons in the TRIP (examples shown below) to locate a park or trail route, measure a distance or view photo points along a park or trail route. These buttons can be found in the upper left corner of the TRIP.

Examples only



Trails

Find a trail route



Parks

Locate a park



Lakes

Find a lake



Measure

Measure distances



View photo points

Start Mapping

Disclaimer

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Agree

Enter TRIP

Disagree

TRIP

Trail and Recreation Information Portal



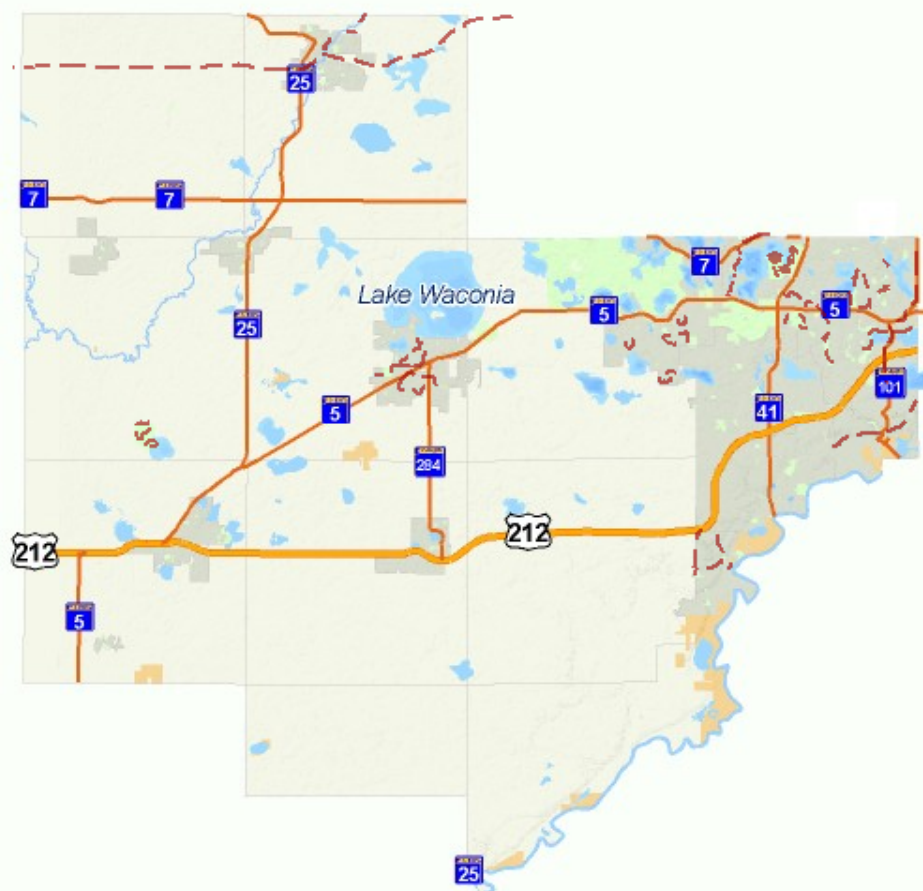
or Park or Trail near an address:



