



Ways to be involved in KCAT and contribute to Active Transportation (AT) in Kingston

There are many ways to contribute to AT depending on your time and interest in different modes of active travel.

If you choose to join KCAT as a member:

1. Email info@kcat.ca to join.
2. Participate on a KCAT committee. Please see our [Committees](#) page for information about committee work.
3. Volunteer to represent KCAT at a KCAT booth (such as at City or neighbourhood events).
4. Share your thoughts on AT-related projects, policies, initiatives, and issues with a KCAT Committee or Board member. KCAT often provides input to the City of Kingston through its Chairperson or designate.

For members and non-members, here are a few ways to learn about KCAT and AT in Kingston and to contribute:

1. Read KCAT's website: <https://kcat.ca/>.
2. Follow KCAT on [Facebook](#).
3. Sign up for KCAT's newsletter at <https://kcat.ca/> (on the right-hand side).
4. If you can't commit to being a member, keep an eye out for public opportunities to help out with activities. These can be posted on the website, Facebook, and newsletter.
5. Let the City know if you see something that needs attention to make walking, cycling, or using transit safer; for example, cars parked in a bike lane, cracked sidewalk, snow or ice blocking a transit stop, lack of space to walk or bike through a construction site. Contact the City at <https://mycity.cityofkingston.ca/app/ask>, contactus@cityofkingston.ca or 613 546 0000.
6. You can help address these concerns by reporting your findings to us on our website's [Suggestion Form](#). We use this information to inform our advocacy work where appropriate.

7. Be familiar with foundational documents such as [The Active Living Charter of the City of Kingston](#) and guiding documents such as the Official Plan and Transportation Master Plan (both available [here](#)), the Active Transportation Master Plan (Walk 'n' Roll Kingston), AT Implementation Plan, and Kingston Household Travel Survey (Kingston Moves), all available [here](#). AT-related City documents are also on our [Resources](#) page.
8. Keep up to date with what's happening at the City:
 - a. Subscribe to the City of Kingston [newsletter](#).
 - b. Register with and regularly check [Get Involved Kingston](#).
 - c. Follow the City of Kingston on [Twitter](#), [Facebook](#), and [YouTube](#).
 - d. Read the City's [website](#).
 - e. [Watch Committee meetings](#) (e.g., Planning; Environment, Infrastructure & Transportation; Committee of Adjustment). Details and minutes are available [here](#).
 - f. [Watch Council meetings](#). Details and minutes are available [here](#).
 - g. Read physical signs at locations where planning is being considered.
 - h. Learn more about current issues, initiatives, and decisions through [City podcasts](#).
9. Participate in AT events such as Commuter Challenge.
10. Support the City in its provision of new infrastructure/programs/services by participating in celebratory events.
11. Acknowledge to the City new/improved infrastructure/programs/services, e.g., through your City Councillor or through contactus@cityofkingston.ca.

If you cycle:

- Choose to use bike lanes when you can.
- Keep your helmet on when you 'run' (cycle) errands, e.g., in the grocery store.
- Promote cycling/cycling routes with people you know.

If you are a pedestrian or use public transit:

- Choose to use infrastructure/services when you can.
- Promote walking and public transit with people you know.