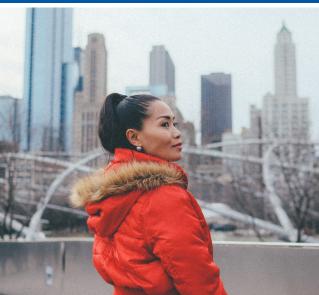
COVID RESPONSE TOOLKIT:

Winter Strategies















About this Toolkit

This third installment of the rapid response toolkit focuses on the unique challenges - and opportunities - posed by winter while COVID-19-based restrictions and considerations are still in effect. In particular, the toolkit presents strategies to support:

- People staying connected to their communities in order to reduce social isolation and support mental health
- Outdoor active living and physical wellness
- Continued access to critical services for all members of our community
- Economic vitality by driving customer traffic and sales to small businesses and to commercial districts

The intersection of COVID-19 public health measures and colder temperatures will create new challenges this winter. The creative use, management, and activation of indoor and outdoor space will be essential.

The arc of a Minnesota winter is long. In public spaces, streets, neighborhoods, and commercial districts, the latter part of winter from late January through March is often ignored and under-programmed, despite this being precisely the time where retail commerce, social life, and often people's mental health are at a low point. It is during this time of "winter doldrums" where programming and activation can have a particularly strong effect on people, and for communities and commercial districts.

Certain groups within our communities will be impacted more than others by COVID-19 restrictions in winter.

These include:

- Transit riders and the transit dependent who face fewer COVID-19-conscious options like walking, biking, and traveling by scooter
- Youth and families who are likely stressed from distance learning and in need of quality outdoor activities
- Seniors and others who have mobility restrictions and may be at a high risk for social isolation depending on their living situation
- Residents of multi-unit housing who may lack outdoor space in immediate proximity to their dwelling
- Small businesses who may be already struggling from repercussions of COVID-19, heading into the crucial holiday season, and often have limited outdoor spaces to work with

Public spaces, streets, neighborhoods and commercial districts help tie communities together. This winter, as COVID-19 concerns and restrictions continue to impact our daily lives, capturing and strengthening the ties between these spaces is important to keep people, businesses and communities healthy and thriving. The strategies and recommendations that follow apply to each type of space.

To view past COVID-19 rapid response toolkits for public spaces and commercial districts, please visit: https://www.hennepin.us/economic-development/programs/COVID-19-response-toolkits

And, last but not least, thank YOU for all that you are already doing and will do to support the physical and mental wellbeing of your community during this time.

What strategies would you like to learn more about?

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Winter Context and Activation Strategies

The "Why" of Winter

Getting clear on the underlying purpose is an essential element for any activation project, and is highlighted in prior COVID-19 toolkits. Many communities have years (or decades) old traditions that were designed with an initial purpose that is no longer relevant. Similarly, communities too often launch events that fizzle out in the long run, despite short-term success, because the core purpose and benefits have not been identified. Whatever the context, there is no more important question when designing an initiative – winter or otherwise – than, "why are we doing this?"

Winter context

The two dominant characteristics of the winter environment in Minnesota is that it is far colder and darker than the rest of the year. No surprises here. But too often these are viewed as exclusively negative phenomena that must be tolerated rather than captured as opportunities. Digging deeper into these winter characteristics provides insights into frameworks that can shape successful activations.

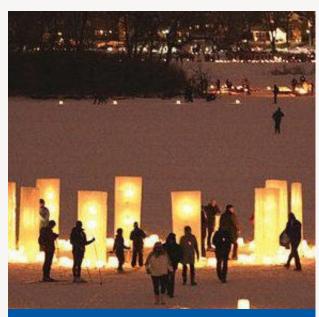
Leveraging contrasts: The dark and cold make any source of light and warmth that much more attractive., just as shade and coolness serve as draws in the summertime. Creating and using these contrasts are a common thread through the activation strategies that follow

Less calendar competition: While the competition for peoples' wallets is fierce, a community's social calendar is often bare, with far fewer festivals, concerts, and activities than the jam-packed summer. Add activities!