Parks

Street View

Aerial View

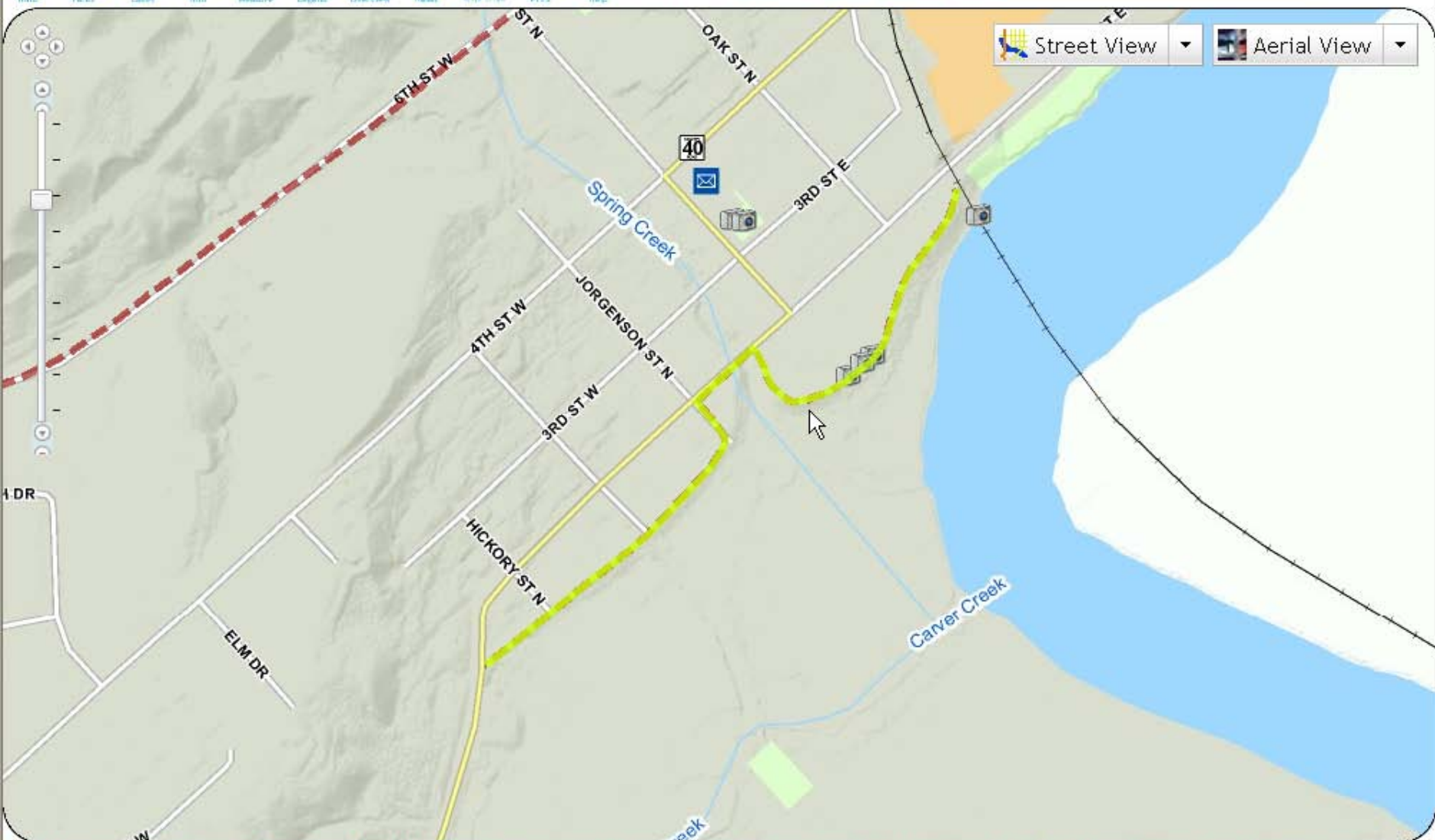
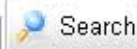


TRIP

Trail and Recreation Information Portal



Search for Park or Trail near an address: (Street Address, City)



TRIP

Trail and Recreation Information Portal



Search for Park or Trail near an address: (Street Address, City)



Street View

Aerial View



PORTLAND PARKS & RECREATION

Healthy Parks, Healthy Portland

DRAFT



Park System Plan

People, Places, Experiences

May 2009

Portland, OR

Park System Plan

- Park agencies need to focus on understanding, expanding, diversifying, and improving the park experience.
- The basic formula for defining the parks and recreation experience is:

People + Activities + Settings = Experiences

- The three primary settings in the park system spectrum are: Nature, Nature-People, and People.

Portland, OR

		Settings		
Activities		N Nature	NP Nature/People	P People
	Walk	Renewal, awe, sense of connectedness		
	Sit		Escape; Beauty; Peace	
	Play Tennis			Test skills, Part of team, Exhilaration

At the intersection of settings and activities lay *experiences*.

