

Manitoba AT Session March 21

The Nova Scotia Experience

Mike Arthur, Manager, Physical Activity



Active Transportation in NS

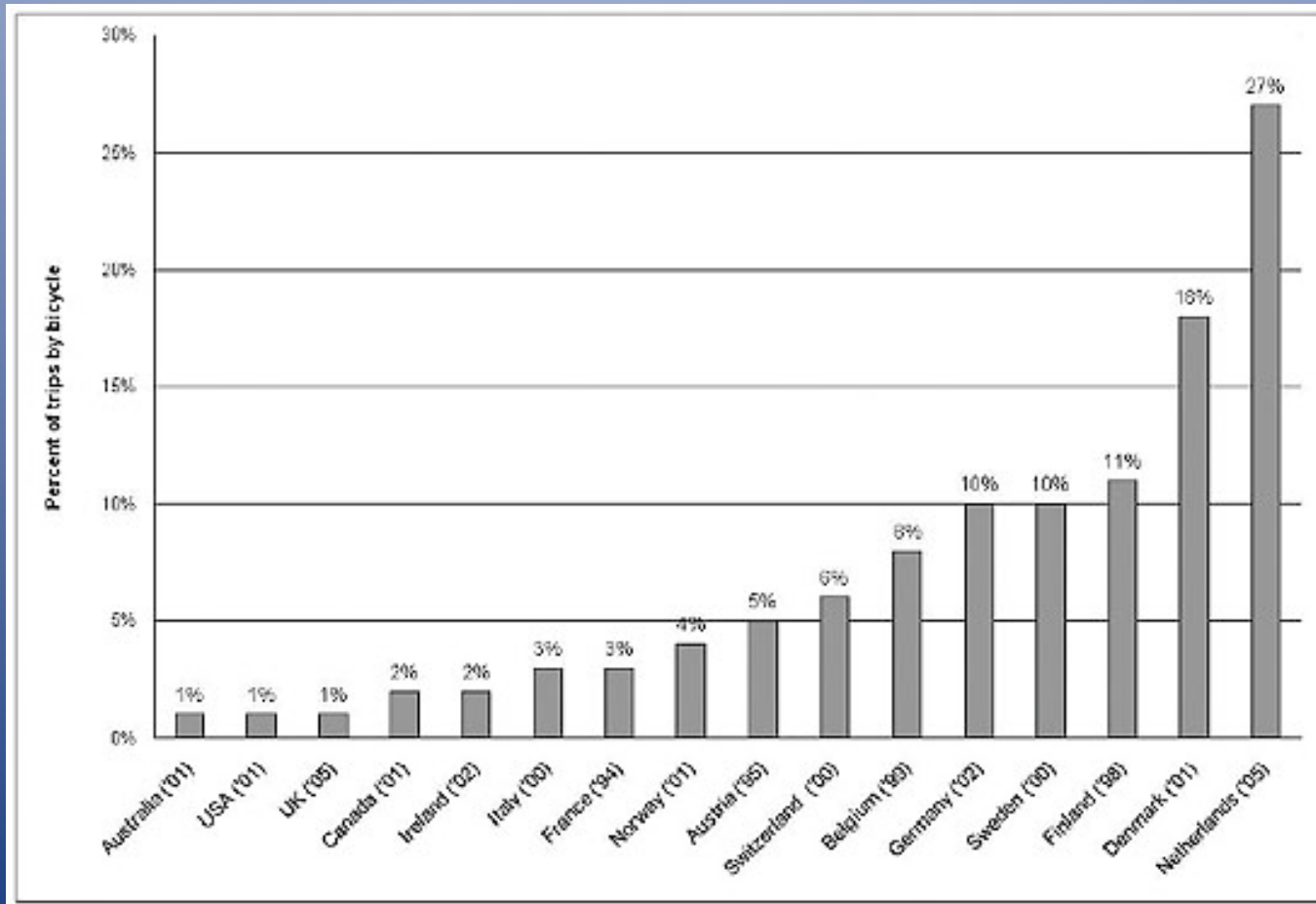
1. A comprehensive model for AT
2. Local initiatives in NS (focus on outside of Halifax)
3. Provincial initiatives to promote walking and biking in NS
4. Learnings & Challenges for NS

Important Context About AT

- An inactive population
- 3 km walk and 8 km bike – short trips
- Toronto Charter ..best investment in PA
- Pressures for AT – congestion, health, gas prices, GHG, livability,
- For kids....parents concern about skills, traffic, and infrastructure
- Planners get it! Rec folks are not planners. Work with them.
- Achieving modal shift.....
- More cyclists more safety



Why AT?





Copenhagen, Denmark

WHAT IS AT?

- Any form of self-propelled (non-motorized) transportation. Easy to use and fun, AT is catching on all over the world, with more people choosing to realign their travel patterns and get around using their own steam.
- Every day, people of all ages and abilities are choosing more active, participatory forms of transportation. Walking, cycling, in-line skating, canoeing, skateboarding, and jogging are all examples of human-powered modes of transport that use both on-road (sidewalks and multi-use) and off-road facilities (trails, rivers, etc.).
- Their individual reasons are as diverse as the AT users themselves, but AT can roughly be divided into two categories:

Utilitarian / Instrumental AT

- active destination oriented trips (e.g.: commuting to work or school) and active workplace travel (e.g.: delivering materials or attending meetings)
- focused on using cars less for short trips to and from work, school or around the neighborhood.
- often combined with public and community transit such as buses and ferries.
- tends to be located in urban areas and regional towns due to shorter distances between places

