### 2018 Ontario Active School Travel Summit

#### Welcome!

1 October 2018 Ramada Plaza Hotel, Toronto

#OASTS2018

#### Ontario Active School Travel

Green A3



#### **Welcome session**

- Clifford Maynes, Green Communities Canada
- Colleen Hill, Ontario Active School Travel Council













#### RIO + CAN - METROLINX



















**OTTAWA-CARLETON** DISTRICT SCHOOL BOARD







#### METCALF FOUNDATION

The Conference Board of Canada



Loblaw



**McConnell** 















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#### Icebreaker

- Harry Sawchuk
- "Good Morning, How Are You?"
- "Getting to Know You"















#### **Ontario Active School Travel Fund**







#### **Fund criteria and process**

- application-based, competitive
- selection by external evaluation committee
- \$30k \$100k per grant
- focus on elementary (grades K-8)
- School Travel Planning as a priority area
- eligibility criteria designed to achieve high likelihood of sustained impact



#### Nipigon **Round 1 projects (2018 – 2020)**

Wawa

Thunder Bay Quetico Provincia Park Superior Nation al Enne st

Timmins 0

#### Bouwn Average of 100% matching funds (cash/in-kind)

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\$1.15m across 12 projects: Thunder Bay, North Bay, Sudbury Sault Ste Ottawa, Leeds Grenville Marie North Bay Lanark, Peterborough, da on ourr Montreal Hamilton, Wellington-Lake Huron Ottawa Dufferin-Guelph, Owen Sound Cambridge, Kitchener, Brockville Mont Barrie Kingston ADIRONDACK Waterloo, London, Niagara MOUNTAINS Toronto Adiron dack Milton Lake Ontario Park MICHIGAN Rochester Madison Milwaukee Grand Rapids Sarnia Mohawi London NEW YORK Buffalo 0 Lansing Albany Detroit Lake St Delas Susque Lake Erie Windsor Chicago **Ontario Active** 200km Cleveland Kankakee School Travel

### **Round 2 – coming soon**

- Due to open for applications: October 2018
- Stay tuned for updates!





#### **Stay tuned to Active School Travel**

- Ontario Active School Travel Newsletter
- Editor: Fenella Hood, Communications Coordinator at GCC
- We want to hear from you submit your news and stories:
  - info@ontarioactiveschooltravel.ca

#### Stay in the loop

Sign up for our newsletter to stay connected with Ontario Active School Travel news and events.

First Name	Last Name	Email	SIGN ME UP!



#### **Online resources**

- - C i ontarioactiveschooltravel.ca



#### FEATURED RESOURCE

MAKING IT HAPPEN ~

MAKING THE CASE ~

ABOUT ~

#### Active Transportation Lesson Plans

GET HELP

NEWS

These lesson plans from Metrolinx can help teachers to engage students in classroom lessons on the environmental, health and social benefits of making active and sustainable travel choices.

**GRADE 1: SCIENCE AND TECHNOLOGY** 

**GRADE 5: SOCIAL STUDIES** 

GRADE 9: HEALTH AND PHYS ED





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#### **Informative webinars**



Webinars to date:

- April Air pollutants
- May STP Toolkit
- June School traffic management
- June Walking School Buses

Ontario Active School Travel

Recordings available on our YouTube channel

Webinar topics coming soon for Fall 2018:

- Coordinated data collection
- Disaster planning and emergency response

#### iwalk-iwheel Club







#### Walk & wheel events calendar







http://ontarioactiveschooltravel.ca/international-walk-to-school-month/





### School Travel Planning (STP)

"A process designed to bring together local stakeholders to identify the barriers to active school travel and develop an action plan."