Portland, OR

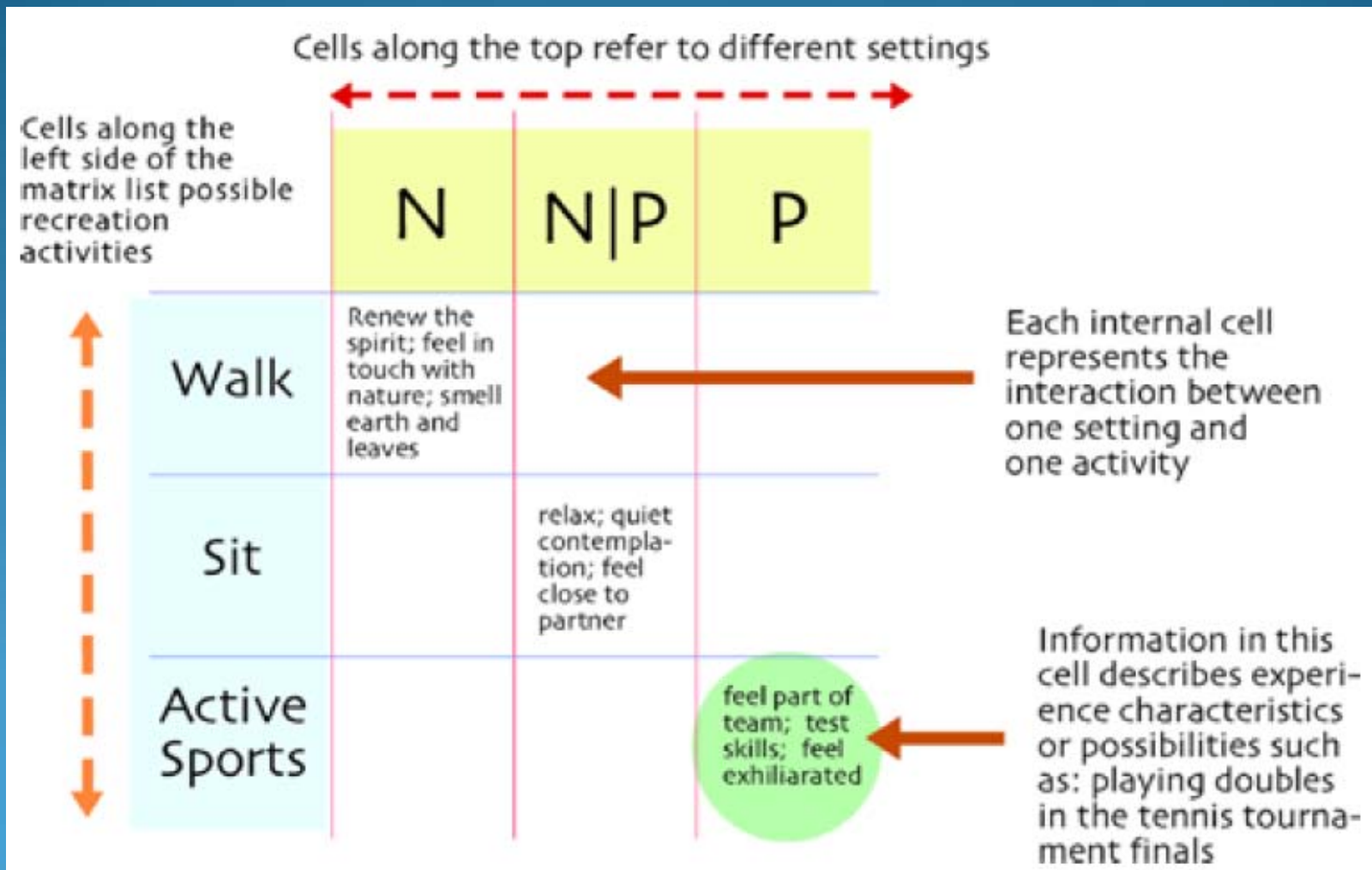


N/P MATRIX – HOW IT WORKS

In its simplest terms the approach can be summarized as:

people + activities + settings = experiences

Portland, OR



Portland, OR

Experiences

“Experiences are the result of a process; they develop and change over a period of time. Some research even shows that experiences change as we think about them and share them with others. An experience begins with a feeling of anticipation and progresses through stages, including preparation, travel to a place, engagement, evaluation, and finally to reflection and recollection. Information available at each stage in the process affects what we experience. For example, advance information about conditions and facilities create a set of expectations about the experience we will have. The journey there and things that happen during the experience can also affect our reactions and judgments. When conditions meet expectations or exceed them, it is likely we will enjoy it and feel satisfied.”

