



Contents:

- Revitalising Ride to Work
- Plan your cycling route
- Ride to Work web page update
- FACSIA Strategy
- ACCC Ride to Work Group
- Help wanted
- Join Pedal Power and be insured
- Intermediate bicycle maintenance course
- Items for next newsletter

Revitalising Ride to Work

Under a grant from ACT Health, we have updated our list of Ride to Work workplace coordinators, surveyed them to identify the most useful activities for the program, and conducted focus groups to refine the list of activities. We had a *fantastic* response from the workplace coordinators who – at short notice – completed an on-line survey, helped to arrange focus group venues, and attended the focus groups.

The survey showed a clear preference for this e-newsletter to be produced monthly. It also identified the following major priorities for Ride to Work:

- Workplace-specific information about on-road or off-road cycling routes
- Annual Ride to Work Day
- Workplace intranet web site with information about workplace cycling facilities (bike parking, showers, change rooms, lockers, ironing facilities etc.)
- Monthly Ride to Work bulletins
- Ride to Work Website information about suitable bicycles / clothing / equipment / routes
- Advertising on radio / ACTION buses
- Arrange teams to meet with agencies and follow them up about end-of-ride facilities.
- “Cycle Angels” who can guide people along suitable cycle routes, to get them started.
- Profiles of people who ride to work (in the newsletter or on the website).
- Lobby for better off-road cycling routes.
- Survey cyclists, to find out what benefits they perceive the program might provide.

We plan to publish a full report on survey and focus group outcomes.

Plan your cycling route

If your clothes are not warm enough for winter riding, now is a good time to plan your route for riding to work in spring. A good place to start is the “commuter rides” in the [Pedal Power Rides Library](#).

Ride to Work web page update

The [Ride to Work web page](#) has been updated with links to information about the benefits of riding to work, and about how to start riding to work.

FACSIA Strategy

Melinda Tynan reports that staff at the Department of Families, Community Services and Indigenous Affairs (FaCSIA) have developed a strategy to improve facilities, inform staff of what is available, and determine the need for additional facilities. The strategy includes:

- a.) Survey all Canberra staff** who don't drive or would prefer not to drive to work, to find out:
- how they get to work (cycle, run, walk, bus?)
 - what facilities they want and don't currently have; and
 - what they perceive as barriers to cycling or walking to work.

This information can be used for cost benefit analysis and to negotiate for better end-of-journey facilities.

- b.) Undertake a stock-take of existing end-of-journey facilities for all Canberra staff**, including: parking; showers, lockers, drying and ironing facilities; to identify where improvements could be made. This needs to have both quantitative and qualitative elements (how many do we have and how good are they?) Also need to identify gaps (eg. where is the ironing board?)

- c.) Develop up a Ride to Work protocol for staff in Canberra (and beyond?)**

- to provide info for new riders about end of journey facilities in various workplaces
- to promote cycling as a form of transport for staff by providing info in the form of a poster on bulletin boards to inform people for the facilities and encourage them to ride (in time for Secretary to launch on National Ride to Work day in October?)
- Provide on-going advice to FaCSIA on the needs of employees who ride to work.

ACCC Ride to Work Group

The Australian Competition and Consumer Commission (ACCC) is preparing to move from Dickson to Civic. Planning for cycling facilities in the new accommodation is well advanced. Pedal Power vice president Leon Arundell was invited to address a interested ACCC staff about riding safely to work. As a result, the ACCC has established a Ride to Work group, with Julie Williams as Ride to Work coordinator.

Help wanted

If you are able to help to prepare an application for an ACT Health Promotion Schools Funding grant, in August and early September, please contact Leon Arundell on 6248 0873 or by email: vicepresident@pedalpower.org.au.

Join Pedal Power and be insured

Pedal Power members are insured for [personal accident and public liability](#) while riding to or from work, and at other times.

Intermediate bicycle maintenance course, Sunday 26 August, 10am to 2pm

Visit the [Pedal Power Bike Maintenance Courses web page](#) for course details and how to book.

Items for next newsletter

If you have an item to include in the newsletter, please email it to Leon Arundell, vicepresident@pedalpower.org.au, by Friday 10 August.

If you wish to be removed from this mailing list, please contact the workplace coordinator who forwarded this newsletter to you.

Ride to Work is supported by [Pedal Power ACT](#) and [ACT Health Promotion](#).