## **School Travel Planning Toolkit**

- Comprehensive how-to resource
- Includes:
  - Guide for Facilitators
  - Guide for Regional Stakeholders
  - Data collection tools
- Newly revised 5<sup>th</sup> Edition, May 2018
- Training & coaching available from GCC

The Canadian STP Toolkit: Guide for Facilitators



### **Ontario Active School Travel Network**

- Community of active and aspiring practitioners
- Peer-to-peer information, knowledge sharing and support
- Enhance our individual and collective capacity and impact
- Webinars, training, coaching, networking, resourcesharing



#### **Ontario Active School Travel Council**



#### 1<sup>st</sup> Meeting of the Council - May 2018



### **The Council**

- Ontario Active School Travel Council
  - advisory provincial scale, strategic issues
  - topics: funding, capacity development, program elements, infrastructure, policies, research, communications
  - coordination, united voice





### **Council membership**

- Colleen Hill (chair), Manager, Heart Healthy Children and Youth, Heart and Stroke Foundation
- Teresa Di Felice, AVP, Government and Community Relations, CAA
- Susan Flynn, Senior Manager, Cancer Prevention, Canadian Cancer Society
- Jennifer Juste, Program Manager, Transportation Demand Management, City of Guelph
- Adam Krupper, Coordinator, Active Transportation, City of Thunder Bay
- Lori Powell, ED, Niagara Student Transportation Services
- Chris Markham, ED, Ophea
- Jamie Stuckless, ED, Share the Road Cycling Coalition
- Charles Gardner, Medical Officer of Health, Simcoe Muskoka District Health Unit
- Leslie Maxwell, School Travel Planner, Student Transportation Services of Waterloo Region
- Pamela Gough, Trustee, Toronto District School Board
- Vicky Kyriaco, General Manager, Ottawa Student Transportation Authority



### Keynote: Making AST happen

- Seth Lajeunesse, C.A.G.S., M.C.R.P.
- Associate Director, US National Centre for Safe Routes to School
- Research Associate, UNC Highway Safety Research Centre







# Making Active School Travel Happen

#### Seth LaJeunesse Ontario Active School Travel Summit 2018 October 1, 2018



www.hsrc.unc.edu

#### Framework for today

- Some ideas for rapidly diffusing Active School Travel throughout Ontario (and Canada!)
- A few key principles for working with school communities to promote **program sustainability**





### To begin, a problem

- Most innovations take a long time to impact the majority of the population
  - 33 years to get to 90% driver seatbelt use (NC's 1985 seat belt law was the first in the U.S.)
- Most innovations (~90%) fail to diffuse
- Many **non-evidence-based approaches** diffuse, eclipsing more effective practices



#### What is diffusion?

Diffusion of Innovations explains how over time an innovation gains momentum and diffuses—or spreads through a social system (*Rogers, 2003*)







Source: https://en.wikipedia.org/wiki/Diffusion\_of\_innovations

October 12, 2018

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#### More about diffusion

- Diffusion is never random or instantaneous
- Instead, it unfolds in a predictable pattern of social influence





#### Most innovations (>90%) fail to diffuse





#### Diffusion of Complete Streets policies in the U.S.



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#### Diffusion of separated bike lanes in the U.S.



Source: peopleforbikes.org





• How do we **accelerate the adoption** of effective Active School Travel approaches?





# Let's design Active School Travel for diffusion!



#### Designing Active School Travel for diffusion

- Tailor Active School Travel itself to make it more diffusible
- Start with (a) opinion-leading schools that are (b) ready to adopt Active School Travel strategies and practices



# Tailor Active School Travel itself to make it more diffusible

#### Innovations that diffuse possess 5 characteristics

- 1. Relative Advantage
- 2. Compatibility
- 3. Simplicity
- 4. Trialability
- 5. Observability





Relative advantage How improved an innovation is relative to the status quo

Note: an innovation champion is critical!





#### Compatibility

How consistent an innovation is with schools' norms, customs, and aspirations





#### Simplicity

## How easy or difficult it is to **adopt** an innovation



### How to Plan a Walk or Bike to School Event in 7 Days

Why: Events draw attention to the many benefits of walking and bicycling to school and build support for creating or improving safe routes to school in your community.

**HOW:** Walk or Bike to School Day doesn't have to be a formal or complicated event. It is simply a day to celebrate bringing community members and children together to show how fun and rewarding it can be to walk and bicycle to school. In fact, it's possible to plan an entire event in only a week's time.

Planning a Walk or Bike to School Day event can be simple!



