

Trail Safety Tips

by Ranger Brandy Hanusosky

Hiking in the great outdoors provides exercise and interest for people of any age. Just getting out and walking around is a wonderful way to exercise and see nature. Since unexpected things happen, however, the best way to help guarantee a good time for all is to plan ahead carefully and follow safety precautions.

Be aware of your surroundings at all times, especially when wearing headphones.

Walk confidently.

Look people in the eye as you pass them to let them know you are aware of their presence.

Wear shoes and clothing that allow for freedom of movement.

Hide it. Lock it. Keep it. Do not leave valuables such as purses, wallets or cell phones in plain view.

Carry a cell phone in case of emergency.

If approached by a stranger, do not allow yourself to be distracted.

Respect trail closures and restricted areas.

Keep dogs on a leash.

Use caution around dogs, horses and wildlife. Do not feed wildlife.

Don't litter. Pack out what you pack in (that includes cleaning up after your pet).

Advise friends/family of your hiking destination and schedule in case of emergency.

Lake Metroparks has extended hours in most of its parks from 6 am to 11 pm. Please be aware of seasonal sunset times—you may need to prepare ahead if you plan to be on the trail after dark.

EMERGENCY NUMBERS:

Crime in progress, serious injury, life threatening emergency: **9-1-1**

Suspicious activity, incidents involving domestic animals, trail hazards, etc: **440-354-3434**