

A young woman with dark hair, wearing a grey hoodie, is focused on adjusting the handlebars of a black bicycle. She is outdoors at what appears to be a community event, with other people and bicycles visible in the background. The scene is brightly lit, suggesting a sunny day.

**Active
Transportation &
Healthy
Communities
Program
2016 - 2018**

CRD

Making a difference...together

**Overview for SD 62
Information Session
January 19, 2016**

What Are We Aiming to Do?

Encourage, motivate, and support the increased use of safe cycling, walking and rolling among residents in the Capital Region through diverse projects & initiatives

Long term objective of achieving a healthy, connected population who safely use active transportation for both recreation and commuting purposes.



But not just the CRD....

- Variety of partners including municipalities, health authority, transportation service providers and businesses, law enforcement agencies, school districts, ICBC, community and non-profit organizations and residents like you!
- Preliminary funding provided through CRD Board, CRD Traffic Safety Commission, & Victoria Foundation with additional in-kind support.

Rationale

- **Traffic and transportation challenges**
- **Sedentary lifestyles and physical literacy levels**
- **Fossil fuel use and associated GHG emissions**
- **Sense of belonging and community connections**

The CRD has received requests from schools, parents, municipalities, non-profit organizations, health professionals and residents for this type of programming

5 Es to Support Active Transport



- **Engineering:** Creating safe and convenient places to walk, ride and park
- **Encouragement:** Creating a strong culture that welcomes and celebrates walking and cycling
- **Education:** Giving people of all ages and abilities the skills and confidence to ride and walk
- **Enforcement:** Ensuring safe roads for all users
- **Evaluation:** Planning for bicycling and walking as a safe and viable transportation option and measuring uptake

Need for Investment in All 5

Research has demonstrated that supporting the “soft Es” can stimulate “hard E” infrastructure investments and planning processes. People are likely to walk and cycle more often when they are supported in their behaviour change.

Encouragement

Education

Enforcement

Evaluation

Engineering



The Upcoming Opportunity

- **Active & Safe Routes to School Project**
- Plus other free initiatives and projects over the 2 year period such as:
 - Youth-planned and led group bicycle rides to local farms
 - Technical skills and safety courses at the Sooke Bike Park
 - Nature on the Move educational programs on the Galloping Goose, Lochside and E&N regional trails

So what is the Active & Safe Routes to School Project?



HASTe
HUB for ACTIVE
SCHOOL TRAVEL



School Travel Planning

- School travel planning uses a collaborative approach to **increase the use of active modes at elementary, middle and high school levels.**
- Schools and municipalities across the region have diverse needs and history with school travel planning
- Under this two year project, the CRD will provide a “menu” of opportunities for schools and families to get involved to encourage across the region.

Why focus on Schools?

- Common source of vehicle congestion (and GHG emissions)
- Opportunity to improve overall traffic safety
- Supports enhanced classroom performance
- Provides low-cost and accessible means for physical activity
- Enhances personal health & fitness
- Provides ability to impact policies, programs and investments over time

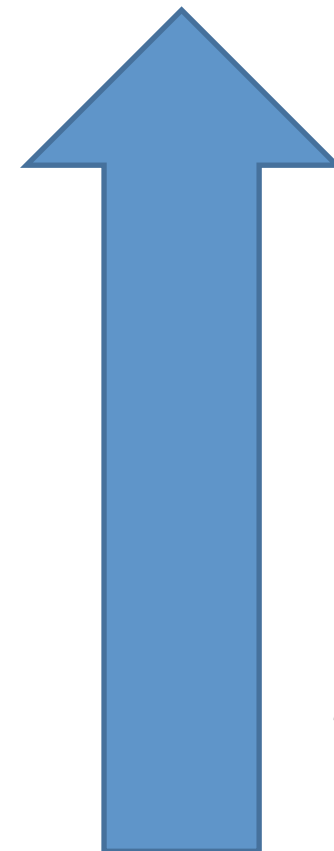


The Results Say it All!



Regional Project – 4 Districts

CRD aims to launch a region-wide Active & Safe Routes to School Project in Spring 2016



***Comprehensive
School Travel
Planning***

Targeting
25 – 30
schools in
the region!

***One-Time
Special Events &
Education
Opportunities***

School Travel Planning – Comprehensive: 18 months

- Set up project with support from School Administration, Parents, & Municipality
- Collect baseline data and information
- Undertake school walkabout and infrastructure needs assessment
- Develop and implement action plan, including educational and engagement activities
- Evaluate and collect data again

Education & Engagement Activities

- Offering cycling and skateboarding skills courses
- Initiating walking school bus programs
- Offering skateboard and cycling maintenance workshops
- Establishing Park & Walk days
- Organizing guest speakers, presentations and movie nights
- Supporting active travel clubs and applied learning projects (high school)
- Holding contests and special events like Bike to School Week 2016

Next Steps

- Stay tuned for more information on how your school can provide an expression of interest in Spring 2016 to participate.
- Provide your contact information to hear about news, events, and opportunities associated with the Active Transportation & Healthy Communities Program.

Thank you!

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