



Kingston Coalition for Active Transportation Draft Terms of Reference

Active Transportation

Active transportation is any form of human powered travel (e.g. walking, cycling, in-line skating, wheeling) to get from one place to another (e.g. work, school, library, shopping, worship).

Active transportation can be combined with other modes of transportation, for example, walking or cycling with public transit.

Mission

To work with a variety of partners within the City of Kingston to develop an environment for walking, cycling and other self-propelled modes of transportation that is safe, secure, convenient, efficient, and attractive.

Background

KCAT was established in April 2008 as an outcome of an Active Transportation in Kingston workshop conducted by KFL&A Public Health in partnership with the City, facilitated by Go for Green.

Rationale

- Forty per cent of adults aged 18-64 are inactive in Kingston, Frontenac, and Lennox & Addington (KFLA). Fifty two per cent of adults are overweight/obese, with an increasing proportion of overweight/obesity with increasing age (7.9 per cent of 18-29 year olds to 19.3 per cent of 50-64 year olds).¹
- Thirty five per cent of youth aged 12 – 17 are inactive, and 23.4 per cent are overweight/obese in Eastern Ontario. Twenty per cent of children aged two to eleven are overweight/obese.²
- Overweight/obesity is contributing to a dramatic increase in illnesses such as type 2 diabetes, heart disease, stroke, hypertension, and some cancers.³
- Walkable and cycleable neighbourhoods are those with good street lighting; continuous sidewalks and cycling facilities; and destinations within walking and cycling distances (for example, shops, workplaces, libraries, schools, parks and services). People who live in walkable neighbourhoods make more trips on foot or bicycle, spend less time driving, and are more likely to meet recommended levels of physical activity. They are also less likely to be overweight or obese than those who live in rural areas or low density areas lacking nearby shops, services and other amenities.⁴
- The risk of obesity can decline by almost five per cent for each additional kilometre walked per day and can increase by six per cent for each hour spent in a car per day.⁵
- Sixty four per cent of Canadians live within a 30-minute walk of their routine destination (e.g. work, leisure, shopping, friends/family, school), and 84 per cent live within a 30-minute cycle of their routine destination.⁶
- On average, each Canadian travels 2,000 trips yearly of less than 3 km each day (5-6 trips/day).⁷

Coalition Mandate

1. To develop an active Kingston charter that promotes the needs of citizens and visitors to increase their opportunities to travel safely and conveniently by walking, cycling, and other modes of self-propelled transportation.
2. To collaborate with organizations that promote walking, and with groups and individuals who walk to enhance walking safety and opportunities.
3. To collaborate with organizations that promote cycling, and with groups and individuals who bicycle to enhance cycling safety and opportunities.
4. To collaborate with organizations that promote emerging modes of self-propelled transportation and with groups and individuals who use such modes of transportation.
5. To work with the City of Kingston to identify paths and sidewalks that will connect neighbourhoods and destinations.
6. To advocate for standardized provincial legislation to increase pedestrian safety through pedestrian crossings.
7. To identify gaps in the Step Safe process and work with stakeholders and the City to develop clear lines of communication and expectations, to enhance sidewalk safety and accessibility.
8. To support bicycle education, enforcement, and encouragement.
9. To develop an annual action plan to identify activities, and tasks, and seek out individuals and groups committed to each task. (This will include communications considerations for each activity.)
10. To update the community in an annual report summarizing the progress to date on the action items and mandate of the Coalition.

Membership

Up to fifteen individuals representing:

Algonquin and Lakeshore Catholic District School Board	1 member
CORE (Centre for Obesity Research and Education)	1 member
City of Kingston (Co-chair)	1 member
Community	Up to 5 members
KFL&A Public Health (Co-chair)	Up to 2 members
Kingston Gets Active	1 member
Limestone District School Board	1 member
Queen's Geography	1 member
Queen's School of Kinesiology and Health Studies	1 member
Queen's School of Urban and Regional Planning	1 member

The Coalition has membership representative of all ages, both genders, and recreation and utilitarian interests. Coalition members are themselves people who walk and/or cycle and/or use public transit.

Familiarity with the following plans and study benefit KCAT members and the work of the Coalition:

1. Kingston Transportation Master Plan (<http://www.cityofkingston.ca/residents/transportation/ktmp/>)
2. Cycling and Pathways Study
 - i. http://www.cityofkingston.ca/pdf/transportation/pathways/CyclingPathways_FinalReport.pdf
 - ii. http://www.cityofkingston.ca/pdf/cityhall/committees/infrastructure/agenda/2007/EIT_A0807-SchedF
3. Kingston's On-Road Bikeway Implementation Plan (<http://www.cityofkingston.ca/residents/transportation/cycling>. Click on Related Links: Roadsharing.)

The term of appointment is for one year from September to August. Incumbents may apply for re-appointment for a maximum of two consecutive years. Recruitment of new members occurs in June.

Should a member be absent for a minimum of three consecutive regularly scheduled meetings, without providing the Coalition with written or verbal notification and reason for such absence, the member will be deemed to have resigned from the position.

Feedback Advisors

KCAT may ask selected citizens and/or organizations of the Kingston community to review documents and plans and provide feedback for KCAT's consideration. This would be on an ad-hoc basis and may include documents and strategies such as an active Kingston charter and strategies to increase walking and cycling. Feedback advisors may include those with knowledge and/or experience in selected fields that contributes to the KCAT mandate.

Meetings

Meeting times will be determined each June. They will be held at KFL&A Public Health, 221 Portsmouth Avenue, Kingston, or at the call of the Chair.

Quorum

The quorum will be 50 per cent plus one including the co-chairs.

Decision Making and Conflict of Interest

1. Decisions will be made by consensus. If a consensus cannot be reached, a majority vote rules. Each voting scenario is assessed individually to ensure that votes by the Co-chairs are appropriate and does not present a conflict of interest.
2. Conflicts of interest will be declared when applicable.

Reporting

The Kingston Coalition for Active Transportation will report to the Hearts@work Steering Committee, which is administered through KFLA Public Health.

References

1. Sinclair, Suzanne. Overweight, Obesity and Physical Activity in KFL&A, presentation based on Rapid Risk Factor Surveillance System. PHRED Program, KFLA Public Health, Kingston, ON, 2007 (2005 data).
2. Sinclair, Suzanne. Overweight, Obesity and Physical Activity in KFL&A, presentation based on Rapid Risk Factor Surveillance System. PHRED Program, KFLA Public Health, Kingston, ON, 2007 (2004 data).
3. Basrur, S. Healthy Weights, Healthy Lives. Chief Medical Officer of Health Report. Ontario Ministry of Health Promotion, 2004.
4. Heart and Stroke Foundation of Canada. Position Statement: The Built Environment, Physical Activity, Heart Disease and Stroke. October 2007.
5. Frank, L., M. Andresen, and T. Schmid. Obesity relationships with community design, physical activity, and time spent in cars. *American Journal of Preventative Medicine*. (27): 87-95, 2004.
6. Plante, M. Active Transportation in Kingston workshop presentation, Go for Green. May 2007.
7. Plante, M. Active Transportation in Kingston workshop presentation, Go for Green. May 2007.

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