

# TRAIL SAFETY

The Illinois Association of Conservation and Forest Preserve Districts is urging all trail users to:

## PREVENT ACCIDENTS AND HAVE FUN

Trails are often perceived as safer than roadways, however many accidents and even deaths occur, often due to interactions with other users or lack of safety practices. Help prevent accidents and enjoy the trails by following these guidelines.

## TRAIL SAFETY TIPS

**HELMETS** – Are highly recommended and can save lives.

**BE COURTEOUS** – Make sure you are aware of other users and site conditions at all times.

**STAY TO THE RIGHT** – Don't block the entire trail. Don't use more than half of the trail width when in a group.

**MOVE OFF THE TRAIL** – If you have to stop.

**PASS ON THE LEFT** – When there is good visibility and conditions are safe.

**ANNOUNCE YOUR INTENTIONS TO PASS** – Say “on your left” and wait for the person to respond or wave before making your move.

**TRAVEL AT SAFE SPEEDS** – Maintain control and proceed at a slower pace when the trails are in heavy use. Slow down if trail conditions are dangerous due to water, ice, debris, curves, pedestrians or pets. Obey local speed limits where posted.

**TELL SOMEONE** – Where you will be and when you plan to be back.

**CARRY YOUR CELL PHONE** – Call 911 if there is an emergency.

**BIKERS SHOULD YIELD** – To walkers, horses and uphill trail users.

**USE YOUR VOICE** – Around horses rather than bicycle bells which could startle the animals.

**LISTEN** – Keep earphones on low or only use one earpiece.

**STAY ON THE TRAILS** – To avoid tick bites, poisonous plants and other hazards.

**LEASH YOUR PETS** – Shorten the leash when you or someone else is passing. Dogs should be kept to their owner's right and should remain at the owner's immediate side.

**WHILE YOU ARE ENJOYING THE TRAILS** – Keep them clean for other users and protect the environment. Pick up after yourself and your pets. Do not disturb wildlife or plants. And avoid natural surface trails when they are wet to prevent damage and erosion.

*Note: Some rules vary by district. Check with your local agency for its applicable rules.*

## FOR MORE INFORMATION

- League of Illinois Bicyclists – [www.bikelib.org](http://www.bikelib.org)
- Active Transportation Alliance – [www.activetrans.org](http://www.activetrans.org)
- Illinois Secretary of State, Rules of the Road – [www.cyberdriveillinois.com](http://www.cyberdriveillinois.com)
- DeKalb County Forest Preserve District – [dekalbcounty.org/ForestPreserve/index.html](http://dekalbcounty.org/ForestPreserve/index.html)