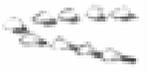
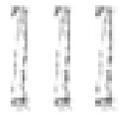


TRAIL SIGNS

Trail Signs Rules of Thumb

- 1) Trail Signs will always be on the left side of a trail. (If you see one on your right, you should ignore it.)
- 2) Do not disturb someone else's trail signs.
- 3) Trail signs should always be placed before a fork or intersection in a trail.
- 4) Trail signs should never damage or disfigure property.

MESSAGE	STICKS	STONES	PEBBLES	LONG GRASS
Keep Going or This Way				
Turn Right				
Turn Left				
Wrong Way			 Or make an "X"	
Danger, Warning				
Go This Way # Paces				
I Have Gone Home				

Hiking Safety Guidelines

- Buddy system : Never hike alone
- No touching (berries, mushrooms, poisonous plants, animals)
- Leave No Trace
 - Plan Ahead
 - Stick to Trails
 - Manage Your Pet
 - Leave What You Find
 - Respect Other Visitors
 - Trash Your Trash
 -
- Have proper equipment – shoes, socks, hat, sunscreen, water, snack, compass, whistle, cellphone, emergency contact information
- Courtesy on the trail: Say hi (don't scare), let others pass, etc.
- Know the Rules If You Get Lost
 - 1) Don't panic
 - 2) Use a whistle.
Learn to use an Acorn cap as a whistle.
 - 3) Stay put.
Only move if you are in danger.
 - 4) Leave trail signs if you move.
Stay on the trail.



PLAN AHEAD

Watch for hazards and follow all the rules of the park or outdoor facility. Remember proper clothing, sunscreen, hats, first aid kits, and plenty of drinking water. Use the buddy system. Make sure you carry your family's name, phone number, and address.



STICK TO TRAILS

Stay on marked trails whenever possible. Short-cutting trails causes the soil to wear away or to be packed, which eventually kills trees and other vegetation. Trampled wildflowers and vegetation take years to recover. Stick to trails!



MANAGE YOUR PET

Managing your pet will keep people, dogs, livestock, and wildlife from feeling threatened. Make sure your pet is on a leash or controlled at all times. Do not let your pet approach or chase wildlife. When animals are chased or disturbed, they change eating patterns and use more energy that may result in poor health or death.

Take care of your pet's waste. Take a small shovel or scoop and a pick-up bag to pick up your pet's waste— wherever it's left. Place the waste bags in a trash can for disposal.



LEAVE WHAT YOU FIND

When visiting any outdoor area, try to leave it the same as you find it. The less impact we each make, the longer we will enjoy what we have. Even picking flowers denies others the opportunity to see them and reduces seeds, which means fewer plants next year.

Use established restrooms. Graffiti and vandalism have no place anywhere, and they spoil the experience for others. Leave your mark by doing an approved conservation project.



RESPECT OTHER VISITORS

Expect to meet other visitors. Be courteous and make room for others. Control your speed when biking or running. Pass with care and let others know before you pass. Avoid disturbing others by making noise or playing loud music.

Respect "No Trespassing" signs. If property boundaries are unclear, do not enter the area.



TRASH YOUR TRASH

Make sure all trash is put in a bag or trash receptacle. Trash is unsightly and ruins everyone's outdoor experience. Your trash can kill wildlife. Even materials, such as orange peels, apple cores and food scraps, take years to break down and may attract unwanted pests that could become a problem.

