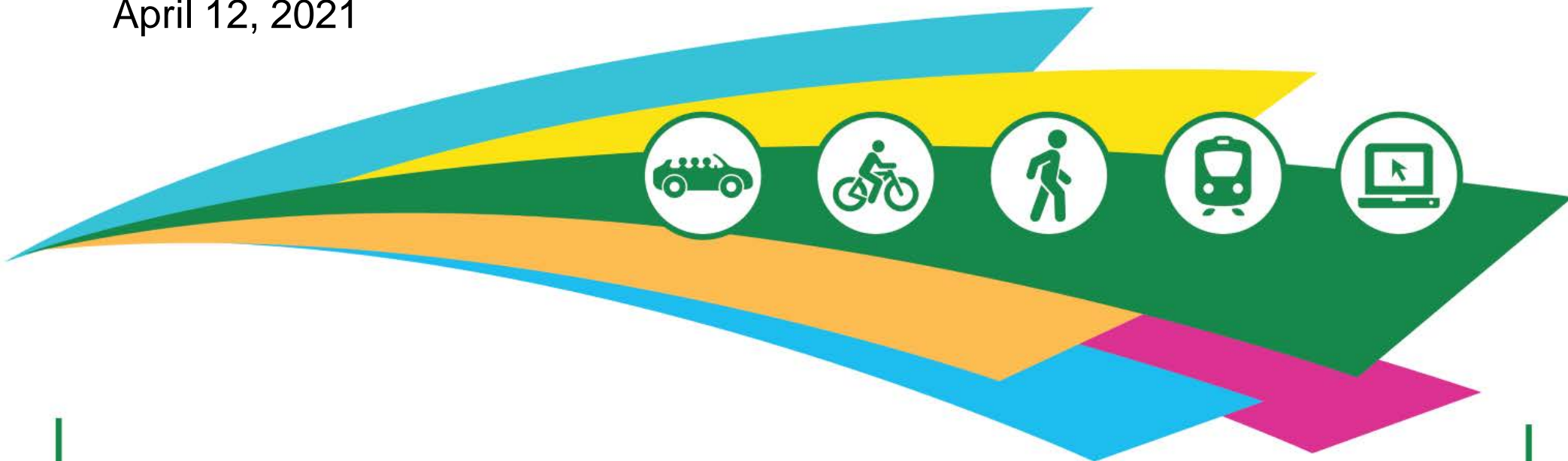


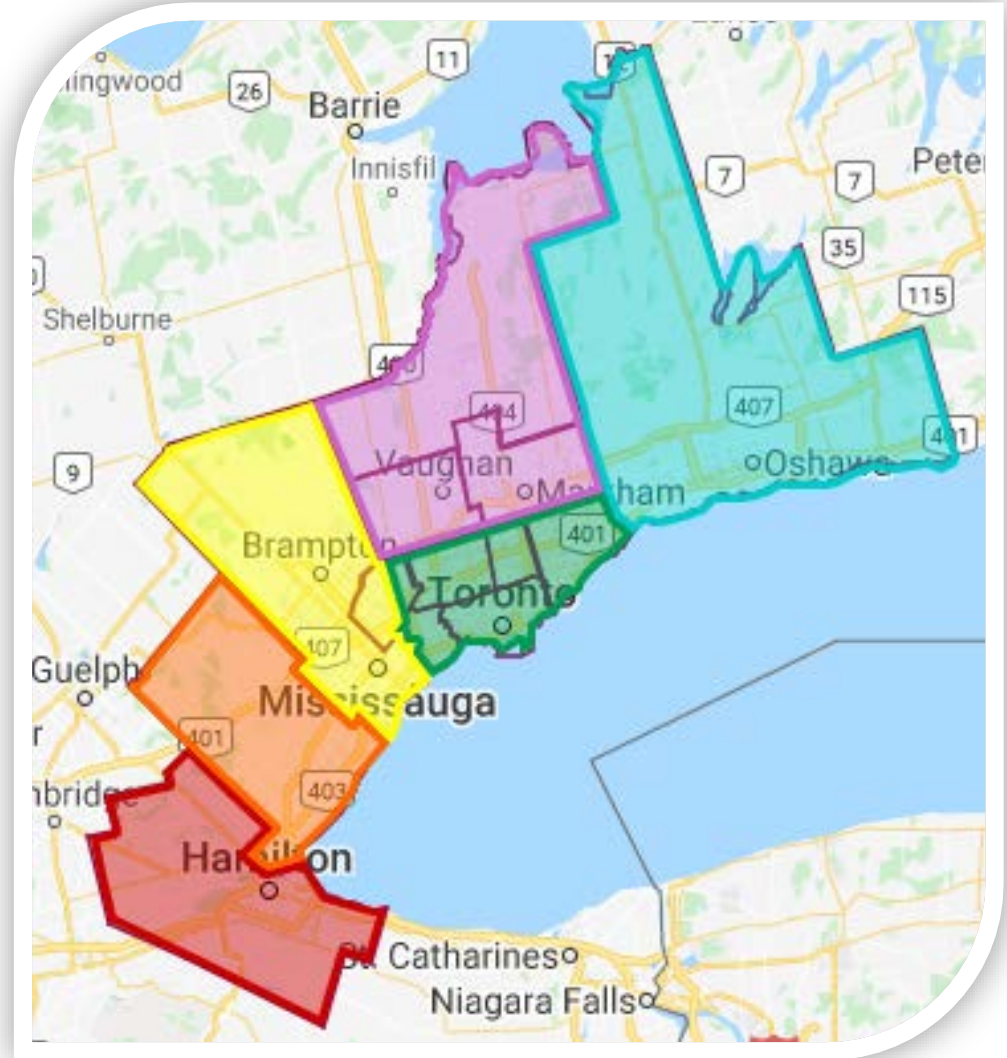
# SMART COMMUTE CENTRAL YORK (SCCY) 2020 PROGRAM UPDATE