- Portland Park System Plan

How do the “Active Living” and “Experience” concepts relate to the Washington County Park System?

Washington County Park System includes more than 1,300 acres of breathtaking views, wooded trails and serene lakes and ponds. Spring, summer and fall activities available include hiking, picnicking, boating, swimming, nature/cultural trails, canoeing, fishing, basketball and sand volleyball. Winter is bustling with activities such as ice-fishing, sledding, snowmobiling and cross-country skiing.

Washington County Park Recreation Activities 2009

	Ackerman's Grove Cedar Lake Wayside Family Park Glacier Hills Goeden Park Henschke Hillside Lake Access Heritage Trails Homestead Hollow Leonard J. Yahr Lizard Mound Ridge Run Sandy Knoll											
Acreage	73	5	15	140	5	8	234	105	38	33	140	267
Summer Seasonal, closed November 15 - March 31		♦	♦		♦		♦			♦		
Reservable Shelter	3		1	3	1		1	4	1		6	4
Heated Reservable Shelter	1			1				1	1		1	1
Carry-in Boat Launching (no charge)	♦			♦	♦	♦			♦		♦	♦
Trailered Boat Launch (fee required)	♦					♦						
Picnic Area	♦	♦	♦	♦	♦		♦	♦	♦	♦	♦	♦
Hiking Trails	♦		♦	♦	♦		♦	♦		♦	♦	♦
Snowmobile Trail Access				♦			♦					♦
Fishing	♦		♦	♦	♦			♦	♦		♦	♦
Play Fields											♦	♦
Soccer Fields	♦						♦	♦			♦	♦
Basketball Court				♦				♦				♦
Playground Equipment	♦		♦	♦	♦		♦	♦	♦		♦	♦
Disc Golf (fee required)							♦					
⁽¹⁾ Sand Volleyball	♦		♦	♦				♦			♦	♦
⁽²⁾ Swimming	♦			♦					♦			♦
Horseshoe Areas								♦			♦	♦
⁽³⁾ Lighted Ice Skating								♦			♦	
⁽⁴⁾ Lighted Sledding Hill				♦				♦			♦	
⁽⁵⁾ Cross-Country Ski Trail	♦			♦			♦	♦		♦	♦	♦
Historical Site				♦						♦		
Water	♦	♦	♦	♦	♦	♦	♦	♦	♦	♦	♦	♦
Restrooms	♦	♦	♦	♦	♦	♦	♦	♦	♦	♦	♦	♦
Lighted Parking Area				♦		♦		♦			♦	♦
Trial Dog Off Leash Area		♦										

⁽¹⁾Bring own net and ball

⁽²⁾No lifeguard on duty

⁽³⁾Only when weather conditions permit

⁽⁴⁾Glacier Hills Sled Hill not designed for small children

⁽⁵⁾Trail is not groomed

How do the “Active Living” and “Experience” concepts relate to the Washington County Park and Open Space Plan?

Washington County has the resources for its residents to live actively through the County park system, municipal park systems, and its natural resource base.

- The “Active Living Concept” is a mindset and a way of life and can be promoted as a countywide effort in the POSP.
- People create their own experiences, but the POSP can guide and create opportunities for experiences through the design and management of settings and activities.

What has been done in Wisconsin?

- In 1999, Wisconsin passed the Smart Growth Law, requiring local governments with land use planning authority to design neighborhoods that reflect Smart Growth Principles, some of which may lead to increased physical activity, include:
 - neighborhood designs with a range of transportation choices
 - redevelopment of existing land and structures
 - utilization of more compact, efficient development patterns

Wisconsin's 1999 Comprehensive Planning Law:

Creating a State-Wide Plan that Encourages Active Living

By Joseph Schilling

The Story

With guidance from Brian Ohm, a university professor and trusted facilitator, Wisconsin's historically competing interest groups came to an agreement on a remarkable system of enforceable land use plans that will encourage active living in most of the state's cities, counties, towns and villages by 2010.

How did they do it?

Ten years ago, everyone agreed there was a problem, but no one could agree on the solution. Mounting discontent over Wisconsin's inconsistent and outdated land use policies came to a head. Citizens were alarmed by rapid conversion of farmland on the suburban and rural fringe, while builders and realtors were frustrated by the lack of certainty created by inconsistent rules and procedures administered by a maze of local governments. Communities throughout the state were experiencing population growth or economic disinvestment, sparking local government concerns about obsolete state policies.

