



Sample Topic: BIKE FRIENDLY WORKPLACE



AWARENESS RAISING ACTIVITIES	EDUCATION & SKILL-BUILDING ACTIVITIES	ENVIRONMENTAL SUPPORTS	SUPPORTIVE POLICIES
<p>The workplace promotes cycling as part of its organizational culture (e.g., commuting to work, cycling for healthy environments as a benefit, etc.).</p> <p>Pamphlets or brochures that are distributed or made available to staff from various sources (e.g., ‘Cycling and The Law’)</p> <p>Posters on bulletin boards</p> <p>Information attached to pay cheques</p> <p>Information shared by e-mail, social media, intranet</p> <p>Support or promote a cycling group or specific event (e.g. a monthly “social ride”)</p> <p>24-Hour Movement & Activity Guidelines</p> <p>City of Windsor Parks, Trails, and Recreation Maps</p>	<p>The workplace provides educational opportunities (e.g. lunch & learns or team building sessions) focused on bike/road safety and to encourage active travel to work for their employees.</p> <p>Offer employees [paid] opportunities to take a ‘third party’ course on safe cycling or basic bike maintenance</p> <p>‘The Bike Kitchen’ and other community programs</p> <p>Proper fitting of a bicycle helmet</p> <p>Contests or challenges, such as ‘Bike to Work Day/Month’ or a ‘Park and Ride’ program or event so that employees who cannot bike the entire commute to work can park their vehicle and bike the rest of the route with colleagues.</p> <p>Bike Windsor Essex</p> <p>Getting Started on Your Personal Exercise Journey</p> <p>Cycling For Fun Health & Profit</p>	<p>The workplace provides facilities to support employees in riding their bicycles to work.</p> <p>Maps of cycling routes to the workplace</p> <p>Designated secure parking areas, bike lockers or bike racks</p> <p>Lockers, showers, change rooms</p>	<p>The workplace supports using the bicycle as a form of active transportation through various policies.</p> <p>Bike Friendly Workplace Policy</p> <p>Maintenance or Security of Bicycles Policy</p> <p>Work Travel Policy (e.g., loaner vehicle to drive home if it rains, use of bike to travel on business where practical)</p> <p>Bicycle safety (e.g., helmets, lights, bicycle inspection if commuting or traveling during work time)</p>



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