



Pedal Poll/Sondo Vélo 2025

Count Instructions

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Other resources

-  [Count shift sign up pages](#)
-  [Instructions de comptage \(Français\)](#)
-  [Short instructional video](#)
-  [One page Quick Reference Guide](#)
-  [Promotional resources](#)
-  [2021-2024 count results](#)
-  [Webinar recording](#)

Before the count

1. Sign up for one or more count shifts in your community

Visit this [website](#) to view a list of pages for focus communities across Canada on SignUp.com. On the page you will be able to see and claim counting shifts for the locations we are seeking to collect longitudinal data for in each community.

When the count is taking place

The count is taking place on **one weekday and one weekend day between June 3 and 8, 2025**. There are four weekday shifts and one weekend shift at each count location.

The SignUp.com pages all have the weekday count set for Tuesday, June 3 and the weekend count day set for Saturday, June 7. These are the ideal dates to do your count. But if you are unable to count on that date or the weather is poor, you can go ahead and conduct a weekday count on Wednesday, June 4 or Thursday June 5 and you can conduct your weekend count on Sunday, June 8.

Weekday shifts

7 a.m. — 9 a.m.

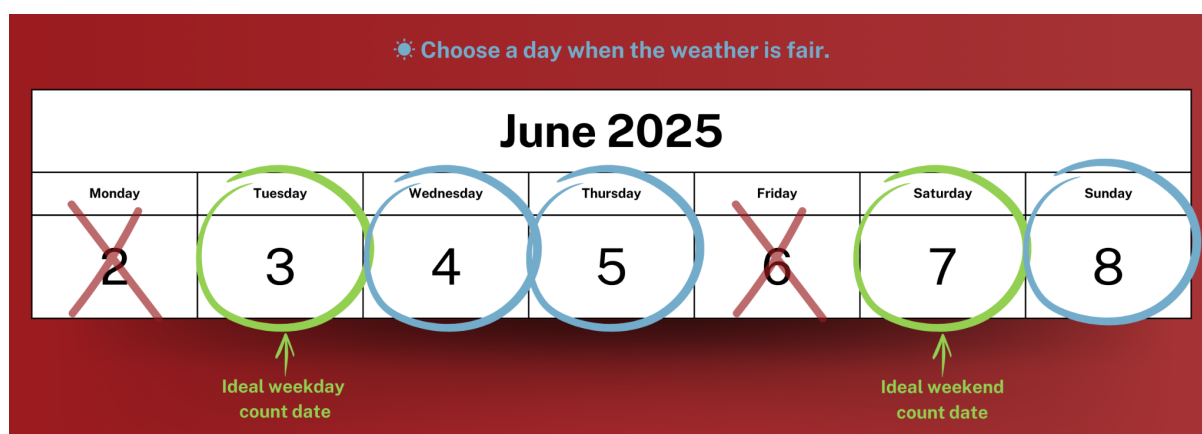
11 a.m. — 1 p.m.

2 p.m. — 4 p.m.

4 p.m. — 6 p.m.

Weekend shifts

12 p.m. — 2 p.m.



🧑‍🚒 In case of wildfire smoke

The Pedal Poll team will be monitoring smoke conditions across Canada leading up to the date of the count. In the case that wildfire smoke is forecasted to be in your community during the week of your count, we will reach out to registered participants in affected communities to postpone your count to the following week or the week after.

🏠 Live outside of one of the focus communities?

You can still participate. Just choose your own location for your Pedal Poll/Sondo Vélo count and be sure to join the Pedal Poll Canada team (see below) so that we can find your data.

🧐 Selecting count locations

If you are outside of a focus community or adding new locations for your community, here are a few things to consider when prioritizing when you are selecting where to count:

- **Adjacent to an intersection, not in an intersection.** Counting can only cover one road or path, not two intersecting. See [screen line and positioning](#) below.
- **Locations where counts have been done before** so we can measure changes over time. These locations can be found on the [Counterpoint app](#).
- **Look for different types of locations**
 - **Uses: Commuter, recreational, mixed**
 - **Volume of traffic: High, medium and lower volume areas** (but not no volume locations)
 - **Equity:** higher and lower income and/or racialized communities
 - **Types of cycling infrastructure** to compare the impact of different cycling infrastructure on cycling volumes
- **Places where infrastructure changes have been made, planned or proposed.** Is there a place where a new bike lane has been added, is coming soon or you would like to see one added? Counting here allows for a “natural experiment” where we can measure the impact of changes.