A desire for meaning and tradition: People have an innate desire to mark the seasons and the passing of time. Creating new and amplifying existing traditions not only strengthens community but can also draw visitors to support surrounding commercial uses.



Indoor games. Photo: The Musicant Group



View of Luminary Loppet on Lake of the Isles. The lighted elements are ice structures with candles within them. Photo: The Loppet Foundation

Bored people are cold people: And cold people go home. Keeping people engaged is essential to winter programming. People don't mind being out in cold temps as long as they are engaging in an experience. Participation is key. While observing something has benefit, the more that people can be an active part of the event, the stronger their memories of it will be and the less they'll think about the wind chill.

Proximity of activations to commercial centers: One of the most common mistakes communities make is to locate their winter activities in areas that are too far from their main streets to provide any benefits to retailers. In wintertime, even one or two blocks can sometimes be too much of a barrier to generate meaningful foot traffic for local businesses.

Don't forget about maintenance: Icy, uneven, and slush-filled pedestrian and bike pathways can be a major obstacle for visitors of all kinds, but especially seniors, persons experiencing disabilities, and families with strollers. Maintaining safe, dry, and well-lit pathways in public spaces, on walks and trails, throughout business areas to and from major access points is a critical component to any winter activation.

Within this context we offer the following strategies.

STRATEGY 1:

New Strategies of Creating Wellness in Winter

Q: How can we better support people's physical wellness and active living with limited use of indoor space?

A: Fully embrace what is possible outside and support those who are less comfortable venturing out.



OVERVIEW

For many, winter can be a challenging time to maintain an active lifestyle. COVID-19 restrictions may greatly reduce access to indoor spaces that many usually rely on during the colder months, such as gyms, studios, indoor play areas, pools, and shopping malls.

Communities can address these needs by re-imagining the types of wellness activities that happen outdoors. Engaging and supporting those who have not participated in outdoor winter activities in the past will be important to provide all community members an opportunity to participate.

PROCESS / ACTIONS

- Think about indoor winter activities your community has done in the past that could be taken outdoors, such as exercise classes, craft making, organized playgroups.
- Turn your summer activities into inclusive winter fun: 5k runs, slow-roll winter bike events, snoga (snow-yoga). These can be informal community building opportunities, or potentially take on a formal fundraising opportunity to rally around families, organizations or causes struggling with finances or other COVID-19 impacts.
- Work with community partners to eliminate barriers to entry for underrepresented communities to participate in classes, workshops, and events. These could include ice skating, cross-country skiing, broomball, winter biking, and winter safety education.
- Work with community partners to provide free or subsidized winter activity equipment for underrepresented communities, such as ice skates, bike lights, cross country skis, snow shoes.

- Launch a donation drive for the procurement of free or subsidized equipment.
- Ensure that your sidewalks and park trails are sufficiently well lit, shoveled, and free of ice. More maintenance may well be required this season than in years past due to higher rates of use.

COMMUNICATING WITH STAKEHOLDERS

Here are some key messages and information to consider sharing with the public:

- We as a community are coming together to support each other's well being this winter.
- Make a pledge and join an online group to support your commitment to winter wellness activities this season.
- Join fellow community members every week/month to participate in winter activities at X time and X location.
- Constraints require us to get creative! Let's band together to come up with ways new and old to navigate this unique winter together.

