



## Central Tablelands Mountain Bike Club Trail Volunteer Guidelines

The goal of volunteer trail workers on the Pony Express Trail, Lithgow, is to assist Central Tablelands Mountain Bike Club (CTMBC) officials with the basic construction and maintenance of the trail off Hassans Walls reserve, down Sheedys Gully and into the Pony Club.

Volunteer trail work must be carried out only by volunteers who are supervised by a representative from CTMBC during agreed times. Volunteer work must be performed only in areas that have been approved by the CTMBC development consent.

Any trail work outside of approved and organised trail work times is strictly prohibited.

### **Whilst carrying out any trail work, volunteers must-**

- Read, understand and sign a CTMBC Trail building Volunteer Guideline form.
- Ok the planned works with the Trail Coordinator (Matt Walker) describing the location (trail or trail section), type of work performed and the time and duration of the work.
- Wear appropriate personal protective equipment, sturdy footwear, gloves, a high-visibility vest, protective eyewear and appropriate sun protection.
- Ensure they have an appropriate amount of water and food on hand for the time specified.
- Ensure they are fit and healthy to work in an outdoor environment and have a basic knowledge of any tools which may be used.
- Ensure appropriate signage and barricades are in place on the trails in which work is being conducted in order to alert oncoming riders of the work ahead.
- Ensure all tools and footwear are clean and disinfected before entering the trail area
- Ensure all entry/exit to and from work areas is to be along the trail alignment only - don't walk through virgin bushland which could disturb vegetation, leaf litter or native fauna.
- Ensure bare areas of soil in work areas (e.g. small stockpiles, berms in the process of being shaped up etc.) must be covered with plastic or similar at the end of each day and if rain is imminent.
- Ensure at all times, minimise the amount of ground disturbance to only that which is necessary for efficient construction.

**Volunteer trail workers may perform the following work:**

- Clear the trail of any loose debris, raking leaf litter and small sticks to form a berm on the down hill side of the trail
- Trim overhanging branches and overgrown vegetation back from trails using non-powered pruning equipment. **Overhanging branches and overgrown vegetation must be cut all the way back to the stem, trunk or ground level so that no remaining sharp points are protruding.**
- Fill in small ruts and fill in the front of sharp rock edges on the trail,
- Clear silted or block drainage channels back to original levels,
- Physically remove weeds from the trail and up to 2 metres either side of the trail (the use of chemical sprays is strictly prohibited),
- Remove rocks up to 30cm in diameter which inhibit the main line of the trail and ensure they are placed on the backs of berms to act as erosion control,
- Use Whipper Snippers with nylon cord only if approved by supervisors and appropriate protective wear is used.

**Volunteer trail workers may not-**

- Alter any features on the trail without the expressed permission and supervision of an official CTMTB representative . Features include jumps, drops, berms, rock gardens and Technical Trail Features (TTFs)
- Build any new features on the trail without the expressed permission and supervision of an official CTMTB representative
- Build new trails without the expressed permission and supervision of an official CTMTB representative
- Use chemicals for weed control or any other purpose
- Alter the route or direction of any trails
- Remove any established trees or native vegetation from the side of trails
- Remove large rocks/boulders, stumps or fallen trees from trails
- Use cement or foreign materials on trails
- Carry out any major repair work on trails, trail features or TTFs
- Light fires

I; \_\_\_\_\_,  
have read and understand the volunteer guidelines by which volunteer trail work may be conducted on the Pony Express trail on Hassans walls reserve.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

\_\_\_\_\_  
(Signed by parent or legal guardian if under 18 years old)