We use the above guidelines to select count locations in all our focus communities. By following these guidelines, you will help create comparable and consistent data.

➡️ 2. Set up the CounterPoint app on your mobile device

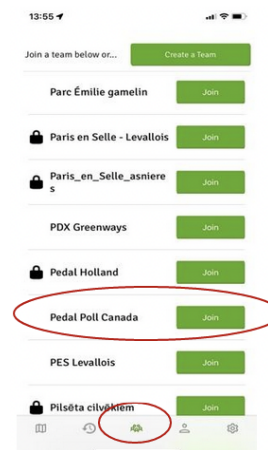
- Download “CounterPoint - Prove It” for iOS on the [App Store](#) or for Android on [Google Play](#).
- Create an account or log into your existing account.



3. Join the Pedal Poll team

When you open the Counterpoint app, head to the Teams icon at the bottom of the screen (small circle in the image to the right). Then join the *Pedal Poll Canada* team (large oval in the image to the right). Joining the team will ensure that your count is included in the Pedal Poll/Sondo Vélo dataset.

If you participated in past years you may already be in the team. Please look at the teams screen to confirm.



4. Practice!

Why? To become familiar with the CounterPoint app and to build confidence and speed with data entry.

How? Visit a popular cycling route in your community prior to the count. Follow the instructions in the 'Carrying out the Count' section of this document to conduct a 20 minute practice count.

Encounter an issue with the app? Contact us at ppsv@velocanadabikes.org to let us know.

No mobile device?

Using the CounterPoint app is the easiest and most convenient way to count and collect the data. We ask that you try your best to conduct an app based count. But we understand that sometimes using a pen and paper to count is required. For this reason, there are paper [counting forms available for download here](#).

 If you're planning to count on paper, bring a clipboard and a couple of pens.

#Important: Please make sure to record the numeric CounterPoint ID associated with your count location on your paper count form. This makes it less likely that your data will be excluded because the count location is unclear. The CounterPoint ID for your count location can be found in the CounterPoint app or in the location description in the signup sheet.

 After your count, take a picture of your count sheet or type up your count results and send your data to ppsv@velocanadabikes.org.

No printer?

You can get count forms printed at your local library or any available printing or copying centre for a small fee.



Carrying out the count



Be careful

As with any outdoor activity, please be aware that participation involves certain risks. By participating, you agree to assume those risks and release Velo Canada Bikes and our partners from liability for any injuries sustained during the count.



Before leaving home



Fully charge your mobile device or download and print copies of the paper count form.



You'll be outside for two hours, so consider:

- Applying sunscreen
- Packing a bag with things to keep you comfortable and safe:
 - a hat, water bottle, folding chair or cushion, music



Plan to arrive at least 5 minutes before start time.



Note: CounterPoint requires consistent Wifi access or a mobile data connection to operate; however, the data used will be minimal (estimated at around 400kb over two hours).



At the count location



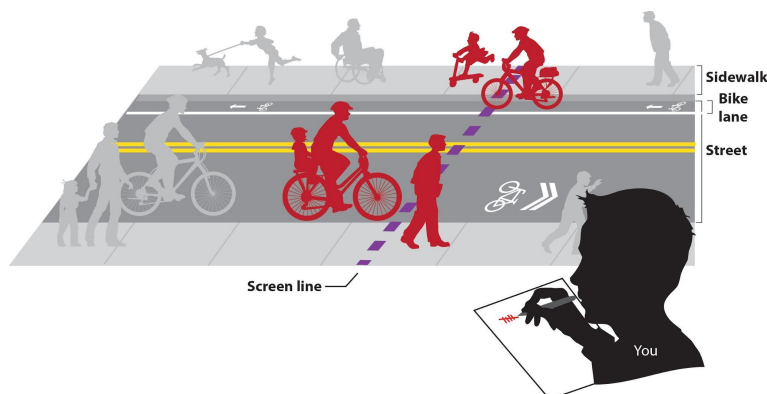
Find the right spot

- Safe
- Good visibility of the route (and appropriate screen line - see below)
- Corresponds with precise CounterPoint of the location you signed up for (instructions below)



Screen line and positioning

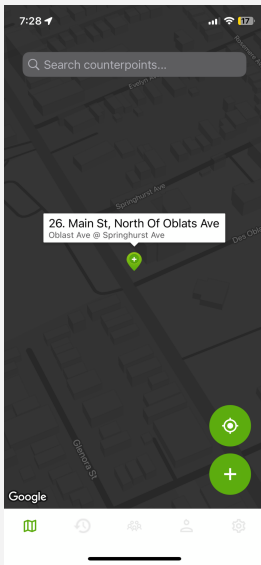
Pedal poll uses the *screen line* counting method. This means you'll be counting all traffic that crosses an imaginary line running across the full width of the road or path, including sidewalks. You may miss a few and that is okay. Do your best!



