

Active Transportation: Resources to Promote Walking, Cycling and Transit in your Workplace

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Active Commuters



Travelwise “Light”:

- GRT Corporate Bus Pass
- Bike parking
- Shower access
- Promotion of sustainable options
- Incentives to participants
- Carpool matching
- Carpool preferential parking
- Flex hours
- Guaranteed ride home

Travelwise “Intensive”:

- Bus pass subsidy
- Parking cash-out or transportation allowance
- Bike parking – sheltered, secure
- Vanpools / charter / carshare
- Telework
- CO₂ (carbon dioxide) tracking
- Policy modules
- Skills training (e.g. – Can-Bike)

Active Cyclists

Be an MVP

Always leave yourself room to **manoeuvre**. Avoid squeezing in between stopped cars and the curb.

Be **visible**. Wear reflective clothing at all times. Use lights at night.

Be **predictable**. Do what other road users expect you to do. Follow the rules of the road.

Wear a helmet and carry gear in a backpack, basket, bike rack, or panier.

Get trained! Take a CAN-BIKE skills course.

Active Workplaces

- Follow Canada’s Physical Activity Guide to Healthy Active Living
- Build activity into daily routine
- Include physical activity in meetings and breaks
- Be creative and have fun