

Safety Tips for Happy Trails



**Safety Tips from the Excelsior Fire District
for runners, walkers, and trail users**



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All year round the trails are filled with runners, walkers, cross country skiers, snowshoers, bicyclist, bird watchers, athletes of all types, and outdoor lovers of all ages.

Using the trail system in our area should be enjoyable for everyone. Everyone who is on the trail should be courteous and safe. Here are some suggested guidelines from the Excelsior Fire District.

These safety tips are geared towards trail users, however many of the tips apply to using the shoulder of roads, pathways, and sidewalks.

Trail Safety Tips

- Walk, run, bike and use the trails defensively. You are responsible for your safety.
- Look both ways before crossing a street. Look right, left, and right.
- Watch out for cars backing out of driveways along the trail.
- Wait for drivers stopped at a trail crossing to wave you through.
- When crossing a road make eye contact with driver to make sure they see you.
- When crossing the street, even in a clearly marked pedestrian crosswalk be defensive about your safety, look for driver's not paying attention to you or the road.
- Be aware of your surroundings at all times and know where you are on the trail if you should have an emergency or come upon one.
- Avoid using ear phones, turn down the volume, or only use one earpiece. To stay aware and alert of your surroundings you have to be able to hear what's going on around you. For example you need to hear bikers passing you, the horns of vehicles, and dogs barking.
- If there is a stop sign on the trail you are required to stop and wait for traffic to clear before crossing.

- Obey traffic signs and rules.
- Travel in pairs if possible.
- Tell friends or family the route you'll be taking and when to expect you home.
- At dawn, dusk, at night, and when visibility is limited, always wear retro-reflective attire.
- If you have a medical condition wear a medical necklace or bracelet.
- It is important to carry some form of identification when using the trail. There are wrist tags and shoes tags available most athletic stores. You can also attach an I.D. tube to your athletic shoes. You can type your name, address, and any pertinent or medical information needed on a piece of paper that fits in a small tube.
- Organizers of large groups make sure everyone understands trail courtesy before you set out on your journey.

Trail Etiquette

- Keep right so other trail users can pass.
- If you are passing anyone try to pass them on the left if it is possible. Always ring a bell or call out before you pass that you are "passing on their left". People and animals can be spooked.
- Be respectful of others. No one should be forced off of the trail.
- If you are going to stop look behind you first to avoid a collision. Always move to the side of the trail when you stop.
- Don't litter, even the small items like, gum wrappers, cigarette butts, candy wrappers, and facial tissue are litter.
- Do not discard cigarettes on the trail. Cigarettes can smolder for long periods of time and cause grass fires.
- Clean up after your pet.
- Keep pets on a leash and under control. Pet owners using the trail and living near the trail should not allow their pets to disturb, harassed, or interfere with trail users, horses, or wildlife.

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