

PROJECT TITLE: SP0219 Active Transportation at Gault

Please answer the following questions and return the completed form to the [SPF Staff](#) via e-mail.

Final Report prepared by Ellen Bidulka

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Actual Project Start Date 2019-06-13 Actual Project End Date 2019-08-13

Questions

1. Please summarize the project and its key accomplishments to date in 1-2 sentences.
(400 characters maximum)

The bikes have given staff a new opportunity to reduce carbon emissions by choosing an active form of transport at the Gault Nature Reserve and for trips to town. This has improved the staff's overall wellbeing, both physically and mentally as these bikes offer a nice break from a sedentary work day.

2. Your team listed the following goal in your project application:

Staff using bicycles to travel between buildings instead of ATV or regular car or electric golf cart. To promote exercise and reduce carbon footprint.

Did your team achieve your project's goal? In your answer, please describe the impact your project had on McGill's structures, processes, and/or systems. Also, please specify how this positively transformed people's behaviors/perspectives/habits on McGill campus(es).

(Unlimited characters, suggested minimum ½ page or approximately 250 words)

The bikes have encouraged staff to be more mindful when selecting the type of transportation they use around Gault Nature Reserve. Choosing a bike over traditional options like the electric golf carts, cars, or ATVs has been shown to brighten the staff's moods as a result of the fresh air and exercise.

Implementing the project was a relatively smooth transition. Since the bikes are in a convenient location, staff can easily take one for their journey. We have installed bike racks outside of all commonly used buildings for easy and safe storage. There is then an understanding between staff where you can take a bike or leave a bike, in the same manner that we use all other vehicles on the reserve so that the bikes can be easily integrated into that same system.

There are designated bike lanes leading from the reserve to the towns surrounding the mountain. For the McGill University student interns who work and live on the mountain for the summer, these bikes provide them with a new active form of transport so that they can discover the area's local attractions. The interns are eager to continue to use them for their day to day work life, as well as for excursions to town.

3. Please describe the key successes and challenges of your project. (Minimum of two examples for each)
(Unlimited characters, suggested minimum ½ page or approximately 250 words)

Successes:

Since the bikes have become available to staff, there has been positive reviews. Each bike is equipped with an odometer which will track the number of kilometers travelled by each bike over the lifespan of the project. As biking is becoming a more popular form of transit at the Gault Nature Reserve, we have been excited to observe the increase in the distances travelled by each bike. This also translates to decreased carbon dioxide emissions positively contributing to the Gault Nature Reserve's desire to make operations more sustainable. As the odometers continue to rise and staff share their positive reviews of the bikes, we see that they are happier at work, now that they can easily incorporate opportunities for fresh air and exercise into their work day.

Challenges:

Safety has been a priority in this project as we hope to minimize any opportunities for injury while using the bikes. There are high-visibility helmets stored with the bikes so that staff wear them every time they operate a bike. As well, there are lights on the front and back of the bikes to ensure the rider is visible on roads on evening rides. Another challenge has been shifting habits from choosing easier methods of transportation like the golf carts, towards using the bikes. There are hills between some of the buildings that might dissuade someone from choosing a bike. However, after the bikes have been used more often, I think staff have been able to see the hills are manageable, short climbs. Another consideration has been the additional time required to travel between buildings via bike compared to the other forms. This may be the case; however, many staff prefer traveling by bike over the carts. As well, there are a limited number of carts, ATVs and cars that are shared between the staff. The bikes therefore, also provide a quicker alternative when compared to walking between buildings.

4. What key points of advice or *lessons learned* would you give to other SPF teams either regarding your experience managing your project or the project itself?
(Unlimited characters, suggested minimum ½ page or approximately 250 words)

In order to drum up excitement and enthusiasm among Gault Nature Reserve staff before the arrival of the bikes, we made sure to let them know that a new form of active transport would soon become available. This then made staff more keen to use the bikes once they arrived.

5. What recommendations do you have for the future of this project to be continued and are there any opportunities for complementary projects? Who will take responsibility for the project's future and how can interested persons be in touch? The SPF team will also be in touch with this contact for updates on the project's progress in coming years, if ongoing.
(Unlimited characters, suggested minimum 1 paragraph)

It is important that the bikes are well maintained in order to ensure that they can be used for many years to come. To do this, Gault has a designated storage shed and a staff member tasked with carrying out bike inspections and repairs so that the bikes lifetime is prolonged. Additional equipment has been purchased to facilitate the repairs.

The Gault Nature Reserve is hoping to make the bikes available to the McGill University field course students who reside at the reserve for the duration of their course. This would provide them an opportunity to explore the surrounding areas of Mont-Saint-Hilaire and provide an opportunity for additional exercise.

6. Would you or your project team member(s) be willing to serve as a mentor to SPF project teams? Please choose one. If yes, SPF Staff will contact you with more information.
(800 characters maximum)

☐ Yes ☒ No

7. In your application, you listed the following sources of funding:

n/a

Please confirm if you received this funding in the space below. In your response, please list the actual amount (in dollars) that you received. Note: If you received funding from a McGill Department or Unit, please attach a letter from its Financial/Budget Officer confirming the actual amount of support.