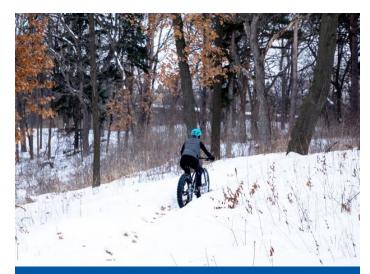
- Snow yoga ("snoga") via MPR
- <u>"The Frosty Challenge"</u> (a winter weight maintenance program). A worksite resource of the Hennepin County Public Health Promotion.
- Hennepin County winter recreation opportunties via Three Rivers Park District



"Pub curling" in Golden Valley. Pub curling uses an artificial surface instead of ice. Photo: City of Golden Valley



Snow yoga in Minneapolis. Photo: MPR



"Fat biking" in Theodore Wirth Park. Fat biking uses special winter tires for better stability and grip in the snow. Photo: Explore Minnesota

STRATEGY 2:

Outdoor Places to Support Commercial and Social Activity

Q: How can we create welcoming outdoor spaces that support commercial and social activity?

A: Keep people warm, engaged, illuminated and connected



OVERVIEW

Keeping people warm, engaged, illuminated, and connected to other people are the key ingredients to support winter activity.

Warm The goal is to have people feel warm "enough". You don't need everything to be climate controlled, but people need to be able to stay at a baseline level of warmth and to recharge when needed. For areas like outdoor restaurant patios, visitors need to be near a constant source of warmth, such as gas or electric heaters and fire pits, complemented by blankets and/or seat warmers. Protection from the wind is also critical and can be created through wind-breaks made of wood, tarps, plastic, or other materials.

Engaged Having constant opportunities for engagement is the best recipe to combat the idea that "bored people are cold people".

Illuminated The quality and impact of lighting becomes a constant concern when faced with early sunsets. Simple

string lights in boulevard trees remain an effective staple that not only illuminates but creates a feeling of warmth and invitation. Video projections are a type of light source that can become destinations themselves.

Connected To cultivate success make sure that your events are in proximity to other community destinations. In normal times, the solution is to pack as many activities within your main street district as possible. But during COVID-19, crowd size must be limited. Winter solutions include increased wayfinding, the use of itineraries and maps, low intensity activations occur over days and weeks instead of larger features for just one day, and having smaller "pods" of activities throughout a park or main street area.

PROCESS / ACTIONS

- Create "special" indoor and outdoor experiences for shoppers like outdoor merchandise or showroom kiosks for retailers to enable easier outdoor shopping, and hosting special shopping events that encourage social distancing.
- Create winter-friendly outdoor restaurant patios. Be sure to have some combination of gas heaters, fire pits, non-metal chairs, blankets, and wind breaks. This also applies to creating safe outdoor warming areas in parks.
- Incorporate public warming stations using fire, gas heat lamps, and large tented areas.
- Create itineraries, tours, or passports to encourage visitation throughout an area.
- Organize light tours of storefronts and park features to celebrate light in the winter darkness.
- Allow residents to get involved in the decoration of public space via ice lanterns, lamp poles in downtown, adopting a trail or park.
- Use snow to engage via sledding hills from accumulated plowed snow, snow caves, sculptures, friendly snowball fights, and more!
- Organize pop-up winter markets. While large winter markets would create too much congregation, use this season to create a few small pop-up opportunities to support local businesses and pilot the concept for future expansion.
- Provide staff or volunteers to greet and support COVID-19 safety, particularly during peak visitation hours.
- Create new outdoor winter park programs like: curling rinks, ice skating classes, cross country skiing, and hockey leagues for beginners. Invite food trucks into your parks. Have weekly (or daily) camp fires.

COMMUNICATING WITH STAKEHOLDERS

Here are some key messages and information to consider sharing with the public:

 There's no bad weather, just bad clothing. Bundle up and come to this event to enjoy COVID-19-safe activities and support our small business community (or neighborhood, or school or park et cetera.)



