



Healthy Workplace Initiatives Program

Bike Share Program

Total Funding Awarded: \$1000

UBC Human Resources
604-827-2350
www.hr.ubc.ca/wellbeing-benefits



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

Bike share/cycling programs:

- Active transportation has been found to reduce the risk of mortality by up to 40%¹
- Active commuting is associated with increased fitness levels and decreased levels of obesity and blood pressure²
- Using cycling as a mode of active transportation is associated with a reduction in workplace absenteeism³

Approved Uses of HWIP Bike Program Funding

- 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)

Non-approved uses of this funding

- Operational expenses
 - The hiring of UBC faculty/staff as an instructor, to coordinate or support the program
 - Items that fall within the responsibility of the department to provide
- The purchase of gift cards or certificates of any denomination (these are considered taxable benefits by the CRA and are not permitted under UBC's purchasing guidelines for gifts/prizes).
- Ongoing upkeep of equipment
- Renovations or storage equipment

¹ Andersen, L. B., Schnohr, P., Schroll, M. & Hein, H. O. All-cause mortality associated with physical activity during leisure time, work, sports, and cycling to work. *Arch. Intern. Med.* **160**, 1621–8 (2000).

² Gordon-Larsen, P. *et al.* Active commuting and cardiovascular disease risk: the CARDIA study. *Arch. Intern. Med.* **169**, 1216–23 (2009).

³ Hendriksen, I. J. M., Simons, M., Garre, F. G. & Hildebrandt, V. H. The association between commuter cycling and sickness absence. *Prev. Med. (Baltim)*. **51**, 132–5 (2010).



- Loan-out administration

Implementation Instructions

- 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

Contacts for Implementation

Vancouver

[HOPR](#)

[HUB Cycling Connection](#): Bike Education, Bike to Work, Resources

[UBC Bike Kitchen](#): Bike sales, Maintenance services

[Our Community Bikes](#): Courses, Used bikes, Mechanics

Kelowna

[Kelowna Area Cycling Coalition](#): Education, Maps, Local Resources

Best Practices and Additional Resources

Cycling in Vancouver Resources:

<https://bikehub.ca/helpful-information-about-cycling-in-metro-vancouver>

Cycling in Kelowna Resources:

<http://www.kelowna.ca/CM/Page3906.aspx>

101 Bike Maintenance Tips:

<http://www.bicycling.com/maintenance/bicycle-maintenance/101-bike-maintenance-tips>



Cycling Safety from ICBC:

<http://www.icbc.com/road-safety/sharing/Pages/cycling-safety.aspx>