(Image credit: Boston Region Metropolitan Planning Organization)



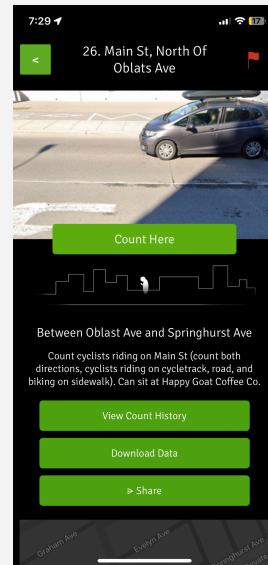
Navigating to the “Easy count” at your location



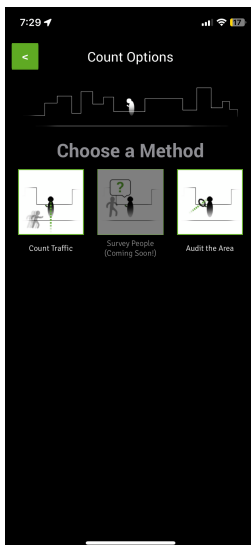
1. Open the CounterPoint app and select the green pin, known as a CounterPoint, that corresponds to your location.



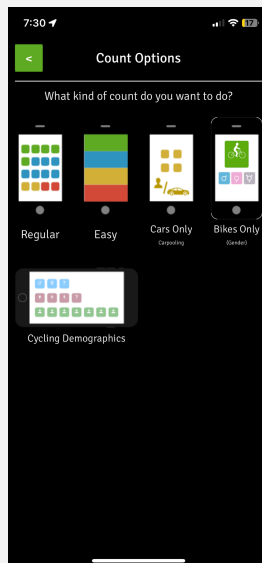
2. Scroll to the bottom of the page to confirm that the CounterPoint ID corresponds with the one you signed up for.



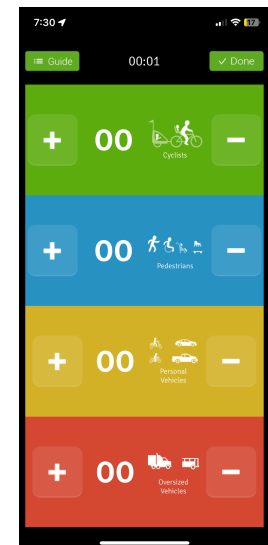
3. Scroll back up and select the ‘Count Here’ button.



3. Select ‘Count traffic’.



4. Select the ‘Easy’ count.



5. You should be greeted by the green, blue, yellow and red “Easy” count screen.



Please don’t make a new CounterPoint pin unless there are none within 100 metres of your count site.

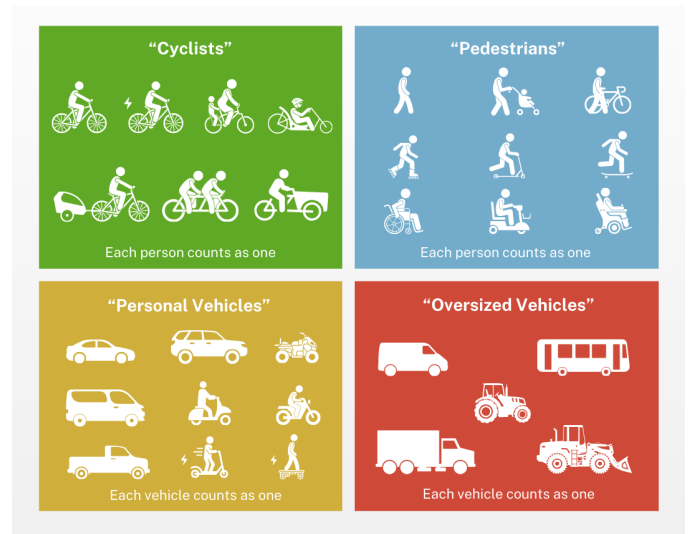


Categorizing modes of travel

When using the Easy count, you will need to categorize everyone/everything that passes by into one of four “buckets” or “categories”: Cyclists, Pedestrians, Personal Vehicles, Oversized Vehicles.