Projections at Northern Spark Festival, Minneapolis.Photo: Northern Spark

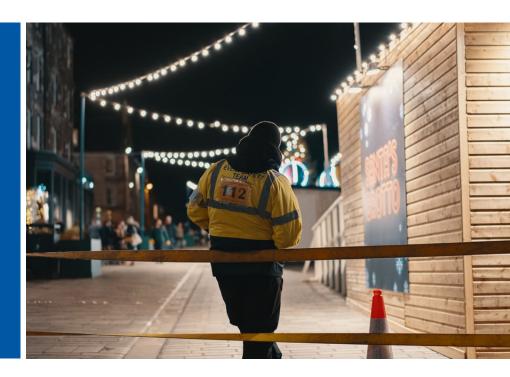
- The small businesses that make up the fabric of our communities need us now more than ever. Bundle up and enjoy at safe distances!
- Calling all winter creatives! The city is opening up a select number of public spaces and features to be decorated by the community this winter. Click on the link to adopt-a-pole (North or South) this winter.

- Low-cost pop-ups in Muskegon, MI via Strong Towns
- How to make an ice lantern via Wintercraft
- Chicago winter dining design challenge via <u>City of</u> Chicago
- Rosedale Mall indoor dog walking via <u>Star Tribune</u>
- COVID-19 guidance for community settings via <u>Minnesota Department of Health</u>

Winter Events

Q: How can we produce winter events in a way that still supports our businesses and communities and is COVID-19-safe?

A: Flip events around - have activities over an extended period of time spread throughout a district or community rather than on a single day at one location.



OVERVIEW

We are used to large events, with lots of things happening in a tight central location. COVID-19 has upended this model and creative thinking is now needed to reimagine how we can deliver community and commercial value through alternative strategies. First, define your "why" for any event or activation (see Strategy 5 in our <u>Business</u> <u>District Toolkit</u> for guidance).

COVID-19 creates constraints favoring strategies that spread things out, over both time and distance.

More Space Although proximity is important, during the COVID-19 pandemic activities need to provide for social distancing. The Minnesota Department of Health provides <u>guidance for safe events</u>. In a commercial district this could benefit a greater number of businesses, in that there are opportunities to get traffic to each and every establishment. In non-commercial areas, the need to spread out could serve as a perfect opportunity to

bring event features into new areas or neighborhoods, particularly those that may have been previously overlooked. To ensure success in a larger footprint, enhanced maps, wayfinding, onsite staff, and itinerary/passports are likely needed.

More Frequent Events that used to take place over a few hours can now be reimagined to occur over days, weeks, or even months. Having an event take place over a longer period reduces the likelihood of unsafe crowding, and also opens up the opportunity to have more people enjoy a given engagement or event.

More Involved Increase the participation in your events. Make it easy and fun for community members and organizations to be part of the ongoing festivities. Since you'll likely be supporting more and smaller activations, try adding crowd-sourced elements.

PROCESS / ACTIONS

- Define your "why" for your reimagined event. Who do you want to serve? What is the impact you hope to create? What are the resources and constraints you are working with?
- Connect with partners to discern the questions above and develop a vision and action plan.
- Engage communities of color and immigrant communities to identify culturally specific winter events and activities.
- Recruit new culturally specific greeters and ambassadors as needed.
- Create signs, maps and itineraries to use during a specific time or for the entire winter season.
- Promote new activations through social media.
- Train partners on COVID-19-safe operations.
- Create several small warming areas along your activation route.
- Focus on food: highlight warm food and beverages from local business or mobile vendors that can be served outside on a regular basis.
- Create itineraries for different groups: couples, families, history buffs, outdoor enthusiasts, et cetera.
- Create partnerships between commercial districts and parks and other outdoor spaces like ice rinks, ski areas, winter biking paths, et cetera).
- Just as parking spaces were used for restaurant seating in the summer, repurpose these spaces for winter activations.
- Leverage the all-weather activity of dog walking to draw daily traffic via cold weather dog-centric activations like warm water, treats, sweater contests, and more.

COMMUNICATING WITH STAKEHOLDERS

Here are some key messages and information to consider sharing with the public:

- This year the (insert past event) is expanding for the entire week/month, etc.
- Creating reasons for people to come to the area not just once, but throughout the season.
- Unite behind a shared message / hashtag for winter



Entertaiment at Lyndale Market Winter Gardens. A vacant lot was transformed into a European night market. Photo: Musicant Group



activations.

