

ACTIVE SCHOOL TRAVEL PLAN

Uplands Park Elementary School



Report prepared by Urban Systems on behalf of the City of Nanaimo, School District 68, and the Uplands Park School Community







UPLANDS PARK ELEMENTARY SCHOOL ACTIVE SCHOOL TRAVEL PLAN

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1.0 INTRODUCTION

The City of Nanaimo's 2014 Transportation Master Plan highlights promoting and improving an Active School Travel (AST) program as part of a refreshed approach toward neighbourhood transportation. In addition, City Plan: Nanaimo Reimagined (2022) encourages partnership with external organizations to identify the best routes to school for walking, rolling, and cycling. This approach will contribute to the broader aims of the City of Nanaimo to enhance the health, livability, and sustainability of our community.

The City of Nanaimo and School District 68 have worked collaboratively to develop a “made in Nanaimo” approach to Active School Travel planning. Uplands Park Elementary School is the first school to undergo an Active School Travel Plan following the recently updated process.

This document provides an overview of the Active School Travel (AST) process and activities undertaken with Uplands Park Elementary School between the 2021 - 2023 school years to understand current travel patterns, identify issues and opportunities within the community, and promote active school travel. These activities included student and family surveys, a walkabout, site visits at peak student arrival and departure periods, and parent and community stakeholder engagement.

1.1 Background

In 2021, an updated approach to Active School Travel was approved by City Council and the process was launched through an update to the City of Nanaimo’s Active School Travel Guide.

The goals of the Active School Travel Guide are to empower individuals and groups to work with their school community to plan initiatives that increase safety for students traveling to school, and to increase the number of students traveling to school in a physically active manner. Specific goals are to:

- Promote public awareness of Active School Travel and its benefits.
- Improve the safety and convenience of Active School Travel.
- Increase student, caregiver, and school administration confidence in Active School Travel.
- Motivate students and caregivers to choose Active School Travel.
- Demonstrate the importance and benefits of alternatives to engineering including actions via education, encouragement, and enforcement.

Active transportation is any type of human-powered transportation, including walking, cycling, scooting, skateboarding, or using a mobility device. There are many proven benefits to physical activity and several important reasons for promoting active transportation at Uplands Park Elementary. These benefits include, but are not limited to:

Student Health: Daily exercise has many health benefits and establishing exercise habits at a young age increases the chance that children will maintain a healthy lifestyle for years to come. Exercising on the way to school can decrease the chance of cardiovascular disease and childhood obesity. Physical activity also decreases stress, depression, and anxiety, while increasing overall happiness. Students actively traveling to school develop independence, leading to stronger socio-emotional health.

Academic Performance: Physical activity before school increases alertness and attention for upcoming classes, and supports healthy brain development in children.

Neighbourhood & School Safety: Actively traveling to school helps children develop an awareness of dangers present near roads, and learn safety skills to manage these dangers. Fewer car trips to schools lowers the traffic volume around schools at the beginning and end of the day and decreases the number of collisions. Improving active routes to schools improves overall neighbourhood safety. More people walking and biking through a neighbourhood adds more "eyes on the street" and increases social interactions, which deters criminal activity. Many students actively travel to school out of necessity and will benefit from safer infrastructure.

Air Quality: Fewer car trips to schools reduces air pollution around our schools, and in our community overall.

Carbon Emissions & Climate Change: Reducing the number of car trips to school decreases greenhouse gas emissions. Reducing emissions is a step in the right direction for climate action in our community.



2.0 PROCESS

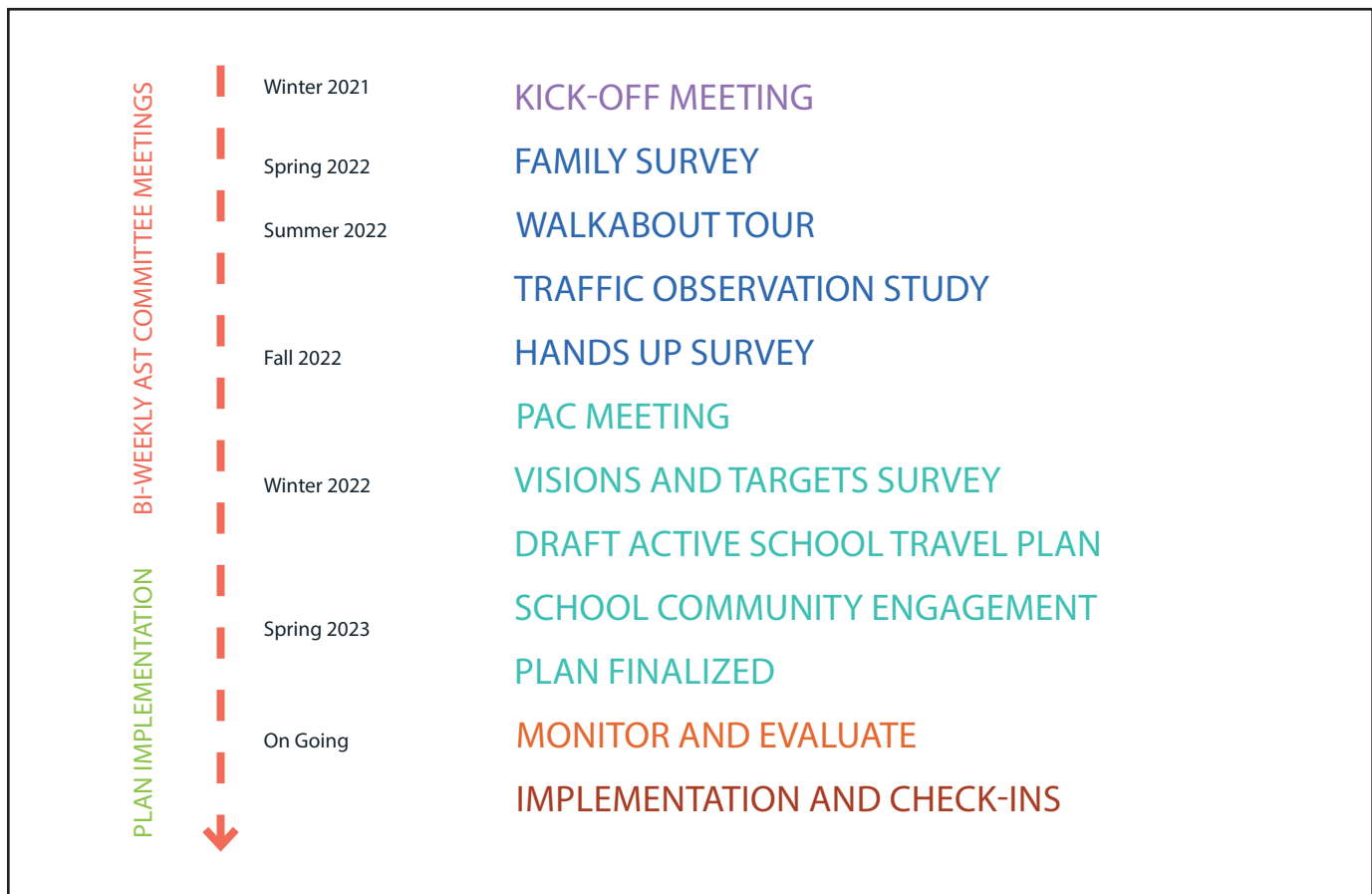
Through partnership and conversation between School District 68 Nanaimo - Ladysmith (the “School District” or “SD68”) and the City of Nanaimo (the “City”), it was identified that Uplands Park Elementary School was a good candidate for an Active School Travel Plan. Uplands Park initiated its Active School Travel (AST) planning process in September 2021, following the process outlined in the new Active School Travel Guide (See Figure 1).

