

Carron Valley Development Group

**Construction of  
Mountain Bike Trails  
in Carron Valley Forest  
Phase 1**

HEALTH & SAFETY PLAN

## HEALTH AND SAFETY PLAN

CONTRACT: Construction of mountain bike trails in Carron Valley Forest – Phase 1

### 1.0. Nature of the Project

- 1.1. Name of Client: Carron Valley Development Group
- 1.2. Location of the Works: The works are located in Carron Valley Forest, Carron Valley, Stirling. The works are accessed via the main entrance to the Carron Valley Forest off the B818 (grid reference of main entrance NS72388 83880).
- 1.3. Nature of the Works: The works are to construct mountain bike trails along designated routes in the eastern end of the Carron Valley Forest.
- 1.4. Timescale for Completion: The Appendix to the form of tender stipulates the tender period as a maximum of

### 2.0. Existing Environment

- 2.1. The site is located in the Carron Valley Forest that is managed and operated by Forestry Commission Scotland. The forest is used for commercial logging operations and for recreational use; logging vehicles can be expected at any time during the day and evening, and likewise, recreational users can be expected any time from early morning to late evening. However, there are no limitations on access to the forest so recreational users may be encountered at any time.
- 2.2. The site is located in a forest and access is via unpaved forest roads and unpaved and uneven paths. The mountain bike trails will be constructed along designated routes that have been partially cleared, but the surfaces are uneven and boggy in places with obstacles such as tree stumps, rocks and drainage ditches along the route. Some of the construction work will be adjacent to, or crossing, streams and some will be adjacent to, or traversing, steep embankments.
- 2.3. The Carron Valley Forest is a remote area and the site reaches elevations of approximately 350m in exposed environments. The Carron Valley Forest is remote from population areas and services and there is limited mobile phone coverage.
- 2.4. There are no known public utility services in the part of the forest where the mountain bike trails are to be constructed or where the site compound will be located.
- 2.5. Construction works by another organisation, Clan Ranald, will be on going through out the period of the proposed works. These works will consist of building a traditional Scottish Fort and the defined work site is located adjacent to the car park area near the entrance to Carron Valley Forest. The appointed contractor must ensure there are no areas of conflict with the Fort project, details should be provided to identify what measures will be put in place.

### 3. Existing Drawings

- 3.1. Existing forest access roads, car parks and features are as shown on the contract drawing.

### 4. The Design

- 4.1. The gate located at the reservoir dam head may need to be left open for access during construction work and if this is a requirement then temporary signage needs to be erected. The signage will take the form of a “man at work” sign and a sign displaying the

message “No unauthorised vehicles beyond this point”. The above arrangements also apply if access is taken to Cairnoch Hill Quarry from any of the public roads.

- 4.2. Construction work will impact on authorised vehicles associated with the management and maintenance of the forest as well as leisure users on foot or on horseback who will be using the existing forest roads and trails and will require appropriate traffic management measures. A detailed method statement will require to be submitted by the Contractor covering all aspects of traffic control, pedestrian routing / segregation etc.
- 4.3. All temporary signage for traffic management works must conform to Chapter 8 of the Traffic Signs Manual for Temporary Roadworks.
- 4.4. If lone working is to be carried out at any time during the construction work a method statement will be required detailing the appropriate control measures to safeguard the lone worker.

#### 5.0. Construction Materials

- 5.1. Construction will involve site personnel dealing with common construction materials (quarried materials, concrete etc.). Full compliance with COSHH Regulations 1994 will be required.
- 5.2. All materials shall be stored securely in a compound until required.

#### 6.0. Site-Wide Elements

- 6.1. Compound location will require to be agreed on site with the Contractor.
- 6.2. The compound area and all work areas must be kept litter free at all times.

#### 7.0. Overlap with Client's Undertakings

- 7.1. None

#### 8.0. Site Rules

- 8.1. All operations must comply with standards set out in current guidelines covering the protection of watercourse and general environmental conservation and any other measures which may come into force. Copies of the relevant publications can be obtained from the Forest District Office. A summary of the main requirements is set out below.
- 8.2. Fuels, oils and all chemical must be in sound containers and stored well away from watercourses. Refuelling and maintenance must only be done at authorised points well away from water courses. Waste oil must be collected in a sound container and removed from site.
- 8.3. Every precaution should be taken to prevent spillage. Pumps or funnels should be used for fuelling and filling with oil.
- 8.4. It is not acceptable to have a machine leaking long term. Remedial measures must be put in hand at once.
- 8.5. Any significant spillage of fuel or oil must be reported to the Carron Valley Development Group site representative, or if not available, the Local Forest Officer, immediately so that pollution risks may be assessed and the appropriate action taken. Appropriate fuel and oil spillage treatment materials or kits must be kept in all machines on site and the machine operators must be fully trained in their use. This treatment is most effective when applied quickly before the pollutant has spread throughout the water system.

8.6. The contractor will be advised of any special constraints which exist on a site e.g. anthills, bird's nests, amphibian habitats, archaeological features etc. The necessary protection measures will be agreed before the contract starts.

8.7. From time to time previously unknown sites are found, especially during felling. Any sign of old archaeological sites must be reported immediately to the Carron Valley Development Group site representative, or if not available the Local Forest Officer and work stopped until given permission to resume. Likewise the discovery of finds e.g. pottery, flint, boned, coins etc. should similarly be reported and work stopped until site is checked and considered safe.

8.8. Rare birds, animals and plants are occasionally encountered when felling. Please take care not to disturb or destroy nests, dens etc, and report to the Carron Valley Development Group site representative, or if not available the Forest Officer for advice.

8.9. All litter (e.g. empty container, grease cartridges etc) must be removed from the work site daily.

9.0. Phasing of the Works

9.1. The Contractor is required to provide a programme of works detailing the phasing of the construction works.

10.0. Contract Period and Other Resources

10.1. Sufficient time has been allowed in the contract period stated in the Appendix to the Form of Tender to enable the safe construction of the works.

11.0. Continuing Liaison

11.1. The Principal Contractor shall submit details of his risk assessment to the Planning Supervisor.

11.2. Any unforeseen eventualities which occur during project execution and result in substantial design changes shall be notified immediately to the Planning Supervisor along with any Health and Safety implications.

PLANNING SUPERVISOR:

Jamie [REDACTED] C.Eng, MICE, MBA  
Carron Valley Development Group  
c/o [REDACTED]  
[REDACTED]  
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[REDACTED]

DATE: 5 May 2005