Active Transportation For Fitness or Recreational Pursuits

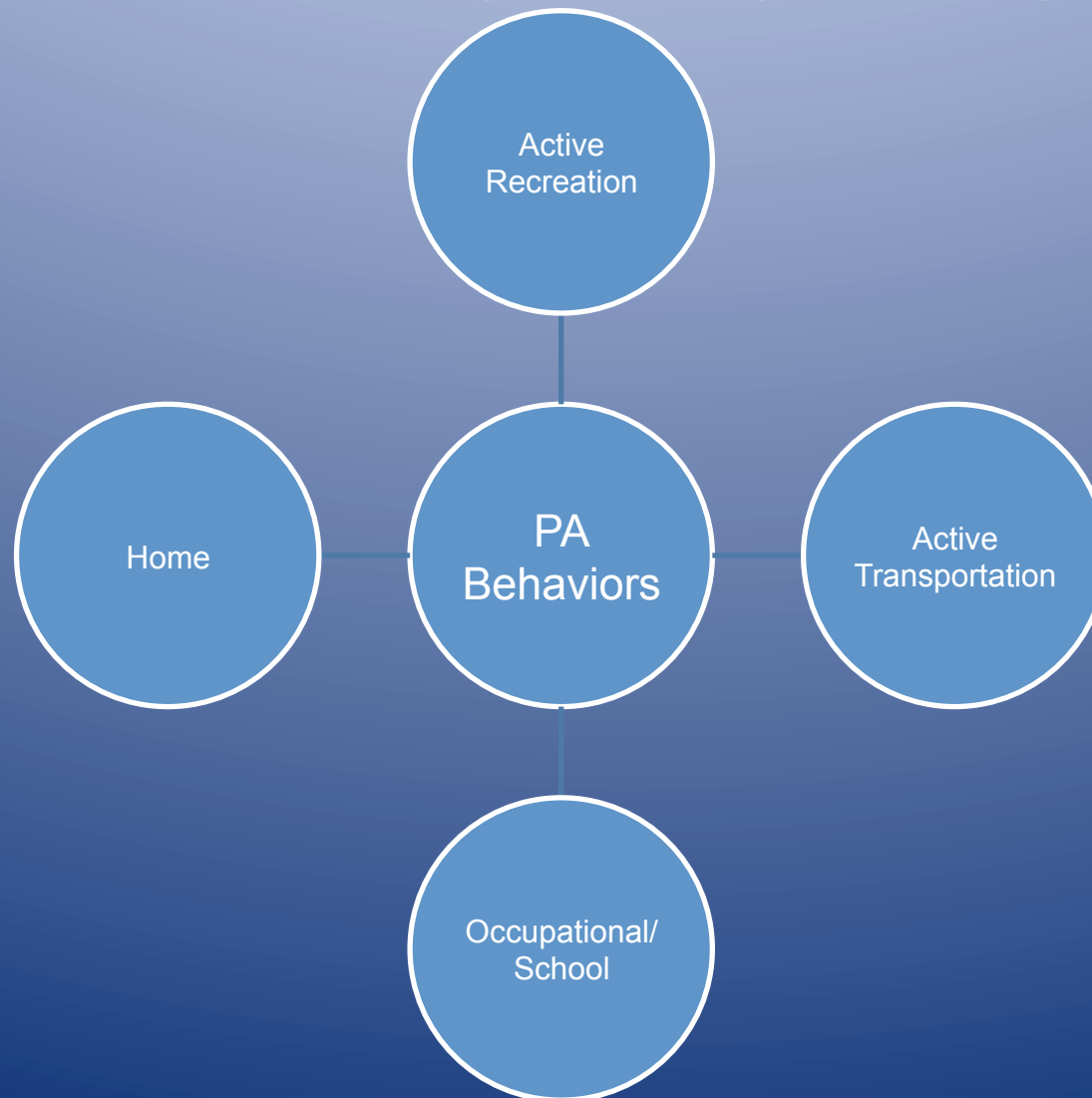
- Active Recreation is being healthier and more active, often in nature.
- Active Recreation activities, including hike, cycle, dog-walking, snowshoeing, and paddling.
- Active Recreation is available throughout Nova Scotia

What is Active Transport?

•“Active transport relates to physical activity undertaken as a means of transport. It includes travel by foot, bicycle and other non-motorised vehicles. Use of public transport is also included in the definition as it often involves some walking or cycling to pick-up and from drop-off points. **Active transport does not include walking, cycling or other physical activity that is undertaken for recreation.**”

•Be Active Australia: A Framework for Health Sector Action for Physical Activity 2005-2010

Physical Activity in Day to Day Life

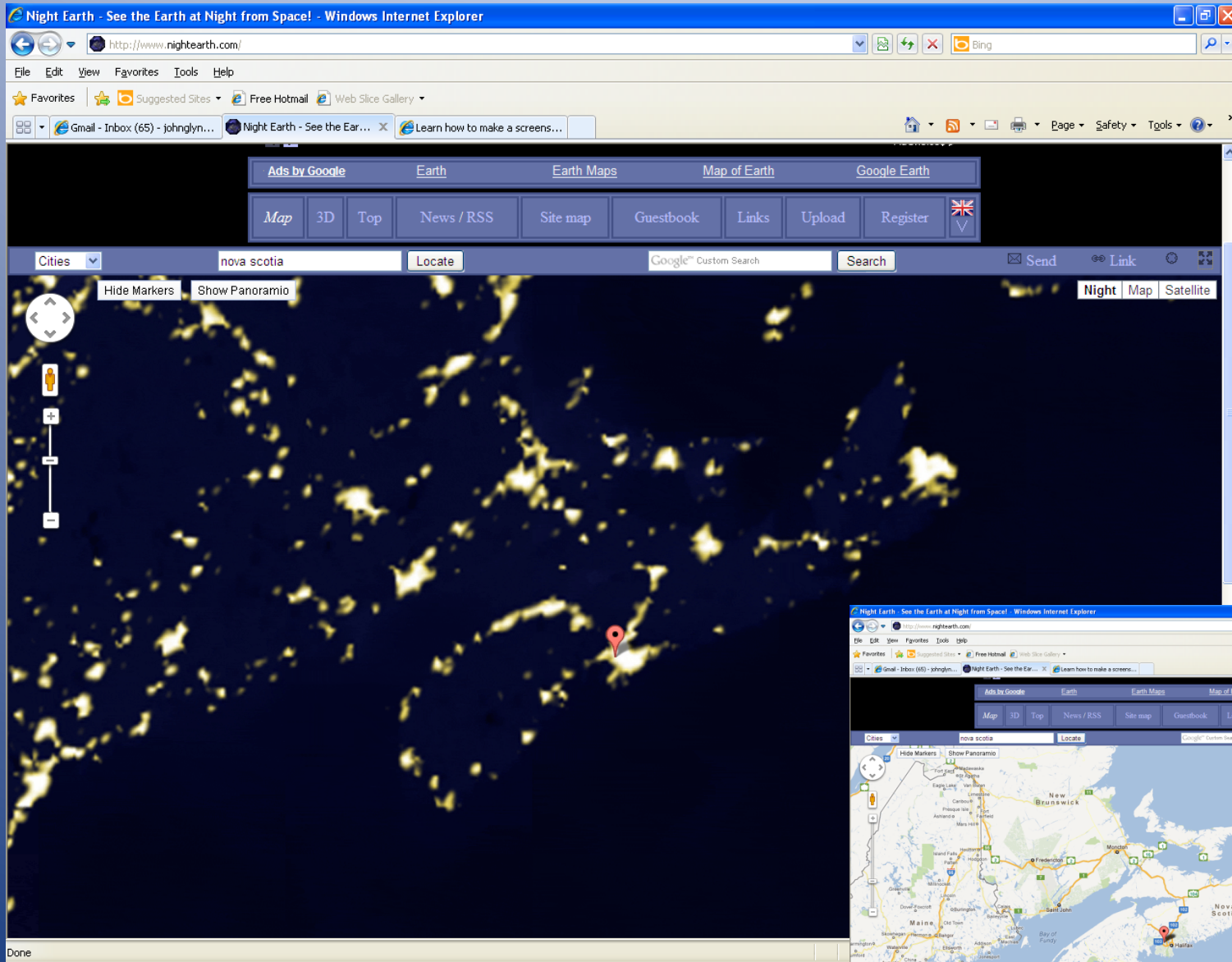


A satellite image of the Earth at night, showing the continents of North America, South America, Europe, Africa, and Australia. The landmasses are illuminated by a dense network of yellow and white lights, representing city lights and urban areas. The oceans are dark, and the overall scene is set against a black background of space.

