



2019 MIRAMAR CENTRAL SCHOOL Bike Track Guidelines **For: Bicycles, Scooters or Skateboards**

To be read with the: [2019 Parent Information Sheet](#) & [MCS Cycling to School](#)

Overview

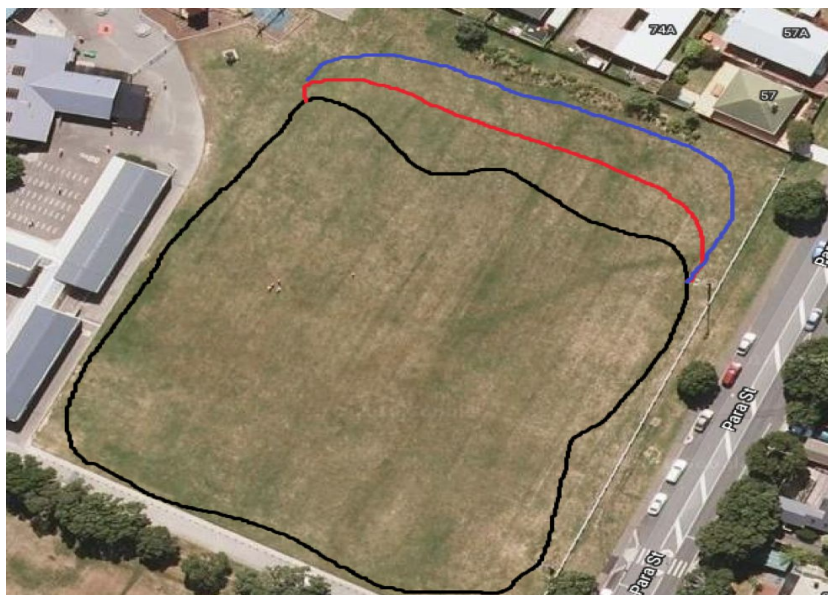
*Timeline: **Monday 4 Feb and Tuesday 5 Feb** - Guidelines being collaboratively discussed with staff and students for use on Thursday 7 February onwards for students to bring their bikes, scooters or skateboards to school and use during lunchtime.*

Official opening: Thursday 14 February 3.30pm - 5.00pm at the Bike Track.

'Bike Ready' (NZTA - New Zealand Transport Agency) and Pedal Ready (GWRC - Greater Wellington Regional Council) Courses will occur with the staff in term 1: wk 4 and 5 before the programme is delivered to each class wk 6 - wk 9. Then a weekly class programme from term 2 onwards.

The guidelines will be reviewed if changes need to be made to improve Health and Safety, enjoyment, skills and functionality.

Three types of track: CIRCUIT, TECHNICAL and PUMP



Blue is the PUMP Track. You cycle, scooter or skateboard in a clockwise direction. Intention to gain speed at entry and 'pump' your bike around the rollers and berms course.

Red is the TECHNICAL Track. You cycle in an anticlockwise direction. NOT for scooters or skateboards as they cut up the limestone track. You move your bike through technical skills of: cobbled rock garden, skills bridge 1, see-saw, slalom poles, & ramp bridge

Black is the CIRCUIT track. You cycle, scooter or skateboard in an anticlockwise direction.



MCS Bike Track General Guidelines for all Users:

Health and Safety of all users is paramount. If users do not follow the guidelines below they will not be able to use the track.

All riders must follow the guidelines for their own safety and the safety of other users:

- Only use a bicycle, skateboard, or scooter that is yours or the school's
- Wear your **helmet** at all times whilst riding
- Have a bicycle, skateboard or scooter in good working order (ABC - Air, Brakes, Chain)
- Only 3 riders on the TECHNICAL or PUMP track at one time
- Follow the direction of the arrows when riding (arrows will be marked in due course)
- Only use a bicycle for the TECHNICAL track
- Always be in control of your bicycle, scooter or skateboard
- Be prepared to stop quickly
- Respect other users
- Have fun
- Rider in front has right of way
- Both hands on handlebars (bicycles and scooters) at all times
- Look out for younger/smaller/less confident children when you are on the track
- Stop and help if someone has fallen off their bikes
- Only riders to be on the track. No sitting down or playing on the track

Over taking only on the CIRCUIT TRACK: All riders must:

- Overtake on the right of another user
- Give way/slow down for people wanting to get to the middle of the field (Pedestrian crossings are planned to be painted on the circuit track)
- Communicate that you are overtaking on the right, use bike bell or your voice, "Passing, on the right"
- Overtake with caution only if there is enough room
- Stay on the left if you are riding (so other faster people can go around you on the Circuit Track)

Who else can use the track?

- Members of the public after school from 3.15pm weekdays and during weekends, unless an event is on at school
- Guidelines must always be followed and users use the track at their own risk
- Once a month it is intended that the Greater Wellington Regional Council conducts a Bike Ready programme on a Saturday morning for the public

TECHNICAL Track Guidelines: We will:

- Ride in control and at a safe speed
- Support people by giving it a go
- **Not enter an obstacle** (cobbled rock garden, skills bridge, see-saw, slalom poles, or ramp bridge) **if someone else is on it**
- Keep a five meter distance between the rider in front of us. Give the rider time before you start your journey
- Only have 3 riders on the TECHNICAL track at one time
- Only use the see-saw, slalom poles, & ramp bridge for BIKE's and not play on them
- Cycle in an anticlockwise direction.
- **Only use a bicycle.** NOT for scooters or skateboards, as they cut up the limestone track
- Move our bicycle through technical skills of: cobbled rock garden, skills bridge, see-saw, slalom poles, & ramp bridge
- Stop and help if someone has fallen off their bike
- Use the principle 'Challenge by choice.'

PUMP Track Guidelines: We will:

- Ride in control and at a safe speed
- Support people by giving it a go
- Keep a five meter distance between the rider in front of us. Give the rider time before you start your journey
- Only have 3 riders on the PUMP track at one time
- Cycle, scooter or skateboard in a clockwise direction
- Only use the '**berms and rollers on the PUMP track**' for bicycles, scooters and skateboards and not play on them
- Stop and help if someone has fallen off their bike/scooter/skateboard
- Use the principle 'Challenge by choice.'

CIRCUIT Track Guidelines: We will:

- Ride in control and at a safe speed
- Support people by giving it a go
- Be mindful of other riders coming from the PUMP track to the CIRCUIT track junction
- Cycle, scooter or skateboard in an anticlockwise direction
- Stop and help if someone has fallen off their bike/scooter/skateboard
- Give way/slow down for people wanting to get to the middle of the field (Pedestrian crossings are planned to be painted on the circuit track)
- Use the principle 'Challenge by choice.'

ENJOY YOUR RESOURCE and LOOK AFTER IT and HAVE FUN