

# Bike Tracks



Limiting a track to one-way direction will help minimise the occurrence of collisions. However, segregated usage may also be needed to minimise conflicts between users of differing ages and capabilities.

Bike tracks require a hard surfaced path for good traction. It is recommended that the track is 1200-1500mm wide and graded to allow easy movement along the route. A 1000mm free space provided to each side of the bike track is recommended .

The track surface may be of variable texture to allow children the opportunity to experience both vibration and sound as they travel along the track.

Consider introducing hills and mounds to increase the challenge.

The introduction of wheeled toys into a playspace is an active way of encouraging social and imaginative play. However, providing a pathway for wheeled toy play within a playspace requires careful consideration to minimise potential conflicts of use.

## Planning

A bike track should be located independent of other activity areas, preferably to the rear or side of the site, away from the main playspace and building access points. Avoid disturbance to the intention and purpose of quiet areas and other specific quiet/creative zones such as sandpits.

The track should be designed to traverse points of interest to make the riding activity enjoyable, encourage a sense of exploration and extend play and learning opportunities.

Tracks can be designed to cater for a variety of capabilities, providing simultaneously for young children (to ride and use push / pull toys) and more capable and adventurous riders.



**A sensory experience can also be incorporated into the track.**





## Surfaces

An array of surfaces can be incorporated as rumble strips in bike tracks including:

- Timber sleepers laid across the width of the track, abutted
- Expansion strips laid across the width of the track, abutted
- A corrugated iron panel embedded in concrete
- A panel of pool fence / iron grille laid in concrete
- Stone flagging
- Granite / cobbles
- Brick / unit pavers
- Compacted crushed sandstone
- Exposed aggregate concrete
- Stamped / stencilled concrete
- Concrete / asphalt
- Wet pour rubber / rubber grid mats

Take care to avoid the introduction of trip hazards along the length of the bike track.

Many hard surfaces are renowned for absorbing and radiating heat in summer. Whilst shade from adjacent plants/structures can reduce hot surfaces and glare, consider the final selection of track materials and colours. Darker colours are likely to absorb and retain heat.

## Finishing

Edging of the track with materials such as bull nosed bricks or concrete kerbing can enhance definition of the activity zone from the rest of the playspace. Edging may also provide a sensory prompt to guide users to stay on the track.

Speed humps can also be incorporated into bike tracks to vary both the profile and texture of the surface to challenge children's skill levels as well as deter speeding.

Line markings and pedestrian crossings can be embedded into or painted onto tracks for added interest and educational value. Tracks may be complemented by accessories such as reduced sized road signs and traffic lights to add a imaginary play feature.



Introduce activity stations with parking bays, such as shop fronts, bus stops, petrol stations, car wash bays and raised scented gardens along the bike track route to encourage role play and social interaction.

## Bikes and Helmets

- Ensure bikes provided are age appropriate and comply with AS/NSZ 1927
- Regularly inspect and maintain bikes
- Provide appropriate helmets which comply with AS/NZS 2063. Ensure they are fitted correctly for each child
- Consider providing a designated parking bay and helmet rack for children to return bikes and helmets to after use
- Document and implement a 'safe use of bikes' policy for the playspace



Refer to *Kidsafe NSW* brochure: *Kids on Wheels* which can be downloaded from the website [kidsafensw.org](http://kidsafensw.org)

**KIDSAFE NEW SOUTH WALES Inc.**  
Playground Advisory Unit

P: 02 9845 0893 F: 02 9845 0895  
E: [kidsafe@chw.edu.au](mailto:kidsafe@chw.edu.au)

[kidsafensw.org](http://kidsafensw.org)

**Kidsafe**  
Child Accident Prevention Foundation of Australia