### **Trialability**

How much the innovation allows adopters to **experiment with it or undo it** if needed







#### Observability

#### How visible the results of adopting the innovation are to others; visibility creates a "buzz" about the innovation



31 Rolph Road, Toronto, ON - M4G 3M5

All-Time BikeWalkRoll Score





#### School Morning Arrival Travel Mode Comparison

uolic Scho		Number of Trips	Walk	Bike	School Bus	Family Vehicle	Carpool	Transit
1.0	Time 1: February 2009	1111	16%	0%	8%	57%	18%	1%
	Time 2: March 2012	933	32%	2%	12%	46%	9%	0%

"Other" category not included.

Percentages may not total 100% due to rounding.

#### Walk/Bike

Nearby Schools

Rolph Road Elementary School King Edward Junior and Senior P Saint Raphael Separate School

Second Street Junior Middle School

There was a statistically significant increase in the percentage of students who arrived at school by walking or biking between Time 1 and Time 2.

#### Family Vehicle/Carpool

There was a statistically significant decrease in the percentage of students who arrived at school by family vehicle or carpool between Time 1 and Time 2.

#### School Bus/Transit

There was a statistically significant increase in the percentage of students who arrived at school by school bus or transit between Time 1 and Time 2. Designing Active School Travel for diffusion

- Tailor Active School Travel itself to make it more diffusible
- Start with (a) ready and (b) opinion-leading schools to diffuse Active School Travel strategies



### How do we know whether schools are "ready" for Active School Travel?



### One way: The "Active Travel Readiness Scale"

Classifying schools											
No interest No activity	Some interest No activity	Some interest A little activity	Lots of interest A few activities	Lots of interest Many activities	Lots of interest Many activities Seeking more to do						
"Archetype"											
Resistor	esistor Beginner-1 Beginner-2		Maintainer-1	Maintainer-2	Maintainer-3						
Active Travel Readiness score											
0	<b>0</b> 1 2		3	4	5						



### Active Travel Readiness ratings in North Carolina





### How do we identify "opinion-leading" schools?



#### Identifying opinion leaders

- Survey school administrators or physical educators across Ontario
- Ask them to:
  - "List up to three schools whose example or reputation they follow with respect to their work on promoting active school travel."



#### We did this with Vision Zero cities in the U.S.



## **Opinion-leading cities:** New York, Portland, Seattle, San Francisco, Minneapolis, Washington, DC, and Boston

LaJeunesse, S., Heiny, S., Evenson, K. R., Fiedler, L. M., & Cooper, J. F. (in press). Diffusing innovative road safety practice: A social network approach to identifying opinion leading U.S. cities. *Traffic Injury Prevention*.

#### The role of school networks in diffusion

When tapped into, school networks **create pathways to rapidly diffuse** Active School Travel strategies





#### Potential school networks in North Carolina





Program sustainability through readiness + opinion leadership



HIGHWAY SAFETY RESEARCH CENTER October 12, 2018 Support **program sustainability** through (a) diffusion; (b) intrinsic motivation; and (c) appealing to certain values



#### Program sustainability through intrinsic motivation



HIGHWAY SAFETY RESEARCH CENTER October 12, 2018 The spectrum of motivation

Extrinsic Introjected Identified Intrinsic

Extrinsic: "because I get a reward for walking"

Introjected: "because I would feel guilty if I didn't bike to school"

Identified: "because walking to school is important to me"

Intrinsic: "because I love biking to school!"



#### Fostering intrinsic motivation



### Intrinsic Motivation

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### Positive Child Development

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#### Autonomy



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#### Relatedness



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#### Competence



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#### Program sustainability through direct experience



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## Program sustainability through children influencing their parents





#### When kids walk or bike, so do their parents

Average number of minutes parents walked or biked per week by child's usual school travel mode



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# Program sustainability through appeals to people's "self-transcendent values"



#### What are values?

- Values = beliefs + emotion
- They are universal
- And shaped by our lived experience



#### Arrangement of personal values



Source: valuesandframes.org/on-having-more-than-two-sides



#### How do values work?

Values are mentally arranged in a "circumplex"

Values **near each other** in the circle **enhance each other** (the "spill-over effect")

Values on **opposite sides** of circle **suppress each other** (the "see-saw effect")

# Like muscles, values are strengthened when they are engaged

See: Schwartz, S. H. (2012). An Overview of the Schwartz Theory of Basic Values. *Online Readings in Psychology and Culture, 2,* Retrieved from: http://dx.doi.org/10.9707/2307-0919.1116







#### Why organize a Bike to School Day event?

"The main reason I organized this BTSD event was..."

