



Planning for Active Transportation in Simcoe County

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On behalf of the County AT Committee





What is Active Transportation?

Transportation that requires human power

- ◆ walking
- ◆ cycling
- ◆ inline skating
- ◆ skateboarding
- ◆ skiing

Why?

- ◆ a cleaner environment
- ◆ personal health





Why would public health partners and Heart Health Networks in Ontario be so interested in AT?

AT promotes

- ◆ People to be active at no cost to themselves
- ◆ Encourages community spirit and social networks
- ◆ Encourages communities to build or retrofit in order to allow people to be active
- ◆ Long term benefits on environmental health

AT prevents or reduces

- ◆ Rising incidence of obesity
- ◆ sedentary activity
- ◆ Chronic diseases
- ◆ Reduces automobile emissions

- 2/3 of Canadians are no longer active enough to achieve any health benefits

County Active Transportation Committee

- ◆ Planners, parks and recreation, Good For Life county members and health unit public health nurses invited to opportunity to work together to look at how to make their communities geared to active transportation
- ◆ Go For Green AT Workshops offered and Town of Midland, Wasaga Beach and Clearview took the offer
- ◆ AT train the trainer workshops
- ◆ AT workshops are available to all municipalities interested through this committee

Active Transportation Workshops

A one and half day workshop which includes:

- ◆ A short walk about on existing trails and roads that should or do encourage pedestrian use
- ◆ An assessment on how accessible AT is to their community
- ◆ Creating 10 priorities
- ◆ A vision
- ◆ A plan and 6 month evaluation

Who:

- ◆ municipal/town staff – key is planner and parks and recreation, engineer, transportation/works,
- ◆ Councilors
- ◆ Mayor
- ◆ Hiking groups

AT in Wasaga Beach

Wasaga Beach's vision:

The Town of Wasaga Beach, by linking our neighbourhoods, our beach, our forests and our facilities through an active transportation network, promotes a healthy active lifestyle for all ages and abilities.

The Top 10!

- ◆ 1. Develop and/or improve signage – i.e. Trail I.D., Directions
- ◆ 2. Public Education on Active Transportation
- ◆ 3. Trail Maps – expand and improve for all users
- ◆ 4. Develop/Adopt a ‘Share the Road’ program
- ◆ 5. Install proper bike racks at all municipal facilities i.e. RecPlex, Arena, Library, Parks
- ◆ 6. Establish permanent bike trails (arterial roads)
- ◆ 7. Amend official plan to include Active Transportation
- ◆ 8. Complete “Active Transportation Plan Study”
- ◆ 9. Strike an Advisory Committee to address Active Transportation initiatives
- ◆ 10. Try to get M.N.R. involvement for future decisions/discussions

At in Wasaga Beach 6 month evaluation

What have they achieved:

- ◆ 100% Endorsement by town council
- ◆ AT committee struck
- ◆ Plans to do an AT study in fall
- ◆ Connecting trails
- ◆ Improved trail maps and signage
- ◆ Connectivity within town and to neighboring towns
- ◆ Improved access to trails
- ◆ Campaign to promote use for leisure and utilitarianism use
- ◆ Bike racks
- ◆ Changed plans on road allowance to allow walking, running biking
- ◆ More bike racks installed
- ◆ A mayor's fitness challenge!
- ◆ A public awareness campaign in the fall which will develop in annual initiatives

AT in Midland

Midland's Vision:

The Town of Midland embraces 'Active Transportation' as a path to community wellness, connecting people where they live, learn, work and play.

Midland's Top 10 Priorities for AT

1. Addition of bike racks in key areas
2. Identify 'deer paths' and address them for future upgrades or additions to current infrastructure
3. Identify and add bike lanes in selected areas
4. Conduct workshops/info sessions addressing AT awareness and education
5. Identify, inventory and map 'Active Zones' (ball parks, trails, etc.)
6. Add signage and maps to entry and exit points for existing trails.
7. Add benches in key points within the town
8. Add Share the Road signs
9. Lengthen the traffic light countdown (where applicable)
10. Create a winter AT awareness program.

Who is on the County Active Transportation

Composition: Consists of interested community partners from Simcoe County who support the purpose and goals of the committee such as:

- ◆ Municipal and county staff and their representatives
- ◆ Trail groups
- ◆ Environment Network
- ◆ Active 2010
- ◆ Simcoe Muskoka District Health Unit
- ◆ Good for Life

AT Committee for Simcoe County

GOALS

- ◆ Mobilize key municipal and county representatives to support active transportation.
- ◆ Provide an advocacy and resource role in moving issues related to active transportation forward in Simcoe County.
- ◆ Be a resource for the development of a county wide active transportation plan.
- ◆ Support educational opportunities that target both general community and relevant stakeholders.
- ◆ Support linking municipalities together to continue the development and linkages of their trails and pathways.
- ◆ Provide a liaison to active transportation organizations to ensure that communities take advantage of services and resources available.



Any questions?

Thank You!

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