

**To:** CRCOG Transportation Committee  
**From:** Timothy Malone, Community Development Deputy  
**Date:** October 13, 2020  
**c:** Rob Aloise, Director of Planning  
**Subject:** Active Transportation Project Solicitations

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The Capitol Region Council of Governments (CRCOG) has been engaged by the CT Department of Public Health (DPH) to lead the Active Transportation component of DPH's State Physical Activity and Nutrition (SPAN) grant. The SPAN grant is a **statewide** effort and in order to successfully complete trainings and projects across the state, CRCOG and their team of consultants are working with the eight other regional councils of government to solicit and select projects to receive award funding and assistance. Please note that projects will be implemented by CRCOG and its consultants. Cash awards will not be made.

We are now soliciting responses for multiple project categories. Broadly speaking, the categories are:

- Active Transportation Implementation Projects
- Train the Trainer Workshops

More information is available in the attached PDFs. Information about the project (including previously implemented projects) can be found at: <http://www.crcog.org/cdcproject>

Questions about this solicitation or the project in general can be directed to Tim Malone: [tmalone@crcog.org](mailto:tmalone@crcog.org)



## Active Transportation | SPAN Grant Solicitation

Thanks for your interest in Active Transportation!

CRCOG has been engaged by the CT Department of Public Health (DPH) to lead the Active Transportation component of DPH's State Physical Activity and Nutrition (SPAN) grant.

The SPAN grant is a statewide effort and in order to successfully complete trainings and projects across the state, CRCOG and their team of consultants are working with the eight other regional councils of government to solicit and select projects to receive award funding and assistance.

We are now soliciting responses for multiple project categories. Broadly speaking, the categories are:

Complete Streets Trainings and Implementation Projects (*Section 1*)

Bike Rack Locations (*Section 2*)

**ELIGIBILITY:** Municipalities, councils of government, and non-profit or private entities (with documented municipal support) are eligible to submit for one or more categories.

**SELECTION & REVIEW CRITERIA:** Projects will be selected by an Active Transportation Committee that has been specifically assembled for this grant. The ATC consists of members from across the state.

In general, selection of projects will consider the following criteria:

- Geographic diversity of selected locations throughout the state/regions and communities of varying sizes; population size / job density
- Health equities and health disparities or the population anticipated to benefit from the project
- Applicability of your proposal to a wider range of urban or rural environments
- Benefits towards sensitive populations (i.e. economically disadvantaged, racial and ethnic minorities, children, elderly)
- Additional benefits to the community / community need (i.e. high crash area, presence of low income and/or minority populations, high rates of unemployment, access to cars/transit-dependent populations)
- Project's relationship to **everyday destinations** which has been defined by the Centers for Disease Control as "places people can get to from where they live by walking, bicycling, or public transit. This can include grocery stores, schools, worksites, libraries, parks, restaurants, cultural and natural landmarks, or healthcare facilities. They are often desirable, useful, and attractive." Relationship to transit **or** transit supportive projects or locations (i.e. park-and-ride lots, etc.) will be considered.

**FUNDING:** Please note, due to funding requirements, selected projects are expected to commit to timely completion so please consider approval processes and staff capacity when making your proposal.

**DUE DATE:** Applications for all entries are due November 20, 2020.

*For more information on the SPAN grant and previous work, please check out our website at <https://crcog.org/cdcproject>. For questions about the solicitations please contact Tim Malone at [tmalone@crcog.org](mailto:tmalone@crcog.org) or Caitlin Palmer at [cpalmer@crcog.org](mailto:cpalmer@crcog.org).*

## Section 1 | Complete Streets Educational and Implementation Projects

CRCOG has previously solicited for "Complete Streets Trainings" and "Complete Streets Implementation Projects." This round of solicitation projects will include these and is also specifically seeking additional implementation projects designed to improve "everyday destinations."

**EDUCATION:** The trainings aim to address a variety of active transportation related issues across the state, and could include presentations, workshops, or other methods of sharing information about (including but not limited to) benefits on complete streets, implementing tactical urbanism, best practices and case studies for Connecticut towns, and more. These trainings can be tailored for any audience - general public, municipal officials, engineers - and depending on content can be submitted for AICP planning credits.

Past educational efforts have included such topics as complete streets for rural communities, managing parks and open space during a pandemic, and participation in an information booth at the Stratford Arts & Culture Festival providing information to visitors about bike safety and soliciting input on the Town's bike and pedestrian planning efforts.

