

CHRISTCHURCH SINGLETRACK CLUB

Trackbuilding Induction v1

1. Use the right tool for the job

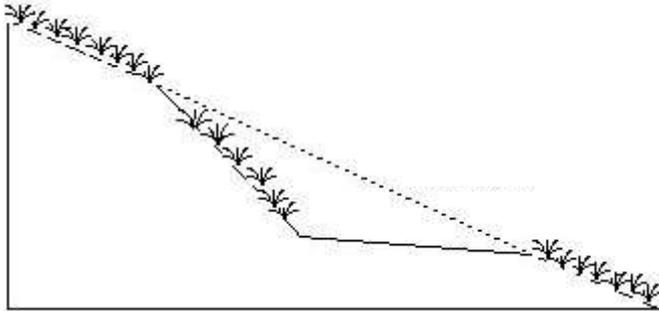
- a. Spades are for digging and removing soil and doing finishing work
- b. Trail rakes are for scraping loose soil and packing down berms – NOT digging
- c. Grubbers are for loosening soil – NOT breaking rocks
- d. Picks are for breaking rocks - NOT levering rocks (don't put sideways force on the handle)
- e. An axe is for cutting through roots
- f. Loppers are for snipping though branches up to the width of your fingers – make sure you don't twist the blades. For anything bigger use a saw
- g. Hedge trimmers are for cutting vines and are not to be used for cutting branches

2. Safety

- a. Get your balance before you do anything
- b. Be aware of slippery or uneven surfaces
- c. Make sure other people are far enough away when you are swinging a grubber or axe or other tool so that they will not be caught in your swing or hit by flying debris
- d. Don't swing tools awkwardly as you may strain a muscle
- e. If you are cutting off branches/small trees make sure they are not going to fall on anybody
- f. Wear appropriate footwear – work boots if possible, closed in shoes at a minimum
- g. Wear safety glasses when chipping at rock or using the axe
- h. Wear ear protection if working near noisy equipment
- i. Wear sunscreen or cover up with clothing as appropriate
- j. Whenever possible, roll, rather than lift, rocks. If a rock is too heavy to lift on your own, use the chain net and work as a team. If using the chain net make sure to pick it up evenly so it doesn't roll on to someone's hand.
- k. Avoid lifting things that are too heavy for you
- l. Avoid squashing your fingers when you are putting down a rock or log
- m. DO NOT let rocks roll down the hill unless it is absolutely safe to do so. Never throw them. Pick them up and place them in a secure place off the track.
- n. If you are carrying something heavy with someone else, DO NOT drop your end – this is very dangerous for the person on the other end. If you need a break say so.
- o. The tools are very sharp – be careful
- p. Onga onga is a nasty stinging nettle – avoid touching it. Also be careful of bush lawyer, gorse, hawthorn and blackberry.
- q. Wear work gloves to avoid blisters
- r. Don't use motorized or power tools (e.g. circular saw, scrubcutters, chainsaw, rotary hoe, drill), unless you have been signed off
- s. Don't use fencing tools unless you have been signed off.
- t. Avoid working in dusty conditions to minimize inhalation of fine particles.

3. Building

We are aiming to shape the terrain so that the width of the rideable bench is about the length of a grubber or spade. However, this depends on the style of track being built. The bench has three components – backslope, outslope and flow.



The backslope is the bank that is created when the trail is benched. We try and make the slope of this as gradual as possible to prevent debris falling on the track with water flow. It also means that grass is able to grow back on it and opens up a rider's visibility down the track. Outslope is where we try and make the track slope out slightly so that water that comes on to the track will flow across it and off the edge, rather than along the track where it can cause erosion. However, when turning towards the hill the bench needs to be insloped so that it is not off-camber. Some sections will require special skill to build and we will just bypass them and leave them for our specialists to build.

We aim to always build a full bench rather than a half bench as it is more sustainable. Steps to achieving this are:

1. Remove grass or organic matter from the trail surface and get rid of it completely
2. Dig in to the bank and either throw the soil away down the hill or move it to where it is required for filling in holes or creating berms
3. Where possible keep digging until the trail tread (the bit you ride on) is as wide as a grubber or spade handle
4. Once the tread is wide enough then slope the bank so that it merges in with the hillside above. We don't want a vertical bank.
5. Do not put the soil you are removing on the side of the track. This gives a false illusion of a wide track but it is soft and unsustainable.
6. We don't want anything on the side of the track that will trap water – logs, mounds of soil
7. Make sure that what you are doing blends in with what the person next to you is doing
8. Some of you will be able to visualize flow better than others – every now and again take a look at what you are doing and imagine you are riding the track. On corners the track needs to be sloped inwards to carry you around the corner. Try and keep changes gradual.
9. If you have any questions, please ask.