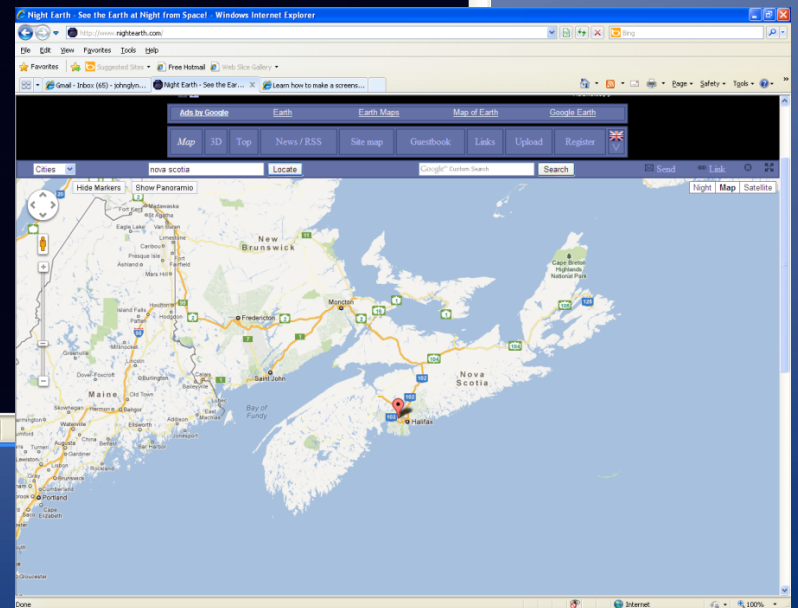
Night Satellite Imagery

Lights indicate population concentration:
Residential, Commercial, and Industrial

<http://www.nightearth.com/>



Nova Scotia



Manitoba

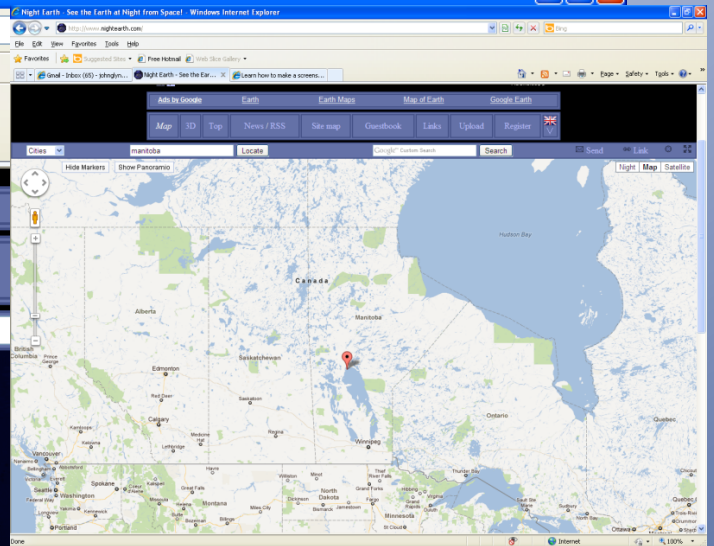
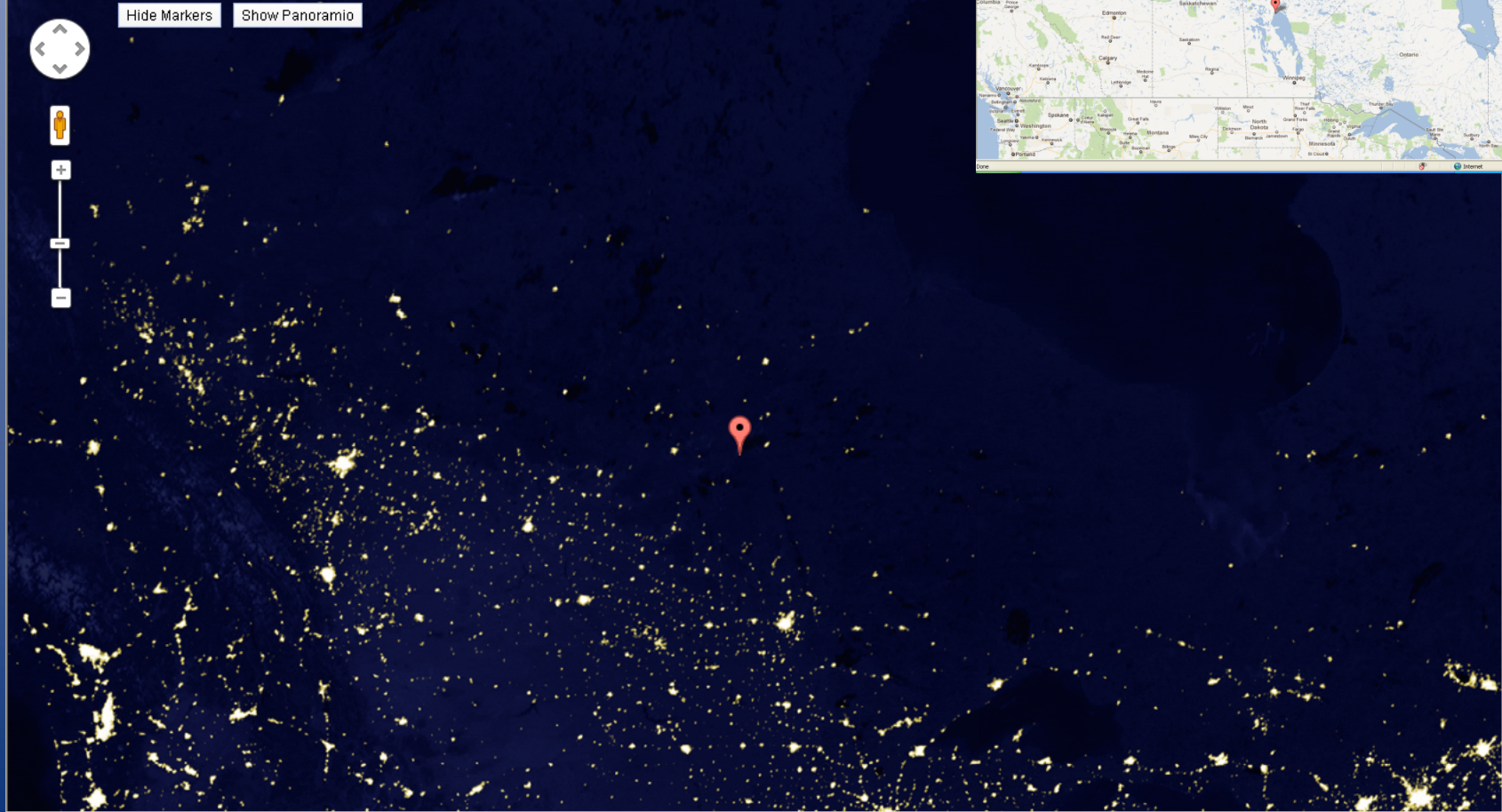
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Map 3D Top News / RSS Site map Guestbook Links