The City oversaw the AST process at Uplands Park Elementary with support from facilitation consultants, Urban Systems Ltd., whose team includes professional transportation planners and engineers. The facilitation team worked closely with school administration and the School District, as well as other key stakeholders to gather information and provide recommendations.

The AST process and timeline for Uplands Park Elementary School is summarized below:



Figure 1 – Active School Travel Planning Process



Kick-Off Meeting (Winter 2021): City and School District Staff met to discuss the AST planning process and goals for Uplands Park.

Bi-Weekly AST Meeting (on going through Steps 1-4): The project team made up of school administration, City of Nanaimo and SD68 staff and the consulting team met bi-weekly to discuss project progress.

Family Survey (January - March 2022): A survey was available for caregivers to identify their children's school travel choices and behaviours. The survey received 94 responses.

Walkabout Tour (June 8, 2022): The Uplands Park Elementary Principal, SD68, City of Nanaimo staff, and 2 parents that represent the PAC conducted a walkabout tour of the school grounds and surrounding community.

Traffic Observation Study (June 8, 2022): Traffic observation was conducted by City of Nanaimo transportation planning and engineering staff during the school pick-up period. Staff observed and analyzed parent and student travel behaviour, vehicle speeds and compliance and the overall functionality of the school parking lot.

Hands Up Survey (November 2022): In addition to the Family Survey, students at Uplands Park Elementary School participated in a classroom 'hands-up' survey where they were asked what mode of transportation they used to go to and from school each day over a one-week period.

PAC Meeting (November 10, 2022): City of Nanaimo presented a progress update to the school PAC to identify work completed to date, findings from the parent survey and to discuss next steps. The PAC identified an interest in having the school community weigh in on the vision and targets for the AST.

Vision and Targets Survey (December 2022): A survey was distributed to the school community that included a draft vision and targets. The school community was asked to provide their feedback and any suggested changes.

Draft Active School Travel Plan (December 2022 - March 2023): The consultant prepared a draft for the AST Committee to review and edit. The plan was circulated to internal and external stake holders who are responsible for action items that form part of the plan.

School Community Engagement (March 2023): City of Nanaimo Staff held information sessions to review the draft AST Plan with the school community. This included members of the AST Planning Committee (City of Nanaimo Staff, School District, Uplands Park administration), Uplands Park PAC, students and caregivers, external stakeholders, and neighbours.

Plan Finalized (April 2023): Feedback from the AST Committee and Uplands Park Community was incorporated into the AST Plan and a final copy was published.

Plan Implementation, Monitor and Evaluate, Implementation and Check-Ins (on going): These stages involve completing tasks in the Action Plan, tracking progress, celebrating successes, and evaluation. Evaluation also includes whether the action items are leading to equitable outcomes and identifies unintended consequences. Conversations and periodic check-ins between the key stakeholders will continue.

3.0 SCHOOL PROFILE

Uplands Park Elementary School is located at 3821 Stronach Drive in the City of Nanaimo. During the 2022-2023 school year, approximately 334 students were enrolled. The school enrolls students from Kindergarten to Grade 7 from the Uplands neighborhood. Figure 2 identifies the catchment area for Uplands Park Elementary. At approximately 3km² in area, the Uplands Elementary Catchment Area is one of the smaller catchment areas in Nanaimo. This provides great opportunity for students to access the school grounds by active means.

