Safety is no accident! While enjoying your time along the creek remember to think safety first. Overhanging branches, slippery surfaces, poison oak, and ticks are just a few of the hazards alongcreek trails. Follow the safety guidelines below and use common sense.

- Before starting on a walk or ride tell someone where you are going and when you expect to return.
- Stay on trails.
- Trust your instincts. If you feel uncomfortable in a place or situation, leave.
- If you feel threatened by others: do not approach or talk to them, keep on moving with confidence, memorize distinguishing characteristics, and report them to the Police.
- Do not pet animals you do not know. Even dogs that appear friendly may bite if surprised.
- Injured wildlife may bite or claw if handled.
- Wear appropriate footgear and clothing to protect you from the weather, sun, bugs and scratches.
- While walking, keep an eye out for bicyclists, runners, roller bladders, skate boarders, and others moving faster.
- If bicycling, running, roller blading or otherwise moving faster than other trail users, alert those you pass or overtake and slow down if necessary.
- California law requires helmets for bicyclists under the age of 19. Even if you are older than 18, wearing a safety helmet makes good sense.
- Watch out for loose stones, roots, branches and other obstacles when walking on unpaved trails.
- Wet rocks, grass, and mud can be slippery. Be especially careful while going up or down a slope.
- Poison oak commonly grows along creeks. Learn what it looks like and avoid it. Even poison oak without leaves can cause a skin reaction.
- Check for ticks, they can transmit Lymes disease. The whole tick which has bitten a human should be submitted as soon as possible to the Public Health Laboratory for testing (707) 565-4711.
- Maintain a safe distance from creeks during high water. Flowing water is extremely powerful!
- Do not enter culverts or storm drain pipes.
- Wear gloves when picking up trash.
- Do not handle items that might be a health hazard such a needles.