Presentation to the  
Town of Newmarket Council  
April 12, 2021



# Smart Commute GTHA Network

- 12 Smart Commute offices across the GTHA
- 345 employers with more than 712,000 employees
- Smart Commute Central York (SCCY) has been working with local employers since 2007





# A Focus on Community



CHALLENGE YOURSELF THIS

## WALKTOBER

Walk to work or walk to the store. Walk to school or to run errands. The possibilities are endless.

Pledge to walk in October for a chance to WIN a \$100 Amazon gift card.

[sccy.ca/walktober](http://sccy.ca/walktober)

  
Smart Commute  
CENTRAL YORK



# Winter Commute Week 2020

## Winter Commute Week

Winter doesn't change, but your commute can!

February 24-29, 2020



Test your knowledge with our winter commute trivia quiz for a chance to WIN a \$50 Amazon gift card!

[surveymonkey.com/r/wintercommuteweek](https://surveymonkey.com/r/wintercommuteweek)

@SmartCommuteCY



#WinterCommuteWeek





# COVID-19 Support

Stay Safe  
and Healthy

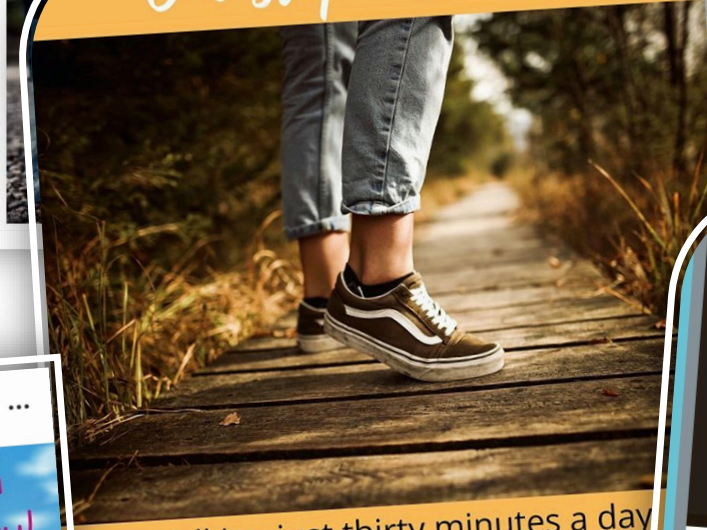


## Can we go outside during COVID-19?

Yes, but...

We are all self-isolating as much as possible and social distancing to ensure our physical health, but what about our mental health? It is no secret that getting outside minimizes stress and anxiety - both of which we have plenty of these days. Walking and cycling are ways we can get outside while social distancing but

*One step at a time*



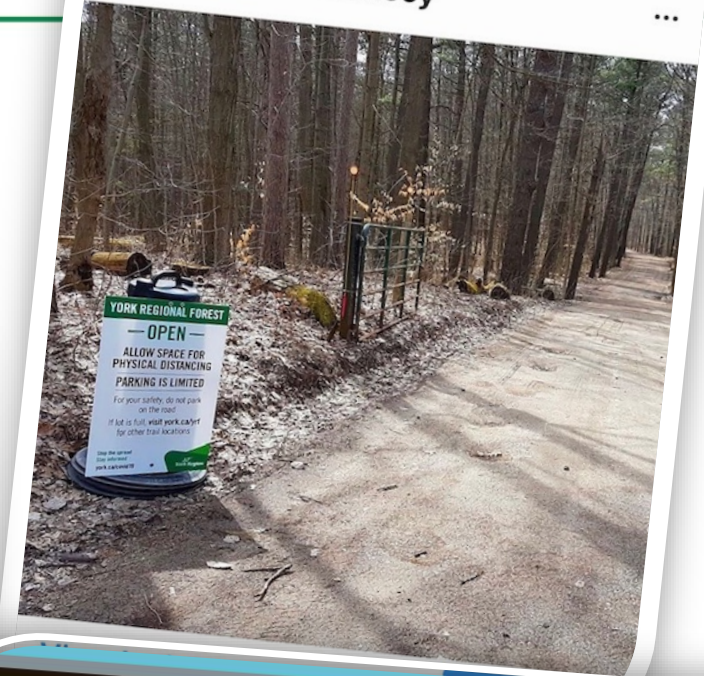
Walking just thirty minutes a day  
can ease anxiety and stress

smartcommuteCY

If the Easter Bunny can  
social distance so can you!



smartcommuteCY



*Working  
from home?*

TIPS TO HELP YOU  
STAY PRODUCTIVE



It is anything but business as usual these days and many of us find ourselves working from home for the first time. Here are some tips for staying productive at your "work away from work" during these uncertain times.