At an impasse, leaders from the state Realtors association as well as 1000 Friends of Wisconsin, a civic organization, agreed to support a land use working group to repair the state's planning laws. Building on the University of Wisconsin's strong tradition of community service, Planning Professor Brian Ohm agreed to facilitate this consensus-based process given his extensive knowledge of the state's planning laws and contemporary smart growth practices.

After six months of intense negotiations, the group designed a pioneering draft bill that was acceptable to all participants, including organizations representing Wisconsin's builders, planners and all levels of government—towns, villages, cities, counties and the state.

After months of partisan wrangling, the Wisconsin legislature adopted the working group's planning reforms as part of the governor's budget. These Comprehensive Planning Amendments of 1999 ensure that a comprehensive plan will guide just about every city and county and most towns and villages by 2010. They require that communities engage their citizens in formulating these plans, and that land use decisions stay

consistent with the locally-adopted comprehensive plan. The law further stipulates that all cities with a population greater than 12,500 must adopt a traditional neighborhood development (TND) ordinance that encourages more pedestrian friendly, mixed use projects—the ideal environment for supporting active living.

Lessons Learned

These TND ordinances give developers a more direct path to the compact, walkable neighborhoods that would otherwise require a drawn-out land use permitting process. Wisconsin's innovation involved embedding the requirement in a statewide planning framework, which reduces the barriers to walkable neighborhoods.

Here are three key lessons:

1. Good plans don't just happen. The consensus-based law that was so carefully formulated by a broad cross-section of interest groups was a significant achievement, but it was only the beginning. Even with a state framework, these processes take political will, financial and human resources and sustained support for reform.

2. Waiting for the market. While the mixed use development market remains confined to Wisconsin's urbanizing areas, communities that adopted TND ordinances will be ready when the market for compact development strengthens. Current practice favors following planned district development procedures because of the perception that no market exists for TND development.

3. Smart growth, self-determination and property rights. The amendments set out a framework to guide planning efforts—without telling communities what to choose. With requirements for public participation and grants to defray the planning costs, the amendments support each community in determining its own vision for the future. (It should be noted, however, that far from embracing this freedom, opponents insist that any land use planning infringes on individual private property rights.)

In Stevens Point, WI, the public library is integrated with a traditional neighborhood downtown to encourage pedestrian and bicycle visitors.



Camryn Square in Sun Prairie, WI. The result of a traditional neighborhood development ordinance that supports active living for residents.

Replicating Change

Wisconsin's success—the passage of the 1999 Amendments and subsequent adoption of over 400 comprehensive plans—resulted from a combination of good timing, effective leadership, a well-balanced law and the skills of local planners and engaged citizens. While the political climate may not support consideration of statewide planning reforms in all states, the following insights from Wisconsin are broadly applicable:

- **Work with everyone.** Consensus may take longer to achieve this way, but the resulting alliance can offset political challenges during adoption and continue to support implementation of the reforms in coming years.
- **Give communities a choice—but hold the line.** The Wisconsin model does not require communities to develop a comprehensive plan, but after 2010 they must ensure that future land use decisions, such as zoning or subdivision approvals, are consistent with comprehensive plans—a powerful incentive to adopt a plan now.
- **Support the local work.** The state has provided over \$15 million to more than 800 local governments to help them draft their plans and engage the public in the process. Perhaps more important, technical assistance is available in the form of guidebooks and a library of plans and model ordinances created by University of Wisconsin Extension programs. Non-profit groups, such as 1000 Friends of Wisconsin, have also been instrumental in providing technical assistance and political support.

From introduction to adoption and then down the long road toward implementation, the planning reform process requires constant infusions of political advocacy, expertise and encouragement from a wide variety of constituencies. Wisconsin planners and leaders are relying on a tradition of perseverance and ingenuity to ensure that comprehensive plans will reflect the unique visions of the state's diverse communities.

