YOUR ROLE

By implementing a bike share program you are demonstrating a commitment to wellbeing in your workplace. You are taking an active role in creating healthy and sustainable communities at UBC.

THE BENEFITS OF WORKPLACE BIKING PROGRAMS

- Active transportation has been found to reduce the risk of mortality by up to 40%
- Active commuting is associated with increased fitness levels and decreased levels of obesity and blood pressure
- Using cycling as a mode of active transportation is associated with a reduction in workplace absenteeism

KEY CONTACTS

Truelove Twumasi
Workplace Wellbeing Programs Specialist

Vancouver
- HOPR
- HUB Cycling Connection: Bike Education, Bike to Work, Resources
- UBC Bike Kitchen: Bike sales, Maintenance services

Kelowna
- Kelowna Area Cycling Coalition: Education, Maps, Local Resources
Implementing your Bike Share Program

- Determine what equipment you need to purchase and research the best deals.
- **MEC’s Guide to Choosing a Bike**
- Ensure that you keep sufficient funds to support additional program elements such as:
  - Safety equipment
  - Bike Maintenance course
  - Safety lessons
  - Ensure that there is a secure location to store the bikes and equipment

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Important Considerations

- Bike share requires infrastructure - a safe place to locate and store bikes
- Maintenance requires a point person and some costs
  - Consider who is responsible, what happens when there is staff turnover consider who will lead this
- Encouraging the use of bikes
  - participation and use of the program is a common barrier.
  - Consider how you will remind your team of the availability of bikes.
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**Best Practices and Additional Resources**

- Cycling in Vancouver Resources
- Cycling in Kelowna Resources
- 101 Bike Maintenance Tips
- Cycling Safety from ICBC

**HOW THE FUNDS BE CAN USED**

**Funds can be used for:**

- Purchase of up to 2 bikes
- HOPR Bike share group membership
- Purchase of safety equipment including helmets, reflectors and locks
- Facilitation fees for bike safety/maintenance lessons
- Promotional material (to not exceed $100)

**Funds cannot be used for:**

- Hiring of faculty/staff as instructors, to coordinate or support the program
- The purchase of gift cards or certificates of any denomination
- Charitable donations
- The ongoing upkeep of equipment
- Renovations or storage equipment
- Loan-out administration