

Bike To Work

Why Cycle To Work?

More and more employees choose cycling as a form of their commute-to-work because of the many benefits it offers. Here are some of the benefits of cycling:

FINANCIAL

- o Requires minimal investment
- o Helps save on car expenses (maintenance, insurance, gas, etc.)
- o Helps save on gym membership fees or specialized equipment costs

ENVIRONMENTAL

- o An average cyclist keeps 3.57 kilograms of greenhouse gas emissions out of the atmosphere (Source: Transport Canada). It takes a tree three months to absorb that much gas (Source: Carbonfootprint.com).
- o Makes our communities more safe and vibrant
- o Less air pollution means better air quality

HEALTH

- o Helps prolong a person's life span and overall quality of life.
- o Increases the blood flow to release endorphines, making one feel good.
- o Decreases blood pressure and lowers cholesterol
- o Helps a person to lose weight and stay fit.
- o Has very minimal impact on the body including feet and joints.

Additional Information

- [Access, Storage and Terms and Conditions of Use](#)
- [Bike Maps, Plan Your Route and Track Your Commute-to-Work](#)
- [List of PHSA Cycling Facilities](#)

Cycling Facilities Use

Access

- Use is on a "first come, first served" basis. Access granted does not guarantee availability.
- Employee CANNOT reassign or transfer his/her access without the prior written consent of Fraser Health, which consent may not be unreasonably withheld.
- Access to bike cage can be through photo ID, key card or punch code. Please check the specific facility for more details.
- Bike Cage Punch Code will be changed routinely. It is imperative that an email address be provided so we may contact you in the event of any changes to such.
- Employee cannot disclose the access code to others to ensure the integrity and security of the program.
- To cancel access, employee is required to notify the department head/coordinator, [PHSA Photo ID and Access Control](#) and/or [Security](#).

Storage

- PHSA reserves the right to remove any abandoned bicycles.
- Bicycles may be left overnight if needed but not for long-term storage.
- Lockers are available for short term use; no full day or overnight use. Items left overnight will be removed from the locker room.
- Please take your locks with you after you remove your bicycle.
- It is recommended that bikes are locked up within the cage for added security.

Terms & Conditions of Use

- Ensure that you keep the common areas uncluttered by cleaning up after each use and that all garbage and recyclable containers are disposed of properly.
- Employees are subject to the terms and conditions displayed on all signs in the parking and/or bike racks/cages/storage rooms.
- Report any occurrences to [Security](#) or [PHSA Photo ID and Access Control](#)
- PHSA is not responsible or liable for any injury, death, property damage, theft or disappearance occurring in, on or about the cycling facility to the employee or anyone claiming under or through the employee.

BCCH Cycling Facilities

BC Children's Hospital (BCCH) is equipped with the following cycling facilities:

Facility	Qty.	Location	Use
Open Bike Rack	6 (can accommodate 59 bicycles)	Entrance 11 (New Emergency Entrance on Oak Street)	Open To All
Open Bike Rack	3 (can accommodate 30 bicycles)	Entrance 35 (Old Emergency Entrance)	Open To All
Open Bike Rack	1 (can accommodate 8 bicycles)	Entrance 17 (Level 1 North)	Open To All
Bike Cage 1 (requires key to access)	1 (can accommodate 25 to 34 bicycles)	Level 1 Underground Parkade	Staff Only
Bike Cage 2 (requires access card activation)	1 (can accommodate 30 to 36 bicycles)	Level 1 Underground Parkade	Staff Only
Shower (Unisex)	1	Room 1A18	Open To All
	1	Room 1A19	
	1	Room 1A24	
	1	Room 1A26	
Toilet/ Change Room (Unisex)	1	Room 1A18	Open To All
	1	Room 1A24	

Access

Bike Cage 1

A key is required to access the bike cage. To get a key, please pay a one-time fee of \$10.00 to the cashier in the crossroads. The cashier will issue you a key upon payment.

To cancel access to the bike cage, simply return your key to the cashier in the crossroads, and you will get \$5.00 back.

BIKE CAGE 2

Your photo ID will allow you access to the bike cage. To request access, please email photoID@phsa.ca with the following information:

- Complete name
- Position or department

- Employee ID number (regular, temporary and casual staff)
- Serial number of your hospital photo ID found at the back of the card

Shower Area

To request access code to the shower/locker areas, please contact your department head/coordinator with your complete name and employee ID number.

