



- Children under the age of 16 must be supervised by an adult at all times.
- Vehicles should not be parked near or on the trail at any time.
- Establish a verbal warning system for volunteers to use along the trail when oncoming traffic is noticed.
- All volunteers must wear the supplied safety vests. Volunteers are also encouraged to wear bright colors for increased visibility by pedestrians and cyclists.
- Dress appropriately for the weather. Bring jackets, hats, gloves, sturdy closed-toe shoes, water, and sunscreen (if necessary). Long sleeve shirts and pants may be necessary depending on the scope of the project.
- Use the safety signs provided to mark the beginning and end of the section where you are working. This helps warn other trail users of your group's presence.
- Do not overstuff garbage bags, especially if you have sharp objects that may pierce the bags.
- Individuals who may have set up shelters or encampments along the trails should not be actively approached or otherwise engaged. Any materials that may constitute personal belongings from said individuals, such as sleeping bags or tents, are to be left in place and reported to your Parks & Recreation Department staff contact.
- If your group encounters hazardous or questionable materials (motor oil, car battery, dead animal, etc.) notify your Parks & Recreation Department staff contact as soon as possible.
- Evacuate the area in case of electrical storms or heavy rain.
- Watch where you step and walk. Be aware of your surroundings and the trail conditions.
- Be aware of natural hazards:
 - Poison Oak: Be careful to avoid this shrub, as skin exposure to poison oak can create a rash. People respond to the plant in varying degrees, but it's best to avoid contact if possible.
 - Ticks: These small insects latch onto skin and can be difficult to remove. Incorporate a full check of your body after spending time on the trails. When removing a tick that has latched on, make sure to remove the full body of the tick, including the head.
 - Rattlesnakes: This venomous snake seeks out warm spaces during the day, which could include trail areas. Look carefully for snakes before placing your hands on objects such as rock outcrops and trees, or picking up objects from the ground. Thoroughly inspect the area where you intend to sit, particularly around stumps, logs, boulders, or rock outcrops. Never approach, tease, corner, or poke at any snake. If you encounter a rattlesnake, remain calm and back away slowly. Always give snakes plenty of room to escape from you.

Please sign that you have read, understand, and agree to these Trail Safety Guidelines.

Print Name _____

Signature _____

(parent or guardian if volunteer under age 16)

Date _____