**IMPLEMENTATION PROJECTS:** The implementation projects aim to improve the built environment through the implementation of complete streets and improve active transportation. These projects can include on-the-ground demonstration projects aim to improve activity-friendly routes and/or implement land use and community design interventions to increase physical activity near/to "everyday destinations."

**ROUTE** improvements focus on connections to everyday destinations and can include interventions that examine and improve street pattern design and connectivity, pedestrian or bike infrastructure, or public transit infrastructure and access. (i.e. painted curb bump outs), complete streets policy creation, small area plans, and more.

**DESTINATION** improvements focus on improving access to specific land uses, "everyday destinations" that people can get to from walking, biking, or taking transit from where they live to places they need to go such as grocery stores, schools, worksites, libraries, parks, restaurants, cultural and natural landmarks, or healthcare facilities. Interventions to increase or improve access to such uses might include zoning regulations reform to permit "mixed use" or increase residential density in proximity to these uses, improving access to such a use (i.e. new path into a park), creating of a cultural walking route, creating a small area master plan with multiple transportation modes integrated

into the plan. *Having not previously done one of these types of projects with prior funding, we are looking to prioritize several projects that focus on these types of projects that improve destinations.*

Prior implementation projects include a network map for a bike loop, painted bumpouts to reduce pedestrian crossing distances, low-cost geometry changes at intersections, 2-day design workshop for a two-mile corridor, traffic calming plan with bumpouts, crosswalks, and parking (implementation pending).

A summary of all previous and current project efforts can be found by COG region at <https://crcog.org/cdcproject>.

## Section 2 | Bike Rack Solicitation

For bike rack solicitation, we are seeking municipalities and/or COGs submissions for bicycle racks at locally identified, specific locations. The selected location should be physically suitable for installation of an awarded bike rack (or will be made suitable by the municipality). These bike racks would be provided free of charge, but installation labor and maintenance costs are the responsibility of the municipality. Once installed, the racks are the property of the municipality. Private property *may* be proposed as a location but it is the responsibility of the municipality to secure approvals and ensure installation within the required timeframe (see below).

CRCOG will work with selected respondents to identify an appropriate bicycle rack. Multiple bicycle racks will be awarded. A town may apply for more than one rack, up to a maximum of ten (10) racks.

Bike rack location selection will evaluate each application based on the aforementioned criteria and additionally, the ability to commit to installation of awarded bike rack in a timely fashion (within six (6) months, weather permitting) and commitment to maintain the rack for a minimum of five (5) years.

**Thank you for your interest and good luck!**

For more information about Active Transportation efforts related to the CT SPAN grant, visit [www.crcog.org/cdcproject](http://www.crcog.org/cdcproject).

Please complete the following sections. You may attach additional pages as necessary.

Name: \_\_\_\_\_ Email/Phone: \_\_\_\_\_

Town: \_\_\_\_\_ COG: \_\_\_\_\_

Location Address / Project Extents:

\_\_\_\_\_  
\_\_\_\_\_

Public Property

Private Property

(Please attach a map and photo of the proposed location. You may elect to illustrate "everyday destinations" in proximity to the proposed location.)

Please indicate the ownership of the proposed location.

If submitting a complete streets project type, please select the type of complete streets project:

- |  |   |
|--|---|
| <input type="checkbox"/> Education / Training                      | <input type="checkbox"/> Zoning Regulations / Policy              |
| <input type="checkbox"/> Quick Build Demonstration / Pilot Project | <input type="checkbox"/> Bike / Ped Plan                          |
| <input type="checkbox"/> Small Area Plan                           | <input type="checkbox"/> Plan related to walking/biking to school |
| <input type="checkbox"/> Land use or comprehensive plan            | <input type="checkbox"/> Pedestrian-oriented districts (POD)      |
| <input type="checkbox"/> Housing plan                              | <input type="checkbox"/> Inclusionary zoning policy               |
| <input type="checkbox"/> Park siting plan/ policy                  | <input type="checkbox"/> Park or trails master plan               |
| <input type="checkbox"/> Other _____                               |   |

If submitting a complete streets project type, please provide an estimated cost. \_\_\_\_\_

*(Proposed costs will be evaluated by team consultants and final award amount to be determined upon finalization of scope.)*

**Project Narrative.** As applicable, please feel free to describe the issue(s) your project is trying to address, the training topic / potential audience, the project area and needs, prior work that supports this effort, or other information you feel is helpful in describing your proposal.

