



Sustainable Transportation Information

We all want to do our part to make the world a better place, but with hectic busy schedules finding the time can often be difficult. Using alternative transportation methods is a simple way that you can help the environment by reducing environmentally damaging emissions, and at the same time save money and in some cases even save time.

Take a look at some of the transportation options below, to see which ones suit your lifestyle. Whether you give up your car altogether or just leave it at home a few times a month, you will be making a big difference.

Why Consider Alternative Transportation Options?

Your Health

Air pollution from traffic contributes to health issues including asthma, emphysema, eye, nose and throat irritation, and respiratory and cardiovascular problems. Children and elderly are especially vulnerable. In addition, cycling and walking to and from work are a great way to squeeze in exercise which has endless health benefits. The congestion and volume of traffic on the roads can be a major source of stress for many drivers. Studies have consistently shown that employees who commute by means other than a single-occupancy vehicle demonstrate lower levels of stress, higher morale, and lower blood pressure.

Your Environment

Canadian automobiles emit over 59.6 million tonnes of carbon dioxide and other pollutants every year. Environmental issues related to air pollution include climate change, acid rain and ozone depletion. Reducing single occupancy vehicle trips results in less pollution, conservation of habitat land, and less demand for new roads and parking lots.

Sustainable Transportation Options

Carpooling

Benefits

Carpooling is a great way to save money, reduce traffic congestion and decrease pollution. It is also a fun and social way to get to and from work. Carpoolers will be given priority in parking space allocations.



How

Forming a carpool group has been made easier than ever through www.carpool.ca. Click 'register' and follow the easy to use instructions. You can remove yourself from the system anytime you like, so feel free to give it a try even if you are unsure about carpooling. Remember to check back often to see if you have any new matches. Once you have formed a carpool group, be sure to register it through carpool.ca and email parking@jawlproperties.com to arrange your parking space.

Many of the employers at Selkirk have agreed to participate in the guaranteed ride home program, so if you have to work late or there is an emergency you won't be stranded. Contact the Transportation Coordinator in your office to see if your employer participates in this program.

Cycling

Benefits

Cycling is a great form of exercise. In fact, cycling for just 30 minutes three days a week reduces your risk of cardiovascular disease and stroke by 50%. Cycling can also save you time. If your commute is 5km or less, chances are cycling will take the same amount or less time than driving, not to mention time saved exercising at a different time of the day. Biking can also save some of the hundreds of dollars you spend on gas and parking every year, more than enough to buy a brand new bike.

How

The Selkirk Waterfront Community is ideally located on the Galloping Goose Trail, which ensures cyclers an easy ride. For more information on the trail and maps please see: www.gallopinggoosetrail.com.

Each office building in the Selkirk Waterfront Community is equipped with bike storage, shower and locker facilities. Talk to the Transportation Coordinator in your office for more information.

Many people are hesitant to bike due to safety concerns. Throughout the summer free bike safety courses are offered through the Bike to Work Week organization. For more information and dates please visit www.biketoworkvictoria.ca. For more cycling tips visit the Victoria Cycling Coalition website at: www.gvcc.bc.ca.



Walking

Benefits

Walking is a great form of exercise. In fact, walking for just 30 minutes three days a week reduces your risk of cardiovascular disease and stroke by 50%. Walking can also save you time. If your commute is 2km or less, chances are walking will take the same amount or less time than driving, not to mention time saved exercising at a different time of the day. Walking can also save some of the hundreds of dollars you spend on gas and parking every year.

How

The Selkirk Waterfront Community is ideally located on the Galloping Goose Trail, which ensures a pleasant walk. For more information on the trail and maps please see: www.gallopinggoosetrail.com. For walking tips please visit: http://www.citygreen.ca/progs_walking_tips.html.

For those who want to freshen up after a brisk walk to the office, each office at Selkirk is equipped with shower and locker facilities. Talk to the Transportation Coordinator in your office for more information.

BC Transit

Benefits

Using transit is a great way to reduce pollution and save money. In addition, it reduces commute related stress and gives you a chance to relax or catch up on some reading or even work.

How

Please visit www.bctransit.com for schedules and information. The Transportation Coordinator in your office may also be able to help you identify the routes that best serve your needs.

The majority of employers at the Selkirk Waterfront Community participate in the ProPass Program. The Propass provides BC Transit users with twelve months of service for the price of ten. If you choose to participate the cost of the pass will be deducted from your payroll.



For those interested in using BC Transit on a less frequent basis, bus passes are available at Sol Foods.

Driving

Sometimes you need your car and there is no getting around that. Even if you drive on a regular basis there are several steps you can take to reduce the pollution emitted by your car. The best way to do this is to purchase a fuel efficient vehicle, reduce the number of trips you make by combining errands, commute at off peak times to reduce travel time and ensure that your car is regularly serviced.

With the exception of the Axor Building, parking is managed through Jawl Holdings Ltd. To lease a parking space on a monthly basis please email: parking@jawlproperties.com. If you only drive occasionally it may be cheaper for you to use daily parking which is available behind the Arc Building for \$8 per day.

Safety

Safety features such as lighting, site use and layout were taken into consideration during the design of Selkirk in order to create an environment that is as safe as possible.

Should you be at Selkirk at night, please note a security guard is on site from 10pm-6am. The security guard can be identified by the yellow Securiguard jacket as seen in the picture below. The Selkirk patrol guards are equipped with bikes to increase response time to any concerns you have. You can reach the on-duty security guard on his cell phone at 833-2564. Of course, if there is a serious emergency you should always call 911 first.