Joseph Schilling, J.D., LL.M., is Professor of Urban Affairs and Planning at the Metropolitan Institute at Virginia Tech and Associate Director

PLANNING MAGAZINE, FEBRUARY 2007 | A-3

Programs	Responsible Entity ^a	Average Points ^b	Rank Within Element ^c
Park and Open Space Preservation			
Program: Incorporate the adopted park and outdoor recreation element of the Washington County Park and Open Space Plan into Map IX-5 (Washington County Planned Land Use Map: 2035), with the exception of proposed County Parks B and E.	PPD	1.83	6
Program: Create new County parks, new facilities and improvements at existing major parks, the development of area wide trails, and boat access facilities to major lakes, as recommended in the Washington County Park and Open Space Plan; with the exception of proposed County Parks B and E.	PPD	3.00	13
Program: Allocate funds for the development of a Park Management Plan for the County Park System as recommended in the Washington County Park and Open Space Plan.	PPD	2.67	11
Program: Allocate funds for the development of a detailed bike and pedestrian plan for Washington County as recommended in the Washington County Park and Open Space Plan.	PPD	2.00	7
Program: Acquire the St. Anthony Maple Woods area and re-establish forest interior bird habitat on the site. Support the acquisition and development of the Shady Lane Woods site and reestablishment of forest interior habitat by the Ozaukee Washington Land Trust. Recommendations for reestablishment of forest interior habitat on these sites are recommended in the regional natural areas plan and the Washington County Park and Open Space Plan.	PPD	3.67	16
Program: Implement the recommendations for acquisition and management of natural areas, critical species habitat sites, and significant geological areas as set forth in the Natural Areas and Critical Species Habitat Protection and Management Plan for Southeastern Wisconsin, as modified by the Washington County Park and Open Space Plan.	--d	--d	--d
Program: Continue to support DNR acquisition and protection of lands within the project boundaries approved by the Natural Resources Board on a willing seller-willing buyer basis. These sites are shown on Map III-23 and include the Loew Lake and Northern Units of the Kettle Moraine State Forest, the North Branch Milwaukee River Wildlife and Farming Heritage Area, the Allenton, Jackson Marsh, and Theresa Marsh Wildlife Areas, scattered wetland sites, and lands accommodating portions of the Ice Age Trail.	PPD	3.00	13
Program: Continue to update and adopt County park and open space plans on a regular basis to maintain County eligibility to receive available State and Federal outdoor recreation grants.	PPD	2.67	11

(continued)

Programs	Responsible Entity ^a	Average Points ^b	Rank Within Element ^c
<i>Park and Open Space Preservation</i>			
Program: Investigate options for providing a County ATV trail and an east-west bicycle trail as part of the next update of the Washington County Park and Open Space Plan.	PPD	2.83	12
Program: Implement programs recommended under the Natural Areas Protection Issue to preserve high-quality open space lands in Washington County.	PPD	2.33	9
Program: Continue to work with the DNR, National Park Service, and Ice Age Park and Trail Foundation to implement the recommendations set forth in the Ice Age Trail Corridor Plan and incorporated into the Washington County Park and Open Space Plan.	PPD	1.67	5
Program: Continue to acquire the natural areas and critical species habitat sites recommended for County acquisition and management in the regional natural areas plan, as modified by the Washington County Park and Open Space Plan.	PPD	2.50	10
Program: Continue to apply for DNR Stewardship and other available grants for acquisition of park and open space sites and development of recreational facilities.	PPD	2.33	9
Program: Work to protect primary environmental corridors through the County shoreland zoning permitting process and the subdivision review process.	PPD	2.33	9
Program: Incorporate the recommended open space preservation element of the Washington County Park and Open Space Plan into Map IX-5 (Land Use Plan map).	PPD	2.17	8
Program: Continue preserving environmentally significant open space lands (including primary environmental corridors and isolated natural resource areas) by encouraging public agencies or nonprofit conservation organizations to acquire the land for natural resource protection or open space preservation purposes or for public park or trail use.	PPD	2.50	10
Program: Continue to educate the public and local governments about the benefits of parks and open spaces.	PPD	2.50	10
Program: Continue to promote Washington County parks and open spaces as related to tourism in the County.	PPD, CVB	2.83	12
Program: Continue to work with appropriate organizations to promote nature-based tourism programs in the County.	PPD, CVB	3.00	13

Programs

Bicycle and Pedestrian Facilities Issue

Program: Accommodate bicycle travel on County arterial streets and highways through bicycle lanes, widened outside travel lanes, widened and paved shoulders, or separate bicycle paths. Bicycle facilities should be added as the County arterial street and highway system is incrementally resurfaced, reconstructed, or constructed. The type of bicycle improvement should be determined as part of the preliminary engineering phase of the highway improvement or reconstruction and should balance cost, safety, and potential use, including existing and potential use by schools and nearby land uses.

