



General Safety Reminders & Rules to Announce

1. It is best to stay in teams of at least two for safety for added safety.
2. Wear closed-toe shoes at all times, as well as protection from the sun, like a hat & sunscreen. Inspect footwear before dispatching volunteers to work on steep slopes or in the brush.
3. Don't pick up syringes, needles, or any hazardous/sharp objects. Mark the spot with a stick or rocks if possible and notify the event leaders. They will place them in appropriate containers.
4. If canyon is prone to have rattle snakes warn about staying away if they find them. Tell participants to **stomp** and make noise before entering an area to avoid surprising a snake and to scare them off.
5. Caution volunteers to stay away from any sensitive areas (e.g. nesting areas, wet areas, high quality habitat, restoration areas, etc.). Avoid disturbing plants and animals.
6. Warn about locations of cactus, poison oak, laurel sumac (for those with sensitive skin etc.).
7. Natural debris (driftwood, shells, fossils etc.) is part of the natural system we are working to restore and should be left alone.
8. Don't lift anything too heavy; when in doubt, ask for help!
9. Only pick up human-created matter: cigarette butts, plastics, metal, glass, styro-foam, and especially small debris as items such as plastic bottle caps are often what birds and other animals mistake as food.
10. Don't touch or pick up dead animals, or attempt to move or treat injured animals. Make your volunteers aware of the animals and where they are.
11. Avoid over-exertion, sunburn, heat exhaustion, and dehydration. Drink water. When in doubt, come in early.
12. Children should always be supervised by adults and never alone with one adult (except their parent).
13. Separate trash from recyclables whenever possible and do not put Household Hazardous Waste, tires, oil, paint, cleansers, or electronic waste, in the trash!
14. Walk sideways down steep, gravelly, or otherwise slippery slopes. Fall backwards if you slip.
15. Point out holes in the trail, pet waste, or other hazard to the hiker behind you.
- 16. Have fun and enjoy your canyon.**

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