- Public art outreach along the Green Line during construction via <u>Smart Growth America</u>
- A paper itinerary for a socially distanced, spaced event at the intersection of Rice and Larpenteur in Saint Paul, via <u>Rice and Larpenteur Alliance</u>
- Pop-up Snow Park via <u>Saint Paul Winter Carnival</u>
- Guidance for large events via <u>Centers for Disease</u> Control

Winter Regulation

Q: What policies and procedures can be put in place to support COVID-19-safe winter activities?

A: Examine your permitting process to make it easier to do "small good things".



OVERVIEW

Many communities have made changes to ordinances and created new temporary use permits to allow for COVID-19 adaptations. Some of these are still very applicable during colder months, but some new and important ways of using space still face barriers.

Cities should connect with their community and small business partners to identify needs and roadblocks to winter-adaptations.

In particular, examine regulations around: outdoor fires, heat lamps and restaurant patios, where food trucks can locate, allowable uses and processes in parks and public spaces, tents, propane, rental and use of park shelters and pavilions, outdoor merchandising, amplified sound, street closures, safety and security protocols, and use of on street parking spaces.

PROCESS / ACTIONS

- Engage with your small business community, chamber, and community partners to discern their needs for the winter and determine how cities can streamline achievement.
- Use temporary use application process as a quick use tool to allow needed adaptations that might otherwise require a longer process.
- Consider whether some of the adaptations could be more easily allowed going forward by changing policy.
- Promote the new allowances and processes back to stakeholders.
- Open up regulations that may limit the seasons for which a parklet may be operated. These expanded seating options for restaurants could be critical in staying afloat this year.

COMMUNICATING WITH STAKEHOLDERS

Here are some key messages and information to consider sharing with the public:

- Public sector support is important in helping businesses navigate bureaucracy. Working together, we can make small, good, and safe things happen.
- The public sector can be a great support for small businesses navigate this time by creating rules and processes that provide fast and easy guidance and approvals for COVID-safe adaptations.
- COVID-related adaptations are an opportunity to gain valuable data to inform future policy adjustments.

- De Blasio: NYC Outdoor Dining Will Become "Permanent And Year-Round" Public Policy
- Considerations for the New Retail Reality



Winter outdoor dining in France. Photo: New York Times

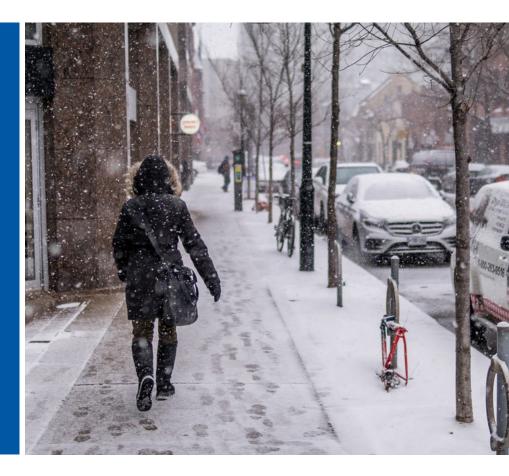


A parklet in Detroit. Sherita Smith, director of the Grandmont Rosedale Development Corp., stands in front of a wedge of land destined to become a parklet. Photo: Detroit News

Winter Mobility and Access

Q: How can we support accessibility to commercial districts and other destinations while sustaining increased interest in biking and walking, whether for local trips or physical activity?

A: Support bikers, walkers and transit riders in the winter by creating reliable maintenance systems, de-mystifying winter walking and biking, and making the waiting experience better for bus riders.



