Healthy Workplace Initiatives Program

Bike Share Program

Total Funding Awarded: $1000
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 pressure\(^2\)
- Using cycling as a mode of active transportation is associated with a reduction in workplace absenteeism\(^3\)

Approved Uses of HWIP Bike Program Funding

- Purchase of up to 2 bikes
- 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
  - Hiring of faculty/staff 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

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• Renovations or storage equipment
• Loan-out administration

Implementation Instructions

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

Contacts for Implementation

Vancouver

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:


Cycling Safety from ICBC:
http://www.icbc.com/road-safety/sharing/Pages/cycling-safety.aspx