



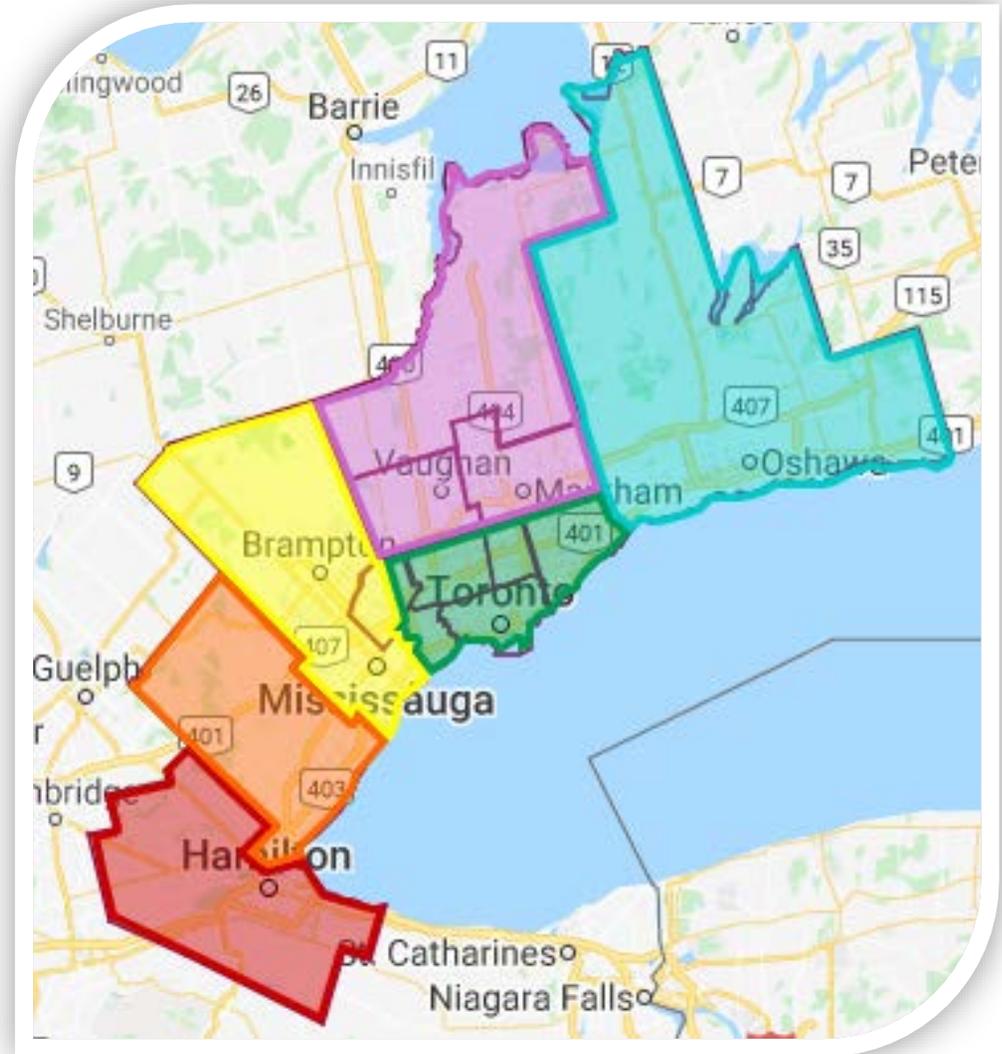
SMART COMMUTE CENTRAL YORK (SCCY) 2020 PROGRAM UPDATE

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


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

@SmartCommuteCY



#WinterCommuteWeek



COVID-19 Support



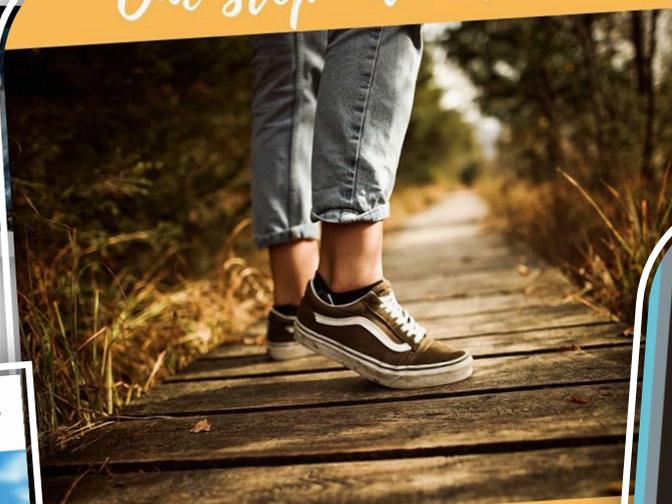
Stay Safe and Healthy

Smart Commute
CENTRAL YORK

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



Smart Commute
CENTRAL YORK

If the Easter Bunny can social distance so can you!

6 feet



Smart Commute
CENTRAL YORK

YORK REGIONAL FOREST
— OPEN —
ALLOW SPACE FOR PHYSICAL DISTANCING
PARKING IS LIMITED
For your safety, do not park on the road.
If full, visit york.ca.gov for other trail locations.



Smart Commute
CENTRAL YORK

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 adjust routes especially during peak rush hour. Consider transit routes that may be less busy.



Grab the handrail: you may hesitate to touch yourself safe and prevent a fall. Use hand sanitizer, face mask, 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 authority.

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>



Workplaces, carools 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



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!

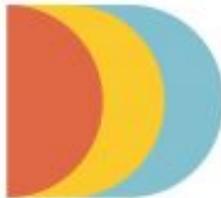
GET TO KNOW YOUR COMMUNITY!



Changing Behaviours: Active School Travel



Ontario Active
School Travel



FEATURE

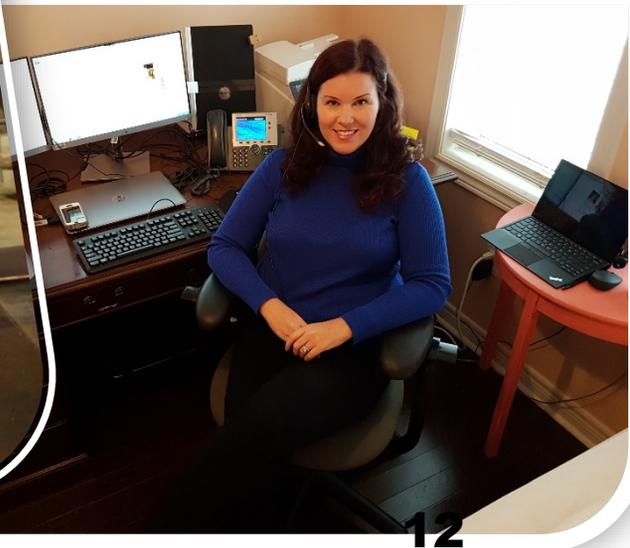
HAPPY TRAILS

BY JENNIFER BRIEN



**NEWMARKET CHAMBER
“YOUR BUSINESS” MAGAZINE**

Looking Ahead: 2021 & Beyond



Thank you



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