Other BCC&W cycling facilities

BCC&W - Ambulatory Care Building

Ambulatory Care Building is equipped with the following cycling facilities:

Facility	Qty.	Location	Use
Open Bike Rack	1 (can accommodate 7 to 9 bicycles)	North East Corner	Open To All
Toilet/Change Room	Available	Throughout the facility	Open To All
Toilet/Change Room	Available	Throughout the facility	Open To All

BCWHC

BC Women's Health Centre (BCWHC) is equipped with the following cycling facilities:

Facility	Qty.	Location	Use
Men's Shower	Available	Room E116	Staff Only
Women's Shower	Available	Room E114A	Staff Only
Toilet/Change Room	Available	Throughout the facility	Open To All

Access

To request access to the shower room, please contact your department head/coordinator with your name and employee number.

BCWH

BC Women's Hospital (BCWH) is equipped with the following cycling facilities:

Facility	Qty.	Location	Use
Open Bike Rack	2 (can accommodate 16 bicycles)	Entrance 93	Open To All
Open Bike Rack	1 (can accommodate 9 bicycles)	Entrance 97	Open To All
Toilet/Change Room	Available	Throughout the facility	Open To All

BCC&W - CFRI

Child & Family Research Institute (CFRI) is equipped with the following cycling facilities:

Facility	Qty.	Location	Use
Open Bike Rack	1 (can accommodate 4 bicycles)	North Side	Open To All
Bike Cage	1 (can accommodate 44 bicycles)	South Entrance	CFRI and CSB Staff Only
Toilet/Change Room	Available	Throughout the facility	Open To All

Access

Your photo ID will allow you access to the bike cage. To request access, please contact Nick Steel at nsteel@cfri.ca or Todd Jacques at tjacques@cfri.ca with your name and employee number.

BCC&W - CSB

Clinical Support Building (CSB) is equipped with the following cycling facilities:

Facility	Qty.	Location	Use
Open Bike Rack	1 (can accommodate 3 bicycles)	Entrance 26	Open To All
Bike Cage	1 (can accommodate 30 bicycles)	Adjacent to the underground parkade	CFRI and CSB Staff Only
Toilet/Change Room	Available	Throughout the facility	Open To All

Access

Your photo ID will allow you access to the bike cage. To request access, please contact Nick Steel at nsteel@cfri.ca or Todd Jacques at tjacques@cfri.ca with your name and employee number.

BCC&W - Mental Health Building

Mental Health Building is equipped with the following cycling facilities:

Facility	Qty.	Location	Use
Open Bike Rack	1 (can accommodate 10 bicycles)	Entrance 81	Open To All
Bike Cage	1 (can accommodate 14 to 18 bicycles)	Entrance 87, Ground Level (Below Pedestrian Walkway)	Staff Only
Men's Shower	Available	Room P1-306	Staff Only
Women's Shower	Available	Room P1-306	Staff Only
Toilet/Change Room	Available	Toilet/Change Room	Open To All
Locker	24	Main Floor Hallway	Staff Only

Access:

Bike Cage

A key is required to access the bike cage. To get a key, please contact Christine Crunican at CCrunican@cw.bc.ca with your complete name and employee number. To cancel access to the bike cage, simply return your key.

Shower/Locker Area

To request access, please contact your department head/coordinator with your complete name and employee ID number.

BCC&W - Plant Services / HR Building

Plant Services / Human Resources Building within C&W campus is equipped with the following cycling facilities:

Facility	Qty.	Location	Use
Open Bike Rack	1 (can accommodate 9 bicycles)	West Side (inside the fenced area)	Plant Services / HR Building Staff Only
Toilet/Change Room	Available	Throughout the Facility	Open To All

BCC&W - Shaughnessy Building

Shaughnessy Building is equipped with the following cycling facilities:

Facility	Qty.	Location	Use
Open Bike Rack	3 (can accommodate 27 bicycles)	Entrance 79	Open To All
Men's Shower	2	Room E113	Staff Only
	1	Room B411B	
Men's Toilet/Change Room	2	Room E113	Staff Only
	1	Room E116	
Women's Shower	2	Room E114A	Staff Only
	1	Room B413	
Women's Toilet/Change Room	8	Room E114A	Staff Only
	1	Room E115	
Women's Locker	8	Room E114A	Staff Only

Access

To request access to the shower/locker area, please contact your department head/coordinator with your name and employee number.