### CREATE A DESIGNATED WORKSPACE

This can be your kitchen table, desk or anywhere else you feel comfortable working. Make sure you have good access to WIFI. The key is when you're at that spot, you are





# Safety First!

## Safe Commute Tips

### Carpooling

While difficult to achieve physical distancing requirements (2 metres/6 feet) in a personal vehicle, there are things you can do to minimize risk factors.



**Less is more:** reduce the number of carpoolers sharing a vehicle. If this is not possible, you may choose to wear non-medical masks. Practice proper sneeze and cough etiquette and ensure you have hand sanitizer.



**Clean & disinfect:** increase the amount of cleaning and disinfecting of high touch areas, such as seatbelts, door handles, radio, window buttons, dashboard and steering wheel.



**Fresh air:** consider keeping windows open, and using the air vents to bring in fresh air from outside to improve air circulation in the vehicle.

### Public Transit

Transit providers have undertaken additional safety measures and made operating changes to keep their employees and passengers safe



**Keep a 2 metre distance from others:** where possible, keep a 2 metres (6 feet) of distance away from people at bus stops and in terminals.



**Check the schedule:** many transit providers have adjusted schedules, especially during peak rush hour. Consider that transit routes may be less busy.



**Grab the handrail:** you may hesitate to touch yourself safe and prevent a fall. Use handrails, grab bars, and wash your hands as soon as possible.



After you arrive at your destination wash your hands with soap and water for at least 20 seconds or use Health Canada approved hand sanitizer.



On average, we touch our face 16 times per hour. Try to avoid touching your face.



It is highly recommended that transit passengers wear a face covering or non-medical mask at all times during their travel on public transit.

**Remember: If you're feeling sick, you need to stay home.** As the situation changes, it is important to consult your local public health unit.

#### Sources:

<https://www.ontario.ca/page/face-coverings-and-face-masks>  
<https://www.ontario.ca/page/covid-19-stop-spread>  
<https://files.ontario.ca/mtp-guidance-public-transit-agencies-and-passengers-covid-19.pdf>  
<https://www.yrt.ca/en/riding-vrt-during-covid-19.aspx>  
<https://www.ttc.ca/Riding-the-TTC/Safety-and-Security/Riding-the-TTC-during-the-COVID-19-pandemic>  
<https://www.york.ca/covid19>



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## Workplaces, carpool become coronavirus hot spots as York Region returns to work

10 tips to combat COVID-19 at work

NEWS May 21, 2020 by Kim Zarzour YorkRegion.com



# Activate Your Summer Challenge Results

**270 Participants**



**17 SCCY workplaces participated**

## TOP 5 WORKPLACES



1. Celestica
2. Southlake Regional Health Centre
3. Lake Simcoe Region Conservation Authority
4. Town of Whitchurch-Stouffville (Staff)
5. York Region (Staff)

## ACTIVITIES



Participants could choose more than one activity:

- 81% walk
- 72% cycle
- 51% swim
- 45% run/jog
- 34% walk the dog
- 17% golf
- 8% skateboard

## PARTICIPANTS TOLD US...



- 67% Live AND work in York Region (23% work in YR, 10% live in YR)
- 57% Thought the challenge encouraged them to do MORE than they usually would in the summertime
- 90% Left their car at home and walked or cycled to get to their destination instead of driving alone
- 79% Will continue to make an effort to walk or cycle over the next three months

Explore your options





# Newmarket East-West Cycling Route

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Explore your options

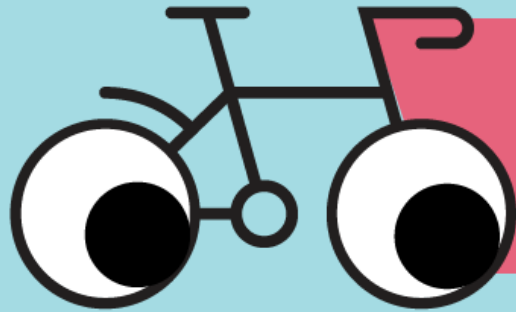




# Getting the Community Active

**BIKE  
MONTH  
2020  
YORK  
REGION**  
September

## Ride & Seek SCAVENGER HUNT



Pledge to ride  
Visit landmarks  
WIN great prizes!

GET TO KNOW YOUR COMMUNITY!





# Changing Behaviours: Active School Travel





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FEATURE

# HAPPY TRAILS

BY JENNIFER BRIEN



NEWMARKET CHAMBER  
“YOUR BUSINESS” MAGAZINE

# Looking Ahead: 2021 & Beyond





# *Thank you*



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