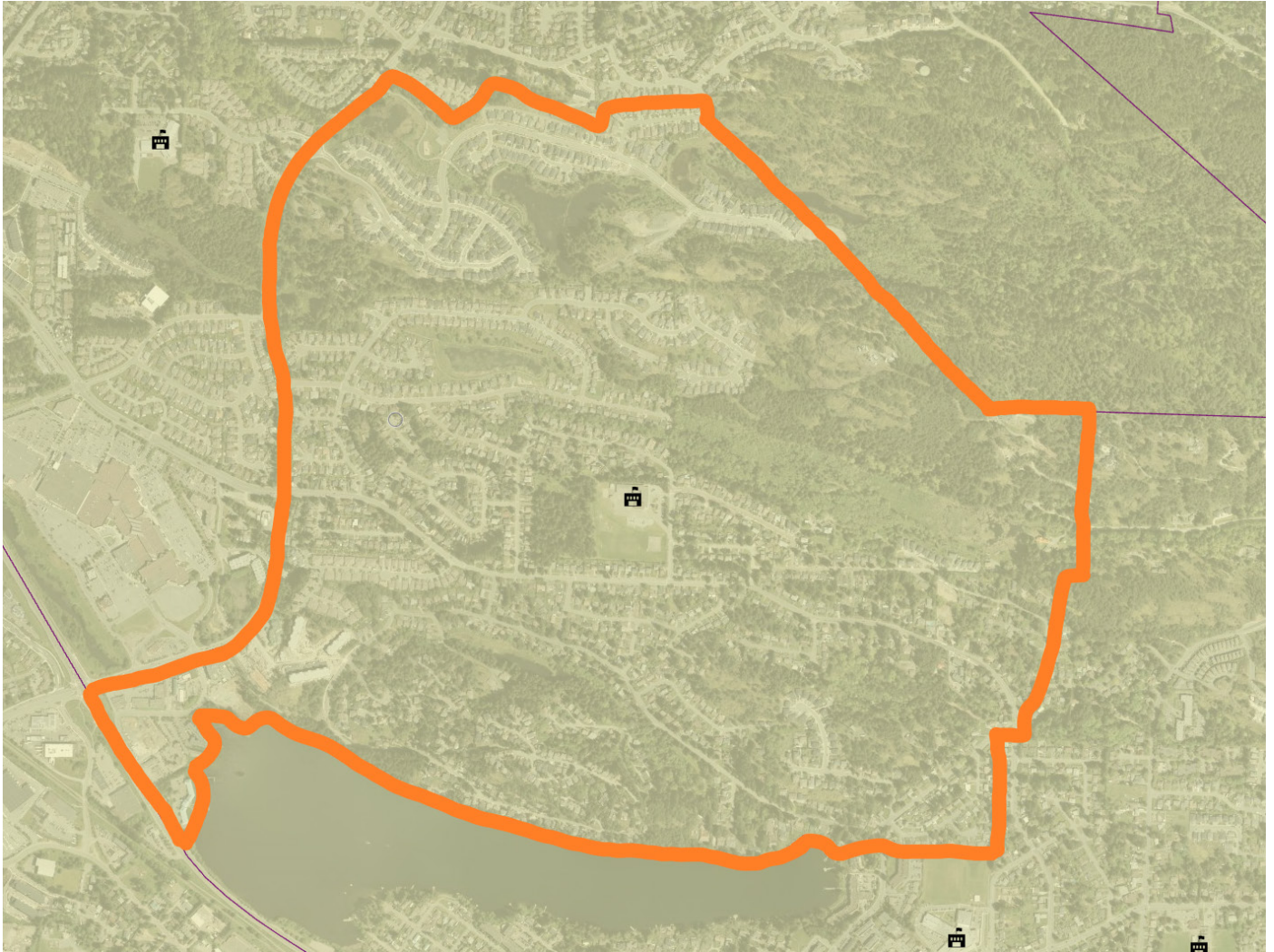


Figure 2 – Uplands Park Elementary Catchment Area



Parking signage in school parking loop



Stronach Drive – South School Entrance with sidewalks to parking



Bike racks on school grounds



Linley Valley Trail connection to Fairview Drive



3.1 Access and Movement

The school building’s main entrance faces Stronach Drive, and is accessed by raised sidewalks and a one-way drive aisle in to the school property. Stronach Drive is within a 20m wide City right-of-way with vehicle parking along the west side (adjacent to the school) and limited parking along the east side (adjacent to the residential area). There is a sidewalk along the west side of Stronach Drive, which begins on Fairview Drive and connects to Uplands Drive (to the south). The limited parking area adjacent to the residential area is marked with road paintings and signs to restrict access in certain areas.

Vehicles can access the school from Stronach Drive, via the one-way drive aisle that permits short-term parking for pick-up and drop-off. There is also a parking lot area accessed from the one-way drive aisle that consists of approximately 32 vehicle stalls. These parking spaces are dedicated for staff and visitor parking only. There is one short-term accessible parking stall located in front of the main entrance to the school building.

Pedestrians can access the school site via Stronach Drive or Littleford Road. Although incomplete, there is a robust sidewalk network within proximity of the school. There are no dedicated bike lanes within the Uplands Park catchment area, although bicycle parking is provided via racks on the school grounds (to the south of the school building). School access is highlighted in Figure 3 below. See Appendix 1 for a detailed map of existing infrastructure within the Uplands Park catchment area.



Figure 3 - Uplands Park Elementary School Access Points

4.0 SUMMARY OF DATA AND FINDINGS

To better understand transportation patterns, challenges, and opportunities at Uplands Park Elementary, two surveys – a Hands Up classroom survey for students and a Family Survey directed at parents/caregivers – were conducted.

The Family Survey was conducted in February, 2022 and focused on gathering background data, measuring caregiver attitudes about active transportation, identifying the key issues and opportunities for walking and cycling to school, and discovering opportunities for long-term behavior changes. The Family Survey received 94 responses.

The classroom 'Hands Up Survey' simply asked students what mode of transportation they used to go to and from school over a five-day period. The Hands Up Survey was conducted for 5 consecutive school days during November 3 – 9, 2022. Teachers facilitated the process and recorded the results for school administration to compile.

4.1 Travel Patterns

There is slight variability between the results of the Hands Up Survey and the Family Survey, which could be a result of a number of factors including: the difference in time of year of the surveys (Hands Up was done in November and the Family Survey was in February), and the Family Survey allowed participants to select more than one mode.

Overall, from the results, we understand that walking and driving are the predominant modes to access Uplands Park Elementary. 3-4% of students access school by transit and 1-4% cycle. There is a slight adjustment in mode choice in the morning versus after school.

