



HEALTHY WORKPLACE INITIATIVE FUND PROGRAM

BIKE SHARE PROGRAM

THE BENEFITS OF WORKPLACE BIKING PROGRAMS

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.

- 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

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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

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.

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