OVERVIEW

Minnesotans are no stranger to how a chilly winter can change how we get around - from icy roads and sidewalks to harsh winds, the elements become a major component to our transportation decisions. This winter, many are expecting lower than average transit use because of COVID-19 (despite the current precautions in place to protect riders and little data suggesting that riding transit is actually a high risk activity). The used car market is showing increased activity, a marker of rising anxiety over how families plan to get around this winter safely. However, one in ten Hennepin County households do not own a car, and many transit riders are essential workers, meaning these commutes will continue to be a critical service in our communities. By prioritizing the comfort and

safety of transit riders, pedestrians and bicycle riders this winter, we will maximize the choices people have to safely fill their transportation needs, which will only make our cities better winter places to live in years to come.

PROCESS / ACTIONS

Good maintenance for winter accessibility

 Budgets are tight, but ensuring residents have access to dry sidewalks means that the elderly, persons experiencing disabilities, and other residents do not become isolated in their homes. Prioritize routes to and from transit stops, essential destinations (like grocery stores, healthcare facilities, day care), and commercial districts.

PROCESS / ACTIONS (CONTINUED)

- This can be accomplished through some creative staffing - whether through public agencies keeping summer seasonal staff on for winter maintenance work, or commercial districts joining forces to hire private snow maintenance services. Some community service organizations may be able to help fill gaps in winter maintenance services through activating youth with service hours to fulfill.
- Reliably safe, snow plowed, de-iced recreational facilities keep walking and biking a resource for families looking to stay active while we restrict indoor activities.
- Maintain clear sidewalks and access points for people shopping and picking up food in commercial districts.
 Keep sidewalks and curbside clear of snow and buildup.

De-mystify winter transportation and recreation options

 Include information about winter walking and biking in regular public communications. Many people hesitate to bike or walk in the winter, whether for trips or for recreation, because they feel they don't have the right gear or knowledge. But for most days of the winter, just your regular winter boots, coat, hat, and gloves are all you need. Partner with community groups or trusted community members to host information sessions digitally and offer "101" type classes.

Improve bus stops or provide alternatives

- During the TRANSITion to Spring event sponsored by Hennepin County and the City of Robbinsdale and produced by Musicant Group, many wintertime improvements to the transit stop experience were modeled. Successful elements included: live music, free hot cocoa, access to bathrooms and indoor space, art making, games,heat sources, and staycation itineraries.
- The worst part about winter transit riding is undoubtedly waiting in the cold. At bus stops that aren't outfitted with existing shelters and heaters, look for nearby places that might be more comfortable to wait and outfit them with inexpensive monitors that can display NextTrip bus arrival times. Place notification signage of this alternative waiting spot at the adjacent bus stop so riders know about the new option.

- Invite activity at the bus stop. Can the space adjacent to the bus stop be activated with art, light, or fun signage? Any additional interest can provide a welcome distraction from the cold while waiting for the bus.
- Add solar powered phone charging systems near the bus stop and for public use. Phone batteries die quickly in the cold, and can be essential route planning tools to know when to get off the bus.
- Can spaces near bus stops be outfitted with community message boards about support resources, services and upcoming events?
- Advocate with officials who can help make long term improvements to the bus stops in your area more shelters, heating and lighting infrastructure.

COMMUNICATING WITH STAKEHOLDERS

Here are some key messages and information to consider sharing with the public:

- Accessible sidewalks and bike routes year-round are a core service.
- Ensuring residents can safely have multiple options for winter transportation and outdoor recreation helps combat isolation.
- Investing in a better transit experience benefits our essential workers.

- Metro Mobility Customers are able to have their groceries delivered to their home at no charge. <u>More information</u>
- Metro Mobility is also providing free rides for essential healthcare workers. More information
- Inspiration about winter mobility via Streetsblog

Inspiration & Additional Winter Resources

PHALEN FREEZE FEST

Phalen Freeze Fest is an annual winter celebration that takes place on the ice of Lake Phalen in Saint Paul. Activities include ice fishing, a youth puppet pageant, fire building, and indoor options for when attendees need a break from the cold, but don't want to leave.

Though not all activities need to be warm in an outdoor winter festival, providing opportunities to warm up can enable visitors to enjoy the event for longer.