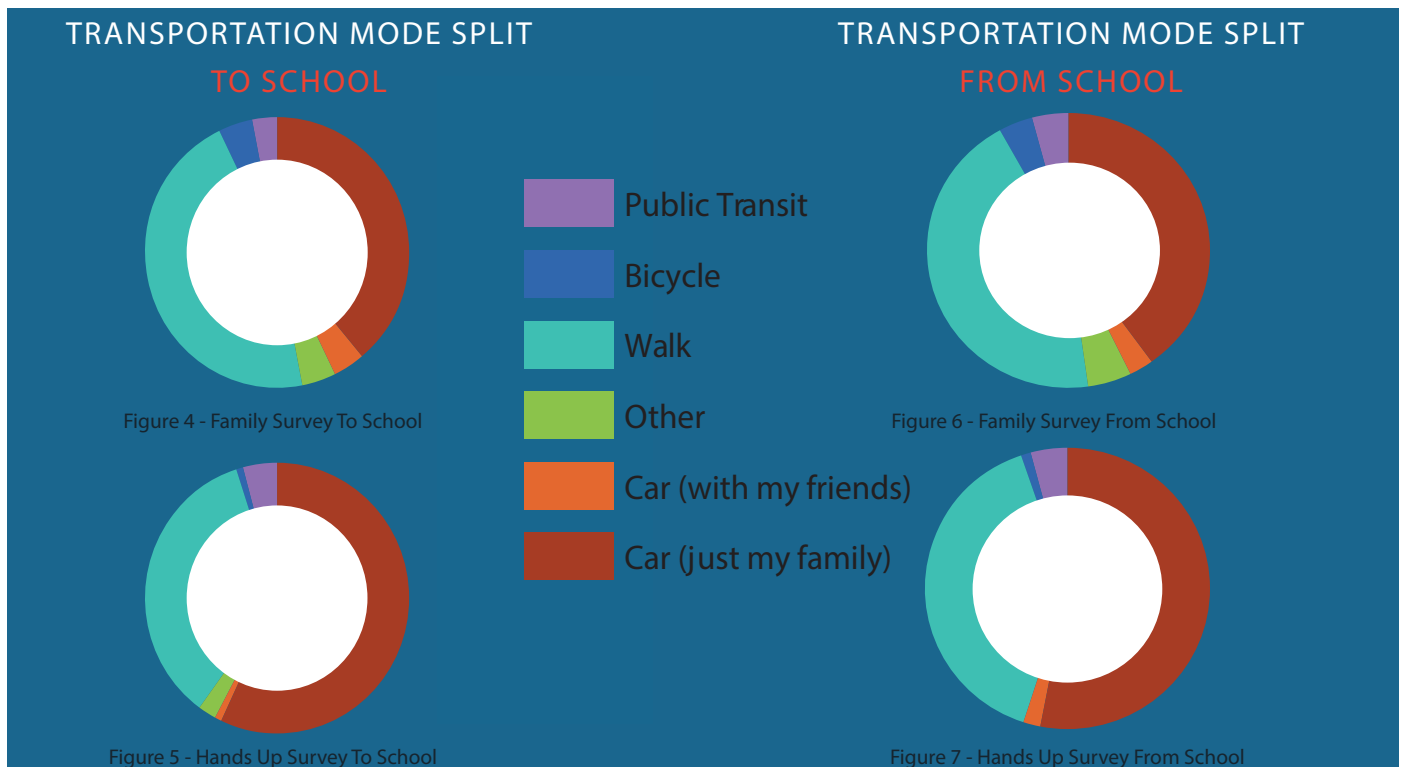


Figure 4 - Family Survey To School

Figure 6 - Family Survey From School

Figure 5 - Hands Up Survey To School

Figure 7 - Hands Up Survey From School

4.2 Mode Choice Rationale

The Family Survey asked families to identify why they choose their respective mode choice for their children. Participants were able to select all options that applied to them. Figure 8 reflects the responses. Distance to school, exercise, helping develop the child's independence, and enjoyment were the predominant reasons for why caregivers have their child(ren) travel to/from school by their respective modes.

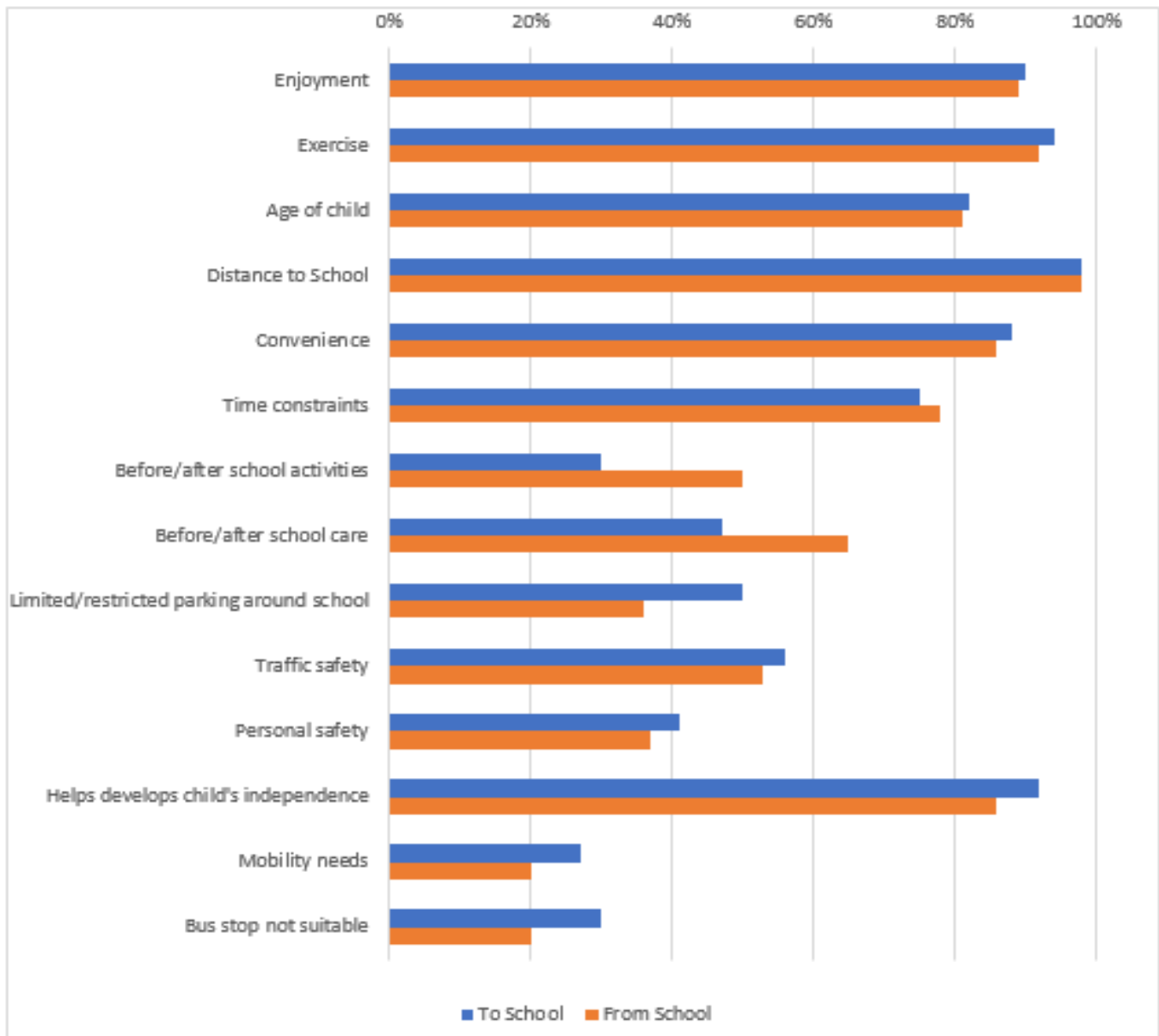


Figure 8 - Family Survey Mode Choice Rationale

4.3 Travel Distance

Given that the distance to the school is the predominant rationale for mode choice, it is important to understand the distance students travel. Figure 9 shows the responses from the Family Survey related to travel time. From these results, we can assume that no student travels farther than 30 minutes; however, we do not know by what mode choice.