(1,800 characters maximum)

8. Did you purchase equipment or make an installation on campus? ☒ Yes ☐ No
If yes, please briefly describe how these items will be maintained and used in the future.
(1,800 characters maximum)

We purchased four new bikes that are equipped with reflective lights, locks, two baskets with bungee cords to secure personal items, water bottle holders, and odometers. There are adjustable helmets available for each bike, and bike racks located around the reserve. The bikes and their accessories are stored in a repurposed garden shed to ensure they are safe and organized. We have an employee who is responsible for maintenance check ups as well as repairing any issues reported by the users.

9. The following Key Success Indicators were indicated in your project application and selected for tracking. Please indicate the actual results that you have achieved in the “Actual” column.

Selected Key Success Indicators	Target	Actual
Memo created giving instructions on bicycle use	1	1
All bikes successfully utilized	5 times/week	4-5
% of staff using the bikes report that they are satisfied	100	90

If there is a significant difference in the target numbers and the actual numbers achieved, please explain. If you have any additional information to share about these success indicators, please also include it below.
(1,800 characters maximum)

10. Please report on your progress with the standard SPF Key Success Indicators in the “Actual” column.

Standard SPF Key Success Indicators	Actual
# of volunteers directly or indirectly engaged in the project	2
# of people (student, staff, or other) trained in the context of the project	30+
\$ raised for project activities subsequent to SPF funding	~ \$300 (repair kit, lights)
# of tons of GHG emissions reduced by your project	
# of partnerships or collaborations developed between the project team and other McGill administrative units, student groups, community groups, other universities, and/or other groups/organizations.	2

Regarding the last Key Success Indicator, please list the groups and/or organizations that you counted.
(Unlimited characters; point form acceptable.)

McGill University Gault Nature Reserve staff and Centre de la Nature staff.

If you have any additional information to share about the Standard SPF Key Success Indicators, please include it below.
(1,800 characters maximum)

11. Please indicate the McGill stakeholder groups that were involved with your project as a team member or collaborator/partner. Choose all that apply.

☒ Undergraduate ☐ Postgraduate ☒ Administrative Staff ☐ Academic Staff ☐ Alumni

12. Please rate your project team's overall satisfaction with the support provided by the SPF Staff. Choose only one response.

☐ Very Dissatisfied ☐ Dissatisfied ☐ Neither Satisfied Nor Dissatisfied ☐ Satisfied ☒ Very Satisfied

13. Please provide any feedback or recommendations regarding your team's experience with the SPF
(Unlimited characters, suggested minimum 1 paragraph)

14. If there is additional information you would like to share about your project, please use the field below.
(Unlimited characters)

15. Has involvement in this SPF project positively impacted your team in the area of professional growth? Please choose one. If you would like to elaborate, please use the field below.
(800 characters maximum)

☒ Yes ☐ No ☐ Prefer Not to Share

This was a new opportunity for student interns to manage the project.

16. Has involvement in this SPF project positively impacted your team in the area of personal growth? Please choose one. If you would like to elaborate, please use the field below.
(800 characters maximum)

☒ Yes ☐ No ☐ Prefer Not to Share

We have been able to incorporate bike rides into our daily commutes at work which has been great for our physical and mental health. We are also keener to seek out zero emission transport after the implementation of this project.

17. Which of the following skills or attributes has your team improved through involvement in your SPF project? Choose all that apply.

<input checked="" type="checkbox"/> Budgeting	<input type="checkbox"/> Networking	<input checked="" type="checkbox"/> Systems Thinking
<input checked="" type="checkbox"/> Communications	<input checked="" type="checkbox"/> Planning	<input checked="" type="checkbox"/> Teamwork
<input type="checkbox"/> Conflict Resolution	<input checked="" type="checkbox"/> Problem Solving	<input checked="" type="checkbox"/> Technology
<input checked="" type="checkbox"/> Leadership	<input checked="" type="checkbox"/> Project Management	<input type="checkbox"/> Time Management
<input checked="" type="checkbox"/> Listening	<input type="checkbox"/> Public Speaking	<input checked="" type="checkbox"/> Writing
<input type="checkbox"/> Mentoring	<input checked="" type="checkbox"/> Stakeholder Engagement	<input type="checkbox"/> Other (Please specify in
<input type="checkbox"/> Negotiating	<input type="checkbox"/> Stakeholder Identification	the field below)

Other:

18. Since starting your SPF project, has your team improved its knowledge of sustainability? Please choose one. If you would like to elaborate, please use the field below.

(800 characters maximum)

☐ Yes ☒ No ☐ Prefer Not to Share

19. (Optional) If applicable, please list the total number of team members voluntarily self-identifying as members of marginalized communities:

Please identify the represented communities below. (e.g. women, Indigenous people, people of colour, LGBTTTQI, student parents, members of ethnic minorities, immigrants, people with disabilities)

(1,800 characters maximum)

Women, LGBTTTQI, Members of Ethnic Minorities

THANK YOU FOR COMPLETING YOUR FINAL REPORT!

Please e-mail your report to the [SPF Staff](#) attaching any additional information that you would like to share about your project (e.g. other reports, research, documents, photos, etc.). Please note that this Final Report will be shared publicly on your SPF project's webpage.