SAINT PAUL WINTER CARNIVAL

The Saint Paul Winter Carnival is the Twin Cities' premier winter event. Taking advantage of tradition, strong public-private partnerships, and the skill of local artisans, this multi-area festival provides options for all interests. The centerpiece is a massive ice castle, usually in Rice Park.

Providing a centerpiece for people to visit and take pictures with is a great way to get visitors "in the door". Another Winter Carnival event that can be executed with social distancing in mind and at a low cost is the snow sculpture contest, which gives local teams the opportunity to create large-scale snow sculptures for viewing, and a prize.



Youth puppetry. Youth tell the legend of Shingebiss around the fire at Phalen Freeze Fest. Photo: Ramsey Washington Metro Watershed District



Ice castle. A portion of the central ice castle in Rice Park. Photo: Saint Paul Winter Carnival

UNION DEPOT CHRISTMAS MARKET

The Christmas Market at Union Depot creates a concentration of small retailers. Heat sources, hot food, and an indoor option retain visitors at the event for longer and generates greater revenues for otherwise isolated small businesses.

WINTERSKATE

WinterSkate, typically presented by a corporate sponsor, is a temporary ice rink in a novel location (once the Landmark Center in Saint Paul, now CHS Field) providing an eventlike opportunity to skate inexpensively in an unexpected location. Novelty is one way to bring people out to an activity they might otherwise be able to accomplish closer to home (like skating at a conventional rink).

EDMONTON WINTER PARK ADAPTATIONS

A team tasked with revitalizing Edmonton's winter scene asked residents: What would make you fall back in love with winter? The answers that Edmonton later implemented included cross-country ski trails as a form of winter transit; the Edmonton Freezeway, a 400-meter ice skating path (the Maple Grove Ice Trail is similar); and overall a desire for a stronger focus on local pride. Think "True North" marketing.

VOLUNTEER SHOVELING IN DULUTH

Duluth's volunteer shoveling program provides an opportunity for idle hands and a service for residents with limited mobility.

WINTER FOOD TRUCK STRATEGIES

Food trucks don't need to disappear in the winter! But simply setting up on a street corner and hoping for the best is unlikely to work in cold weather. Strategies to

maximize winter success and create a "happening" include partnerships with local businesses, integration into local winter events, and even offering delivery. Municipal governments can facilitate partnerships and event integration, where applicable.

YUKIGASSEN

Snowball fights - not just for kids! Yukigassen is the Japanese sport of snowball fighting and is played in tournaments all over the world. The game is similar to capture-the-flag and is a unique way to update an activity most people are already familiar with.





Volunteer shoveling in New Jersey. Photo: WHYY

General Resources

The best of what we have found to help you navigate this transition:

PUBLIC SPACES

- American Downtown Revitalization Review
- CDC- Resources for Parks and Recreational Facilities
- Minnesota Safe Routes to School Newsletter
- Rails to Trails Conservancy
- National Recreation and Park Association (NRPA)
- Ongoing NRPA COVID-19 and Parks Snapshot Surveys
- Webinar: Who gets access to public space?

PLACEMAKING & DESIGN

- <u>Placemaking for Main Streets Toolkit The Musicant Group</u> A step by step guide to generate positive social and commercial activity for any type of commercial center. With its focus on process, it provides useful frameworks that can help navigate this time of COVID and afterwards.
- <u>Friendly Storefronts Toolkit The Musicant Group</u> A step by step guide to transform storefronts into activity centers that support businesses and community life. Similar to the Main Street Toolkit, its focus on process makes it relevant for these times of COVID and afterwards.
- <u>Friendly Front Yards The Musicant Group</u> The Friendly Fronts Toolkit will inspire and guide you and your neighbors to turn your front yards into places where you serendipitously meet one another while staying safe.

This work was completed through a collaboration between Hennepin County Public Health and Hennepin County Housing and Economic Development. Funding for this project was provided from the Minnesota Department of Health through the Statewide Health Improvement Partnership (SHIP).