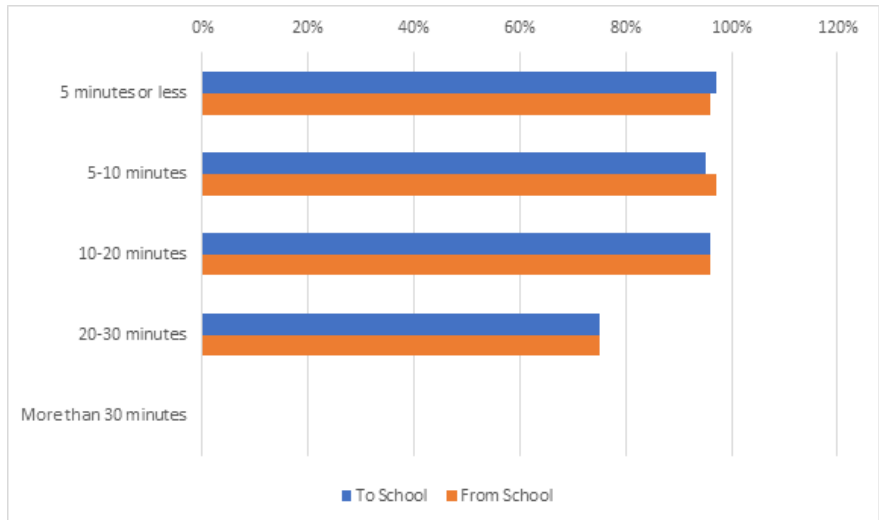


Figure 9 - Travel Distance

4.4 Active Transportation Encouragement

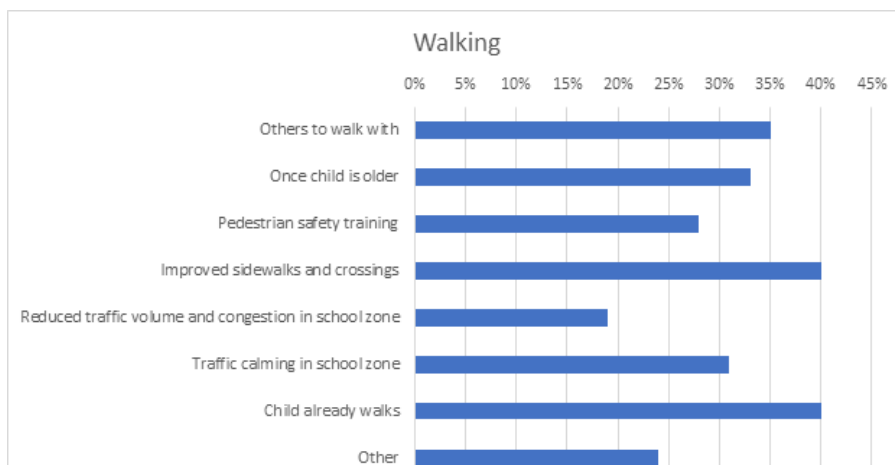


Figure 10 - Preferred Incentives to Walk

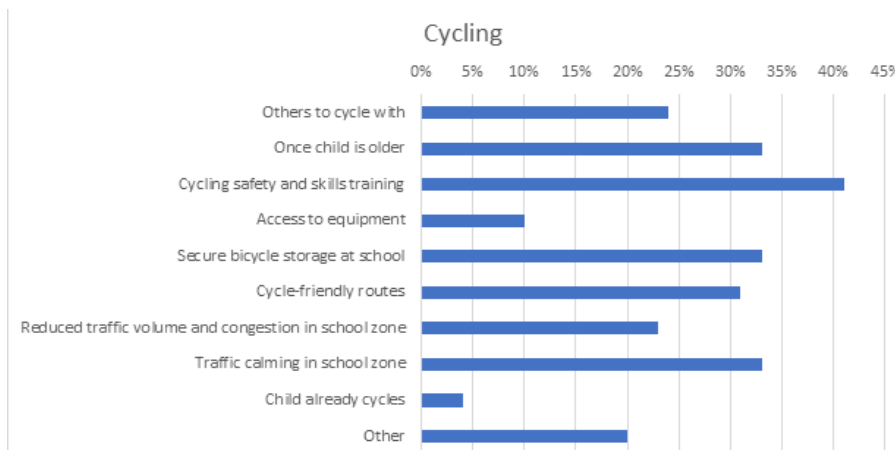


Figure 11 - Preferred Incentives to Cycle

Caregivers were asked what features or programs would help to encourage them to allow their child to walk or bike to and from school. Respondents were able to select any of the options that applied. Figures 10 and 11 show the results of these questions.

Features that could encourage caregivers to have their child walk to/from school are improved sidewalks and crossings (40.4%), others to walk with (35.1%) and traffic calming in school zone (30.8%). 40.4% of respondents indicated their child already walks to school and 32.9% indicated their child will walk to school once their child is older.

Features that could encourage caregivers to have their child cycle to/from school are cycling safety and skills training (40.6%), traffic calming in school zone (32.9%) and cycle-friendly routes (30.7%). 32.9% of respondents indicated that their child will cycle to/from school once the child is older.

4.5 Areas of Opportunity

The Family Survey provided an opportunity for respondents to indicate specific problem areas that make them concerned for their child to travel actively to Uplands Park Elementary. 57.4% of respondents indicated they have areas of specific concern along their route to accessing Uplands Elementary. A summary of the identified locations and their challenge is summarized in Table 1.

As mentioned above, site visits with the project team and school community helped understand current conditions of the area. The total distance of the walkabout was 2.7 kms and the group stopped at 7 checkpoints. The area analyzed is identified in Figure 12 and the checkpoints are shown by a red dot.

Key findings on the current conditions as informed from the walkabout and traffic observation are summarized below:

- Speeding concerns along Uplands Drive, including speed limit compliance concerns within the school zone.
- The crosswalk on Uplands Dr at Stronach Dr has flashing beacon lights; however, there is no sidewalk on the south side of Uplands Dr.
- There is no sidewalk on both sides of Ross Rd coupled with speeding concerns.
- There may be opportunities for improvement for the trail connecting Uplands Dr and Orchard Circle.
- The school parking lot configuration is not followed – vehicle are parking in “no parking” zones and “staff only” parking areas.
- There is only one accessible parking stall on the school's property.
- There is illegal parking along Stronach Drive in the restricted parking areas.
- Cars pulling beside vehicles turning left on Stronach Dr to turn right onto Uplands Dr cause visibility concerns.

Street	Identified Concerns		
	Lack or Condition of Sidewalks	Motor Vehicle Speeds	Pedestrian Crossings
Uplands Drive	X	X	
Stronach Drive		X	X
Long Lake Terrace	X		X
Summit Drive	X		
Emerald Drive	X		
Stonewood Place		X	X
Crystal Place	X		
Ross Road	X	X	
Bournemouth Road		X	
Fairview Drive	X	X	
Opal Street		X	

Table 1 - Areas of Concern



Figure 12 - Walkabout Route Map

5.0 VISION AND TARGETS

Informed by the school community, Uplands Park has established a vision statement to create a unique identity for the school community's priorities, with a focus on making transportation more active and sustainable in the future.

Uplands Park Active School Travel Plan Vision Statement:

"At Uplands Park, caregivers, staff, and students know their active journey from home to school is safe, social, healthy, and fun. Students feel enthusiastic and confident about travelling to school independently in any weather conditions."

The vision statement is complemented by two key goals that support the overall vision of the Active School Travel Plan:

Goal 1: Improve safety along routes to school

This goal considers safety of all modes (walking, cycling, rolling, driving, and transit). Actions to improve safety could include infrastructure improvements (new sidewalks, improved pedestrian crossings), reducing speed limits in the school zone, and providing educational resources to parents, caregivers, students, and teachers.