![](_page_70_Figure_2.jpeg)

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### Less of this: appealing to Power values for wealth

## Ride a bike, save money

![](_page_71_Picture_2.jpeg)

Average cost per mile to operate

Annual number of bike trips

Number of miles bicycled 8.96 billion

Number of gallons of fuel saved by bicycling 376 million Price of a gallon of gas

Price of a gallon of gas

Sources: Alliance for Biking & Walking, Bureau of Transportation Statistics, U.S. Census, AAA, Environmental Protection Agency

The Register
# **More of this**: appealing to **Benevolence** values for building community





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# By promoting program sustainability through(a) diffusion;(b) intrinsic motivation; and(c) appeals to certain values...



#### ...we will make Active School Travel happen!





## Thank You!

Seth LaJeunesse lajeune@hsrc.unc.edu 919-962-4236 Twitter: @SethLaJ307



# **Presentation: Building safe active communities**

- Russell Brownlee, B.SC., M.A. Sc., FITE, P. Eng.
- President, True North Safety Group, Toronto









#### Ontario Active School Travel





#### **Building Safe Active School Communities**

Russell Brownlee, M.A.Sc., P. Eng. President, True North Safety Group 416-690-9242 rbrownlee@tnsgroup.ca

# The Need – Planning and Design for Safety

- School site location, frontage and access design have the greatest effect on:
  - Walkability and pedestrian safety/security
  - Long term bussing needs and costs
  - Parent pick-up and drop-off demands
  - Road user conflicts on and off-site
- Poor location and design cannot be remedied with signs, parking by-laws, enforcement, parent encouragement



#### The Need

- Nature of school operations changing
- Increased demand for active transportation
- Limited local policies and guidance
- Typical transportation documents
  provide limited assistance





#### School Site Planning ... the Past



## School Site Planning ... the Past

- Safe routes to school programs directed towards existing facilities and safety concerns
- Limited opportunity to change on-site facilities after the fact
- Focus on off-site remedial measures





## School Site Planning ... the Present



#### School Site Planning ... the Present



TÑS



#### **Primary School Planning and Design Issues**

## School Bus Operations

- Historically 200 ... now 600, 800, 1,000+ students
- Larger schools means larger attendance boundaries
- Private schools with regional boundaries
- School bus access affected by frontage congestion



# **Property Requirements**

- Higher land costs
- Increased pressure to reduce property requirements or locate on constrained sites
- Consolidated functional uses
- Frontage requirements to accommodate all users





# **Circulation and Connectivity**

- Access to schools limited due to frontage constraints and/or security concerns
- Longer pedestrian routes
- Overload of fewer access points
- Greater demands for bussing and parent drop-off





# Parent Pick-Up/Drop-Off

- Safety, affluence or convenience
- Larger percentage of students driven to school
- Traffic congestion and haphazard parking
- High conflict potential for those who choose to walk/bicycle







#### Planning and Designing for Safety

Some guidelines ...

#### Guidelines

- All school sites are not the same
- School site selection and design does not lend itself to a cookie cutter application





# Schools should be located centrally within their planned long term catchment area

- Central location with good connectivity
- All season access

TNS



#### **Central Location/Connectivity**



TNS

#### **Central Location/Connectivity**



TNS

Schools should be located on a corner with frontage on two continuous public roadways

- Promotes good connectivity to surrounding area
- Appropriate location for controlled crossings
- Transit and emergency services access
- Elementary schools two collector roadways
- High schools two collectors or side yard on lower order arterial roadway
- Single frontage options on collector roadway



## **Policy Example**



#### Location



#### Location – Single Frontage





TÑS

#### Location – Case Study



Schools should not be planned with their sole frontage or primary accesses on an arterial roadway

- Vehicle and pedestrian access in higher speed environment (60+ km/h)
- Typically wider roadways
- Stopping on arterial roadway
- Lack of controlled pedestrian crossings
- School crossings not permitted