Cities manitoba Locate

Google Custom Search

Hide Markers Show Panoramio



Winnipeg

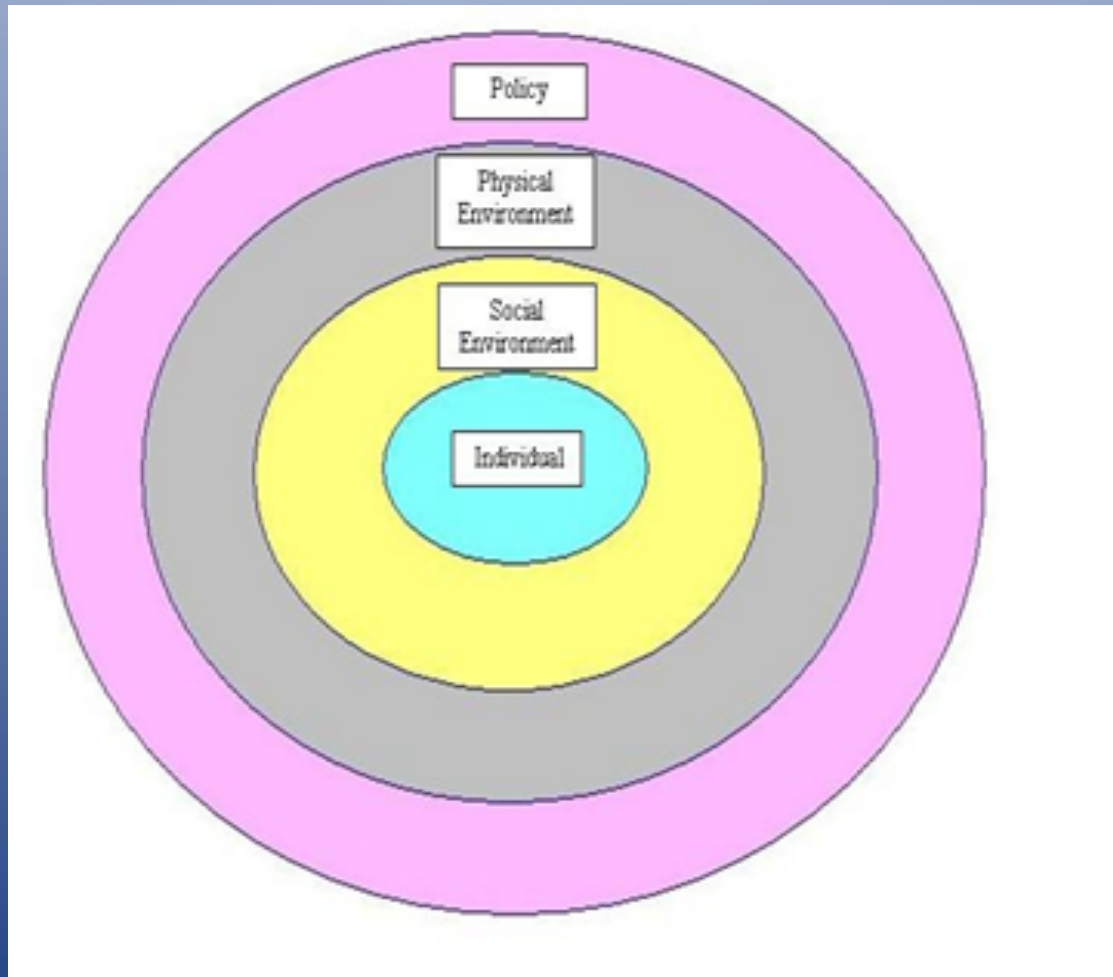
The screenshot shows a Windows Internet Explorer browser window displaying the website <http://www.nightearth.com/>. The browser's address bar and menu bar are visible at the top. The website's navigation bar includes links for "Ads by Google", "Earth", "Earth Maps", "Map of Earth", and "Google Earth". Below this, there are buttons for "Map", "3D", "Top", "News / RSS", "Site map", "Guestbook", "Links", "Upload", and "Register". A search bar contains the text "winnipeg" and a "Locate" button. The main content area shows a night satellite view of the Earth with a red location pin over Winnipeg. On the left side of the map, there are navigation controls: a compass, a person icon, and a vertical zoom slider. At the top left of the map area, there are buttons for "Hide Markers" and "Show Panoramio". At the top right, there is a "Show night map" button. The status bar at the bottom of the browser window shows "Done" and "Internet".

This inset screenshot shows a standard Google Maps interface for the same location (Winnipeg). It features a standard map view with street names, landmarks, and a red location pin. The interface includes a search bar at the top with "winnipeg" entered, and various navigation and map controls on the left and right sides. The browser window title is "Night Earth - See the Earth at Night from Space! - Windows Internet Explorer".

The Political Debate

- The Right says:
 - People can choose to be active
 - Educate them so they choose wisely
- The Left says:
 - We need to engineer society so it is easy for people to be active
 - Change environments & policies
- The Evidence says:
 - People need activity-friendly places AND educational/motivational programs

Social Ecological Model Physical Activity



Comprehensive Model

1. Policy

- Mixed Land use planning..connectivity
- Local AT plan
- School siting
- Funding for AT
- Graduated licensing requirements
- Requirements on new neighborhood developments

2. Physical

- Secure Bike racks
- Bike lanes
- Sidewalks
- Safety features....lighting, crossings,

Comprehensive Model

3. Social

- Access to bikes – loan, exchange, repair shops
- Parental support
- Some one to walk with

4. Individual

- Skill level
- Intention to walk
- Perceived benefits

Provincial Initiatives in NS

- Provincial AT policy and plan
- Sustainable Transportation Plan
- Road Safety Plan
- Child Obesity Prevention Strategy
- ASRTS and School Travel Planning
- Blue Route
- UNSM AT committee
- Conferences, Forums



Road Safety— A Shared Responsibility

As of June 1, 2011 Nova Scotia has a new road safety law to help drivers and cyclists drive safely and share our roads.

Find out more at www.gov.ns.ca/tran



Whether driving or cycling: Signal your intentions • Be patient • Look for other road users at all times

HOW TO SHARE THE ROAD SAFELY

When Cycling you must...

- Ride single file except when passing another cyclist.
- Ride on the right side of the road. You may use more of the lane when riding through a roundabout, turning left, or avoiding obstacles.
- Use designated bike lanes where they are present and free of obstructions.

And Remember:

- Ride a straight and predictable path. Do not weave. If you are impeding the flow of traffic move over as soon as it is safe to do so.
- You may pass on the right of stopped traffic, but be alert. Not all drivers will be looking for you.
- Be visible to other road users. Use lights during dusk and darkness and wear bright or reflective clothing.

When Driving you must...

- Leave at least one metre (three feet) of space when passing a cyclist.
- You may cross a yellow line to pass a cyclist if it is safe to do so. Only pass if there is no oncoming traffic. If you can't pass safely, wait.
- Do not drive or park in bike lanes, unless avoiding a hazard, left-turning car, or under instruction by a police officer.

And Remember:

- Cyclists can't always ride on the extreme right. Sometimes the edge of the road may be in poor condition or the cyclist may be preparing for a left turn.
- Watch for cyclists to your right when you are stopped in traffic or before turning right.

walkaboutns.ca

Supporting and Inspiring Walking in Nova Scotia

“Walkabout”



Background

- Led by Heart & Stroke Foundation, Nova Scotia
- Supported by:
 - Nova Scotia Government: *Health and Wellness*
 - Ecology Action Centre

Goal: To increase the % of Nova Scotians who accumulate at least 30-60 minutes (most days of the week) of **walking** for recreation and/or transportation



Walking Takes You Places Messaging



Lower cost pedometers

Pedometer Loan Program

Walkabout Tracker (for non-web users)