Goal 2: Increase the daily number of active travel trips to school among children, caregivers, and staff

Through annual surveys, Uplands Park will measure the modes by which students access school to determine if initiatives rolled out through this plan create an increase in active travel.

These goals will be monitored and evaluated regularly through the actions identified in Section 6.0.



6.0 ACTION PLAN



The purpose of the Action Plan is to identify steps for addressing identified transportation issues, to achieve the Vision and Goals for Uplands Park Elementary, as well as to encourage active transportation for students and members of their households. The plan outlines a list of action items and identifies a champion who is responsible for implementing the actions.

The Action Plan is a living document that should be reviewed and updated with project partners on a regular basis to ensure actions stay current and relevant and that accomplished actions are celebrated. The Action Plan is broken into five sections based on themes:

- Engineering – improve mobility through infrastructure improvements.
- Education – teach students, families, and community members about active school travel through a variety of education methods.
- Encouragement – inspire students and caregivers to use active transportation by hosting special events, school contests, incentives or school projects.
- Enforcement – enforce driver behaviours such as speeding and parking by working with local law enforcement to visit schools, attend events, monitor activity and build relationships with the community.
- Evaluation – monitor the implementation of actions to evaluate what’s working or not working.

A sixth “E” that should be considered in the development and implementation of all actions is “Equity”. It is crucial that the planning, design, and implementation of all action items listed in this plan are implemented with an intersectional set of lenses that focus on equity, accessibility, health, and sustainability. This will help to ensure that marginalized students (and by extension neighbours) are supported, and that school travel is safe, healthy, and convenient for all people, regardless of age, ability, gender, race, income, or any other identity factor.

Understanding equity in a school and community can begin with an Equity Assessment which entails assessing current policies and programs through an equity lens. Collecting data such as income level, collision data, health disparities, etc. can help with establishing prioritization criteria for the Action Plan which can be helpful to make objective decisions that focus on data. This information can help decision-makers and programmers gain a better understanding of equity practices in the school and community by gathering data to see which groups of students are in greatest need of active school travel supports.



6.1 Engineering Action Items

The City of Nanaimo's 2014 Transportation Master Plan highlights promoting and improving an Active School Travel (AST) program as part of a refreshed approach toward neighbourhood transportation. This means reducing negative impacts of vehicle traffic and encouraging active travel (walking, cycling, rolling). It should be noted that this approach will contribute to the broader aims of the City of Nanaimo to enhance the health, livability, and sustainability of our community and therefore aims to reduce congestion and improve safety for those travelling by active means. The following actions are focused on infrastructure for students and caregivers travelling to and from school by walking, rolling, or cycling.





The City of Nanaimo is primarily responsible for implementing the following recommended engineering actions as they mostly fall within road rights of way. Those actions on the Uplands Park school grounds are to be championed by the School District. Studies to explore the feasibility or warrant processes for each of the actions below are required. In many cases further study and data collection may be required. Changes should come with understanding of traffic impacts.


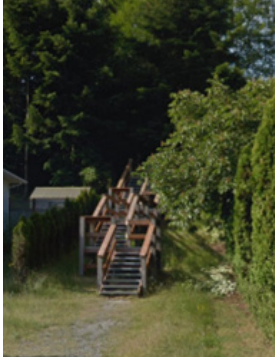

The actions below should be considered through a City-wide prioritization process, which includes commitments made to other schools involved in the Active School Travel Program. Certain action items may also require coordination with various internal departments, and external stakeholders such as the RCMP. The Uplands Park community can help support these actions by actively participating in engagement events on these projects, and asking political representatives at all levels of government to support safe and active transportation.

These recommendations are dependent on available resources and further engineering analysis. Actions identified below suggest solutions for long-term improvements that may require capital planning based on the City of Nanaimo's budget and resources available.

The City may consider interim rapid implementation solutions to mitigate some existing challenges that still provide safety improvements. Treatments could include pavement marking delineation, physical separation with parking curbs or bollards to provide space for people walking, or placing planters or other objects on local streets for a traffic calming effect. This approach can also allow the community to get involved through public art programs that beautify the temporary infrastructure, such as intersection murals.



Location	Recommendation	Lead	Reference	Status
Uplands Park School Parking Lot	<p>Repaint curb lines to improve parking compliance, including consideration to remove yellow curb paint within “short-term drop-off” area for clarity.</p> <p>Add raised crosswalk within pick-up aisle in front of the school entrance and narrow crossing distance with a temporary curb extensions (monitor effectiveness).</p> <p>Improve accessibility accommodations, including additional curb let-downs and increasing the number of accessible parking stalls.</p>	SD68		
Uplands Park School Grounds	<p>As a minimum measure, consider relocating existing bicycle racks in a location closer to a school entrance. If possible, a covered area would be best.</p> <p>Consider replacing existing low-storage bike rack system with new racks to facilitate securing bicycle frames and wheels to increase security.</p> <p>Consider accommodating other devices securely such as skateboards, scooters, etc. (example shown).</p>	SD68	 <p>Resource: BC Active Transportation Design Guide – Section H</p>	
<p>Designate Drive to 5+ Locations:</p> <ol style="list-style-type: none"> 1. Brookwood Drive 2. Littleford Road 3. Hillside at Caldwell 4. Maclsaac at Bournemouth 	<p>Install signage to indicate Drive to 5+ locations for student drop-off.</p> <p>Consider the installation of student artwork to “celebrate” the Drive to 5+ locations and increase awareness and visibility.</p>	City of Nanaimo, school volunteers, and Uplands Park admin.		
Uplands Drive	Evaluate priority for improved transit stops near Long Lake Terrace, including seating and shelter.	City of Nanaimo, BC Transit, Regional District of Nanaimo		

Location	Recommendation	Lead	Reference	Status
Uplands Corridor	<p>Through the future Uplands Corridor Plan, evaluate the possibility of a new sidewalk on the south side of Uplands Drive from the Stronach Drive crosswalk to Long Lake Terrace, and an additional pedestrian crossing location between Emerald Dr and Long Lake Terrace.</p> <p>Evaluate the need for an eastbound left turn from Uplands Drive onto Stronach Drive and consider removing. If warranted, consider replacing the lane with a centre refuge median and curb extensions and improve the existing crosswalk.</p>	City of Nanaimo		
Uplands Drive at Bournemouth Road	Consider upgrading the pedestrian crossing to match the standard of the crossing at Uplands and Stronach Drive (flashing beacons).	City of Nanaimo		
Brookwood Drive stairs (Proximity to 5735 Brookwood Drive)	Work with the Parks Department to explore the demand and feasibility of adding a ramp treatment along existing Brookwood Drive stairs connection to accommodate people with bikes and other active transportation devices.	City of Nanaimo		
Brookwood Drive	Assess the possibility of painting a crosswalk on Brookwood Drive (at park entrance) to connect people walking to the stair connection and support the Drive to Five location and a neighborhood connection to a playground space.	City of Nanaimo		

