

## **PARK AND TRAIL SAFETY TIPS**

### **Trails Manitoba tips to make the trails safe and enjoyable.**

1. Wheels yield to heels – the fastest moving people on the trail usually are on wheels. These folks need to be cautious when they approach walkers and runners especially from behind.
2. Always pass people on the left – just as you do driving.
3. If you aspire to win the Tour de France – don't train on a heavily used fitness trail. You will be frustrated by frequent slow-downs and travelling fast will increase the risk of collisions. To satisfy your need for speed, train on the roads.
4. All cyclists should use a bell or horn to warn others they are planning to pass. This "heads up" is appreciated by everyone you pass and reduces the risk of accidents. Remember that dinging your bell is not a "command" to get out of the way – you still need to be prepared for people who do not respond to your warning. If you don't have a bell or horn, use a verbal warning such as "coming by on your left".
5. Maintain situational awareness – look around regularly and listen for people coming up behind you. Staying vigilant while you use a shared trail is difficult to do if you are wearing ear buds, texting your friends or reading a book.
6. When you walk your dog on the trail, it should be on a leash. Even the best trained dogs can be unpredictable especially if they see a squirrel.
7. Children are motivated by fun and sometimes will rapidly change direction to see something interesting such as a frog. When learning to ride their bikes, children are particularly unpredictable because of their poor balance and bike control. Parents and everyone who shares the trail needs to recognize this and be appropriately alert to prevent collisions.
8. Be understanding - you may be sharing the trail with people who have hearing, visual, mobility or intellectual disabilities.
9. If you are exercising as a group, avoid travelling side by side such that you impede the flow of others who are also enjoying the trail.
10. Do not leave glass, paper, cans, plastic, or any other debris on or near a trail. If you drop something, please remove it immediately.
11. Be equipped with lights when using a trail at any time from dusk to dawn. Bicyclists should have a white light visible from 500 feet to the front and a red or amber light visible from 500 feet to the rear. Other trail users should have white lights visible from 250 feet to the front, and a red or amber light visible from 250 feet to the rear.

Enjoy the park and remember to be courteous to others on the trails so that everyone has a great outdoor experience.