Shaping Communities Toolkit/ Training

Walkability Grants

Walkability Awards

Workplace Policy

Provincial AT Work



Workplace Groups

Community Groups

Virtual Connections

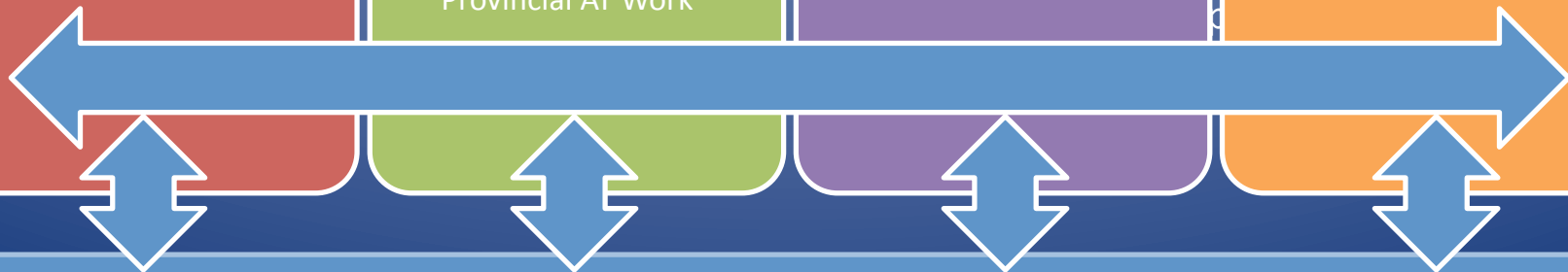
Challenges



Workplace Leaders Training

Community Leader Training

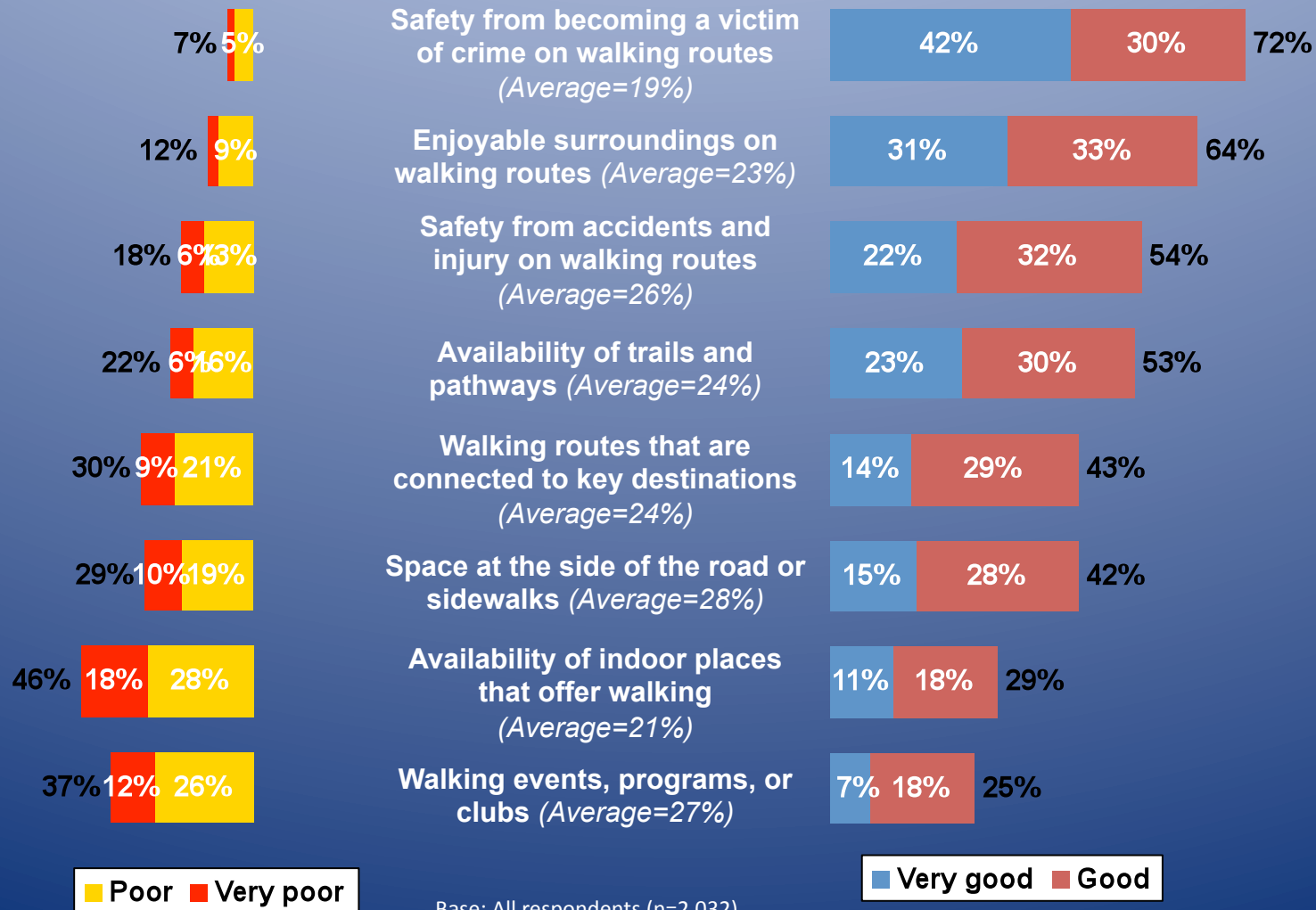
Community Events



Interactive Website

Perceptions of Local Walking Opportunities

QNS2. Please rate each of the following aspects of walking in your community. Would you say it is very good, good, average, poor or very poor?



Base: All respondents (n=2,032)

Some Results So Far

- 647 website groups
- 2873 Pedometer loans
- 395 leaders trained in workplaces and communities
- 9 Walkability grants and awards presented in 2011
- Over 1 billion steps logged on www.walkaboutns.ca