Describe how your project fulfills the grant goals and evaluation criteria.

Describe your local approval process, if any is required (i.e. City Council resolution, department head signatures, public involvement, etc.).

Please feel free to include any other additional information you feel would be helpful in considering your application.

*By submitting this application, you are agreeing to commit to timely completion and installation (if applicable) of the project. You agree to installation (if applicable) and/or staff time necessary to move your project forward with the consultant team as outlined in your project proposal and to be finalized in an agreed upon project scope. (Examples of possible staff time commitments may include but are not limited to staff review of design, community outreach efforts, securing town approvals, meeting with consultants, review of materials, and project installation.)*

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_



## SPAN Grant Solicitation | "Train-the-Trainer" Bike Workshops for Educators

Thanks for your interest in our Train-the-Trainer bicycle education workshops!

CRCOG has been engaged by the CT Department of Public Health (DPH) to lead the Active Transportation component of DPH's State Physical Activity and Nutrition (SPAN) grant.

The SPAN grant is a statewide effort and in order to successfully complete trainings and projects across the state, CRCOG and their team of consultants are working with the eight other regional councils of government and representatives from across the state to select recipients to receive "Train-the-Trainer" bicycle education workshops for Connecticut educators.

CRCOG has partnered with Bike Walk Connecticut (BWCT) to offer "Train the Trainer" (TTT) workshops to school educators to teach safe bicycling in health and physical education classes. This opportunity is a one-day workshop presented by BWCT and will provide Connecticut educators with the resources, tools, and skills they need to implement and teach a comprehensive bicycling education program in the elementary schools, specifically geared to train educators how to teach safe bicycling to 4th grade students. This workshop is the result of nine years of curriculum refinement in a Connecticut 4th grade bicycle education program.

### What Will The Workshop Include?

- \* In-depth exposure to a comprehensive, proven bicycle education curriculum.
- \* Discuss concerns and learn strategies for establishing the program in schools.
- \* Learn the habits of giving respect to and getting respect from all other road users.
- \* Learn safe, defensive, confident cycling skills.
- \* Get on a bike and practice cycling skills and drills in a traffic-free and supportive environment.
- \* Each participant receives information with links and other resources.

**A total of 10 workshop sessions will be awarded.** Sessions can be conducted with individual schools and/or coordinated sessions can be conducted with multiple interested schools in a region or school district can be combined. Workshops are limited to ten educators.

**ELIGIBILITY:** Municipalities, councils of government, schools and boards of education are eligible to submit for a TTT workshop.

**SELECTION & REVIEW CRITERIA:** Projects will be selected by an Active Transportation Committee that has been specifically assembled for this grant. The ATC consists of members from across the state.

In general, selection of projects will consider the following criteria:

- Geographic diversity of selected locations throughout the state/regions and communities of varying sizes
- Health equities and health disparities or the population anticipated to benefit from the project
- Benefits towards sensitive populations (i.e. economically disadvantaged, racial and ethnic minorities, )
- Additional benefits to the community / community need (i.e. high crash rates, access to cars/transit-dependent populations)

**FUNDING:** These workshops are valued at \$1,500 and all workshop materials will be provided for attendees. Please note, due to funding requirements of the grant, recipients are expected to commit to completing the workshop within 1 year of award.

**DUE DATE:** Applications for all entries are due November 20, 2020.

**Thank you for your interest and good luck!**

For more information about Active Transportation efforts related to the CT SPAN grant, visit [www.crcog.org/cdcproject](http://www.crcog.org/cdcproject).



Please complete the following sections. You may attach additional pages as necessary.

Name: \_\_\_\_\_ Email/Phone: \_\_\_\_\_

Town: \_\_\_\_\_ COG: \_\_\_\_\_

School / Address: \_\_\_\_\_

\_\_\_\_\_

School District: \_\_\_\_\_

Number of Anticipated Attendees \_\_\_\_\_ Average Graduating Class Size \_\_\_\_\_

Describe how your school / student population would benefit from educators receiving the workshop and any plans for how training received can be integrated into school curriculum. Please be sure to speak to the grant evaluation criteria where applicable.

Describe your anticipated approval process / ability to complete the workshop within one year of award.

Please feel free to include any other additional information you feel would be helpful in considering your application.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_