

TO: Chair and Members of the Board of Health

FROM: Christopher Mackie, Medical Officer of Health

DATE: 2015 October 15

CITY OF LONDON CYCLING MASTER PLAN

Recommendations

It is recommended that the Board of Health:

- 1) *Endorse Report No. 60-15 re City of London Cycling Master Plan, and*
- 2) *Submit the attached letter of support and recommendations to the City of London for consideration in the development of the Cycling Master Plan ([Appendix A](#)).*

Key Points

- Cycling is an increasingly popular mode of active transportation used not only for recreation and transportation.
- The inclusion of the safety, engineering standards, and provincial guidelines as outlined in the *Ministry of Transport Book 18 - Cycling Facilities* will enhance and strengthen London's Cycling Master Plan.
- The efforts of the City of London to develop a new Cycling Master Plan align with the Health Unit's mandate to support and promote physical activity.

BACKGROUND

The City of London Cycling Master Plan – *London ON Bikes* - is undergoing a comprehensive review. The previous version was completed in 2005. The plan is meant to provide connected, comfortable and safe cycling facilities and to increase cycling use. Increasing the use of cycling will maximize environmental, health and social benefits. The Cycling Master Plan review process seeks to identify implementation priorities, to build upon existing programs and to increase awareness about cycling.

The project has included many phases of consultation with the public and key stakeholders through such strategies as information provided on the City's website, working group sessions, public events and outreach, workshops, surveys, and presentations. Utilizing this multi-pronged approach enables organizations such as Middlesex London Health Unit to provide input to a community matter that has public health implications on many levels: injury prevention; chronic disease prevention; mental health promotion; and the promotion of healthy environments.

In particular, under the Ontario Public Health Standards, public health units are mandated to support and promote physical activity. Having infrastructure such as bicycle facilities, and mobility choices that are convenient and well connected, help to support physically active lifestyles.

CYCLING

Cycling is an increasingly popular mode of active transportation used not only for recreation but also for utilitarian purposes, such as travel to and from home to places of work, school or shopping. According to the 2012 Office of the Chief Coroner for Ontario, Cycling Death Review report, cyclists are considered vulnerable road users.

To improve safety, meeting the engineering standards and provincial guidelines as outlined in the [Ministry of Transport Book 18 - Cycling Facilities](#) will enhance and strengthen the London Cycling Master Plan.

In keeping with these guidelines and best practices, Middlesex London Health Unit recommends City staff ensure that the plan:

- Provides clarity for both cyclists and drivers regarding the roles and responsibilities of each when sharing the road.
- Prioritizes and provides appropriate cycling facilities on roads and intersections that have the highest cyclist-vehicle collision rates.
- Maximizes continuity in the types of bicycle facilities along road ways in order to reduce confusion of both cyclists and drivers.
- Enhances connectivity of on-road and off-road facilities that coincides with current and anticipated future use of various cycling routes.
- Provides appropriate on-road bicycle facilities to increase safety and help reduce the number of cyclists who ride on sidewalks.
- Provides clarity at prioritized intersections to both cyclists and drivers as to where bicycles should be positioned and how they should proceed through the intersection, e.g. chevrons, bike boxes, surface treatment, staggered stop bar, left turn queue box, bicycle-level traffic lights, etc.
- Provides way finding that is clear and includes names of particular key routes and distances to destination points. Incorporate this into a revised Bike & Walk Map.
- Provides an ongoing variety of education strategies using multi-media approaches (e.g. website, Facebook, Twitter, email, radio, television, newspaper, Bike & Walk Map, etc.) directed at both cyclists and drivers to increase mutual understanding and respect of roles and responsibilities when sharing the road.
- Incorporates consultation with Middlesex County and respective municipalities to coordinate bicycle facility connections between London and Middlesex county roadways.

CONCLUSION

Middlesex-London Health Unit supports and acknowledges the efforts of the City of London to develop a new Cycling Master Plan and recommends that the Board send the attached letter of support and recommendations ([Appendix A](#)) to the City of London for consideration in their review of the plan.

This report was written by Ms. Bernie McCall, Public Health Nurse, and Ms. Mary Lou Albanese, Manager, Healthy Communities and Injury Prevention Team.



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