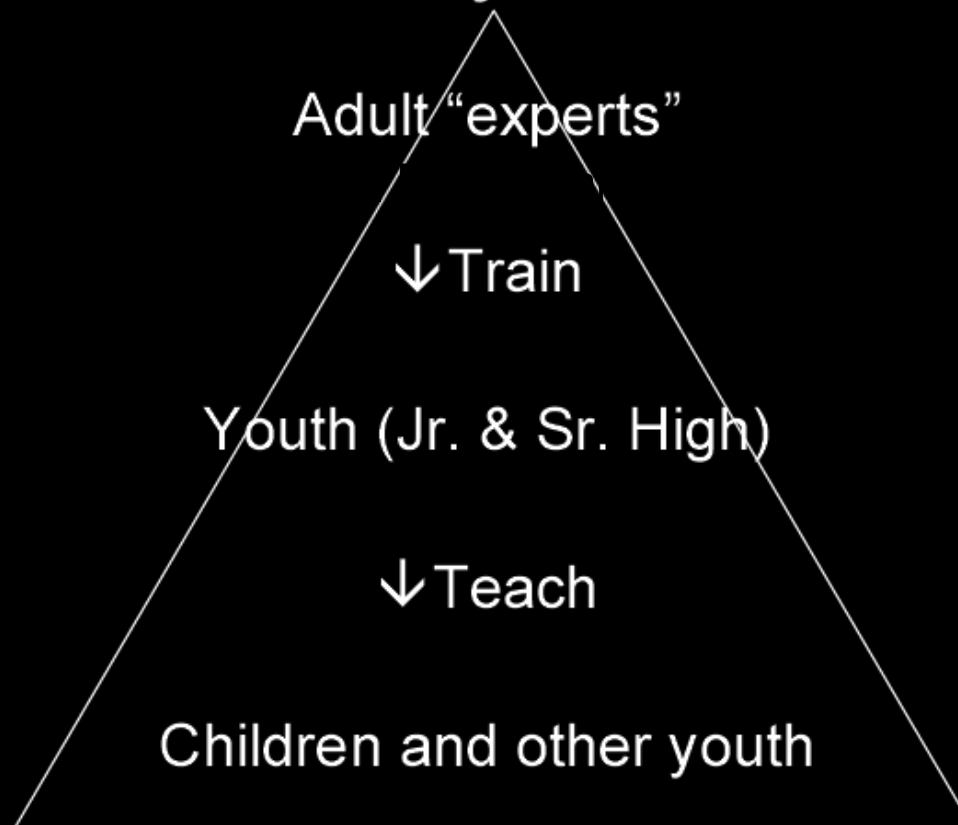
Making Tracks

- Launched in 2008 for children/youth in NS
- Experiential safety skill training in:
 - Walking
 - Cycling
 - In-line skating
 - Skateboarding
- Train-the-trainer approach
- **Experiential, fun, multi-session, activity-based learning**
- Links to school cross-curricular outcomes and approved by the NS Department of Education
- Works well in recreation summer camps, phys-ed classes or after school programs

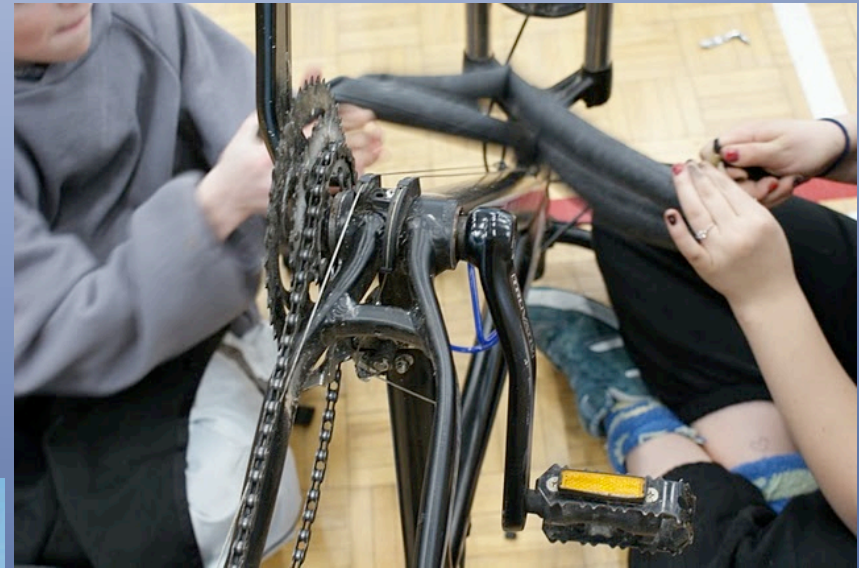


Training Model

Delivery Model



Making Tracks Examples





Evaluation Results

- 92.3% knew where it was safe to walk, cycle or skateboard
- 94.9% reported they learned how to bike, walk or skateboard safely due to their participation in Making Tracks.
- 85% percent of participants said they would walk, bike or skateboard more after taking part in Making Tracks
- 100% of Youth Mentors reported that they would be more likely to use AT modes – and to encourage others to do so – after delivering Making Tracks

Successes and Challenges

- Over 1500 children and youth trained to date!
- Children/youth and adult leaders love the program!
- Evaluations hard to get back from partnering groups
- Transporting equipment around province (bike tools, skateboards/safety gear) or finding bikes for children without bikes is a challenge
- Small percentage of schools fear liability (bike theft especially) by encouraging children to bring bikes to school (we are working on this through school board/school policy)
- Key is to find champions/those passionate about AT around the province to partner with

For more info, visit:

www.saferoutesns.ca (click
'Making Tracks')

Or contact:

Jennifer McGowan

Community Advisor, ASRTS

walk@ecologyaction.ca

902-442-5055

Free Helmet Program

- Free helmet for child caught without one
- Handed out by Police or RCMP
- Free safe cycling lesson
- HRM only at this point



Community Planning

- Integrated Community Sustainability Plans
- Gas Tax funds
- Municipal and Local AT plans
- Municipal physical activity plans
- Age Friendly Communities
- Health Promoting Schools

Municipal Physical Activity Leadership Program

Funding agreement with municipality

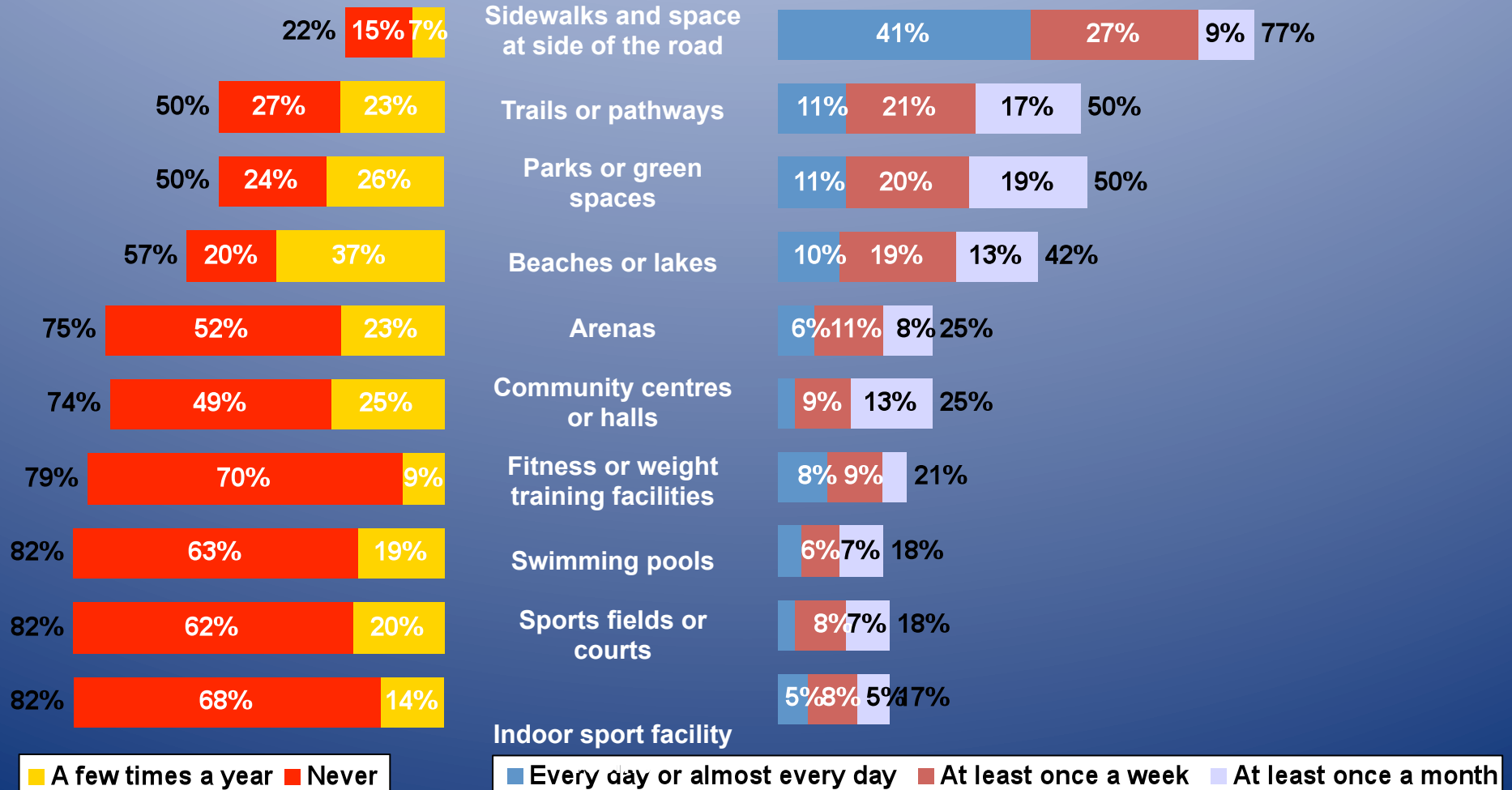
1. Municipality and Province both contribute \$20,000
2. Funding is for a staff position
3. Up to 5 year term (renewable)
4. First year to develop the strategy
5. Financial incentives for inter municipal cooperation
6. Six months notice to terminate for either party