Location	Recommendation	Lead	Reference	Status
Fairview Drive	Explore the installation of pedestrian improvements along Fairview Drive to improve connection for people walking to trail connections and school access. Prioritize coverage from the crescent to school access on Stronach Drive.	City of Nanaimo		
Stronach Drive (at Caldwell Street and Cottlevue Drive)	Consider temporary curb extensions, or other delineation, to more clearly demarcate student crossings, as well as “no stopping” signage before and after crosswalks.	City of Nanaimo		
Linley Valley Trails	Work with the Parks Department to add trail signage to indicate pedestrian connections to Brookwood Drive/Stronach Drive.	City of Nanaimo		
Apple Gate at Littleford Road	<p>As a Drive to 5+ Location, add a stop bar and painted yellow centreline at Apple Gate.</p> <p>Consider curb extensions or delineation to provide space for pedestrians and increase visibility.</p>	City of Nanaimo		
Woodwinds Crescent at Littleford Road	Look at feasibility of adding a stop bar, painted yellow centre line, and a marked crosswalk at Woodwinds Crescent.	City of Nanaimo		
Littleford Road at Uplands Drive	Realign the stop bar and consider a marked crossing to improve the connection to the sidewalks on Uplands Drive.	City of Nanaimo		

Location	Recommendation	Lead	Reference	Status
School Zone Boundary	Gather traffic data in the school zone, on Uplands Drive, and other locations of concern identified by the school community to consider the need for speed reductions through signage, enforcement and/or traffic calming.	City of Nanaimo, RCMP		
Catchment area of Uplands Park	Assess conditions of all crosswalks, sidewalks, and cycling infrastructure along the Best Routes to School (Appendix 2) and explore opportunities to retrofit existing infrastructure to ensure they meet nationally accepted universal design standards.	City of Nanaimo		
Ross Road	Consider options for traffic calming and improved pedestrian facilities on Ross Road.	City of Nanaimo		

6.2 Education Action Items

The education action items below should primarily be implemented by Uplands Park administration in collaboration with key external partners such as the City, School District, and ICBC. Additionally, the Parent Advisory Council (PAC) should be a key partner to ensure the school community is engaged and involved.

The action items below may be adapted to the schools needs as a culture of active transportation emerges. The following actions are meant to create awareness and understanding of the benefits of active transportation and how students and Uplands Park households can incorporate it into their everyday lives.

Recommendation	Lead	Reference	Status
Collaborate with ICBC to incorporate educational materials and programs related to active transportation into coursework and school events.	Uplands Park admin., ICBC, and SD68	ICBC Road Safety for educators	
Work with teachers to add active and sustainable transportation related content into regular coursework and lectures and utilize active and sustainable transportation whenever possible when travelling for school field trips.	Uplands Park admin. and educators, SD68	City of Toronto - Active and Safe Routes to School: Teachers Kit Metrolinx – Active and Sustainable School Transportation - Lesson Plans for Ontario Curriculum	

Recommendation	Lead	Reference	Status
Provide instruction for the use and benefits of various active modes and road safety lessons as they relate to active transportation. Work with a third-party provider that specializes in skills training for youth.	SD68, City of Nanaimo	Safe Routes to School National Partnership: Roll Bicycle Education into your Physical Education Program Safe Routes to School National Partnership: Bike Rodeos	
Add a 'getting to school' page on the school website featuring information and encouragement for using active transportation modes, including a digital version of the Best Routes to School Map.	Uplands Park admin., SD68	City of Toronto – Safety Guide for School Children and Parents	
Incorporate active and sustainable travel messaging and encouragement into promotion and messaging for school-based events that encourage walking, cycling, and transit use. This may apply to events both on and off school campus.	Uplands Park admin. and educators, PAC		
Incorporate BC Transit's Ready to Roll transit education program into lessons and special events (such as Earth Day or other environmental events).	Uplands Park admin. and educators	BC Transit – Bus Ready	
Explore partnerships with Vancouver Island University's Recreation Prescription Project to introduce Grade 5 students to more active and healthy lifestyles.	SD68, City of Nanaimo, Vancouver Island University	VIU Recreation Prescription Project	
Create an information handout or webpage to educate the school community on how they can support Active School Travel by following regulations and reporting contraventions (i.e. trimming hedges for visibility, slowing down in the School Zone, keeping sidewalks clear of snow, etc.).	SD68, City of Nanaimo		



6.3 Encouragement Action Items

The encouragement action items below are primarily meant to be implemented by Uplands Park administration and the Parent Advisory Council (PAC) in collaboration with key external partners such as the City of Nanaimo, SD68, and ICBC.

The action items below may change and should be adapted to best align with the school's interests and participation. The action items are meant to inspire students and caregivers to use active transportation by hosting special events, school contests, incentives, or school projects.

Recommendation	Lead	Reference	Status
Make regular announcements and mount posters at school encouraging students to walk, bike, and take transit to school and related events to keep active and sustainable transportation top of mind and highlight its benefits.	Uplands Park admin. and educators	Green Communities Canada – School Safety Zone I Spy Card School Travel Planning: Sample School Newsletter	
Post messages on school websites, newsletter, and social media pages to encourage active and sustainable transportation.	Uplands Park admin. and educators, PAC	PAC Facebook page	
Encourage the use of Drive to 5+ locations identified on the Best Routes to School Map.	Uplands Park admin. and educators, PAC, City of Nanaimo	City of Nanaimo – Drive to Five	
Support 'Drive to 5+' for younger students by establishing older students (walking buddies) that accompany younger students from the drop-off location to school.	Uplands Park admin., PAC		
Explore interest in, and feasibility for, informal "walking school bus stops" to encourage groups of students gathering along their routes to school, or caregivers volunteering to walk on different days of the week. Encourage students to walk with friends and family to build confidence and independence..	PAC	City of Vancouver Walking School Bus Safe Routes to School National Partnership: How to Start a Walking School Bus at Your School	
Participate in GoByBike Week, Winter Walk Day, the Commuter Challenge, and other external promotional events.	Uplands Park admin., PAC	Bike or Walk to School Week Planning Guide	
Collaborate with the City to create a sign to display at the school property to notify the community that Uplands Park participates and supports Active School Travel.	Uplands Park admin., SD68, PAC, City of Nanaimo		

6.4 Enforcement Action Items

The enforcement action items below should primarily be implemented by the RCMP and the City's Community Safety Officers. Uplands Park Elementary administration should coordinate with the RCMP or the school's dedicated liaison officer to plan visits and indicate problem locations that should be monitored in relation to road safety concerns.

