

Pushing Ahead Active Workplaces

1. Expression of interest form

Thank you for expressing an interest in our Active Workplaces programme.

Please complete our short online expression of interest form to provide us with more information on you, your organisation and your areas of interest in relation to the Active Workplaces programme.

2. About You

1. Please tell us.... *

Your name*	<input type="text"/>
Job title*	<input type="text"/>
Organisation name*	<input type="text"/>
Workplace address (incl. postcode)*	<input type="text"/>
Email address*	<input type="text"/>
Telephone number*	<input type="text"/>
Mobile number*	<input type="text"/>

3. About Your Organisation

2. Please tell us more about your organisation *

Business sector*	<input type="text"/>
Number of employees*	<input type="text"/>

Comments:

5. How long do employees have for lunch *

- Less than 20 minutes
- 20-30 mins
- 30-44 mins
- 45-59 mins
- 1 hour
- More than 1 hour
- Flex

6. How long do employees have for other breaks during their working day? *

- Less than 20 minutes
- 20-29 mins
- 30-44 mins
- 45-59 mins
- 1 hour
- More than 1 hour
- Flex

7. Does your organisation record/monitor your absence levels? *

- Yes
- No
- Don't know

6. Current provision

8. Does your worksite offer, provide or have access to physical activity facilities in the following ways? (tick all that apply) *

- Stairs
- Sit-Stand desks
- Showers
- Changing rooms
- Lockers/storage facilities
- Bicycle racks
- Pool bike(s)
- Meeting rooms
- Table Tennis table(s)
- Walking trails or paths in company grounds
- On-site exercise facilities/programmes
- Free, discounted or employer-subsidised memberships for ON-site facilities
- Free, discounted or employer-subsidised memberships for OFF-site facilities
- Outdoor exercise areas or playing fields for employee use
- Access to fitness testing/assessments
- Incentives to employees who participate in physical activities/maintain physical fitness
- Other (please specify):

9. How is workplace health and wellbeing currently promoted within your workplace? (tick all that apply) *

- Occupational Health Department
- Health and Safety Department
- Human Resources Department
- Formal committee
- Workplace health champions
- Not currently promoted
- Cycle to Work Scheme
- Other (please specify):

10. Does your workplace have an existing workplace physical activity policy? *

- Yes
- No

Don't Know

11. Does your workplace currently offer any of the following activities? (tick all that apply)*

- Lunchtime walks
- Active stretch breaks
- Walking meetings
- Lunchtime sports clubs
- Company leagues or ladders
- On-site activity classes
- Activity taster sessions
- Corporate Challenges
- Inter-company and/or cross-company competitions
- Active team-building day(s) for employees
- Participation in local or national events
- Cycle confidence training
- Cycle maintenance events
- Bike buddy scheme
- Other (please specify):

12. Which communication channels are available in your workplace to promote health and wellbeing activities? (tick all that apply) *

- Email
- Employee newsletter
- Training
- Staff room notices
- Notice boards
- Displays/signs
- Payslip flyers
- Internal mail system
- E-bulletin boards
- Intranet
- Weekly e-notices

Other (please specify):

7. Nearly there..

13. Is management support available for the development of a workplace physical activity programme? *

Yes

No

14. Does your workplace have any budget available to support the development of a workplace active travel programme? *

Yes

No

8. Last question!

15. How did you hear about our Pushing Ahead Active Workplaces active travel programme?