Program: Continue the development, enhancement, and management of the Eisenbahn State Trail.

Program: Develop a trail within the Milwaukee River corridor that would connect to the Riverfront trail developed by the City of West Bend and extend the trail to the north and east county line. Work with adjacent counties to connect the trail to proposed trails in those counties.

Program: Work with railroad companies to obtain easements for bike trails within existing railroad rights-of-way, including specifically the Canadian National Railroad right-of-way south of Rusco Road, which would connect to the Eisenbahn trail.

Program: Develop a detailed bike and pedestrian plan for Washington County. The plan should determine specific locations for bike and pedestrian trails and identify potential links to existing trails in Washington County, trails in adjacent counties, and a potential east-west trail in the County.

Program: Study and develop a program to install bike racks on Washington County Commuter Express Bus System buses and provide bike parking and/or lockers at park-ride lots. Consider applying for State or Federal grants to fund the program.

Program: Actively seek State and Federal grant funds for bicycle and pedestrian improvements, and assist local governments in identifying and applying for State and Federal grants for the development of bicycle and pedestrian facilities. Grant programs include the Congestion Mitigation and Air Quality Improvement (CMAQ), Local Transportation Enhancements (TE) and the Bicycle and Pedestrian Facilities programs administered by WisDOT.

Program: Accommodate the recommendations for provision of sidewalks in areas of existing or planned urban development set forth in Table XI-1 on County arterial streets. Sidewalks should be added as the County arterial street system is incrementally resurfaced, reconstructed, or constructed.

Program: Participate in developing "Safe Routes to School" programs with interested local governments.

Program: Work with NGOs to raise public awareness of bicycle and pedestrian transportation facilities related issues such as safety concerns, increased public health benefits, and the environmental benefits of increased bicycle and pedestrian travel.

Responsible Entity ^a	Average Points ^b	Rank Within Element ^c
HI	2.17	7
PPD	1.67	4
PPD	2.33	8
PPD	3.00	11
PPD	2.17	7
HI	2.00	6
HI, PPD, LG, WisDOT	1.50	3
HI	2.17	7
CO	2.00	6
PPD, HEA	2.17	7

Program	Responsible Entity ^a	Average Points ^b	Rank Within Element ^c
<i>Parks and Recreation Issue</i>			
Program: Incorporate recommended County parks from the Washington County Park and Open Space Plan into Map IX-5 (Washington County Land Use Plan map).	PPD	1.83	6
Program: Continue the development and management of the Eisenbahn State Trail.	PPD	2.00	7
Program: Develop a trail within the Milwaukee River corridor that would connect to the Riverfront trail developed by the City of West Bend and extend the trail to the north and east county line. Work with adjacent counties to connect the trail to proposed trails in those counties.	PPD	2.83	12
Program: Develop a detailed bike and pedestrian plan for Washington County. The plan should determine specific locations for bike and pedestrian trails and identify potential links to existing trails in Washington County, trails in adjacent counties, and a potential east-west trail in the County.	PPD	2.17	8
Program: Participate with SEWRPC in the update of the Regional Natural Areas and Critical Species Habitat Plan.	PPD	2.33	9
Program: Continue to acquire park and open space sites, including the natural areas, recommended for County acquisition in the County park and open space plan, as funding becomes available.	PPD	3.00	13
Program: Continue to apply for DNR Stewardship funds and other State and Federal funding for acquisition of parks and natural areas.	PPD	2.33	9
Program: Work to protect primary environmental corridors, isolated natural resource areas, and natural areas through the County plat review process.	PPD	2.50	10
Program: Continue to update the County park and open space plan every five years to maintain eligibility for available State and Federal outdoor recreation grants and stewardship program funds.	PPD	2.33	9
Program: Initiate the development of new or updated natural resource management plans for all County parks.	PPD	2.67	11
Program: Continue to work with local governments and appropriate organizations to promote State, County, and local parks and trails to encourage economic development and tourism.	PPD	2.67	11

Your thoughts?