MPAL Status in NS

- 40/55 municipalities in program
- Expanded by 5 municipalities in 2011–12
- 5 cooperative plans (15 municipalities)
- 25 MPAL staff
- 13 plans completed; 12 in progress

Frequency of Using Specific Facilities

QNS1. How often do you use each of the following types of facilities to participate in physical activities yourself?



Base: All respondents (n=2,032)

Agree/Disagree

- Pedestrians and cyclists should be the priority users in transportation plans.

Agree/ Disagree

- The provincial government should require municipalities to build walkable communities.

NS Gas Tax Funding for AT 2008-10

Community	Population	Project	Total Cost
Clark's Harbour	860	Bike Lanes	245K
Windsor	3,709	Sidewalk Renewal	10K
Bridgewater	7,944	Roundabout - Bike Lanes	37K
Bridgewater	7,944	Pathways - AT Plan	52K
Antigonish	4,236	Bike Racks	9K
West Hants	13,881	Upgrade Municipal Trails	90K
CBRM	102,250	Walk Way/Bike Route Extension	1m
Municipality and District of Lunenburg	47,150	AT Plan	54K
Truro	11,765	Sidewalk	359K
Wolfville	3,772	Walkway to Heath Centre	9K



welcome to the Aspotogan Coastal Route



SHARE
THE ROAD



Ride the Aspotogan Loop

- Share the Road signs 2008
- Bike racks 2009
- Sponsored rides
- Fathers Day ride
- Ride of Silence
- Advocacy on infrastructure

www.TheAspotoganLoop.org



Chéticamp





Chapitre Chéticamp Chapter
www.velocapebreton.com
velocb@gmail.com
 Michel 224-3671, Stevie 224-1713

Légende / Legend

- 1A - Route des quatorze vieux Trail (5.5 km)
- 1B - Route du plé Trail (10 km)
- 1C - Route du Redman Trail - qui inclus "1A" included (7 km)
- 1D - Route du Plateau Trail - qui inclus "1A+1C" included (11 km)
- 1E - Route des Buttes Trail - qui inclus "1A+1C+1D" included (12.5 km)
- 2A - Route de la Plage Trail - inclus le sentier Cabot Trail included (14 km)
- 2B - Route du Phare-Lighthouse Trail - inclus le sentier Cabot Trail included - chemin non pavé - road not paved (14 km)
- 1F - Route de l'Ancienne (old) Cabot Trail Road - chemin non pavé - road not paved (20 km)
- (— Piste Cabot Trail)

★ **LE QUAI MATTHIEU** TOUS LES TRAJETS SONT CALCULÉS À PARTIR DU QUAI MATTHIEU
 ALL TRAILS ARE BASED FROM LE QUAI MATTHIEU

**BIENVENUE CYCLISTES
WELCOME CYCLISTS**

Pour circuits de vélo de montagne et information:
 For mountain bike trails maps or information:

Les Trois Pignons
 (902) 224-2642
www.cheticamp.ca

Chéticamp Point de départ/arrivée de la Cabot Trail à vélo.
 Your start/finish cycling adventure around the Cabot Trail.





Velo CB

The Cycling Ambassadors dressed up in distinctive cycling outfit will hit the roads across Cape Breton to:

- educate cyclists and potential cyclists in the best practices of cycling;
- encourage cycling for transportation;
- support recreational cycling

They will be found at fairs, public events, parks, work places, youth programs, residential neighbourhoods



VCB Cycling Ambassadors



Velo Cape Breton is unrolling a Cycling Ambassadors Program as a three year pilot project starting May 2012. This program is identified in the CBRM Physical Activity Strategy passed December 2010 and the Active Transportation Plan of 2008. The goal is to promote safe cycling and to increase the number of cyclists on the road.

- The Ambassadors are 17 volunteer cyclists from across Cape Breton who have committed to spend three hours per week from May to October to the Program for the next three years. Their training consist of an 18 hour proficiency cycling course (CAN-BIKE 2), first aid, hospitality, and basic bicycle repair.

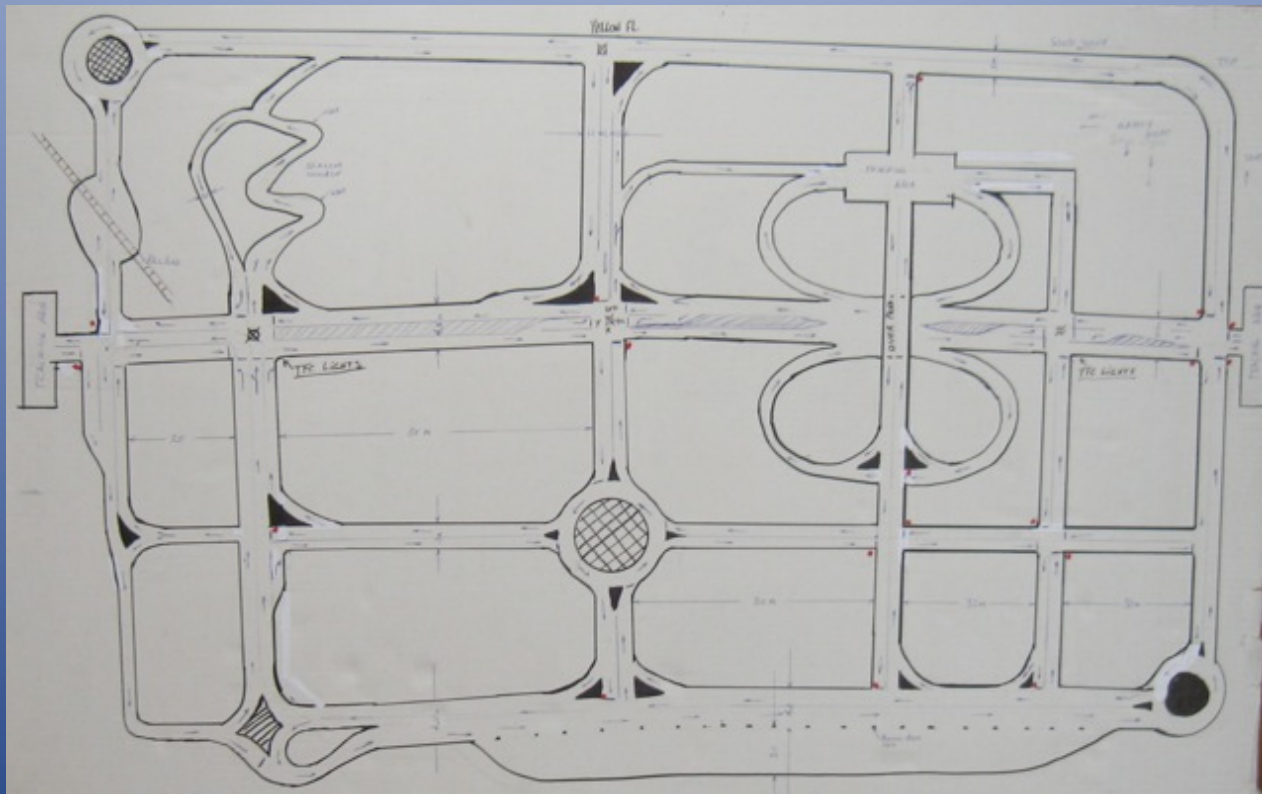
The Cycling Ambassadors dressed up in distinctive cycling outfit will hit the roads across Cape Breton to:

