

# Safety Check ✓

From the Safety Chick

## “Share the Trail”

Multi-use trails (or paths) are popular recreation areas for walkers, runners, skaters and cyclists. Their popularity also causes them to be congested and sometimes hazardous. Listed below are suggestions from a pamphlet created and distributed by the International Bicycle Fund to encourage the safe use of trails.

- Ø **Always exercise care and caution.**
- Ø Be courteous. All users should be respectful of other users regardless of their mode, speed or level of skill.
- Ø Be predictable. Travel in a consistent and predictable manner.
- Ø Don't block the trail. When in a group use no more than half the trail so as not to block the flow of other users.
- Ø Keep right. Unless posted otherwise, stay as far the right as is safe, except when passing another user.
- Ø Pass on the left. When passing others that are going in the same direction, pass on their left. Yield to slower and oncoming traffic. Use hand signals to alert those behind you of your moves. Look ahead and back to make sure the lane is clear before you pull out and pass. Pass with ample separation and do not move back to the right until safely past.
- Ø Stopping. Move off the trail when stopped. Announce you intent to stop, make sure others approaching from behind know you are pulling over.
- Ø Give audible warning before passing; give a clear signal by using voice, bell or horn. Give the person you are passing time to respond and watch for their reaction. Use extra care when passing children or pets.
- Ø So you can hear signals from other users, do not wear headphones.
- Ø Obey all traffic signs and signals. Use extra caution at intersections or where trails cross streets.
- Ø Use lights at night.
- Ø Respect private property that is adjacent to the trail.
- Ø When traveling with a large group, consider using alternate safe road routes.