#### **Arterial Only Frontage**



## Schools should have a minimum of two twoway accesses to the adjacent roadway





Driveway widths and corner radii shall be minimized, but should accommodate the expected design vehicles

- Wide or uncontrolled accesses increase collision potential
- Longer conflict areas and pedestrian crossing distances
- Higher speed entries

'NS



Sidewalks should be provided on both sides of the school frontage roadways

- With direct and continuous connections to controlled pedestrian crossings at intersections, school crossings or mid-block signals
- Provides connectivity to formal routes and controlled crossings and school crossing guards
- Ensure students are not directed to informal midblock crossings

#### **Pedestrian Facilities**



TÑS

Physical routes provided for each mode of travel should be designed to minimize conflict points and multiple conflict areas

- Determine desire lines of each mode
- Ensure that conflict points are logical and expected





#### **Pedestrian Routing**



TNS

Controlled pedestrian crossings of major roadways must be provided between the school and primary origins

- Proper site location and road network planning should provide logical controlled crossing areas
- Collector roadway intersection preferred

'NS

- School crossing guards not promoted on major roadways
- Includes transit stops associated with high schools




- Region of Durham School Site Access and Operations Guideline
- Region of York Safety and Traffic Circulation at School Sites Guidelines Study





#### Resources



#### Celebrating Active School Travel Champions The Student Voice at St. Eugene CS

EUGENE CATHOLIC SCHOOL



#### SAINT EUGENE LEADERS OF



TODAY AND TOMORROW

+ Armi de Francia, School Travel Planning Facilitator

Ontario Active School Travel Summit 2018

Oct 1, 2018 #OASTS2018

Ontario Active School Travel





# STP at St. Eugene













# About the neighbourhood





# Unsafe shortcuts





### Student input





### Who are we?





# Neighbourhood traffic





### Construction





# The park & personal safety





# What we like about our neighbourhood





### What we did











### Our successes





### Our successes

















Walk to School Day at St. Eugene CS Friday, April 13, 2018



Get ready to walk 'n roll! Get together and walk with your family, friends, or a group of walking buddies on Friday, April 13! Walking together helps us look out for each other and get to know our community.

Walking and non-motorized rolling to school is good for children's health and well-being (like opportunities to learn and socialize on the way to school, and arriving to school alert and ready to learn), our community (reduced traffic congestion around the school) and the environment, too.



### What we would like to see







TODAY AND TOMORROW





4 parents reported thatthey were drivingIess since STP began

#### **Celebrating our champions**

- Jacky Kennedy
- Lifetime Achievement Award







#### **Our exhibitors**

- Canadian Automobile Association
- Canadian Cancer Society
- City of Toronto: Vision Zero
- Green Action Centre
- Human Environments Analysis Laboratory
- Ministry of Transportation
- Ontario Active School Travel
- Ontario EcoSchools
- Toronto Centre for Active Transportation



#### Panel: engaging boards & consortia

- Moderator: Teresa de Felice, CAA
- Panelists:
  - Kristen Evers, Toronto District School Board
  - Lori Powell, Niagara Student Transportation Services
  - Trevor Favretto, Upper Grand District School Board
  - Maureen Cosyn-Heath, SW Ontario Student Transportation Services







#### **Innovation & inspiration café**

- 12 topic tables, each with a host and a facilitator
- Topic list is in your delegate pack and will be on the screen
- When you come back from the break, head to your chosen table
- If the table is full, find an alternative choice
- Round 1 30 minutes
- Rotate
- Round 2 30 minutes





### **Café topics**

- 1. Risk mitigation: removing barriers to active school travel
- 2. School siting and site design
- 3. Fostering partnerships and programming at a regional scale
- 4. Meaningful engagement with the school community, esp. students and their families
- 5. Building program sustainability finding and cultivating local champions
- 6. Institutionalizing active school travel challenges and opportunities
- 7. Active school travel in rural communities
- 8. Walking school buses
- 9. School travel planning: local adaptations
- 10. Developing and implementing supportive municipal policy
- 11. Coordinated data collection making the case with data
- 12. Developing a parent engagement strategy



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#### **Closing session**

- Reflections from Seth Lajeunesse
- Final words from GCC & Ontario Active School Travel Council