You will see many types of vehicles and mobility devices during your count. For Pedal Poll/Sondo Vélo, they are to be categorized as described below. In categorizing vehicles we are trying to strike a balance between simplicity (four options), consistency year over year, and clarity.

As more devices emerge and interest in them grows, we may be able to revise the count in future years.



“Cyclist”	“Pedestrian”	“Personal Vehicle”	“Oversized Vehicle”
Each person counts as one		Each vehicle counts as one	
Two-wheeled bicycle Cargo bicycle E-cargo bicycle Bicycle with child trailer Tricycle Tandem bicycle Unicycle E-bike (Bicycle-style)	Person on foot Person using a wheelchair Person using a motorized wheelchair or mobility scooter Person walking a bicycle Roller skating Rollerblading Skateboard Nordic skiing Kick scooter (human powered)	Car SUV Minivan Pickup truck Motorcycle Motorcycle-style e-bike Motor tricycle Motor scooter Electric kick scooter Electric unicycle Electric skateboard Segway Hoverboard Moped Moped-style e-bike All Terrain Vehicle (ATV) Vespa-style e-bike Golf cart Horse Horse-drawn carriage	Bus Minibus Transport truck Delivery truck Food truck Full-sized van Tow truck Construction vehicle Tractor

Busy location? Count just one direction of travel

Some count locations may carry too much traffic to accurately count all modes in both directions. In this case, just count one direction of travel.

Indicate direction of travel in the location name in the app

Make sure the site has a descriptive name in the CounterPoint app. For example: “Main St Eastgoing traffic only between 1st and 2nd Ave”. To do this you may need to create a new site in the app.

Two people counting

Another solution for high volume locations is having two counters at this location. If two people are counting at one location, please use the following procedure:

➡ Person 1: counts traffic moving in one direction.

(For example, all cyclists, pedestrians, and vehicles travelling from West to East along a road.)

⬅ Person 2: counts traffic moving in the other direction.

(For example, all users travelling from East to West along the same stretch of road.)

Taking breaks

If you must leave the site during your count session, such as for a washroom break, save your count data. You can open a new counting form upon your return. Periods of uninterrupted counting should ideally be no less than 30 minutes.

Ending Your Session

Once you have finished your count session, select ‘Done’ and then select ‘Done Survey’ to save your data.

Share and tag #pedalpollsondovelo

During or after your count. Share an image, screenshot and your reflections on social media! Use the hashtag #pedalpollsondovelo and tag us.

- Facebook: [Vélo Canada Bikes](#)
- Instagram: [@velocanadabikes](#)
- LinkedIn: [Vélo Canada Bikes](#)
- Bluesky: [@velocanadabikes.bsky.social](#)
- Twitter: [@Canada_Bikes](#)

CounterPoint app troubleshooting

Not seeing the green count locations on the map?

There is a bug that is causing some users not to be able to see many of the little green count location icons on the map when they open the app – even when they have the latest version installed. **The solution is to delete the app entirely from your device and then reinstall it.**

App crashed?

- Don't despair! It is possible that your data have still been saved even if you don't see your count in the app.
- Take a screenshot if you can still see your count totals (and email it to ppsv@velocanadabikes.org).
- If you are more than ten minutes from the end of your time slot, restart the app and start a new counting session. If you are within 10 minutes of the end of your 2-hour count session, you can just stop your count 10 minutes early.
- **Important: DON'T attempt to re-add your earlier counts to your new session.** If you re-add data from an earlier count to a new count, this will make it impossible to accurately calculate the bikes per hour at your location and may result in your data being excluded from the analysis.

Trying again

If you are having trouble with the CounterPoint app, try these steps:

1. Make sure you are using the **latest version of the CounterPoint app**: (Download link: [iOS](#), [Android](#))
2. If the app is open, **force shut it down**. (Instructions: [iPhone](#), [Android](#))
3. **Delete the app and reinstall it**. (Instructions: [iPhone](#), [Android](#))
4. If all the above do not resolve the issue, please **use the updated Paper Count Sheet** to do your count. [Access it here](#) or at www.velocanadabikes.org/pedalpoll.



Accessing the count results and analysis

The data on CounterPoint are all open source and available for viewing and download immediately through [the Counterpoint website](#) and app. Vélo Canada Bikes has commissioned an analysis of prior Pedal Poll counts and the data are available via www.velocanadabikes.org/pedalpoll.