For bylaw related concerns, it is recommended that the City and Uplands Park Elementary work together to create a plan for appropriate levels of enforcement. It is also important that Uplands Park Elementary emphasize the education component of enforcement by communication with students and caregivers about enforcement issues. Enforcement actions are included with the intention of reinforcing positive behaviours such as appropriate speeds and parking.

Recommendation	Lead	Reference	Status
Identify locations with poor compliance and/or road safety challenges and identify measures to optimize available enforcement.	City of Nanaimo, RCMP		
Conduct safety blitzes to enforce speeds and other road safety concerns in the school area. A safety blitz should be programmed at least twice a year, including at the start of the school year.	RCMP, ICBC	Explore potential for volunteer support from educators and caregivers to support students in creating the "tickets" and potentially supporting RCMP	
Focus on enforcing vehicles blocking crosswalks, parking in proximity to hydrants, and narrowing emergency routes and other compliance issues within the school zone.	City of Nanaimo, Uplands Park admin., RCMP		
Monitor speeds and collect data related to motor vehicle volumes as part of study to evaluate potential for 24hr speed reduction within the school area.	City of Nanaimo, RCMP		
Continue to enforce speeds within school area and host road safety blitzes (Uplands Drive and 30km/h school zone).	RCMP		

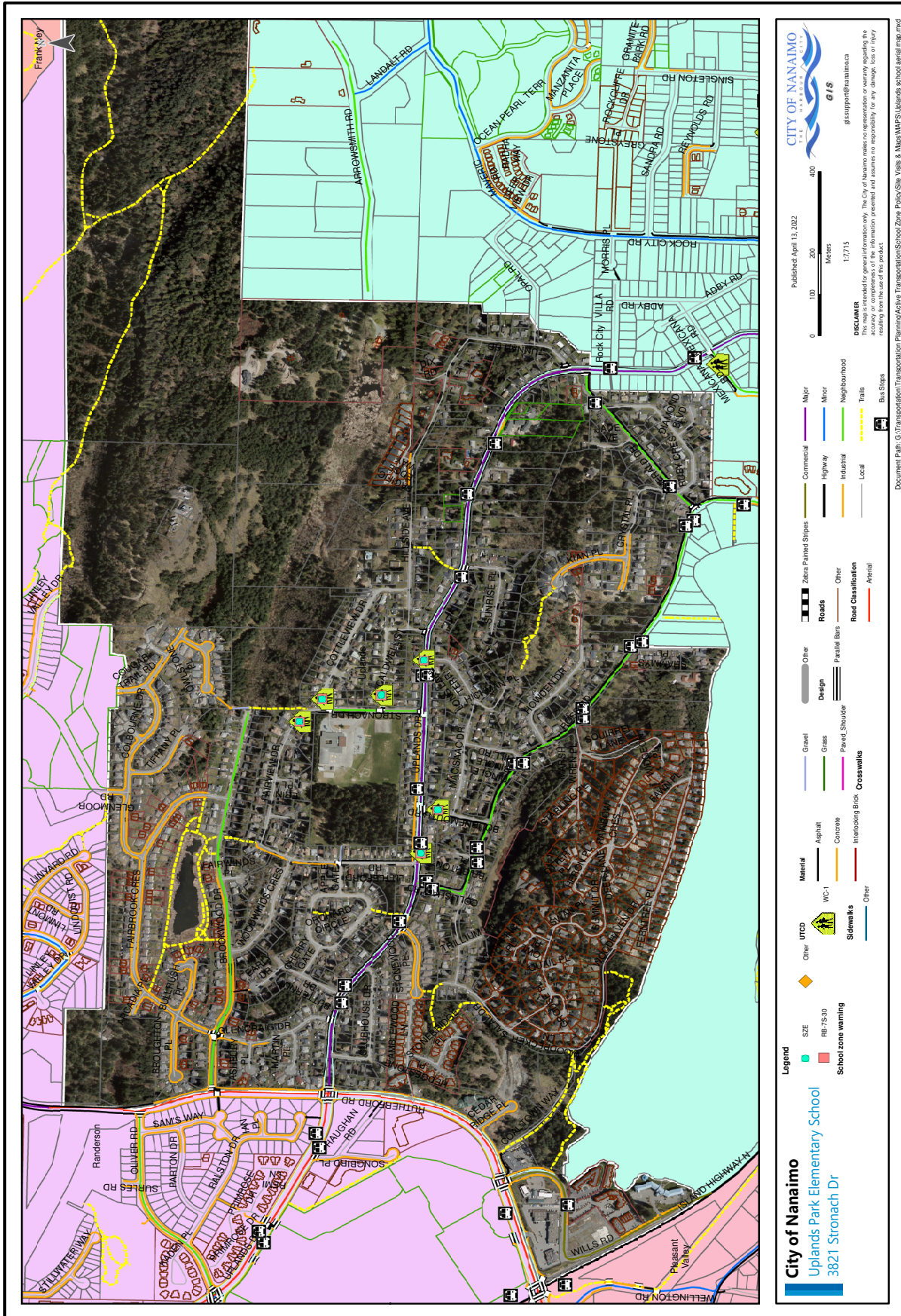
6.5 Evaluation Action Items

The evaluation action items below are primarily intended to track both travel mode share of students, but also the successes and application of this Active School Travel Action Plan following the completion of this process. Program facilitators have coordinated this process to date; however, future implementation will depend on the school community, stakeholders, and the City of Nanaimo working together to realize these actions.

Recommendation	Lead	Reference	Status
Complete an Equity Assessment annually by collecting data such as income level, health disparities, etc. which can help with establishing prioritization criteria when making decisions about implementing Action Plan items.	Uplands Park admin.		
Conduct annual Hands-Up Surveys to evaluate a change in travel behaviours and patterns through the AST implementation.	Uplands Park admin.		
Establish regular communication check-ins between the school and City staff to discuss implementation efforts and opportunities.	Uplands Park admin., City of Nanaimo		
Identify metrics such as speeds, Hands-Up Survey results, number of events hosted, resources used by educators, etc. to capture a change, if any, in school travel behaviour initiatives.	Uplands Park admin., City of Nanaimo		








7.0 APPENDIX

7.1 Existing Infrastructure



7.2 Best Routes to School

UPLANDS PARK ELEMENTARY DRAFT BEST ROUTES MAP

-  Bus Stops
-  Crosswalks
-  Trail
-  Sidewalk
-  Best Routes to School
-  Parks
-  Drive to Five+

Look for this icon on the map. While walking, rolling, and riding is preferred, sometimes a ride from a family member or friend is necessary. To help relieve traffic congestion around your school ask to be dropped off at these alternate locations and walk the rest of the way.