- educate cyclists and potential cyclists in the best practices of cycling;
- encourage cycling for transportation;
- support recreational cycling.
- They will be found at fairs, public events, parks, work places, youth programs, residential neighbourhoods and wherever else people young and old can be engaged in and by cycling



Sevilla, Spain - Road Safety Training Park

Sydney Get Cycling Park Proposal





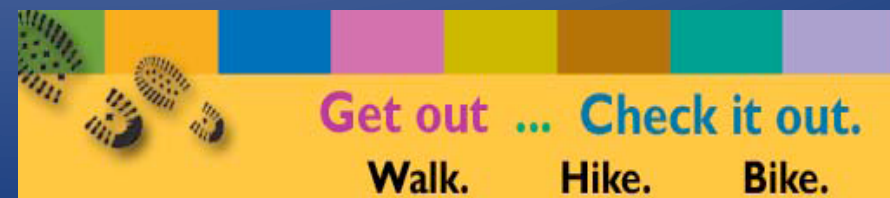
Get Out Check it Out (GOCIO) – Walk – Hike – Bike HRM

This guide was developed to increase awareness and participation in walking, hiking and cycling throughout the Halifax Regional Municipality.

Halifax Regional Municipality Departments involved:

- Community Recreation Services
- Halifax Regional Trails Association
- HRM Council
- Community Development
- Infrastructure and Asset Management
- Sustainability Energy Management Office (SEMO)
- Community Relations and Cultural Affairs
- Corporate Communications
- Graphic Information Systems (GIS)
- Traffic Demand Management (TDM), Transportation and Public Works (TPW)
- Civic Events and Festivals
- HRM Health and Wellness (internal)
- HRM Public Libraries
- Metro Transit

www.halifax.ca/trails



Municipality of the District of Guysborough- Bikeways Project

In July 2010, the Municipality of the District of Guysborough Recreation Department, Public Works and Planning Department worked together on enhancing bicycling in the Municipality. A group, consisting of the Municipality, Dept. of Health & Wellness, RDA, local business owners and bicyclists, was put together and a "Bikeways" committee was formed. A grant was secured and several bike racks, "share the road" signs and bicycling safety brochures were purchased.

Bike racks and share the road signs are to be distributed throughout the Municipality and will be installed by Public Works. Bike safety brochures will be sent out to each household.

Work on creating a "Bikeways" plan is ongoing as we try to make Guysborough a more bike friendly location for residents and visitors.



Annapolis County

SHARE THE ROAD CAMPAIGN

What is it?

Share the Road is a public education campaign designed to make roads safer for cyclists, pedestrians and motorists.



Phase 1:

To promote safe environments and a culture that will encourage more cycling opportunities for both residents and visitors.



A Cyclist's Guide to
Outdoor Adventure

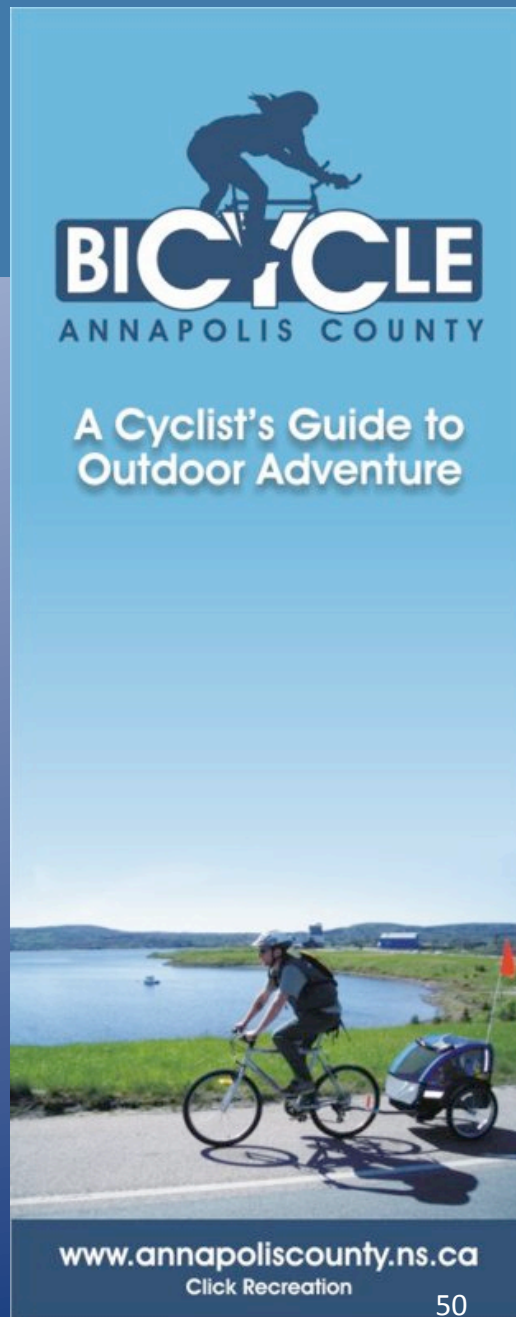


www.annapoliscounty.ns.ca
Click Recreation

Annapolis County SHARE THE ROAD CAMPAIGN

Actions:

- Install Share the Road signs along public roads
- Install bike racks at public sites
- Social marketing and public awareness campaign for Share the Road: branding and promotion of Bicycle Annapolis County as a way to get people into the physical activity habit.
- Develop a “bicycle-friendly” program with the public and private sectors
- Support for existing cycling programs and the expansion of new cycling program opportunities, such as Bike Week activities
- Assess roads for cycling safety and connectivity (links) to increase safe cycling
- Develop partnerships: funding and support





Challenges

- Values on cars and room to roam
- Whole of government
- Why invest there? E.g. Cabot Trail
- Provincial/Municipal cooperation
- Definition of AT inst vs. recreational – are trails part of AT?
- Multiple goals ... health, GHG, congestion, etc
- School siting
- Make it safe
- Funding commitment – how many kms of road
- Policy commitment – municipal, provincial
- Rural areas ..aging pop, community transit, pop centres
- Role clarity



Active Transportation



BRINGING **AT** TO YOUR COMMUNITY AND DEVELOPING AN **AT** PLAN



Ecology Action Centre



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NOVA SCOTIA

