

City of Santa Rosa

Safety Guidelines for the Creek Stewardship Program

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 along creek trails. Follow the safety guidelines below and use common sense.

- T Before starting on a walk or ride tell someone where you are going and when you expect to return.
- T Stay on trails.
- T Trust your instincts. If you feel uncomfortable in a place or situation, leave.
- T 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.
- T Do not pet animals you do not know. Even dogs that appear friendly may bite if surprised.
- T Injured wildlife may bite or claw if handled.
- T Wear appropriate footwear and clothing to protect you from the weather, sun, bugs and scratches.
- T While walking, keep an eye out for bicyclists, runners, roller bladers, skate boarders, and others moving faster.
- T If bicycling, running, roller blading or otherwise moving faster than other trail users, alert those you pass or overtake and slow down if necessary.
- T 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.
- T Watch out for loose stones, roots, branches and other obstacles when walking on unpaved trails.
- T Wet rocks, grass, and mud can be slippery. Be especially careful while going up or down a slope.
- T Poison oak commonly grows along creeks. Learn what it looks like and avoid it. Even poison oak without leaves can cause a skin reaction.
- T Check for ticks, they can transmit Lyme disease. The whole tick which has bitten a human should be submitted as soon as possible to the Public Health Laboratory for testing (565-4711).
- T Maintain a safe distance from creeks during high water. Flowing water is extremely powerful!
- T Do not enter culverts or storm drain pipes.
- T Wear gloves when picking up trash.
- T Do not handle items that might be a health hazard such as needles.
- T Report any hazardous or unsafe conditions observed immediately to _____.
- T Report any injury to yourself or others as soon as possible to _____.