

## Trail Safety Tips

- Whenever possible, use the buddy system, take a friend and enjoy the trail with someone else.
- While walking, jogging or biking on any trail, make sure a responsible person knows your plans, where you will be and when you expect to return.
- Carry identification that includes your name, phone number, pertinent medical information, and emergency contact.
- Take a cell phone and make sure you can quickly make a call in case of an emergency or if you see any suspicious activity.
- While using the trails, wear bright colors so you can be seen.
- Don't use the trails after dark.
- Know the operating regulations of the park or trail. Trails are open at Sunrise and close at Dusk. Parks open at 7:00 a.m. and close at 11:00 p.m.
- Make sure that the music from your headphones or listening device isn't too loud so that you can hear people passing or approaching while you enjoy the park or trail.
- Do not leave valuables or items visible in your vehicle when leaving your vehicle parked. Store valuables in the trunk of your vehicle or other secure location while you are on the trail.
- Know your location at all times. Choose or plan your routes for paths most frequently used by walkers, joggers and bikers. Pay attention to trail markers
- Change up your routine, don't use the trail at the same time every day.
- If an incident occurs, do not risk your safety to protect things that can be replaced. Call 9-1-1.
- If you call 9-1-1, stay on the phone until help arrives.
- "If you see something, say something". Any Suspicious Activity, Call 9-1-1. When in doubt, have law enforcement check it out. Call 9-1-1!

If you would like more information about the City of Woodstock Trail Watch Program, please contact the Woodstock Parks and Recreation Department at (770) 517-6788